



FASTING & PRAYER

Fasting acknowledges and emphasizes our weakness and need to rely on God's strength.

The cultural context of fasting has eclipsed the biblical understanding to such a degree that it is good to remember what Jesus said about fasting (Matthew 6:16-18), as well as the early church (Acts 13:3; 14:23).

The prophet Joel called the people of Israel to fast and pray as we are called to fast and pray (Joel 2:12). Like our dietary understanding, fasting is primarily an individual activity of self-denial. But the spiritual discipline of fasting has benefits far beyond a diet. **When done as a spiritual discipline, fasting confirms our total dependence on God by finding in Him a truer source of nourishment.**

However you choose to fast, replace the time with moments marked by centering your heart and mind on God. This can be done by listening to worship music, having conversations with God through prayer where you seek Him and reading the scriptures. In all of this, be open to what God may want to show you through your time in His word.

Each person should fast as they are able to. Choosing to enter into a spiritual discipline of filling yourself with Christ through a time of self-denial could radically change not just your spiritual walk, but also your daily walk.

SUGGESTED READINGS:

- Isaiah 58:6
- Psalm 5:3; 9:9; 18:2; 27:13-14; 37:39-40; 56:3-4; 62; 130:6; 151
- Luke 12:22-28
- John 17:1-26
- Philippians 4:6
- Hebrews 13:5-6
- 1 Peter 5:6-7

NOTE:

Be sure to check out the 6:8 Devotional Journal and the weekly Study Guide for additional readings.

FASTING AND PRAYING FOR:

- Strong families
- Relationships
- Marriages
- Justice for all
- Ministers of mercy (showing mercy to others)
- Teaching Team (Marc, Ryan, David, Mark)
- Dr Alvin Sanders and family
- The Lament Service
- Taste of Door Creek
- Worship Team
- Children's Ministry
- Student Ministry
- Adult Ministries
- Care & Support Ministries
- Sports Ministries
- All other ministries at DCC
- Leadership Board
- More devoted followers of Christ
- Transformation by God's Word
- Sick and suffering
- Medical workers
- Provision/economy
- Local, national and global government officials
- Local, national and global church partners
- Church leaders and missionaries
- For the lost

Justice is part of the character and nature of God, and to live justly we must encounter God in a personal and powerful way. Here are six key areas of life to live justly: advocacy, prayer, consumption, generosity, creation care and relationships.

For Christians, part of our call as citizens of God's kingdom is working toward the common good and flourishing of all people, fellow image-bearers of our maker. But what does it look like to build justice in ways that reflect our Lord's love and compassion? Isaiah 58 offers us a stunning and poetic guide for responding to the brokenness around us with the good news of God's grace.

- Time of Grace Ministry