
5-Day
PRAYER & FAST
MON, NOV 16 - FRI, NOV 20

WHY FASTING

“O God, you are my God; earnestly I seek you; my soul thirsts for you; my flesh faints for you, as in a dry and weary land where there is no water.” (Psalm 63:1)

If I could illustrate the burning heart of what fasting is and why we still practice it today, this prayer from David would be it. If you are unfamiliar with fasting, you can think of it as the simple (but hard) act of denying yourself the physical things of this world so that you can devote yourself more to seeking after the spiritual things, mainly God and His Kingdom!

This is why we are setting aside five days to fast and pray.

We want to lift our gaze upward to Christ in worship and gratitude. We want to wipe away the film that has clouded our vision and dulled our awareness of His presence. We want to shake off our slumber and apathy, awakening our souls once again to seek His Kingdom first. We want to posture ourselves as children approaching our Heavenly Father with humble dependence, asking Him to do what we need in our lives, our church and in our world, but could never accomplish through our own strength or strategies. This is the aim for the next five days, to pray specifically over this coming season and ask God with faith to come in power and move mightily among us.

Let us join together in one voice as one church to say: “This much, O God, we want you.”

- Pastor Christopher

HOW TO FAST

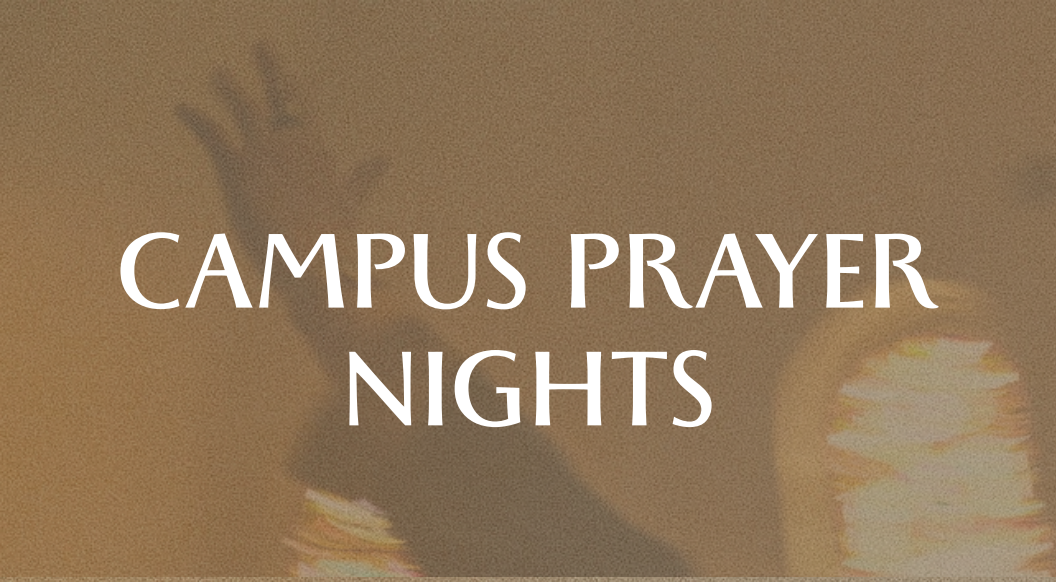
When it comes to fasting, we want to follow the example set before us in Scriptures. While fasting from things like TV and social media can be helpful (and is encouraged during this time), we also encourage you, as you are able, to fast from food in some capacity. There is something powerful about feeling the physical hunger and dependence that come with this sacred practice, allowing our ache for food to awaken a deeper desire for God.

Biblical Examples of Fasting:

1. COMPLETE Fast: Abstain from food during the entirety of the fast, only having water, juices, soups, etc.
2. PARTIAL Fast: Skip one or two meals and devote that time to prayer and the reading of Scriptures.
3. SELECTIVE Fast: Abstain from particular foods (sugar, meat, etc.) during the period of fasting.

The aim of fasting is not how well you can abstain from food. God does not reserve greater blessings to those who eat less and feel more discomfort. The purpose is to lessen the numbing power of this world so that you would be more desperate and sober-minded in seeking after God to satisfy you.

We don't fast to earn something, we fast to remove what is getting in our way of receiving more of who Christ is and what He so readily wants to give us! This is why it's not just fasting (abstaining) but prayer (seeking). Aim to keep your focus more on the God you are desiring than the meals you are skipping and you will see Him in fresh ways!



CAMPUS PRAYER NIGHTS

Every week, our campuses gather for prayer nights to worship God and ask Him in faith to move powerfully in our lives, our church, and our cities! During this week of fasting, we especially encourage you to join us as we seek the Lord together!

FREMONT (40657 Encyclopedia Cir, Fremont)
Every Monday @ 7–8PM | Mother's Room

HAYWARD (25830 Gading Rd, Hayward)
Every Monday @ 8–9PM | Multipurpose Room

OAKLAND (1221 Pacific Ave, San Leandro)
Every Monday @ 7–8:30PM | Main Office

MILPITAS (1715 E Calaveras Blvd, Milpitas)
Every other Wednesday (Nov 18) @ 7–8:30PM
Mother's Room

AND WITHOUT FAITH
IT IS IMPOSSIBLE TO PLEASE
HIM, FOR WHOEVER
WOULD DRAW NEAR TO
GOD MUST BELIEVE THAT
HE EXISTS AND THAT
HE REWARDS THOSE
WHO SEEK HIM.

