



## PRAYER AND FASTING

**Tuesday, August 6 – Tuesday,  
August 27, 2024**

The DFM Women’s Conference “A Call to Fast”- Fasting is a biblical principal that involves abstaining from foods, comfort and/or pleasures in an effort to draw closer to the the will and purposes of God through prayer. There is no right or wrong way to fast, and there are many different kinds of fasts to choose from.

To ensure we are spiritually, mentally, and physically prepared for the DFM Women’s Conference we welcome each board member, volunteer, and ministerial staff to participate in this time of prayer and fasting. Here are several ways you can commit to fasting on behalf of the conference:

- One day or part of a day (Judges 20:26; 1 Samuel 7:6; Nehemiah 9:1)
- A one-night fast each week (Daniel 6:18-24)
- A three-day fasts each week (Esther 4:16; Acts 9:9)
- 21-day Daniel fast, liquid fast, or 1 meal per day fast (Daniel 10:3-13)

### *Common Fasts:*

- Water fast: Abstaining from all forms of food and drink other than water
- Liquid/Juice fast: Abstaining from all solid food and only drinking juice and water
- Daniel fast: Eating only vegetables and abstaining from meats, sweets, etc.
- Selective meal fast: Abstaining from certain meals and snacks throughout the day and only eating a reduced amount during a single designated mealtime

Regardless of the type of fast you choose to participate in, it’s important to pray about what God is leading you to do, as well as **consult a doctor and educate yourself if you have any questions or health concerns.**

We encourage you to set aside some of the comforts that consume your time and spend extra time seeking God's face. Here are a few comforts that you can abstain from:

- Social media (Instagram, Facebook, Twitter, TikTok)
- Entertainment (movies, TV, YouTube)
- Buying material items (instead, donate and give to the poor)
- \_\_\_\_\_ (fill in the blank) (Cellphone, etc.)

Scripture teaches us that something unique and powerful happens when believers gather in faith to seek God and cry out to Him with one voice. Here are some ways to engage through prayer and worship:

- Set aside 30 minutes to pray each morning
- Attend Intercessory prayer calls scheduled each week prior to the conference.
- Attend designated prayer sessions during the conference on
  - August 28th -30<sup>th</sup> Nightly Intercessory Prayer 6:25pm – 6:55 pm
  - August 29<sup>th</sup> – Prayer Walk at Riverscape at 8 AM – 8:30 AM
  - August 31<sup>st</sup> – Prayer and Praise Pop Up at 10:30 - Noon

During these 21 days, carve out significant time to spend reading the Bible. Here are a few reading challenges:

- Start YouVersion Bible Reading Plan
- Follow a Bible reading plan or devotional/prayer book.
- Read and study scriptures on Women of the Bible