

WILLOWFIELD CHURCH

# FAST, WALK, PRAY.



Thursday 29 May - Sunday 8 June 2014

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For the 10 days between Ascension Day and Pentecost Sunday, we want to encourage all of the church family to FAST (at whatever level appropriate), to adopt a street in our Parish, and to PRAYER WALK that street each day. A list of Parish streets is available at the back of church – simply put your name against the street *you* will prayer-walk over the 10 days.

### **A Guide to Prayer Walking**

*(adapted from 'Street Pastors' material)*

- Prayer walking is an important part of intercession - it simply means to physically walk through a street or neighbourhood with the purpose of praying for that place.
- This can be done as individuals or in pairs or in groups – e.g. as a family or Life Group.
- Adopt a street (or streets) by signing up at the welcome desk area at the back of church and then fix a time each day between May 29 and June 8 when you walk this patch and pray for God's blessing on the area.
- As you go out to prayer walk the streets of our Parish, remember that you take the presence of God with you wherever you go - all Christians do!
- Ask God to show you the area through his eyes and how he wants you to pray for the things, people and places you see.
- Ask God to give you discernment and trust that He will lead, guide and direct you in how to pray and what to pray for.
- Jeremiah 29:7 says, *"Seek the peace and prosperity of the city to which I have sent you. Pray to the Lord for it, because if it prospers you too will prosper."* God's heart is always to bless and we can make the way clear through prayer for him to do this. Always pray blessing on people and places.

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- If a place is evil or used for evil then ask God to change the people's hearts and the use of that place or else remove them from your town.
- Pray first and foremost for people's salvation.
- Keep a record of prayers and answers to prayer and any scriptures God gives you.
- Be faithful in prayer walking the streets for which you have taken responsibility for *each* of the 10 days.

### **A Guide to Fasting**

*(adapted from 'Simple Guide to Fasting' by James Rene)*

According to the bible, fasting is a way of earnestly seeking God's presence, blessing, protection, forgiveness, and strength.

### **TYPES OF FASTING**

There are different types of fasting. Because we are suggesting you fast for the 10 days between May 29 and June 8, we do NOT recommend an *Absolute Fast* (i.e. no water, liquids, or food) or a *Water Only Fast*. Instead – choose one of the following options, appropriate to your lifestyle and health:

- Water & Juice Fasting – Drink only a combination of water and fresh fruit/vegetable juices. If you are working, for example, this type of fasting can provide you with necessary energy.
- Partial Fast - Denying yourself certain foods. An example from the Bible is Daniel who did not eat bread, meat, or drink any wine for three weeks - eating only vegetables, fruit and drinking water.
- Media/Activity/Technology Fast - If you cannot fast food safely, choose to remove media, outside activity, or technology from your life for the 10 days.

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### How to Fast

- Ask the Lord how you should fast. Listen for His voice; experience the joy of being obedient to Him. He said, *"My food is to do the will of Him who sent me"* (John 4:34).
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- Start slowly. If you've never fasted before, choose a partial fast or an activity fast to begin with. Build up your spiritual muscles so that you are able to extend your fasting next time round, as the Lord leads you.
- Always drink plenty of water while food-fasting.
- Do not fast if you have medical or dietary conditions that would make food-fasting unwise. Check with your doctor if you have any questions
- Set aside extra time to be with the Lord and to prayer walk.
- Meet with others for prayer.
- Don't be discouraged. Some people get headaches or feel weak and it's normal to feel hungry and tired. Use these feelings to push you into God. Use them as a reminder to thank God for biblical truths, e.g. that people need more than food to live, they need words from God (Deuteronomy 8:3); or that the joy of the Lord is our strength (Nehemiah 8:10)
- Conclude a food fast with a light meal. (Soup or a breakfast-type meal without meat is recommended.) This will help your body adjust to an increased intake of food.

Remember - there is no formula to fasting. Fasting is about the condition of the heart and being obedient to God's leading. God will honour your seeking heart and bless your time with Him in a special way, so give it a go!