

KINGDOM NO ORDINARY KINGDOM

Holy Week - Prayer and Fasting



Thank you for joining us in prayer and fasting this Holy Week! The purpose of this Guide is to help you maximize the time you are devoting to seeking the Lord this week.

There are two parts to this Prayer Guide:

- 1. An outline to help you as you spend time in prayer this week
- 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. Set Your Eyes on Jesus (5 Minutes)

Begin your hour of prayer by setting your eyes on Jesus. Give Him your full attention. Recognize that you are in his presence and He welcomes you to this time with Him.

Reflect

Read Hebrews 12:2
and Psalm 27:3

Pray

Thank the Lord for the incredible privilege of prayer.
Ask Him to guide your heart and mind
during your time with Him today.

2. Reverence (10 Minutes)

Praise and Thanksgiving help align our hearts with God and turn our affections toward him.

Reflect

Read Psalm 63:3 and
1 Thessalonians 5:17-18

Pray

Take some time to let the Lord know:
What you appreciate about Him and
what you are thankful for today.

3. Response (10 Minutes)

Before we ask the Lord to do anything for us, let's make sure our hearts are right with Him.

Reflect

Read 1 John 1:9
and Psalms 51:1-2

Pray

Spend time in confession and repentance to ensure
that nothing hinders your time of prayer. Ask the Holy
Spirit to search your heart and reveal anything that
needs to be made right or requires confession.
Ask God to forgive you.

4. Wait on the Lord (5 Minutes)

Spend a few minutes listening to the Lord. What does He want to say to you?
Sometimes this requires sitting quietly (away from all distractions) and listening for His voice.

Reflect

Read Psalms 27:14 and
Matthew 6:33

Pray

Listen for a few minutes to hear
what the Lord has to say to you.

5. Requests (20 Minutes)

To intercede is to intervene on someone else's behalf - to go before the throne of Glory for the benefit of another.
Intercession is one of the highest and greatest callings of the Christian.

Reflect

Read 1 Timothy 2:1-2
and Jeremiah 29:7

Pray

Here are some ways that you can intercede in prayer:

1. Pray for the church. Ask the Lord to pour out His Spirit on our Good Friday and Easter services, and ask Him to bless everyone who participates in those services. Pray to the Lord of the Harvest to bring people who need to hear the story of Jesus this weekend. 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. Readiness (10 Minutes)

Conclude your time of prayer by celebrating the Lord for who He is and for what He does
- in your life, in your church, and in the world.

Reflect

Read Philippians 4:4-7

Pray

Thank the Lord for the blessing of prayer.
Thank Him that He hears and responds
to His people when they cry out to Him.
Pray above all that the name of Jesus would be
glorified at DVBC -
during Easter weekend and always!

Thank you for praying with us. We know that the prayers of God's people are powerful, effective, and pleasing to the Lord. We're glad to share this journey of prayer with you!

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 - during times of repentance, when seeking guidance, when in need of God's protection and deliverance, when seeking to humble themselves before God in a particular way, or when simply trying to draw closer to Him and eliminate distractions from their lives. 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.

For these reasons and many others, this Holy Week is a great time for us, the people of Desert View, to commit ourselves to fasting and prayer - that God's will might be done in and through us.