

# WESTSIDE BAPTIST CHURCH



## A CALL TO FAST AND PRAY FOR SPIRITUAL RENEWAL August 19<sup>th</sup> – August 23<sup>th</sup>, 2018

**Theme Scripture:** Psalm 40:2 (NKJV)

“He also brought me up out of a horrible pit, Out of the miry clay, And set my feet upon a rock, And established my steps.”

“Well done good and faithful servant” are the words that every true follower of Jesus the Christ should want to hear at the end of their journey here on earth. God calls believers to be good and faithful servants. Since God owns everything and we own nothing, we must manage the time, talent and treasure that He gives us as faithful stewards.

Let us consecrate ourselves for 5 days, starting on August 19 through August 23 2018, being dedicated to fasting and praying that we are found to be faithful stewards. Allow Psalm 40:2 to be your guiding light Scripture text throughout this 5-day journey of faith.

\*\*\*

Print and sign the last page. Hang or post it in a place where it will be a constant reminder of your commitment to being consecrated to God for the next 5 days.

\*\*\*

**What does it mean to be “Consecrated”?**

Consecration refers to persons or things being separated, or belonging to God, for His purposes. They are holy and set apart for the service of God. Leviticus 19:2 says... "You shall be holy, for the Lord your God is holy."

Servants of God let's agree to the following during the 5 Days of Fasting and Prayer

1. We will dedicate at least 10 minutes (per day) to reading God's Word.
2. We will dedicate at least 5 minutes (per day) in prayer.
3. We will strive to attend **S.H.O.P.** (Sweet Hour of Prayer) 7:00 PM – 8:00 PM each Monday during the 5 days of fasting and prayer.
4. We will strive to attend weekly, Re-fuel (Bible Study) for the following services during the 5 Days of fasting and prayer.
  - Wednesday **"Re-fuel"** (Bible study) 12:00 Noon – 1:00 PM
  - Wednesday Night **"Re-fuel"** (Bible Study) 7:00 PM – 8:15 PM
5. We will strive to attend **"Kingdom Connection Hour"** (Sunday Morning Bible Study) 9:30AM – 10:30AM during the 5 Days of fasting and prayer.

### **Personal Inspection**

**Unconfessed sin is one of the biggest hindrances or barriers to our prayers.** If we regard iniquity in our hearts, the Lord will not hear us (Psalm 66:18). However, if we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness (1 John 1:9).

- Is my greatest affection more for material things on earth, rather than spiritual growth and serving God?
- Is my home a testimony for Jesus?
- Am I stunting my spiritual growth by not consistently having a quiet time with God (reading the Word, praying, listening to God, meditating on what I have read, and being obedient to what God is calling me to do or stop doing)?
- When one desires to receive the best from the Lord, one must totally surrender to God. Seek the Lord and ask, **"Lord am I willing..."**
  - **to receive what You give me?**
  - **to lack what You withhold from me?**
  - **to relinquish what You take from me?**
  - **to be what You require of me?**
  - **to suffer what You ordain for me?**
  - **to do what You command of me?**

- Have I failed to center my thoughts and actions on reaching the lost and unchurched?
- Do I tend to worry and fret more than believe and trust God?
- Am I failing to claim God's promises and cast my cares upon Him?
- Am I robbing God by not tithing/grace giving?
- Am I willing and ready to forgive any wrong against me or against my family? Have I forgiven everyone?
- Do I know what my spiritual gifts are and am I using them to glorify God? (If you don't know what your gifts are, pray that God reveals them to you).
- Do I have a right attitude toward my fellow church members? Am I jealous of other members' spiritual gift(s)?
- Do I have any relationships that do not honor God – that are questionable or have the “appearance of evil”? Do I engage in any conversations or meetings that do not please or honor God (in body, on internet, text messages, or telephone)?

## **Fast & Prayer Guidelines**

A biblical definition of fasting is a Christian's voluntary abstinence from food for spiritual purposes. Fasting is a spiritual discipline and one that goes so radically against the flesh and the mainstream of our culture. Fasting is a purifying discipline that helps us draw closer to Jesus Christ and surrender our will to his ways. Without a spiritual purpose for your fast it's just a diet. There is something about fasting that sharpens the edge of our intercessions and gives passion to our supplications. Fasting is one of the best friends we can introduce to prayer.

The great saints of the bible fasted. Moses (Deut. 9:9, 18, 25-29), Ezra (8:21-23), Elijah (1 Kings 19:8), Daniel (Daniel 9:3), and Paul (2 Corinthians 6:5 and 11:27) were men of faith and action who fasted for spiritual growth. The greatest example for any of us to follow, Jesus Christ, fasted – Matthew 4:2. When we separate ourselves from the daily routine of food and its preparation, eating, or whatever desired activity (watching TV, playing video games, golf, etc.) in our lives, then we can devote the extra time to prayer and reading/studying/meditating on God's Holy word. The hunger pangs or refraining from your designated activity will re-enforce our human frailty and our dependence on God. When we take time to put God first in any endeavor, we are preparing well for whatever lies ahead. The result of sincere fasting and praying is that God responds and brings deliverance and blessings.

