

40 *days of fasting and prayer*



Your church board met in September for their monthly gathering and the Next Generation Leadership group, led by Pastor Don Diehl, joined in on the meeting. In that moment we were challenged to consider leading our congregation through a season of 40-days of fasting and prayer. It was very quickly affirmed that others sensed the same desire, so I come to you today on behalf of your church leadership, asking that you join your NFCN family in a season of spiritual discipline through the practice of fasting and prayer.

Isaiah 64:1-4 tells us, “Oh, that you would rend the heavens and come down, that the mountains would tremble before you! As when fire sets twigs ablaze and causes water to boil, come down to make your name known to your enemies and cause the nations to quake before you! For when you did awesome things that we did not expect, you came down, and the mountains trembled before you. Since ancient times no one has heard, no ear has perceived, no eye has seen any god besides you, who acts on behalf of those who wait for him.”

Your church leadership is calling us as a faith community to set aside the 40-days between October 18 and November 26 as a season of corporate fasting and prayer. For some of you who regularly practice these spiritual disciplines this likely makes perfect sense. For others, you may feel overwhelmed at the thought of a 40-day fast.

Please stay tuned in and let me share ways that you can participate.

The primary focus in this 40-days is to pray. Some opportunities for you to pray could be:

Set a daily alarm on your phone to pray at a specific time. Let's set our alarms for 6:41 to represent the Isaiah 64:1-4 passage. You could set that once a day for both am and pm or one or the other.

Sundays we will have prayer around the altars from 9:10-10:00am beginning this Sunday, October 18 through November 22

Wednesdays we will have prayer in Greathouse Room 106 for those who prefer to attend in-person and those who would like to join virtually, you can dial 615-472-5781 and enter code 485214# to join the group through a conference call platform

Pray with your family and explain this faith journey with your children.

Pray over all leadership from the President of the United States to the Highest of our Court System all the way to the leaders within your own life in your community, your work, your church, and in your family.



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Pray for God to break in on hopeless situations.

Pray for those who are unbelievers.

Pray for orphans, widows, those imprisoned, the hungry, refugees who have fled their home due to civil unrest, and pray for the sick

Our second focus is to fast. Examples for the fasting element over these 40-days are:

Choose one meal per day to fast or only eat one meal per day.

Choose one day per week to fast.

Fast certain foods into or out of your diet such as a juice fast or a whole food fast that permits you to eat healthy fruits, vegetables and eggs.

There is a website with several fasting resources and that can be found at www.cru.org

Some will choose to fast something out of their routine such as a hobby or certain forms of media to create space to spend more time in study of the Bible and prayer

There is no set way for all of us to walk out these 40-days. You prayerfully consider how you could join your NFCN Family in this journey. We are seeking to both individually and collectively hear from God. Remember that prayer is both bringing our petitions, but it is also listening. Don't say AMEN until you've given God time to speak to you.

God is calling us out of our normal routines so that we can hear from Him. His Bride is most precious to Him and The Church is the Bride of Christ. He is calling you to alter these 40 days so that He can speak transformative Truth to each one of us.

If you choose to participate in this 40-day journey with your NFCN Family, we would ask that you register through the link in the NFocus or feel free to email Mariah Monk at mmonk@nfcn.org and she can add you to the list.

When God calls His people out to meet with Him, He never disappoints!

I hope you'll join us!