

40 Days of Prayer and Fasting Check List

As you consider how to engage the 40 Days of Prayer and Fasting, the following list is helpful for thinking through the details of your involvement. Prayerfully consider the following points, asking God for anything he wants to highlight. His invitation is there for any who would come and rest and be restored. Remember he may leave the invite open to you, and he may place specific burdens on your heart regarding engagement. Attune your heart to his direction and freely lean into this time with joy. He does not call you to rest so you can stress the details, yet he guides us with intention and structure to help return to him as often as we are distracted. Intentionality is like an anchor to keep your boat moored in his bay of rest. Without one, it is easy to drift back into troubled water.

WHERE?

Location is significant for any extended times of prayer and fasting. It is also an important consideration in the midst of daily life and work. For times of rest and quietness, leaving your normal environment may be helpful to escape the many demands of home and work.

- Is God inviting you to spend time abiding in him consistently during the 40 days? If so, what is a good place in your work or home to do so?
- Is God inviting you to go somewhere near your home for part of every day? Where?
- Is God inviting you to go somewhere else for part or all of the time? Will you go to another part of your city, your country, or somewhere else in the world?
- How often do you desire to get away? What kind of rhythm of solitude and/or community could you manage throughout the 40 days?

WHAT?

We all live in different seasons and contexts. We are all in different places on the spiritual path. Ask God to show you what is most important for you to cease right now. Remember this does not mean these are not activities of value, but it may be helpful to stop some or all activities during this time. He may also highlight some things to permanently stop so you are free to live a more joyful God-centered life.

- What is God inviting you to reduce during the 40 days? This could be ministering, discipling, meetings, emails, social media, television, movies, books, speaking, evangelizing, work, side projects and anything else God brings to mind.
- What is God inviting you cease during the 40 days?
- What is God inviting you to stop permanently?

WHO?

Community is one of the most important parts of spiritual formation, if not the most important. Surrounding yourself with good company enriches times of prayer and fasting, and it helps us to stay true to our commitments to the Lord.

- Who will you invite to join you in prayer and fasting?
- Will you join or start an online prayer group?
- Are you going to interact with the 10/10 prayer app, website or agency updates? Any other resources you will use during this time?
- How will your team/community/group/church pray and fast?

HOW?

Setting up specific plans for your fasting and prayer times is extremely helpful in staying focused and committed. It is all the more helpful to prayerfully prepare and align your heart with God's invitation. He knows what is significant and encouraging to us, and he knows what will be too little or too much.

Fasting

- How are you going to fast? This could include total or partial fasting from food or activities. You might do water only, juice, some form of "Daniel" fast, caffeine, sugar, media, social media, etc.
- What days will you fast? Will it be certain days a week, a set time of several days together during the fast, or the entire 40 days?
- What part of your fasting will be done alone and what part will include your family or larger community?

Prayer

- How are you going to intentionally abide? What resources and activities will you use to help you engage in meditation and contemplative prayer?
- How will you engage worship? What ways could you worship through music or other means?
- What times of day will you do these activities? Will it be certain hours every day, maybe after certain daily activities end? What will you do when taking entire days to focus on the Lord?
- As you spend time with God and listen, how are you going to record what you hear? You could use a personal journal, post online, talk with community, etc.

WHY?

The 40 days is purposefully focused on ceasing striving and abiding in Jesus as our hearts long for the salvation of Muslims. Still, each of us responds to this invitation for personal reasons. Attending to our own needs and desires is a key part of abiding

- What drew me to join 40 days? How does that impact the way I plan to participate?
- What questions, desires or burdens can I be mindful of as I participate? How might I focus on these things through the times of prayer and fasting?
- If I come to this place tired and weary, what does that mean? What does God want to say to me as I take a break from my labors?
- How might I be attentive to God's work during this time and carry it with me beyond the 40 days?