



(Please read by or before February 27 and post at your Church)

40 Days of Praying-Caring-Sharing & Fasting

Frequently Asked Questions

March 1 – April 9, 2017

Q. Why are we doing another 40 Days of praying-caring-sharing & fasting?

A. It is sad to say, but very few Christians really faithfully practice praying-caring-sharing and fasting. The Bible is filled with patterns and examples of God's people uniting for a season of humility, consecration and waiting in the presence of God for renewal, revelation, repentance and revival as seen, especially, in the history of the Children of Israel and in the early Church (Christians) seeking the face of God. We must encourage each other to live out and practice a faithful and fruitful life of prayer. Also, some congregations were not able to fully participate last fall. God is the rewarder of those who diligently seek Him and not things. Our focuses will be seeking the face of God for closer intimate communion with Him, and praying for unsaved people to be convicted of sin and given grace to repent and believe on the Lord Jesus Christ.

Q. Why should we fast?

A. Fasting should be to God and not to impress people. Fasting should be an expression of inner contrition and devotion to the Lord. In the Bible, there are many different occasions when people fasted such as: when facing coming threats or danger, when facing a difficult decision, when praying for healing, when seeking a closer personal intimacy with the Lord, and when facing spiritual opposition in the home, at work, at church or in ministry. Fasting is not designed to force God to do anything, but rather to help the persons fasting to be in a position of greater sensitivity and responsiveness to the work of the Holy Spirit in and through them.

Q. Do members have to fast?

A. We encourage every member who can to voluntarily fast each day from one or more meals. The time period can be 24 hours or 12 hours or as few as 8 hours. However, this is an individual decision made with God under the leadership of the Holy Spirit.

If you do fast, please make sure you check with your doctor especially if you are on any medication.

Q. Can you tell me some more about fasting?

A. Fasting, historically, has involved voluntarily denying one's self food and drink, but most often food, for a specific period of time or days. The human body is designed to adjust to food deprivation for multiple weeks, and water deprivation up to seven days. During the 40 Days, you may be led to fast from one or more meals, such as no breakfast, lunch or dinner. You may decide to fast certain foods such as no meats or sweets. In addition to fasting from food, you may also "fast" from TV or computer games or shopping for non-essential items. Ask God how He would have you to fast. Also, visit this link for more on fasting: Personal Guide to Fasting - <http://www.cru.org/train-and-grow/devotional-life/personal-guide-to-fasting.html>

Q. Do congregations have to have special services or prayer meetings during this 40 Day period?

A. No. Since every Christian ought to be praying and growing in his/her prayer life, and since every congregation ought to be characterized as a house of prayer, we simply hope that as a denomination we will be in general agreement in prayer during our normal scheduled times of worship. We hope that each congregation will start the 40 Days of Praying, Caring, and Sharing & FASTING on Ash Wednesday, March 1, and end with a prayer service/time on Palm Sunday, April 9, 2017. As we focus on knowing, loving, worshipping and serving the Lord, and growing in closer and more intimate fellowship, we have hope in the Lord for a purer, purposeful and more powerful COCHUSA!

Q. How do we order or get copies of the *Seek God for the City* prayer guide or app?

A. Order on line at www.waymakers.org or call **800-264-5214**

Q. What if my local congregation does not start on Ash Wednesday, March 1, can we still participate?

A. Yes. Just start. You can start using the 40 Days of Praying, Caring, Sharing & Fasting guide/calendar at any time. Make sure your church make copies of all of the inserts well in advance for all your members.

Q. Where do we go to get a copy of the materials if we should need to replace them?

A. Go to www.COCHUSA.org and click on **RESOURCES** at the top right of the page.

Q. What are the dates and times for the weekly prayer conference calls?

A. The calls will be every Monday from 8-9 p.m. Central Standard Time (9-10 p.m. Eastern; 6-7 p.m. Pacific)

Q. What is the phone number for the weekly prayer conference call?

A **(218-339-0872)** then code **668574#**

It is important that you call in 2-3 minutes before the start of the call.

Q. Why are there Bible verses and references on the prayer guide/calendar?

A. They are provided for your convenience. We hope you will turn to them in your Bibles and read and meditate on them. May the Holy Spirit take the Word of God and apply it to our deepest needs.

Q. How do other members of COCHUSA who are not on the email list get on and receive the e-mail updates?

A. They should send an email to prayercareshare@cochusa.org and in the subject put: **“subscribe to our broadcast email”** to be added to the list.