



Easter Season Seven-Day Prayer and Fasting Guide

Introduction

Dear ALWC Family,

As we approach Easter, our hearts and spirits are called to a deeper communion with God. It's with great intention and love that we invite you to join us in a seven-day prayer and fasting journey. This spiritual adventure is designed to prepare us, body, mind, and soul, for the profound celebration of Easter. Together, as a family and community of ALWC, we will dedicate the seven days leading up to Easter, surrendering ourselves in earnest prayer, fasting, and reflection, drawing closer to God and the celebration of Resurrection Sunday.

Fasting has always been a deeply personal invitation to draw closer to God, to fine-tune our attention to His everlasting voice, and to walk in the footsteps of Jesus. At ALWC, we believe in unlocking the potential, power, and purpose within each of us through the power of prayer and fasting.

Fasting is not merely abstaining from food or certain pleasures; it's an act of opening, a gesture of willing vulnerability before God, where we humbly lay down our earthly cravings to hunger deeply for His presence in our lives.

With each day of this prayer and fasting guide, we aim to weave together our personal stories with the story God is telling through us, connecting across cultures and generations, echoing our mission to walk in love, make disciples of all nations, and manifest the abundant life that is in Christ for us and our Oikos, those that God has supernaturally placed in our lives.

About Fasting:

Fasting is a powerful spiritual practice that can enhance our connection with God, promote spiritual growth, and align our hearts with His purpose. Throughout this seven-day fasting journey, we encourage you to carefully consider your approach and select a fasting method that resonates with your personal circumstances and spiritual goals. Here are several fasting options to explore:

Option 1. Full-Day Fast:

Option: Abstain from all food and only drink water or clear liquids.

Purpose: Dedicate the entire day to seeking God's presence through prayer, meditation, and reading scripture.

Recommended Scriptures: Isaiah 58:6-9, Matthew 4:1-4

Option 2. Single-Meal Fast:

Option: Skip one meal per day, like breakfast, lunch, or dinner.

Purpose: Use mealtime for focused prayer and meditation, substituting physical nourishment with spiritual sustenance.

Recommended Scriptures: Matthew 6:16-18, Psalm 42:1-2

Option 3. Daniel Fast:

Option: Follow Daniel's example by avoiding meat, sweets, and rich foods, and focus on fruits, vegetables, grains, and water.

Purpose: Cleanse your body and spirit, cultivate discipline, and rely on God.

Recommended Scriptures: Daniel 10:2-3, Daniel 1:8-17

Option 4. Social Media/Entertainment Fast:

Option: Stay away from social media, TV, or other forms of entertainment.

Purpose: Create space in your life for deeper connection with God and increased focus on spiritual matters.

Recommended Scriptures: Psalm 119:37, Philippians 4:8

Option 5. Partial Fast:

Option: Choose a specific food or drink to abstain from, like caffeine, sugar, or processed foods.

Purpose: Develop self-control and spiritual sensitivity while redirecting your desires toward God.

Recommended Scriptures: 1 Corinthians 6:12, Romans 14:17

Option 6. Water-Only Fast:

Option: Consume only water, avoiding solid food and other beverages.

Purpose: Attain heightened spiritual awareness and reliance on God's provision.

Recommended Scriptures: Matthew 4:1-2, Psalm 63:1-3

Option 7. Personalized Fast:

Option: Customize your fast according to your unique circumstances, health considerations, and spiritual objectives.

Purpose: Tailor your fasting experience to meet your specific needs and goals, seeking God's guidance throughout.

Recommended Scriptures: Proverbs 3:5-6, James 1:5-6

Guidelines for Fasting:

- Start and end each day with prayer, seeking God's strength and guidance during your fast.
- Stay well-hydrated by drinking enough water, especially during a water-only fast.
- Pay attention to your body and watch for any signs of physical discomfort. If you have health concerns or medical conditions, consult a healthcare professional before fasting.
- Use meal and entertainment time for spiritual activities such as prayer, meditation, scripture study, worship, and journaling.
- Remember that fasting is not about earning favor with God or proving your spirituality, but about approaching Him with humility and sincerity.

