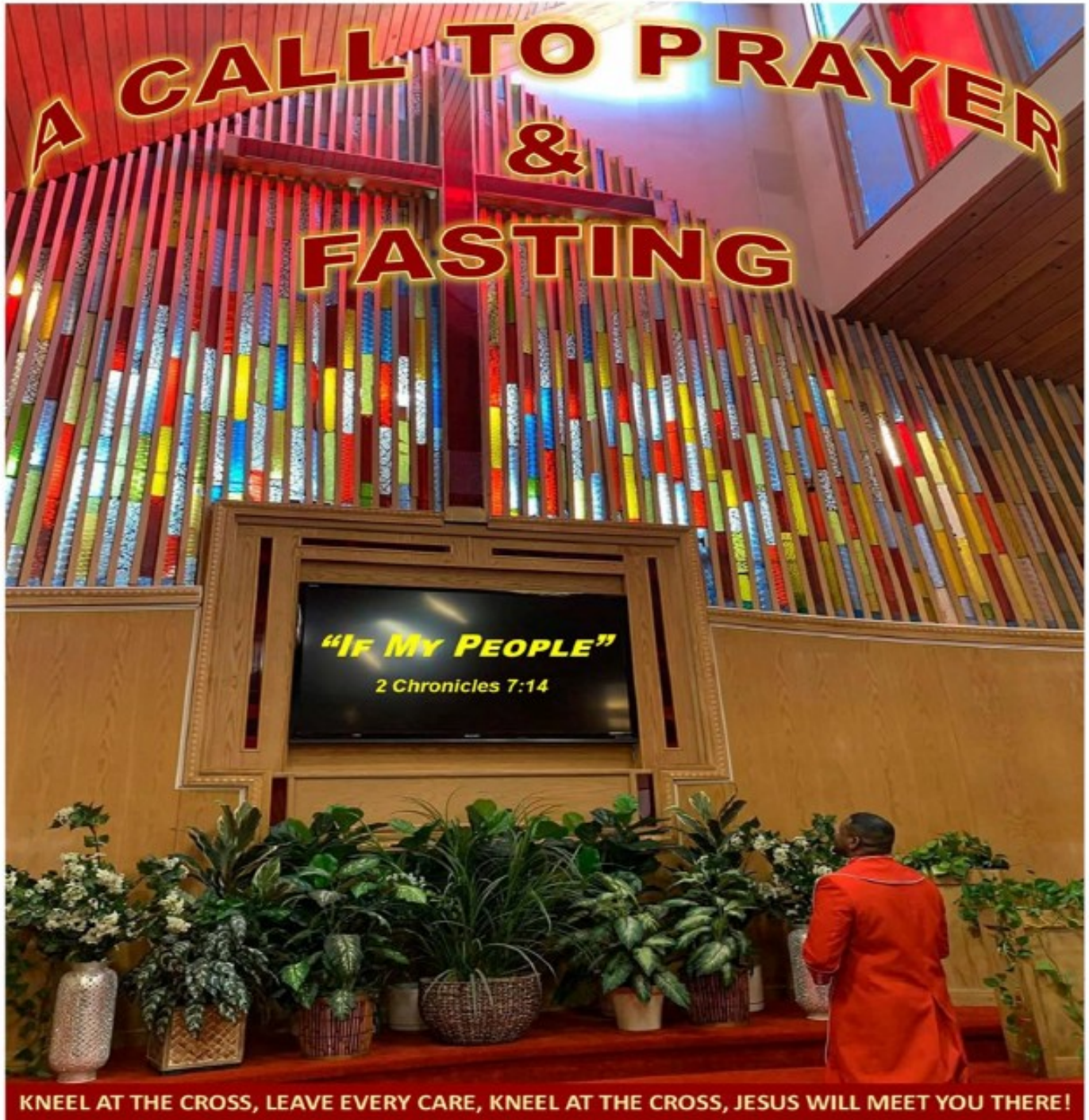


**JOURNEY TO RESURRECTION: CHANGED  
A CALL TO PRAYER AND FASTING  
APRIL 14-19, 2025**

***FASTING AND PRAYER GUIDE***



**KNEEL AT THE CROSS, LEAVE EVERY CARE, KNEEL AT THE CROSS, JESUS WILL MEET YOU THERE!**

# JOURNEY TO RESURRECTION: CHANGED

## A CALL TO PRAYER AND FASTING

### APRIL 14-19, 2025

Jeremiah 33:3 “Call to Me, and I will answer you and show you great and mighty things, which you do not know.”

*PRAYER*—intimate, authentic communication with the Divine—reveals our theological imagination, emotional vulnerability, and idealized values. Prayer is one of our love languages as the offspring of God and inheritors of daily eternity. In the same way, *FASTING* serves as a physical reminder to pray and perhaps to pray more fervently. The invitation to prayer and fasting implies that divine revelation becomes a reality when we seek it. Ezra 8:23 (ESV) “So we fasted and implored our God for this, and he listened to our entreaty.” During times of crisis or decision-making, prayer and fasting offer the faithful an opportunity to meet with God.