Hebrews 11:6





Abundance

NIGHT OF GIVING THANKS

FRI, NOV 20 @ 7PM
RESONATE CHURCH FREMONT

Come celebrate with us as we lift our voices in praise and gratitude to Jesus for His abundant goodness and provision to us this last year! Together, we'll worship through song, be encouraged by a message from the Scriptures, and share the joy of breaking our fast as a church family. It will be a special time!

DAY 1 – MONDAY, NOV 16
Our Whole Heart

SCRIPTURE

You will seek me and find me, when you seek me with all your heart. (Jeremiah 29:13)

DEVOTIONAL

We are fasting because there is more of ourselves to give over to God and more of God to receive, experience, and enjoy! We each have more of our attention and affection to give, we each have more to surrender.

The good news is that His giving of Himself was never based on the giving of ourselves. He gave Himself first in love to us in Christ. But it is a true Kingdom principle that those who offer up more of themselves to Him will experience more of His power, love and joy. This is not earning anymore than a boat earns the wind by putting up more of its sail. By fasting and praying we are putting up our sails and offering what we have held back from God to Him with fresh faith and surrender because He is worth it!

PRAYER PROMPTS

- God, I confess that I have held _____ back from you.
- God, I offer my heart and life to you afresh.
- God, I want to experience more of your _____.

DAY 2 – TUESDAY, NOV 17
Lights in the Bay Area

SCRIPTURE

"In the same way, let your light shine before others, so that they may see your good works and give glory to your Father who is in heaven." (Matthew 5:16)

DEVOTIONAL

This season we are engaging as a church in 15 unique service projects throughout the Bay Area. From serving those on the streets who are sex-trafficked to tangibly loving our local schools to providing Christmas gifts to under-resourced families — we have the opportunity to put the light of Jesus on display across our cities. But our hope isn't just that people have their needs met, but as that happens, they experience the Kingdom of God coming near to them and they realize, like never before, that there is a true King who loves them and sees them. We want our small acts of love to be beacons of light that would lead others to embrace Jesus for all He is!

PRAYER PROMPTS

- God, send out an abundance of laborers from our church.
- God, empower us to sacrificially love the people we serve.
- Holy Spirit, open our mouths to share about the hope of Jesus in love and boldness to those we serve.

DAY 3 – WEDNESDAY, NOV 18
Living Sent

SCRIPTURE

"Jesus said to them again, 'Peace be with you. As the Father has sent me, even so I am sending you.'" (John 20:21)

DEVOTIONAL

It's easy to fall into the thinking that Jesus' plan to reach the world must have to do with a particular program or a weekly worship service. But the resurrected Jesus makes it really clear as He speaks to His disciples: they are the plan. Yes, ordinary disciples filled with the Holy Spirit who are still sinning and growing and figuring out what it really looks like to live in God's Kingdom.

This season, as we interact with friends, co-workers, neighbors and family — we want to believe and practice Jesus' charge to us with childlike faith and obedience. As Jesus was sent into the world, so are we — sent into the places we work, eat, play and live . And we don't need a curriculum or a specific number of verses memorized — He is with us, we have witnessed how His love is better than life and we have more than enough to share to others about how good He is and what He has done for us.

PRAYER PROMPTS

- God, help me to believe you are with me as I live sent.
- Holy Spirit, show me the people you want me to witness to and fill me with love for them.

DAY 4 – THURSDAY, NOV 19
Awakened to Wonder

SCRIPTURE

"When they saw the star, they rejoiced exceedingly with great joy. And going into the house, they saw the child with Mary his mother, and they fell down and worshiped him." (Matthew 2:10-11)

DEVOTIONAL

As we think about the upcoming Christmas season; the parties, the family traditions, the special worship services, the liturgies — there is something we don't want to go without, and that is fresh worship and joy. The reality of the Sovereign Creator of this Universe coming down to this speck of dust in the cosmos and wrapping Himself in flesh should warrant one clear response: "What kind of God is this?" This is the posture we want for ourselves and for those who will join us that have yet to trust Christ. We want the scales to fall off our eyes so we all, like never before, see Jesus clearly for who He is and want to lay all aside to follow Him and love Him! He is worthy of this response.

PRAYER PROMPTS

- God, open my eyes to see you in fresh ways this season.
- Father, draw lost people to Christ during our services.
- God, lead us to experience deeper joy than ever before.

DAY 5 – FRIDAY, NOV 20
God's Abundance

SCRIPTURE

"You prepare a table before me in the presence of my enemies; you anoint my head with oil; my cup overflows. Surely goodness and mercy shall follow me all the days of my life, and I shall dwell in the house of the LORD forever." (Psalm 23:5-6)

DEVOTIONAL

If there was one thing that God was to us this last year, it was abundantly faithful. Through every unknown, through all the bitter pain and crushing trials, through the darkness of the valley and the scarcity of the moment — God has loved us, provided for us and kept us when we didn't think we could make it. Whether financial, emotional, physical or relational — God sustained us. It might not have looked like what we expected or even wanted, but if we stopped to reflect, we would be able to say with David that our cup truly overflows. The proper response to God's faithfulness to us is a deep reverence and wonder that leads to wholehearted obedience.

PRAYER PROMPTS

Spend time thinking back on and listing out how God has been specifically faithful to provide for you, love you and sustain you this last year and take time to praise Him in response to it all.


RESONATE