

Recently, Pastor Mark felt lead to call a church-wide period of time set apart for the specific purpose of prayer & fasting. The first week of February, we are asking for everyone who will to participate in some form or fashion. There are many ways to fast and many types of fasting. This guide is simply a short guideline in regards to fasting and then some specific items that you can be in prayer with us during the coming week.

SIMPLY STATED, BIBLICAL FASTING IS REFRAINING FROM FOOD FOR A SPIRITUAL PURPOSE.

Biblical fasting takes a lot of discipline and strength—strength which you can only receive from God. Your private discipline will bring you rewards in Heaven, says Matthew 6.

Why should I fast?

- 1) Are you in need of healing or a miracle?
- 2) Do you need the tender touch of God in your life?
- 3) Is there a dream inside you that only He can make possible?
- 4) Are you in need of a fresh encounter?
- 5) Do you desire a deeper, more intimate and powerful relationship with the Lord?
- 6) Are you ready to have heightened sensitivity to the desires of God?
- 7) Do you need to break away from bondages that have been holding you hostage?
- 8) Is there a friend or loved one that needs Salvation?
- 9) Do you desire to know God's will for your life?
- 10) Have you been called to fast by your Pastor or your local congregation?

These are all important reasons to fast and according to the Word of God – somethings only come about when we pray and fast.

BIBLICAL FASTING FOCUS

1 TIMOTHY 2:1-2 *"I exhort therefore, that, first of all, supplications, prayers, intercessions, and giving of thanks, be made for all men; For kings, and for all that are in authority; that we may lead a quiet and peaceable life in all godliness and honesty."*

ROMANS 12:1 *"I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, [which is] your reasonable service."*

MATTHEW 6:33 *"But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you."*

ISAIAH 58:6 *"[Is] not this the fast that I have chosen to loose the bands of wickedness, to undo the heavy burdens, and to let the oppressed go free, and that ye break every yoke?"*

We want to encourage you to target your prayers during the fast. Two specific areas we will be focusing on together are leadership and finances. The Bible instructs us to continually pray for our leaders (1 Timothy 2:1-2). When we lift up our leaders, here in the United States and around the world, we can expect God's peace in our lives and in our nation.

Another great promise, from the book of Isaiah, proclaims that the chosen fast will "undo the heavy burdens and let the oppressed go free." We are living in tough economic times and we know that so many people are under a financial burden. As we come together to fast and pray, we believe that your burdens will be lifted and that financial blessings will be released into your life!

We encourage you to seek the Lord in prayer and let your decisions about your biblical fasting come from Him. Ask the Lord to show you areas to target during your time of fasting and prayer. We believe that, as we pray and seek God and give Him our best at the first of the year, He will bless our ENTIRE year (Matthew 6:33)!

Here are some specific prayer focuses that you can join with us in prayer over as we unite together for this week of spiritual strengthening and focus.

1. Pray for the leadership of Church on the Move – Pray for Pastor Mark & Chantel that God would give them strength and that their family would be blessed mightily for their sacrifices. Pray that God would give direction to our entire leadership team that we would be lead by the Spirit of God and not be our own ambitions. Pray that every activity, event and decision would be directed by the Holy Spirit.
2. Pray for the building that everything would come together smoothly as we near the completion of our new facility.
3. Pray that the momentum that is building since the beginning of the year would continue in our church.
4. Pray that God will continue to send us new people and pray that we will be effective in our follow-up efforts and that we would be able to retain and minister effectively to them.
5. Pray for our services each week. Always keep our music and worship team in your prayers, as they set the tone for our services and it's amazing the impact they make. We want them always to be led by the Spirit of God so that we can experience the greatness of His power. Pray for our pastoral team, that as they preach the Word of God, that they would have the anointing of God on their lives and that we would see the fruit that God is desiring to give us in our altars.
6. Pray for U-TURN and our CHILDRENS MINISTRIES – They are preparing our children to live a life for Jesus Christ –no greater calling in all the world. Remembering the words of Jesus, "Suffer the little children to come to me, and forbid them not, for such is the kingdom of heaven."
7. Pray for the marriages of COTM – our marriages are under attack because the devil knows that as the family goes, so goes the church. We must have strong marriages and homes if we are to have a strong church. Pray that God would protect and guard our homes and that we would have strong marriages that honor Jesus Christ.
8. Pray for the finances of the Church as well as the people. As individuals have been financially strapped, it carries over to the church. Pray that God will lift up a standard against this enemy that has come to steal, kill and destroy and that the blessings of heaven would be released to the people of God.
9. Let's always remember to Pray for one another. Let's cover one another in prayer and become each others biggest fans. As a Church, we must be unified and knit together as one if we are to accomplish the amazing things that He has in store.
10. Pray against the works of the enemy and Pray that God would loose His Spirit into our city. We want to claim this territory for Jesus Christ and to do so, we must have His guiding hand and His directing Spirit. Let's believe together that the lost people of the Woodbridge area would come to know the Saving Power of Jesus Christ and that we would be a part of the great harvest that God is wanting to give us. Jesus said, "Pray ye therefore that the Lord of the harvest would send laborers. . ." Let's together prepare ourselves in prayer to be laborers in the field for the harvest is white and ready to be harvested.

Also – remember our key verse for this period of fasting:

2 Chronicles 7:14 NKJV

- 14 If My people who are called by My name will humble themselves, and pray and seek My face, and turn from their wicked ways, then I will hear from heaven, and will forgive their sin and heal their land.

Amazing things are in store when God's people pray and fast and seek the face of the Lord!