As we Journey Toward Resurrection, I am calling Shiloh to a week of Prayer and Fasting beginning April 14, 2025. We will fast from 6:00 am to 6:00 pm and gather for prayer every weekday morning at 6:00 am. Prayer will be on the Shiloh Conference Line (907-273-5190 | Code: 364917) except for Saturday, April 19<sup>th</sup>. There will be specific prayer focuses leading up to Easter Sunday.

### *Corporate Prayer & Fast Days and Prayer Focuses*

Monday, April 14	Praying For The Leadership of Shiloh
Tuesday, April 15	Praying For The Ministries of Shiloh
Wednesday, April 16	Praying For The Membership of Shiloh
Thursday, April 17	Praying For The Programming of Shiloh
Friday, April 18	Praying For The Lost to Come to Christ
Saturday, April 19	Praying For The Worship of Sunday

**(gather at Shiloh at 8:00 AM)**

Remember, gather Monday – Friday at 6:00 AM on the conference line for prayer ((907-273-5190 | Code: 364917). On Saturday, April 19, 2025, we gather at Shiloh in the sanctuary at 8:00 AM for prayer.



“IF MY PEOPLE” 2 Chronicles 7:14

# WHY PRAY?

Prayer is one of our greatest weapons. Not only does it draw us closer to God, but it also unleashes his power into our world. Through prayer, we learn the heart of the Father in all the matters of our world. Through spending time in his presence, we conform more and more to his image. Through discipline, prayer changes from being a duty to a delight. The more you pray, the more you want to pray, and the greater its impact.

Our Heavenly Father desires our love, attention, fellowship, and worship, and each begins with an attitude of prayer. When the disciples asked Jesus to teach them how to pray, he taught them what we now call “The Lord’s “Prayer.” In that prayer, Jesus acknowledges the sovereignty of God and then prays that God’s will and kingdom would come to earth as it is in heaven. Through prayer, we literally bring God’s desires and kingdom from the heavenly realm into our earthy realm.

# WHY FAST?

Fasting is an act of willing abstinence from something for a period of time for spiritual purposes. It is a spiritual discipline that allows one to reset and refocus on God by removing something we usually enjoy. The goal of fasting is to draw closer to God. Biblical fasting always has to do with eliminating distractions for a spiritual purpose; it hits the reset button of our soul and renews us from the inside out.

It also enables us to celebrate the goodness and mercy of God and prepare our hearts for all the good things God desires to bring into our lives. Remember, your personal fast should present a level of challenge. It is very important to know your body and options, but most importantly, to seek God in prayer and follow what the Holy Spirit leads you to do.

Use this guide to direct you in your prayer and fast focus. You may also want to fast and pray for your family, friends, someone else, or even a particular circumstance or situation.

God rewards fasting because when done with the right heart, it confesses that we are helpless without Him, and we require Him to give us hope; we need to press on in the things He has planned. This brings Glory to God!



“IF MY PEOPLE” 2 Chronicles 7:14

# You Choose Your Fast

*James 4:8 says, "Draw near to God, and He will draw near to you."* Drawing closer to God is the goal of our fasting and prayer! He has amazing things in store for us, and I am encouraged and excited about this New Year.

So, choose your fast to begin on April 14, 2025! Continue reading your bible. Take this time and pray for Shiloh. Pray for God to move with divine direction and that in 2019 He will give us clear visions for Shiloh both corporately and individually. We will gather for corporate prayer and fast on the dates listed below. Pray every day during the month of January as you go through the devotional.

## *Types of Fasts and What They Require*

*Using wisdom is always important in fasting*

1. **Daniel Fast:** No meat, sweet foods, or strong drinks (see Daniel 10:2-3). This can be done for an extended period of time. This could also be considered a vegetarian diet because there is no meat eaten.
2. **Half-Day:** This is a 12hour fast where you pick the same time to start and end. When breaking this fast you do so with a light meal (see Acts 10:30-31).
3. **Partial Fast:** This would be not eating one main meal you would usually eat on a daily routine, such as breakfast, or lunch, or dinner. This meal would be skipped until the fast was over.
4. **Complete Fast:** This would require you to abstain from all solid foods, liquids only. When Jesus fasted in the desert, the Bible says, "After fasting forty days and forty nights, He was hungry." This verse does not mention Jesus being thirsty (see Luke 4:1-2).
5. **Total Fast:** This is a full and complete fast, no food or drink. Acts 9:9 describes when Paul went on a full fast for three days following his encounter with Jesus on the road to Damascus. Esther also called for this type of fast in Esther 4:15-16. This type of fast should be done with extreme caution and not for extended periods of time.
6. **Juice Fast:** This is a fast where only fresh fruits and vegetables are used. If you can't juice your own fruits or veggies try buying juices without sugar or additives. When using fruits that are acidic, such as lemons, oranges, and even tomatoes dilute them with water for your stomach's sake.

### Other Activities to Fast

Although not mentioned in the Bible, we as Disciples of Jesus today can also commit to fasting from other activities:

- ⇒ Electronics, Computers, TV, Video games
- ⇒ Limited cell phone use if possible
- ⇒ Try to give up some entertainment like sports and movies and focus more on prayer and studying the Word of God during the times we do some of the mentioned activities.



"IF MY PEOPLE" 2 Chronicles 7:14