



DAYS OF  
**PRAYER + FASTING**



**RESONATE**  
Life Church

**Guide and Journal**



## **Resonate Life Church 21 Days of Prayer and Fasting.**

Are you ready to go on a journey? A life changing journey of **21 days** of seeking God for your life, your family, for wisdom, discernment, healing, salvation, and revelation of who God is in your life.

We as a church are setting aside the month of January to seek God, to examine our hearts and prepare our spirit's for all that 2019 brings.

Our fast begins Sunday night, January 6, at 6pm and ends after church on January 27.

We are calling this corporate fast a Spirit-led fast. Meaning, ask the Holy Spirit to speak to you specifically what He would have you to give up and set aside in order to seek God. See fasting examples below.

We believe as you spend time in prayer and God's Word during this season, you will experience God in a new way. You will hear His voice more clearly, experience a deeper understanding of His Word, and see breakthrough in many areas of your life as you surrender to Him.

### **Fasting and Prayer Schedule for 2019**

Sunday, January 6 - 6 pm- Fasting starts - Encounter service

Wednesday, January 9 - 6-7 am Prayer in the sanctuary

Wednesday, January 9 - 6:30-7:30 pm Prayer in the sanctuary

Sunday, January 13 - 9:45-10:15 am - Pre service prayer

Wednesday, January 16 - 6-7am Prayer in the sanctuary

Wednesday, January 16 - 6:30-7:30 pm Prayer in the sanctuary

Sunday, January 20 - 9:45-10:15 am - Pre service prayer

Wednesday, January 23 - 6-7am Prayer in the sanctuary

Wednesday, January 23 - 6:30-7:30 pm Prayer in the sanctuary

Sunday, January 27 - 9:45-10:15 am - Pre service prayer

Sunday, January 27 - 12pm - Fasting Ends

In addition to the prayer guide, every morning at **6:45** am there will be a 10-15 min devotional (except Wednesdays) and prayer time on our website ([www.resonatelife.tv](http://www.resonatelife.tv)), Facebook page, and Resonate life APP (available on apple and android devices).

## **FASTING GUIDE**

### **What is Biblical Fasting?**

Biblical fasting involves abstaining from eating food and replacing it with prayer. Here are a few of the occasions for fasting we see in God's Word.

It was in a time of fasting that the Holy spirit spoke to send out **Paul and Barnabas** for the work of the ministry. It's in fasting God calls us into ministry **Act 13:1-3**

In **Esther 4:14** a fast was called for deliverance of the Jewish people who were about to be killed. If you need deliverance from an addiction or stronghold in your life, it's time to fast

We fast for healing in our bodies. **Isaiah 58:8**

In **Jonah 3:5-7** the people of Nineveh fasted for mercy from God and for salvation. We fast for our neighbors and family members to know Christ.

It was during a fast that Daniel received one of the greatest revelations from God about his people and the future messiah. We fast for greater revelation of God and insight into our daily lives. **Daniel 10:2-3**

It was during fasting that **Cornelius** and his family became the first non-jewish people to receive salvation in Jesus and the baptism of the Holy Spirit. We fast for our families, our marriages, and our children to grow closer to God. **Acts 10:30**

**Jehoshaphat** was king of Judah when a vast army marched against him and he declared a fast. God had him appoint singers and worshippers to go out ahead of the king and his army. God caused the enemy armies to go into confusion and kill one another. The people of Judah arrived to the battlefield and saw corpses as far as the eye could see. God went before them. God gave them victory through fasting. What battles are ahead that you can't see in 2019? When we fast and pray, God goes out ahead and defeats the enemy Himself. The victory is won by His Spirit, not by our strength.

The **disciples** couldn't cast out a demon out of a boy and they asked Jesus why. Jesus said this can only come out with prayer and fasting. We fast and pray to defeat demonic activity.

**Jesus** fasted for 40 days before ministry. Let's take the first month of 2019 to fast and pray to prepare for all that God has for us this year.

Fasting teaches us that God's Word nourishes us: **Matthew 4:1-4** records the only example of Jesus fasting, just prior to His being tempted in the wilderness. He faced temptation with these words, "Man shall not live on bread alone, but on every word that proceeds out of the mouth of God." Jesus is quoting Deuteronomy 8:3-5 which talks about the 40 years Israel spent in the wilderness, depending daily on manna to sustain them. He says that God humbled them and let them be hungry in order to teach them to depend on God's Word to sustain them. By His example of fasting, Jesus reminds us that food alone can't sustain us. We need to be nourished by God's Word.

Fasting teaches us that doing God's will sustains us: **John 4:31-35** records Jesus' encounter with the woman at the well. When the disciples return, they encourage Jesus to eat. He responds by saying, "I have food to eat that you know not of." Then He adds, "My food is to do the will of the Father." Again, Jesus reminds us that food alone is not enough. We are sustained by doing God's will.

