

New Faith Church

“Season of Lent”

28 DAYS OF PRAYER & FASTING

Presented by Dr. Andre Jermaine Lewis, Senior Pastor

As our church heads into this important period of fasting and prayer we thought it would be helpful to give some possibilities for how your family can unite together and participate in this **28 Days (March 4, 2018 to April 1, 2018)**.

Asking your children to fast from food for 28 days is obviously not an option. However, there are things your children, as part of your family, can sacrifice for a period. Remember, fasting is not just, about what we give up. It is about emptying ourselves to be filled with more of God. It is about using the time we would have used for whatever we give up, to press in to God. Even young children can take part in this and can begin to understand a little about this important spiritual discipline.

I. Fasting Options for the Family and Children:

1. Television...this is a tough, but really good one! Your family could give up TV for part of the day each day, for a period of days, or for the whole 28 days! At times when you would typically be watching, *pray* instead. Use the time to ask God for blessing in your family. Ask for breakthrough in the things your family needs God's help with overcoming.
2. Video games...if your child is really “into” playing video games; talk with him/her about giving them up for a period. Apply the same principles listed above for television fasting.
3. Candy or sweets...maybe your family loves candy, or dessert at the end of meals. Giving those things up and praying at your normal dessert time if you have one would work great! Or maybe if your child loves candy, talk to him/her about giving it up and designating a time each day to pray instead. This would work with any specific food your child loves to snack on-especially for older kids who can understand all of this a little better.
4. A family activity...maybe your family does something special together each week, like go out to eat and to a movie. What a great thing to give up once or twice and dedicate the time instead to prayer as a family! Maybe on those nights you could still go out to eat but then your family goes home and prays together. You could also order in pizza and pray together afterward.

II. What Your Family Could Pray for:

- school
- friends
- immediate family
- extended family
- church-pastors, elders, teachers, etc.
- children's ministry
- specific family issues such as anger, disobedience, lack of spiritual discipline, etc.
- missionaries
- a person you know that is sick
- neighbors

III. Ways to Pray as a Family

Your options will differ, depending on the age of your children. We encourage you as parents to pray ahead of time about what God wants your family to do. Some ideas are:

1. *"Prayer Lists"* If you are going to fast for at least a whole week from something, make a list of what you are going to pray for each day. For example, Monday our family, Tuesday-our extended family, etc.
2. *"Journaling and Drawing"* If your kids are old enough, buy each person in your family a journal. Use part of your designated prayer time for prayer together as a family, then each of you also journal for a period of time. At the end of the 7 Days, share things from your journal where you've seen God answer your prayers. If you have younger children let them express themselves through art. Provide paper, and markers and allow them to create a meaningful piece of art as they respond to God.
3. *"Pray for Break-through"* If there is a big break-through area your family is praying for, pray for that every time you gather to pray. Then you could follow that with prayer for the things from your daily list.
4. *"Family Theme Song"* Choose a Christian song to be a theme song for your family during this time. Begin each family prayer time by playing that song.

5. *“Prayer Walk or Drive”* Even though it’s cold outside, you could bundle up and take a short walk around your neighborhood and pray for neighbors and their families. When you get back home you could warm up with hot cocoa and talk about your walk.

6. *“Prayer Walk”* in your home. Walk around your house and pray inside each room, for God’s blessing and protection on that area, etc. In bedrooms, pray for peaceful sleep, protection from nightmares and growth in Christ for that person.

7. *“Prayer Park”* in the parking lot at your church, school, grocery store, etc. Drive to one of these places and sit in the car together and pray.

IV. Type of Fast for adults, young adults and teens (Choose one):

Complete Fast-

- This fast calls for drinking only liquids, typically water with light juices as an option.

Selective Fast-

- This type of fast involves removing certain elements from your diet. One example of a selective fast is the Daniel Fast, during which you remove meat, sweets, or bread from your diet and consume water and juice for fluids and fruits and vegetables for food.

Partial Fast-

- This fast is referred to as the Jewish Fast and involves abstaining from eating any type of food in the morning and afternoon. This can either correlate to specific times of the day, such as **6:00 am to 3:00 pm**, or from sunup to sundown.

Soul Fast-

- This fast is common for those who do not have much experience fasting food, who have health issues that prevent them from fasting food, or who wish to refocus certain areas of their life that are out of balance. For instance, someone might select to abstain from using social media or watching television for the duration of the fast, and then choose to carefully bring that element back into their life in an orderly fashion at the conclusion of the fast.

Note: Choose a fast that is appropriate for your health and ability. Do not attempt a complete fast if you are on medication or in the care of a physician.

V. Prayer Schedule:

28-day Fast/ Prayer emphasis *March 4, 2018 to April 1, 2018* (Sunday to Sunday):

Suggested Times based on health: **Beginners** (6a.m.-noon.), **Intermediate** (6a.m.-3p.m.), **Advanced** (6a.m-6p.m.)

- Day one: Voters
- Day two: Elected Officials
- Day three: Pastor's
- Day four: Family
- Day five: Children
- Day six: Foreign Countries
- Day seven: Mental Health Illness
- Day eight: Discipline
- Day nine: Church Staff
- Day ten: Obedience
- Day eleven: Healing
- Day twelve: Diseases
- Day Thirteen: Marriages
- Day fourteen: Singles
- Day Fifteen: Schools
- Day Sixteen: Depression
- Day Seventeen: Addictions
- Day Eighteen: Poverty
- Day nineteen: Judicial System/ Courts
- Day Twenty: Law Enforcement
- Day Twenty-one: Racism
- Day Twenty-two: Cancer Victims
- Day Twenty-three: Incarcerated
- Day Twenty-four: Senior Citizens
- Day Twenty-five: Domestic Violence Victims
- Day Twenty-six: Friends
- Day Twenty-seven: Teen Violence
- **Day TWENTY-Eight: Joblessness**

VI. Scripture Reference:

Matthew 6:16-18

Matthew 9:14-15

Luke 18:9-14

Acts 27:33-37

Nehemiah 9:1-3

We pray that your family will somehow be able to join in the last 7 days together (March 26, 2018 to April 1, 2018) as a church family to fast. We really sense God telling us that this is going to be a breakthrough time for individuals, families and our church body. We will be praying for you and the families of our church, as you look to Him for what He wants you to do during this time.