SEEKING GOD FOR HEALING

A guide to fasting and prayer.

On Wednesday, November 18, we invite our church family to set aside time for fasting and prayer as we prepare to attend one of our worship nights on Thursday, November 19, or Friday, November 20.

Our shared focus in these special gatherings is healing. Some of us are asking God to bring healing to our own bodies, minds, or hearts. Others are carrying a deep concern for someone we love. Together, we will bring these needs before our Father, trusting His power, goodness, and care.

You do not need to fast to participate in the worship nights. You may be struggling with feeling hopeful about the future. Come with your faith, your questions, your weariness, and your hope.

Read: Psalm 103:1–5 and Hebrews 4:14–16.

How To Use This Guide

As a church, we will be using this guide to set aside 5 times of prayer leading up to, during, and after our day of fasting on Wednesday, November 18.

- **Before Wednesday,** prepare your heart and decide how you will participate.
- **On Wednesday**, follow the morning, midday, and evening sections, each including Scripture, reflection questions, and guided prayers.
- **After breaking your fast**, attend one of our Nights of Worship on Thursday or Friday, ready to pray with and for one another.

Why We Fast

Fasting is voluntarily going without food for a set time to seek God through prayer. When we set aside a meal, we can use that time to read Scripture and pray. When hunger rises up and draws our attention, it reminds us to turn toward Him.

We fast because we depend on God. We cannot manufacture healing, and fasting does not earn His favor or place Him under an obligation to answer as we wish. Through Jesus, we are already invited to approach our Father with confidence. We also fast because Jesus placed a priority in fasting when praying for big needs (Mark 9:29).

We believe God can heal, and Scripture invites us to ask. We also recognize that we do not control His timing or understand every outcome. We can pray boldly while entrusting ourselves and those we love to His wisdom (Hebrews 4:16).

Our shared prayer:
Father, bring Your healing among us. Help us trust You, care for one another, and glorify Jesus as we wait on You. "Heal me, O LORD, and I shall be healed; save me, and I shall be saved, for you are my praise." - Jeremiah 17:14

Before Wednesday: Prepare Your Heart

Read Matthew 6:16–18.

Jesus teaches us to fast with our attention on our Father. As we participate together, our purpose is to seek Him with humility and sincerity.

Choose how you will participate. If fasting is new to you, consider setting aside one meal and using part of that time for focused prayer. Decide when you will begin and end, and make room in your schedule to spend time with God.

If going without food is unsuitable for your health or circumstances*, join us in prayer while eating as needed. You may also set aside an activity or distraction (social media, music, TV, etc) to make room for prayer. Everyone can participate in seeking God together.

Prepare to pray:

> What healing am I asking God to bring in my own life?
>
> Who in our church family will I pray for by name?
>
> What fears, disappointments, or questions do I need to bring honestly before God?

Opening prayer

Father, I come to You because You are good and You welcome me through Jesus. Give me a humble heart and a renewed desire to seek You. As we pray together as a church family, help us love one another and trust You with the needs we carry.

“Create in me a clean heart, O God, and renew a right spirit within me.” - Psalm 51:10

Amen.

Wednesday Morning: Bring Your Own Need

Read Psalm 13 and Hebrews 4:14–16.

Sometimes the hardest part of asking for healing is acknowledging how much we hurt. We may feel pressure to sound confident, minimize our pain, or protect ourselves from disappointment.

Scripture gives us room to be honest. The psalms include questions, grief, and cries for help. Hebrews reminds us that Jesus understands our weakness and invites us to draw near for mercy and grace.

Tell God where you need healing. Perhaps you are facing illness, chronic pain, anxiety, grief, or a wound that few people know about. You do not need polished words. Name your need and ask for His help.

Healing may come suddenly, gradually, or through treatment and the care of others…or not in this life. We know that for some, in God's wisdom, their healing will come when they go to be with Jesus. But until then, we wait, and we pray. We are invited in that waiting to trust that God's answer will always be good and rooted in love. In every circumstance, we can ask for God's presence, strength, and sustaining grace.

