



To Amplify Our Prayers

Practice

SESSION 03: TO AMPLIFY OUR PRAYERS

Transformation takes more than knowledge—it takes practice. Take a moment to consider what the Spirit is inviting you to do in response to what you’ve learned.

01 Fast for one day, focusing on how it amplifies your prayers

- Pick a day that works for you; we recommend Wednesdays or Fridays.
- If possible, pick a day that works for your community to fast together.
- Fast until sundown that day. Then, eat a simple meal in gratitude.
- In the time you’d normally be grocery shopping, cooking, eating, or cleaning, give yourself to prayer.
- In your dedicated times of prayer, or each time a hunger pain comes, you may want to pray through a short list of specific requests you are holding before God, or simply pray, “God, speak to me, I’m listening.”
- If possible, set aside time in the quiet to listen for God’s voice and offer your prayers up to God. You may want to get up early, find a quiet park on your lunch break, or end your day with a nice walk. But find a time and place to minimize distractions, and combine your fasting to prayer.

Note: Please modify as needed for health reasons, and also consider whether it would be supportive for you to meet with a therapist or doctor as you think about engaging in this practice. As a community, ask how you can support and include those who need to modify this practice.

What’s your plan?

Reach Practice

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We all learn differently. Some of us prefer reading, others listening, and others doing. If you'd like to go deeper, choose what resonates with you and give it a try! Even if you don't try a Reach Practice, remember to journal in the Fasting Reflection section before your next session as a group.

Reading

Read chapters 11-15 of *God's Chosen Fast* by Arthur Wallis.

Podcast

Listen to episode 3 of the Fasting series from the Rule of Life podcast by Practicing the Way.

Exercise: Fast for a longer period of time

If you have the desire and life space to increase the duration of your fasting practice, this could be an ideal session to do a longer fast.

You may want to fast for a full day, eating dinner one night and not breaking the fast until the morning 36 hours later.

Or you may feel invited by the Spirit of Jesus into a multi-day fast of two days, three days, or longer.

Just remember: Unless there is a *clear* stirring in your heart from the Spirit to pursue a longer fast, the best practice is to “walk before you run.” If you've only ever fasted until sundown, try just going until the following morning as your next step in the journey.

Fasting Reflection

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Before your next time together with the group for Session 04, take five to ten minutes to journal out your answers to the following three questions.

01 Did you sense God's voice this last session in any way?

02 What's one thing you were specifically praying for?

03 How are you feeling three sessions into this new Practice?

Note: As you write, be as specific as possible. While bullet points are just fine, if you write it out in narrative form, your brain will be able to process your insights in a more lasting way.