

World Methodist Evangelism: The Wesleyan Pattern of Prayer and Fasting*

Fasting is a significant part of the Christian experience. Jesus fasted and prayed for 40 days and taught his disciples to fast. First century churches fasted twice weekly. John Wesley encouraged those in the Methodist Movement to fast and pray.

In more than 130 countries, the Wesleyan/Methodist family joins in the same weekly fast which John Wesley observed most of his life: going without solid food after their evening meal each Thursday until mid-afternoon each Friday. This time of fasting is focused in prayer on the vision that those who follow Jesus, in the company of the Wesleys, would be empowered to become channels for the transformative power of the Holy Spirit.

Our world desperately needs the healing, hope, and salvation offered in Jesus Christ. You can become part of this important movement by joining us as we fast and pray weekly for Holy Spirit power to share the good news so that the world may know Jesus Christ.

Thursday Evening Prayer

To you, O God, we offer the coming day's devotion of prayer and fasting. We thank you for the example of Jesus. Grant that we may die to ourselves. Make us new in Christ. Feed the starvation of soul, of thought, of will, and after the quiet rest of sleep; open our mouths to praise you in the morning. Through Christ your Son, our Light and our Strength. AMEN

Friday Morning Prayer

How great and gracious you are, God the Father, the Son, and the Holy Spirit! We pray for your world -- for righteousness, justice, and peace, for healing, hope and salvation. May the whole world know amazing grace and salvation through Jesus Christ. Grant us the courage to become channels through which your love and grace might flow. In the power of the Holy Spirit we pray in Jesus' name. AMEN

Friday Mealtime Prayer

Thanks be to you, O God, for all your gifts and for the food that we shall not enjoy today. Thanks be to you for the inner nourishment of your presence and for new vigor in our prayer through this sign of fasting. Thanks be to you for family, children, friends, neighbors, near and far. Thanks be to you for Jesus, the Bread of Life. AMEN

Friday Prayer for Breaking Fast

To you, O God, we have offered this day of prayer and fasting. We pray for a worldwide Pentecost. Through the Holy Spirit, empower us to share our faith, love our neighbors, and become channels of your peace. In the name of Christ Jesus our Lord, we offer this prayer and sign of fasting. AMEN

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