



## WHY DOES YFC PRAY & FAST?

Prayer **catalyzes** mission and empowers evangelism.

In prayer you get a hold of God and *more importantly*, God gets a hold of you.

As a movement, Youth for Christ is devoted to the word of God and prayer. Every historic revival and mission has been catalyzed by people of prayer and the Word of God. *Youth for Christ shares this story.* We uphold values and practices that ensure our staff are formed by

the Word of God to pray and act like Jesus. **These practices include a call to monthly prayer and fasting for lost youth.**

*“Every lost young person depends on our prayer.”*

### quote:

“So pray to the Lord who is in charge of the harvest; ask him to send more workers into his fields.”  
~ Jesus (from Mark 9:38)

“God does nothing but in prayer.” ~ John Wesley

### our mission:

Our mission to reach lost youth is *solely* dependent on prayer. We are calling every YFC staff, volunteer and partner to pray in **two ways:**

1. Pray for young people to know and be transformed by Jesus
2. Pray for more labourers in the harvest (Mark 9:38)

## How to spend a day in prayer and fasting:

### As an Individual:

1. **Prepare** how and what you will fast so that you may intentionally pray
2. **Retreat.** Plan a day long retreat with God. Choose a location that has less work/life distractions
3. **Read** scripture and this weeks ePray Global prayer & fasting invitation
4. **Lay out a map** of the world, your country or community and lift the lost before the Lord
5. **Take a prayer walk** reflecting on God's Word and listen for the Holy Spirit's direction to pray
6. **Engage with the Lord** in ways that produce faith and *spiritual hunger* (reading scripture, books, music, solitude, personal spiritual examination, praying with a friend, listen to a podcast)
7. **Listen** for and obey the Holy Spirit's leading in prayer
8. **CELEBRATE** what God has done at the end of your fast

### As a Staff Team:

1. **Appoint** a leader to communicate, lead and call others to prayer and fasting
2. **Decide** on the length of your teams fasting and prayer time
3. **Read** this weeks ePray Global prayer & fasting invitation
4. **Gather together.** *Pray* for lost youth, *pray* for more labourers (Mark 9:38), *take* a prayer walk
5. **Pray** for one another and specific youth or ministry requests
6. **Retreat.** Plan a day long spiritual formation team retreat: scripture reading, worship, team discernment
7. **Listen** and obey the Holy Spirit's leading in prayer
8. **Partner.** Create ways to invite or mobilize local Christians/churches to pray for the lost
9. **CELEBRATE** intentionally what God has done at the end of your teams fast

Your prayer moves God.

## prayer, a catalyst for mission

Prayer and fasting are a **catalyst for mission**. When we pray, we encounter God. In encountering God we are changed and our natural and appropriate response is *radical* mission.

Jesus prayed and fasted before the Spirit led him “in power” back to Galilee to begin His public ministry (Luke 4:1-2 & 14). The early church was catalyzed into mission, becoming ‘witnesses’ when praying (Acts 1-2). While praying and fasting, Paul and Barnabas were ‘sent’ as missionaries by the Holy Spirit (Acts 13:2-3). In the 1700’s, during their historic one hundred year long prayer meeting, the Moravians in Hernhut Germany, sent missionaries worldwide. Some of these missionaries were the ones who influenced John and Charles Wesley, who birthed the *first great awakening*. Finney, Moody, and the Booths journaled how *encountering God in prayer* became the source of their might in ministry. Youth for Christ Founder Torrey Johnston became a Christian after students began to *pray* for him. Prayer is the means in which the Holy Spirit invades, possess and leads people to Himself. Jesus, by the Holy Spirit and prayer writes his very nature, power and love upon the Christians heart compelling them into *radical* mission.

In faith, prayer, and scripture you will find that God withholds nothing from those who believe.

The impact of the Gospel in your family, community, and country hinges on a heart yielded in prayer and obedience.

It is not arrogant to say, “Prayer shapes history.”



**YOUTH FOR CHRIST**  
INTERNATIONAL  
REACHING YOUNG PEOPLE EVERYWHERE