



# *Filled 2025*

**Prayer & Fasting Guide**

*Prepared*

*Matthew 5:6*

**Blessed are those who hunger and thirst for righteousness for they shall be filled.**

*Joshua 3:5*

**Joshua told the people, "Consecrate yourselves, because the Lord will do wonders among you tomorrow."**

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*Ezekiel 38:7*

**"Be prepared and get yourself ready, you and your whole assembly that has been mobilized around you; you will be their guard."**

## *Church Family -*



Our prayer for your life is

that you will have a relationship with God filled with strength and health in every season. That you will have a resilient faith. It is our belief that a regular practice of prayer and fasting will help to build that kind of faith in your journey. That is why we take time throughout each year to pray and fast together as a church family.

We have developed this guide to go alongside your time of prayer and fasting. It has information to help you in your fasting, scriptures to strengthen you and prayers to declare over your life. We know that it will be a support to you during this week and hope that you will return to it throughout your year.

As we take time this week to restrict the foods that we eat, let's continually meditate on the words of Jesus found in Matthew 5:6. I am believing that we will be FILLED.

Phil Ryburn

Meredith Ryburn

## WHAT IS FASTING?

Fasting is more than being hungry. It is more than just giving up food. Biblical fasting is abstaining from some or all foods for the purpose of spiritual growth. We fast to strengthen and deepen our relationship with God. There are certainly health benefits to fasting, but the focus of a spiritual fast is not our physical health, but our spiritual health.

Corporate fasts, when the whole church fasts together, are especially beneficial for building our collective unity. Our belief is that we will grow stronger together and be prepared for the days ahead because of the commitment we make during this time.

Here are some key passages for deeper study:

**Esther**  
4:12-17

**Daniel**  
1:8-21 and 10:1-14

**Jesus**  
Matthew 4:1-17

## Ways to Fast

When fasting for spiritual growth, we encourage you to choose a type of fast that stretches you to grow, while acknowledging any specific needs and ensuring it is attainable. This should not be easy. Challenge yourself. Whenever you have questions about your personal health or physical limitations in fasting it is a good idea to check in with your medical professional ahead of time.

*Any of the following forms of fasting can be observed completely in full days or partially from 6 AM to 6 PM daily.*

**Water only** - This is the most common form of fasting that we see throughout scripture. In this type, you abstain from all food and other beverages and only drink water.

**Liquids** - In this form of fasting you abstain from all solid foods and only consume pure fruit and vegetable juices and water. Some people include broth soups in this form as well.

**Daniel's Fast** - We get this type of fasting from the fast Daniel and his friends observe in Daniel 1. In this fast you abstain from all meat, sugars and processed foods; eating: fruits, vegetables, whole grains and legumes. This can be a great option if this is your first time fasting or if you have medical needs.

In all forms of fasting we aim to abstain from caffeine, alcohol, processed sugars and any other stimulants.

## *Make a plan*

Making and writing out your fasting plan will help you succeed.

Take some time and decide now how you will fast.

**Full Day Fasting**

**6AM - 6PM daily**

**Water Only**

**Liquids**

**Daniel's Fast**

**Other:** \_\_\_\_\_

Fasting with friends helps to keep us accountable and strengthen us along the way.

**Who will you fast with?**

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Remember, prayer and scripture are part of fasting (otherwise you are just hungry!)

**When will you pray and read scripture each day?**

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# *Spiritual Meal Plan*

During times of fasting and prayer the idea is that we would be filled in our spirits while we are gaining discipline in our bodies. Here is a “spiritual meal plan” to follow throughout each day.

## *Breakfast:*

**Read the daily scripture and prayer found in this guide.**

*Bonus: Listen to the daily podcast that goes along with each day.*

## *Lunch:*

**Spend time in worship**

## *Dinner:*

**Read through and pray The Lord's Prayer**

Therefore, you should pray like this:

Our Father in heaven,

your name be honored as holy.

Your kingdom come.

Your will be done on earth as it is in heaven.

Give us today our daily bread.

And forgive us our debts, as we also have forgiven our debtors.

And do not bring us into temptation,

but deliver us from the evil one.

*Matthew 6:9-13*

Find the daily podcast, worship playlist  
and more resources for your fast.

**CLICK HERE**



# *I'm Believing For...*

Mark 11:24 "Therefore I tell you, everything you pray and ask for believe that you have received it and it will be yours."

## **Salvation for:**

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## **In my relationships:**

(family, friends, colleagues)

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## **In my work, finances or study:**

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## **In my health:**

(spirit, soul and body)

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## **Answers I'm listening for:**

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**God, what are you asking me to give in this year's Declaration Offering?**

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# Day 1 - Prepare my Heart

## Scripture: Psalm 51:10-12

“God, create a clean heart for me and renew a steadfast spirit within me. Do not banish me from your presence or take your Holy Spirit from me. Restore the joy of your salvation to me, and sustain me by giving me a willing spirit.”

## Reflections:

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## Prayer:

God I speak over my life that I would find a steady, steadfast soul in You. All of my days I want to be found in your presence. I speak against anything that tries to pull my heart or attention away from you. Show me anything that is competing with you for my affection. I thank you that you are preparing my heart for the year ahead. In your name, Jesus, Amen.

