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LIVING FOR GOD

PRAY & FAST

AUG 18 - AUG 20, 2025



VALLEY GATE
CHURCH

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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 breakthroughs in people's lives. We fast to humble ourselves before God, consecrate ourselves to Him 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 can 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**

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 persevere 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.

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 before the fast. Avoid food high in sugar and fat. Plan to limit physical and social activities for the days 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. Determine what will work best if your situation does not allow you to do a full fast.

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 us for prayer and worship on Wednesday. Intercede for your family, church, pastors, nation, campuses, and missions during the fast.

Replenish—During mealtimes, 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.

My Plan

DAY 1

☐ Water only ☐ Liquid only ☐ One meal only ☐ Other:

DAY 2

☐ Water only ☐ Liquid only ☐ One meal only ☐ Other:

DAY 3

☐ Water only ☐ Liquid only ☐ One meal only ☐ Other:

If two of you agree on earth about anything they ask, it will be done for them by my Father in heaven. **MATTHEW 18:19**

My Prayer Partner:

[illegible]

Living According to God's Word

Day 1

Lucille Wright

As we ponder this broad statement of living according to God's word, we must make it personal. It's an individual walk with our Heavenly Father (Eph 4:1) but he has given us one true example to model, Christ Jesus! That is where we start without question, with Jesus.

For God says, "Jesus is our living word." We can sing about it, talk about it and even practice it. However, make no mistake if all these outward actions do not come from within the heart it is in vain (1 Tim 1:5). For God searches the heart of his children.

That is exactly who we are! We are God's children, saints, believers, called by the Almighty working on ourselves daily to live according to His word and the example Jesus set for us (Isaiah 28:9-10).

As God's children we are to live out God's word and not be discouraged: to love unconditionally, forgive, be selfless, have mercy, patience, and walk out the fruit of Jesus Christ's spirit, to name a few (Gal 5:22). We must embrace this as a process (Donnie McClurkin said in a song "a saint is just a sinner that fell down and got back up").

Let's look at this view of, "living according to His written word" as a clean and pure heart matter (2 Tim 2:22). We cleanse the heart with God's word, conviction, repentance and then the action of living according to what we obtain in His word.

Living According to God's Ways

Day 2

Kevin Akouegnon

In the book of Colossians (2:1-7) the apostle Paul is writing a letter to the church in Colossae after hearing one of his friends talk about their faithfulness and commitment to Christ amidst the temptation to submit to cultural pressures. Paul acknowledges the struggles that come from societal pressures but he communicates his hopes for them to not succumb to these pressures but to remain steadfast and continue abiding in Jesus by being rooted in his teachings and being established in the faith.

I can't help but think about how Paul's message continues to encourage us today as followers of Jesus to be set apart. Typically we think of peer pressure as something that affects those that are impressionable but the truth is it's something we all face daily in so many aspects of our lives. Paul gives us many examples of the process of being set apart. In Ephesians 4:22-24 he instructs us to put off deceitful desires and put on the new self created to be like God in true righteousness and holiness. This process is called sanctification.

I've taken steps in my own life to stay on the path of sanctification by building intentional relationships and friendships with people who are also committed to Christ. In the past I would've considered this counter intuitive because society views vulnerability as a form of weakness but God's righteousness and holiness frees us to share openly and honestly. I no longer isolate myself in my struggles and desires. Transformation and spiritual growth isn't meant to happen alone - we can surround ourselves with others who will walk alongside us in our commitment to live like Christ.

When we shed of our own desires, we can replace them with the desires Jesus taught us to hold on to: surrendering and aligning with God's will for our lives, constant prayer, living in community and serving one another in the same way that Christ served us. This enables us to turn away from the pressures of society and as a result truly be set apart in the ways Jesus intended. It's my prayer that all of us as believers commit to this daily submission and process of sanctification.

Living with God's People

Day 3

Sara Munyan

In Genesis 3, after Adam and Eve ate from the forbidden tree, God walked in the garden and called out, “Where are you?” God wasn’t asking for Adam’s location—He already knew. It wasn’t a GPS check-in, but a deeply relational question, inviting Adam out of hiding and back into fellowship with Him.

From the beginning, God designed us for relationship—with Him and with each other. Yet, at times, we allow sin and shame, fear, past hurts or simply the busyness of life to pull us away from connection. Adam’s hiding in the bushes is the first picture of broken community—choosing isolation over relationship. Although our reasons may vary, we often do the same thing.

God’s question to Adam, “Where are you?” is still relevant in our lives today. Not just as a question for us to consider for ourselves—it’s also one we are called to ask each other. When a friend stops coming to small group or drifts quietly from church, we are called to notice, to reach out, and to ask, “Where are you?”

Christian community is not perfect people in flawless unity. It’s imperfect people inviting each other into community with one another. Galatians 6:2 tells us to “bear one another’s burdens,” and Hebrews 10:24–25 urges us to meet together and encourage one another. This requires intentionality. We have to look around and see who’s missing. We must risk awkward conversations, knock on closed doors, and send the message, “I miss you. How are you—really?” In doing so, we reflect the heart of the God who is always moving toward us.

We must also be willing to open our hearts and lives, to be accountable to one another, and to find creative ways to connect when life gets busy. God’s question to Adam was the first step toward redemption. When we echo that question or respond to it, we are creating the intentional community that God has created us to live in.

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