

FASTING PRAYER YEAR

guide



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The Importance of Prayer & Fasting

Many Christians consider fasting a fringe idea for super-Christians who are overly passionate about Jesus. However, Scripture commands everyone to fast. In Matthew 6:16, Jesus said, “WHEN you fast,” and not “IF you fast;” so if we are to obey Jesus, then every believer should discipline themselves to fast regularly.

Fasting has many functions in the Bible. We see that it can break strongholds. It can open a person’s heart to be burdened for the lost. We fast when sickness, crises, or trials come. And, fasting partners closely with prayer.

Fasting is **not** a tool we use to manipulate God. Rather, fasting does something within us. Denying ourselves is something Jesus said we must do to be His disciple. Denying our flesh food gives our inner-man a step up and helps us hear the Lord more clearly. Through fasting, **we deny ourselves our usual comforts and distractions.** So, you might consider refraining from television, talk radio, social media, or other comforts – as well as food – to focus our attention and time on seeking the Lord.

Denying ourselves through fasting is not not something we should do alone. **We must pray and fast with others.** Praying and fasting together is the lifeblood for movement to happen in our regions. As we seek the Lord together, we partner with Him to see the lost saved, delivered, and for disciples to be multiplied.

Prayer gives us time to abide and commune with Jesus. Because we love Him, we want to spend time listening for His voice. The days we now live in require disciples to stay connected to Jesus in prayer, fasting, and reading and obeying His Word. Even the disciples who walked with Jesus in person asked Him to teach them to pray. (I find it quite interesting they did not ask Him to teach them to preach.) They could see the importance of prayer since they saw Jesus – God, Himself – do it frequently.

Prayer and fasting should lead us to action. Meditating on what God wants and talking with Him about it should motivate us to change and do what He tells us to do. We become a participant in God answering our prayers when we obey what He is telling us to do in response to the brokenness in ourselves and the community around us.

Themes & Intended Outcomes

This guide is **a tool to help you sit in the presence of Jesus, focus on Him in prayer, and hear His voice.** Daily scripture references direct your prayers. Every disciple must read and obey the words of the Bible. If we don't saturate ourselves in the scriptures, then we can be led by voices that are not of God.

This guide's **theme is developing a burden like God's for the lost and our city through fasting, repentance, and obedience.** As we set out to reach our cities and regions for the Kingdom of God, this theme **focuses us on what we must do to see movement.** Disciple-making always begins with being a disciple worth multiplying. This journey of reading, meditating, praying and fasting will help you get started in practicing the habits of **a disciple-maker.**

How to Fast, Pray, & Use the Guide

Fasting should be something that is challenging for you. Denying yourself a particular food you enjoy or perhaps skipping a specific meal each day would be an example. **The important thing to do is to make a plan on what you are going to fast and then do it!**

Although this guide covers 9 days, we certainly don't expect you to fast all 9 days. Of course, if you feel led, go right ahead! Perhaps you will fast during lunch once a week or for each day you go through this guide. When lunch time comes then, instead of eating, spend time in prayer for the amount of time you would have eaten lunch — but feel free to pray more throughout the day. You are free to fast more, but follow the same idea: always pray with a plan.

It's always good to **make an appointment with Jesus.** Pick a time that will help you give your best. Whatever time you select don't miss it! You are meeting with the Lord!

Use the daily guides as a pattern to guide your prayer times and fast times. Read through the scripture listed for the day. Then, use the provided questions to dialogue with Jesus. You do that by asking Him the questions, mediating on the passage, and writing down what He says to you. Pray back to Him what you see there and what He brings to mind. These questions focus prayer toward developing a heart like God's, loving your neighbors, and making disciples where you live.

We designed this guide to help you **take your time and interact with God,** rather than rushing through a checklist. Reflect on what He is said to you His Word and make sure you **write down how He wants you to obey.** We pray that as you work through this guide you would be blessed with a burden to see your city as Jesus does!

Day 1: Isaiah 58

Fasting is commanded by God and has an important purpose for every believer. It benefits those that do it with a right heart. Fasting is about us returning to obedience to Him and not just merely asking Him to fix everything. We will see our communities heal when we **obey His commands** to help the hurting, address evil, and share Him with others.

Ask God the following questions. As you ask Him these questions and listen to what He says, write down what you hear Him say, what He shows you, how you prayed, and what you need to do to obey God in each situation.

Praying for the City | In light of this passage...

- What in my city hurts Your heart?

- What do You long to see happen in my city?

- What do You want me to do?

- What do You want me to pray for?

- Whom do You want me to pray for?

Praying for the Church | In light of this passage...

- What about my city's Body of Christ hurts Your heart?

- What do You long to see happen within my city's Body of Christ?
- How do You want us to change?
- What do You want me to do?
- What do You want me to pray for?
- Whom do You want me to pray for?

