

## **Thoughts on Fasting:**

There are many different ways to fast other than just giving up food. Biblical fasting wasn't meant to be a diet. You can fast a favorite activity, video games, shopping or movies. Do what is going to work best for you especially if you are on medication or have health restrictions. Fasting should be sacrificial but not punishment.

Biblical fasting, the bible presents it as a powerful spiritual discipline that is profitable and beneficial. Fasting is a period of time that we willingly and humbly set aside to deny our flesh something to glorify God, enhance our spirit and go deeper in our prayer life. It should be approached with an attitude of seriousness and sincerity. Our motives should line up with the will of God to further the building up of his kingdom. Isaiah 58:7-9 gives us some acceptable motives. Matt. 6:16-18 also helps us to know what our fast should look like. Our focus should not just be about what we are giving up but we need to be adding those things that will build us up. (If you cut out TV or computer time replace that time with prayer. If you give up shopping replace it by studying God's word)

Fasting and Prayer are often linked together because it is when these two activities are performed together and dedicated to God that their full effectiveness is manifest. Somethings are accomplished only by fasting and praying. (Matt 17:21)

Fasting is recorded in the Old and New Testament scriptures. It can be done as an individual or corporately. Jesus fasted (Matt. 9:15). The entire city of Ninevah fasted Jonah 3:10

**Prayer thoughts:** Jesus set an example for us to follow when the pressure of life in this world causes our soul to be overwhelmed. He went to the heavenly father in prayer seeking guidance, strength and a divine intervention. Matthew 26:36-42

How will you let God calm your fears and doubts during the pandemic?

Please listen for how the Holy Spirit is leading you in how to pray and for who and what to pray so we pray in line with the will of our Heavenly Father. Don't just focus on the negative aspect of what is taking place but ask God to show you the blessings in the midst of it all as hard as that may be.

ASK God to use you to serve others and be a soul winner for him in this crisis.

You may be lead to pray for individuals or a specific groups or affects this pandemic has caused (President, Pastor, doctor, teachers, youth, elderly, Homeless, unemployed, healthcare industry, economy, grieving families, fear, anxiety, hope, healing, salvation, revival and the list goes on.

You can simply pray scripture like Psalms 23, 27, 40, 46, 62, 77, 91, 92, 103, 150

(Speak it out into the atmosphere don't just read it)

PRAY Standing on the promises of God's word. Romans 8:28-32, Jeremiah 29:11-13, Isaiah 41:10, Hebrews 10:22-24, 2Tim. 1:7, Matt.6; 7-13, 31-34, Mark 5:36, Deut. 31:6

What is God saying to you in the midst of this storm?

Let us have a little talk with Jesus. He is waiting for you, remember this did not catch him by surprise.