



PRAYER, FASTING, AND CONSECRATION | 2022



Abide

The Power and Beauty
of God's Word

Preparation for the Fast

Why Fast?

Fasting is a spiritual tool God uses to advance his kingdom, change the destiny of nations, spark revival, and bring victory in people's lives. Every Nation churches and campus ministries begin each new year with five days of prayer and fasting to humble ourselves before God, consecrate ourselves to him for the upcoming year, and corporately agree for breakthroughs.

Jesus fasted.

Then Jesus was led up by the Spirit into the wilderness to be tempted by the devil. And after fasting forty days and forty nights, he was hungry.

Matthew 4:1–2

And Jesus returned in the power of the Spirit to Galilee, and a report about him went out through all the surrounding country. **Luke 4:14**

Jesus knew he was going to need spiritual strength to fulfill his purposes. Fasting makes us spiritually strong and prepares us to do God's work.

Fasting is an act of humility and consecration.

Then I proclaimed a fast there, at the river Ahava, that we might humble ourselves before our God, to seek from him a safe journey for ourselves, our children, and all our goods. **Ezra 8:21**

As we humble ourselves through prayer and fasting, we receive God's answers to our prayers.

Fasting helps us become sensitive to the Holy Spirit.

While they were worshiping the Lord and fasting, the Holy Spirit said, "Set apart for me Barnabas and Saul for the work to which I have called them." **Acts 13:2**

When we deny ourselves of natural cravings and worldly distractions, we become more sensitive to God's voice. Then we are better able to focus on God and submit to his will.

Fasting brings revival.

And your ancient ruins shall be rebuilt; you shall raise up the foundations of many generations; you shall be called the repairer of the breach, the restorer of streets to dwell in. **Isaiah 58:12**

Throughout history, God has brought revival and delivered nations from destruction in response to prayer and fasting. Fasting helps us prevail in prayer and intercession.

Fasting is healthy.

Fasting cleanses your digestive system from toxins. Doctors consider fasting a cure for certain allergies and diseases. The discipline of fasting helps break unhealthy addictions in our lives.

Planning Your Fast

Then Joshua said to the people, "Consecrate yourselves, for tomorrow the Lord will do wonders among you." **Joshua 3:5**

Pray—Spend time reading the Bible before the fast. Ask the Holy Spirit for guidance in your prayers. On pages 7–9, write down your faith goals and specific prayer requests for your family, friends, church, and nation.

Commit—Pray about the kind of fast you will undertake and commit to it ahead of time. Record your plan on page 5. Ask God for grace to help you follow through with your decisions.

Act—Start eating smaller portions a few days before the fast. Avoid food high in sugar and fat. Plan to limit physical and social activities for the week of the fast. Ask someone to be your prayer partner throughout the fast and have that person sign page 5.

NOTE: Consult a physician, especially if you are pregnant, nursing, or taking medication. If your situation does not allow you to do a full fast, determine what will work best for you.

While Fasting

[Jesus] answered, “It is written, ‘Man shall not live by bread alone, but by every word that comes from the mouth of God.’” **Matthew 4:4**

Focus—Set aside time to work through the devotionals. Be ready to respond to God’s Word and the leading of the Holy Spirit.

Pray—Join at least one prayer meeting in your local church. Intercede for your family, church, pastors, nation, campuses, and missions throughout the week.

Replenish—During mealtime, read the Bible and pray. Drink plenty of water and rest as much as you can. Be ready for temporary bouts of physical weakness and mental annoyances like impatience and irritability.

Breaking the Fast

And this is the confidence that we have toward him, that if we ask anything according to his will he hears us. And if we know that he hears us in whatever we ask, we know that we have the requests that we have asked of him. **1 John 5:14–15**

Eat—Reintroduce solid food gradually. Your body will need time to adjust to a normal diet. Start with fruits, juices, and salad, then add more vegetables. Eat small portions throughout the day.

Pray—Don’t stop praying! Trust God’s faithfulness and timing. Carry your newfound passion for God throughout the year. Be in faith for God to answer your prayers.

In 2022, I will seek God and trust him in these areas:

Personal Faith Goals

Spiritual Revival • Physical Healing • Prosperity and Abundance • Rich Generosity . . .

My Family

Restoration of Relationships • Household Salvation . . .

My Education/Career

Excellence • Promotion . . .

My Ministry

Small Group Growth • Salvation of Colleagues and Classmates . . .