Fasting teaches us that Jesus Himself sustains us: In **John 6:48-50** Jesus says, “I am the bread of life. Your fathers ate the manna in the wilderness, and they died. This is the bread which comes down out of heaven, so that one may eat of it and not die.” We see this pictured symbolically in the bread and the cup of the Lord’s supper. Jesus is the source of eternal life. Fasting is feasting on Jesus.

Jesus assumed that fasting would be a part of His disciple’s spiritual life. In **Matthew 6:16-18**, He says, “when you fast,” not “if you fast.” He warns us not to fast to impress people, but to be near to the heart of God.

### **What is the purpose of fasting?**

Fasting is designed to intensify our dependence on God by weakening our dependence on food and other things. How does it do that?

Fasting teaches us that we can go without getting what we want and survive. Fasting can free us from having to have what we want. Therefore, fasting can teach moderation or self-control, not only in relation to food, but in other areas as well. It teaches contentment. (**I Timothy 6:6**)

Fasting expresses and deepens our hunger for God. Fasting reminds us that we are sustained “by every word that proceeds from the mouth of God:” (**Matt. 4:4**). Food does not sustain us; God sustains us. In Christ, “All things hold together” (**Colossians 1:17**). Therefore, in experiences of fasting, we are abstaining from food or other activities and feasting on God’s Word.

Fasting must always, first and foremost, centered on God. It must be about Him.

## How to get started on your Fast

### **Step 1: Clarify the purpose of your fast.**

Why are you fasting? Ask the Holy Spirit to clarify His leading and objectives for your fast. This will enable you to pray more specifically and strategically. Fasting is God-led and God-initiated. That means that He fuels a desire to fast and pray. He loves it when we fast.

### **Step 2: Specify the kind of fast you will do.**

Pray about the kind of fast you should undertake. Jesus implied that all of His followers should fast. (Matthew 6:16-18; 9:14,15) For Him it was a matter of when believers would fast, not if they would do it. Before you fast, decide the following up front:

- How long you will fast - one meal, one day, one week, several weeks, certain days (beginners should start slowly, building up to longer fasts)
- The type of fast God wants you to undertake - discussed in the Types of Fasts section below.
- What physical or social activities you will restrict.
- How much time each day you will devote to prayer and God's Word. Making these commitments ahead of time will help you sustain your fast when physical temptations and life's pressures tempt you to abandon it.

### **Step 3: Prepare your heart, mind, and body for fasting.**

Fasting is not a spur-of-the-moment thing. It is planned. We must prepare. The very foundation of fasting and prayer is repentance. Unconfessed sin can hinder your prayers. There are several things you can do to prepare your heart.

- Fasting requires reasonable precautions. Consult your physician first, especially if you take prescription medication or have a chronic ailment. Some people should never fast without professional supervision.
- Do not rush into your fast. Prepare your body. Eat smaller meals before starting a fast. Avoid high fat and sugary foods. Eating raw fruit and vegetables prior to your fast is helpful. Physical preparation makes the drastic change in your eating routine a little easier so that you can turn your full attention to the Lord in prayer.
- Prepare your heart and mind: Remember that God is your Father and He loves you and is for you.
- Confess every sin that the Holy Spirit calls to your remembrance and accept God's forgiveness (1 John 1:9). Seek forgiveness from all whom you have offended, and forgive all who have hurt you (Mark 11:25; Luke 11:4; 17:3,4). Make restitution as the Holy Spirit leads you.
- Surrender your life fully to Jesus Christ (Romans 12:1, 2). Meditate on the attributes of God, His love, sovereignty, power, wisdom, faithfulness, grace, compassion, and others. (Psalm 48:9,10; 103:1-8, 11-13)
- Begin your time of fasting and prayer with an expectant heart. (Hebrews 11:6)
- Do not underestimate spiritual opposition. Satan sometimes intensifies the natural battle between body and spirit. (Galatians 5:16,17)



## **Types of Fasts**

Biblical fasting almost always concerns food.

### **1. Selective Fast**

Daniel 10:3. You could abstain from something like breads, sweets, sodas, coffee, or even red meat. Perhaps spend some time reading through Daniel's fast in Daniel chapter 1 and chapter 10. Stick to only fruits and vegetables like he did or something similar. Determine the timing and duration of your fast and begin. You may choose to go without this specific type of food on only certain days like Fridays, or you may go without during the weekdays only or perhaps every day. Finally, choose the duration of your fast. This fast is 21 days (January 6 - 27) but that does not mean you must go without for all of the 21 days.

Determine the timing and duration ahead of time and stick to it. Rather, pray through it.

### **2. Partial Fast**

This fast is sometimes called the "Jewish Fast" and involves abstaining from eating any type of food in the morning and afternoon. This can either be correlated to specific times of the day, such as 6:00am to 3:00pm, or from sunup to sundown.