# Day 2 - Prepare My Way

## Scripture: Proverbs 4:18-19

“The path of the righteous is like the light of dawn, shining brighter and brighter until midday. But the way of the wicked is like the darkest gloom; they don’t know what makes them stumble.”

## Reflections:

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## Prayer:

I thank you, God, for your righteousness. I thank you that I am found right before you because of Jesus. Help prepare my path before me — make it clear, make it plain, and help me to walk in it. I speak over my year that your true light will lead the way; that darkness has no place in my life. I speak that your light will illuminate anything that may cause me to stumble and that I will listen to Your steady guidance. Amen.

# Day 3 - Prepare My Relationships

## Scripture: Ecclesiastes 4:9-12

“Two are better than one because they have a good reward for their efforts. For if either falls, his companion can lift him up; but pity the one who falls without another to lift him up. Also, if two lie down together, they can keep warm; but how can one person alone keep warm? And if someone overpowers one person, two can resist him. A cord of three strands is not easily broken.”

## Reflections:

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## Prayer:

God I am grateful for the relationships that you have brought into my life. I ask in this year that my relationships would be true partnerships that bring you glory. I know that the right relationships will make me more like you and wrong relationships will lead me away from your and your plans. Remove any relationship that is not from You. God, help me to be the kind of person that draws people in my life closer to you — help me be a strength and a partner in my relationships. Thank you for preparing me and preparing my relationships for the year ahead.

# Day 4 - Prepare My Vision

## Scripture: Isaiah 43:1

"Look, I am about to do something new; even now it is coming. Do you not see it? Indeed, I will make a way in the wilderness, rivers in the desert.

## Reflections:

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## Prayer:

Lord, give me fresh vision for the year ahead. Give me fresh vision for today. You are the eternal God who sees far beyond my earthly vision. Help me to see what you see in others, in situations and in myself. Lord, help me to see Your Spirit moving and your provision in every situation. I thank You for preparing my vision for the year ahead. Amen.

# Day 5 - Prepare My Mind

## Scripture: 1 Corinthians 2:16

"For who has known the Lord's mind, that he may instruct him?, But we have the mind of Christ. "

## Reflections:

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## Prayer:

Lord, You are the Word — the logos — of God. It was through You that all creation was made and in You that all creation is held together. I thank You that when my human mind comes to its limits, You are there. Anoint my mind. Prepare my mind for the year ahead. Let my thoughts be Your thoughts and; therefore, my ways Your ways. In Your name, Amen.

# Day 6 - Prepare My Faith

## Scripture: Mark 9:23-24

Jesus said to him, “ ‘If you can’? Everything is possible for the one who believes.” Immediately the father of the boy cried out, “I do believe; help my unbelief! ””

## Luke 17:5-6

The apostles said to the Lord, “Increase our faith.” “If you have faith the size of a mustard seed,” the Lord said, “you can say to this mulberry tree, ‘Be uprooted and planted in the sea,’ and it will obey you.”

## Reflections:

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## Prayer:

Heavenly Father, I thank you that you are the source of my Faith. I believe that nothing is impossible with You. Still, there are times that I feel doubt as well. Help me with my unbelief. You are so good that even a little, mustard seed size faith can be effectual. God, use the faith that I have to bring You glory this year. I ask you to strengthen and increase it. I trust in You, Amen.

# Day 1 - Prepare My Giving

## Scripture: Luke 6:38

“Give, and it will be given to you; a good measure pressed down, shaken together, and running over will be poured into your lap. For with the measure you use, it will be measured back to you.”

## Reflections:

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## Prayer:

Lord, I thank You for the ability to give. I am grateful that I have more than enough and acknowledge that You are the provider of all good things in my life. I ask you to bless my giving. Help me to live a generous life that causes good return into my lap. I speak “running over” abundance into my year. I thank you that you have prepared me to give and prepared me to receive, in Your holy name, Amen.

*On our final day of fasting, we are also preparing to give our annual Declaration Offerings. We want you to know that we believe these words of Jesus that were recorded in Luke's Gospel and will be praying them over you all year.*

*- Pastors Meredith + Phil*



Well Done! You have completed your 7-day time of prayer and fasting. I am so proud of you! Phil and I are believing that you find yourself Filled with the power and presence of God in a fresh way. I know that beginning 2025 with a focus on preparing spiritually for the year ahead will lead to great things.

Feel free to return to this 7 day guide throughout the year either as devotional material or as a guide to fasting on your own or with a small group of friends.

I want to invite you to join in on **pre-service prayer** each week starting at **9:30 AM each Sunday** or at our monthly evening prayer on **4th Wednesdays at 6:00 PM.**

*- Pastors Meredith + Phil*

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## **Matthew 7:7-8**

**“Ask, and it will be given to you. Seek, and you will find. Knock, and the door will be opened to you. For everyone who asks receives, and the one who seeks finds, and to the one who knocks, the door will be opened.”**



# Life Groups SZN 1

Launch Feb. 16

Life is meant to be done around others!  
If you're looking to make friends, dive deeper into Sundays' messages, and become the person that God created you to be - Life Groups are for you!



**CLICK HERE TO SIGN UP**



*Filled  
2025*