A person stands with arms raised in prayer, silhouetted against a bright sun. The scene is set over a misty, mountainous landscape. The word "AWAKENING" is written in large, bold, yellow, bubbly letters across the center of the image.

AWAKENING

21 Days of Prayer & Fasting
January 7th - 27th, 2019

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21 DAYS OF PRAYER & FASTING

We are so excited to begin this journey with you. January is the time of year when we tend to reset our natural and spiritual lives for the year ahead. As a church family, we want to do the same! In the book of Matthew Jesus says, “SEEK ME FIRST”...the principle of putting God first should be no different when it comes to giving Him the first part of the year to pray (get closer to Him) and fast (separate ourselves from the things of this world and our fleshly desires). Many of us understand the necessity of prayer and possibly fasting but that’s not enough. In order for these to become a part of our life, they need to become something we look forward to doing. I’m convinced most people don’t enjoy prayer and fasting because they have never been taught how to do either. That’s where this simple guide can help. Using several prayer models out of the Bible and having some guides to make prayer more personal coupled with basic information on fasting, this booklet is designed to bring joy into your time with God. When you discover the beauty of daily conversation with Him and His presence, your life will be changed forever. Prayer changes everything!

Pastors Ron and Charla Nelson

A LIFESTYLE OF PRAYER

Use every kind of prayer and entreaty, and at every opportunity pray in the Spirit...
(Ephesians 6:18A GSP)

How do we make prayer a part of our everyday life? We can learn from three things that Jesus did...

Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed.

(Mark 1:35)

1. A CERTAIN TIME

Jesus got up very early in the morning to spend time with His Heavenly Father. In order for prayer to work, we should do the same. Make a daily appointment with God and keep it.

2. A CERTAIN PLACE

Jesus had a prayer place. Your prayer place needs to be an undistracted environment where you can pray out loud and perhaps have some worship music playing in the background.

3. A CERTAIN PLAN

Go into your prayer time with a plan. If it changes that's fine. When Jesus taught His disciples how to pray, He gave His disciples a prayer outline. We call it the Lord's Prayer. This outline along with several other tools are available in this booklet.

THE LORD'S PRAYER

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

(Luke 11:1)

Our Father in heaven, hallowed be your name, your kingdom come, your will be done on earth as it is in heaven. Give us today our daily bread. Forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from the evil one, for yours is the kingdom and the power and the glory forever.

(Matthew 6:9-13)

“

Our Father in heaven

1 CONNECT WITH GOD RELATIONALLY
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 NLT)

God loves for us to call Him our Father. Establish your intimate relationship with Him and thank Him for the relationship you have with Him.

“

Hallowed be Your Name

2 WORSHIP HIS NAME
God's name is a place of protection—the righteous can run there and be safe.

(Proverbs 18:10)

What are His Names?

God's name is a place of protection—the righteous can run there and be safe.

(Proverbs 18:10)

NAMES OF GOD

Jehovah – Shalom
 Jehovah – Shammah
 Jehovah – Rophe
 Jehovah – Jireh
 Jehovah – Tsidkenu
 Jehovah – M'Kaddesh
 Jehovah – Nissi
 Jehovah – Rohi

HIS ATTRIBUTES

God, our Peace
 God, Always There
 God, our Healer
 God, our Provider
 God, our Righteousness
 God, who Sanctifies
 God, our Banner
 God, my Shepherd



Your Kingdom come, Your will be done on earth as it is in heaven

3

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 TLB)

God's priorities:

1. Saving the Lost
2. Guiding those in authority – parental, spiritual, governmental, workplace
3. His will in us



Give us this day our daily bread

4

DEPEND ON HIM FOR EVERYTHING

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 NLT)

Ask God for what you need and want and then trust Him for the answer.

“

Forgive us our debts as we forgive our debtors

5

GET YOUR HEART RIGHT WITH GOD AND PEOPLE

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 motives. Receive His forgiveness for any area that He brings to mind. Forgive anyone who has offended you in any way. You can even forgive people in advance.