Reflect

Where am I hurting?

What am I afraid to ask God?

Who could I invite to pray with me and help carry this burden?

Pray

Father, You know my need:
_____.
I ask You to bring healing. Please relieve suffering, restore what is wounded, and give wisdom to those caring for me. Meet me in my fear and weariness. Help me receive support and trust You with what I cannot control.

"The LORD is near to the brokenhearted and saves the crushed in spirit." - Psalm 34:18

Amen.

Wednesday Midday: Carry Someone Else's Burden

Read James 5:13–16 and Galatians 6:2.

God calls us to pray for one another. When someone suffers, the church has an opportunity to surround that person with prayer, practical help, and faithful companionship.

Think of someone in our church who needs healing. If appropriate, ask how you can pray specifically. Respect their privacy, and bring their needs before God with care.

Pray for more than the outcome alone. Ask God to sustain them through appointments, treatments, difficult nights, and unanswered questions. Remember their family and caregivers. Ask Him to show you how to help.

Pray for:

Healing and relief from suffering.

Peace, endurance, and renewed hope.

Wisdom for medical professionals and caregivers.

Strength and provision for the person's family.

A clear sense of God's love through the care of His people.

Pray

Father, I bring _____ before You. You know every part of what they are facing. Please bring healing and sustain them today. Give them wise care, faithful friends, and strength for the next step. Show me how to love them in a practical way.

"…pray for one another, that you may be healed." - James 5:16

Amen.

Take one step, and let your prayer lead to personal care: Send an encouraging message, offer a meal or ride, or make time to listen.

Wednesday Evening: Entrust Our Church to God

Read Mark 14:32–36 and Revelation 21:1–5.

In Gethsemane, Jesus brought His anguish and His request before the Father. He also entrusted Himself to the Father's will. His example gives us words for both bold asking and faithful surrender.

As we close this day, we continue asking God to heal. We also remember the hope secured by Jesus' death and resurrection: a day is coming when death, mourning, crying, and pain will be no more.

Until then, we pray, receive care, and walk together. Continuing symptoms or unanswered prayer are not grounds for assuming someone lacks faith. Those who continue to suffer need our enduring love and support.

Reflect

> What do I want to keep bringing before God?
>
> Who needs continued prayer and care beyond this week?
>
> How can I come to worship ready both to receive prayer and to pray for others?

Pray

Father, we entrust our church family to You. Bring healing among us, and strengthen those who continue to suffer. Prepare our hearts to worship Jesus together. Give us courage to ask for prayer, compassion to pray for others, and faith to keep following You.

"Trust in him at all times, O people; pour out your heart before him; God is a refuge for us." - Psalm 62:8

Amen.

Ending Your Fast

When you decide to break the fast, be sure to thank God for his provision and sustaining power. Share a meal with others and consider discussing what you sensed the Lord was doing in you throughout the day.

Thursday/Friday: Come to Worship Ready to Pray

Attend one of our worship nights on Thursday, November 19, or Friday, November 20, with the needs you have been bringing before God.

Please remember: you are welcome to come needing prayer yourself. You are also invited to come ready to support others. As we worship, we will seek God together, asking Him to work among us and helping one another turn toward Jesus.

My prayer for healing:

_____.

Someone I am praying for:

_____.

One way I will offer care:

_____.

Closing Prayer

Lord, we look to You. Bring healing, strengthen our faith, and teach us to love one another as you love us. "May the God of hope fill you with all joy and peace in believing…" - Romans 15:13

*A note about fasting and safety: Food fasting is not appropriate for everyone. If you have a medical condition, take medication affected by food intake, are pregnant or breastfeeding, or have a history of disordered eating, seek appropriate professional guidance before fasting. Children and teens can join through prayer without skipping meals. Continue prescribed treatment and medication. Participation in food fasting is voluntary; everyone is welcome at the worship nights.