

PRAYER AND FASTING GUIDE



OPENING DOORS FOR A NEW GENERATION



21-DAY PRAYER CALENDAR

Weekly Fasting-at-a-Glance

Sunday, August 29

21-Day Prayer Begins

Week One

Social Media

Week Two

Non-Essential Spending

Week Three

Screen Usage (TV, phone, etc.)



Join the Flood family in a season of prayer and fasting. Our desire is to be a movement of Christ's hope and healing. That we would seek to love God, love one another, and love our neighbor. We will specifically pray and fast for our community as we prepare our hearts to move into our brand new church home.

Why Prayer & Fasting?

Fasting offers a consistent prompting to pray (Matt. 4:2), fosters dependence on God (Acts 13:2), empowers us to live by the Holy Spirit (Gal. 5:16), and helps us to discern God's voice concerning a specific matter (Ezra 8:21).

While there may be a specific way you may personally engage during this time, we encourage you to join the Flood family as we fast and pray together for our new church home. Allow the different characteristics of a home to be metaphors for your prayers. We also invite you to prayerfully consider your financial contribution to the HOME Campaign.





NEW BUILDING TOURS

SUNDAYS, SEPTEMBER 12 & 19

12pm

4772 Alvarado Canyon Rd

San Diego, CA 92120

Construction is nearly complete! Come for a tour,
hear about the vision for our new home and learn how you
can be a part of reaching our \$900,000 goal.

Light refreshments provided.

DIVEintoFlood.com/Home

Questions: MindiOHara@DIVEintoFLOOD.com





LISTENING AND RESPONDING TO GOD

A religious teacher once asked Jesus what the most important commandment is:

“The most important one,” answered Jesus, “is this: ‘Hear, O Israel: The Lord our God, the Lord is one. Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.’ The second is this: ‘Love your neighbor as yourself.’ There is no commandment greater than these” (Mark 12:29-31).

Jesus sums up the entire Old Testament law, all 613 of them, by quoting Israel’s most sacred prayer, The Shema, from Deuteronomy 6:4,5.

It’s called The Shema because that’s the Hebrew word for “hear”—the beginning of the prayer. However, shema meant more than just hear, it conveyed: to listen, pay attention, focus, and even respond/obey.

Thus, true hearing, where God is concerned, is also responding. It explains why the prayer is also an action, listening and loving God and neighbor are like two sides of the same coin

(source: TheBibleProject.com/Explore/Shema-listen).

To engage in shema with God, it may be helpful to consider the following questions as you participate in the 21 Days of Prayer with us:

What is inspiring about what I’m hearing?

What is challenging about what I’m hearing?

What do I feel compelled to do because of what I’m hearing?

What practical step will I take to ensure the shema process happens?

Who in my community will I share this with for love and support?





HOME WEEK 1

Sunday, August 29 - Saturday, September 4

THE FRONT DOOR

PRAYER

Father, help us this week to celebrate how You have brought us home.

Let us reflect on our own stories of how God has brought us to our church home and into His household – thanking God for adopting us each as sons and daughters.

SUGGESTED FAST

Forego social media, so that you may have space to reflect on our most important relationship, that with our heavenly Father.

SCRIPTURE

Consequently, you are no longer foreigners and strangers, but fellow citizens with God's people and also members of his household... (Ephesians 2:19).

And,

*"I will be a Father to you,
and you will be my sons and daughters,
says the Lord Almighty" (2 Corinthians 6:18).*

LISTENING TO GOD

Spend 5 minutes or more in solitude and silence each day. Use the space below to write down what you are hearing from God. Don't judge what you write down. Instead, trust God's Spirit within you, and prompting you in love.

RESPONDING TO GOD

Spend time journaling any invitations you sense from God below. Write down what could keep you from responding? Pray for the grace to be completely open to God, for obstacles to be removed, and the courage to act.





HOME WEEK 2

Sunday, September 5 – Saturday, September 11

THE KITCHEN

PRAYER

Father, help us to steward our gifts well and invest ourselves wisely.

Let us be sustained this week solely from your “daily bread” and abstain from unnecessary purchases, in order to pursue a perspective of worrying less on fulfilling our desires and more on meeting the needs of others while depending on God to feed us.

SUGGESTED FAST

Forego non-essential spending this week, so that you may prayerfully discern your financial participation in the HOME Campaign.

SCRIPTURE

Matthew 6:25-34; Exodus 16.

LISTENING TO GOD

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RESPONDING TO GOD

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HOME WEEK 3

Sunday, September 12 – Saturday, September 18

THE BACKYARD

PRAYER

Father, help us to see those around us as you see them as we work towards justice and reconciliation to be accomplished in and through the church.

Let us commit to fasting from “screen time” this week both inside and outside of our home, so that we may intentionally see others as God sees them.

Reflect on your experience being intentional with the people God has put in your life (home, neighborhood, work, school, and/or community).

SUGGESTED FAST

Forego video games, smartphone apps and other “screen” usage, replacing that time with getting outside of your home to be around and connect with those in your neighborhood. Also, forego using your phone or smart device in social spaces, in order to be both open to the people around you and to the Holy Spirit’s nudges to notice and connect with them. Please also continue to prayerfully consider your initial offering and pledge towards the HOME Campaign.

SCRIPTURE

Matthew 9:35-38; James 1:27; Jeremiah 22:3-5; Luke 4:18-19; Psalm 139

LISTENING TO GOD

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HOME WEEK 3



HOME

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