

Crossview Church Day of Prayer and Fasting – Basic Instructions

On Tuesday April 7th, a number of Central Wisconsin Churches are going to fast and pray. As your Senior Pastor, I am asking the entire Crossview Church family to fully participate in this day of prayer and fasting. Below are a few thoughts on fasting and prayer.

What is fasting?

- Fasting is an intentional break from eating, for a spiritual purpose: to deepen our relationship with the Lord
- Jesus encouraged us to fast in His Sermon on the Mount (Matthew 6:16-18)
- We see fasting modeled in the Old and New Testament as a way to seek God. The entire nation fasted in Esther, and annually on Yom Kippur (Day of Atonement—Leviticus 16), and fasting and prayer are listed together many times in the book of Acts.
- There is power in the practice of denying ourselves something our flesh desires.

How should we fast?

- When we fast, we use our “meal time” to pray, as feelings of hunger serve as a reminder to pray throughout the fast
- In Scripture, fasting was often sun up to sun down (not even 24 hours)
- A great place to start would be to skip 1-2 meals, on April 7, to focus on prayer
- Make sure you drink plenty of water while fasting
- When we fast, it helps to have a specific purpose: namely prayer during this pandemic
- **If you cannot fast food for medical reasons** consider fasting something else: TV, news, social media, time on your phone, etc. Pick something that is a sacrifice.

Again, we are inviting our church family to fast and pray on Tuesday, April 7th. Would you consider fasting with us, skipping 1-2 meals (or a non-food related equivalent) to devote oneself to God in prayer?

What should we pray?

Let us all pray:

- *for God’s love to be the foundation of our hope;*
- *for God’s mercy in stopping the spread of this virus and ending the pandemic;*
- *for God’s healing of those who are sick throughout the world;*
- *for God’s hope to those who are experiencing grief and loss;*
- *for God’s strength for medical personnel serving tirelessly;*
- *for God’s insight to be given to researchers seeking solutions;*
- *for God’s wisdom to guide civic leaders and health officials;*
- *for God’s peace to guard us from fear or anxiety;*
- *for God’s provision for those whose livelihoods and income have been affected;*
- *for God’s creativity to make us agents of love and compassion; and*
- *for God’s Spirit to draw people to the saving power of Jesus.*

As we fast and pray with other believers around our state, may we trust that the Lord will be glorified in, and through, this pandemic.