### **3. Complete Fast**

Esther 4:16; Acts 9:9

This seems to be the most prevalent of the fasts we see in the Bible. It is also the most intimidating, but refuse to let it scare you. Fasting from all food is not scary if you determine beforehand when you will do so and for how long. The complete fast is going without food and only drinking water or juice. Example could be a 3 day fast, or one meal a day or eating only dinners.

## 4. Soul Fast

Daniel 6:18 The king's voluntary "fasting" from entertainment in the time of Daniel helps us further understand yet another type of fast. This fast is a great option if you do not have much experience fasting food, have a health condition, or if you wish to refocus certain areas of your life that are out of balance. Fasting from things like entertainment can be particularly helpful and accessible to kids and teens. Think of abstaining from television, social media, ipods/ipads, video games, all reading except the Bible, music, texting, etc. for the duration of your fast. This can be a very powerful decision even as a supplement to food fasts.

Choosing your fasting plan is a very personal decision. We are all at different places in our walk with God and our spirituality should never be a cause for comparison or competition. There is nothing more "inherently spiritual" about one type of fast as opposed to another. Your personal fast should present a level of challenge to it, but know your body, know your options, and most importantly, seek God in prayer about this and follow what the Holy Spirit leads you to do. It's also important to not let what you eat or do not eat become the focus of your fast. This is a time to disconnect enough with your regular patterns and habits in order to connect more closely to God. If you do not choose to fast, or no matter what kind of fast you choose, seek God with us in prayer.

**Day 1- January 7:** Prepare our hearts for God to speak  
**Reading for today:** Isaiah 58

A true fast, as we see in Isaiah, is more than going through the motions, it's a change of heart. In order to receive all that God has for us during these 21 days, we have to look at our own hearts and motives and allow God's word, His mirror, to reflect what He sees. When we allow God to do that in us, He says in verses 8 we will be healed and protected, we will call and He will answer, light will break through our darkness. Ask God to point out anything in our hearts that would hinder us from getting closer to Him.

**Prayer Points:** Search our hearts, Obedience to do His will, Surrender to His ways.

**What is God saying to you? What are you fasting for?**

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**Day 2 - January 8: Community**

**Reading for today:** Jeremiah 29:1-14; Romans 13:1-7

If that was true for God’s exiles in Babylon, it would seem to be even more true for Christian exiles in this very “Babylon-like” world. What, then, shall we do? Pray to the Lord on behalf of your city. Ask for great and good things to happen for the city. Ask that they happen by God’s power and for his glory. Never lose sight of the ultimate good that the city needs a thousand times more than it needs material prosperity. Seek the welfare of the place where God has sent you. Think of yourself as sent there by God for his glory. Because you are.

**Prayer Points:** The leadership of your community. Local business owners. Teachers. Opportunities for you to serve

**- What is God saying to you?**

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**Day 3- January 9:** God's Blessing in finances, health, and relationships

**Reading for today:** 1 Chronicles 4:10, Psalm 103, Matthew 7:11

God is a God of partnership, He uses me and you to accomplish His will. James says we have not because we ask not. There are so many blessings in God's word over our lives, our families, our finances and our relationships. So many times we never reap those blessings because we don't ask God to do it, we don't declare His word over our lives. Today, pray the prayer of Jabez over your life, "oh that you would bless me and expand my territory." Jesus said if we being evil know how to give good gifts how much more will our heavenly Father give good gifts to those who ask?" God wants to bless your life in so many ways! It comes through obedience to His word, but also in the simplicity of just asking.

**Prayer points:** Pray blessing over your families, children, finances, businesses, and relationships.

**What is God Saying to You?**

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**Day 4 - January 10:** Your Families (unsaved loved ones)

**Reading for today:** Acts 10

The story of Cornelius a Roman army officer is a fascinating story. This is the first account in Acts of someone outside of the Jewish faith receiving the gospel and being baptized in the Holy Spirit. Many translations say in verse 30 that Cornelius was fasting and praying when an Angel of God showed up on the scene and told him to send for the Apostle Peter. Peter comes and shares the gospel and everyone in the room was saved and filled with the Holy Spirit. But in verse 24 it says Cornelius had called together his relatives and close friends to come hear the truth. It was because He was praying and fasting that God responded and his entire family and close friends were saved. Could it be because you are fasting and praying that God wants to bring salvation to your entire family and close friends? Never underestimate the power the Spirit of God has to impact people's hearts.

**Prayer points:** Pray for lost family members, relatives, and co-workers

**What is God saying?:**

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**Day 5 - January 11:** Living by the Spirit

**Reading for today:** Galatians 5

As a follower of Christ we have the Spirit of God residing in us. Think about how amazing that is- because of the sacrifice and blood of Jesus Christ all our sins and shame have been washed away, we are made right with God and the Holy Spirit now lives in us! He convicts, leads, guides, speaks and brings freedom. Not just freedom from something, but freedom to be all God has called you to be. Galatians 5:16 says "So I say, let the Holy Spirit guide your lives". The Holy Spirit wants to direct you ever day into blessing, protection, faith, and the supernatural, but you have to let Him guide your life. When we allow Him to lead, He produces in us the fruits of the spirit: Love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self control.

