
DAY OF FASTING AND PRAYER ~ 28-JUL-21

INTRODUCTION TO “DAY OF FASTING AND PRAYER”

If you are new to fasting and prayer, this introductory material may be of help. However, if you have been doing this with us for the past couple of months, and are comfortable with fasting, feel free to jump to the next page.

Welcome to “the cowboy church’s” day of fasting and prayer. 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. Really, it isn’t even 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. In this way, He can lead us into His thoughts, attitudes, and possible action plans in our daily and community (church) life.

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 meditate on. Including some reflection questions to interact with. Below that, you will find some prayer guides for your day.

SCRIPTURE

Psalm 62 is our Scripture meditation for this month. It is a bit shorter than the other Psalms we have done but it does have a couple more sections. I pray you will be encouraged as you sit with David and the LORD in this Psalm.

Psalm 62:1-2

- Am I trusting the LORD enough to sit in quiet stillness (“rest”-NIV, “silence”-NASB) before Him without fretting, being anxious or being afraid?
- Is there anything in my heart/life right now that is keeping me from that kind of resting and stillness with God?

Psalm 62:3-4

- These verses are focussed towards those who are opposing/oppressing David.
 - What opposition am I facing in my life today...?
 - ...from within myself? from other sources? spiritually? other?

Psalm 62:5-8

- In the past, how has God been a refuge to me?
- How can I trust Him and “take refuge” in Him today?
- Are there issues that I need to “pour out” to Him (Philippians 4:6-7)

Psalm 62:9-10

- Am I trusting in position, money, government, or anything else, other than in God alone?

Psalm 62:11-12

- How can the truths in these closing verses provide comfort, confidence, and encouragement in my life today?

[This Photo](#) by Unknown Author is licensed under [CC BY-NC](#)

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.

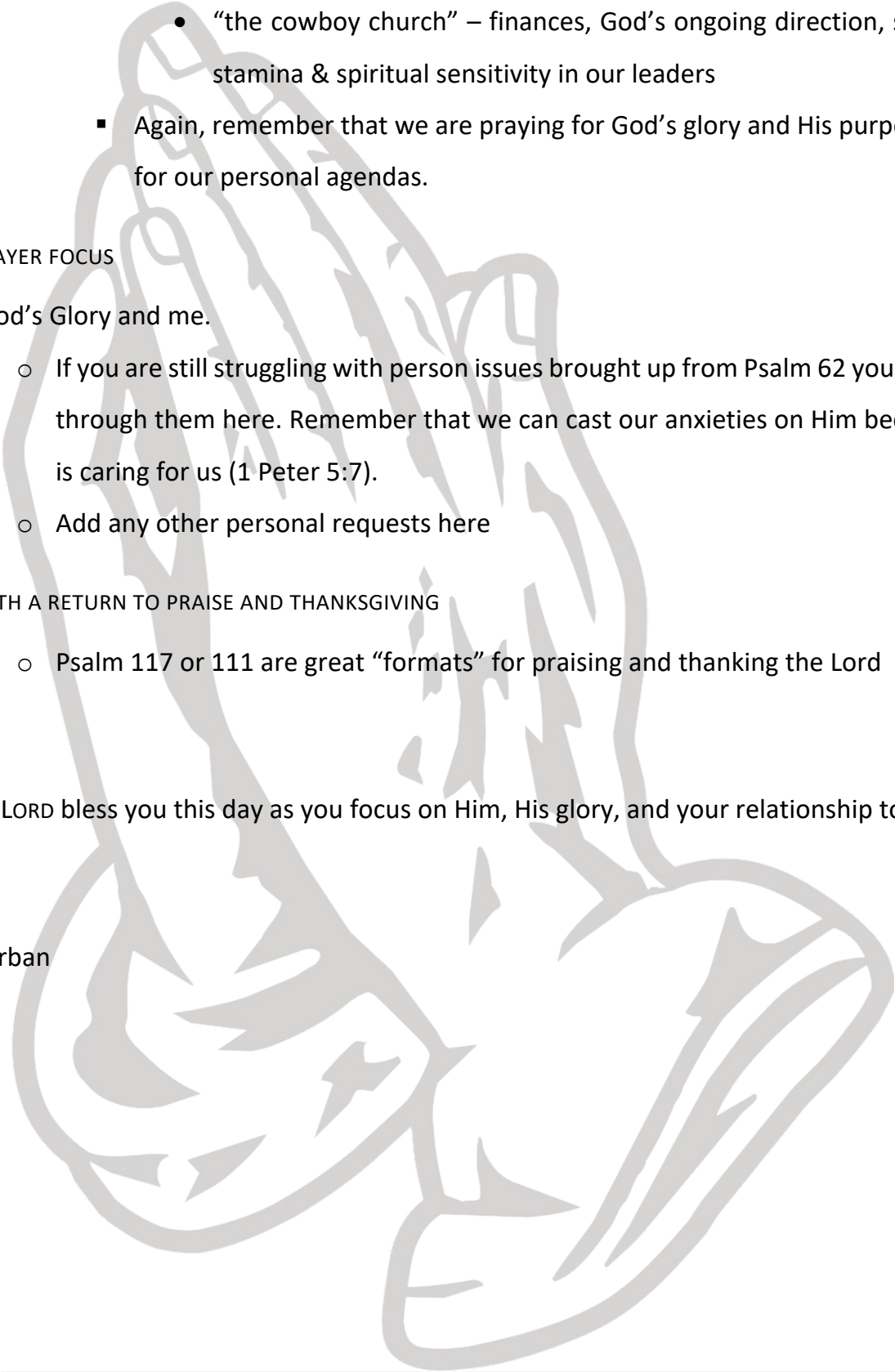
FIRST PRAYER FOCUS

- God's Glory
 - Begin with a focus on praising God for Who He is and what He has done. If you are trying to figure out what this looks like for you, Psalm 111 might be a help.
 - 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 Others.
 - 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
 - Weather issues in our province and in Western Canada (dry and wildfires)
 - The Covid situation locally and globally
 - Our governments - local, provincial, national, and worldwide
 - The Church
 - God's children and God's glory (Colossians 1:9-12 can help us when we are praying for those we don't know in other parts of the world)

[This Photo](#) by Unknown Author is licensed under [CC BY-NC](#)

- 
- “the cowboy church” – finances, God’s ongoing direction, strength, stamina & spiritual sensitivity in our leaders
 - Again, remember that we are praying for God’s glory and His purposes, not for our personal agendas.

THIRD PRAYER FOCUS

- God’s Glory and me.
 - If you are still struggling with person issues brought up from Psalm 62 you can pray through them here. Remember that we can cast our anxieties on Him because He is caring for us (1 Peter 5:7).
 - Add any other personal requests here

CLOSE WITH A RETURN TO PRAISE AND THANKSGIVING

- Psalm 117 or 111 are great “formats” for praising and thanking the Lord

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

Pastor Orban

[This Photo](#) by Unknown Author is licensed under [CC BY-NC](#)