“

And do not lead us into temptation but deliver us from the evil one

6

ENGAGE IN SPIRITUAL WARFARE

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)

Take your stand against the enemy and fight the good fight of faith. Every lie that the enemy has told you should be replaced with the truth of God's Word.

“

For yours is the Kingdom and the Power and the Glory forever

7

EXPRESS FAITH IN GOD'S ABILITY

“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)

End your prayer time by reminding yourself of God's ability. Return to praise and make your faith declarations.

“

Yours is the Kingdom – all rule belongs to You

Yours is the Power – all mightiness flows from You

Yours is the Glory – Your victory shall be complete

THE PRAYER OF JABEZ

1 Chronicles 4:10

1. Blessing

Jabez begins his prayer by asking God for His blessing. We need more of God's blessing to be better equipped to make a difference for His Kingdom. We need more provision, more spiritual gifting, more wisdom, so that we can bless others with what God has given us. James 4:2-3 tells us, "You do not have because you do not ask God. When you ask, you do not receive, because you ask with wrong motives, that you may spend what you get on your pleasures." God wants to bless us, but He is often waiting for us to

ask with the right heart. We have a big God, and we can be bold in asking for His blessing. As James points out, God sees our heart, and when we ask for blessing with the motivation not only to help ourselves but to help others, this gets His attention. "Oh, that You would bless me..." Ask God for His blessing. Recognize your need for His provision, and set your heart toward wanting more than you need so that you can be a blessing to others.

Prayer

Father God, I pray that You would bless me with more than I need so that I can bless others. I pray for more provision, that You would equip me to give generously to others and meet their practical needs in Your Name. I ask You to give me greater spiritual gifting so that I can strengthen the church and be more effective for the Kingdom of God. I pray for an abundance of wisdom

and discernment so that I can point others to You and make decisions that honor You. Help me keep Your generous blessings in perspective, so that I never become self-serving but stay focused on using what You've given me to serve other people."

2. Influence

Next, Jabez asks for more influence. As God's blessings increase in our lives, we ask for and experience greater opportunity to influence the world around us for Him. God has the power to bless us greatly, and He also has the power to open doors of opportunity for us to make a difference. We want to walk through doors that only He can

open, and He responds when we specifically ask Him to give us more influence for His Name. "Enlarge my territory..." Pray for more influence. Knowing that God can make a way, trust in Him to open doors and lead you on the best path for your life and for His glory.

Prayer

God, make me effective in my sphere of influence, and open new doors for me to be able to influence and reach even more people (name any particular areas where you'd like

to have more influence). Help me to be a good steward of the responsibility You've entrusted to me. I pray for greater territory to impact for Your glory."

3. Presence

In order to have lasting influence, we need God's presence in our lives. Through His power at work within us, God can do more than we could ever ask or imagine (Ephesians 3:20). As we ask for blessing and influence, we also need to ask for His presence as Jabez did so that we are not operating out of our own strength

but through the presence and the hand of our Almighty God. "Let Your hand be with me..." In humility, acknowledge your need for God's presence. Depend on Him and ask for more of Him in your life today.

Prayer

Lord, I know that without You, I am nothing. I cannot do what You've called me to do on my own. I am desperate for Your presence in my life. I depend on You completely. I recognize that the same Spirit who raised Christ Jesus from the dead lives in me. Through the power of

Your Spirit, I pray that You will help me succeed in the opportunities You've given me. Thank You for being with me. I would never want to face today without You."

4. Protection

Finally, Jabez asks the Lord to protect him. If we are influencing the world for Jesus, we must understand the enemy will try to stop us. This leads us to pray that God will not only help us if the enemy attacks, but that He will protect us from the enemy attacking us in the first place. Jesus has already won the victory so we don't need to fear destruction. God promises

to be with us and protect us, and because He is with us we have nothing to fear. Trust God to protect you. Tell Him specific areas where you feel the need for His protection and ask Him to cover areas that you can't yet see.

