

Preparing for “Seek Him” Prayer Time

“Seek Him” Prayer Time: Sundays, 8-8:45am, lobby outside of Room 322 in the Family Life Center

As a community in this time of church study and transition, this meeting provides a space for us to seek the Lord together, listen to what He has to say, and respond as the Spirit leads.

The Prayer Team asks that participants consider fasting once a week if they are able.

- **Come with a Consecrated Heart:** Weekly fasting, meditation on God's word, confession and repentance, obedience to what God tells you to do (see info on fasting below)
- **Come with an Open Heart:** Ask the Lord to till up the soil of your heart and make it a fertile place to receive His words of life.
- **Come in a Posture of Rest:** Relax and pray that you would not be subject to distractions.
- **Come Without an Agenda:** Be purposeful in coming without a list of prayer requests. Instead, leave space for the Lord to speak to you.
- **Come with an Expectation:** The Lord loves you and desires to engage with you!

Want to read more about hearing God's voice? Here are some suggestions:

- *The Power of a Whisper* by Bill Hybels
- *Walking with God* by John Eldredge
- *More, When a Little Bit of the Spirit is Not Enough* by Alan Kraft

Fasting

Fasting means to withhold food and/or drink from your body in order to be more sensitive to God. In doing this, you deny yourself and discipline your flesh. In other words, there is less concentration on the body and more concentration on the spirit.

You may decide to fast because of your personal circumstances, or God Himself may prompt you. Either way, fasting is of no spiritual value unless you do it deliberately, with no desire but to seek God: "I have treasured the words of His mouth more than my necessary food" (Job 23:12).

Three Basic Types Of Fast

- **Absolute** (Total) - Meaning no food (solid or liquid) and no water. This is the "Esther" fast for three days only. (You cannot survive more than three days without water. But with plenty of water, many have gone 40 days or more.)
- **Normal** - Abstaining from all food (solid and liquid) for a limited time, but not water.
- **Partial** - Described in Daniel 10:3. Abstaining from selected foods and drinks, but not complete abstinence from all foods and drinks (eg. juice diet).

What Scripture Says

- **The Absolute Fast or The "Esther" Fast (three-day fast):** "Then Saul (Apostle Paul) arose from the ground, and when his eyes were opened he saw no one. But they led him by the hand and brought him into Damascus. And he was three days without sight, and neither ate nor drank" (Acts 9:8,9).
- **The Normal Fast:** Jesus led the way. He ate nothing, but it is assumed He drank water as it was for an extended period of time. "...being tempted for forty days by the devil. And in those days He ate nothing, and afterward, when they had ended, He was hungry" (Luke 4:2).

- **The Partial Fast:** "But Daniel purposed in his heart that he would not defile himself with the portion of the king's delicacies, nor with the wine which he drank; therefore he requested of the chief of the eunuchs that he might not defile himself" (Daniel 1:8).

Special Note: Whether you decide to fast one meal, an entire day, or a longer period of time, it is advisable to drink plenty of liquids. If you have questions about your health, or if you are under a physician's care, you should consult your doctor before you abstain from food or change your diet. If you are unable to fast from food due to health restrictions, you may prayerfully choose something else that is meaningful and will help you focus on God, such as social media, TV, or cell phone usage.

Examine Your Motives

The Bible stresses the importance of fasting. But it is just as important to know why you are fasting (1 Corinthians 4:5). Jesus tells us that the hypocrites fast to show other people that they are fasting (Matt. 6:16). As Christians, we are called to fast for spiritual purposes in secret (Matthew 6:18). Your fast should be motivated by a sincere desire to communicate with God. It is a time when you stop and give Him your attention and respond from the heart to His word for you. If you don't do this, your fast may be motivated by self-interest.

Other Godly motivations for fasting include intercession for a specific need for yourself or others. For example, you may be fasting on behalf of the country, its leaders, or the dire circumstances or financial problems of yourself or others for whom you are burdened. Godly motives for fasting are spoken of in Isaiah 58:6,7

How To Know God Is Speaking

You may be seeking God's Word to you for a particular need. If so, ask God to help you be sensitive to His Spirit during the time of fasting. Be particularly sensitive to Scripture you read, as well as sermons, teachings and anything spoken to you during times of ministry. Take notes, recording any spiritual insights you receive or any revelation concerning your own status and relation to God. At the conclusion of the fast, look for a theme running through your notes. You may find that God is speaking to you through them.

Suggested Scripture Reading about Fasting

- Isaiah 58 - Motive and reward of fasting
- Acts 13:2,3; 14:23 - Fasting and God's commission to serve
- Joel 1:14; 2:12 - Fasting enjoined
- Matthew 6:17,18; 17:21 - Fast privately

Prepared by the First Free Prayer Team, with content inclusions from Two Rivers Church: <https://2rc.tv/quietwaters/>

For more information about prayer, or opportunities for prayer at First Free, contact the Prayer Team: michjhill@gmail.com