**Prayer points:** Ask the Holy Spirit to guide your life today- guide your decisions, your faith, your relationship. Ask the Holy Spirit to produce His fruits in your life.

**What is God saying today?**

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**Day 6 - January 12:** Healing our minds

**Reading for today:** Romans 12:1-2, Isaiah 26, Proverbs 4:23

Most of us want to be a better version of ourselves, to walk with more love, self-control, and grace. Paul tells us in order to transform our lives we have to change the way we think. Our thoughts are our rudders, they guide us every day. If you think about food right now during the fast your stomach will grumble and say feed me. If you dwell on negative thoughts, you probably will be a negative person. If you think about all the things that could go wrong in life, you may never step into your destiny because fear controls your thoughts. There is a way to change your habits and your life, it starts by changing the way you think. How do you do that? By dwelling on God's Word and setting your thoughts on Him. Set your thoughts on what He says about you. He hasn't given you a spirit of fear but of power, love and a sound mind" 1 Timothy 1:7. He will never leave you or forsake you, He calls you a son and daughter not a slave. As you begin to think on God's word and His goodness, your thoughts change and your actions follow suit.

**Prayer points:** Give me a hunger for your word. Break the lies that have been spoken over me. I choose today to set my thoughts on things above and on the goodness of God.

**What is God saying today?**

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**Day 7 - January 13:** The Church (our authority)

**Reading for today:** Matthew 16:13-20, Revelation 2:1-7

Many think there are only 2 forces in the earth God (good) and evil (Satan), but there is actually a third force in the earth and that's the Church. Jesus has taken back the authority from the devil and placed it on our hands, the Church. That's why He says "whatever **YOU** forbid on earth will be forbidden in heaven, and whatever **YOU** permit on earth will be permitted in heaven." It's our responsibility as the body of Christ to speak life into dead things, to speak to darkness and say, "not on our watch!" This authority and power comes from intimacy with Jesus, communion with the Holy Spirit. He has an amazing plan for Resonate, and He needs our church to stand in the gap and intercede on behalf of our city, schools, and churches.

**Prayer points:** Pray that our hearts would stay close to God, that the church across the world would return to her First Love, Jesus. That we wouldn't be enamored by numbers, or influence, but only love for Jesus. That we will take our authority and push back the darkness in our city! That we wouldn't compromise the word of God for anything.

**What is God saying today?**

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## **Day 8 - January 14 : Unforgiveness**

**Reading for today:** Matthew 6:5-18, Colossians 3:1-17

You can't live on this earth and not be offended, it's impossible. Everyday we have opportunities to be offended at work, school, family, bosses, friends, spiritual leaders, it's going to happen. How is that for good news! We also have a choice to either walk in forgiveness or allow that offense to fester into unforgiveness and become a root of bitterness. Unforgiveness is so much more harmful to you than to the one with whom you are offended. Unforgiveness can keep you from relationship with God, from healing, from receiving the fullness of the Holy Spirit. Unforgiveness can do harm to your mind and ultimately your body. Ask the Holy Spirit if you are harboring unforgiveness towards anyone and allow Him to bring healing to that area.

**Prayer Points:** Ask God to help you forgive, to release any bitterness and bring healing to your heart.

**What is God saying today?**

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## **Day 9 - January 15:** Local Government

**Reading for today:** Proverbs 18: 21; 1 Timothy 2:1-7; 2 Chronicles 7:11-22

There is power in the tongue. Our Creator spoke the world into existence, and as sons and daughters of God we inherit the power of the spoken word. Proverbs 18 says that life and death is in the power of the tongue. The media spends all of its effort and time using this power in a destructive, manipulative, and relentless manner. As believers, we can mobilize and unify together to speak life and pray for wisdom for our leadership. How much time do we spend speaking life into the leadership of our communities and country? As we read Isaiah 26 1-5, let us meditate on what the Lord says a “strong city” looks like. Pick out 3-4 statements to make declarations and decrees over our local community based on the model of a strong city described in the verse.

**Prayer points:** Pray over Lucas and your city, over the mayor, the city manager, the superintendent, and the city council. Ask God to help them make wise and Godly choices. Example “The city of Lucas and (your city), Texas WILL make salvation its walls and ramparts. The leaders of this city will live in perfect peace, with steadfast minds because they trust in you.” Take the time to read and speak these things into reality. As you go about your day, speak these truths over the city, state, nation.

