



RENEWING THE MIND: FASTING

Fasting to Amplify Our Prayers

Practice Lab Week #3

Thursday, November 2 (6-7:30pm)

Throughout scripture we see that fasting and prayer go hand-in-hand. Fasting amplifies our prayers and highlights our deepest desire for more of God in our lives. When coupled with prayer, fasting enables us to humble ourselves and renew our dependence on God and God alone. When we fast, we are more open and attentive to hearing from God (discerning his voice, receiving guidance, direction, or encouragement). We also experience a stronger sense of focus, clarity, and urgency in speaking to God and bringing our requests before Him. Fasting is a way for us, as God commanded through the prophet Jeremiah, to seek God with all our heart.

Then you will call on me and come and pray to me, and I will listen to you. You will seek me and find me when you seek me with all your heart.

- Jeremiah 29:12-13

Ideas for Practice:

- In dedicated times of prayer (morning, mid-day, evening) or whenever you experience hunger pangs, pray through a short list of prayer requests you are holding before the Lord, or simply pray: *"You, God, are my God, earnestly I seek you."* (Psalm 63:1)
- Set aside some time for silence with the Lord (perhaps in the early morning, in a quiet room or space outdoors, or out on a prayer walk) to listen for His voice and simply enjoy His presence. If you need wisdom or discernment for a particular situation, offer the situation to Him. Pray, as Samuel did, *"Speak, Lord, for your servant is listening."*
- Spend some time praying with and for others on this day. Pray for one another, for your family, your neighborhood and community, and for the world.

Reflection/Journal Questions:

Spend some time briefly journaling (bullet points) about how your fast is going and reflecting on the following questions: *How did you sense God's presence and leading today? Is there anything (or anyone) in particular that God may be laying on your heart to pray for? Is there an area of your life where you might need to seek discernment and guidance from the Lord?*
