

## **STEPS OF FAITH FOR OUR FUTURE** **31 DAYS OF PRAYER AND FASTING**

Here are some helpful tips regarding prayer and fasting:

### **Prayer:**



First and foremost, remember prayer is a conversation with God. Yes, there is humility and awe when we pray to the creator of the universe, but it is still a conversation. So, as we are called to make our petitions known here are a couple other things to include in your prayer time:

1. Don't forget to confess your sins to God and ask for God's forgiveness and help.
2. Don't forget to praise God for what He has done in your life and in the life of Saint James. There is much to be grateful for here and don't forget to say Thank You!
3. And finally, don't forget to sit in silence listening for God's words to you. Silence and just being in the presence of God is life giving and something that needs to be practiced. Listen for the Father's voice.

### **Fasting:**



Fasting is a lost discipline in a church that is not interested in discomfort of any kind. We always have a list of excuses as to why we can't fast. Fasting is giving up your comforts like food, TV, books, outings, etc. It should be something you sacrifice for the LORD, so you are more keenly aware of his presence. So here are some tips on making your time of fasting a holy time.

1. Decide what day and what thing you will fast before we begin, so it is intentional. Isaiah 58 is a good helpful read on the right and wrong way to fast.
2. When the time of fasting begins, spend that time in prayer, reading your Bible, listening for the voice of God. Do not use busyness as a distraction but give the time and sacrifice to God. In this time, music can be a distraction, so silence is better at least part of the time.
3. Your fasting is between you and God. No need to share with the world.
4. There will be great temptation to just not do this. Resist the Devil and you will find blessings.

***Lord, we need and love you. We need your guiding hand in our future as your church. Amen.  
and in our future as your church. Amen.***