



# PRAYER & FAST GATHERINGS

## SUNDAY, JANUARY 20 – TUESDAY, JANUARY 22, 2019

What could 2019 look like if we cultivated more consistent habits of prayer, fasting and Bible engagement? The impact would be significant in our individual lives and in our collective life as a church family as we continue to grow in knowing God, loving people, and serving our world.

**Sunday, January 20/19 @ 6:30 PM** (Fireside Room): **Prayer for ECC Ministries, Leaders & Teams** – Pastor Joel will lead us in this hour of prayer together. As we head into a new year of ministry, we must seek God so we can be effective in the gospel mission God has called us to.

**Monday, January 21/19 @ 6:30 PM** (Fireside Room): **Prayer for Needs & Life Situations** – Pastor Marlo will lead this hour of prayer. If there's a situation in your life where you need God's intervention and strength (or in the life of someone you know), take this opportunity to be prayed for! Also, come and pray for others, even in your pain.

**Tuesday, January 22/19 @ 6:30 PM** (Fireside Room): **Prayer for Spiritually Lost People** – Pastor Jeff will lead us in this hour of prayer focused on people who do not know Jesus personally (those we know and those we don't). The eternal results of agreeing in prayer like this will only be fully known when we get to heaven! Be a part of it!

## WHAT IS FASTING?

In fasting we offer God the time and attentiveness we might otherwise give to things like eating, watching TV, or other things that normally have our attention. Fasting is not about "manipulating" God into doing what we want Him to do. Rather fasting helps us intentionally focus on seeking God and His will in a way that goes beyond normal habits of prayer, Bible reading, and worship.

In speaking with His disciples, Jesus used the phrase, '*when you fast*', assuming they would (Matthew 6:16). In Acts, we see the spiritual practice of fasting when leadership decisions need to be made (Acts 13:2), when Christ-followers were sent into ministry (Acts 13:3), and when there was an expression of prayer that God's servants would be cared for (Acts 14:23).

www.gotquestions.org asks the good question: 'What is the connection between prayer and fasting?' and gives this answer: "*The theology of fasting is a theology of priorities in which believers are given the opportunity to express themselves in an undivided and intensive devotion to the Lord and to the concerns of spiritual life. This devotion will be expressed by abstaining for a short while from such normal and good things as food and drink, so as to enjoy a time of uninterrupted communion with our Father. Prayer and fasting should not be a burden or a duty, but rather a celebration of God's goodness and mercy to His children.*"

Ask the Holy Spirit to lead you in how He may want you to fast to enhance your walk with Christ.