

# AREAS TO FOCUS ON DURING YOUR FASTING

## 1.) MEDITATION

- Focus on **the purpose** (s) of your fast:

*To deepen our relationship with God and center ourselves on what God will direct us to do in our church and in our lives. Pray for your personal spiritual enhancement, your family, your personal needs (finances, health, etc.), the Church, and our ministry (Miracle of Faith).*

- Use a concordance to look up what God has to say about those areas.
- Make a list of those scriptures that really speak to your heart.
- Use these scriptures to meditate on during your fast.

### Methods of Meditation

- Each day, select a verse to be that day's meditation scripture. Personalize each verse.
- Write it in your Prayer Journal (copy attached), or on 3x5 cards to keep handy throughout the day.
- Read or say it aloud several times a day. Pray the scripture.
- Periodically, throughout your day, re-focus your thoughts on this scripture.
- Think about it from different angles. Pray and ask God to make it come alive to you.
- Record yourself reading the scriptures aloud.
- Listen to your scriptures over and over.
- Remember, faith comes by hearing. Listen to your recorded scriptures every day of your fast.

## 2.) READING AND STUDYING THE WORD

*One of the main ways that God speaks to us is through His word.*

- In conjunction with the fast, we ask that you read three chapters of the Book of John each day for the duration of the fast.
- Do additional reading and studying of the word. Pray about a method to use (by topic, by specific book, etc.). A concordance would be helpful if studying by topic.
- As you read and study, be sensitive to what God is saying to you thru His word. Tune in with your spiritual ears.
- Listen to the Bible on audio. Make note of anything you hear that you'd want to research.

## 3.) PRACTICING THE PRESENCE OF GOD

Practicing His presence means keeping yourself aware, at all times, that God's Holy Spirit is right there with you and in you - And acknowledging Him!

### Ways to Practice His Presence

- Start off your day by acknowledging Him and thank Him for always being with you. Remember, He is there whether you feel Him or not.

- Talk to Him throughout your day about any and everything. Make sure to stop and expect His response just like you do when talking to a friend.
- Chit-chat with Him in the shower, during your commute, etc.
- The more you treat Him like He is really there with you, the more aware you will be of His presence in your daily life.

#### **4.) INTENTIONAL PRAYER AND WORSHIP**

- Each day, take some time out to simply be with and focus on God.
- You could start by making a commitment to set your alarm clock 15 minutes earlier. When you start seeing the fruit, you'll find that you automatically desire to spend more time.
- Pour yourself out before God thru intentional prayer and worship.
- It could be spoken directly out of your mouth or written down in your journal. Share your heart with God. How much you love Him (worship). How much you need Him (prayer).
- Be totally transparent and totally vulnerable before Him. This is where true intimacy begins.
- Pray in tongues – powerful!

#### **5.) REFLECTIVE JOURNALING (SHARPENING YOUR SPIRITUAL EARS)**

This is actively listening and then writing down what you believe God's Spirit is saying.

- Set aside some quiet time with God.
- Start with some true worship music.
- Write out your prayer in a journal to God (could be specific question, general worship for who He is in your life, or reflection on something He said in His word, etc.).
- Address it to God personally as if writing a letter or having personal conversation with Him.
- Invite God to join in on the conversation, and invite His Holy Spirit to speak directly to you. Expect that He will.
- Stop and practice listening to the voice/promptings/impressions of God.
- Write down whatever you believe you received from God. Don't be concerned that you might be wrong. The more you do this, the easier it will be to recognize His voice in your daily life.