



## Fasting & Prayer for the Worship Center Renovation

**Thank you** for agreeing to take a day to intercede for the Worship Center Renovation! Dr. Mills has appealed for someone to dedicate a day for fasting and prayer each month for the duration of this project. God will use this experience to grow your faith, create deeper unity as a congregation, and draw you closer to God through prayer.

### ***Fasting in the New Testament***

Though not specifically commanded, Jesus assumes we will fast—"When you fast..." (Matt. 6:18); affirms fasting (Mark 2:20; Matt. 17:21) and he himself fasted (Matt. 4:2). The early church fasted (Acts 13:3; 14:23).

One pastor suggests this definition for fasting: "Fasting is a temporary renunciation of something that is in itself good, like food, in order to intensify our expression of need for something greater; namely, God and his work in our lives."

### ***What Does Fasting Add to My Prayers?***

1. Concentration
2. Focus
3. Devotion
4. Intensity

### ***I've Never Fasted Before, What Should I Expect or Do?***

1. Pay attention to medical conditions (e.g., diabetes); consult a medical professional.
2. Observe a *partial* fast—i.e., skip breakfast or breakfast and lunch. With later fasts, incrementally increase the number of meals you skip.
3. Associate hunger sensations with a call to prayer or reminder to pray.
4. Dedicate the time spent eating in prayer.

In the end, Dr. Mills is calling for highly focused, concentrated prayer—and fasting is a good means to do so. If you have further questions about fasting in general or fasting for the renovation of the Worship Center in particular, please contact any member of the Prayer Team: Joe Benfield, MaLinda McLendon, Vivian Patten, Sherri Michelle Mills, or John Walker.