

## Podcast notes for Prayer and Fasting

### SHOW NOTES:

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Corporate Focus: Each one, reach one. Commit to praying for and influencing one person for Christ in 2024.

Key verse: 1 Corinthians 3:6 - I planted the seed, Apollos watered it, but God made it grow.

Consider who will be your one person: Spouse, Parent, Child, Co-worker, or Neighbor. The next two podcasts will be testimonies of who influenced others and how they are paying that forward.

Pray and prepare:

We have some time before our corporate fast begins, so take some time to pray. Find a place to record or journal what comes out of this prayer time and document this commitment between you and God. Besides our corporate focus, what else are you fasting for? Is it to: help with a decision, break through on a specific issue, clarity in purpose, or something else?

Now would be the time to check with your doctor and pharmacist regarding health or prescriptions concerns. Ask what things would be safe to eliminate or restrict for the 21 days.

Once you have this information you can choose what you will fast from:

Things to consider would be:

- all meat or red meat, fish, or dairy products
- you could fast from products with added sugar (read the ingredients)
- all breads with leavening
- or fast from all drinks except water, broth, and fruit/vegetable juice

There are many options. Consider something that will be a noticeable change for you.

For parents with children at home, the children and youth ministries will be learning about Biblical fasting as well. You can include the kids in choosing *from* what things the family will be fasting.

A few suggestions to deepen or enrich this time of fasting would be to:

Do this as a family if possible or enlist a friend to be a fast partner. You can pray for each other, hold each other accountable, swap fasting recipes or split meals with each other. This is something small groups or Sunday School classes could do as well.

Record this fasting experience in some way daily or weekly asking yourself:

What is God speaking or showing me during this time?

What questions come to mind while praying?

What are you experiencing physically, emotionally, and spiritually?

These notes may provide information you can share after the fast.

Commit to use free to time to:

Love God: Commit time to Bible study or book on spiritual growth

Love others: Send card/letters, spend time/visit, be hospitable

Love yourself: Attend a special event, start a health routine, etc.

Journal each day about the fasting experience:

What is God speaking or showing you today?

What questions come to mind to ask Him?

What are you experiencing physically, emotionally and spiritually?

Create a mantra – “I will fast from \_\_\_\_\_, and feast on \_\_\_\_\_.” Examples include:

I will fast from discontent, and feast on gratitude.

I will fast from self-concern and feast on compassion.

I will fast from gossip, and feast on purposeful silence.