Prayer

// God, as I walk out the purpose You have for my life, I pray that You will stop any and every attack of the enemy against me. Please protect my body, my mind, and my emotions. Don't let the enemy get a foothold in my life. I pray, too, that You will protect my fam-

ily and community from harm. I know that the One who is in me is greater than the one who is in the world, so I have nothing to fear. Thank You for watching over me. I love You and I trust You."

WARFARE PRAYERS

Use every kind of prayer and entreaty, and at every opportunity pray in the Spirit...
(Ephesians 6:18a GSP)

Put on the full armor of God so that you can take your stand against the devil's schemes. 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. Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand. Stand firm then with the belt of truth buckled around your waist, with the breastplate of righteousness in place, and with your feet

fitted with the readiness that comes from the Gospel of peace. In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. Take the helmet of salvation and the sword of the Spirit, which is the Word of God. And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord's people.
(Ephesians 6:11-18)

THE ARMOR OF GOD

Based on Ephesians 6:13-17

Thank You, Lord, for my salvation. I receive it in a new and fresh way from You and I declare that nothing can separate me from the love of Christ and the place I have in Your kingdom. I wear Your righteousness today against all condemnation and corruption. Cover me with Your holiness and purity—defend me from all assaults against my

heart. Lord, I put on the belt of truth. I choose a lifestyle of honesty and integrity. Expose the lies I have believed, and show me the truths I need today. I choose to live for the Gospel in every moment. Show me where You are working and lead me to it. Give me strength to walk daily with You. I believe that You are powerful against every lie and assault of the enemy. You have good

in store for me. Nothing is coming today that can overcome me because You are with me. Holy Spirit, show me the truths of the Word of God that I will need to counter the traps of the enemy. Bring those Scriptures to mind today. Finally, Holy Spirit, I agree to walk in step with You in everything as my spirit communes with You in prayer throughout the day.”

THE WEAPONS OF WARFARE

Based on 2 Corinthians 10:4-5

Father, Your Word says that no weapon formed against me shall prosper (Isaiah 54:17). Therefore I declare that no weapon formed against me prospers this day or any day to come in Jesus’ name. Your Word says that trouble will not arise a second time (Nahum 1:9). Therefore I declare that Satan cannot make trouble for me again, in this manner, as he did in the past in Jesus’ name. I declare all of these prayers accomplished and brought to pass

by trusting you through faith and expectation in the name of Jesus.

Lord Jesus, I confess to You all of my sins this day, yesterday and every day past. I repent and renounce them, those known and unknown, those of omission and commission, in what I have done and in what I have failed to do. I lay down at Your feet all of the sins of the flesh, the tongue, and of the heart, and all unholy thoughts and actions. Thank You, Lord, for shedding Your precious blood for me.

I stand on Your Word. The enemy is driven out from before me, above me, around me, and below me; from my home, workplace, church and its ministries, children, and loved ones; from my works and labors, land, and my presence. I declare that he is not able to stand against me, and his works are taken captive and destroyed. No weapon formed against me will prosper, for

PROTECTION PRAYER

Based on 2 Corinthians 6:14-7:1, 10:3-5; Romans 12:1,2

Heavenly Father, I bow in worship and praise before You. I cover myself with the blood of the Lord Jesus Christ as my protection. I surrender myself completely and unreservedly in every area of my life to You. I submit myself only to the true and living God and refuse any involvement of the enemy in my life. I choose to be transformed by the renewing of my mind. I pull down every thought that exalts itself against the knowledge of Christ. I pray and thank you for a sound mind, the mind of Christ.

Today and every day I ask for protection over my spouse; each of my children; our immediate family members, relatives, friends, acquaintances and myself. I also ask today for protection during all of our travels; for our provision, finances, possessions, health, safety, and welfare. I put all of these things under the covering of Your precious blood and declare that Satan cannot touch them, on this day or any day to come.

the Spirit of the Lord shall raise a standard against them. I declare all of these things accomplished by Your Word. Jesus, my Lord, I give You thanksgiving, praise, glory, honor and worship for Your righteousness and holiness given to me by Your Word on my behalf.

