



22
DAYS OF
Praise
AND FASTING

WMBC

21 DAYS OF *prayer* AND FASTING

We're excited that you've made the decision to focus these next 21 days on prayer and fasting! We believe that God will move in your heart and life during this time! You can use this journal to help lead you over these next 21 days as we as a Church come together to seek God.

OVER THE NEXT
21 days

Consider Committing to:

Asking the Holy Spirit how He wants you to fast. Do it with Him!

Be open to the Holy Spirit's leading in prayer. Consider thinking about what the focus of your fast might be. A desire to love God more, a family member who doesn't know Jesus, your marriage, for Winkler to know Jesus, an addiction in your life, for WMBC, a decision that you need to make etc. Write down your focus and pray for it during this time.

Spending time with God when fasting a meal – you could go through this journal, pray for what you're fasting for, thank God, read the Word, spend time in listening prayer, etc.

Doing this together with a community: your family, small group, friends, or ministry team.

Attending the Prayer Summit on Thursday, January 27th at 7:00pm in the sanctuary.

Signing up (on our website) to receive emails for prayer requests – the WMBC Prayer Chain.

Submitting a testimony of how God has been working in your life during this time. We would love to hear it!

Email your story to: mike@winklermb.com

WHAT'S A fast?

The practice of fasting has strong roots in the Bible. Jesus himself spent time fasting during his life on earth, and he expected his followers to fast. Fasting is when you abstain from food for a period of time and partner it with spending time with God. It's not just simply skipping a meal it's about making space in our lives to be with God. Eat less, pray more is the idea. There are other options for fasting if health reasons or other concerns prevent you from fasting food.

Fasting is a powerful spiritual discipline. Through fasting, many things are possible! Fasting grows intimacy with God and grows you spiritually, it helps you to die to the flesh (pride, self-centredness, jealousy, anger, etc.), receive victory for overcoming addiction, temptation, sin, and more. Fasting and prayer can also bring about more than just personal transformation. When God's people practice fasting and prayer, God hears from heaven and heals our lives, our churches, our communities, and our nation. Fasting and prayer can bring about revival in our hearts and the hearts of others.

FASTING ideas

Here are a few different options that you might want to consider for your fast. We encourage you to go to God and make this decision with Him.

One Meal Fast: Fast one meal in a day. You can do this one day per week or more.

Selective Food Fast: Fast specific types of food or drinks such as: meat, bread, sweets, pop, snacks, coffee, fast food, etc.

24 Hour Fast: Have only water for 24 hours. You can do this one day per week or more.

3 Day Fast: Have only water and/or juice for 72 hours.

Non-Food Fast: If you have health concerns (ex. body image struggles, diabetes, hypoglycemia, expectant mothers, heart patients, etc.) you can still fast! Here are some other options for fasting: coffee, screen time (Phone, TV, etc.), social media, internet, the news, a hobby, etc.

**** Consider consulting your doctor beforehand if you're unsure about your bodies capability of doing any sort of food related fast.*

WHAT'S THE FOCUS OF YOUR *fast?*

Over the next 21 days I am praying and fasting for:

HOW WILL YOU BE *fasting?*

I will be fasting:

HOW YOU CAN *pray* FOR WMBC

Pray that WMBC would love God and seek Him with all their heart, soul, mind, and strength

Pray that WMBC would love one another and their neighbours as themselves

Pray for the Board and Staff, that they would be given wisdom and follow God's leading

Read Matthew 6:9

“Our Father”

Pray

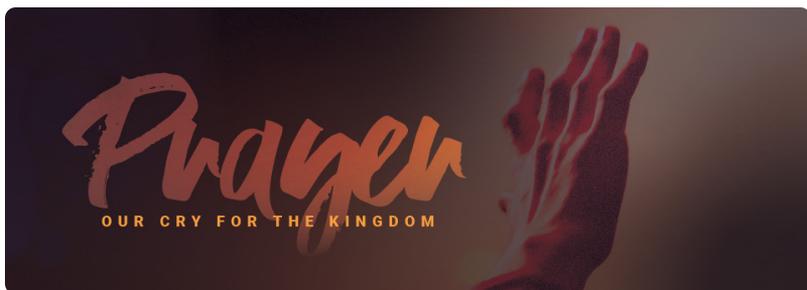
Spend time thanking God for who He is – a loving Father.

Consider taking time to forgive your earthly dad where you may need to. You can pray the prayer below.

Father, I receive you as my dad. Whether I have or don't have a loving father on earth you are always a good and perfect Father. Right now, as I think of my earthly dad, I release all his shortcomings and any hurts or pain that I've experienced with him to you. Father, I forgive _____ (name) for _____ (how they wronged you). Jesus, as you forgave me, I forgive _____ (name). You, as my loving heavenly Father, love me and value me more than I can imagine. I am important to you. Thank you for how you love and provide for me.

Listening Prayer

Father God, what do you think of me?



Prayer. It's one of those things that we know makes an impact but is sometimes the last thing we feel like doing. At times, our prayer life revolves around giving thanks at meal times, mentioning a quick list of requests before bed, or praying during a crisis. God has more in store for our lives, the people in our lives, and our community... and it all comes down to one simple word - prayer. Prayer is the avenue through which the Kingdom of God is released. Wherever you're at, this sermon series will encourage you, challenge you, and push you to pray.

Prayer Sermon Series - January 9 to February 13



Join us for our first Prayer Summit!

We're launching something new at WMBC, Prayer Summits! Join us on the last Thursday of every month as we come together to pray and worship to see the Kingdom of God released in our church and our community. Prayer Summits are open to everyone of all ages. Let's be praying together not just while we're doing a sermon series about prayer but have it become an integral part of the culture at WMBC!

January 27 | 7 pm