

# Living Hope Church

## Passover To Pentecost Fast

April 17 – June 5, 2022

### **What is a fast?**

Fasting is the deliberate abstinence from some form of physical gratification for a period of time in order to achieve a greater spiritual good. Fasting usually involves setting aside food. The idea is to devote the time we would ordinarily spend on these activities to prayer, reading scripture and waiting before the Lord. When you fast, you say no to yourself so you can hear from God in a time of need or crisis.

### **Why fast?**

People in scripture often fasted in situations that demanded a spiritual breakthrough. Jesus said, “Can the friends of the bridegroom mourn as long as the bridegroom is with them? But the days will come when the bridegroom will be taken away from them, and then they will fast.” (Matthew 9:15) According to Isaiah 58:4, the purpose of fasting is “to make your voice heard on high.” The nature of fasting is such that it demands concentrated effort and time to come into God’s presence. Fasting is a tangible way of demonstrating to God that we are setting aside the flesh in order to deal with the spirit. James said, “Those who humble themselves before God will be lifted up.” ( James 4:10) Isaiah 58:6 reminds us of the blessings of fasting; “Is this not the fast I have chosen, to loose the bonds of wickedness, to undo the heavy burdens, to let the oppressed go free, and that you break every yoke.”

### **How Do I Fast?**

The details of a fast are really up to the individual in terms of the length and nature of the fast. This needs to be a matter of conviction between you and God. We are asking you to choose at least one day during this fifty-day period to fast. For most of us this will be a 24-hour period of not eating. Some are not physically able to fast for this time period and you may choose to only fast certain foods or a particular meal. It is important that you take the time you would spend eating to read your Bible and pray for the breakthrough you need. Use this list to prompt your prayers.

# A Prayer Guide During Our Fast

- *Pray for our President, our Governor and leaders who are making important decisions.*
- *Pray for the end of this pandemic and for the nations of the world who are suffering through this difficult time.*
- *Pray for God's will to be manifest in your life and in your family.*
- *Pray for those grieving from a loved one passing.*
- *Pray for those who are sick and those in the hospital and rehab facilities.*
- *Pray for the salvation of friends and family members.*
- *Pray for God's direction as we prepare to move into our new facility.*
- *Pray for protection over our students and children.*
- *Pray for jobs for those in our church who are unemployed.*
- *Pray for financial blessings over the families of Living Hope.*
- *Pray for the harvest God has for Living Hope both locally and globally.*
- *Pray for our missionary families and for God to use them in building His Kingdom during this difficult season.*
- *Pray for all our ministries here at Living Hope.*
- *Pray for all our Pastors and Administrative Council members as they lead Living Hope forward.*
- *Pray for God's direction as we prepare to add new staff.*