
DAY OF FASTING AND PRAYER ~ 26-MAY-21

Welcome to “the cowboy church’s” first day of prayer and fasting. I trust that as you engage with the LORD in this way that you will grow deeper in your relationship with Him.

Often, we approach fasting as a way of showing God how serious we are about the things we are asking from Him. We think that because we are giving up food, time, etc. that He will pay closer attention to us and our requests. Not True. Fasting is not a means of manipulating God to give us what we ask for. It isn’t even really about asking for things in prayer. It is about sitting with God, in His divine presence, and allowing Him to lead and guide our time. It is a time for praise and worship, for scripture meditation and for prayer according to His desires and His will. Through the time of fasting, our prayer focus should be one of aligning ourselves with the will of God and deepening our relationship with Him.

Here are a couple of articles that may give added information along with some practical tips for fasting.

<https://www.cru.org/us/en/train-and-grow/spiritual-growth/fasting/how-to-do-a-biblical-fast.html>

<https://www.cru.org/us/en/train-and-grow/spiritual-growth/fasting/7-steps-to-fasting.2.html>

On the following pages you will find some Scriptures to read and focus on. Included are a couple of reflection questions to interact with. Also, you will find some prayer guides for your day.

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SCRIPTURES

I would like to encourage you to spend time with the Lord in Psalm 139. This is a beautiful Psalm by David with some amazing perspectives on the LORD and on us. I have broken it into three different sections with some reflections questions for us to ponder. End each section with the prayer in vv23-24.

Psalm 139:1-12

- What does it mean to me that God's knowledge of me is unlimited and absolute?
- Does His presence everywhere bring me encouragement? If so, how and in what ways? If not, why not?

Psalm 139:13-18

- God is intimately acquainted with all of me and all my life.
 - Does this fill me with hope and encouragement? If not, why?
 - How does this help with the issues I am facing and afraid of today?

Psalm 139:19-22

- These verses are a little uncomfortable. However, do I share the same zeal for God's glory and His plans as David did?
- If not, how can I grow in my passion for God's will in my life and in His world?

PRAYER

Below are some prayer guides for during the day. You can choose to do all these in during one mealtime or spread them out through the entire day. Whichever way you decided to fast, whether it was one meal or the whole day, or just spending

some extra time in prayer, you can use and adapt this simple guide to help you along your way.

