# Empowerment CHURCH

*Days of Fasting & Prayer*
*Monday July 13th- Sunday July 19th*

## START YOUR YEAR OFF RIGHT

## LET'S GET BETTER TOGETHER !!!

*Are you willing to release the pain of your past and/or the comfort of your present to level up and become the BETTER person that God has in mind?*

Since the beginning of Empowerment Church, we have set our hearts to be a people of prayer. We believe in praying first. In every situation, whether good or bad, we try to pray before we act. Prayer should never be our last resort, but it should be our first response. It doesn't matter if you're shy or if you don't know the right words to say; what matters is the heart behind your prayer. It's much more than only talking at God, it is connecting your heart to His and talking with God.

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2020

# EMPOWERMENT CHURCH FAST & PRAYER GUIDE

## CONGRATULATIONS!!!

Congratulations on your willingness and commitment to join Empowerment Church for this 7 day prayer and fasting journey!

Whenever a period of fasting is recorded in Scripture, it is followed by a season of growth and blessing. Understanding the necessity of prayer is not enough. In order for it to become a part of our life, it needs to become something we look forward to doing. I'm convinced most people don't pray because they have never been taught how to pray. However, together over these next 7 days we will learn and grow BETTER together. We look forward with anticipation to all of the great things God is going to do in the life of our church and in your life as well in 2020 and beyond.

### WHAT IS FASTING?

**Fasting** is an intentional denial rooted in a quest to get closer to God. Fasting is physical sacrifice for spiritual increase. Fasting is a commitment to deny our physical flesh, to increase our spiritual effectiveness. Fasting takes prayerful discipline! Mark 9:29, Daniel 9:3

### WHAT IS PRAYER?

**Prayer** is our intentional reach for God's direct and specific involvement in our life. Prayer is communication with God, giving thanks, requests and desires, knowing He can and will respond through thoughts, ideas, situations, people but, primarily His word. Read: James 5:16, Mark 1:35

### WHAT IS MEDITATION?

**Meditation** is the act of giving our time or attention to a thought, concept, situation or person. Meditate means to consider. Read: Joshua 1:8

# EMPOWERMENT CHURCH FAST & PRAYER GUIDE

## HOW DO I FAST? (PICK ONE)

**Fast Options:**
**You can choose all day or you could do 12 hours each day**

**Denial, Daniel, Desert, Drought**

**Money, and Mental.**
**(clarifying personal goals for details on each type).**

## WHAT SHOULD I INCLUDE IN MY PRAYERS?

**Prayer Request**

**Self-** Pray for your personal growth, your improvement, and other specifics pertaining to what you need.
**Situations-** Pray for your specific situations you need help with.
**Success-** Pray for the ability to do well spiritually, emotionally, and physically.
**Surroundings-** Pray for Empowerment Church, our mission, the resources, the team, the people God will send, the community, and for each other.

## WHAT DO I NEED TO REMEMBER?

**Deliverance- EVERYONE is asked to abstain from sinful habits, or habitual behaviors in addition to the options above for maximum results. (Ex: cursing, gossip, overeating, overspending, alcoholism, ungratefulness, self-centeredness, sexual sins, etc.) See Galatians 5:19-26; Hebrews 12:1. Prayerfully after the fast, you won't look back!**

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## SEVEN CRITICAL AREAS TO CONSIDER

1. **Focus-** We are praying to increase our focus to propel us toward His purposes for our individual lives as well as His mission for Empowerment Church. Strengthen our focus!

2. **Faith-** We are praying to increase our courage to live for God and our willingness to trust God in all circumstances. Strengthen our faith!

3. **Fruit-** We are praying to increase our fruit and productivity so that our lives will impact others and through our gifts and skills Empowerment will be able to impact and empower generations. Grow us in the area of productivity!

4. **Fervency-** We are praying to increase and (re)ignite our passion for the things of God. Help us (re)gain our edge and desire to serve and love people as you love us. Give us greater fervency!

5. **Fight-** We are praying to increase our fight so that we will press through those hard situations that seem overwhelming. Increase us in the area of grit and strength!

6. **Finish-** We are praying to increase our ability to see beyond where we are right now so that we may we break through the chains of fear, doubt, and discouragement. Strengthen our faith and grow us up in spiritual and emotional maturity.

7. **Flexibility-** We are praying to increase our patience so that we may gain peace and wisdom in every season and stage of life and ministry. Strengthen our faith and grow us up in spiritual and emotional maturity so that we can adjust accordingly in all situations.

2020

# WORDS OF ADVICE

Empowerment CHURCH

**Prayer and Study** are critically important. Fasting isn't about the denial of food, drink or other entertainments—but about changing the way you see things and believing that God is enough for you. When you have the urge to eat, drink, or use social media, you can turn instead to the Word. Go to God in prayer and thru reading His word to find what you're looking for. Fasting is a time of consecration from the things of the world and turning to the things of God.

**First**, fasting is sacrificing something in order to focus our attention and increase our appetite for God. Fasting isn't about what you lose but rather what you gain. It allows you to improve your communication with God through prayer. As your communication improves your relationship with God is strengthened. Thus, to effectively communicate with God you must have a strong prayer life.

It is critical to increase your prayer time during a fast. Pray as often as possible, or do as the Scripture says and pray without ceasing. Carry yourself in a posture of prayer not only to ask of God, but to hear from Him as well. Set aside certain specific times for prayer and journaling.

**Second,** other powerful way to develop a closer relationship with God is to study the scriptures. The Scripture is the very Word of God. To know God, you have to know His Word. In addition to prayer, during a fast, you should increase your time of studying His Word.

**Third,** listen to bible teaching messages while you're driving, at work, or at home to help you stay focused on God's Word. Try to saturate your atmosphere with the Word of God.

**Fourth,** stay hydrated. 20-30% of our daily water intake comes from food, so it's important to increase your water intake to approx. 2-3 liters a day. Tea and flavored waters are okay but do not make these your primary source. Broth is also good during a fast as its rich with electrolytes.

# CLARIFYING YOUR PERSONAL GOALS

**1) My Specific purpose/reason for fasting is:**

**2) I will be doing the _____ fast.**

**Denial- Liquids Only Until 3pm (water, juice, tea, smoothies- no pop)**

**Daniel- Fruit, Vegetables, Juice and Water Only (No meats, no sweets)**

**Desert- Water is your only beverage option for entire 7 days.**
**(You can still eat whatever you like- within reason).**

**Drought- No TV with the exception of religious programming. Or NO SOCIAL MEDIA (websites, etc.) & elimination of all negative chatter.**

***Media- Playing only board games (no video games), watching only educational or Christian programs (TV, iPad, Movies, etc.). Minimal cell phone usage.**

***Money- Spending only if it necessary (school supplies, warm clothing, etc.) no purchases of convenience items (unnecessary snacks, entertainment items, etc.). All other monies are saved.**

## REMEMBER

**EVERYONE is asked to abstain from sinful habits, or habitual behaviors in addition to the options above for maximum results. (Ex: cursing, gossip, overeating, overspending, alcoholism, ungratefulness, self-centeredness, sexual sins, etc.) See Galatians 5:19-26; Hebrews 12:1. Prayerfully after the fast, you won't look back!**

## CLARIFYING YOUR PERSONAL GOALS -CONT

**3) My accountability partner(s) will be: (as few as 1or as many as 5)**

**4) As a result of this fast, I hope to see God:**

**5) There are people who God has laid on my heart. As a result of this fast, I hope that God will move in their life in this way:**