

A purple-tinted image of a person in prayer, with their hands clasped in front of their face. A crown of thorns is visible on their head. The background features a cross and palm fronds, suggesting a religious or biblical theme.

WEEK OF PRAYER & FASTING GUIDE

WEEK OF PRAYER & FASTING SCHEDULE

April 1st - 4th

Guided prayer at every congregation from 11AM to 1PM

Open to the Public

Downtown: 1104 N Robinson Ave

Shawnee: 330 N Beard St

South: 737 SE 89th St

Edmond: 1700 S Bryant Ave

*Join us Thursday, April 4th, for our Elder Installation with
worship & prayer to conclude our week of prayer and fasting.*

This will be held at Frontline Downtown at 6:30PM.

Have a story of how God met you from the Week of
Prayer & Fasting you'd like to share with us?

Visit FrontlineChurch.com/Story

God, let your kingdom come and your will be done on earth as it is in heaven!

Thank you for joining us in the Week of Prayer. We would love for you to join us in person at each congregation, ***Monday through Thursday, 11:00 to 1:00, the week of April 1***, for worship and prayer. If that is not possible, please engage these daily prayer rhythms with us. We are praying unified, bold prayers through Jesus. Our desire and expectations are high as we ask and seek for revival and renewal in our lives, church, city, and the world.

MORNING

Each morning we invite you to have personal or small group communion with Jesus using the ACTS acronym to help guide your prayer.

AFTERNOON

Each afternoon we are joining as a church to pray for God's kingdom to come and His will be done in our lives, church, city and world.

EVENING

Each evening we invite you to engage the prayer of Examen. The daily examen is a form of prayer and examination of God's presence in your life, using prayerful reflection on the events of the day to detect and discern the heart and direction of God. As the day ends use the Examen to have communion with Jesus.

Weekly Prayer Rhythms & Themes

MORNING: ACTS

A- Adoration, exaltation, worship around the attributes of God (Psalms 145-150)

C- Confession, repentance, bringing the sins committed and things left undone into the light of God and followers of Jesus (Psalm 51)

T- Thanksgiving and rejoicing in your identity as sons and daughters and gratitude for the work and movement of God

S- Supplication and requests of God, bringing hopes, desires, and needs to God

AFTERNOON: *Our lives, Our Church, Our City, Our World*

Monday: Let your Kingdom come and your will be done in our lives and the lives of our family, friends, co-workers, and school mates.

Tuesday: Let your Kingdom come and your will be done in our church as we love God, love people and push back darkness.

Wednesday: Let your Kingdom come and your will be done in our city's missional partnership, government, schools, and other churches.

Thursday: Let your Kingdom come and your will be done in our nation and around the world through our vocations, church partnerships and plants, and the persecuted church.

EVENING: *Examen*

- Become aware of God's presence and look back at the events of your day in the company of the Holy Spirit.
- Review your day with gratitude and note the day's joys and delights. Pay attention to the small joys and pleasures of the day and note God's gifts to you.
- Pay attention to your emotions and detect God's presence. What is God saying through your boredom, elation, resentment, compassion, anger, confidence, etc. Make note of the consolations of the day as well as the desolations. What is the invitation of Jesus?
- Let God highlight one thing to bring into His presence and begin a conversation with Jesus.

Listening Prayer: A space to record any thoughts, pictures, or words that came to you throughout today in prayer...

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Appendix

SMALL GROUP PRAYER

As you begin prayer with each other, here are some helpful tips....

- Be brief, a few sentences at a time, one topic at a time
- Use everyday language
- Use spontaneity, not just circle order
- Build on the prayers of others, like a communal conversation with the Father
- As scripture comes to mind, pray it out, this is often the

leading of the Holy Spirit

- Be clear with enunciation and volume
- Pray along silently agreeing with others that are praying, be in the moment listening
- Don't rush to fill silence
- Everyone has freedom to pray out loud or not, but all should attempt to step out
- Resist ending each prayer "in Jesus name", culturally it cues us to end prayer
- When the prayer time is closing, the leader will close in the name of Jesus

-Tim Keller

LISTENING PRAYER

We believe God speaks to His people. Prayer is not a one-way conversation; God will talk to us. The invitation from God is to quiet our minds and hearts to listen to what He might be saying. Take a few minutes and walk through these listening exercises.

1. "Fixing your eyes on Jesus"

Imagine Jesus sitting in front of you. The Scriptures are clear that He is "for us, not against us." Being confident in His love for you, and talking like you would talk to a friend ... what would you say to Him?

Take at least 2 minutes and say those things to Him out loud

Now, like you would with a friend...listen for what He has to say

back to you.

2. Listening to God through the Word

Open your Bible to Psalm 16 (any Psalm will do).

Read the chapter, out loud twice and as you're reading notice what words or phrases stand out to you. It may be that a unique thought or a picture or even a person comes to mind.

Assume this is God speaking to you, and turn those "highlighted" words or thoughts or pictures into your own prayers to God.

THE HEART OF FASTING

"Fasting is indeed Feasting" - Dallas Willard

Fasting is for Jesus to awake our heart and raise awareness of its need and thirst for Him.

1. Returning to your first love

Jesus longs for our whole heart to be His. He wants us to rejoice and long for Him far more than He wants our sacrifices. Repentance without delighting in Jesus is religion, not love.