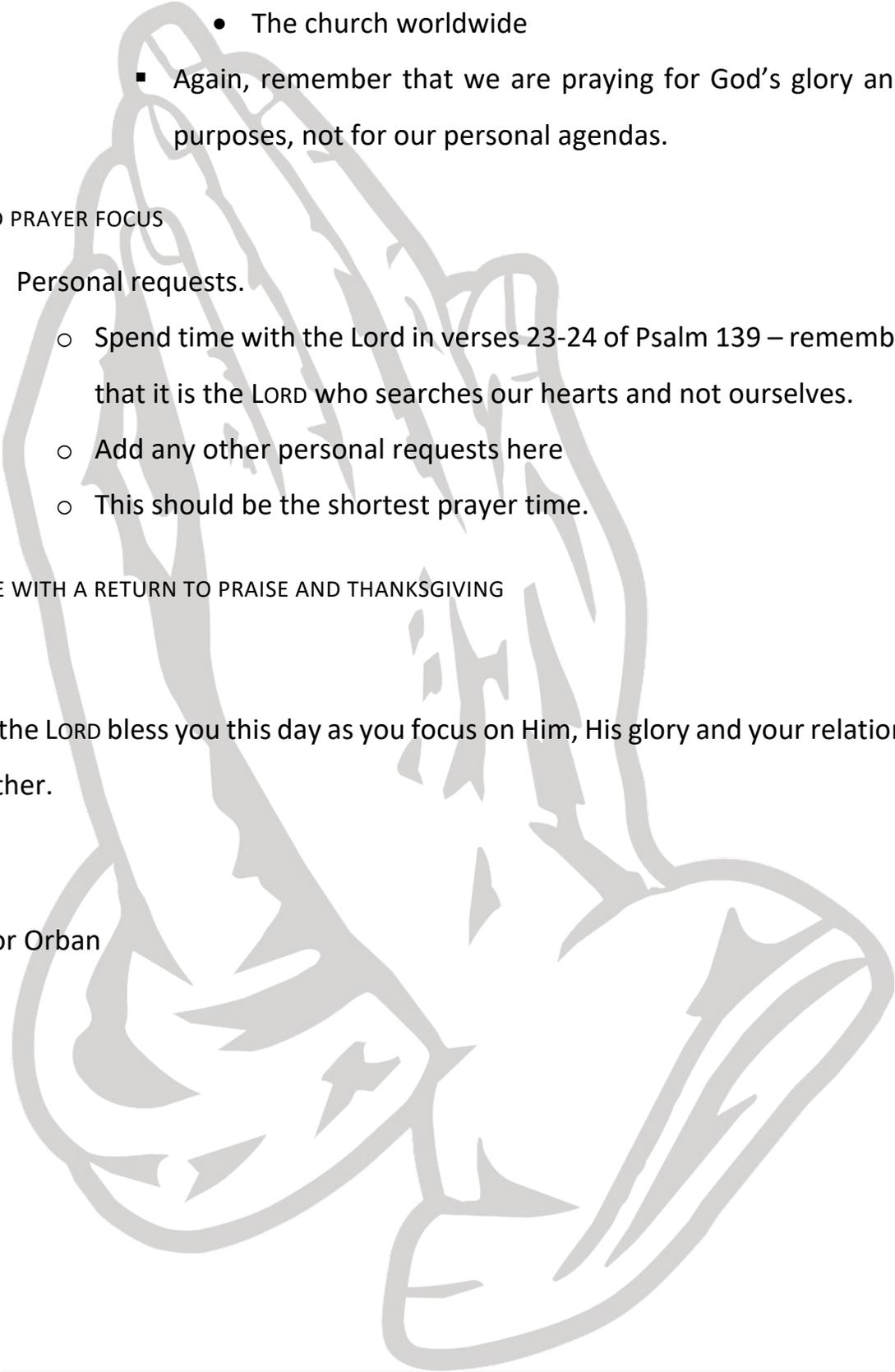
FIRST PRAYER FOCUS

- Praise and Thanksgiving
 - We need to begin with a focus on praising God for Who He is. Again, the first section from Psalm 139 can definitely help us with this and help to guide our thoughts.
 - Another area for thanksgiving is (1) what God has done and (2) what He is doing. Resist the temptation to add requests here. This is a time just to glory in God's person and the wonderfulness of His actions.

SECOND PRAYER FOCUS

- God's Glory and His purposes.
 - This is a time to pray and ask for God to work out His Glory and His purposes. This is when we can look at the larger perspective and see the World He created and ask Him to do what is best and to bring glory to His name. "Your Kingdom come, Your will be done..." A few verses that can help guide us in thinking beyond our own perspectives are Romans 11:33-36.
 - Some topics that you can pray through
 - The Covid situation locally and globally
 - Our governments - local, provincial, national, and worldwide
 - The Church
 - "the cowboy church" – finances, God's ongoing direction, & strength, stamina & spiritual sensitivity in our leaders

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- The church worldwide
 - Again, remember that we are praying for God’s glory and His purposes, not for our personal agendas.

THIRD PRAYER FOCUS

- Personal requests.
 - Spend time with the Lord in verses 23-24 of Psalm 139 – remembering that it is the LORD who searches our hearts and not ourselves.
 - Add any other personal requests here
 - This should be the shortest prayer time.

CLOSE WITH A RETURN TO PRAISE AND THANKSGIVING

May the LORD bless you this day as you focus on Him, His glory and your relationship together.

Pastor Orban

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