**What is God saying today?**

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## **Day 10 -January 16: Wisdom**

**Bible reading for today:** James 1: 1-18, Proverbs 2

The dictionary defines *wisdom* as “the ability to discern or judge what is true, right, or lasting.” *Knowledge*, on the other hand, is “information gained through experience, reasoning, or acquaintance.” Knowledge can exist without wisdom, but not the other way around. One can be knowledgeable without being wise. Knowledge is knowing how to use a gun; wisdom is knowing when to use it and when to keep it holstered. Wisdom is needed every single day. We make thousands of decisions throughout the day, some that seem meaningless, others that have extreme implications for our lives. Each decision though somehow points us in the right or wrong direction for our lives. This is where Godly wisdom by the Holy Spirit is needed. Many times we don’t realize that some of the simplest decisions have a profound impact on our lives, but the Holy Spirit knows, and He gives wisdom to make rights choices, to discern what’s best for our lives. Ask God for wisdom and He will give it to you.

**Prayer points:** Ask for supernatural wisdom to guide your day, your decisions, and your thoughts.

**What is God saying today?**

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**Day 11 - January 17: Marriage**

**Reading for today:** Genesis 2:18-25; Ephesians 5:22-33; Colossians 3:18-19

If you're married, God's Word to you is, are you growing deeper in companionship with your spouse? Is your marriage growing in a way reflects Christ and the church to this selfish, pleasure-seeking, lost world? Marriages do not run on autopilot. They require attention and continual care. By God's grace and your commitment, you can have a marriage that both honors the Lord and meets the needs of you and your spouse.

If you are single, thank God for this season of singleness. Pray for those in your life who are married.

**Prayer Points:** Pray for God to strength your marriage, to see the good things in your spouse, pray for marriages in our church to be strong and be a witness for Christ.

**What is God saying to you?**

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## **Day 12 -January 18: Using Your Gifts**

**Reading for today:** 1 Corinthians 12

A lone musician playing the trumpet can be entertaining and interesting, but how much more beautiful his instrument sounds amidst an entire orchestra! Just like this, our individual gifts are meant to work together and create a symphony of service, encouragement, and instruction among the body of believers. In the same way a trumpet player would not attempt to play the violin, tuba, and cello at the same time, our service to the church should be in the area that we excel in. Typically as we operate in our spiritual gifts, we will not be struggling or disheartened, quite the opposite. You should feel energized and passionate as you serve the rest of the body of Christ. This is a great way to determine your gifting. What do you LOVE to do? What would you do everyday for free? Each of us have been gifted with unique spiritual gifts. Let us take the time to reflect on God's word and apply it to our life.

**Prayer Points:** Pray to the Holy Spirit to reveal your gifting, and help you to embrace it to serve the body of Christ. Earnestly desires spiritual gifts, ask God to activate those spiritual gifts in you

**What is God saying to you?**

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**Day 13 - January 19:** Relational healing

**Reading for today:** Malachi 4, Genesis 45, 2 Corinthians 5:11-21

Genesis 37-45 tells a powerful story of reconciliation between Joseph and his brothers. There was such hatred there that God used for His glory but ultimately ended up in total restoration. I encourage you if you have time, to read all the chapters to fully grasp the power of the story. God is always looking for ways to restore relationships, in marriages, in families, between Fathers and sons, mothers and daughters, between the generations, the races, between friends. Chances are you have a relationship that needs mending and restoration. The Holy Spirit knows our hearts better than anyone else and He knows how to bring restoration and reconciliation. We have to make a decision first that we forgive, then ask the Holy Spirit to begin working on hearts. I believe God wants to bring reconciliation today. Maybe it's time to pick up the phone or write a letter and to ask God to totally heal that relationship.

**Prayer points:** Ask God for healing of racial divides in our country, socioeconomic divides, generations, and for complete healing in our country and our homes.

**What is God saying today?**

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**Day 14 - January 20: The Church (Missionaries)**

**Bible reading for today:** Ephesians 3, Romans 15:30-32

During the World Watch List 2018 reporting period: 3,066 Christians were killed; 1,252 were abducted; 1,020 were raped or sexually harassed; and 793 churches were attacked. That seems unheard of here in the U.S. where we enjoy such freedom to worship. Yet all around the world there are missionaries and pastors speaking truth in the face of persecution and giving up their lives for Christ. We have a responsibility to pray for their protection.

**Prayer Points:** Pray for the missionaries we support here at Resonate.

- Alan & Karmy Crookham - Panama
- Eric & Dee Duggins - Mexico
- Stephen & Bailey Kuert - Kenya
- Rob & Jodi Herman - Indonesia
- E.C. Okoye - Nigeria
- Esdres & Michelle Orantes - Brazil
- Douglas & Ruth Montague - Far East
- Estancia School in the Philippines

Prayer for safety, divine appointments, favor with the city and country, and resources. Pray for salvations and the power of the Spirit to help them be effective.

