

Why Prayer and Fasting?

Fasting helps us humble ourselves before the Lord and helps us experience spiritual breakthroughs in our lives. We recognize as we begin this new year that we need to boldly ask God to break through any areas of challenge, heartbreak, and burdens for us individually and as a church in 2015.

This morning we began a series entitled, "**Breakthrough**." We are trusting God to do just that! Pastor Gary Rohrmayer challenged us Sunday morning to not settle for the mediocre, but rather go to the One that can and will bring a great breakthrough as we seek Him.

Step One: Pick Your Fast

Full Fast: Drink liquids only. Please consult your doctor first.

Daniel Fast: Eat only vegetables, fruit, water and juice (minimal amount of carbohydrates).

Partial Fast: Not eating one or two meals on a specific day or abstaining from certain kinds of food.

All-day Food Fast: Abstaining from food one day or multiple days per week.

Activity/Media Fast: Forgoing a time-consuming activity such as entertainment, hobbies, television, internet, sports, etc.

Step Two: Set Goals & Write Them Down

Begin with a clear personal goal in addition to our Church goals that will be shared in the daily emails. **Be specific.** Why are you fasting? Do you need direction, healing, restoration of marriage or family issues? Are you facing financial difficulties? Pray and ask the Holy Spirit for guidance. Write these things in a journal or a notebook. Keeping a journal throughout your fast is a great way to track and remember all that God has done during fast.

The greatest breakthrough will take place when you make time to examine your life and discover what areas most need breakthrough.

We ask that you fast for spiritual breakthroughs for our NorthBridge Church family as well as your personal life.

Daily Emails & Resources

Look for daily emails sharing scripture, prayer requests, music and more!

Additional Reading/Resources on Prayer and Fasting:

<http://garyrohmayer.typepad.com/yourjourneyblog/2015/01/fasting-resources.html>

<http://garyrohmayer.typepad.com/yourjourneyblog/2015/01/21-classic-fasting-quotes.html>

<http://garyrohmayer.typepad.com/yourjourneyblog/2014/12/fasting-insights-by-gary-rohmayer.html>