

PRAYER & FASTING

PREPARE YOURSELF SPIRITUALLY

The very foundation of fasting and prayer is repentance. Unconfessed sin will hinder your prayers. Here are some things you can do to prepare your heart:

Confess every sin that the Holy Spirit calls to your remembrance and accept God's forgiveness (1 John 1:9).

Seek forgiveness from all whom you have offended and forgive all who have hurt you (Mark 11:25; Luke 11:4; 17:3-4).

Surrender your life fully to Jesus Christ as your Lord and Master; refuse to obey your flesh (Romans 12:1-2). Meditate on the attributes of God - His love, sovereignty, power, wisdom, faithfulness, grace, compassion, and others (Psalm 48:9-10; :1-8; 103:11-13).

PRAYER ITEMS FOR 2022

- Pray that Keystone will lay a strong prayer foundation and be a praying church.
- Pray that we will have a heart for the nations.
- Pray that we will love our community.
- Pray that God would enlarge our Kingdom influence.
- Pray that we would be a church that is generous with our time, talents, and treasure.

PRAYER & FASTING

PRAYERFULLY CHOOSE YOUR TYPE OF FAST

It is important to choose a fasting plan that works for you. While this provides some general information about different types of fasts, there is nothing more inherently spiritual about one type of fast as opposed to another. Consider how it may or may not apply to your personal circumstances and convictions. This is your personal decision and should be prayerfully considered as it applies to your life. If you have health concerns &/or take medications, please consult a physician prior to beginning your fast. We have listed below information on the most common types of fasts.

DANIEL PARTIAL FAST

The Daniel plan is a great model to follow and one that is extremely effective for spiritual focus, bodily discipline, and purification of the body and soul. It is probably one of the most commonly referred to fasts; however, within the Daniel fast there is room for broad interpretation. In the book of Daniel we find two different times where the prophet Daniel fasted. Daniel 1 states that he only ate vegetables and water, and in Daniel 10, while the passage does not give a specific list of foods that Daniel ate, it does state that he ate no rich (or choice) foods, as well as no meat or wine. Based on these two verses, we can see that either of these, or combinations of the two, constitute a Daniel fast.

SPECIFIC FOOD OR ACTIVITY FAST

In this type of fast you omit a specific item(s) from your meal plans. For example, you may choose to eliminate all red meat, processed or fast food, or sweets. Most people can incorporate this type of fast relatively easily.

While fasting typically refers to refraining from specific food items, you may also find it extremely beneficial to fast from a regular activity or habit. This might include things such as television, social media, shopping, alcohol, etc.

Prayer and fasting are not just about connecting to God but also about disconnecting from the world. Try to tune out some of the regular distractions from your day as much as possible. Ask the Lord to remove anything that distracts you from focusing on Him. Replace that time with things that will nourish you spiritually.

JUICE FAST

A juice fast is simply consuming vegetable and fruit juices and water instead of solid food. Many people include whey protein in their liquid plan as well. This is one of the most popular and effective fasts. Even if you choose not to make your entire fast liquids only, substituting one or two meals with liquids is a great alternative.