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## **Day 15 -January 21: A New Creation**

**Reading for today:** 2 Corinthians 5:11-21; Matthew 16:24-28

The kingdom of God is contrary to everything we see in the world. Keep what you have and get as much as you can, but God says lay down your life, surrender it all and you will have all you could ever need. Paul says that when we come to Christ we are not merely a better version of ourselves but an entire new creation, the old is gone. That is the first step to our freedom - I'm not that same person anymore! The second step is a big word called sanctification, which is a life long process that happens after salvation in which the Holy Spirit continually makes us more and more like Christ. This is an everyday battle, every day taking up your cross and laying down your selfish desires. Every day allowing the Holy Spirit more access into your heart, more lordship, and more communion. Every day is an opportunity to ask God, do you see anything in me that offends you, point it out, and give me the power to change it and He will!

**Prayer Points:** Ask the Holy Spirit to show you things in your heart that are keeping you from drawing closer to Him. Then give Him permission to begin working and changing in you.

**What is God saying today?**

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## **Day 16 -January 22:** Local Businesses

**Bible reading for today:** Colossians 3:23-24, Psalm 90:17  
Matthew 6:9-34

Businesses are the heartbeat of our communities. They are the places of commerce from which most of our daily interactions occur. Our workplaces are a major conduit through which the Lord provides our financial provision and security. As we pray for our own workplaces, as well as businesses in our local community, let us first remind ourselves that we are to work with all of our effort as if it was unto the Lord. Once we understand that we work for God, we will begin to see money differently. Matthew 6 teaches about how we can't love both God and money. Money is actually just another resource that we are to steward appropriately for the kingdom of God.

**Prayer Points:** Lord we commit the work of our hands to you, that your favor would rest upon our workplace endeavors. Bless our local community businesses with prosperity. May this prosperity lead to growth of our fellowship of believers, provide new opportunities, and more financial resources. Help us to make wise investments of the provision you give us to advance the kingdom of God.

**What is God saying today?**

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**Day 17 - January 23:** Peace over anxiety

**Reading for today:** Philippians 4:1-9, Mark 4: 35-41

There is peace that comes through circumstances when everything is just right in our lives, that seems to last all of 10 minutes. Most of the times it's hectic, fast moving, and full of anxiety. Then there's supernatural peace, not dependent on any circumstance but on someone, Jesus Christ. Mark 4 is such a picture of our lives, the commotion, the fear, the anxiety, all the while Jesus shows us what perfect peace looks like - Peacefully sleeping in the midst of a storm. He knew who was in charge, that God was His protector and who had the real authority. He spoke, "peace be still" and immediately the storm stopped. That same peace is available to you today. God can speak and the wind, the waves, and the commotion of your heart can suddenly be calm. Instead of worrying, living with anxiety, and talking to everyone you come in contact with about your fear, bring it to God. Recognize He's in charge and He's the ultimate authority.

**Prayer points:** Bring whatever areas of fear, anxiety or worry to God. Tell Him specifically what you are worried about, and ask for His supernatural peace.

**What is God staying today?**

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## **Day 18 - January 24: Our Children**

**Bible reading for today:** Philippians 1:3-11, Psalm 127

2 out of 3 born again Christians say they accepted Christ before the age of 18. That's why there is always an attack on our children. The enemy knows if he can get to them before they become an adult, his odds of keeping them are greater. Whether you have children, grandchildren, or nieces and nephews you know the attack is even greater. Children are being distracted, their identities are being stolen, and their innocence is being taken way too early. We as a church have to fast and pray for this next generation, for their protection physically, mentally, and emotionally. It's time for the church to stand up and say, "not on my watch!"

**Prayer points:** Pray for our children's protection, physically, mentally, and emotionally. Pray for salvation. Pray for parents to have wisdom and intentionality with the spiritual development of their children.

**What is God saying to you?**

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**Day 19 - January 25: Unity**

**Reading for today:** Psalm 133; John 17

Christian unity is not just about “getting along.” It is primarily about two things: a witness to the world, and the glory of God. As believers we are called to seek the unity of the Body. Christian unity is important because it is a witness to the world, and by pursuing unity together we reflect the glory of God to a world full of hostility toward one another.

**Prayer Points:** Ask the Holy Spirit how you can promote unity in the church.

**What is God saying to you?**

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## **Day 20 - January 26: Physical Healing**

**Reading for today:** Psalm 103 1-5 , James 5, Isaiah 53

Physical illness, disease, and death are part of this fallen world that we live in. Thankfully they are not a part of the kingdom of God, by the new covenant established by the triumphant death and resurrection of Jesus Christ. Our firm foundation rests on the victory that Jesus had over death and the powers of darkness. We operate FROM victory, not FOR victory. Jesus has already won the battle. We lay claim to this victory through faith. The word of God states about Jesus that “by his wounds we are healed”. This is to be our foundation, and we throw away any thought or idea that exalts itself above this simple truth.

