

July Prayer-Fast

Why Fasting?

On the surface, fasting can sound unpleasant and difficult, but also intriguing. You may wonder if you're strong enough to do it but are interested in trying it so you can see what others like about it. And you may be wondering what benefits you will receive through this discipline. Consider these: Fasting helps you draw closer to God. It allows you to humble yourself before God. Fasting helps you resist temptation and grow in self-control. It can also give you time to pray and seek God's guidance, and it helps you show solidarity with others.

Here are some ways you can make time during your day to give up earthly things you depend on in order to fix your heart and mind on the things above in prayer. Skip lunch today and pray during the time you would normally be eating. Pass on that morning cup of coffee and pray every time you think about drinking your coffee. Do a partial fast by eliminating something you eat or partake in everyday and pray whenever you desire that item. If taking a step back from food is not an option, fast from something like electronics and stop throughout the day to take time in prayer.

Use the guide below to help you spend time in connection with God through prayer as you fast.

Today, we will spend extra time in Prayer over this month's Warrior Prayer. We are using **2 Thessalonians 3:1** to guide our prayer points for the month.

As for other matters, brothers and sisters, pray for us that the message of the Lord may spread rapidly and be honored, just as it was with you.

Begin by praying over this month's main point. **May God cultivate radical hunger in our hearts for the rapid spread of the Gospel in our region.**

Next, pray over our weekly points from this month.

- 1. We pray Psalm 67 over our region, country, and world, that God's ways and salvation would be known.**

Let **Psalm 67** guide you as you pray that God's ways would be known across the world.

Things to pray over: Those who are close to you and far from Jesus ▪ Those at work, school, or in your social circle ▪ That you would care deeply for those outside of God's salvation ▪ Other ideas from previously read scripture

- 2. We pray that each person at HCC will boldly share their faith with at least one person at work, school, or in their social circle.**

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Read: 2 Timothy 4:2-5

Things to pray over: Boldness to share our faith when we are prepared and unprepared ▪ Sober minds ▪ Clear opportunities to share our faith ▪ Opened hearts for those we have conversations with ▪ Complete patience ▪ Endurance in times of suffering or rejection ▪ Further ideas from previously read scripture

3. We pray that each person at HCC will commit to the mission and vision of the church through Journey Groups, the Path, prayer walking, and Discipleship Groups.

Read: Acts 2:42-47, Hebrews 10:24-25

Things to pray over: Increase of numbers in our Journey groups, the Path, prayer walking, and Discipleship Groups ▪ Confidence and reassurance for those that are unsure about joining our mission and vision ▪ Our body to be encouraging each other ▪ Giving our time and energy to each other selflessly ▪ Further ideas from previously read scripture

4. We pray that each person in every family at HCC will surrender to the Lordship of Jesus.

Let **Isaiah 41: 18-20** guide you as you pray for those who have not yet surrendered to Jesus.

Things to pray over: Softened hearts ▪ Opportunities to share the Gospel ▪ That a desire to know Jesus would be put in their hearts ▪ A heart that hurts for them ▪ Other ideas from previously read scripture

Our goal this month has been to **PUSH**, or Pray Until Something Happens. To close today's prayer time, thank God for what you have seen him do this month.