Conclusion:

As you embark on this seven-day fasting journey, may you encounter a deepened relationship with God, a heightened awareness of His voice, and a renewed sense of purpose and passion for His kingdom. May your fasting be a pleasing offering to the Lord, and may He meet you in a profound and transformative way as you seek Him wholeheartedly.

Day-by-Day Prayer Guide

Prayer is talking to God, listening to God, and moving with God. In this seven-day period we want to take our prayer to new levels. We want to journey into the presence of God, with a heart that is open and ready to receive. Our prayer today should be for guidance and direction as we start this fast. Pray that God would reveal His plans and purposes for you during this time. Ask Him to give you strength and endurance as you fast, and to lead you into a deeper understanding of His love for you.

Scripture for reflection: Isaiah 58:6-9

Day 1 - Monday, March 25

Focus: Drawing Near to God and Meditating on Jesus

Verse to Reflect on: Isaiah 58:1-14

Reflection: In the quiet of today's fast, reflect on the simple yet profound act of drawing near to God. What does it mean to you to seek His Kingdom first in your daily walk? In what ways has Jesus' teachings altered the course of your story?

Day 2 - Tuesday, March 26

Focus: Walking in Freedom, Knowing Who You Are in Christ Jesus

Verse to Reflect on: Matthew 6:6-18

Reflection: Contemplate the exhilarating freedom found in Christ. How has this divine freedom allowed you to shake off chains in your life? Share a moment where you felt truly liberated through your faith.

Day 3 - Wednesday, March 27

Focus: Praying for Our Oikos

Verse to Reflect on: Colossians 4:2-6

Reflection: Today, bring to mind the 8-15 people God has intimately placed in your life. How can you be a vessel of God's love and peace to them? Share a prayer you hold close to your heart for someone in your Oikos.

Day 4 - Thursday, March 28

Focus: Praying for Our Leaders

Verse to Reflect on: Romans 13:1-7

Reflection: Leaders shape our paths in more ways than we often realize. Reflect on a leader who has deeply influenced your spiritual walk. How can we best support those God has appointed to lead?

Day 5 - Friday, March 29

Focus: Pray for Revival and Reconciliation

Verse to Reflect on: Luke 15:11-32

Reflection: The story of the prodigal son is one of coming home. In what areas of your life, community, or city do you pray for revival? Share a personal experience of reconciliation that has touched your life.

Day 6 - Saturday, March 30

Focus: Praying for the Advancement of the Gospel

Verse to Reflect on: Acts 1:8

Reflection: The Great Commission calls us beyond our comfort zones. Reflect on how spreading the Gospel has transformed your life or the life of someone you know. How do you envision our church affecting change locally and globally?

Day 7 - Sunday, March 31

Focus: Celebrate the Resurrection of Jesus

Verse to Reflect on: 1 Corinthians 15:3-8

Reflection: Today is a day of celebration, reflecting on the Victory of our Savior. How has the resurrection of Jesus brought new life into your world? Share a testimony of transformation and renewal that celebrates the power of His Love.

Conclusion

My dear family, as we close this week of fasting, I invite you to carry the revelations and the closeness with God you've experienced into every day ahead. Remember, this is but a chapter in the ongoing story God is crafting with your life—a narrative rich with promise, hope, and relentless grace. With these new revelations and resurrection power, we forget those things which are behind and press on to those things which are ahead.

We were made for connection—with God and with each other. May this fasting guide be a beacon, illuminating the path to deeper relationships and a potent, passionate pursuit of our personal and collective potentials in Christ.

Blessings

Derry and Tammie Moten
Pastors, Abundant Life Worship Center]

"Faith does not make things easy; it makes them POSSIBLE." Luke 1:37
