



## LEADING YOUR CHURCH THROUGH A CHURCH-WIDE FAST

- 01** Elders & senior pastor develop a vision statement for your fast.  
Example: We are fasting for 21 days to ask the Holy Spirit to ignite a burning passion for disciple making in the heart of every leader and member of our congregation.
- 02** Determine the length of the fast. Keep it simple (e.g., 10 days, 21 days, 40 days etc.)
- 03** Denote one or two people as your point persons for the fast. They should be experienced in fasting and able to articulate the vision. It is very important they can communicate with leaders and members about specific concerns or questions that arise.
- 04** At least one month before the church-wide fast, invite leaders into a time of preparation. Include all of your staff (full and part-time), all group leaders, student & children's ministry leaders, worship leaders, etc. Be inclusive.  
  
The goal is to inform the leaders and to get them excited to lead others through the church-wide fast.
  - a.** Give them all a copy of the book, *Prayer and Fasting: Moving with the Spirit to Renew our Minds, Bodies and Churches* by David Roadcup and Michael Eagle.
  - b.** Develop a reading plan that will encourage everyone to read the book together.
  - c.** Develop short, simple, encouraging videos with key takeaways to send out to leaders.
  - d.** Meet in person with the leaders 2 weeks before the church-wide fast for vision, encouragement, and to answer questions.
- 05** Optimally, a sermon series will be developed from the *Prayer and Fasting* book to educate and encourage your congregation regarding prayer and fasting.  
Start 2 weeks before the fast is to begin.
- 06** Use simple videos and testimonies from key leaders to encourage the members.  
Have multiple voices promoting and sharing experiences.

## COMMITMENT CARD

1. What is God convicting you of that you need to pray and fast about at the beginning of the new year? (See pages 52–59 of Prayer and Fasting book for explanations.)

- Fortify our prayers
- Repent from sin, breaking the bondage of personal sin
- Spiritually prepare for ministry, including personal conviction for God's will in sharing the gospel
- To receive power for ministry
- To discover the Lord's will
- To mourn those lost in death (including spiritual death), including family and friends
- To seek protection from approaching danger (e.g., a health risk or financial situation)
- To accompany grief in personal or corporate loss, including our country
- To offer worship and praise, including gratitude
- To avert God's wrath (both personal and for our community and country)
- Other: \_\_\_\_\_

2. What type of fast will you participate in?

- The Normal Fast: abstain from all food, but drink water
- The Partial Fast: abstain from specific foods.
  - Between meal snacks
  - Rich foods (a "Daniel fast")
  - Skip one meal per day
  - Skip two meals per day
- The Complete Fast: abstain from all food and drink
- Non-food Fast: TV, social media, etc.

3. Whom specifically will you journey with through this fast?

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Entire church begins fast on the same day. There should be joyful anticipation of how God is going to work through this time of fasting and prayer.

Use the *Prayer and Fasting Group Discussion Guide* by Michael Eagle in all of your groups for 5 weeks. This can be started the week of the commitment card and continue throughout the church-wide fast.

Gather testimonies of prayer and fasting from people in the church.