



21 DAY

PRAYER & FASTING
guide

EASTER AT FIRST NAPLES

Easter

**A HOPE
THAT LASTS**

*so that we
may abound in joy
and peace*

Focus

1. PRAY

Commit to pray and fast. We believe prayer doesn't just fuel the work; prayer is the work.

2. INVEST

Invite strangers, friends and family to #EasterAtFirstNaples. Take it a step further and show someone a random act of kindness.

3. EXPECT

As we prepare our hearts spiritually, let's expect God to do abundantly more than we could ever ask or think. God will move here in Naples!

As we approach Easter, where we remember Jesus' life, death and resurrection from the dead, we want to encourage you to take time to draw closer to the Lord and prepare your heart.

Prayer Walk

What is a *prayer walk*?

Prayer Walking is simply praying on site with insight.

Prayer Walking:

- focuses on prayer for others (intercessory)
- is a powerful tool for evangelism
- invites the work of God.
- transforms an area and the person praying.

Our Goals

- God will shift our heart for our area.
- God will burden us for those who we live and work near.
- God will use us to prepare the way for the work of God in our area.

How am I supposed to pray?

There are four specific things you can pray for as you walk by each residence, complex, business, or organization.

- 1. Pray God would speak light to the hearts of the people there.**
For God, who said, "Let light shine out of darkness," has shone in our hearts to give the light of the knowledge of the glory of God in the face of Jesus Christ. 2 Corinthians 4:6
- 2. Pray God would give the Church wisdom on how to serve, love, and bring the gospel to that place.**
If any of you lacks wisdom, let him ask God, who gives generously to all without reproach, and it will be given him. James 1:5
- 3. Pray for what you observe about the place you are praying for.**
Look, I tell you, lift up your eyes, and see that the fields are white for harvest. John 4:35b
- 4. Pray God would break your heart for that place and show you how to love, serve, and be a witness there.**
Therefore, we are ambassadors for Christ, God making his appeal through us. We implore you on behalf of Christ, be reconciled to God. 2 Corinthians 5:20

Things to *remember*:

- Groups should pray together. Stay with at least one other person at all times. It is ok to feel a little strange and awkward at first. Silence is okay.
- Keep your eyes open while praying. Visual reminders will spur certain prayers. Take the approach of, "Not to be seen, but to see." You can stop and pray at or over certain places; you don't have to walk non-stop.
- Expect God to help you see the true spiritual needs and battles happening around you. Follow the leading of the Holy Spirit. Invite the presence of God to be made known wherever you walk.
- Be sensitive to the thoughts and ideas God may be speaking to your heart and then record them.
- Pray positive things over the area. Don't stay focused on the negative.
- If someone asks who you are and what you are doing, tell them that you are with First Naples, the church on Orange Blossom Drive, and that you are praying for the community. Then ask them if there is any specific way you can pray for them or someone they know.

Scriptures

FOR PRAYER WALKING

For the church to move in *power*:

"And he said to them, "Go into all the world and proclaim the gospel to the whole creation. Whoever believes and is baptized will be saved, but whoever does not believe will be condemned. And these signs will accompany those who believe: in my name they will cast out demons; they will speak in new tongues; they will pick up serpents with their hands; and if they drink any deadly poison, it will not hurt them; they will lay their hands on the sick, and they will recover." (Mark 16:15-18, ESV).

For the *peace* of the city:

"But seek the welfare [wholeness, prosperity, peace] of the city where I have sent you into exile, and pray to the LORD on its behalf, for in its welfare you will find your welfare." (Jeremiah 29:7, ESV).

For those in *authority*:

"First of all, then, I urge that supplications, prayers, intercessions, and thanksgivings be made for all people, for kings and all who are in high positions, that we may lead a peaceful and quiet life, godly and dignified in every way. This is good, and it is pleasing in the sight of God our Savior, who desires all people to be saved and to come to the knowledge of the truth." (1 Timothy 2:1-4, ESV).

