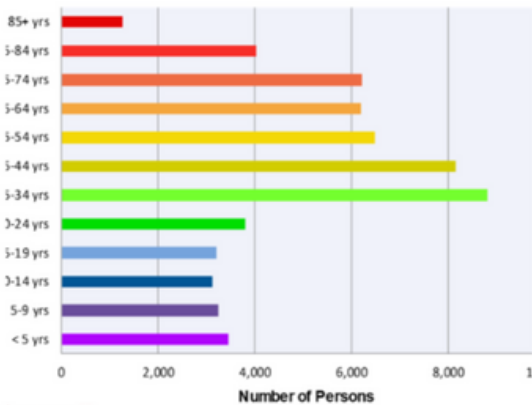


# PRAY FOR OUR COMMUNITY



TO REACH OUR COMMUNITY WE NEED TO:  
 PRAY | LEAVE THE BUILDING TO MEET THEM |  
 BUILD RELATIONSHIPS | CULTIVATE A WARM,  
 FRIENDLY, ACCEPTING ATMOSPHERE | MEET  
 PHYSICAL NEEDS | GIVE PERSONAL & FAMILY  
 HELP & TRAINING | USE SOCIAL MEDIA | PROVIDE  
 STRONG CHRISTIAN ROLE MODELS | PROVIDE  
 COMMUNITY IMPROVEMENT MINISTRIES | HOST  
 FREE EVENTS SUCH AS SPORTS & ENTERTAINMENT  
 WITH CHRISTIAN FOUNDATIONS | PROVIDE  
 MIDWEEK SMALL GROUPS BASED ON TOPICS  
 OF URGENT INTEREST TO THEM | INVOLVE  
 THE LAITY IN LEADERSHIP & WORSHIP



## WHO?

Based on a 2021 survey by the BGAV Center for Ministry Research and Innovation, Thalia Lynn does not currently "look like" our community. We who worship and serve at Thalia Lynn have found a community of faith in which to grow and raise our families. But did you know that within a two-mile radius of our church, the predominate age is 25-34 years? Most are singles and single parents renting in multi-family dwellings, working to improve their lives with continuing education. It surely sounds like a field "ripe unto harvest". There are people and families who need love and support in trying times.

Please be in prayer about our place--your place--in knowing and sharing Christ in our community.

## PRAY

PRAY that we would proclaim Jesus as our Lord in our lives, our homes, our communities and our world in our words and actions.

PRAY that God will reveal anything we are doing that grieves the Holy Spirit. These are sins that we may or may not be aware of.

PRAY that God reveals to us anyone we have not forgiven or from whom we need to ask forgiveness. We pray that we will make peace with everyone as much as it is possible.

ASK for the filling of the Holy Spirit.

PRAY that we will immediately obey that which the Spirit tells us to do.

PRAY that our worship services glorify God and encourage others to join as we worship in Spirit and in truth.

PRAY that our church becomes a disciple-making church as commanded in the Great Commission.

PRAY that our church becomes attuned to the individuals and families in our community: their needs, aspirations, and primarily their need of a Savior.

PRAY for wisdom and boldness to minister in our community as the Spirit leads.

PRAISE GOD for what He is doing and will do in His church. May He be glorified!

# FASTING & PRAYER

## DIFFERENT WAYS WE MAY FAST

Not all people fast in the same way. Some may have medical conditions or limitations that prevent them from participating in a food fast. Check with your physician.

**ABSOLUTE FAST:** No food or water are consumed during this fast which lasts no more than three days. Only participate in this fast if you have been cleared by your doctor.

**COMMON FAST:** This fast lasts for differing periods of time. (For example, Jesus fasted 40 days.) No food is consumed, but water and fruit juices are permitted. Again, consult your doctor.

**LIMITED FAST:** Limited fasts consist of avoiding a special food item that is normally consumed and craved by the one fasting (such as sodas, coffee, sweets, meats, or other foods).

**ACTIVITY FAST:** Something that is normally done with enjoyment is avoided during this type of fast. It could be watching the news, reading the paper, or watching television altogether. It may be that for a specific time you avoid social media or a hobby that you enjoy daily.

## WHEN TO FAST

Traditionally, daily fasts began after the noon meal and concluded at the evening meal the following day, but may be done at any time. Everyone should be able to choose one of these methods to fast safely.

Jesus said,

*"And when you fast, do not look gloomy like the hypocrites, for they disfigure their faces that their fasting may be seen by others. Truly, I say to you, they have received their reward. But when you fast, anoint your head and wash your face, that your fasting may not be seen by others but by your Father who is in secret."*

Matthew 6:16-18 (ESV)

Moses fasted before receiving the 10 Commandments. Exodus 34:28

The Israelites fasted before a miraculous victory. 2 Chron. 20:2-3

Daniel fasted in order to receive guidance from God. Daniel 9:3-5. 21-22

Nehemiah fasted before beginning a major building project. Nehemiah 1:4

Jesus fasted during His victory over temptation. Luke 4:2

The first Christians fasted during decision-making times. Acts 13:2-3

There is an orphanage in India where the staff and the children all fast every Friday. Do you know what they call it? They call it their "Day of Feasting on Jesus".

And do you know what they do during their Day of Feasting? They pray for the American church. Now, that is humbling!

When John Wesley spoke of fasting, he said, "First, let it be done unto the Lord with our eye singly fixed on Him. Let our intention herein be this, and this alone, to glorify our Father which is in Heaven."

## FASTING IS NOT

Fasting is not a means of seeking God's blessings as much as it is a means of seeking God.

Fasting is not a test for super saints, it is not a means of twisting God's arm, and it is not a magic formula for getting through to God.

Fasting is feasting on the Lord, looking to Him for comfort, power, strength, guidance, forgiveness, and hope.

## Steps for Biblical Fasting

1. Set your heart before the Lord and be sensitive to His Spirit as you determine what to omit from your life and for what period of time.
2. Make preparations for the fast. If a food fast, plan ahead and stay well-hydrated.
3. Dedicate time for prayer and quiet time during the fast to experience being in God's presence and not merely to omit food or an action.
4. Journal what you sense the Lord doing or saying to you during this time.
5. List Bible verses to equip you with God's Truth and to guard from the enemy's attacks.
6. Faithfully follow the fast, abiding in Christ.
7. Continue to wait upon the Lord for answers, actions, or a new perspective.

## Prayer: The Reason to Fast

- Take a deep breath; be still and calm yourself before the Lord.
- Invite the presence of the Lord, the Holy Spirit, to be with you.
- Praise and thank Him for who He is.
- Ask the Spirit to guide your words so your heart may be revealed even to you.
- Be honest, truthful, and vulnerable. He knows all; do not fear being open before Him.
- Listen for His still small voice.
- Reflect through journaling; record what the Lord is doing.

Fasting, a spiritual discipline taught in the Bible, is a means to voluntarily reduce or eliminate your intake of food or activity for a specific time and purpose.