CONFESSION PRAYER

Based on Romans 10:10; James 5:16; 1 John 1:7-9, 3:8

Lord Jesus, I confess all of my sins to You. I repent and turn away from them. I'm sorry for the wrong I have done. I confess the times I should have stepped up to do right and did nothing instead. I lay it all down at Your feet. I submit my thoughts, words, actions, and inactions to You. Thank You, God, for forgiving and making a way for me through Your Son, Jesus. Lord Jesus, I believe that You are the Son of God. You died on the cross for my sins and rose to life again on the third day. I confess all my sins and repent. I receive Your forgiveness and ask You to cleanse me from all sin. Thank You for redeeming me, setting me free, making me holy, and giving my life purpose."

FORGIVENESS PRAYER

*Based on Matthew 6:14,15;
Leviticus 19:18*

Lord, I have a confession to make. I haven't loved others well. I have resented certain people and have not forgiven them in my heart. God, I know that You have forgiven me for so much, and I need Your help to follow You and forgive others. In faith, I now forgive (name them). I also forgive and accept myself because You have made me new in the Name of Jesus."

PRIDE PRAYER

*Based on Proverbs 11:2,
16:18, 26:12; 1 Timothy 3:6*

Father, I come to You in the Name of Your Son Jesus. I know pride only keeps me from You. I put down anything that would cause me to have pride in my heart in dealing with other people. Help me to prioritize others over myself. I ask you God, to remind me daily that true humility is not thinking less of myself, it's thinking of myself less. I humble myself before You and come to You like a child.

GENERATIONAL BONDAGE PRAYER

Based on Exodus 20:4-6. 34:7; Numbers 14-18

In the name of the Lord Jesus Christ, I now renounce, break, and loose myself from all bondages or bonds of physical or mental illness upon me, my family or family line as the result of parents or any other ancestors. I thank You, Lord, for setting me free.

UNBELIEF AND DOUBT PRAYER

Based on John 16:8-9, Romans 11:20-21, Hebrews 3:7-19

Father, I renounce unbelief and doubt as sin, and ask you to forgive me from these. I ask you, Father, to replace them with great confidence in your Word and great faith and trust in you.

HEALING PRAYER

Based on Isaiah 53:4-5, Psalm 103:2-3, 1 Peter 2:24, 1 John 5:14-15

Our God is a God of miracles. Just as we read about Him in the Bible, we still see Him perform miraculous healing today. He is our healer, and we can confidently approach Him asking for healing for ourselves or

someone we know. In faith, ask God for healing. Proclaim His power and goodness, believing and trusting Him to take care of you or those you're praying to be healed.

Prayer

Father, in the Name of Jesus, I come before You asking for healing (name yourself or someone you are praying to experience healing). My hope is in You as our healer. I believe You are able to do this. Your name is Jehovah Rapha, the God who heals, and I believe every knee will bow to You including the name of (name disease or disorder). Thank You, Jesus, for dying on the cross so that

we can receive healing. You say that You forgive our sins and heal our diseases, and I praise You for this. Thank You that the spirit that raised Jesus from the dead lives in us. I stand in faith believing for healing for (yourself or someone you're praying for). Nothing is impossible for You, God! Give us peace and direction as You work in our lives. In Jesus Name, Amen."

MARRIAGE PRAYER

Based on Ephesians 5:25-30

God created marriage, and His design for it is good. In marriage, just as in any human relationship, we have to work to love well. We can't do this successfully in our own power. We need God, who is love Himself, to give us His Holy Spirit and to guide us in our marriage. Marriage is a picture of Jesus Christ and His bride, the Church. As Christian husbands and wives, we have the high honor to represent the love and commitment Christ has for the Church through our love and commitment to each other. Thank God for your marriage.