For doors of *opportunity* to open:

"At the same time, pray also for us, that God may open to us a door for the word, to declare the mystery of Christ, on account of which I am in prison - that I may make it clear, which is how I ought to speak." (Colossians 4:3-4, ESV).

For *hearts* to be opened:

"One who heard us was a woman named Lydia, from the city of Thyatira, a seller of purple goods, who was a worshiper of God. The Lord opened her heart to pay attention to what was said by Paul." (Acts 16:14, ESV).

For *turned hearts*:

"...and he will go before him in the spirit and power of Elijah, to turn the hearts of the fathers to the children, and the disobedient to the wisdom of the just, to make ready for the Lord a people prepared." (Luke 1:17, ESV).

For *salvation*:

"...I will appear to you, delivering you from your people and from the Gentiles - to whom I am sending you to open their eyes, so that they may turn from darkness to light and from the power of Satan to God, that they may receive forgiveness of sins and a place among those who are sanctified by faith in me." (Jesus' words to Paul in Acts 26:16b-18, ESV).

Fast

Over the next *21 days*, take time to *fast*.

Fasting is not a way for us to impress God or manipulate Him. It is a way for us to turn from our physical appetites and recognize our greater hunger and need for God. Fasting says to God, "You are more important in my life than anything." Fasting is a Biblical way to humble yourself before the Lord, to enable the Holy Spirit to reveal your true spiritual condition, and is a channel for God to send spiritual renewal in your life.

IMPORTANT NOTE: Fasting requires reasonable precautions. If you have any health concerns, please consult your physician prior to beginning your fast, especially if you are taking any medication, have a chronic condition, or are pregnant or nursing.

Types of *Fasts*

SPECIFIC FOOD, ACTIVITY OR SOCIAL MEDIA FAST

In this type of fast, you omit a specific item(s) from your meal plans. For example, you may choose to eliminate all red meat, processed or fast food, or sweets. Most people can incorporate this type of fast relatively easily. It can also prove to be a great solution for people with specific dietary needs or medical conditions that may cause certain limitations.

While fasting typically refers to refraining from specific food items, you may also find it extremely beneficial to fast from a regular activity or habit. This might include things such as television, social media, etc.

DANIEL FAST

The Daniel fast is a great model to follow and one that is extremely effective for spiritual focus, bodily discipline, and purification of the body and soul. It is one of the most commonly referred to fasts; however, within the Daniel Fast, there is room for broad interpretation. In the Book of Daniel, we find two different times where the prophet Daniel fasted. Daniel 1 states that he only ate vegetables and water, and in Daniel 10, while the passage does not give a specific list of foods that Daniel ate, it does state that he ate no rich (or "choice") foods, as well as no meat or wine. So based on these two verses, we can see that either of these, or combinations of the two, constitute a Daniel fast.

JUICE FAST

A juice fast is simply consuming vegetable and fruit juices and water instead of solid food. Many people include whey protein in their liquid plan as well. This is one of the most popular and effective fasts. Even if you choose not to make your entire fast liquids-only, substituting one or two meals for liquids is a great alternative.

WATER FAST

A water-only fast is the normal fast referred to in the Bible. This is how Jesus and the New Testament church fasted. A water fast is just that, no eating of any food or drinking of any liquids except water. Periodic water fasts can be very beneficial, but extreme precautions should be taken. For some people it is hard to perform effectively at their jobs and have energy for their families while drinking only water. We recommend consulting your physician first, and water fasting only for a day or two unless you can get away or your job allows you to really disconnect so you can give your best energy to the fast.

FASTING WHILE NURSING OR PREGNANT

Strict fasting while pregnant or nursing is also not recommended. If you are in this incredible season of life but would like to participate in the 10 day plan, here are some great options for you to consider with the approval of your physician:

- A modified Daniel Fast including whole grains, legumes, whey protein, calcium, and iron supplements.
- Fasting sweets and desserts
- Fasting red meat
- Fasting certain diversions (television, social media, etc.)

If you are pregnant or nursing, your priority is the health and the development of the baby that God has entrusted you with. Make that your guideline and go from there. And please consult your doctor.

FASTING AND EATING DISORDERS

If you have struggled with an eating disorder, this situation is a battle of the mind you can win through Christ (Philippians 4:13). Remember, fasting is a tool used to get closer to God, and it actually should keep us from being preoccupied with food. If your method of fasting is going to cause you to obsess about what you eat in any way, you will need to change either your approach or your mindset. If giving up food is a stumbling block to you, then consider fasting television, reading (other than the Bible, of course), social media, or shopping. There are many distractions and ways that we use to stay in control that we could eliminate from our daily routine. We do these things to distract ourselves from the real issues hurting us. If you can identify such other things, maybe you can give those up instead of food.

Remember that you are covered by God's grace. God will show you what to do. His "yoke is easy" and His "burden is light" (Matthew 11:30). His way will bring rest to your soul. Fasting is not a way for us to impress God or manipulate Him. It is a way for us to turn from our physical appetites and recognize our greater hunger and need for God. Fasting says to God, "You are more important in my life than anything." Fasting is a Biblical way to humble yourself before the Lord, to enable the Holy Spirit to reveal your true spiritual condition, and is a channel for God to send spiritual renewal in your life.

Important Note: Fasting requires reasonable precautions. If you have any health concerns, please consult your physician prior to beginning your fast, especially if you are taking any medication, have a chronic condition, or are pregnant or nursing.

Sample Menus

SAMPLE MENU 1: FRUITS, VEGETABLES, JUICES, + WATER

BREAKFAST Fruit smoothie with whey protein

MID-MORNING SNACK Fresh fruit or fresh vegetables

LUNCH Raw vegetable salad with light, organic dressing and vegetable broth soup

MID-AFTERNOON SNACK Fruit smoothie with whey protein

DINNER Smoothie with whey protein

SAMPLE MENU 2: LIQUIDS ONLY

BREAKFAST Fruit smoothie with whey protein

MID-MORNING SNACK Herbal tea or vegetable broth soup

LUNCH Raw, juiced vegetables

MID-AFTERNOON SNACK Fresh fruit juice or fruit smoothie with whey protein

DINNER Vegetable juice or vegetable broth soup

SAMPLE MENU 3: MODIFIED DANIEL FAST

BREAKFAST 1-2 servings whole grains with fresh fruit

MID-MORNING SNACK Fresh fruit or fresh chopped vegetables

LUNCH 1-2 servings whole grains, fresh salad with legumes and light, organic dressing

MID-AFTERNOON SNACK Fresh fruit juice or fruit smoothie with whey protein

DINNER 1-2 whole grains, fresh salad with legumes and light, organic dressing



hope
that
lasts

Read

As you begin your 21-day Bible reading journey to Easter, take time to reflect deeply. Don't just hurry through the verses, but think through them, pray through them and open your heart to what God wants to reveal to you. Ask yourself, "What truth about God did I find today?" "What truth about myself did I find today?"

MAR 19 - MAR 25

- Deuteronomy 8-9
- Deuteronomy 30-31
- Deuteronomy 32:48-52, 34
- Joshua 1-2
- Joshua 3-4

Memory Verses:

- Joshua 1:8-9
- Psalm 1:1-2

MAR 26 - APRIL 1

- Joshua 5:10-15, 6
- Joshua 7-8
- Joshua 23-24
- Judges 2-3
- Judges 4

Memory Verses:

- Joshua 24:14-15
- Judges 2:12

APRIL 2 - APRIL 8

- Judges 6-7
- Judges 13-14
- Judges 15-16
- Ruth 1-2
- Ruth 3-4

Memory Verses:

- Psalm 19:14
- Galatians 4:4-5

Easter!



Easter at *First Naples*

APRIL 9TH 8:30, 10:00, 11:30AM

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