

# seeking together

A Call to Faithful Prayer



*fast from:*  
Things That Distract

fast for:  
**FOCUS**

*fast from:*  
Other Things That Sustain

fast for:  
**TRUST**

when you  
**FAST**

*fast from:*  
Things That Occupy

fast for:  
**SPACE**

# seeking together

A Call to Faithful Prayer



## when you fast

fast from: Things That Distract

fast for: **FOCUS**

*Therefore, holy brothers and sisters, who share in the heavenly calling, fix your thoughts on Jesus, whom we acknowledge as our apostle and high priest.* (Hebrews 3:1 NIV)

To fast is to eliminate things that distract us in favor of fixing our eyes and thoughts on Jesus – His kingdom and His desires.

What distracts you the most? Is it social media? A hobby? An activity? A habit? Fasting from these things opens the way to fasting for focus.

Set aside things that distract and use that time for focused, relational prayer.

In the end, it's about giving up or giving over things that distract you for a period of time so that you gain the benefit of focus in your praying.

As you pray, do so intently – deliberately – humbly. Pray with the mindfulness that you are in the very presence of God and seek your focused times of prayer to be relational. Exchange the distractions for focused prayer and see your prayers be transformed into relational conversation as you bring your requests before God over these four weeks.

The challenge of replacing things that distract will be real, but the benefit will outweigh the loss. In fasting we always exchange one rhythm for another. Set aside the things that distract and pray.

**Bless you as you offer the Lord the gift of your focus.**

fast from: Other Things That Sustain

fast for: **TRUST**

*I put no trust in my bow, my sword does not bring me victory;* (Psalm 44:6 NIV)

*For my flesh is real food and my blood is real drink. Whoever eats my flesh and drinks my blood remains in me, and I in them.* (John 6:55-56 NIV)

To fast is to set aside things other than God that sustain us in favor of trusting in the Lord to sustain us during our fast.

When we think of sustenance, we certainly point to food. However, we also trust in many other things that sustain us. David declared that his bow and sword were not to be objects of trust. Only the Lord was worthy of his complete and utter trust. What sustains you that you trust in most? Fasting from food creates hunger, which tugs at us to be satisfied. If we don't turn to food, where do we turn? Jesus said His flesh was real food, and His blood was real drink.

Set aside things that sustain you in favor of complete trust in the Lord as you pray.

As we, together, cry out to God to hear our prayers around these specific themes, we build trust that God, and God alone, can answer us and bring results. Trust in God is deepened when we fast from things that sustain us.

**Bless you as you offer yourself to God in complete trust.**

fast from: Things That Occupy

fast for: **SPACE**

*The LORD is my shepherd, I lack nothing. He makes me lie down in green pastures, he leads me beside quiet waters, he refreshes my soul. He guides me along the right paths for his name's sake.* (Psalm 23:1-3 NIV)

How crowded is your schedule? Are there any margins for prayer? Fasting from your crowded schedule – clearing your calendar – setting aside regular “necessary” activities creates the benefit of space. Give up and give over things on your schedule to allow the Lord to lead you to green pastures and quiet waters.

The noise of life must be quieted with the voice of our Lord saying, “Peace! Be still!” Your part in the process is to give up some to-dos on your list to make space.

Jesus often got up early in the morning to spend time with His Father. How will you make room for Jesus during this month of fasting and prayer?

Set aside things that occupy your schedule in favor of the benefit of space for the Lord to work, to commune with you and speak with you.

Imagine what God could do with some of your non-scheduled time.

**Bless you as you make space for God and pray.**