

Lighthouse 40 Days of Prayer and Fasting

Between September 19th through October 31st the body of believers at Lighthouse will join together in a time of prayer and fasting. Throughout this time you will receive gentle reminders and prayer guides. Our prayers will focus on repentance (personal, corporate, national); Restored Intimacy with God; Humility and Christ exaltation in all areas of life; and Direction (personal and corporate).

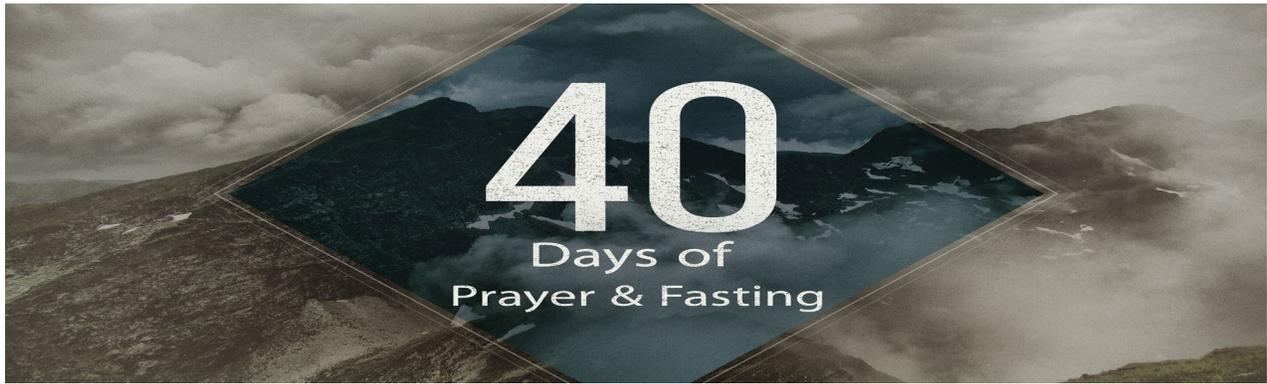
In addition to prayer, we'd love to see as many of our people as possible join together in fasting from food. Find below guidelines and options for fasting.

Prayer and Fasting FAQs

Prayer and fasting together become a powerful, singular discipline by which we show God a contrite spirit and a deep desire for Him above all else. These disciplines will help align our hearts with God's. Lighthouse Church is calling its family to do both – pray and fast.

WHEN WILL WE START?

We will launch our 40 Days of Prayer and Fasting between Rosh Hashanah Saturday **September 19th** through Yom Kippur (day of Atonement) and **ending** Saturday **October 31st**.



HOW WILL WE START EACH DAY?

You will start each day in prayer. We recommend that you follow the prayer guide below. Consider starting by praying slowly and deliberately through the Lord's Prayer found in Matthew 6:9-13.

If you are part of the LCC database, you will receive periodic communications from us designed to be a reminder and guide to pray each day during the 40 DPF. In addition, our various small groups may allocate extra time for participants to spend time praying for the areas that have been identified below.

WHEN WILL WE END?

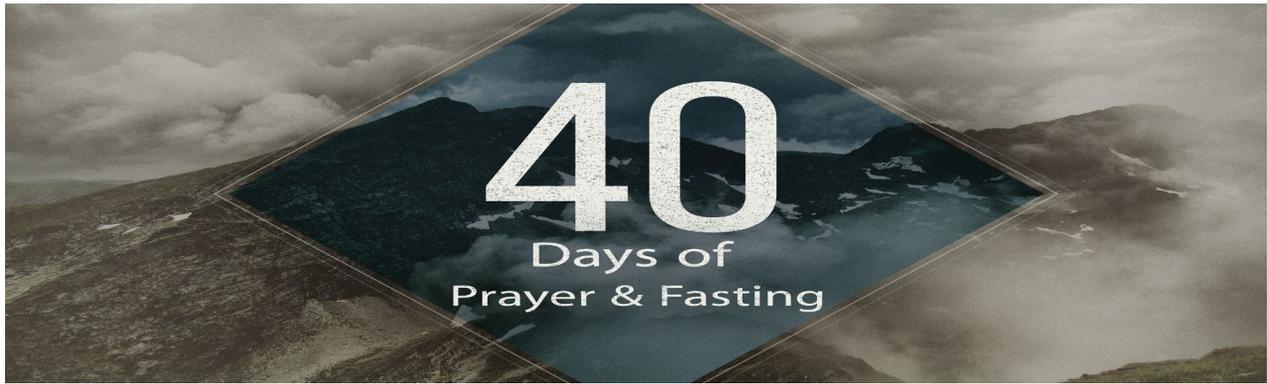
Our time of corporate prayer and fasting will end on Saturday October 31st with us meeting corporately in person and by Zoom. Those joining us on campus will share in a meal and a time of prayer. Yes, we realize the 31st is Halloween. *"and the light has overcome the darkness"*

WHAT ARE WE FASTING AND PRAYING FOR?