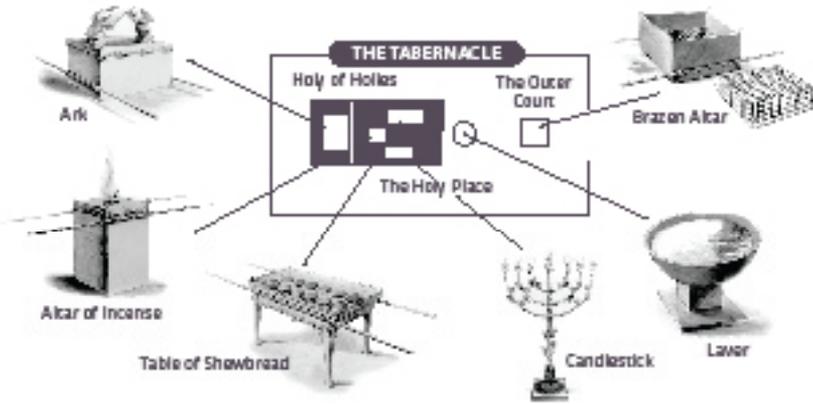
Prayer

Thank You, God, for loving us, and for creating marriage to be an illustration of Your love for us here on earth. Help me, God, to love my spouse (call them by name) the way You love me. Help me to listen to my spouse, give honor, and put my spouse before myself. Protect us physically, mentally, emotionally, and spiritually. We ask You to build greater unity between us, make us stronger as a couple, more devoted to one another and to You. Use us God, build us up to be an example of what Godly marriage can look like. Use us together to do more than we could ever do apart. We ask for greater influence and more impact

Start by asking Him to help you be the best spouse you can be. Ask Him to help you love well and to see your spouse as He sees them. Then, pray for your marriage, asking God to use your marriage to impact the world for Him. Ask Him for protection physically, spiritually, and emotionally. Pray for unity in your marriage and wisdom from Him about how to live your lives as one. Bring to Him anything in your marriage that concerns you, and trust Him to work on your behalf.

on the people around us. We ask you to work through us in the lives of our friends, family, and even those far away. Fill us with Your Holy Spirit and move through us to bring those far from You closer, so that they can have an encounter with the Living God, who seeks and saves the lost, and who sets us free and gives us purpose. We choose as a couple to love You first, God. We put our relationship with You before anything and everything else. We confess our need for You. Thank You for bringing us together. We choose to love one another today and every day. Thank You for our marriage. We ask You to bless it, build it, and be present in it always."

TABERNACLE PRAYER



In the Old Testament, the Tabernacle was the dwelling place of God, built to His specifications, where He would meet His people. As they entered the Tabernacle, they passed through seven stations, following God's instructions, to experience His presence. Today, even though we no longer need the physical Tabernacle to meet with God, these same steps can help us connect with Him. This prayer model will take us through each station of the Tabernacle and use the purpose of each station to guide our prayers.

1. THE OUTER COURT – THANKSGIVING AND PRAISE

Enter his gates with thanksgiving and his courts with praise; give thanks to him and praise his name. (Psalm 100:4)

As the people of God entered the Tabernacle, they came in with thanksgiving on their lips. Thanking God for all the blessings in your life is a great way to begin. Every day, think of a fresh reason why you love and appreciate God.

2. THE BRAZEN ALTAR – THE CROSS OF JESUS

Praise the LORD, my soul, and forget not all his benefits— who forgives all your sins and heals all your diseases, who redeems your life from the pit and crowns you with love and compassion, who satisfies your desires with good things so that your youth is renewed like the eagle's.

(Psalm 103:2-5)

In the Old Testament, everyone who had committed sin had to bring animal sacrifices. Jesus paid for all your sins once and for all. You simply need to receive the benefits of what Jesus did for you.

Salvation – God forgives all my sin.
Healing – God heals all my diseases.
Redemption – God saves me from eternal destruction.
Transformation – God puts His love in me.
Provision – God provides everything I need.

3. THE LAVENDER – CLEANSING AND PREPARING

Therefore, I urge you, brothers, in view of God's mercy, to offer your bodies as living sacrifices, holy and pleasing to God—this is your spiritual act of worship.

