

prayer & fasting

12 “But even now,” says the LORD, “repent sincerely and return to me with fasting and weeping and mourning. 13 Let your broken heart show your sorrow; tearing your clothes is not enough. ”Come back to the LORD your God. He is kind and full of mercy; he is patient and keeps his promise; he is always ready to forgive and not punish. (Joel 2:12-13)

Join the Fast! With one heart and spirit, let’s unite together in fasting and prayer, crying out to God as one voice for the next 7 weeks. **We will fast on Tuesday. March 2nd, 9th, 16th, 23rd, 30th, April 6th and April 13th.**

What is Fasting? Fasting is defined as: “voluntarily going without food in order to focus on prayers and fellowship with God.” It is also a time set apart to seek the face of God, abstaining from food and/or anything that we find pleasure in for the sole purpose of giving our whole heart to God in prayer.

Fasting and “prayer” breaks the yoke of bondage and brings about a release of God's presence, power, and provision.

Why Should I Fast?

- ✦ Are you in need of healing or a miracle? Do you need the tender touch of God in your life?
- ✦ Is there a dream inside you that only He can make possible?
- ✦ Are you in need of a fresh encounter?
- ✦ Do you desire a deeper, more intimate and powerful relationship with the Lord?
- ✦ Are you ready to have heightened sensitivity to the desires of God?
- ✦ Do you need to break away from a bondage that has been holding you hostage?
- ✦ Is there a friend or loved one that needs salvation?
- ✦ Do you desire to know God's will for your life?

*****NOTE: You can pray without fasting, but you cannot fast without praying!!!**

Prayer Focus Schedule

March 2nd Pray for our hearts to be broken and humbled before God; revealing those things that are contrary to His Will (Word)	Psalms 34:18; Isaiah 66:2; Psalm 51:15, 17; James 5:15-16; 2Chronicles 7:13-15; 1Peter 5:5
March 9th Healing of our cities and nation and the world from the Corona Virus(s) and for healing and protection of our health and well-being.	2Chronicles 7:13-15; 1Timothy 2:1-5; Daniel 2:20-21; Psalm 91:5-7, 9-11, 14-16; Psalm 103:2-5; Matthew 10:1
March 16th God’s provision and preservation of people’s livelihood, employment and financial health. God’s provision for our economy and businesses.	1Peter 5:7; Proverbs 3:5-6; Matthew 6:25-34; Philippians 4:19
March 23rd God to comfort people in there dealing with depression, despair, hopelessness, confusion and grief. For His body to find peace and inspiration to go on.	Matthew 5:4; Isaiah 43:1-3; Psalm 18:2-3; John 14:27; Matthew 6:34; Psalm 27:12; Matthew 10:29-31; Philippians 4:6-7; Isaiah 41:10
March 30th That the church will emerge in the Name of Jesus to BE a light and a life giving organism in the midst of this darkness	Haggai 2:9; 2Corinthians 3:18; Ephesians 3:20-21; Matthew 5:14-16; Colossians 3:16-17; 1Peter 2:5-10; Ephesians 5:27
April 6th A “spiritual” awakening by the power and conviction of the Holy Spirit. That the people of God would discover God’s Grace as we renew our devotion to Him	Jeremiah 24:7; Isaiah 55:7-9; Matthew 9:35-38; Romans 13:11-14; Matthew 11:28-30; Luke 16:13; James 1:22-27; Romans 12:1-2
April 13th Restore a Hunger and Thirst for God.	Matt. 5:6; John 7:37-38; Psalm 42:1-2; Psalm 63:1-5; Deuteronomy 8:3; John 6:33-35