



Greetings TMB Family,

As we will soon celebrate 10 years of ministry as a local church, we are humbled that the Lord has faithfully protected and prospered TMB. We have experienced tremendous favor from the Lord over the last 10 years. We believe that we have only scratched the surface of how the Lord desires to use our TMB family. There are thousands of people in our reach and what an opportunity to reach the nations based upon our geographic location. Our desire is not to pursue plans that we can accomplish through our human ingenuity, but to pursue plans we know it will take God to accomplish. This only happens when we bathe our plans in prayer.

We ask you to join us in a time of prayer and fasting for 10 days praying over our next 10 years as a family on mission. Starting Monday, August 14th – Wednesday, August 23rd, we will enter a time of prayer and fasting. We know that lasting change only comes when God transforms human hearts, which leads to repentance and action. We are asking God to do “exceedingly and abundantly beyond all that we ask or think, according to the power that works within us.” (Ephesians 3:20) This will require obedience and sacrifice from each of us to accomplish all that God desires of this amazing local church. Please join us by starting day 1 of our second decade in this time of prayer and fasting.

Included below, you will find prayer & scripture focus, and a fasting guide. Please join us each morning during the fast at 7 am for a Prayer Conference Call. Dial-In number is (641) 715-0700. Access Code is 507959. Hope you can join us! If you have questions or need more information, please email info@themidtownbridge.com.

Prayer & Scripture Focus

Day 1 (August 14th) - Personal walk with the Lord (Ephesians 1:15-23)

Day 2 (August 15th) - Pray for spiritual leaders (Hebrews 13:17-19)

Day 3 (August 16th) - Personal & church vision (Nehemiah 1)

Day 4 (August 17th) - Children of our church & city (Mark 10:13-16; Isaiah 1:16-17)

Day 5 (August 18th) - Financial Provisions (2 Kings 4:1-7)

Day 6 (August 19th) - Generosity (2 Corinthians 8:1-6; 9:6-15)

Day 7 (August 20th) - Gospel opportunities (Ephesians 6:18-20)

Day 8 (August 21st) - The lost and those in despair in our city (Luke 16:11-32)

Day 9 (August 22nd) - Pray for the persecuted church & Christians (Acts 8:1-8)

Day 10 (August 23rd) - Unity in the body (John 17:20-26)



Fasting Guide

How you begin and conduct your fast will largely determine your success. Copied below are seven basic steps to fasting selected from an article written by Campus Crusade for Christ (CRU). We hope that you will find it useful during your journey.

STEP 1: Set Your Objective

Why are you fasting? Is it for spiritual renewal, for guidance, for healing, for the resolution of problems, for special grace to handle a difficult situation? Ask the Holy Spirit to clarify His leading and objectives for your prayer fast. This will enable you to pray more specifically and strategically. Through fasting and prayer we humble ourselves before God so the Holy Spirit will stir our souls, awaken our churches, and heal our land according to 2 Chronicles 7:14. Make this a priority in your fasting.

STEP 2: Make Your Commitment

Pray about the kind of fast you should undertake. Jesus implied that all of His followers should fast (Matthew 6:16-18; 9:14,15) For Him it was a matter of when believers would fast, not if they would do it. Before you fast, decide the following up front:

- How long you will fast - one meal, one day, a week, several weeks, forty days (Beginners should start slowly, building up to longer fasts.)
- The type of fast God wants you to undertake (such as water only, or water and juices; what kinds of juices you will drink and how often)
- What physical or social activities you will restrict
- How much time each day you will devote to prayer and God's Word

Making these commitments ahead of time will help you sustain your fast when physical temptations and life's pressures tempt you to abandon it.

STEP 3: Prepare Yourself Spiritually

The very foundation of fasting and prayer is repentance. Un-confessed sin will hinder your prayers. Here are several things you can do to prepare your heart:

- Ask God to help you make a comprehensive list of your sins.
- Confess every sin that the Holy Spirit calls to your remembrance and accept God's forgiveness (1 John 1:9).
- Seek forgiveness from all whom you have offended, and forgive all who have hurt you (Mark 11:25; Luke 11:4; 17:3,4).
- Make restitution as the Holy Spirit leads you.
- Ask God to fill you with His Holy Spirit according to His command in Ephesians 5:18 and His promise in 1 John 5:14,15.
- Surrender your life fully to Jesus Christ as your Lord and Master; refuse to obey your worldly nature (Romans 12:1,2).
- Meditate on the attributes of God, His love, sovereignty, power, wisdom, faithfulness, grace, compassion, and others (Psalm 48:9,10; 103:1-8, 11-13).
- Begin your time of fasting and prayer with an expectant heart (Hebrews 11:6).
- Do not underestimate spiritual opposition. Satan sometimes intensifies the natural battle between body and spirit (Galatians 5:16,17).

STEP 4: Prepare Yourself Physically

Fasting requires reasonable precautions. ***Consult your physician first***, especially if you take prescription medication or have a chronic ailment. Some persons should never fast without professional supervision.

Physical preparation makes the drastic change in your eating routine a little easier so that you can turn your full attention to the Lord in prayer.

- Do not rush into your fast.
- Prepare your body. Eat smaller meals before starting a fast. Avoid high-fat and sugary foods.
- Eat raw fruit and vegetables for two days before starting a fast.

STEP 5: Put Yourself on a Schedule

For maximum spiritual benefit, set aside ample time to be alone with the Lord. Listen for His leading. The more time you spend with Him, the more meaningful your fast will be.

STEP 6: End Your Fast Gradually (*Applicable for certain fast*)

Begin eating gradually. Do not eat solid foods immediately after your fast. Suddenly reintroducing solid food to your stomach and digestive tract will likely have negative, even dangerous, consequences. Try several smaller meals or snacks each day. If you end your fast gradually, the beneficial physical and spiritual effects will result in continued good health.

STEP 7: Expect Results

If you sincerely humble yourself before the Lord, repent, pray, and seek God's face; if you consistently meditate on His Word, you will experience a heightened awareness of His presence (John 14:21). The Lord will give you fresh, new spiritual insights. Your confidence and faith in God will be strengthened. You will feel mentally, spiritually, and physically refreshed. You will see answers to your prayers.

A single fast, however, is not a spiritual cure-all. Just as we need fresh infillings of the Holy Spirit daily, we also need new times of fasting before God.

It takes time to build your spiritual fasting muscles. If you fail to make it through your first fast, do not be discouraged. You may have tried to fast too long the first time out, or you may need to strengthen your understanding and resolve. As soon as possible, undertake another fast until you do succeed. God will honor you for your faithfulness.