

24 HOUR PRAYER ^{AND} FASTING

WHAT IS FASTING?

Fasting is when we voluntarily go without food for a period of time and instead direct our attention more fully to God. It is a spiritual practice that helps align our hearts more closely with God when combined with prayer.

WHY DO WE DO IT?

Fasting gives us space to intentionally pause the everyday distractions to hear the voice of God. We get to spend time with God, declutter our hearts, and feel refreshed with Him.

WHAT TO DO:

- We will fast for 24 hours (Tuesday, February 27, 6:30pm to Wednesday, February 28, 6:30pm).
- The church will be open for prayer from 6pm-10:30pm on Tuesday and 5:50am-8:30am on Wednesday.
- Stay hydrated throughout the fast.
- Set aside time to pray throughout the 24 hours - use the prayer prompts on the other side.
- When you feel hungry, remember this is a reminder to pray.
- Read your Bible (the Psalms and Gospels are great places to start).
- Take time to worship - find the Playlist on Spotify (Eastern Hills Community Church).
- Spend time being quiet and listening.
- Optional: Journal what you learn, experience, and hear.
- Celebrate the end of your fast at our Night of Worship on Wednesday, February 28 at 6:30pm.



PRAYER PROMPTS:

As you get started, begin by reading Psalm 139:23-24:

"Search me, God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting."

- 6:30pm INVITING EVERYONE** – Pray for the person or people you need to invite to know Jesus.
- 7:30pm** Pray that God would reveal the prejudices you have toward others.
- 8:30pm** Be still and listen for God's invitation, which is not based on who you are but who He is.
- 9:30pm** Pray for your friends and family that are close to you but far from God.
- 10:30pm TO EXPERIENCE** – Pray for an increased love for God's Word.
- 11:30pm** Ask God to expand your imagination about who He is.
- 12:30am** Ask Jesus to show you how your insecurities prevent you from His invitation to more.
- 1:30am** Thank God that He allows us to know Him and come close to Him through Jesus.
- 2:30am FOLLOWING JESUS** – Thank Jesus for his example of a surrendered life.
- 3:30am** Pray for a renewed desire to follow Jesus rather than settling for only believing in Him.
- 4:30am** Ask God to show you the ways He is working in and through your life.
- 5:30am MAKES LIFE BETTER** – Reflect on the ways Jesus has made your life better and thank Him.
- 6:30am** Pray for God to show you the blessings you can be thankful for.
- 7:30am** Praise God for the ways He meets your simple needs and your deepest desires.
- 8:30am** Ask Jesus to help you know Him more.
- 9:30am** Thank God for the breath in your lungs.
- 10:30am** Ask God to reveal anything you believe about Him that is untrue that prevents you from trusting Him.
- 11:30am** Pray for your family: Spouse, parents, children, grandchildren, etc.
- 12:30pm** Thank God for your family.
- 1:30pm** Pray about how God is calling you to love, generosity, service, and sacrifice in your community.
- 2:30pm** Ask God to help you love your neighbor well and to see them as God sees them.
- 3:30pm** Pray for Eastern Hills – to reach out, grow deep, and partner with families.
- 4:30pm** Ask God to continue to let Eastern Hills to be known for being #forAurora.
- 5:30pm** Pray for the hearts and minds of those joining the Night of Worship and Communion at 6:30pm.