"Return to me with all your heart, with fasting, with weeping, and with mourning..." Joel 2:12

"Come, let us return to the Lord..." Hosea 6:1-3

2. Feasting on Jesus

Delighting in Jesus, digesting the word of God, the beauty of God, in the presence of God is the food we have that those around us don't see or understand. We don't live on bread alone but in Jesus and His very word.

But He said to them, "I have food to eat that you do not know about..." John 4:32-34

"In your presence there is fullness of joy; at your right hand are pleasures forevermore." Psalm 16:11

3. Receptivity to God's Voice

We need to have our ears peeled to the word of God and voice of the Holy Spirit. When we pray it should look like a conversation. Talking to God and listening.

“ I am the vine; you are the branches. Whoever abides in me and I in him, he it is that bears much fruit, for apart from me you can do nothing...” John 15:1-5

4. Deepening our Dependence on Jesus and Accepting Our Limitations

We're called to repent of sin but boast in our weaknesses. This is where God's power rests!

“My grace is sufficient for you, for my power is made perfect in weakness...” 2 Cor. 12:9-10

“Blessed is the man
who walks not in the counsel of the wicked,
nor stands in the way of sinners,
nor sits in the seat of scoffers;
but his delight is in the law of the LORD,
and on his law he meditates day and night.
He is like a tree
planted by streams of water
that yields its fruit in its season,
and its leaf does not wither.
In all that he does, he prospers.
The wicked are not so,
but are like chaff that the wind drives away.”
Psalm 1:1-4

5. Interceding

We want to be a House of Prayer. The gathered church, through the prayers of church, looking out to the nations, the lost, and injustices. We want to stand spiritually before the throne of grace, not just for people in the room, but to change the world around us. We believe in a resurrected King who has all authority, and sits at the right hand of God, who has all resources available to Him, who reigns over His enemies and fills everything. We are asking, seeking, and knocking on the

door of Jesus the King of a kingdom that has no end. He is Christ Crucified and Christ Resurrected. He lives and moves, works and never sleeps. So let the prayers of the saints rise like incense inviting God to shape history, right injustice, demonstrate power, bring salvation, through the gathered, interceding, unified church!

“If my people who are called by my name humble themselves, and pray and seek my face...” 2 Chron 7:14-16

6. Mission

Prayer with fasting is to move to kingdom work, demonstration and active justice. This is God’s heart for us in active fasting.

“Is not this the fast that I choose:
to loose the bonds of wickedness,
to undo the straps of the yoke,
to let the oppressed go free,
and to break every yoke?”

Isaiah 58:6-8

In “Practicing The Power”, Dr. Sam Storms gives us some heartfelt guidelines for fasting.

“Fasting is one way we pursue God. Pursuit is an artifact of love, drawing deeply on God’s presence and gazing on His beauty. Fasting is not about denying yourself, it is about satisfying yourself in Jesus. Fasting is not a hunger strike, or health dieting, or a manipulation of God’s power. Fasting is not physical pain but spiritual pleasure. Fasting is a stance against self-gratification in a consumer-oriented world.”

-Sam Storms

- * Fasting is motivated by deep desire, not suppression of desire but the pursuit of it. Fasting is feasting on Christ.
- * Fasting is not an act of willpower but a show of dependence and an appeal for grace from God.
- * Fasting is not a statement that food or other things are bad but that Jesus is better and God is enough.
- * Fasting is motivated by the desire to glorify God--our reward is not the applause of man but more of Christ

and answering of prayers.

*Fasting opens our spiritual ears to discern God's voice and sensitizes our hearts to enjoy God's presence.

*Fasting is a powerful weapon in spiritual warfare.

Practice

In closing, my heart is to humbly sound the alarm to add prayer and fasting. If you've already connected to the idea, here are some practical ways to fast. Simply put, it is less about what you leave out and more about the time you put towards communion with Jesus in place of what you're fasting from. Repentance and rejoicing are two passions that go hand in hand. Repentance is changing your mind, your ways, your practices so that Jesus can intersect and change your heart. Within repentance, though, we always want to rejoice in Jesus. Rejoicing is reflection on Jesus, treasuring and cherishing Him above all, until the heart is satisfied and lets go of all that it thinks it needs outside of Jesus.

Subtractions: social media, entertainment, attitudes, pride, shopping, busyness, mindsets, food, and drink.

Additions: meditation, prayer, study, simplicity, solitude, submission, service, confession, worship, guidance, celebration. St. Augustine said that God is always trying to give good things to us, but our hands are too full to receive them, and not only our hands but also our hearts, minds and attention are clogged with addiction.

Lastly, Tim Keller says extraordinary prayer is united, persistent, and kingdom-centered. In this season we want to join together under Jesus, praying through Him and His accomplished work... united, persistent, and kingdom-centered.

"And I ask him that with both feet planted firmly on love, you'll be able to take in with all followers of Jesus the extravagant dimensions of Christ's love. Reach out and experience the breadth! Test its length! Plumb the depths! Rise to the heights! Live full lives, full in the fullness of God. God can do anything, you know—far more than you could ever imagine or guess or request in your wildest dreams!"

Ephesians 3:14-21 (Message)

-Charlie Hall



*For more resources on Prayer & Fasting visit:
FrontlineChurch.com/WeekOfPrayer*