



HOLY WEEK

Prayer and Fasting Guide

Thank you for joining us in prayer and fasting this Holy Week! Use this Guide as needed to help you shape your prayer time this week.

There are two parts to this Prayer Guide:

1. An outline to help you as you spend time in prayer and...
2. Some helpful information about fasting for those unfamiliar with this important spiritual discipline.

When God's people fast and pray, the Kingdom of God moves forward - we're glad to be building God's kingdom together with you!

PRAYER GUIDE

1. REVERENCE

15 min

Prayer begins with the character of God as we take time to focus our entire being on the wonders of who God is.

Begin your prayer time by dwelling on the character and nature of our holy and good God.

REFLECT

Matthew 6:9

Psalms 27:1-4

Psalms 63:1-4

Revelation 19:11-16

PRAY

Thank the Lord for the incredible privilege of prayer. Take some time to let the Lord know what you appreciate about Him and what you are thankful for today.

2. RESPONSE

15 min

Give yourself to the control of the Holy Spirit & commit yourself to God's Kingdom purposes. Ask the Lord to help you surrender to His will.

REFLECT

Matthew 6:10

Luke 22:39-42

Matthew 6:33

1 John 1:9

Psalms 51:1-2

PRAY

Pray that His will would be done in your life, in the church, our community, nation, and around the world.

3. REQUESTS

20 min

God is big enough and good enough to answer our prayers.
Spend time taking your requests to His throne of grace
and intercede for others as well.

REFLECT

Matthew 6:11-12
1 Peter 5:6-7
1 Timothy 2:1-4
Jeremiah 29:7

PRAY

1. Pray for our Good Friday and Easter services; ask Him to bless all who participate in those services. Ask Him who you should invite to join you for one of the services.
2. Pray for the Church around the world as we celebrate the resurrection of Jesus together.
3. Lift up the families in our church that are in need.
4. Pray for our local and national leaders. Ask the Lord to move in their hearts this Holy Weekend.
5. Pray for revival in our church and our nation.
6. Pray for personal needs - for yourself, family, friends, etc.

4. READINESS

10 min

Entrust your welfare to the One who is your victor.
His Word is sufficient to equip us to face this world.

REFLECT

1 Corinthians 10:13
Ephesians 6:10-20

PRAY

Above all that the name of Jesus
would be glorified at DVBC -
during Easter weekend and always.
That we would stay actively
engaged in the battle for the
hearts and minds of people.

ABOUT FASTING

Fasting is a biblical custom, a spiritual discipline that God's people have always practiced (ex. Daniel 9:3, Nehemiah 1:4, Luke 4:2, Acts 13:2-3). Jesus fasted, and he assumed that his disciples would fast (Matthew 6:16-18). Although it's become less common in our day, fasting is an important tool for God's people to seek his face, hear his voice, and discern his will. This Holy Week, we'd like to invite you to join your DVBC family in both prayer AND fasting as we humble ourselves in worship and prepare to celebrate Easter!

Here's some information about our time of fasting together:

WHO:

Anyone and everyone can fast! While most of us will choose to abstain from food for some period of time, you can fast even if skipping meals isn't possible for you! In short, if you're reading this - you're invited to participate!

WHEN:

You can fast any time you choose during Holy Week - pick a whole day to fast (24 hours - perhaps lunchtime to lunchtime), or even just a particular meal (for example, lunch or dinner one day during the week). Choose a time that will work for your schedule, put it on your calendar, and jump in!

WHY:

Christians fast for many reasons - for repentance, when seeking guidance, when in need of God's protection and deliverance, when seeking humility before God or when simply trying to draw closer to Him and eliminate distractions. As Richard Foster says in *Celebration of Discipline*, "Fasting reminds us that we are sustained 'by every word that proceeds from the mouth of God' (Matt.4:4). Food does not sustain us; God sustains us...Therefore, in experiences of fasting, we are not so much abstaining from food as we are feasting on the Word of God."

WHAT:

Fasting in the Bible primarily refers to abstaining from food, but you can also fast from other things: such as screens/ social media/internet/TV, certain types of food or drink, certain activities, etc. For most of us, fasting from food is the best way to approach a fast, but you may sense God calling you to fast in some other way - feel free to follow His leading! You can do a partial fast (refraining from certain foods for a period of time), a 'water only' fast (abstaining from food and beverages other than water entirely), or you can fast from something else that's particularly meaningful to you. What your fast looks like is much less important than your desire to seek that Lord in fasting and prayer.

WHERE:

You can fast wherever you are! For example, if you choose to fast during lunch one day, try to find a quiet place to spend time with the Lord when you'd normally be eating.

Holy Week is a great time to commit ourselves to fasting and prayer - that God's will might be done in and through us. May God use this time to bless you richly.