

prayer

One Desire **Fast**
2024

A Beautiful
Dispensation

STUDIES IN EPHESIANS



guide

What is fasting and why do we do it?

Fasting centers on God and aims to glorify God. John Wesley wrote, “Let it be done unto the Lord with our eye singly fixed on Him. Let our intention herein be this, and this alone, to glorify our Father which is in heaven.” Once we understand the central intention of fasting, to glorify God, it is safe for us to look at its secondary benefits. Fasting reveals the things that control us. Pride, anger, bitterness, jealousy, fear – if they are within us, they will surface during fasting. We can rejoice as our weaknesses are revealed, because we know that Christ can uproot these idols from our lives. There are other secondary values of fasting. It helps us keep our human cravings and desires under control. It increases our concentration and our effectiveness in intercessory prayer. It can contribute to our physical well being and aid us as we pray for guidance.

In New Testament times, fasting was seen as a way of drawing upon more of God’s power. In Matthew 4:1, Jesus was “led by the Spirit into the desert”, where he fasted for forty days. During this time, the Holy Spirit prepared and equipped Jesus for his public ministry that would soon follow. As we desire to prepare ourselves for the mission and vision God has given our churches, we want to commit the next two weeks in fasting to God. During this time, we want to de-emphasize our daily “needs” by denying our fleshly hungers and desires. We want to set aside our earthly pleasures to glorify the Lord - with our hearts and minds fixed on His grace and love.



Ephesians 6:11-13, “Put on the full armor of God, so that you can take your stand against the devil’s schemes. For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand.” As we embark on this fast together, we must remember that we are not only “giving up” tangible things like social media and food, but we are “putting on” God’s armor through prayer and Scripture. Fasting not only helps us remember our love for God, but also reminds us to remain rooted in His truth and dependent on His power.

How we will fast

Social Media fast along with 2 options of fasting from food:

- * Option 1: Week 1 no meat, Week 2 liquids only
- * Option 2: Week 1 no meat, Week 2 one meal per day



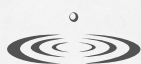
Practical Aspects of Fasting

- * Make sure you are getting fluids in your body. Drink plenty of water or juice.
- * Devote the time you would normally use eating to meditation and prayer. It defeats the purpose of the fast if you do not pray. It helps to keep a journal on what the Lord has been showing and speaking to you.
- * As you pray for the meal, lift up the concerns or prayer requests and thank God for the strength that he has given you to fast.
- * The first few days of the fast are usually the most challenging. Persevere through this period. Consult your doctor if you are unsure of any headaches or body reactions.
- * Break your fast with a light meal. Do not “pig out” because you can ruin your digestive tract. Your body may not be used to the sudden increase in intake and break down.

Frequently Asked Questions

IS FASTING A HUNGER STRIKE?

- * Not at all, although they have several common elements. Both are a form of sacrifice; both are done to achieve a purpose, and both can be attention getters! However, a hunger strike gets man’s attention. Fasting draws God’s attention. Christ loved us and gave up His life for us. Fasting is a method of presenting ourselves as a living sacrifice. Above all it’s an act of worship (Romans 12:1-2).



WILL FASTING RUIN MY HEALTH?

* If you are in normal health a fast should have no ill effect. However, if you have special medical challenges or you feel hesitant about fasting, you should always consult a doctor before fasting.

WILL PEOPLE THINK I'M A FANATIC?

* Perhaps. But to fast is to show God (by your actions and heart posture) that you're serious about your desire to know Him deeper. Though others may think that we're a "fanatic" for fasting, let's not be discouraged... rather, let's pray for the opportunity to share with them the reasoning and heart behind why God & fasting means so much to us. And may others come to know how serious we are in our followership of Christ, so that Christ may be glorified!

WHY DOES OUR CHURCH EMPHASIZE FASTING??

* We believe it honors our Lord Jesus Christ, and that it's the type of spiritual discipline Christian men and women need. We also believe that we must be united, using every God-given means available, to carry forth God's plan for all the different ministries at our church. Without a sense of dependence on God, we can do nothing (John 15:5). Let us expect great things to happen here in our church and beyond. We want to transform lost people into Christ's disciples who will then transform the world! It needs to begin with us.





The theme of this year's One Desire Fast & congregational retreat is "A Beautiful Display" - based on Ephesians 1-4, which we will go through together at the upcoming retreat.

For these next couple of weeks, we'd like to encourage you to read through the book of Ephesians, as we fast together, and as we prepare our hearts and minds for our upcoming retreat.



One Desire Fast
2024

Monday,

Feb 19

As we begin our One Desire Fast, let's thank God for the gift of eternal life - that we cannot earn by merely fasting and doing good works - but has been freely given to us by His grace alone.. through faith alone... in Christ alone...

As we fast, let's pray for God to align our hearts with His; for Him to expose more and more of our hearts' self-centered desires, so that we may repent of our sins and surrender more of ourselves to Him. And may our fasting be an act of worship that would intensify our hunger for God.