We then take the authority given to us by Jesus in Luke 10:19 over the powers of darkness, and command that the illness comes into alignment with the word of God. As we lay hands on the sick, the empowerment of the Holy Spirit floods the circumstance with the divine truth of the situation, and it must conform to the word of God.

**Prayer Points:** Let us pray to the Holy Spirit to strengthen our resolve to believe beyond circumstances and past experience. Let us fill our minds repeatedly with the truth of God’s word, until it is a new foundation of thinking. Jesus by your stripes I  
**AM HEALED**

**What is God saying today?**

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**Day 21 - January 27: The Church (the harvest)**

**Bible reading for today:** Matthew 9:35-38, Mark 16:14-20

We close out this time of fasting with praying for the harvest of souls God wants to bring into the church. I (Pastor Jeff) had a dream a year ago, the night of the lunar eclipse, that in my dream I woke up and went outside to see the lunar eclipse with my kids. When I looked up in the sky I began to see words written all across the sky. I only recognized one word, which was the word "Harvest." Jesus said "The harvest is plentiful but the workers are few. Ask the Lord of the harvest, therefore, to send out workers into his harvest field." This is our prayer, God raise up workers in our church to work the field, to bring in the harvest. Ask yourself, God what can I do to bring in the harvest? It's coming! You don't want to miss it, get your heart ready, get your plow in hand and begin to work.

**Prayer Points:** Pray for workers and the salvation of souls.

**What is God saying to you?**

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## THE LORD'S PRAYER

The Lord's Prayer is often recited in churches or at religious events, but there's so much more to this prayer. Jesus provided this model as an outline to teach us how to pray in a way that connects us to God and empowers us to accomplish great things through Him. This model takes us through each part of The Lord's Prayer, showing us how to pray the way Jesus instructed.

One day Jesus was praying in a certain place. When He finished, one of His disciples said to Him, "Lord, teach us to pray..."

### Matthew 6:9-13 New Living Translation (NLT)

**9** Pray like this:

Our Father in heaven,  
    may your name be kept holy.

**10**

May your Kingdom come soon.  
May your will be done on earth,  
    as it is in heaven.

**11**

Give us today the food we need,

**12**

and forgive us our sins,  
    as we have forgiven those who sin against us.

**13**

And don't let us yield to temptation,  
    but rescue us from the evil one.

**"Our Father in Heaven"**



## CONNECT WITH GOD RELATIONALLY

God isn't interested in us practicing religion; instead, He desires a relationship with us. God has adopted us as His children and loves for us to call Him our Father. Starting our prayer time acknowledging our relationship with God is powerful for us and delights Him as well.

You have not received a spirit that makes you fearful slaves. Instead, you received God's Spirit when He adopted you as His own children. Now we call Him, "Abba, Father." ROMANS 8:15 Proclaim your intimate relationship with God, addressing Him lovingly as your Father and thanking Him that you are His child.

### *PRAYER:*

*"Father, I come to You in prayer today thankful that I am Your child. I know I am a sinner, but You have forgiven me and adopted me as Your own, and I am so grateful to call you my Father. Thank you for loving me. I love you."*

### **"May Your name be kept holy"**

### WORSHIP HIS NAME

God loves when we worship Him, and there is power in His Name. Here is a list of some of His Names to help us worship Him specifically and personally:

- God is Righteousness – He makes us clean
- God is Sanctifier – He has called us and set us apart
- God is Healer – He heals all our diseases
- God is Banner of Victory – He defeated our enemies
- God is Shepherd – He speaks to us and leads us
- God is Peace – He is our peace in every storm
- God is Provider – He supplies all of our needs

The name of the Lord is a strong tower; the righteous man runs into it and is safe. PROVERBS 18:10

Speak God's Names out loud. When we proclaim who He is, we not only worship Him, but we also remind ourselves how powerful and great our God is.

*PRAYER:*

*"God, I am in awe of You. Your Name is a strong tower, a place of protection and safety for me. I praise You as my Healer, my Shepherd, and my Banner of Victory. You are my Peace, my Provider, my Righteousness, and my Sanctifier. Your Name is great, and I worship You."*

*May your Kingdom come soon. May your will be done on earth, as it is in heaven.*

PRAY HIS AGENDA FIRST

Part of being a child of God is caring about what He cares about. We know His will is perfect, and we acknowledge His wisdom and sovereignty when we pray His agenda first. He will always give you all you need from day to day if you will make the Kingdom of God your primary concern. LUKE 12:31 Spend time focusing on what God is focused on. His priorities include:

- Saving the lost
- Wisdom and guidance for those in authority –parental, spiritual, governmental, work-related
- Accomplishing His purpose in our lives.

