



MACARTHUR BLVD  
BAPTIST CHURCH

# WEEK OF PRAYER & FASTING

## **Nightly Prayer (*Hospitality Room*)**

Sunday, November 6, 6:00 p.m.

Monday – Thursday, 6:30 p.m.

We will gather each night this week for a time of Spirit-led prayer. We understand that you may not be able to make it each night, but we hope you can join us at least once this week. We also encourage our Community Groups that meet during the week to join us for prayer on the night they typically meet as a group. Childcare is not available during the prayer nights, but children are welcome to join us.

## **Night to Delight in God (*Sanctuary*)**

Friday, November 11, 6:30 p.m.

This will be a special, church-wide gathering to delight in the Lord our God. Childcare through Pre-K will be available. We hope everybody can make it!

# FASTING GUIDE

**Fasting is** voluntarily going without food—or some other regularly enjoyed gift from God—for spiritual purposes. In short, we fast from food so we can feast on God. Therefore, fasting is more than just abstaining from food. It is an opportunity to spend greater amounts of time in prayer with God.

The purpose of our corporate fast this week will be to seek a renewal of our love for God as a church. We are asking God to renew our love and revive our church.

*There are different ways to fast:*

**Total Fast:** Abstaining from all food for a day or multiple days this week and spending additional time communing with God.

**Partial Fast:** Abstaining from a single meal every day this week, utilizing that time as an opportunity to commune with God.

**Distraction Fast:** Abstaining from social media, TV, and/or some other activity that can be a distraction in your pursuit of God. This frees up your mind and schedule to spend more time communing with God.

**Daniel Fast:** Abstaining from certain foods and drinks this week and spending additional time communing with God. You can find the details of the Daniel Fast online.

Email [info@mbbcirving.org](mailto:info@mbbcirving.org) if you have any questions.