# Tips for Fasting

1. Do not jeopardize your health.
2. Only do as many days as you feel you can – if you must break your food abstinence substitute refraining from a desired activity (golf, TV, video games, etc.).
3. Pray for strength and focus before you start.
4. Make a list of specific things to include in your prayer.
5. Increase your prayer time, especially in the early mornings when you have the most time to pray and/or can create the most time to pray.
6. Establish a regular quiet time and location to pray.
7. During this fast we are abstaining from food on Wednesdays, consuming only water or liquid (juice, milk, water, broth, malts, etc.) from 5 AM – 5 PM
8. If your flesh weakens pray to the Lord for strength and perseverance. It's a good idea to have a "fast partner" – you can encourage each other and pray for each other. This is not a competition or test – there is no failing – trust and pray unto God through this endeavor – follow your heart.
9. Remember Jesus' teaching about fasting – it should be a normal part of a Christian's life and need only to be seen by God. Jesus wants his people to adopt spiritual disciplines for the right reason; not from a selfish desire for praise. Matthew 6:16-18 says: "moreover when you fast, do not be like the hypocrites, with a sad countenance. For they disfigure their faces that they may appear to men to be fasting, assuredly, I say to you, they have their reward. But you, when you fast, anoint your head and wash your face, so that you do not appear to men to be fasting, but to your father who is in the secret place; and your father who sees in secret will reward you openly)."

Finally, reading Isaiah chapter 58 is highly recommended prior to starting your fast. This chapter will feature fasting that pleases God. Ezra chapter 8 and Nehemiah chapter 1 are other chapters regarding fasting and praying. The Scripture says, "So we fasted and entreated our God for this, and He answered our prayer." (Ezra 8:23)

## Day 1 - Sunday, August 19<sup>th</sup>

- Read Song of Songs 4: 1-7. Meditate on Solomon 4:7.
- Pray for at least 5 minutes that the sermon is preached with accuracy and clarity. Pray for salvation for those who are lost and encouragement for Believers. Pray that the Ministry staff and leadership team will ask the Lord daily for wisdom and discernment. Pray for the financial stability of our church. Pray for God to reveal to you your physical and inner beauty.
- Attend and participate in "**Kingdom Connection Hour**" (Sunday Morning Bible Study) and attend Worship services giving God praise.
- Reflect on this day – thank God for the Powerful movement of the Holy Spirit and for answered prayers.

## **Day 2 – Monday, August 20<sup>th</sup>**

- Read Ephesians 2: 1-10. Meditate on Ephesians 2:10.
- Pray for at least 5 minutes that Christians and other women will work as unto the Lord, and seek God’s will for their lives.
- Attend “S.H.O.P” (Sweet Hour of Prayer). If you cannot attend then pray whenever you can during the 7:00 PM – 8:00 PM time frame.
- Call and forgive someone that you may be at odds or may have had a disagreement. If you think your not at odds with anyone, then pray to God and ask if someone may be at odds with you.
- Fast from TV programming.

## **Day 3 – Tuesday, August 21<sup>st</sup>**

- Read Proverbs 31: 1-10. Meditate on Proverbs 31:10
- Pray for at least 5 minutes for your spouse, significant other, family or other love ones. Pray that Christians will be bold witnesses for Christ and that the Lord of the Harvest will send out more laborers into His harvest. Pray your desire for an eternal perspective and contentment with your current blessings and your own personal spiritual growth.
- Confess to God the sin(s) that you struggle with most and ask God to give you strength to overcome it.
- Conduct a random act of kindness.
- Fast from listening to secular music.

## **Day 4 – Wednesday, August 22<sup>nd</sup>**

- Read Luke 12:22-31. Meditate on Luke 12:27
- Pray for at least 5 minutes pray for the Deacon Council, Pastoral Search, Nominating, Pulpit Supply and other supporting committees that will lead and serve with divine purpose, individually and collectively submitting to the Holy Spirit.
- Read the “Fast & Prayer Guidelines”
- Attend “Re-fuel” (Bible study) Noon-day or 7:00 PM.
- Fast from all solid foods from 5:00 AM – 5:00 PM (if you cannot fast from food due to health reasons then fast 5:00 AM – 5:00 PM from a favorite food, dessert, or TV programming).

## **Day 5 – Thursday, August 23<sup>rd</sup>**

- Read Luke 1:45. Meditate on Luke 1:45.
- Pray for at least 5 minutes for spiritual unity in the church and Women of God. Pray against the enemy will not be allowed to create divisions, strife, or misunderstanding among the church members and other Women of God.
- Fast from the use of social media.

# PRAYER REQUEST JOURNAL/LOG

Prayer Request		Answer/Update to Prayer Request	
Request Date	Prayer Request	Update Date	Prayer Answer/Update

**Start Thanking God Right Now for answered prayers.**  
**Praise Him like never before!**

If you need an additional prayer partner and/or if you have any questions, suggestions, or comments as it relates to the 5 Days of Prayer and Fasting you may contact the Prayer Ministry. As you participate in the 5 Days of Prayer and Fasting, EXPECT God to show you great and mighty things ...things which you have never seen before.



August 19<sup>th</sup> – August 23<sup>rd</sup>, 2018

*I Commit to Participating in the 5 Days of Prayer and Fasting*  
*August 19 – August 23, 2018.*

---

*Sign here and date for your personal reference*

**WESTSIDE  
BAPTIST CHURCH**

900 Bellaire Blvd. Lewisville, TX 75067

(972) 221-5668

[www.wbcchurch.org](http://www.wbcchurch.org)