*PRAYER:*

*"God, I recognize there is no better plan on earth than Yours, and I pray for Your will to be done in my life (name the areas of your life where you need more of God's presence today) and in our world. This world is lost and needs You desperately, and*

*I pray for every person to know You as their personal Lord and Savior. I pray for the leaders in my life (pray specifically over parents, spiritual leaders, government leaders, employers, and any other leaders in your life), that you would give them supernatural wisdom and discernment as they lead. Give them a revelation of Your will and Your purpose for them. And I give my life to You again today; have Your way in my life! Anything You want to do in me or through me, I will do. I ask today for wisdom and clarity as you show me my next steps.”*

**“Give us today the food we need,”**

#### DEPEND ON HIM FOR EVERYTHING

God promises to supply all our needs, and He wants us to come to Him with our problems, needs, and desires and to trust Him to provide. I look up to the mountains—does my help come from there? My help comes from the Lord, who made heaven and earth! PSALM 121:1-2

Ask God for what you need today. It may help to write down the concerns weighing on your mind or the desires of your heart. You can bring them to God, and trust Him enough to hand them over to Him fully. It may help to open your hands before God to physically show your surrender to Him. Problems can either be ours or God’s; they can’t be both.

#### PRAYER:

*“Father, I acknowledge that everything I need today will come from You. You made the heavens and the earth; You are more than capable of handling any situation I’m dealing with, so I give it to You completely (specifically talk to God about what is on your mind and heart right now and give it to Him). I look to you to help me, sustain me, and give me Your peace. Remind me of Your hope and power today. Thank You in advance for taking care of my needs.”*

**“and forgive us our sins, as we have forgiven those who sin against us**

## **FORGIVE AND BE FORGIVEN**

God has offered us complete forgiveness, and we can receive it at any time. When we turn away from our sins and receive His forgiveness, our hearts are more prepared to forgive others as well. If we confess our sins, He is faithful and just and will forgive us our sins and purify us from all unrighteousness.

1 JOHN 1:9

Ask God to check your heart and life and show you areas where you might need to ask for forgiveness from Him. Then, it is your turn to forgive those who have offended you. We can even choose to forgive people in advance. Ask God to forgive you and to help you forgive others.

### **PRAYER:**

*“God, thank You so much for offering me the gift of forgiveness. Show me any areas in my life that I need to bring before You in order to receive forgiveness and healing. I confess that I have been struggling with sin (talk to God about any areas of sin in your life), and I know that You want me to be clean again. Please forgive me for my sin. Thank You for showing me unfailing grace. As You have so freely forgiven me, I also want to freely forgive others. Please help me let go of all of my offenses. I release to You those who have hurt me, and I trust You to handle those situations according to Your perfect will.”*

**“And don’t let us yield to temptation, but rescue us from the evil one.**

## ENGAGE IN SPIRITUAL WARFARE

Spiritual warfare can seem difficult to understand, but the Bible makes it very clear that we have an enemy who is trying to steal from us, kill us, and destroy us. As we pray, we take our stand against the enemy and fight from a place of victory through Jesus as we’re empowered by His Holy Spirit. There is power in God’s Word, and every lie the enemy has told us can be replaced with God’s truth. For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. EPHESIANS 6:12 By recognizing that the enemy wants to destroy you, you can shed light on his lies and claim God’s truth over your life.

Ask God to show you any lies you’re believing or areas of warfare happening in your life. Ask Him to expose the enemy and to help you understand and receive His truth. Simply speaking the Name of Jesus has great power in the spiritual realm. The Bible tells us in James 4:7 that if we resist the devil, he will flee from us. Through prayer, we can resist him and walk forward in freedom.

### PRAYER:

*“God, I recognize that my struggles today aren’t against the people or circumstances around me, but against the enemy. Please help me to see how the enemy is lying to me. Help me to recognize his lies, take them captive, and make all of my thoughts obedient to the truth of Your Word (list out any specific areas God shows you where you have believed a lie that needs to be replaced with His truth). While the enemy wants to destroy me, I know that You came to give me life to the fullest. I speak the name of Jesus over my life and declare that no weapon formed against me will prosper. I don’t have to fear the enemy because the One who is in me is greater than the one who is in the world.”*

**“For yours is the Kingdom and the power and the glory forever.”**

## EXPRESS FAITH IN GOD’S ABILITY

God is more than able to move in every situation, and ending our prayer time claiming His authority and power focuses our minds on the truth and hope of who He is and what He can do. Ah, Sovereign LORD, you have made the heavens and the earth by Your great power and outstretched arm. Nothing is too hard for You. JEREMIAH 32:17

Remind yourself of God’s limitless power and then return to praising Him and declaring your faith in Him: • “Yours is the Kingdom” – all authority belongs to You • “Yours is the Power” – all mightiness flows from You • “Yours is the Glory” – Your victory will be complete

### *PRAYER:*

*“Father God, nothing is too hard for You! Through Your great power, all things are possible. All authority is Yours, all might is Yours, and I know that Your victory will be complete. You are amazing, and I worship You. I praise You for Your power and presence in my life. You are my God, and You are worthy of all praise.”*



