



PRAYER AND FASTING GUIDE

The message of the Gospel will never change, but its expression and form will constantly evolve. Acts 2:17-18 talks about the dreams and visions of the church. We believe these dreams and visions will help shape the future form of Blue Ridge. Join us as we corporately pray and fast for how He is going to use each one of us to reach our communities.

LET'S GET STARTED

MORNING

Read and pray through Isaiah 43:18-19. Ask God to open your heart to the new things He wants to do in you. Sometimes 'new' can be scary. Share with God any fear and angst you are feeling. As you pray, posture your hands in a palms-up position to show your surrender to God's will for you and your openness to change. Ask for an open heart surrendered to His Will.

*"Remember not the former things, nor consider the things of old.
Behold, I am doing a new thing; now it springs forth, do you not perceive it?
I will make a way in the wilderness and rivers in the desert."
-Isaiah 43:18-19*

NOON

Read and pray through Matthew 28:18-20. While our form might change, our function of making disciples will always remain the same.

*"Therefore, go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything I have commanded you. And surely, I am with you always, to the very end of the age."
-Matthew 28:18-20*

How does God want you to fulfill this command? Listen to soft worship music and ask God to speak to your heart. Ask Him to stir your heart and give you dreams and visions like Jeremy talked about. Then give God space to move. Talk less and listen more.

EVENING

You may be feeling like God has given you clear direction on what your mission is in disciple making. It may even confirm things that God was already doing in you. Or maybe you are still unsure and unclear. Either is okay.

This is a journey that will take time and intentionality. Write down what God has shown you through your day, including anything you may be feeling. Now write a commitment to continue to pray about your next steps.



WHAT'S MY NEXT STEP

This is not an overnight process, and we don't know what the future will be, BUT we do know that God is leading us.

On May 2, we are starting a new series called, "The Land In Between" highlighting the period of time between when the Israelites were freed from Egypt's captivity and when they entered the Promised Land. We will be looking at the lessons the Israelites learned and how we can apply them to our own lives.

Commit to praying each day, especially during this series for the following:

- Pray for God's direction and His plan in making you a disciple who makes disciples.
- Pray that when the time comes for you to move on God's call that you will say, "Yes!"
- Pray for the Blue Ridge leadership as they lead us on this journey.
- Pray that we would follow the cloud into the promised land that He has for us.

HELPFUL HINTS

1. Hunger is a natural response that your body will have. When there are moments of hunger and weakness, incorporate breath prayers to God. Take a nature walk and thank God for the beauty of His Creation. Refocus your mind on the reason why you are choosing to take this step of obedience through fasting.
2. Drink plenty of water.
3. Fast only if your health currently allows. If you are only able to do a partial fast, do it in faith and God will honor your intentions.
4. Remember that fasting is not "earning" an answer to prayer. God wants to answer our prayers and He answers out of grace. Fasting simply prepares us for God's answer.