Praying for Myself | In light of this passage,

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Day 2: Matthew 17:14-21

Every believer struggles with unbelief from time-to-time. This passage tells us that some problems can only be overcome by prayer and fasting. **We may not like it, but our unbelief can hinder another's deliverance.** We often don't obey because we don't believe. Also, it's hard for others to see Jesus when we don't fully believe Him. We must do what's necessary to drive unbelief far from our minds. **Obedience and fasting helps us build our confidence in the promises and truth of God's Word.**

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Day 3: John 4:27-38

Jesus told His disciples He had meat that they didn't know He had. What was the meat? **To do the will of the Father.** Then, Jesus explained that the Father's will was to work in the fields of the harvest (the lost) because they were ready to be picked. So fasting and helping people come to know Jesus are connected, because **God's work of reaching the lost satisfies, sustains, and pleases us more than any feast.**

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Day 4: John 15:1-17

Jesus is the vine; we are His branches. And, if we stay connected to (abide in) Him, He promises that we will be fruitful. **We will bear fruit, MUCH fruit, and much fruit THAT LASTS when we pray in His presence and obey His words.** We bear this lasting fruit **when we make disciples who make disciples.**

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Day 5: Isaiah 1

What does God think of sin in the lives of His people? Especially when His people believe they can be disobedient in their actions, but please Him in worship. A sinful people will not be heard by our Lord. **We must repent and obey Him.** When we walk in His commandments, He blesses the work of our hands. Notice the specific kinds of sins that upset God in this passage.

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Day 6: Luke 14-15

What keeps us and others from experiencing the Kingdom of God? In the story, some were too busy and distracted to come to the great feast of Jesus and His bride. Some didn't want to join His way. But, only through Jesus can one enter. Christ invites us to enter His Kingdom, but to follow Him means to **deny ourselves and take up our crosses**. Salvation can't be earned, yet following Him will cost us everything. **We see His Kingdom expressed when we love our neighbors as ourselves. And only through our sharing Him with others can they enter His Kingdom too.** In this passage, Jesus portrays His burden to seek the lost and invite them into this eternal Kingdom of God's family.

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Day 7: II Chronicles 7

Solomon's offering shows us that **worshipping the Lord should be extravagant**. What was God's answer? Not only did His presence fill the temple, but also He instructed His people to pray when famine, crises, attack, and illness threatened the land. He wanted them to repent of all the sins of Israel (corporate) not just their individual sin. If we turn from sin and honor our Lord, then He will bless our land. **We must pray. We must repent. Only then will we see His harvest.**

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Day 8: II Chronicles 14-15

When we repent and tear down idols and address evil deeds, we do right in the sight of God. Following Jesus and living in His righteousness brings victory. When trouble and sinful people threaten us, will we seek His face or run away and hide? When we rely on the Lord and bring the light to the darkness, He will fight for us. **God will bring in a great harvest when we seek Him first.**

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Day 9: Acts 4:23-31

What did the early Church do when the wicked threatened them? **They prayed. Together!** The Father answered and poured out His Spirit upon them, and they spoke the Word of God with boldness. **When we obey Him, His Kingdom advances.** Disciples filled with the Spirit do great works for our King.

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What Now?

As you worked through this guide, we hope God developed in you **both a brokenness over sin - and its effects** on ourselves, our churches, and our cities - and a confidence that - through His power and our obedience - we can see **Him work in more mighty ways than we've seen before.** We can see many become disciples who help whole communities come to faith and experience wholeness through obeying God's Word and loving one another.

Please share this guide and what God has shown you through it with others. It's His Word, His Spirit, and our obedience to Him that changes our lives and those in our community.

Learn more about how **you** can grow and participate in a prayer movement for your city by connecting with us at **Contagious Disciple Making.** We seek to plant and build communities of praying disciple-makers in every city who will revive a culture of prayer and good works in the Church and disciple the lost to faith through helping them read the Bible for themselves. We want to connect you with others who are doing the same locally and globally and help you start your own community. **Together, we can see our cities transformed by the power of Christ and for His glory.**

1. **Download our CDM App!** Just search for Contagious Disciple Making App on any app store.
2. **Join our CDM Prayer Page** to post your prayer requests for your city and pray for other's (link) You can also the link to our page on our CDM App.
3. **Join our weekly CDM prayer meetings** with disciple-makers from around the world on zoom! You can find the zoom link on our app in the events section. We meet Wednesdays 8:15-9:15 am PST.
4. You can also **find more prayer resources and tools for doing good and making disciples** on our CDM app: podcasts, blogs, and videos to help you pray, make a difference, and make disciples who make disciples.
5. **Contact us** to find out how you can join others in your area and around the world in seeking Disciple Making Movements and transform our cities together. You can email us at **teamecontagiousdisciplemaking.com.**
Website: www.contagiousdisciplemaking.com