

Prayer and Fasting Guidelines for Lent 2021

- The point of fasting is to take the deliberate time to feed off of your relationship with God and not the things of this world. This enables us to listen to God better and focus our lives upon those things that God considers a priority. The goal of the fast is to intensify your time of prayer.
- We are asking you to fast one day a week through Lent. The fast can be of different forms and lengths depending on your comfort level. Some practice a 24-hour fast which would begin after dinner one night and conclude with dinner the following night. Wesley practiced a similar pattern but would conclude at 3:00 pm. Bishop Lewis has practiced a fast which goes from dinner to noon the following day.
- Some have chosen to not fast from food but from social media for twenty four hours.
- You are encouraged to drink juices.
- If you have medical issues where fasting is not feasible, please simply spend some extended time in prayer during your day.
- Fasting doesn't have to be a public event. The time is between you and God.
- Fasting doesn't have to entirely interrupt your normal daily routine except to encourage you to take some extended time during the day to be in private prayer.
- Be in prayer for our church as your fast. Pray for our coming strategic vision, our future, our children and youth. Pray that we would remain focused on God's priorities. Here are some possible beginning places and Scriptures:
 - That we would build first with God's Kingdom in mind (Matt. 6:25-34)
 - That many people find Jesus because of our vision and plan (John 15:5)
 - That the words of Jesus would be the foundation of our lives and the church (Matthew 7:24-27)
 - That the forces that oppose the future work of Reville would come tumbling down.(Mark 7:28-29, Joshua 5:13-6:27)
 - That we would be a place which turns hearts to God and changes lives for Christ. (2 Samuel 7, 1 Kings 6)
 - That God would encourage all our people to give generously to this work (Exodus 12:35-36)
 - That God would multiply the offerings we give (John 6:1-15)
 - That we could always remember the power of prayer! (John 15:7, Matthew 17:14-21)
 - That our church will yet offer hope and spiritual vitality to a declining United Methodist Church (Psalm 85)