

LIMITLESS

# PRAY FAST FEAST

ARE YOU READY FOR AN ADVENTURE IN  
PRAYER, FAITH, FASTING AND FEASTING?

17-19 FEB 2017

## WE ARE CALLING YOU AND YOUR YOUNG PEOPLE TO **PRAY** **FAST** **FEAST!**

Prayer is so often a last minute exam emergency plea or a 'get-me-out-of-this' rough situation or a help someone I love is hurting, dying, in trouble...rather than a life of being connected to God, of talking to Him wherever we are, of knowing His presence in the daily.

**PRAY FAST FEAST** is an opportunity to take a youth session, night, or weekend and go on a prayerful adventure of faith! To help them explore prayer and fasting and to grow as a disciple.

### WHAT'S THE IDEA?

You get a bunch of young people together and spend an evening, overnight, weekend to **PRAY** together, to **FAST** together and then after it all **FEAST** together.



## HOW DOES IT WORK?

Totally up to you... you can do it as part of your regular youth club/sessions, you could do an overnight prayer space, prayer sessions and stay awake, you could do a Saturday day event and travel around your town/city, you could hijack a Sunday morning service and lead your church in a 'prayer meeting', or take the whole weekend and get youth to sign up for 1 hours slots in a creative prayer space, you could try a half night of prayer with worship and go proper intercessory focussing on different themes every half hour.... or any mix of the above!

**ON THE SAME WEEKEND YOUTH GROUPS ALL OVER THE UK WILL BE PRAYING FASTING & FEASTING.**

**MAKE SURE YOU USE THE HASHTAG #PRAYFASTFEAST**

How you **PRAY** **FAST** & **FEAST** is your choice to suit your group, but why not try something new and stretch your faith a bit.

### PRAY

see the **PRAY** section for some creative ideas – you can use and adapt any of them or do something completely different...

### FAST

see the **FAST** section for some top tips (There is a FREE youth session on fasting you can do with your young people before the event to help them understand what fasting is all about).

### FEAST

see the **FEAST** section for some food ideas – like we need to give youth workers any ideas on this – go wild – eat up!

# PRAY

## **Revival Run**

What is it? We take a prayer stake, we take a prayer and we plant it in the ground in another place, church or town and pray for God to move as if we were praying for our own.

[www.revivalrun.org](http://www.revivalrun.org)

- You grab a Garden Plant Stake (found in your local garden/DIY place)
- Get a map of the area/city and ask God to lead you to a place on the map
- Then you ask God what to pray & write prayers on the stakes or any Bible Verses
- Now you jump in a car, drive to the place, pray and plant the stake in the ground!

## **Community – Prayer walk**

*Do this safely. Take some Kingdom Limitless Bible Verses and prayers and write them on paper luggage tags. Walk around your community and tie them to places (safely) as you go. Going in small groups makes this a bit less conspicuous!*

**Worship/Music & Prayer** Prayer and sung worship IHOP style – you could lead your own and/or live stream IHOP worship and prayer sessions -

[www.ihopkc.org/prayerroom](http://www.ihopkc.org/prayerroom)

**Persecuted Church Blackout** It isn't their official blackout weekend but you could use their resources and pray for the persecuted church. They've got great ideas and resources and media to use.

[www.opendoorsyouth.org](http://www.opendoorsyouth.org)

## **Pass on the Baton**

Arrange to travel to other youth groups and pray with them through the weekend...maybe get a plastic baton and permanent markers and write any prayers on there to pass on!

## **Healing**

Why not have a prayer for healing session? Invite some people to help in this if you're not sure. Is there a Healing on the Streets team you could connect with for that weekend?

[www.healingonthestreets.com](http://www.healingonthestreets.com)

## **Creative ideas/Prayer Space**

For loads of FREE creative ideas visit:

[www.elim.org.uk/liftup](http://www.elim.org.uk/liftup)

[www.24-7prayer.com](http://www.24-7prayer.com)

[www.prayerspacesinschools.com](http://www.prayerspacesinschools.com)

# FAST

IF YOU NEED SOME HELP READ THE **GUIDE TO FASTING** & USE THE FREE FASTING YOUTH SESSION BEFOREHAND.

FOOD

**DANIEL FAST**

[WWW.DANIEL-FAST.COM](http://WWW.DANIEL-FAST.COM)

TECHNOLOGY

**BAD ATTITUDES**

TRY AND GET THE YOUNG PEOPLE AND YOUTH TEAM TO FAST BAD ATTITUDES AND HARSH WORDS FOR A WEEK; REPLACING THEM INSTEAD WITH ACTS OF KINDNESS!

TALKING

SLEEP

**TRY DIFFERENT FASTS EACH HOUR: 1**

TALKING, 2 TECHNOLOGY, 3 FOOD ETC.

# FEAST

**LOTS OF TIMES IN THE BIBLE PEOPLE GATHERED TOGETHER AROUND FOOD. THIS PART OF THE EVENT IS A GREAT REFLECTION MOMENT. HOW DID THEY FIND FASTING? WHAT DID GOD SHOW THEM AS THEY PRAYED? WHAT WAS THE BEST/WORST BIT?**

## **Make food together**

pizza/rice Krispie cakes/pancakes/ice-cream  
sundaes

## **Order in**

Pizza, Chinese, Chips!

## **Go for Food**

Macdonalds or Breakfast café – pray blessing  
on the place you go to

## **Breakfast after an overnight**

Bacon and sausage sandwiches!

## **Travelling meal**

Start with a home for starters, someone else  
for mains and a final place for dessert – each  
host home provides the food.

## **Bring & Share**

You can only eat what the young people  
bring to share! Enjoy lots of Haribo mixes and  
Pringles!



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[LIMITESSELIM.CO.UK/PRAYFASTFEAST](http://LIMITESSELIM.CO.UK/PRAYFASTFEAST)