

DAY OF FASTING AND PRAYER

WHAT IS FASTING?

Fasting and Prayer are spiritual disciplines that are taught in the Bible. Jesus expected His followers to fast, and He said that God rewards fasting. Fasting, according to the Bible, means to voluntarily reduce or eliminate your intake of food for a specific time and purpose.

HOW TO FAST?

¹⁶ “Whenever you fast, don’t be sad-faced like the hypocrites. For they make their faces unattractive ^h so their fasting is obvious to people. I assure you: They’ve got their reward! ¹⁷ But when you fast, put oil on your head, and wash your face, ¹⁸ so that you don’t show your fasting to people but to your Father who is in secret. And your Father who sees in secret will reward you. ¹

HOW TO PRAY?

⁷ When you pray, don’t babble like the idolaters, since they imagine they’ll be heard for their many words. ⁸ Don’t be like them, because your Father knows the things you need before you ask Him. ²

WHY FAST AND PRAY?

The Bible clearly teaches that we should fast, but why should we fast? There are many good reasons, but specifically the United’n’Fasting and United’n’Prayer are for three primary reasons:

1. Praying for our specific area – Metro Nashville. For all people. Fasting gives us more time to pray. You can use the time you’d normally spend eating as time in prayer for what God wants to do in our city. In the Bible, fasting is always connected with prayer.

² As they were ministering to the Lord and fasting, the Holy Spirit said, “Set apart for Me Barnabas and Saul for the work I have called them to.” ³ Then after they had fasted, prayed, and laid hands on them, they sent them off. ³

2. Pray for your specific church. Pray for Saturday and Sunday. That means all gospel preaching and teaching ministries that take place. Often the prep time is throughout the week and all the people involved from greeter, worship, prayer, member, guest, speaker, and leader. When we pray we UNITE in a very serious manner. When we give up eating to spend time in prayer we place a high value on what we are praying and God honors deep desire and praying in faith.

¹⁴ Announce a sacred fast; proclaim an assembly!
Gather the elders and all the residents of the land
at the house of the LORD your God,
and cry out to the LORD. ⁴

¹ [The Holy Bible: Holman Christian standard version.](#) (2009). (Mt 6:16–18). Nashville: Holman Bible Publishers.

² [The Holy Bible: Holman Christian standard version.](#) (2009). (Mt 6:7–8). Nashville: Holman Bible Publishers.

³ [The Holy Bible: Holman Christian standard version.](#) (2009). (Ac 13:2–3). Nashville: Holman Bible Publishers.

⁴ [The Holy Bible: Holman Christian standard version.](#) (2009). (Joe 1:14). Nashville: Holman Bible Publishers.

