



1. Wisdom for the Elders and Pastors as we move into a new year with many important decisions to be made.
2. As you know we are outgrowing our buildings and are considering moving, so pray for God's provision of a building or land that is within the budget we would have.
3. Pray for the interim period; no matter what God has ahead for us it will take quite a period of time to get things sorted, so we still have a short-term problem of space. Pray as we try to work out a way to make everything possible on a Sunday without too much disruption.
4. Pray for wisdom on whether we should rent a building once a month or more often, as we wait for whatever is next.
5. Pray as we make decisions on whether a Sunday night service is needed and what that would look like.
6. Pray for our young Adults as we look to start something that will connect them better and encourage them to feel they belong even more in our church family.
7. Ask God to reveal to you if there are ways you could be serving in the church in areas that we really need help in.



"Becoming an army of passionate disciples,
standing for truth saving the lost restoring the broken."

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An Elim Pentecostal Church, Registered Charity no. 251549
A member of the Evangelical Alliance



Monday 2nd January – Friday 6th January 2023

The Church will be open from 6.30 – 8 am each morning and
7 – 8 pm each evening.

We appreciate people are busy, but we would encourage everyone to try and attend where at all possible. Although the building will be open for the times given, we understand people may not be able to stay for long periods so feel free to pop in as you can.

Invitation to join the Elders in Prayer & Fasting 2nd—6th January
In preparation for our Sunday service changes

What is fasting?

Fasting is going without something, usually food, in order to discipline yourself and to spend that time with God in prayer. It is a spiritual discipline to demonstrate to ourselves and to God, that we are serious about our relationship with Him. Fasting helps us gain a new perspective and a renewed reliance upon God, and can prepare us for spiritual breakthrough, or develop intimacy with God, and should be a regular part of every Christian's walk.

Why fast?

- Jesus expects us to fast (Matt 6:16-18) and suggests that there are answers to prayer we will be unable to get without it (Matt 17:21)
- The Bible is full of it – Esther, Paul, Daniel, Ezra and David all fasted
- The early Church practised it (Acts 13:3)

Jesus in preparation for the next season of life and ministry spent time in the wilderness praying and fasting. (Luke 4:1-14) He was led by the Spirit into this time of testing, and returned from it in the power of the Spirit to begin teaching and healing. We need the power and presence of God in all we do and are encouraged to follow the example of Christ to fast and pray.

Fasting is not a way to get God to do what we want. Fasting changes us, not God. In the Old Testament the only required fasting was done on the Day of Atonement when people would repent and renew their covenant with God. However, prayer and fasting was often done in times of distress or trouble. Fasting then has an element of repentance and renewing promises to God, and intercessory prayer for God to move and act in supernatural ways.

When and how is between you and God. When we desire to seek God's face more than we want dinner, that will be a great time to fast! There is no prescribed way as the only way of fasting. Some people choose to fast certain times of the day or certain meals; for others it can be a fast for 24 hours or longer. You could fast certain food items for 10 or 21 days.

If food is an inappropriate focus then there are many other (sometimes more challenging) ways to fast. You could try fasting by not watching television, not

using your phone or social media, or by not speaking for a period of time.

Watch your motives

Read Matthew 6:16-18 and notice that the first statement Jesus makes about fasting is to focus on our motives. True fasting is honest and sincere, a genuine attempt to renew your time and commitment to God. It is not a way to appear more spiritual than others but to be done in a spirit of humility and a joyful attitude. Fasting is always voluntary.

Practical Tips

Obviously, food fasts should not be entered into by anyone with a history of eating disorders. For health reasons total food fasts for a day or more aren't recommended for anyone under 16, expectant or breast-feeding mothers, or anyone with a medical disorder affected by diet, like Diabetes. Children who want to fast are encouraged to consider TV, movies, Internet, video games, and other entertainment but NOT FOOD. If older teenagers want to fast food under their parents' supervision, encourage them to use juice and protein drinks also. If you're fasting food make sure that you drink plenty of water and keep hydrated. It is worth avoiding caffeinated and sugary drinks during a fast, including the artificial sweeteners found in diet drinks.

Go for it!

Get creative and give fasting a try. Find something that is a sacrifice and can free up time to be spent with God. However you decide to fast and pray, have your Bible with you, make a record of what you believe God is saying and pray expecting God to move! Expect to hear God's voice through the Bible, dreams, and revelations.

Have a clear aim and focus for your prayer and fasting and prepare for opposition when you fast. If you do not manage all you want in your fast, don't feel condemned but try again. God's grace is towards you. Remember, breakthrough is often seen after a period of prayer and fasting not during it, so don't give up!

Resources:

www.ihopkc.org/about/fasting-guidelines-and-information
<https://www.allaboutprayer.org/daniel-fast.htm>