

#hopestartswithHim

# HOPE STARTS WITH HIM

30 Days of Fasting and  
Prayer for Our City

God's people have always turned to Him in prayer during times of crisis, chaos, and confusion. In key moments when His people have needed greater wisdom and guidance, they have added fasting to their prayers.

Esther was a Jewish orphan girl who, in God's sovereign plan, became Queen of the Persian empire, "for such a time as this" (Esther 4:14). A royal decree was drafted, with orders to kill and annihilate all the Jews. Esther was in the unique position to plead with the king for mercy. But before doing anything, Esther asked for all the Jews to fast on her behalf, and for wisdom and courage for all. Some other examples and reasons for Biblical fasting are for humility and mercy (1 Kings 21: 27-28) and for wisdom and discernment (Daniel 10:1-3).

## Join Us in Fasting for 30 Days

We encourage you to join us in fasting and praying for Hong Kong for 30 days, ending on **Sunday, September 8**. Here are some examples of possible fasts, but the specifics you choose are between you and the Lord.



### Fast One Meal Per Day for 30 Days

If you are used to fasting, you can choose to fast one meal per day, for 30 days, such as breakfast (but please take your health into consideration).

### Fast One Meal Per Day for a Duration of Your Choosing

If you are new to fasting, or have health concerns, you can choose to fast one meal per day for just one day, two days, or whatever duration the Lord puts on your heart.

### Fast / Abstain from Something Other Than Food

If you are not able to fast from food, you can choose to fast from something else. Examples would be social media, TV, or a particular item like coffee.

The idea is that you use this time of fasting to pray specifically for God to move in our city, and in the hearts of people.

### Daily Prayer and Fasting Guide

Please be sure to follow us on Instagram and Facebook, @islandecc, where we will be posting daily prayer guides, verses, and reflections to help guide you through this time. We encourage you to continue spreading a message of hope during this season using the hashtag, #hopestartswithHim