

Mosaic Prayer and Fasting Guide

THEME: Fasting leads into personal and corporate repentance that produce loving acts to others.

DESIRE: A deep-felt knowledge of depth of relationship with Jesus so that I might follow his Spirit more closely in hearing his teaching and guidance about my life.

Week One Prayer Texts [NASB]:

1. **Begin** our fast by personal and corporate recognition of sin, with confession and repentance.

Joel 2:12-14

“Yet even now,” declares the LORD, “Return to Me with all your heart,
And with fasting, weeping and mourning; and rend your heart and not your garments.”
Now return to the LORD your God, for He is gracious and compassionate,
Slow to anger, abounding in lovingkindness and relenting of evil.”

2. **Break** bondage and oppression in the wider community through personal and corporate actions.

Isaiah 58:6-7

“Is this not the fast which I choose, to loosen the bonds of wickedness,
To undo the bands of the yoke, and to let the oppressed go free and break every yoke?
“Is it not to divide your bread with the hungry and bring the homeless poor into the house;
When you see the naked, to cover him; And not to hide yourself from your own flesh?”

3. **Open** your heart to Holy Spirit's teaching, Jesus' shepherding, and Our Father's provision.

Isaiah 58:8-9a

“Then your light will break out like the dawn, and your recovery will speedily spring forth;
And your righteousness will go before you; The glory of the LORD will be your rear guard.
“Then you will call, and the LORD will answer; You will cry, and He will say, ‘Here I am.’”

4. **Seek** out truth about others' lives so you can bring peace between you, God, and the community.

Zechariah 8:15-16, 19

"I have again purposed in these days to do good... Do not fear! These are the things which you should do: speak the truth to one another; judge with truth and judgment for peace.
The fast[s] will become joy, gladness, and cheerful feasts; so love truth and peace."

5. **Invite** Holy Spirit into your heart's secret place to seek his guidance in working for social justice.

Matthew 6:17-18

“But you, when you fast, anoint your head and wash your face so that your fasting will not be noticed by men, but by your Father who is in secret; and your Father who sees what is done in secret will reward you.”

6. **Repetition** of verses that gave you comfort – discomfort, lifted up – struggle, joy – sadness.

7. **Practice** Jesus' presence as the one who sets everything right. Bring your thoughts back to him every few minutes. Touch in with praise, thanks, joy, adoration, hugs, dance, offer song snatches, tell him tender nothings, repeat a Scripture verse, listen to him, scribble a drawing, say a poetic line.

Thoughts: Fasting subjects body and soul to your spirit's control, which enables you to hear Holy Spirit. It purifies you of concerns about minor issues that crowd in and distract you from God's presence. Instead of feeding your body, you feed your spirit through prayer, meditation on Scripture, and loving actions toward others. It “keeps your heart” within God's wise advice concerning life.

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THEME: Fasting brings you to a place of intimate dependence on Christ's life in you, which enables you to reveal Christ's glory and eat Our Father in heaven's will.

DESIRE: A deep-felt knowledge of depth of relationship with Jesus so that I might trust in Our Father's goodness, provision, and watch care over me.

Week Two Prayer Texts [NASB]:

1. **Continue** our fast by recognition of how we have personally and corporately suppressed the truth about God, with confession and repentance.

Romans 1:18b-20a

"all ungodliness and unrighteousness of men who suppress the truth in unrighteousness, because that which is known about God is evident within them; for God made it evident to them. For since the creation of the world His invisible attributes, His eternal power and divine nature, have been clearly seen, being understood through what has been made,"

2. **Claim** truth about Jesus, Our Father's Son, who opened the way to life for us by Holy Spirit power.

Romans 1:3-4

"concerning His Son, who was born of a descendant of David according to the flesh, who was declared the Son of God with power by the resurrection from the dead, according to the Spirit of holiness, Jesus Christ our Lord,"

3. **Claim** truth about our being Our Father's family, so that we can become strong and fruitful.

Ephesians 3:14-19

"I bow my knees before the Father, from whom every family in heaven and on earth derives its name, that He would grant you, according to the riches of His glory, to be strengthened with power through His Spirit in the inner man, so that Christ may dwell in your hearts through faith; and that you, being rooted and grounded in love, may be able to comprehend with all the saints what is the breadth and length and height and depth, and to know the love of Christ which surpasses knowledge, that you may be filled up to all the fullness of God."

4. **Claim** truth about prayer as God's gift of speaking in the power of his Holy Spirit.

Ephesians 6:18

"With all prayer and petition pray at all times in the Spirit, and with this in view, be on the alert with all perseverance and petition for all the saints,"

5. **Claim** truth, in prayer, about the Holy Trinity wielding their power to express love for their family.

2 Corinthians 7:1

"Therefore, having these promises, beloved, let us cleanse ourselves from all defilement of flesh and spirit, perfecting holiness in the fear of God."

James 5:14-16

"Is anyone among you sick? Then he must call for the elders of the church and they are to pray over him, anointing him with oil in the name of the Lord; Therefore, confess your sins to one another, and pray for one another so that you may be healed. The effective prayer of a righteous man can accomplish much."

6. **Repetition** of verses that gave you comfort – discomfort, lifted up – struggle, joy – sadness.

7. **Practice** Jesus' presence.

Thoughts: Subjecting body and soul to spirit opens a pathway for grace to flow in believing God.