



Day of Prayer & Fasting

The elders of APC have called for a day of prayer and fasting on Wednesday, March 2. We invite you to spend time in prayer for the following items, and to fast if you are able.

- We desire to continue as we started. Pray that each and every one of us would keep the main thing (the Gospel) the main thing. Pray that the Gospel would go deeper in our own lives and go out to others. Pray that nothing would distract us from this great mission/commission.
- For APC to continue to be a welcoming community of believers, rejoicing in the gospel, transformed by its power, and responding with grateful hearts in service to our God and world.
- To taste of the glory of God in such an astonishing way that the City of Alexandria and Metro DC will be drawn to the majesty and mercy of our great God.
- Pray Ephesians 3:14-21. Pray for spiritual strength, revival, and renewal within Alexandria Presbyterian Church, which will be evidenced by a growing hunger and thirst for God. This will be reflected by an increasing need and desire for prayer, a growing hunger for God's Word, confession of our sins, and a growing and inexpressible joy in Christ.
- Pray that the Lord will send us people to fill the vacant staff positions. God knows who those people are and what they will offer to APC. At the same time, give God glory and thanks for providing so wonderfully in the interim through our faithful staff and volunteers.
- In this Season of Preparation, join in praying for 2022 to be a year where APC grows in our worship of God like never before. Pray that we might be transformed! Pray for an outpouring of responses with grateful hearts in generosity and service. Pray for God to give you a vision for how you might respond and what gifts He might have prepared for you to use – there is not a single ministry or program at APC that is not important and doing exciting things.



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- As we see the progress with the physical building, please give thanks to the Lord for having brought us to this exciting stage of the project— the culmination of years of planning and prayer. It is only by and through Him that we're at this point in the project.
- There are still myriad details that need to be worked through as we put finishing touches on many aspects and other aspects are just now beginning. So, please pray for wisdom and God's leading as APC's representatives and committee members work with our professional team of builders, architects, and engineers.
- Pray for creativity, flexibility, wisdom, and a powerful guiding and leading by the Holy Spirit for the elders, deacons, staff, and ministry leaders. Pray for our new Sunday schedule which will focus on three vital aspects of APC: key worship, key fellowship, and key equipping. Pray for many people to grow in faith and to take advantage of these opportunities including APC members, regular attendees, new people, unbelievers. Pray for our new worship services (at 9 and 11am), and for the time in between services designated for key fellowship and community-building. Pray for Sunday evenings, our key time of equipping and education for all ages.
- Please pray for safety for all of those involved in the actual construction. Where heavy construction equipment is involved, there is always the potential for accidents.
- Please pray for our relationship with our neighbors: that the building process would not be disruptive to their lives; that we would be good neighbors; and that (Lord willing) many of them might one day worship with us in our new facility.
- Please pray for our summer Vacation Bible School (VBS). This will likely be one of the first events in the new building and we want our kids to grow. We are looking for volunteers and how to reach our community, neighbors, and beyond.

HOW TO FAST?



Fasting means voluntary abstinence for a time from various necessities of life, such as food, drink, sleep, rest, etc. Therefore, fasting means to abstain for a certain period of time, whether hours or days, from engaging in a particular activity for a higher purpose. This higher purpose is to seek God, his will and leading in certain areas of our lives. Therefore, this requires getting alone, away from distractions, so that we can pray and meditate on the things of God. It is highly recommended to begin your time in God's Word, allowing him to direct your thoughts and time.

Ask God to show you how much time he wants you to commit to fasting. When will you fast that day? What time of day? Where will you go so that you can be alone and not distracted? What will you be abstaining from? Food, drink, recreation, devices ... etc? If you are skipping a meal or meals, you will find additional time available for this purpose. If you have specific health needs, perhaps you want to consult with your doctor first.

WHY FAST?



1. Christians often fast before making important decisions. The night before Jesus chose his 12 apostles, He spent the night alone with His father in prayer. Although Jesus was without sin, He thought it important to have an extended time of uninterrupted communion with His Father before choosing the 12.
2. Fasting can be a great spiritual resource during times of temptation. When Jesus entered a season of temptation, he fasted for 40 days in the wilderness. This indicates how seriously Jesus took his struggle against temptations.
3. Fasting is useful in the planning and carrying out of exceptionally difficult tasks. In Acts 13:3 and 14:23 we read how the first Christians prepared themselves by fasting for important actions in the congregation, such as ordaining elders and sending out missionaries.

“The purpose of fasting for a longer or shorter period of time is to loosen to some degree the ties which bind us to the world of material things and our surroundings as a whole, in order that we may concentrate all our spiritual powers upon the unseen and eternal things.”

—O. Hallesby

“Fasting means ‘concentration,’ because when you’re fasting, you have a heightened sense of attentiveness. Food or any physical sensation can satisfy, fill you up, and dull your senses and spiritual ears. In contrast, a hungry stomach makes you more aware and alert to what God is trying to say to you.”

—Oswald Chambers

Do you have a hunger for God? “If we don’t feel strong desires for the manifestation of the glory of God, it is not because we have drunk deeply and are satisfied. It is because we have nibbled so long at the table of the world. Our soul is stuffed with small things, and there is no room for the great.” If we are full of what the world offers, then perhaps a fast might express, or even increase, our soul’s appetite for God. Between the dangers of self-denial and self-indulgence is the path of pleasant pain called *fasting*.

—John Piper

Apparently, Jesus assumed that his followers would fast: “and when you fast, do not look gloomy like the hypocrites...”

—Matthew 6:16-18