Please pray these daily with us...

- **Repentance** – LORD expose sin in my life and uncover the idols. Lord help me to see and slay my strongholds. Slay the strongholds at work in our nation and the world. Joel 2:12

¹² *"Even now," declares the LORD,
"return to me with all your heart,
with fasting and weeping and mourning." Joel 2:12*



➤ **Restored intimacy with God.**

Lord restore to me the joy of your salvation. I want to know you more deeply. Please show me the areas of my life getting in the way of our relationship.

¹⁷ But when you fast, put oil on your head and wash your face, ¹⁸ so that it will not be obvious to others that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you. Matthew 6:17-18

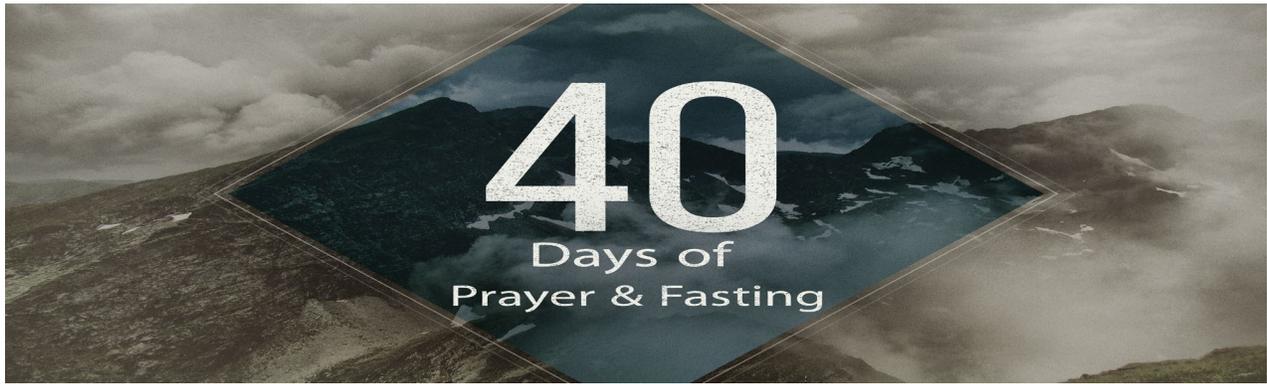
- *¹⁵ Jesus answered, "How can the guests of the bridegroom mourn while he is with them? The time will come when the bridegroom will be taken from them; then they will fast. Matthew 9:15*

➤ **Humility – Christ Exaltation in all areas of life**

LORD I recognize that you are Master and Creator of the universe and that I am not. Great are you... [Suggestion: Read and pray Psalm 19]

This is a perfect place to pray for our nations and leaders to be humbled and moved by God.

¹⁴ if my people, who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then I will hear from heaven, and I will forgive their sin and will heal their land. 2 Chronicles 7:14



21 There, by the Ahava Canal, I proclaimed a fast, so that we might humble ourselves before our God and ask him for a safe journey for us and our children, with all our possessions. Ezra 8:21

