

DAY 2: SET AN EXAMPLE

Our early church fathers fasted; it was routine. John Wesley, the father of Methodism, urged the early Methodists to fast every Wednesday and Friday. He felt so strongly about this, he refused to ordain anyone to the ministry who did not fast. Some believe the rapid and wide-spread explosion of the gospel through the Methodist Movement was a result of a fasting community. It is said that fasting super-powers prayer! The early Methodists proved it!

But are there any Biblical laws to ensure that we fast? No. We have freedom in this matter and many more. So, we shouldn't get legalistic about it but neither should we neglect this great opportunity. We will approach our fasting journey with grace, knowing some days we'll fall short, and others we'll hit the mark. What is the mark? A deeper relationship with our Triune God. Fasting is feasting. Feast in your community with Him.

Describe the success you've had so far with fasting:

Play some quiet worship music. Sing, hum, or pray along with the message of the music. What would the lyrics and song inspire you to say to God?

Corporate fasting is common in the Bible, God's people fasting and praying together, like we are doing! When we fast, God will use our prayers and use us! You are setting an example for others as you fast. What could you say to your kids or grandkids or your best friend about your fasting experience so far?

P.R.A.Y.

Pause: Ask God to inspire you with a phrase for breath prayer. “Hear my prayer, Lord.” “I love you, Jesus.” “I belong to you.”

Rejoice: List 10 things you can rejoice about in this upcoming year.

Ask: Focus prayer for Crosspoint – Example. Ask God to use Crosspoint as an example to 500 church communities by the year 2035. How can we influence others in the Disciple-making effort? Pray for God to increase our campuses. Pray for Him to use us in church starts, both here and in Africa. Pray we can share our healthy DNA with other churches and assist them in their Disciple-making efforts.

Write your prayer:

Now, ask God about the 3 things dearest to your heart. Cry out to God for help, assistance, direction! What is needed as you launch into this year?

Yield: Pray, God allow me to be an example. Help me share my fasting journey with someone else. Who? How?

With remaining time, read in your chosen gospel or in Proverbs. Write out a prayer speaking forth from the passage.
