

REVIVAL | GUIDE FOR DAY OF PRAYER & FASTING | FRIDAY, OCTOBER 24

*“Come near to God and he will come near to you.” James, the brother of Jesus
James 4:8*

To experience a revival is to be revived. Who needs to be revived? People who are barely breathing. People who might be drowning. People whose spiritual pulse is weak. To engage revival is to draw near to God and to stake your very life on the promise that HE will draw near to you.

Today’s “Revival: Come Holy Spirit” experience doesn’t include a gathering, but it is not a day off from...

- seeking God’s presence
- listening for His voice
- following His will
- trusting His goodness
- believing His word

Today is a day to fast and pray. We invite you to exercise the spiritual discipline of fasting to honor God and consecrate [that means dedicate and declare] yourself to be His and His alone.

Today, choose from one of the following food fasts and trust the power of God’s spirit to nourish you fully.

- Fast from all food and drinks [except water] for the entire day...from the moment you wake up today until you wake up tomorrow morning.
- Fast from all food and drinks [except water] from morning until evening. Jews fast from sundown on one day until sundown the next. Choose to break this fast approximately 24 hours after your last mealtime the previous day.
- Fast from all solid food and only drink juice or broth as needed for the entire day.

While many modern fasters choose specific foods for lengthier periods of time or even other items [social media or screen time], a traditional fast, modeled after Israelite worship in the Old Testament and early church practices in the New, is a fast from food. Barring any medical considerations, choose a food fast today if possible.

In addition to your Daily Step Revival Reading Plan in the morning, set aside three times throughout the day to pray and read scripture. Throughout history, stemming from the specific hours of the day in which Jewish prayers are offered, God’s people have paused to pray at 9am, noon, and 3pm daily. These hours correspond to specific timed events of Jesus’s crucifixion as well.

**Choose those three times or three other times for your schedule today to pause, praise, and pray.
Each time you do, read the following passages of scripture.**

- Psalm 63:1-5 - Each time you read this passage throughout the day, be reminded that fasting isn’t just about being hungry. It’s about being filled. Ask God to fill you with His Spirit today.
- Isaiah 58:3-7 - Each time you read this passage throughout the day, be reminded that fasting from physical food must be ungirded by spiritual transformation. Ask God to work in your heart and transform your life today.

*“Ultimately we fast simply because we want God more than we want anything this world has to offer us.”
John Piper, A Hunger For God*