

Fellowship Fast

Uniting in the Power of Prayer

#FellowshipFast ifcj.org



International Fellowship
of Christians and Jews®

#FellowshipFast
May 5, 2022

ONLINE ALL-DAY EVENT

Join us on Facebook

BEGINNING AT

7:00AM ET | 6:00AM CT | 4:00AM PT

LIVE PHONE-IN PRAYER SERVICE

Fellowship Fast Reflection
& Prayer Service

7:30PM ET | 6:30PM CT | 4:30PM PT

877-365-5237

The Fellowship is calling upon our friends and supporters to join together in a #FellowshipFast — a day of prayer and fasting. At the end of the day we will gather by phone or “meet” online for the “Fellowship Fast Reflection & Prayer Service” for a time of shared prayer requests, spiritual insights, and whatever God is speaking in our hearts as part of our #FellowshipFast.

Whether you are able to join us online or by phone — however you choose to personally fast and join us in prayer — please know that your prayers will be lifted up in “golden bowls full of incense, which are the prayers of God’s people” (Revelation 5:8) along with the entire Fellowship family. As the psalmist reassures us, “The LORD hears his people when they call to him for help. He rescues them from all their troubles” (Psalm 34:17 NLT).

What Is a Fast?

Throughout the Scriptures, God’s people have participated in the practice of fasting, oftentimes tied to the observance of key festivals and holy days, but also as a communal response to tragedy and a call to repentance. References to fasting can be found in the books of Samuel, Daniel, Ezra, Nehemiah, Psalms, and others. Additionally, it was quite natural — and common — for ancient people to fast as part of their service to God. [Read more about specific Jewish Fast Days here.](#)

What Is a Spiritual Fast?

[The spiritual fast](#) has three main purposes — to cause us to pause our daily routines, consider our actions, and decide on changes that need to be made in our lives. Ultimately, it does not matter what we fast — whether it’s food, drink, or an activity we enjoy. On fast days, and on all days, what we give up is less important than what we give forward. Giving charity, giving our hearts and our prayers, and giving our time to pursue justice and righteousness are the greatest gifts that we can give to God. This is the kind of fast that He desires, and which pleases Him the most.

*“I lift up my eyes to the mountains — where does my help come from?
My help comes from the LORD, the Maker of heaven and earth.”*

— PSALM 121:1-2

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‘I Lift Up My Eyes’ — A Psalm of Protection, Promise, and Hope

Psalm 121 is one of the 15 psalms called the “Songs of Ascent.” These psalms (Psalm 120–134) were sung by the Temple priests as they ascended the 15 steps to the Holy Temple in Jerusalem. All the “Songs of Ascent” are uplifting in nature, but Psalm 121, in particular, begins with the imagery of literally looking up: *“I lift up my eyes to the mountains—where does my help come from?”* (v. 1). The psalmist looks up to find the source of his salvation, *“My help comes from the LORD, the Maker of heaven and earth”* (v. 2). He recognizes that his help comes from the LORD, the Creator of the world.

Jewish tradition teaches that the inspiration for this psalm came from the Book of Genesis, when Jacob must leave his home in order to escape the wrath of his brother Esau. On that perilous journey, Jacob has a dream in which he encounters God. God promises Jacob that everything will turn out alright and reassures him with the following words: *“I am with you and will watch over you wherever you go, and I will bring you back to this land...”* (Genesis 28:15). Psalm 121 ends with very similar words: *“the LORD will watch over your coming and going both now and forevermore”* (v. 8).

Appropriately, it has become customary to recite Psalm 121 before beginning any long or dangerous journey. Just as God watched over and protected Jacob, we pray that He will provide us with the same comfort and protection.

Psalm 121 has also become part of the psalms recited when going through any difficult time. The words of this psalm give expression to our cry for help and give us comfort that our salvation will surely come. In the dark times of our lives — and in the good times — this psalm is a light shining upward, pointing to the heavens and reminding us that we are never alone.

Conducting a Personal Day of Fasting and Prayer

This spiritual guide, founded on Psalm 121, is offered to help you conduct a day of fasting and prayer. Use it in any number of ways.

Perhaps you will want to devote an hour of prayer during the day, when you can read through Psalm 121 and pray through its verses. Or you can set aside time throughout the day to pray through the eight verses of Psalm 121.

Here are some ideas and thoughts on choosing your own way of prayer and fasting:

- Abstain from one meal
- Abstain from a type of food (desserts or a favorite beverage)
- Abstain from watching TV for the day or for a period of time
- Abstain from emails or using your cell phone for a period of time
- Use the *Prayer Guide to Psalm 121* to direct your prayers
- Read the *“Songs of Ascent”* (Psalms 120-134) to guide your spiritual journey throughout the day
- Listen to your favorite hymns and worship songs throughout the day to help you focus on God



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A Time of Prayer

Prayer Guide to Psalm 121

Use this guide through Psalm 121 to direct your thoughts and prayers throughout the day, or during a specific time of prayer. However you choose, allow the words of the psalmist to lift up your eyes heavenward to where our help comes from “*the LORD, the Maker of heaven and earth.*”

**¹I lift up my eyes to the mountains—
where does my help come from?**

As you begin your spiritual journey, use the psalmists’ words to focus your heart and your mind on God. Literally, lift your eyes heavenward along with the psalmist and ask God to quiet your thoughts and help you remember that He is there.

**²My help comes from the LORD,
the Maker of heaven and earth.**

Thank God for all that He already has done for you. Consider all the blessings from God in your life. Remember where your help comes from and take time to praise God, the Creator of all that is around you. Reflect on the beauty of God’s world and give Him praise.

**³He will not let your foot slip—
he who watches over you will
not slumber**

Spend some time reflecting on God’s presence in your life and in the world right now. What challenges are you facing? What is keeping you awake at night? What concerns do you have for the world? Lift these up in prayer, remembering that God is our ever-present protector and will not let you fall.

**⁴indeed, he who watches over Israel
will neither slumber nor sleep.**

Pray for Israel and God’s people. Pray for *The Fellowship’s* work in helping the most vulnerable of God’s children — the elderly and the Holocaust survivors; the lone soldiers who guard and preserve Israel’s safety; the widows and the orphans; the persecuted and victims of terror. Ask that God will continue to watch over and protect Israel.

**⁵The LORD watches over you—
the LORD is your shade at your
right hand**

The Jewish sages understand this verse to mean that God is like our shadow; He goes with us wherever we go. Where is God’s presence needed right now? Who in your sphere needs to know that God is with them? Pray for those situations and for those people who God brings to your mind. Pray that God will intervene in those situations and bring about hope and healing.

**⁶the sun will not harm you by day,
nor the moon by night.**

Pray for those Jewish souls living in situations where there is poverty, persecution, and anti-Semitism. Ask that God will shield them like the sun and the moon. Pray for their safety and for the opportunity to bring them back to their biblical homeland, Israel.

**⁷The LORD will keep you from
all harm—
he will watch over your life;**

Pray for the people in your community, your country, and around the world who are facing life-threatening situations, whether it’s illness, economic hardship, or natural disasters. Pray that God will keep watch over them and deliver them “*from all harm,*” as the psalmist says.

**⁸the LORD will watch over your
coming and going
both now and forevermore.**

Rejoice that the God of Abraham, Isaac, and Jacob is with us “*both now and forevermore.*” Close your time of prayer and fasting with praise and thanksgiving that we worship and serve a God who loves us and redeems us, who hears our prayers and is the source of all comfort and hope.