

As we prepare for an important season of prayer and fasting, I want to share some guidelines to help us be unified and intentional in this spiritual discipline. This fast is a 7-day leadership fast. The focus scripture of our fast is Joel Chapter 2. Fasting is a powerful way to draw closer to God, and I encourage each of you to approach this time with sincerity and commitment.

Scripture for Reflection

And Jesus said unto them, Because of your unbelief: for verily I say unto you, If ye have faith as a grain of mustard seed, ye shall say unto this mountain, Remove hence to yonder place; and it shall remove; and nothing shall be impossible unto you. Howbeit this kind goeth not out but by prayer and fasting.

— Matthew 17:20-21 (KJV)

But thou, when thou prayest, enter into thy closet, and when thou hast shut thy door, pray to thy Father which is in secret; and thy Father which seeth in secret shall reward thee openly.

— Matthew 6:6 (KJV)

The Lord is nigh unto them that are of a broken heart; and saveth such as be of a contrite spirit. _

Psalm 34:18 (KJV)

Fasting Guidelines

1. Choose a fast that would be a sacrifice to you – Whether it's food, social media, or another area of your life, make sure your fast reflects something meaningful that will challenge and deepen your faith.
2. Start preparing at least three days before Tuesday, the 24th Begin focusing your heart and mind on the fast. Gradually ease into it, so your body and spirit are prepared.
3. Determine how you will incorporate additional prayer and Bible study. In place of what you've given up, plan dedicated times of prayer and scripture reading to maintain your focus on God.
4. Begin praying before it's time to start. Cultivate a prayerful mindset even before the fast officially begins. Let God prepare your heart for what He wants to reveal during this time.

5. Get a partner to encourage and hold you accountable. Choose someone to walk this journey with you, offering support and encouragement throughout the fast.

Please take this time seriously, and be intentional in your commitment. I believe that as we seek God together, we will see Him move mightily in our church, our lives, and our community.

Thank you for your dedication, and let's continue to lift one another up as we pursue God's will.

Prayer and Consecration: Monday September 23, 2024 at 6 PM @ the Church

Fast: Tuesday September 24, 2024- Monday September 30, 2024

Blessings