

# PRAYER & FASTING GUIDE

## WELCOME!

Over the past 4 weeks, we've spoken about **CHOICES**:

- Choices we need to make regarding our own discipleship journey and how we love God and love others.
- Choices that will draw us closer to God and into a deeper relationship with Him.
- Choices that will bear good fruit and show God's love to others.
- Choices to not quit, but to be finishers.

What choices are you making as you devote yourself to God in a greater way?

As we enter this week of prayer and fasting, may we develop a new habit of making prayer part of our daily lives. That we would pray first and ask God to lead and guide us in all areas of our lives.

I encourage you to spend 10-15 minutes daily praying, whether it's first thing in the morning or before you go to bed at night. Remember the 3 steps to creating a consistent habit of drawing closer to God? ***Choose a Time, Choose a Place, Choose a Plan.***

Our team has created this journal to guide you as we pray daily as Edge Church; for ourselves, our church, our community, and our country. We will then meet at church on Wednesday, 1 February at 19:00 to pray together.

Edge Church, we're calling you to join as we pray and fast and seek to put God first and have a greater love for Him and for people!

Love you guys!

Daniel Erasmus



# WHAT IS THE PURPOSE OF FASTING?

Fasting is an act of abstaining from food (typically) as a declaration of our dependency on God and His provision. It is a physical representation of our hunger and desire to do God's will above all else, as an act of surrender. Although food fasts are most common, there are many different things that we have become dependent on to survive. There are various fasts that you can commit to this week, and we encourage you to spend time with God in deciding which you will commit to:

1. **Total Fast** – to abstain from all food for a set time and only drink liquids
2. **Partial Fast** – choosing to fast specific mealtimes e.g., fasting from sunrise until sunset
3. **Selective Fast** – removing certain foods from your diet e.g., meat, sugar, bread, etc.
4. **Soul Fast** – not using things such as social media, not watching TV, etc.

As you read the Scriptures, use the acronym **SPECS** to guide you when looking for things to put into practice. **SPECS** stands for:

- S** - Is there a sin to confess?
- P** - Is there a promise to claim?
- E** - Is there an example to follow?
- C** - Is there a command to obey?
- S** - Is there something to share?

**Action:** Part of our devotional time is spent in prayer, pray back to God what you want to put into practice in the coming week. Take time to journal your thoughts.

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## MONDAY

### Put God First

*Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need. **Matthew 6:33***

*Jesus replied, "You must love the Lord your God with all your heart, all your soul, and all your mind."  
**Matthew 22:37***

*Search me, O God, and know my heart; test me and know my anxious thoughts. Point out anything in me that offends you, and lead me along the path of everlasting life. **Psalms 139:23-24***

### PRAYER POINTERS:

- Pray and ask God to search your heart, acknowledge what needs to change, and repent.
- Pray and ask God to help you to be led by the Holy Spirit and not the world around you.
- Pray that as you put God first that you would grow more deeply in how you **Love God and Love People.**

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# TUESDAY

## Pray for Personal Renewal (Consistency)

*All the believers devoted themselves to the apostles' teaching, and to fellowship, and to sharing in meals (including the Lord's Supper), and to prayer. **Acts 2:42***

*Remain in me, and I will remain in you. For a branch cannot produce fruit if it is severed from the vine, and you cannot be fruitful unless you remain in me. Yes, I am the vine; you are the branches. Those who remain in me, and I in them, will produce much fruit. For apart from me you can do nothing. **John 15:4–5***

*But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. There is no law against these things! **Galatians 5:22–23***

### PRAYER POINTERS:

- Pray into where you find yourself right now – what is on your heart and your mind that you need to bring to God?
- Pray that God will fill you with His Holy Spirit as you commit to putting Him first in all aspects of your life.
- Pray for God to show you practical ways to put Him first in your year, month, week, and day.

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# WEDNESDAY

## Pray for our Church

*Let's not giving up meeting together, as some are in the habit of doing, but encouraging one another – and all the more as you see the Day approaching. **Hebrews 10:25***

*We will not hide these truths from our children; we will tell the next generation about the glorious deeds of the Lord, about his power and his mighty wonders. For he issued his laws to Jacob; he gave his instructions to Israel. He commanded our ancestors to teach them to their children, so the next generation might know them – even the children not yet born – and they in turn will teach their own children. **Psalms 78:4–6***

*So we have not stopped praying for you since we first heard about you. We ask God to give you complete knowledge of his will and to give you spiritual wisdom and understanding. **Colossians 1:9***

### PRAYER POINTERS:

- Pray for our Elevate Camp: “**Imagine**” is happening from 10-12 February 2023 (Team, Teens, Logistics, Finances).
- Pray for our Next Gen Ministries (Edge Kids, EPIC, and Elevate) as they disciple our Next Gen.
- Pray for the Pastors, Staff, Elders, Ministry Leaders, and Life Group Leaders as they lead and implement the vision and for the many volunteers who serve each week.

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# THURSDAY

## Pray for our Community

*May God our Father and our Lord Jesus bring us to you very soon. And may the Lord make your love for one another and for all people grow and overflow, just as our love for you overflows. May he, as a result, make your hearts strong, blameless, and holy as you stand before God our Father when our Lord Jesus comes again with all his holy people. Amen. **1 Thessalonians 3:11-13***

*You are the light of the world—like a city on a hilltop that cannot be hidden. No one lights a lamp and then puts it under a basket. Instead, a lamp is placed on a stand, where it gives light to everyone in the house. In the same way, let your good deeds shine out for all to see, so that everyone will praise your heavenly Father. **Matthew 5:14–16***

*Most important of all, continue to show deep love for each other, for love covers a multitude of sins. Cheerfully share your home with those who need a meal or a place to stay. God has given each of you a gift from his great variety of spiritual gifts. Use them well to serve one another. Do you have the gift of speaking? Then speak as though God himself were speaking through you. Do you have the gift of helping others? Do it with all the strength and energy that God supplies. Then everything you do will bring glory to God through Jesus Christ. All glory and power to him forever and ever! Amen. **1 Peter 4:8-11***

## PRAYER POINTERS:

- Pray for our schools and teachers as they start the new year.
- Pray for improved relationships between neighbours and others in our community.
- Pray for opportunities to show God's love to those around us by doing practical things for people.

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# FRIDAY

## Pray for our Country

*I urge you, first of all, to pray for all people. Ask God to help them; intercede on their behalf, and give thanks for them. Pray this way for kings and all who are in authority so that we can live peaceful and quiet lives marked by godliness and dignity. **1 Timothy 2:1–2***

*For a child is born to us, a son is given to us. The government will rest on his shoulders. And he will be called: Wonderful Counsellor, Mighty God, Everlasting Father, Prince of Peace. His government and its peace will never end. He will rule with fairness and justice from the throne of his ancestor David for all eternity. The passionate commitment of the LORD of Heaven's Armies will make this happen! **Isaiah 9:6–7***

*Pray for the peace of Jerusalem: "May those who love you be secure. May there be peace within your walls and security within your citadels." For the sake of my family and friends, I will say, "Peace be within you." **Psalms 122:6–8***

## PRAYER POINTERS:

- Pray for Godly wisdom and discernment for the leaders of our city and country.
- Pray for the many who are in vulnerable situations (health, unemployment, homelessness, etc.).
- Pray that you would have a heart that is compassionate like Jesus and be a comfort to those who are hurting in your world.