I am committing to pray for . . .

Name

Request(s)

I am committing to pray for . . .

My Church

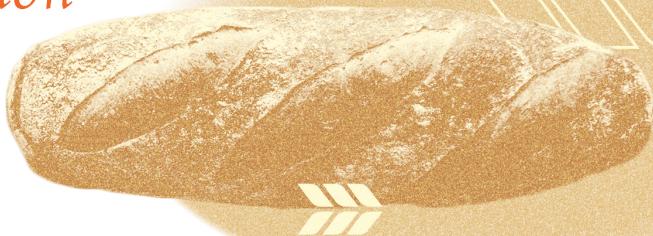
Church Leadership • Provision • Discipleship Ministry . . .

My Community

Campuses and Educational Institutions • Local Government • Outreach Opportunities . . .

My Nation

Government Officials • Spiritual Revival • Economic Prosperity • Peace and Order . . .



The Word Is like BREAD

Read Deuteronomy 8:1–20

And he humbled you and let you hunger and fed you with manna, which you did not know, nor did your fathers know, that he might make you know that man does not live by bread alone, but man lives by every word that comes from the mouth of the Lord. **Deuteronomy 8:3**

Additional Reading: Matthew 4:3–4; Luke 4:1–4; John 4:34

Bread was central to the diet of the ancient Near East. Even today, many cultures have a bread that is unique and prevalent to their diets. There is the crunchy baguette in France, the unleavened roti in India, the spongy injera in Ethiopia, the thin tortilla in Mexico, and the soft pandesal in the Philippines.

But in Deuteronomy 8:3, Moses declares that man doesn't live by bread alone. While the Israelites were in the wilderness, God provided for them by raining down manna, a bread-like food, from heaven. Now, as they prepare to enter the Promised Land, a land of plenty, Moses takes time to remind the people who fed them in the wilderness. And even though they will no longer need bread to rain down from heaven in the new place they are going, their dependence on God remains the same. It is in trusting and obeying God's Word that they will live and thrive in the land. They need his Word like they need bread to survive.

In the same way, our dependence on God's Word should be like our reliance on bread. Each day of this fast, our bodies will crave more and more the nourishment that bread provides. But it is this craving, this almost all-consuming awareness of our need for food, that this metaphor of God's Word as bread becomes all the more relevant to us. Just as our bodies crave bread, we should crave God's Word, living in constant awareness of our need for him and his words every day.

In fact, we learn in John's gospel that Jesus himself is the very Word of God. He calls himself the "bread of life," promising that whoever comes to him will never hunger or thirst. When we come before him and fill ourselves with God's Word, we can receive his salvation and be truly fulfilled.

God's Word is true. God's Word is powerful. And it is through God's Word that he reveals himself to us, and we are transformed and empowered to live for him.

As we go into a week of prayer and fasting and our hunger for bread grows day by day, may our appetite for God's Word grow even more.

Think of a situation when you had to depend on God.

Give him thanks for sustaining you through it.

**What verse or passage has kept you encouraged this past year?
Take time to praise God for his Word being trustworthy and
powerful in your life.**

God's Word SUSTAINS US.

Deuteronomy 8:3

And he humbled you and let you hunger and fed you with manna, which you did not know, nor did your fathers know, that he might make you know that man does not live by bread alone, but man lives by every word that comes from the mouth of the Lord.

God, thank you for the gift of the Bible. Through your Word, you speak to me and remind me that you are for me. You show your everlasting character, and I learn to hear your voice as I read and meditate on scripture. Lord, help me build a daily desire to abide in your Word, a desire that would grow throughout my walk with you. Your Word nourishes my spirit and fulfills my heart. As I pray, fast, and consecrate myself to you this week, may my understanding and love for you grow as I draw nearer to you. In Jesus' name,

AMEN





day 1



The Word Is a SEED

Read 1 Peter 1:13–25

Since you have been born again, not of perishable seed but of imperishable, through the living and abiding word of God . . . **1 Peter 1:23**

Additional Reading: Mark 4:3–9, 13–20

In this verse, Peter tells us that it is through the imperishable seed of the Word of God that we have been born again. What does he mean by this? In God's Word, we find the good news of what God has done in Jesus Christ to save us. And it is through the good news found in God's Word that one is born again. But God doesn't just uncover his plan of salvation through his Word. He reveals his very self to us. That's why Peter calls it the living and abiding Word.

Peter compares the Word of God to an imperishable seed. What's interesting about a seed is that it's dry and dull with little evidence of life before you plant it. But once it's in the proper condition, planted in damp and nutrient-rich soil, life bursts forth from it as we eagerly wait above the surface for those signs of life to appear. Just like a seed needs to be planted in the proper condition for life to spring forth, God's Word is waiting to be planted in the good soil of a believing heart. And then, by the Holy Spirit, his Word will germinate, take root, and grow, bringing life and beauty to whatever it touches.

When we open up the living and abiding Word of God, we encounter the God of the universe, the one who created all things and is making all things new. And when we meet him, our lives can't help but be transformed. There may be areas of your life that have felt dry. Maybe your love for the lost has waned, or your passion for God's mission has been quenched. God's living and abiding Word will never lose its power to touch every dull, dry, and dead area of your life, causing it to burst forth with new life that is lasting and eternal. And as his Word touches and transforms our lives, we can't help but sow this imperishable seed, sharing the good news of what Jesus has done to save us, wherever we go.

Think about when you first heard the gospel. Did someone share it with you? Reflect on that moment, thanking God for his salvation.

Since the Word is living and abiding, what are some areas of your life it can renew this week?

God's Word MAKES ALL THINGS NEW.

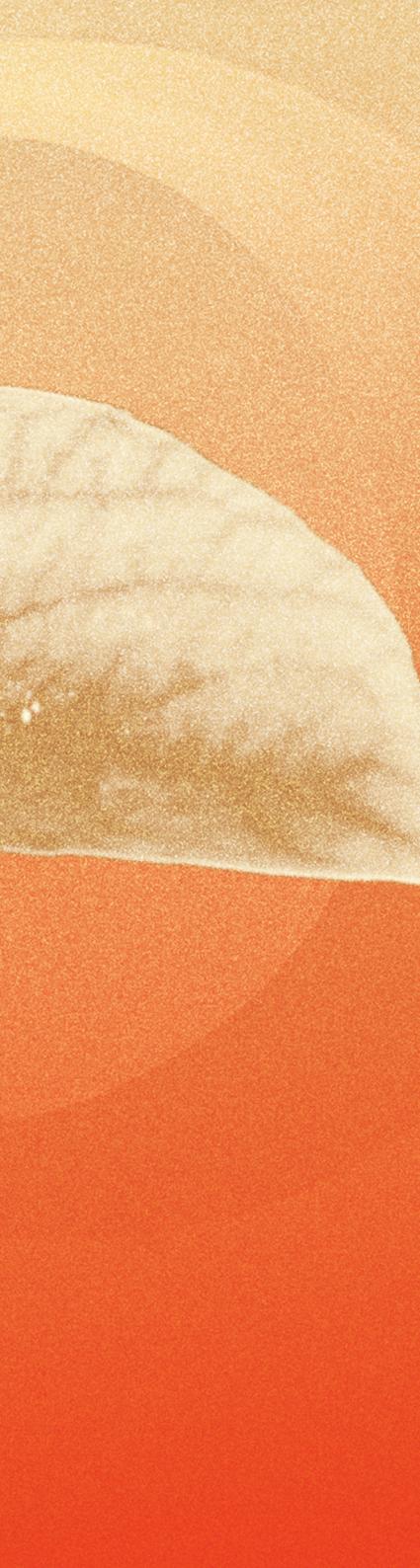
1 Peter 1:23

Since you have been born again, not of perishable seed but of imperishable, through the living and abiding word of God ...

God, I believe that your Word is an imperishable seed that can renew every area of my life. I can bring my brokenness, confusion, and insecurities before you, knowing that you make me whole, confident, and secure through the seed of your Word. You have brought me from death to life and are faithful to finish the good work you began in me. Lord, I pray that you will continue to change my life to reflect your love to others around me. Because of your Word that you've planted in me, I can be bold to share your gospel wherever I go.

AMEN





The Word Is a LIGHT

Read Psalm 119:105–112

Your word is a lamp to my feet
and a light to my path.

Psalm 119:105

Additional Reading: Psalm 119:130

Psalm 119 is a wisdom psalm that expounds on God's Word as the perfect guide for life. In verse 105, the psalmist says that God's Word is a lamp to his feet and a light to his path. In the ancient Near East, a lamp was a small bowl with a pinched lip on the side where the wick would sit. Filling the bowl with oil, you would light the wick, providing enough light to illuminate a dark path.

As we go through life, we're frequently faced with situations beyond our ability to navigate: decisions we have to make, challenging circumstances we face, ideas and ideologies we have to wrestle with. We try to figure things out on our own, but without a guide, we stumble in the darkness. We need a trustworthy light to illuminate the dark path in front of us.

In God's Word, we find such a guide. In 2 Timothy 3:16, Paul tells us that all Scripture is God's breathed-out Word, meaning the words found in the Bible are



from God. Do you have someone in your life who is so reliable that when they tell you something, you trust their words without question? You can trust them because their character has proven to you over time that they are trustworthy. And if we can trust a person's words, how much more can we trust the words of our perfect God, who has proven time and again that he is good? God's Word is a trustworthy and reliable guide because God is a trustworthy and reliable guide.

You may currently face a situation beyond your ability to navigate—a decision you have to make or a challenging circumstance you have to respond to. God's Word is a bright light to guide your dark path and provide you with the wisdom you need. And not only will God's Word give you wisdom, but in obeying God's Word, you will grow as a person of wisdom who can shine his light in a dark world.

Think of a time when God's Word has given you wisdom during a difficult circumstance. Spend time in thanksgiving for his guidance.

Praise God that he is trustworthy and reliable. Are there areas in your life where you can better trust God's Word for guidance?

God's Word GUIDES US.

Psalm 119:105

*Your word is a lamp to my feet
and a light to my path.*

Heavenly Father, you have given me your perfect Word as a guide through this imperfect world. Because you are good, trustworthy, omniscient, and kind, I can lean into your guidance in every situation I face.

You care about my life and the decisions I have to make. Your Word has the power to bring order to chaos and is light in the darkness. I have no reason to fear. As I hide your Word deep in my heart, teach me how to read and apply it to my life.

AMEN







The Word Is a MIRROR

Read James 1:19–25

For if anyone is a hearer of the word and not a doer, he is like a man who looks intently at his natural face in a mirror. For he looks at himself and goes away and at once forgets what he was like. **James 1:23–24**

Additional Reading: Romans 2:13

James is writing to Christian Jews scattered throughout the Roman Empire who are experiencing trials and who, during these trials, are following the worldly practices of those around them instead of putting God's Word into practice. And so, throughout his letter, James makes the point that it's not enough to hear God's Word. We have to do what it says.

Here, James compares someone who hears the Word and doesn't do what it says to a person who examines himself in a mirror but then walks away and forgets what he looks like. The analogy almost seems ludicrous. How can you look closely at yourself to see how you really look and then walk away and forget? But that's the point that James is trying to make. Do you examine yourself in the mirror in the morning, checking to make sure your hair isn't sticking up straight, or you don't have anything in your teeth? In this process, if you noticed a giant smudge on your face, would you walk away and forget about it? Just as it would be foolish to walk

away and do nothing about a smudge on your face—to forget what you look like—it is foolish after examining God's Word to walk away and not obey it.

Like a mirror, God's Word shows us what we're really like. Without his Word, it's easy to deceive ourselves into thinking we're something we're not, to ignore our weaknesses, and make excuses for our sin, especially when we're in the midst of challenging circumstances like James' audience. But this isn't possible when we hold up God's Word to our life. When we examine our lives by the truth of God's Word, we see what we're really like, and we're met with God's grace and mercy to repent and be transformed.

We need to investigate God's Word so that it can show us who we really are, but we can't stop there. We then need to walk away and put God's Word into practice.

How have you seen God's grace and mercy at work in your life?

Are there areas where you have been hesitant to put God's Word into practice? Take a moment to praise him for his love and mercy toward you.

God's Word REVEALS WHO WE ARE.

James 1:23–24

*For if anyone is a hearer of the word and not a doer,
he is like a man who looks intently at his natural face
in a mirror. 24 For he looks at himself and goes away
and at once forgets what he was like.*

As I read your Word, O Lord, I trust that you will show me what I am like and what you are making me to be. Search my heart and reveal where and how I need to put your Word into practice in my life. Grant me the humility to do what your Word says as a faith response to your free gift of salvation. Holy Spirit, thank you for your power that helps me obey, changes my heart, and directs my steps.

In Jesus' name,

AMEN







EVERY NATION

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#ENFAST2022

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