➤ **For God's Direction - Corporate**

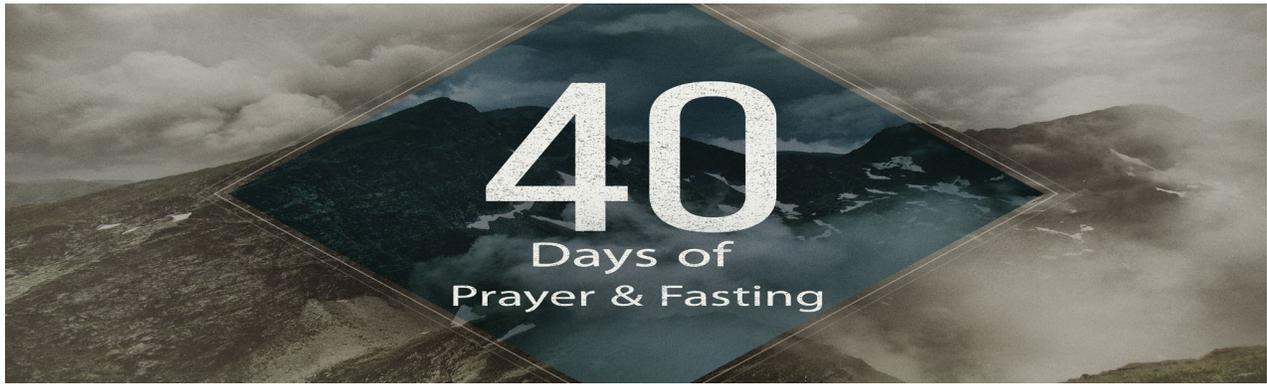
LORD show us more clearly what you have called us to do. Give us a heart like yours that breaks for the lost and the needy. Open our eyes to opportunities and give us the unction and strength to carry out your plan.

“so after they had fasted and prayed, they laid their hands on them and sent them off” Acts 13:3

➤ **Pray to break the yoke that binds the lost and set free the captives Isaiah 58:**

LORD, please draw my (co-worker, neighbor, family member, friend) to You. I confess my fear of rejection and ask that you give me opportunity and courage to share You with them.

*“Is not this the kind of fasting I have chosen:
to loose the chains of injustice
and untie the cords of the yoke,
to set the oppressed free
and break every yoke? Isaiah 58:6*



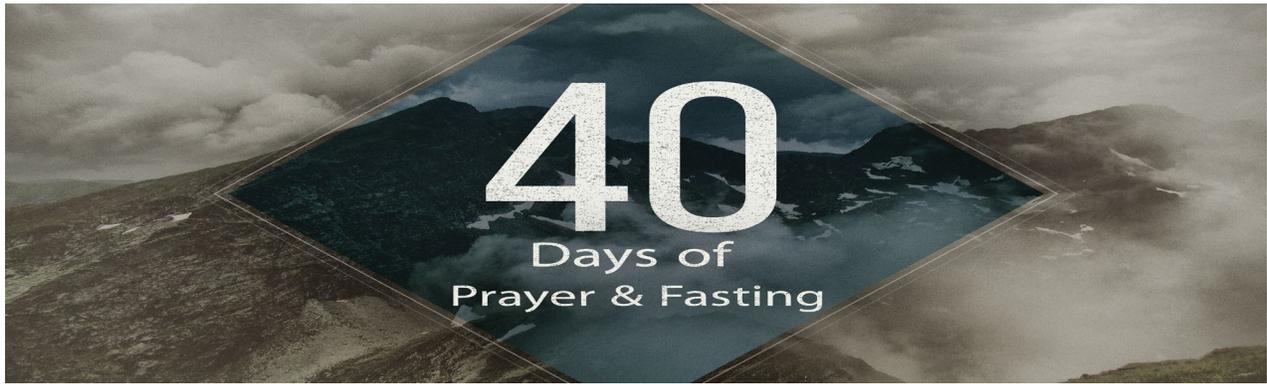
DOES EVERYONE HAVE TO FAST?

No. Anyone who wishes to can fast. If for some reason you can't fast a meal, then we encourage you to abstain from an activity that you enjoy. Consider abstaining from your electronics, entertainment, your favorite food, an activity etc... See more below.

WHAT ARE THE REASONS WE WOULD FAST and PRAY?

There are multiple reasons for fasting and prayer:

1. **Every great spiritual movement and period of Church restoration throughout history was started with intense prayer and fasting.** Jesus modeled this when He fasted and prayed during the 40 days prior to the dramatic launch of His ministry. Likewise, the early church with its explosive growth and impact, embodied a lifestyle of regular intense devoted prayer and fasting.
2. **Prayer and fasting are spiritual disciplines intended as a lifestyle to be practiced by all believers.** These next 40 days are the start of an on-going lifestyle change that will help revolutionize the impact of our spiritual lives, transform our families, and impact our neighbors and community.
3. **It is God's will that we fast and pray.** Jesus said in Matthew 6:16, "When you fast..." He did not say "if" you fast. Additionally, we see examples of fasting for direction in the early church. In Acts 13, the church at Antioch fasted and prayed for direction. "While they were worshipping the Lord and fasting, the Holy Spirit said, 'Set apart for me Barnabas and Saul for



the work to which I have called them.’ Then after fasting and praying they laid their hands on them and sent them off’ (13:2-3).

