

Dream, Pray, Build

90 Days of Prayer

21 There, by the Ahava Canal, I proclaimed a fast, so that we might humble ourselves before our God and ask him for a safe journey for us and our children, with all our possessions. 23 So we fasted and petitioned our God about this, and he answered our prayer.

Ezra 8:21 and 23

Fasting and Prayer

“What are you giving up for Lent?” It used to be only a question that Roman Catholics asked of one another. But the broader church has joined in this practice of “giving up” also known as fasting.

In the Bible fasting refers specifically to going without food and was a practice of faithful Jews and early Christians. Instead of focusing on filling our bellies, fasting provides an opportunity to focus instead on God, to humbly seek God’s guidance, protection and provision.

Fasting is a way of adding emphasis to our prayers. It’s a way of saying “I’m serious about this” both to God and to ourselves. Hunger can be a call to prayer, a reminder to depend on God and not our



**YOU
BELONG
HERE**

Food fasts in particular create room for more time (because you are not acquiring, preparing or eating a meal) to engage in spiritual practices.

People often use this time to spend a longer time in prayer and/or read and reflect on Bible readings.

Week 5 Specific Prayers

- Pray that the season of Lent would be a time of spiritual blessing for Vine Church
- Pray for a safe journey as Vine Church prepares for our next season of ministry
- Give thanks for all those who serve in our children’s and youth ministry.
- Reflect on the ways Vine Church expresses love for our community.
- Consider how you will fast during Lent - full day fast, a particular meal, a particular food, technology fast, what would free you to focus on time with God?

HOW YOU CAN PARTICIPATE



- Sign up to receive a daily text reminder at 7PM to pray for the future of Vine church!
- Contribute to the Vine Church Weaving - in the worship you can weave your piece of ribbon or yarn, pray for our church, our ministries, our future—or you can engage a virtual version using the QR code.

