



# Carrigrohane Union of Parishes

Sharing God's love in our communities  
[www.cupcork.ie](http://www.cupcork.ie)

**Day of Fasting and Prayer**  
**Wednesday 18th March 2020 9am-9pm**

Time	Request
9-10 am	Giving Praise to God - laying the day before God
10-11am	The Mission potential of the Carraig Centre
11-12Noon	The Fire Cert - Praying for those with responsibility in the council
12-1pm	Giving Praise to God - For the resources we have been entrusted
1-2	For the community in Ballincollig - Praying for wisdom in our conversations
2-3	For the Tennant issue - Praying that this would be resolved quickly
3-4	For those affected by the Corona Virus
4-5	For those dealing with the outbreak in Ireland
5-6	For God's hand in all decisions which we as a parish need to make over the course of this year.
6-7	Praise God - for his faithfulness
7-8	For mission and outreach in the year ahead
8-9	Praise God - for all his Blessings

**During this day of Fasting and prayer we have various requests to present before God - The plan was that churches would be open but that is no longer the case!**

**Please do take time to pray at these times or other times for these things**

## **WHAT IS FASTING?**

Fasting is a spiritual discipline that is taught in the Bible. Jesus expected His followers to fast, and He said that God rewards fasting. Fasting, according to the Bible, means to voluntarily reduce or eliminate your intake of food for a specific time and purpose.

"When you give up eating, don't put on a sad face like the hypocrites. They make their faces look sad to show people they are giving up eating. I tell you the truth, those hypocrites already have their full reward. So when you give up eating, comb your hair and wash your face. Then people will not know that you are giving up eating, but your Father, whom you cannot see, will see you. Your Father sees what is done in secret, and he will reward you." Matthew 6:16-18 (NCV)

**WHY FAST?** There are many good reasons, and even health benefits, for fasting. However, our day of fasting and prayer is for a few reasons :

1. Fasting gives you more time for prayer. You can use the time you'd normally spend eating as time in prayer for what God wants to do among us as we plant in Ballincollig.
2. In the Bible, fasting is always connected with prayer. "While they were worshiping the Lord and fasting, the Holy Spirit said, 'Set apart for me Barnabas and Saul for the work to which I have called them.' So after they had fasted and prayed, they placed their hands on them and sent them off." Acts 13:2-3 (NIV)
3. Fasting demonstrates the depth of your desire when praying for something. It shows you that you are serious enough about your prayer request to pay a personal price. God honors deep desire and praying in faith. "Declare a holy fast; call a sacred assembly. Summon the elders and all who live in the land to the house of the Lord your God, and cry out to the Lord." Joel 1:14 (NIV) "Even now," declares the Lord, "return to Me with all your heart, with fasting and weeping and mourning." Joel 2:12 (NASB)
4. Fasting releases God's supernatural power. It is a tool we can use when there is opposition to God's will. Satan would like nothing better than to cause division, discouragement, defeat, depression, and doubt among us. United prayer and fasting has always been used by God to deal a decisive blow to the enemy! "So we fasted and prayed about these concerns. And he listened." Ezra 8:23 (Msg)

"God says, "Is not this the kind of fasting I have chosen: to loose the chains of injustice and untie the cords of the yoke, to set the oppressed free and break every yoke?" Isaiah 58:6 (NIV)