

**PRAYER AND FASTING GUIDE**

**01**

**SACRIFICE** - AN ACT OF GIVING UP SOMETHING VALUED FOR THE SAKE OF SOMETHING ELSE REGARDED AS MORE IMPORTANT OR WORTHY.

**SHORELINE  
CITY**

**WALK**

# WEEK 01

*Sacrifice - an act of giving up something valued for the sake of something else regarded as more important or worthy.*

*As we enter into a new year, our ultimate goal should be to look less like the world and more like Jesus. One way to really highlight the areas in our lives that need to be adjusted or even eliminated altogether is through a time of prayer and fasting. It creates an opportunity for our ears to be open and lean into God's voice in a very intentional way.*

*Fasting is a form of sacrifice. It's laying down something of importance for something more worthy. This can range from fasting food, social media, tv time, alcohol, shopping, sleeping in but ultimately the things we fast should be something we ask the Lord about. We should give Him permission to show us the thing in our life that is not glorifying Him or even just stealing our time that could be better spent reading our Bibles, in prayer or attending a Connect Group.*

*We won't find a step-by-step instruction about fasting in the Bible because it was a common practice and a part of the Jewish culture and daily life. We will read stories of people fasting and see the outcomes of their fasting, but not necessarily know what they chose to fast. Fasting is not going to be the same for every person. It will look different because we are all distracted by different things at different times in our lives. The objective is to sacrifice. It will without a doubt be uncomfortable at times because we are telling our flesh it doesn't get to rule us and our flesh loves to be in control. It's submitting to God, putting Him first and returning the throne of our hearts to Him.*

*Jesus shared one of the important elements of fasting with his followers in **Matthew 6:16-18**, "But when you fast, comb your hair and wash your face. Then no one will notice that you are fasting, except your Father, who knows what you do in private. And your Father, who sees everything, will reward you."*

*Fasting is a personal experience, not meant to draw attention to ourselves. We are taught to carry on through our day-to-day lives as we normally would. The Lord sees the sacrifice, hears our prayers, and draws us near. Fasting isn't a performance; it's an act of worship and surrender and we are blessed by Him because of it.*

## **READ:**

*Luke 4:1-15*

## **REFLECT**

- *At what point in Jesus' life did He fast for 40 days and nights?*
- *Why do you think Jesus needed to fast?*
- *What did fasting equip Him for?*
- *How could fasting prepare us for what temptations are presented to us?*

## **PRAYER**

*Father, thank you for the ability to draw close to You. Show me what needs to be laid down during this time of prayer and fasting; show me the ways in which I have been distracted and wandered away from You. Give me the strength to not give up prematurely. Open my heart, ears and spirit to receive all You want to show me and teach me. I ask at the end of this time, I would look less like the world and more like You. In Jesus' name, amen.*

**WEDNESDAY 01**