4. **Prayer and fasting will help expose and dismantle sinful strongholds** currently ruling areas of our lives and hindering the full transformational power of God.

Jesus once told his disciples that there was a type of enemy only overcome through prayer and fasting (Mark 9:29). This text indicates that prayer and fasting bring us into a closer relationship with Jesus and releases His power of spiritual warfare greater than normally experienced.

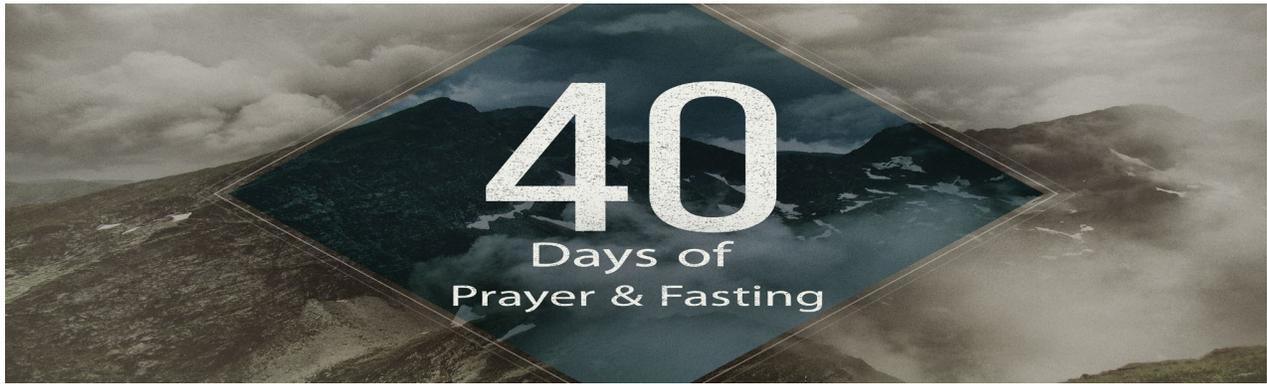
Prayer and fasting will cause us to be stirred towards repentance and greater holiness.

5. **Prayer and fasting bring the Kingdom of God to earth.** Nehemiah fasted and prayed after he heard of the demise of the city of Jerusalem. From that initiative, God initiated the rebuilding of the holy city, the release of God’s people from captivity and the restoration of God’s chosen to a renewed relationship with their God. (Nehemiah 1:3-4).

HOW DO WE FAST?

Here are 4 general fasts, depending on one’s preferences and physical ability.

Fasting from a meal. This can be done daily or weekly. In this fast you forego a specific meal in order to focus on God and His work through us and prayer. We are asking all that are able, to fast



two meals for not less than one day a week. **EXAMPLE:** Fast breakfast and lunch and break the fast at dinner. Most of us will do our fasting on a Friday and/or Saturday. We encourage you to join us.

Fasting for an entire day – not eating any food in an entire day and breaking the fast at “breakfast”. This can be done weekly or monthly, and is accompanied by undistracted time with God focusing on His work to be accomplished through prayer.

Fasting for multiple days. Please make sure you do this only if physically able. Check with your doctor regarding any medication you are taking or medical situations you have going on to ensure that abstaining from food and/or liquid will not adversely affect your health.

Abstaining from aspects of our normal diet or lifestyle. If you can’t fast meals, then abstention is your next option. Some abstain from specific types of food or ingredients, such as caffeine, bread, sugar etc. Some take this concept and apply it to other non-food elements of life like electronics, recreation, or even hobbies. While Scripture doesn’t condemn this, neither does it actually give us any textual evidence for a fast that doesn’t involve some type of food or drink.

We remind you that fasting isn’t just abstaining from food for physical reasons, but rather for spiritual reasons – in order to allocate that same time for seeking God in prayer.

FINALLY... This is the time to consider radically re-ordering our lives to make space for God to speak and to rule in every area. To do that, we may need to change our schedules, eliminate distractions, and pause plans in order for God to get our undivided attention.

We sincerely hope that you will join your spiritual family in prayer and fasting during these 40 days.