

Fasting Questionnaire

After finishing your day of prayer and fasting, please answer the following questions and send this to Pastor Sarah. You may bring this page to worship or e-mail your response to her at pastor@cumcballston.org. Please feel free to add additional pages if needed to complete your answers.

How did the day go for you?

What Scriptures did you focus on and why?

What did you feel called to focus on during your prayer time?

Did you have any spiritual insight you would like to share?

How was this time helpful for you and our church?

Any other comments you would like to share?

Thank you so much!

Name (optional): _____



Prayer & Fasting

*We are a disciple making church
where all people are **called** by God,
transformed by the Holy Spirit,
and **sent** to be Christ in the world.*

Central's Mission Statement

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Basic Reminders

- We are asking you to fast for a twenty four hour period. Many people choose to do this by having dinner one night, and abstaining from food until dinner the following night. You will skip two meals with this method.
- We encourage you to drink juices if you like.
- If you have medical issues where fasting is not feasible, please simply spend some extended time in prayer during your day.
- Fasting doesn't have to be a public event. No one needs to know you are fasting, although you don't necessarily have to be secretive. This time is between you and God.
- Fasting doesn't have to entirely interrupt your normal daily routine, except to encourage you to take some extended time during the day to be in private prayer.
- Remember, the point of fasting is to take the deliberate time to feed off of your relationship with God and not the things of this world. This enables us to listen to God better and focus our lives upon those things that God considers a priority.
- As you pray, we ask you to focus on our building project and God's vision for our church's future.

*Gracious Lord,
Through your Holy Spirit,
grant us*

***Worship** that draws us close to you,
Witness that feeds those who hunger and thirst,
Healing that offers hope to those who hurt,
Discipleship that makes us like Christ, and
Stewardship that invests our selves and
resources in your Kingdom.
In Christ's name we pray. Amen.*

Suggested prayer requests and Scriptures for meditation.

- That we would build this building first with God's Kingdom in mind. (Matthew 6:25-34)
- That God's vision for our church community is our focus through this decision making process. (Habakkuk 2:1-3, Proverbs 29:18)
- That many people find Jesus in this new place. (John 15:5)
- That the words of Jesus would be the foundation of our lives and the church. (Matthew 7:24-27)
- That obstacles to God's vision for our future would come tumbling down. (Joshua 6:20)
- That we could build a church that will be a place that turns hearts to God and changes lives for Christ. (2 Samuel 7, 1 Kings 6)
- That we could always remember the power of prayer! (John 15:7, Matthew 17:14-21)
- That this new expression of church might give hope and spiritual vitality to a declining United Methodist Church. (Psalm 85)
- That we would have a sense of peace as God guides us through the transition time of construction. (Psalm 48:14)
- That we would remain united as the body of Christ through this long process. (1 Corinthians 1:10, Ephesians 4:3)

*For I know the plans I have for you," declares the Lord,
"plans to prosper you and not to harm you, plans to give
you hope and a future... You will seek me and find me when
you seek me with all your heart."*

Jeremiah 29:11-13