



Day of Prayer and Fasting

As we continue this year of many transitions including our Senior Pastor, the Elders of APC have called for regular **days of prayer and fasting on the last Wednesday of each month (September 30th for this month)**. We invite you to spend time in prayer for the following items, and to fast if you are able. If you are unable to join on the last Wednesday of the month, please consider setting aside another day monthly to pray and fast.

- 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 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. For growth in the capacity to receive God's love - that we would be strengthened to be rooted and grounded in our "first love" - Jesus. Pray for spiritual strength, revival, and renewal within Alexandria Presbyterian Church. 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 for unity in our church (humility, patience, forbearance, love). Pray for the protection of this church as we go forward and attempt something so big that if God is not in it, we are doomed to fail.

- For a growing Christ-centered spirit of prayer at APC. That we would all be drawn into more times of personal and corporate prayer out of our own desperation and because of God's delight in us.

- For APC's theme of the year: *Waiting*. Consider meditating on Psalm 62:5-8, remembering that as we wait, our hope is from God, and we can pour out our heart before Him.

- Pray for revival and renewal in the United States and around the world. The fifty-third General Assembly overwhelmingly approved Overture 50, calling for a solemn day of fasting and prayer throughout the Presbyterian Church in America for the revival and renewal of the church. For more information, visit <https://byfaithonline.com/pca-call-to-prayer-and-fasting-for-revival/>

- For the continuation of *Vision 2026: Multiplying Kingdom Impact*. Pray for God to continue His work of catalyzing a culture of radical missional living to better serve our church, city, and world in the name of Christ. And that we would continue to see generous and sacrificial giving of time, talent, treasure, and testimony for His glory.

- For the transition of our Senior Pastor and the Pulpit Nominating Committee (PNC):

- *For His (God's) Vision*: For wisdom, discernment, and unity in identifying the man God has already chosen and will supply as APC's next senior pastor. Pray that God would prepare and guide the person He has chosen to lead our church.

- *For the Process*: Give thanks for all the applications the PNC has received. As the PNC is actively screening and interviewing candidates, pray for wisdom, discernment, clarity, and good communication. Pray for unity within the body of Christ (see Ephesians 4). Pray for peace and trust in God's timing throughout the transition.

- *For the People*: Pray for God's protection for the hearts of the congregation with the upcoming transition. For the spiritual protection of all. For Pastor Tom and his family. For the PNC (Marc Allen, Alex Bolling, Rob Fisher [chair], Benton Gordon, Patricia Kodjo, Lisa Popadich, Tracy Powell, Lynn Streett, Dorothy Taft [vice chair], Chris Weld, David Williams). For spiritual and physical protection for the PNC members, candidates, and their families. For God's protection over the PNC from discouragement, division, and distractions as they seek God's will.



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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, 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, A Hunger for God.

Apparently, Jesus assumed that his followers would fast: "and when you fast, do not look gloomy like the hypocrites..." —Matthew 6:16-18