*A Beautiful
Display* ✦



Tuesday, **Feb 20**

As those who have received the grace of God, let's pray that we may live lives that beautifully display God's grace by extending that same kind of grace toward others:

** Forgiving those who have offended or hurt us, just as God forgave us through Christ.*

** Encouraging others with gracious words that are full of truth and kindness.*

** Sharing the Gospel with non-Christians, inviting them to experience God's grace for themselves.*



A Beautiful
Display *✦*

Wednesday,

Feb 21

**As God's people - as His church - let's pray that
we may beautifully display unity amid diversity:**

** Fostering a gospel-revealing community in our church,
where a diverse group of people of different ethnic backgrounds,
life stages, and socioeconomic classes can love one another deeply
because we are united as one body in Christ.*

** Helping other brothers and sisters get integrated into our church
(even though you may have little or nothing in common with them
but the Gospel).*

*A Beautiful
Display* ✦



Thursday, Feb 22

**Let's pray for God to work in and through us in order
to cultivate a culture of discipling in our church
- where it's normal for brothers and sisters to:**

** Build genuine friendships & be vulnerable; have deep,
spiritual conversations with one another.*

** Pray together & completely depend on
God's generous provision for all that we need.*

** Challenge one another in our followership of Christ &
point one another back to the truths found in Scripture.*

** Reach out to members who we haven't seen
in a while & pray for them.*



*A Beautiful
Display*

Friday, **Feb 23**

Let's pray for a culture of evangelism to be cultivated in our church:

** For more opportunities and contexts to build friendships with non-Christians.*

** For courage and boldness to share the Good News to those around us (including our family members, friends, co-workers, and others around our community), praying for the Holy Spirit to actively work in their hearts so that they may receive Christ as their personal Lord and Savior.*

** For us to intentionally use our resources (including our money, time, energy, skills, and talents) for the sake of the Kingdom of God, as we invest in what's eternal.*

A
**Beautiful
Display** ✦



Saturday, **Feb 24**

**As God's people, let's pray that we - personally,
and corporately as a church - would continue
to grow in our followership of Christ:**

** That we would grow in our knowledge of who God is,
being more and more in awe of who He is and what He's done.*

** That we would grow in our understanding of ourselves and
the depths of our sins, realizing how we need Christ more
than we previously thought.*

** That we would grow in our love for our God, have greater
dependence on Him for everything in our lives, and that
we may have a greater heart for His people (His church).*



A Beautiful
Display ✦

Sunday, **Feb 25**

**As those who have received the grace of God,
let's pray that we may live lives that beautifully
display God's grace by extending that same kind
of grace toward others:**

** Forgiving those who have offended or hurt us,
just as God forgave us through Christ.*

** Encouraging others with gracious words that
are full of truth and kindness.*

** Sharing the Gospel with non-Christians,
inviting them to experience God's grace for themselves.*

A
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Display** ✦



Monday, **Feb 26**

**As God's people - as His church - let's pray that we may
beautifully display unity amid diversity:**

** Fostering a gospel-revealing community in our church,
where a diverse group of people of different ethnic backgrounds,
life stages, and socioeconomic classes can love one another deeply
because we are united as one body in Christ.*

** Helping other brothers and sisters get integrated into our church
(even though you may have little or nothing in common with them
but the Gospel).*



A **Beautiful**
Display ✦

Tuesday, **Feb 27**

Let's pray for God to work in and through us in order to cultivate a culture of discipling in our church - where it's normal for brothers and sisters to:

** Build genuine friendships & be vulnerable; have deep, spiritual conversations with one another.*

** Pray together & completely depend on God's generous provision for all that we need.*

** Challenge one another in our followership of Christ & point one another back to the truths found in Scripture.*

** Reach out to members who we haven't seen in a while & pray for them.*

A
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Display** ✦



Wednesday, Feb 28

**Let's pray for a culture of evangelism to
be cultivated in our church:**

** For more opportunities and contexts to build friendships
with non-Christians.*

** For courage and boldness to share the Good News
to those around us (including our family members, friends,
co-workers, and others around our community), praying for
the Holy Spirit to actively work in their hearts so that they
may receive Christ as their personal Lord and Savior.*

** For us to intentionally use our resources (including our
money, time, energy, skills, and talents) for the sake
of the Kingdom of God, as we invest in what's eternal.*



*A
Beautiful
Display* ✦

Thursday,

Feb 29

**As God's people, let's pray that we - personally,
and corporately as a church - would continue to
grow in our followership of Christ:**

** That we would grow in our knowledge of who God is,
being more and more in awe of who He is and what He's done.*

** That we would grow in our understanding of ourselves and the depth
of our sins, realizing how we need Christ more than we previously thought.*

**v That we would grow in our love for our God, have greater dependence
on Him for everything in our lives, and that we may have a greater heart
for His people (His church)*

*A Beautiful
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Friday, Mar 1

**As we end our One Desire Fast for this year, let's pray
for our upcoming Congregational Retreat:**

- * That our guest speaker and his family would feel welcomed and encouraged during their time with us.*
- * That those serving may not feel pressured or overwhelmed about their performance, but may they be strengthened as they joyfully serve as an act of worship.*
- * That the children's program would be enjoyable and memorable for the children, as they're being taught the Gospel by their teachers.*
- * That we may build on the existing friendships that we already have, and form new friendships with more brothers and sisters (from both HMCC of Tangerang & Jakarta).*
- * That it would be a refreshing time for all of us; that we may have a deeper and more intimate relationship with God (personally and corporately), as we continue to fix our eyes on Him.*



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