



APRIL 26 — MAY 3

Join the Fast! With one heart and spirit, let's unite together in fasting and prayer, crying out to God as one voice for 7 days!

Fasting is denying ourselves some thing we normally depend on, in order to humble ourselves, depend on God, and offer more fervent prayers to Him. There are different types of fasts. A fast takes place when people seek God's intervention and guidance during special times of need, or as a regular spiritual practice to draw near to God.

We will initiate the fast during the worship service on April 26, and officially break it during the service on May 3. To join Emmanuel's churchwide fast, see the fasting instructions below.

Fasting Instructions:

There are at least 3 different types of fast you can choose:

- 1) The *normal fast* is abstaining from food, but you *can* have water or other liquids (Luke 4:2).
- 2) The *partial fast* is abstaining from a certain diet (types of foods) or certain meals, such as lunch, or your usual morning cups of coffee and food (Dan 10:3).
- 3) A *non-food fast* is for those who cannot abstain from food due to health reasons.

For example, you may fast from something else you consume that doesn't involve eating, yet your typical daily lifestyle depends on it. This could be a fast from your normal nightly television, daily video games, or a certain activity.

Prayerfully consider your choice, and commit that to God on the first day of the fast (April 26). NOTE: the *absolute fast* will not be an option, since that is a fast from all food and water, which is only meant for a shorter fast.

What do you do when you deny yourself something? Find a space where you can intimately be in God's presence, then use the "abstaining time" for prayer.

Below is the prayer schedule. Let's unite as one voice in prayer to God over the same thing each day! When we unite together in faith, God honors it (Matt. 18:19, Acts 13:2). Use the Scripture provided for each day to direct you to God as you pray to him. Use Teri's daily reflections on the prayer subjects—posted each day on Facebook—to nurture your prayers. And use Facebook to join your thoughts, experiences and prayers in with the others in the praying group.

Let's cry out to God and see Him move!

PRAYER FOCUS SCHEDULE

DAY	PRAYER FOCUS	SCRIPTURE
SUN	All our hearts to be broken and humble before God and a revival of people to turn to Him.	Psalms 51:10, 17; James 5:15-16; 2 Chronicles 7:14
MON	Healing of our city and nation from the corona virus and an eradication of this invisible enemy; healing and protection of people's health and well-being.	Deuteronomy 32:39; Isaiah 33:2; Psalm 6:2; Psalm 41:1-3; Psalm 103:2-3
TUES	God to give strength and wisdom to survive and live well in the new normal of sheltering-in, 24-hour parenting, children under homeschool, and lack of personal contact with others.	Psalms 46:1; Isaiah 40:30-31; Joshua 1:9; 1 Corinthians 16:13-14; Psalm 18:1-2
WED	God's provision and preservation of people's livelihood, employment, and financial health; God's provision for our economy and businesses.	1 Peter 5:7; Proverbs 3:5-6; Matthew 6:25-34; Philippians 4:19
THUR	God to comfort people in their dealing with depression, despair, hopelessness, confusion, and grief. For people to find peace from God and inspiration to go on.	1 Peter 5:10; Matthew 5:4; Isaiah 43:1-2; Psalm 18:2; John 14:27; Matthew 6:34; Hosea 6:1; Isaiah 41:10
FRI	Churches to emerge in the name of Jesus, be light and be a life-nurturing place on many levels in the midst of dark times.	Ephesians 3:20-21; Matthew 5:14-16; Colossians 3:16-17; Romans 15:1-2
SAT	A spiritual awakening by the power and conviction of the Holy Spirit, that people would discover God's grace in Jesus, renew their devotion to God and connect with His churches.	Jeremiah 24:7; Isaiah 55:7-9; Matthew 9:35-38; Matthew 11:28-30; Jeremiah 17:14