

NATIONS FORD COMMUNITY CHURCH

40 DAYS OF PRAYER AND FASTING MARCH 6 – APRIL 14

Week #4 (Sun. 3/31 – Sat. 4/6)

1. Eliminate fish. Maintain intake of vegetables, fruits, soups, bread and liquid.
2. Support our *Global Missions* to Haiti or Kenya; sponsor a team member or volunteer to go.
3. Pray for 10 people during this time.

Week #5 (Sun. 4/7 – Sun. 4/14)

1. Eliminate vegetables, fruits, breads, soups. Intake should now be only natural juices and water.
2. Support our *Advancing__Together Campaign*: Make a new pledge today.
3. Invite your Faith Five to worship: Family; Friend; Co-Worker; Neighbor; Acquaintance

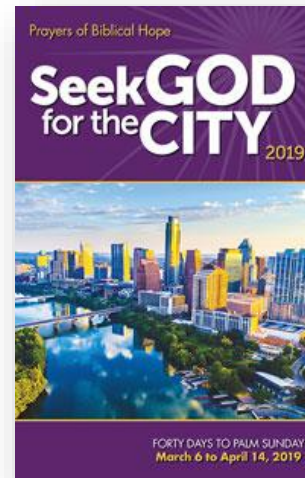
Join us each day on our Morning Power Prayer Call
6:30-6:45am
Call-in Number, 1-641-715-0861
Access Code, 114783#

Download “Seek God 2019” prayer guide mobile app for 99¢
From our website at www.nationsford.org.

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SEIZE THE MOVEMENT

At the start of each New Year we join together as a congregation to consecrate ourselves during our Holy Days of Consecration...after which we embark on a journey of 40 days of prayer and fasting. The purpose is to seek God and humble our hearts before Him that we may experience His presence and be used as instruments of his love and grace to this world.



This year our charge is to *Seize the Movement*. That means being the true expression of the Church in our world today, both proclaiming and demonstrating the Gospel of Jesus Christ.

Jesus says in Matthew 16:19: “...*I will build my church and the gates of hell will not prevail against it.*” We are the church and God has called us out to be sent out. Let’s move as one because nothing will be able to stand against us.

The following guide is to assist you in your time of fasting and to encourage you to join in corporate prayer during this season. Expect miracles, signs and wonders as you commit yourself to this move of God!

So please join me along with the entire Nations Ford family as we embark on “*40 Days of Movement – From our Lips to our Life.*”

WHAT IS FASTING?

Fasting is a spiritual discipline that is taught in the Bible. It is the voluntarily reduction or elimination of your intake of food or other pleasurable item for a specific time and for a specific purpose.

THE IMPORTANCE OF FASTING

- **Fasting was taught by Jesus**

“When you give up eating, don't put on a sad face like the hypocrites. They make their faces look sad to show people they are giving up eating. I tell you the truth, those hypocrites already have their full reward. So, when you give up eating, comb your hair and wash your face. Then people will not know that you are giving up eating, but your Father, whom you cannot see, will see you. Your Father sees what is done in secret, and he will reward you.” **Matthew 6:16-18**

- **Moses fasted before he received the Ten Commandments.**

“Moses was there with the Lord forty days and forty nights without eating bread or drinking water. And he wrote on the tablets the words of the covenant--the Ten Commandments.”
Exodus 34:28

- **The Israelites fasted before a miraculous victory.**

“Some men came and told Jehoshaphat, “A vast army is coming against you from Edom, from the other side of the Sea. It is already in Hazazon Tamar” (that is, En Gedi). Alarmed, Jehoshaphat resolved to inquire of the Lord, and he proclaimed a fast for all Judah.” **2 Chronicles 20:2-3**

- **Daniel fasted in order to receive guidance from God.**

“So I turned to the Lord God and pleaded with him in prayer and petition, in fasting, and in sackcloth and ashes.”
Daniel 9:3

- **Nehemiah fasted before beginning a major building project.**

“When I heard these things, I sat down and wept. For some days I mourned and fasted and prayed before the God of heaven.” **Nehemiah 1:4**

- **Jesus fasted during His victory over temptation.**

“For forty wilderness days and nights he was tested by the Devil. He ate nothing during those days, and when the time was up he was hungry.” **Luke 4:2**

TWO CAUTIONS

1. Fasting is not “*earning*” favor with God or trying to manipulate him through human effort. God answers prayers and operates out of grace and sovereignty. Fasting simply prepares you for God’s answer.
2. Fast as your health allows you to do so. If you are able to do only a partial fast - do it in faith and God will honor your intentions.

Below is our Corporate Schedule that we encourage you to follow...and remember to PRAY!

Week #1 (Wed. 3/6 – Sat. 3/16)

1. Eliminate all sweets: candy, chips, cookies, deserts and sodas
2. **Try the Tith Challenge:** 90 days of faithful giving of at least 10% of your income.
3. Join a Life Enrichment Group

Week #2 (Sun. 3/17 – Sat. 3/23)

1. Eliminate all red meats. Intake should be poultry, fish, vegetables, bread, soups, fruit and liquids (but no sodas)
2. Support the **MLAC**: Sponsor a scholar or volunteer your time
3. 3 Random Acts of Kindness

Week #3 (Sun. 3/24 – Sat. 3/30)

1. Eliminate poultry. Maintain your intake of fish, vegetables, bread, soups, fruit and liquid.
2. Support **Loaves & Fishes Food Pantry**: Bring non-perishable goods or volunteer your time.
3. Share your story with 3 people

SEIZE THE MOVEMENT

**God has a church; a movement
for his mission to the world**