



## **40 days of Prayer and Fasting for OWBC**

### **40 Days of Prayer and Fasting**

**Matthew 17:21 (KJV)**

*“Howbeit this kind goeth not out but by prayer and fasting.”*

### **WHAT IS THIS?**

This is an invitation for **you** to commit to **40 days of prayer and fasting** for God to move powerfully in:

- your personal life (10 Days)
- our church family – Special Emphasis on Student Ministry (10 Days)
- our city, state, country, and world (20 Days)

### **WHAT ARE THE DATES?**

**Thursday, February 15 – Monday, March 25, 2024.**

**Tuesday, March 26 at 6:30pm “Day 41 – We’ll come together for a “Greater Things Are Yet to Come”; and have an “All Church Worship and Prayer Celebration.”**

- **I want to remind you that you can fast anything;** it might be social media, TV, and movies; sugar, chips, soda, coffee. One of your favorite weekend activities may be bingeing on whole seasons of shows, or you may enjoy watching your favorite shows throughout the week, etc.
- Video Games. ...
- Weekends Out. ...
- Cell Phone. ...
- The Lunch Hour. ...
- Secular Music.
- Favorite pastimes (shopping, various recreations, computer, hobbies etc.)

It doesn’t have to be **all day**, it can be from 6am-3pm; let God lead you and then stay with it for 40 days. If you “blow it” and eat something you should not have eaten, don’t give up! Just continue on and finish what you started. You will still be better off in the end, even if you did falter.

The purpose of the **prayer** and **fast** is to say “**no**” to something **good**, in order to say “**yes**” to something **greater**.

### **HOW CAN YOU BE INVOLVED?**

I encourage you to commit to...

1. Reading scriptures and **praying** each day.
2. Ask the Lord how He might call you to fast during these 40 days. Again, you can fast from anything... it is saying “**no**” to something **good**, in order to say “**yes**” to something **greater**.
3. Walk in obedience to what Jesus tells you during these 40 days.

I suggest that each day as you **pray**, you may want to follow a simple, **4-step** process inspired by Jeremiah 6:16a (NIV) based on the words ***stand***, ***look***, ***ask***, and ***walk***:

*This is what the Lord says: “**Stand** at the crossroads and **look**; **ask** for the ancient paths, **ask** where the good way is, and **walk** in it, and you will find **rest** for your souls” (Jeremiah 6:16a NIV).*

Remember as you **pray** to **stand**, **look**, **ask**, and **walk** – these are our guide words throughout this **prayer** adventure.

1. **STAND** – Take 30 seconds of silence or worship to become aware of the presence of Jesus.
2. **LOOK** – Pray the prayer, “Come, Holy Spirit” and read the daily Scripture that pastor will give us.
3. **ASK** – Pray the Prayer for each day with confidence.
4. **WALK** – Read the Responding to God section, act as led, and say “Thank You, Holy Spirit” for guiding your time.

**Remember, in the Christian fast we are not just abstaining from food or other things – but in place of that we are feeding our spirit on the living and written Word of God.**

### **Physically**

- Consult your doctor\* if you have any physical limitations or are on any medications (see the list of those who should NOT food fast)
  - Consider your scheduling and physical exercise limitations
  - Avoid sugar and caffeine, at least three days prior to your fast • Resist having that “last big feast”
- \* Many medical doctors are untrained in the area of fasting and may object to any kind of a full food fast. If you are in good health you may want to get a second opinion from a Christian doctor or nutritionist and proceed with caution.*

### **Spiritually**

- Ask the Holy Spirit to help you.
- Spend some time in self-examination and confession.
- Follow through on any restitution as led by the Holy Spirit.
- Prepare some scriptures for meditation.

### **Socially**

- Consider who will need to know about your fast.
- If you live with children, use the fast as a teaching example and explain simply what you are doing and why. This will help them to view fasting as a normal part of being a Christian, just like going to church.
- It is wise to have someone praying for you and/or with you.

### **Emotionally**

#### **Matthew 6:16 (KJV)**

*“Moreover when ye fast, be not, as the hypocrites, of a sad countenance: for they disfigure their faces, that they may appear unto men to fast. Verily I say unto you, They have their reward.”*

Last, but certainly not least, you must daily, **pray** with your fast, because this goes hand and hand. I look forward to what the Lord has for all of us, and what He will do in our lives, our church, our city, our nation, and our world.

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**#Don'tLetTheDevilStealYourJoy**