(Romans 12:1)

The next step in the Tabernacle was a bowl of water where people could wash. Checking your hearts and motives and then surrendering your life to God is an important part of daily prayer. Here are some ways to keep your heart right with God. Repent from any known sin. Offer your body to God.

Your tongue – to speak good and not evil. Your eyes – to see God and the needs of others. Your ears – to be sensitive to His voice. Your hands – to do good to others. Your feet – to walk in God's ways.

Offer your mind to God (Philippians 4:8; Romans 12:2). Ask God to give you the fruit of the Spirit.

(Galatians 5:22-23)

4. THE CANDLESTICK – THE HOLY SPIRIT

The Spirit of the LORD will rest on him— the Spirit of wisdom and of understanding, the Spirit of counsel and of might, the Spirit of the knowledge and fear of the LORD.

(Isaiah 11:2)

The next piece of furniture in the Tabernacle was a seven-branched golden candlestick. The fire represents the Holy Spirit. Every day you should invite the presence of the Holy Spirit into your life.

You should also ask God to give you spiritual gifts.

(1 Corinthians 12:8-10).

5. THE TABLE OF SHEWBREAD – THE WORD OF GOD

Keep this Book of the Law always on your lips; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful.

(Joshua 1:8)

A table with twelve loaves of bread represents the importance of reading God's Word for daily sustenance. With this in mind, here are ways to nourish your soul:

Read God's Word. Claim His many great promises. Ask for fresh revelation of the Word. Take time to read and meditate on the Word. Get a Word for the day.

6. THE ALTAR OF INCENSE – WORSHIP

The name of the LORD is a strong tower; the righteous run to it and are safe

(Proverbs 18:10)

A small altar of burning incense stood at the entrance to the Holy of Holies, where God's presence dwelt. This altar represents worship. The people of God literally entered God's presence worshipping the Names of God, including: God is My Righteousness – Jeremiah 23:6. God

is My Sanctifier – Leviticus 20:7-8.
 God is My Healer – Exodus 15:26.
 God is My Provider – Genesis 22:14.
 God is My Banner of Victory – Exodus 17:15.
 God is My Peace – Judges 6:24.
 God is My Shepherd – Psalm 23:1.
 God is Always There – Ezekiel 48:35.

7. THE ARK OF THE COVENANT – INTERCESSION

I urge, then, first of all, that requests, prayers, intercession and thanksgiving be made for everyone—for kings and all those in authority, that we may live peaceful and quiet lives in all godliness and holiness. This is good, and pleases God our Savior, who wants all men to be saved and to come to a knowledge of the truth. (1 Timothy 2:1-4)

The final place in the Tabernacle was the place where God's presence dwelt. It was there that the priest interceded on behalf of the people. In the New Testament, you and I are all called priests and instructed to intercede for others.

Those in authority: spiritual, civil, family, and workplace; My family; My church: pastor, small group, members, and vision/mission; My city, nation, and world; My needs. (see pages 19-23)

FASTING

WHAT IS FASTING?

Biblical fasting is giving up specific foods and drink for a specified number of days. The type and length of the fast you choose is between you and God, and should not be determined by what anyone else is doing. (See specific Types of Fasts below.) Every year our entire congregation at Eastgate participates in a 21-day fast at the beginning of the New Year. We want to give God our best and our first.

SIMPLY PUT, FASTING IS A WAY TO CONQUER THE PHYSICAL AND OPEN THE DOOR TO THE SUPERNATURAL IN YOUR LIFE. WHEN YOU DENY YOUR BODY, YOU FEED YOUR SPIRIT AND GROW CLOSER TO THE LORD. PRAYER GETS US CLOSER TO GOD, FASTING SEPARATES US FROM THE THINGS OF THE WORLD!

WHY FAST?

In Matthew 6, Jesus gave us specific direction on how to live as a child of God. That pattern addressed three specific duties of a Christian: Giving, Praying and Fasting. Jesus said, “When you give,” “when you pray,” “when you fast.” He made it clear that fasting, like giving and praying, was a normal part of Christian life.

I BELIEVE THAT WHEN ALL THREE DISCIPLINES—GIVING, PRAYING AND FASTING—ARE AT WORK IN YOUR LIFE, YOU RELEASE THE COMPLETE POWER OF GOD.

TYPES OF FASTING

FULL FAST. Drink only liquids – especially water. On this type of fast you may also take in clear broth and 100 percent fruit or vegetable juices in order to maintain your strength. You establish the number of days for your fast in your prayer time. Be sure to consult your doctor, especially if you have any medical conditions.

PARTIAL FAST. There are many options for partial fasts. Below are just a few for you to select from.

DANIEL FAST. The most frequently used example of a partial fast, is found in Daniel, Chapter 10, The Daniel Fast is a fast from meats, sweets, breads and any drink, except water, for a specific time period (Daniel 10:2-3). The easiest way to think of this fast is you should eat vegetables, fruits and drink only water. Be sure to consult your doctor, especially if you have any medical conditions.

OTHER PARTIAL FASTS.

1. Give up one item of food or drink such as caffeine, coffee, soft drinks or sweets or give up one meal.

2. Fast for a specific number of days . . . one day, three days, so on.

3. Choose to fast from 6 a.m. to 3 p.m. or from sun-up to sundown. When doing this type of fast, consider your work and sleep schedule. The hours that you sleep should not be considered part of your fasting period, so the timeframe for this type of fast may vary. Be sure to consult your doctor, especially if you have any medical conditions.

SOUL FAST. This fast is common for those who do not have much experience fasting food, who have health issues that prevent them from fasting food, or who wish to refocus certain areas of their life that are out of balance. For instance, someone might select to abstain from using social media or watching television for the duration of the fast, and then choose to carefully bring that element back into their life in an orderly fashion at the conclusion of the fast.

PERSONAL PRAYER TARGETS

I urge, then, first of all, that requests, prayers, intercession and thanksgiving be made for everyone—for kings and all those in authority, that we may live peaceful and quiet lives in all godliness and holiness. This is good, and pleases God our Savior, who wants all men to be saved and to come to a knowledge of the truth.

(1 Timothy 2:1-4)

Pray for those in authority and those under your authority.

MY GOVERNMENT

President: _____

National Leaders: _____

State Leaders: _____

City Leaders: _____

MY FAMILY

Spouse: _____

Children: _____

Parents: _____

Siblings: _____

Extended Family: _____

MY CHURCH

Pastors: _____

Small Group Leaders: _____

Small Group Members: _____

MY LIFE

Employer: _____

Co-workers: _____

Employees: _____

Teachers / Professors: _____

1. PRAY THAT THE FATHER WOULD DRAW THEM TO JESUS

*No one can come to me unless the Father who sent me draws him.
(John 6:44)*

2. BIND THE SPIRIT THAT BLINDS THEIR MINDS

The god of this age has blinded the minds of unbelievers, so that they cannot see the light of the gospel of the glory of Christ, who is the image of God.

(2 Corinthians 4:4)

3. LOOSE THE SPIRIT OF ADOPTION (SONSHIP)

For you did not receive a spirit that makes you a slave again to fear, but you received the Spirit of sonship. And by him we cry, "Abba, Father."

(Romans 8:15)

4. PRAY THAT OTHER BELIEVERS WILL CROSS THEIR PATHS AND ENTER INTO POSITIVE RELATIONSHIPS WITH THEM

Ask the Lord of the harvest, therefore, to send out workers into his harvest field.

(Matthew 9:38)

5. LOOSE THE SPIRIT OF WISDOM AND REVELATION ON THEM SO THEY MAY KNOW GOD BETTER

I keep asking that the God of our Lord Jesus Christ, the glorious Father, may give you the Spirit of wisdom and revelation, so that you may know him better.

(Ephesians 1:17)

6. PRAY THAT THEY WOULD JOIN A CHURCH FAMILY TO GROW WITH

"...You are a member of God's very own family...and you belong in God's household with every other Christian."

(Ephesians 2:19)

