

Fasting

&

Prayer

Guide

GPS Across Arizona

For one special day all across Arizona, many are committed fasting and praying for a great movement of God. Believers are asking God to open heart door's all across the state as over 500,000 gospel presentations are placed on front doors just prior to Easter Sunday. The following is meant to be a directional aid for your day of personal fasting and prayer. Use it as you want. We hope you will find it helpful in focusing on this special day that you set apart to draw close to the Father and ask for His anointing on this special undertaking.

The Night Before

As you end the day before you fast, as you go to sleep, read Psalm 4 (an evening prayer). Take a look at the movement of the psalm – dealing with calling out to God, sensing the conflicts in life, our responses that often bring anger and how we mull them over in our minds at the end of

the day, then seeking God's heart in joy as we rest in peace.

The Beginning of the Day

As you begin the day of your fast, as you rise, even before your feet hit the floor, read Psalm 5 (a morning prayer – and a continuation of Psalm 4 read the night before) – requests at the beginning of the day.

During the time that you would normally eat breakfast, pray with God Almighty in mind, perhaps using Psalm 8 or 19 or one of the “hallel” psalms (146-150). Give him praise for who he is and what he has done, including past opportunities to share His love. Focus on the power of God over his enemies and the problematic issues that could arise during such an undertaking – there is nothing too great for our God to handle! Focus on redemption, the cross and resurrection, the work of grace.

During the morning as you work, take a few minutes – especially when you are prone to “snack” – leave your desk or office, walk outside, pray and read again the psalm you focused on at breakfast time.

The Middle of the Day

This is usually a hard time of the day – we are so prone to eating all day long and lunch is a big one. As you substitute prayer for eating, you might read John 6 – the feeding of the 5000 and the Bread of Heaven sequence. Praying here might be focused on the scripture distribution itself: those who will be presenting Living Bread, the use of the materials by all in each house. The word that will be “eaten,” You might also pray specifically for your own team and others across the state. Pray that Arizonans will find themselves hungry and open to the message of grace.

In the afternoon when you really want a Twinkie, take another walk and tell God Almighty how deeply in love with him you are – then just listen in silence for his response, “you are my beloved.”

The End of the Day

When you come to dinner time – especially if you are sitting with your family around the table – it may be a hard time. Use this time to rejoice in your family and your family of faith. Take time to write down some things that you are thankful about for your spouse, children, grandchildren, parents, siblings your pastor or fellow workers, a mentor, or someone who has had a deep impact on your life of faith. If there are special needs for your family, lift them up to the Father.

Psalm 46, 63 or 42/43 together might be good to read here – hope and trust in God for family and communities of faith is a big deal as we head to the streets. Pray that those canvassing neighborhoods may be surrounded by the grace of God, and those not yet in the hands of God might be led there by his tender grace and persistent desire for them.

As you want to chomp down on popcorn or your nightly-go-to-bed-bowl-of-cereal snack, pray for yourself! We don't live "by bread alone!" and you can make it to breakfast the next morning. On the list of important things to pray for, take up the rear of the line for yourself. Everything else will be out of the way, and only the really important things will be left for you to fuss over.

End the day with Psalm 4 again or Psalm 90 – you will rest until the morning comes!

Let your parting words to being awake be "thank you, Lord!"

Hope this helps!

“He who dwells in the shelter of the Most High will rest in the shadow of the Almighty. I will say of the Lord, ‘He is my refuge and my fortress, my God, in whom I trust.’”

Psalm 91:1-2