

FCA Endurance Monthly Day of Fasting & Prayer Resource **- Last Wednesday of the Month -**

“In the early 18th century, the great evangelist Jonathan Edwards fasted for 24 hours before preaching the sermon many claim sparked the revival in New England that grew into the First Great Awakening. The sermon was called ‘Sinners in the Hands of an Angry God.’”

~ Elmer Towns, *Fasting for Spiritual Breakthrough*, p. 61

As we prepare to join in a time of fasting for our FCA Endurance ministry, you might consider using these thoughts and suggestions to help form and prompt your day. Having a computer or smart phone will help in keeping prayer requests at hand.

Fasting Wisdom from Pr. Paul vonWerder, FCA Endurance Teammate and Board Member:

From a practical perspective, if you are new to fasting, it is often suggested not to gorge yourself prior to a fast, but rather ease into it, with last meal(s) limited to fruits and vegetables – it helps with the transition. And while this is only a 24-hour fast, if you are on prescription meds, check with your doctor first. For liquids, most people simply go through the day with water, but some prefer drinking fruit juices as well (it can decrease hunger pains and has taste ☺).

Since we are dealing with athletes, you can exercise, but don't let your physical routine spoil this spiritual endeavor. Fasting is just as much about what you do (pray) as what you don't do (eat). Stay in recovery to low endurance zones, and less than normal; your muscles won't be receiving a post-workout feeding.

A successful fast includes preparing yourself spiritually: Participating in a spiritual event while harboring sin is not helpful at all. Unconfessed sin will hinder your prayers, so...

- Early in the fast time, commit to a time of confession. Ask God to help you with your list - consider even writing them down. Confess them and conclude with Psalm 32:1-5.
- Invite the Holy Spirit to work in you to will and to do His good pleasure according to Philippians 2:13.

If you are working and your day has a traditional lunch slot, use this time to return to prayer and God's Word. Walking is a great idea, praying as you go. Pull out the list of things to pray for and run through them.

Sometime before the day is over, carve out a significant period of time for you to just sit before God and listen. Avoid TV, movies, or unnecessary internet time, etc. that might take away the mood of the day. God bless us all as we join together in focusing on God for the sake of His glory and His kingdom's expansion.

Paul vonWerder ... in it for Christ's Sake.

Suggested Prayer Themes:

- Celebrate God's blessings over 2011!
 - As with any time we approach the Lord with requests, the encouragement of Philippians 4:4-7 is in order: Begin with thanksgiving. Take time to let this piece of scripture influence your prayer time.
 - You can find a list of praises in the right column located at <http://fcaendurance.com/prayer-team> or one was recently mailed to you.
- Seek opportunities, blessings, and the Lord's favor over our ministry in 2012.
 - You can find a list of prayer requests on the left side of webpage located at <http://fcaendurance.com/prayer-team>
 - Don't forget to pray about your role of serving in 2012 as well!
- For ministry provision and the end-of-year invitation.
 - Pray God's outpouring to match the vision He is giving to the leadership.
 - If giving to FCAE hasn't made it into your personal financial plan yet, ask God about whether it is time to change that. (see "Donate" on FCA-E home page)
- For faithfulness of everyone involved in the ministry.
 - Keep in mind the servants of FCA Endurance (see "Servants" on FCA-E home page), the Leadership Board, the Huddle Leaders, staff missionaries, as well as all of the athletes God is using to make ministry happen.
- As the Lord leads...
 - Remember that the Lord changes lives and transforms people. You are part of the transformation. He will use you, so pay attention to what God is putting on your heart to lift up in regards to FCA Endurance ministry.