

Journey to the Cross



**EBC Youth
Fasting Devotional**



Welcome

HEY!

I am so glad you've decided to participate in our 40-days of Prayer & Fasting. There really is no better way to reset our spiritual compass, bring about refreshing in every area of our lives, and pursue the glory of God than through prayer and fasting.

Whether you've done a 40-day prayer and fasting before, or if this is your first time, you can start where you are and experience what God has in store for you in a powerful way.

I know the struggle of being young and not feeling like you can connect with God because of your age. The tools provided in this guide are a practical guideline to help you navigate through your personal 40 day journey.

It is my prayer that as we unite to do this together as a church and commit ourselves to Him over the next 40 days, we will experience the presence and power of God in an extraordinary way.

Let's be real, 40 days is a long time and it's going to sometimes feel pointless but I believe that no matter what happens, if you surrender these next 40 Days to Christ, he will do a transformative work in and through you.

We saw a lot of change and pain in 2020 but as we prepare to journey to the cross, and celebrate Christ's sacrifice on the cross these next 40 days are going to bring us closer to him.

We got this together & I am excited about what God is getting ready to do!
Rev. Jamarcus Walker

Introduction to THE JOURNEY

Like prayer & Bible reading, fasting is one of the spiritual disciplines of followers of Jesus. The next few paragraphs are to help you get your mind around fasting, and help you get started in this powerful Christian habit! **BTW: God is about to do something awesome in your life as you begin this 40 day journey!**

WHAT IS FASTING?

Biblical fasting is, very simply, denying oneself food for the sake of seeking and honoring God. Pastor Stovall Weems says that “prayer is connecting with God; fasting is disconnecting ourselves from the world.” That’s a great way to describe the feeling. You can fast from other things that keep you connected to the world, too. Things like TV, video games, social networking, chat rooms and more.

Why SHOULD I FAST?

Over time, it’s very easy for our souls to get distracted and clogged. Fasting is a way to give our bodies and our souls a deep cleaning. When we do, we find that not only do we feel better, but as we draw closer to God, we are more in tune with His voice.

HOW DO I FAST?

There are several different types of fasts. Make sure to check out our Guide to Fasting, on our website.

The main thing is remember – don’t make it all about what you eat or don’t eat. This is all about drawing closer to God and replacing distractions with prayer, reading our Bibles and seeking God like never before. On days where you will be fasting from Facebook, TV, etc., give ‘em up for the whole day. On days where you are fasting from food items, do what challenges you spiritually. Don’t hesitate to get out of your comfort zone. If you have fasted before, mix in a few extra days of fasting from food and go all liquids. Go for it! You’ll be glad you did. To prepare, it’s best to slow down your eating before the fast, then pick it back up slowly by eating small, simple foods. It’s smart to plan ahead and make sure you’ll have plenty of the fruits, vegetables, juices, etc. on hand. If not, you’re likely to overeat at your next meal, and that’s never a good choice!

WHAT DO I DO?

Drink lots of water. Pray. Read your Bible. Listen to worship music. Think. Grab your Bible, this devotional, and maybe a journal to capture your thoughts and what God shows you. Get ready, this experience is going to be like no other!

HOW TO USE THIS DEVOTIONAL:

Carve out a quiet time each day. Grab your Bible, journal and something to write with. It's best to do this in the morning because once your day begins, there will be tons of distractions. Learn to put God first in your day, and He will multiply your time. You'll find that you get more done in less time! During your quiet time, go through the daily devotional this way:

SCRIPTURE: Read the Scripture passage from your Bible and the notes in this guide.

OBSERVE: Think about what you see that clicks with you. What do you think it means? Are you going through a similar situation?

APPLICATION: How do you think this Scripture applies to you, personally? What is God trying to say to you through His Word?

PRAYER: Pray and ask Jesus to make those applications real. Is there something you need to change? Someone you need to speak to? Apologize to? A different way you need to act? Is there something God is asking you to do that you've never done before?

Yes, I am aware that flow spells: **"SOAP"**. It's like you're washing your brain with the Word of God. Easy to remember. You can continue this practice in your daily time with Jesus. Now let's get started!

SCRIPTURE OBSERVE APPLICATION PRAYER

DAY 32

SCRIPTURE:

OBSERVE: Think about what you see that clicks with you. What do you think it means? Are you going through a similar situation?

APPLICATION: How do you think this Scripture applies to you, personally? What is God trying to say to you through His Word?

PRAYER:

REFLECTION:

DAY 38

SCRIPTURE:

OBSERVE: Think about what you see that clicks with you. What do you think it means? Are you going through a similar situation?

APPLICATION: How do you think this Scripture applies to you, personally? What is God trying to say to you through His Word?

PRAYER:

REFLECTION:
