

## **South CLT Pres Call to Prayer and Fasting for May 2025**

The Session of South CLT Pres is calling our congregation to prayer and fasting during the month of May 2025. The purpose of this season of prayer and fasting is to seek the Lord together regarding God's provision of our next location. We all feel the need, and a next location is crucial to sustain or even build on the ministry that has been developed at South CLT Pres. We ask that every member and regular attender participate with at least one fast this month while actively praying for God to deliver us into a strategic next location. Toward the end of praying and fasting together, the following is a simple coaching guide to help you prepare and plan.

### **Biblical Fasting**

#### **1. What is biblical fasting?**

Biblical fasting is a spiritual discipline where a follower of Christ gives up something for a time in order to seek the Lord and His will. It is abstinence from the good in order to seek the better in life changing situations. Hunger makes us more desperate in our longing and focuses our prayer, emboldens repentance when appropriate, stirs our longing for guidance, and centers our requests for deliverance. Jesus fasted during his 40 day temptation (Matthew 4:1ff). While he noted that his disciples wouldn't fast while he was present (Matthew 9:14-15), he did exhort them to fast saying, "When you fast...(Matthew 6:16-17)." Congregational fasts are found in places like Joel 2:15-16, where it says, "Blow a trumpet in Zion, declare a holy fast, call a sacred assembly. Gather the people and consecrate the assembly." The church even prayed and fasted in Acts 13:2 when they sent Paul and Barnabas on mission. Congregational fasting seeks the Lord to do a great work for His name's sake.

#### **2. Why do we do Biblical fasting?**

Biblical fasting is a way to refrain from something for a season in order to find satisfaction in the Lord Jesus first and then follow his will and enjoy his provision next. It is a place to bring our longings - our hunger and thirst - before the Lord so that he both satisfies us in the Spirit and then answers us with his provision.

#### **3. What is the particular reason we are fasting in this season?**

The reason for the May 2025 season of prayer and fasting is that we need the Lord to provide the right next location for our church. As of this writing, we have no clear options. We are "hungry" for God's provision for and deliverance of his work at South CLT Pres.

#### **4. How should we fast?**

Fasting is denying yourself something (often, but not always, food) in order to find satisfaction in Christ and his provision. It replaces the practice and rhythms of good things that fill us with prayer that fills us. That could be a partial fast with one meal or a normal fast of a whole day of meals. It could be only watching TV one night or not at all for a week. It could be fasting from your phone or from daily news or a podcast. It could

be the replacement of anything good in a search for God's will and provision. The key is that one must say yes to God with focused prayer, Bible study, and/or spiritual readings and practices while you are saying no to something good you would normally do with your time. If you have a medical condition that could be made worse by fasting with food, try something else.

**5. How long will we be fasting?**

We are asking the people of South CLT Pres to take at least one "season" of prayer to ask of God about our next location sometime during May 2025. Of course, this could be done over multiple days and in multiple forms. Our hope is the Lord would not only provide the next location but, as we've learned in 1000s of years of the story of fasting, would change us through this fasting and prayer. Good fasting actually changes us and our heart for God and his mission because we've sought him and known him.