

# Empty to Overflow

“Then you shall call, and the Lord will answer;  
you shall cry for help, and He will say, ‘Here I am.’  
Isaiah 58:9

**a three-day corporate fast**  
August 20-22, 2018



*“Joshua told the people,  
“Consecrate yourselves, for tomorrow the  
LORD will do amazing things among you.””*  
**Joshua 3:5**

# A Practical Guide to Prayer and Fasting

## PLANNING FOR THE FAST

**Pray**—Spend time reading the Bible before the fast. Ask the Holy Spirit for guidance in your prayers. In your notebook or journal, write down your highlights and answered prayers so far for 2018, and what you are believing God for, for the rest of the year.

**Commit**—Pray about the kind of fast you will undertake and commit to it ahead of time. Do not decide on a day-to-day basis. Ask God for grace.

**Act**—Start eating smaller portions a few days before the fast. Avoid food high in sugar and fat. Plan to limit physical and social activities for the week of the fast. Ask someone to be your prayer partner and support throughout the fast.

**NOTE:** Consult a physician, especially if you are pregnant, nursing, or taking medication. If your situation does not allow you to do a full fast, determine what will work best for you.

## WHILE FASTING

*But he answered, "It is written, 'Man shall not live by bread alone, but by every word that comes from the mouth of God.'"*

MATTHEW 4:4

**Focus**—Set aside time to work through the devotional. Be ready to respond to God's Word and the leading of the Holy Spirit.

**Pray**—Join our prayer meeting on **21 August, Tuesday at 6:30pm**. Intercede for your family, church, pastors, nation, campuses, and missions throughout the week.

**Replenish**—During mealtime, read the Bible and pray instead. Drink plenty of water and rest as much as you can. Be ready for temporary bouts of physical weakness and mental annoyances like impatience and irritability.

## BREAKING THE FAST

**Eat**—Reintroduce solid food gradually. Your body will need time to adjust to a normal diet. Start with fruits, juices, and salad, then add more vegetables. Eat small portions throughout the day.

**Pray**—Don't give up! Trust God's faithfulness and timing. Carry your newfound passion for God throughout the rest of the year. Be in faith that God will continue to answer your prayers.

## Church Prayer Points

-  **For Ourselves** - that each one will be empowered by the Holy Spirit during the Hope Overflow Workshop.
-  **For the Church** - that the whole church will be transformed by God's power during the Hope Overflow Workshop.
-  **For the Lost** - that God will give us signs and wonders to reach the lost in faith and boldness.

## Personal Faith Goals

*Spiritual Revival • Physical Healing • Prosperity and Abundance •  
School/Career • Excellence • Promotion • Family •  
Restoration of Relationships • Salvations*

## Schedule

Monday - Aug. 20

- Water only
- Liquid only
- One meal only
- Other \_\_\_\_\_

Tuesday - Aug. 21

- Water only
- Liquid only
- One meal only
- Other \_\_\_\_\_

*\* Prayer Meeting  
6:30pm*

Wednesday-Aug. 22

- Water only
- Liquid only
- One meal only
- Other \_\_\_\_\_