



PRAYER & FASTING

FRIDAY, APRIL 5th Fasting and Prayer Guide

Introduction:

Over the weekend of Friday, April 5th and Saturday April 6th we are calling you to seek the Lord for His guidance regarding the future ministry direction of NBBC. We are suggesting that Friday be a day of fasting; to make space in our lives to hear God speak and then on Saturday morning to gather for BREAKfast to listen collectively and respond. Heather Card the director of “Five Smooth Stones Consulting”¹ will guide our discerning time.

We are expecting that many of you will take this call to fast and pray seriously and that you will allow your hearts to become excited as we are in anticipating God speaking to us. Please use this guide as an aide in your time of fasting and prayer and let us all come willing to share what God reveals to each of us.

¹ <https://fivesmoothstones.ca/>

Fasting:

With regards to fasting: you can fast part of the day or for the whole day, however the Lord leads. You can abstain from a meal or you can abstain from eating certain foods during the day – for instance not having any grains or grain products, no meat or sweets, or liquids only. Some people fast from things they love and consume daily such as coffee, desserts, tea or a certain activity.

As you think about what to fast from, consider that the word “fast” comes from the Hebrew term *tsom* which refers to the practice of self-denial. “Fasting is more about replacing than it is about abstaining — replacing normal activities with focused times of prayer and feeding on the Word of God.”² Fasting is a means of humbling ourselves before God.³ When we fast we are acknowledging that we, as a church, do not live on bread alone,⁴ but we exist by the Word of God and we need to hear His Word to us in this season of our life.

In his book, *Fasting for Spiritual Breakthrough*, Elmer Towns says that “*when we fast, God gives us light that breaks into our thinking like the dawn of a new day.*”

He lists 9 principles to consider when you begin your fast:

1. Make time to listen for Jesus’ voice – “*Be still and know that I am God.*”
2. Answer self-searching questions – let God ask the questions. “Examine yourselves” 2 Corinthians 13:5; “For human ways are under the eyes of the Lord, and he examines all their paths.” Proverbs 5:21 “I the Lord test the mind and search the heart..” Jeremiah 17:10
3. Recognize Objective Truth
4. Stop all self-effort and simply submit to God
“*Whatever you want Lord is what I want.*”
5. If possible, spend time in your closet – a quiet place where there will be no distractions.

² Gary Rohrmayer, *21 Days of Prayer & Fasting: A fasting guide for spiritual breakthroughs.*

³ Psalm 35:13

⁴ Matthew 4:4

6. Pay attention to the Holy Spirit's leading. "But the Advocate, the Holy Spirit, whom the Father will send in my name, will teach you everything, and remind you of all that I have said to you." John 14:25b
7. Obey what you learn from God
8. Be willing to be patient as you wait for God to speak – His answer to you may unfold in stages
9. Be open to God giving insight and wisdom through others.

Prayer

As you pray would you keep these things in mind:

- Reflect on your community: What issues do you see that need our voice?
- What do we have in our hand? What gifts have we been given that we might offer to the community?
- Who are we? Who has God formed us to be to the community?
- What areas do you feel God is drawing us toward?
- Where do you feel God is cautioning us?
- What things are non-negotiable to who God calls us to be?
- As you pray ask that you are able to hold loosely your own preferences and biases, in favour of what God wants.
- Allow time for silent unstructured listening asking God to fill your heart and mind with His thoughts.

We encourage you to write down what you sense, hear or feel during this time. Please bring these notes so that you might share them on Saturday or submit them to the office/staff.

Register for Saturday! www.nbbc.ca

<https://nbbc.churchcenter.com/registrations/events/225930>

Notes: