

# PRAYER AND FASTING

## Prayer:

As a church, we are desperate to connect with the presence of God as often as possible. The acronym ACTS can help you deepen your prayer life. Like any great conversation, it's also great to build in a time of silence and listening for God to speak after you've done some speaking.

## When you pray:

**Adoration** - Spend time praising God for his nature. Acknowledge how powerful He is. Marvel at his grace, forgiveness, and patience with you.

**Confession** - Confession is acknowledging to God that He's right and we're not. It's telling God of the times that we have turned away from relationship with God and his way. Confess by telling God about our own weaknesses and your need for Him to lead your life.

**Thanksgiving** - Next, focus on things that you can be thankful for. Thank him for all the blessings He has given you. The more you do this, the more God fills us with joy and gratitude.

**Supplication** - Where do you need God's help, in your life and in the lives of those you're praying for? Where do you need to see him move? What are the things that need to happen that only God can do?

## Fasting

As a church, we fast to to be reminded of our need for God and to pray. When we experience the hunger pangs of fasting from food or anything else from which we receive comfort (if food is not an option), it's our cue to pray and be reminded that God is the ultimate provider of sustenance and comfort. Fasting can be used over an extended period to seek God's will, to pray for healing, and to ask for God's help in an extraordinary situation or need.

The one who is fasting uses the time they would normally use to eat for prayer, praise, and study. (Examples of fasting are found in Ezra 10:6, Esther 4:16, and Acts 9:9.) A fast can be continuous for consecutive days or for part of a given day, such as fasting one meal on a set day of the week. Another biblical way to fast was a restricted diet fast. It was going without a specific food or type of food. (An example of this is in Daniel 10:3.) However you fast, it should be a significant enough shift in your habits to where you feel your need of God and you're reminded to pray.

## When you fast:

**F - Focus on God**

**A - Abstain from food (or something else if food isn't an option for you)**

**S - Substitute your time (not a diet)**

**T - Taste and see the Lord is good (fasting is feasting on God's presence and goodness)**

I'm Praying

EASTER  
E A S T E R  
S U N D A Y  
AT WESTMINSTER



# PRAYER PRACTICE

Below are prayer prompts corresponding to each week in the Healer Series during Lent. At the bottom of this page there is a tear off spot where you can write the name of the person you're praying for during Lent. You may end up praying for multiple people, but commit to praying consistently for at least one person.

**Week 1** - Jesus is the ultimate source of healing. Who is God bringing to your mind to pray for during the Lenten season? Pray for opportunities to encourage and spend time with the person God brings to mind.

**Week 2** - In Luke 5:17-39, the friends of the paralyzed man lowered him towards Jesus for physical healing. This week, lift up those who need physical healing to Jesus in prayer. What ailment or struggle are they experiencing in their bodies? Pray that Jesus would heal them physically and for God to give you wisdom on how you can help.

**Week 3** - Our stories are all marred with various wounds. Jesus heals and redeems our past. For those you're praying for, what are the parts of their story that consistently bring trouble or chaos to their lives? This week, pray that Jesus would heal and bring peace to the story that someone tells of their own life.

**Week 4** - Jesus is working to restore order to the cosmos and will eventually bring all things to a final and perfect order in his renewed kingdom. In the meantime, evil spiritual forces are working to bring the world into chaos and ruin. Where do those you're praying for experience spiritual attack and challenges? Pray that Jesus would heal them by bringing about spiritual freedom.

**Week 5** - Jesus has come to give us life and give it to the full. Where has the person you're praying for experienced loss? Pray that Jesus would bring about healing, joy, and the restoration of Shalom in that person's life.

**Week 6** - Easter is next week. For the person whose name is written below, pray every day this week that they would experience the love of our great Healer. If they are not a believer, pray that the Holy Spirit would move them towards relationship with Jesus for the first time. Invite them to come to an Easter service with you.

---

Who are you praying for?

---

[Westminster.org/Easter](https://Westminster.org/Easter)

In-Person 9:00a · 11:00a  
Online 9:00a · 11:00a · 4:00p · 7:00p

E A S T E R  
S U N D A Y

---

Who are you praying for?