



2020

PRAYER & FASTING GUIDE



THE LIFE CHURCH VA  
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## Extend your Prayer & Fasting Life

“Pray in the Spirit on all occasions, with all kinds of prayers and requests”. (Ephesians 6:18)

### Pray more

Pray a bit longer than usual. Try to set aside at least half an hour more every day. Rather than just praying for your own needs, pray for the needs of others.

### Pray with others

Commit to joining in intercessory prayer Monday – Friday 5:00am – 5:30am via phone at 605-313-6356 (Access Code 476255) and at The Life first Sundays at 6:00am.

### Come into His presence

Open your heart to allow Him to speak to you. In Revelation 3:20 Jesus knocks at the door asking to come in. You can have that promised fellowship with Him.

### Praise and Worship

Praise God at the beginning of your prayer times. Offer Him prayers of worship for who He is and thanks for what He has done. Intersperse your conversation with Him with prayers of adoration and gratitude.

### Listen

Remember that conversations are two-way! While you pray and fast, God may well challenge your own life. By spending more time than usual, you are giving the Holy Spirit a wonderful opportunity to show where you need to change or perhaps to inspire or empower you.

## Pray from the Scriptures

The scriptures reveal God’s will for mankind. Many believers find it helpful to use passages of scripture in their prayers. You can take the promises or themes and pray them into situations today.

### Keep going

Keep on praying even when you don’t see immediate answers. Praying for a topic once does not necessarily mean that this issue is dealt with! God may give you a determination to pray about something in particular. If so, you should keep on praying until you see the answer come.

### Fasting

Fasting has been practiced by the Christian church since its beginning. They fasted, denying the flesh that they may enter into the presence of God by His Spirit. It was their desire to hear Him (Acts 13:2), to seek God’s help (2 Chronicles 20:1-4, Ezra 8:21-23), and to express repentance (Nehemiah 9:1-2).

### Recommendations

You might want to journal during this time to keep a record of all God does in you and through you. Take the time to seek the Lord or anyone you need to forgive, or receive forgiveness from.

## PRAYER POINTS & SCRIPTURE MEDITATION – SEEKING GOD

#SeekingGod

Day & Date	PRAYER POINT <i>*According to custom, Sundays are not included as fasting days.</i>	Scripture Meditation
D1: 26 Feb	Lord, as I seek Your face during this period, I open myself unto You Lord; I confess and forsake all my wrong doings so cleanse me, show me mercy and prosper me in Jesus Name. <b>#SeekingYou</b>	Matthew 6:33; Proverbs 28:13
D2: 27 Feb	Lord, show me mercy and remember not my transgressions-forgive me. Mark me with Your sign of love and plan only the best for me, in Jesus Name. <b>#YourMercyEndures</b>	Psalm 25:7
D3: 28 Feb	Lord, Your Word says if I draw near to You, You will draw near to me. So Lord I seek Your face, Your truth, and Your Word for my life so that I can hear You more clearly, in Jesus Name. <b>#DrawingNear</b>	Psalm 145:18
D4: 29 Feb	Lord, I pray that my eyes will be opened to the hope that I have in You according to the riches of Your glorious inheritance, in Jesus Name. <b>#SeeingHope</b>	Ephesians 1:18
D5: 2 Mar	Lord, I pray that even though on the outside it often looks like things are falling apart, on the inside, I know and believe in faith that You are strengthening my inner voice more and more each day, in Jesus Name. <b>#BelievingInFaith</b>	2 Corinthians 4:16
D6: 3 Mar	Lord, I pray for spiritual strength. Teach me to wait on You so that my strength can be renewed in You during this journey. Let me not grow weary, in Jesus Name. <b>#LearningToWait</b>	Isaiah 40:31
D7: 4 Mar	Lord, equip me not to be served but to serve other people and give of my time, talents, and possessions to further the kingdom and be a vessel to save souls in Jesus Name. <b>#BeAWillingVessel</b>	Matthew 20:25-28
D8: 5 Mar	Lord release Your glory in the lives of Your people. Allow Your Spirit to rest on them so that they experience a total transformation in their lives in Jesus Name. <b>#GodsGloryIsEnough</b>	2 Corinthians 3:5-6

D9: 6 Mar	Lord, I pray that people will come to know You and to trust You by opening up their hearts to receive all Your mystery and wonder in Jesus Name. <b>#SeekingToKnowChrist</b>	Ephesians 3:19
D10: 7 Mar	Lord I pray for an opportunity to share Your faith with others as I honor You in my heart as holy, always being prepared to make a defense to anyone who asks me for a reason for the hope that is in me in Jesus Name. <b>#HonoringGodWithMyHeart</b>	1 Peter 3:15-16
D11: 9 Mar	Lord, I pray for more of the Holy Spirit's power for others and myself so that we may be able to speak Your word with boldness in Jesus Name. <b>#AllowTheHolySpiritToReside</b>	Acts 4:29-31
D12: 10 Mar	Lord I pray earnestly for laborers for the harvest. There is much work to be done and You have equipped us. For the harvest is plentiful but the laborers are few so cause laborers to rise up for the kingdom in Jesus Name. <b>#KingdomLaborIsTheBestLabor</b>	Luke 10:2
D13: 11 Mar	Lord I pray for revelation of You as the healer. I pray that I listen carefully to You, do what is right in Your eyes, and pay attention to Your commands. You are our God and you heal us. Thank you for carrying my sins in your body on the cross and through your wounds, healing us in Jesus Name. <b>#RevelationKnowledgeIsTimeless</b>	Exodus 15:26; 1 Peter 2:24
D14: 12 Mar	Lord, I pray for the healing of others (family, friends, co-workers, enemies, etc). I pray that all may go with them and that they may be in good health, as it goes well with their soul in Jesus Name. <b>#PrayForOthers</b>	3 John 1:2
D15: 13 Mar	Father, give me a new measure of faith to intercede for miracles and healing; give me the ability to tread on serpents and scorpions and over all the power of the enemy in Jesus Name. <b>#ISeekANewMeasureOfFaith</b>	Luke 10:19
D16: 14 Mar	Lord, I pray for healing, deliverance, and miracles, for I know that nothing is impossible with You, know that you my refuge and my strength in Jesus Name. <b>#PrayingForHealing</b>	Luke 1:37; Psalm 46:1-3
D17: 16 Mar	Lord, I ask that You enable me to forgive and reconcile with those to whom I am at odds, or who are at odds with me. Allow me to forgive as You have forgiven me in Jesus Name. <b>#ForgiveAndReconcile</b>	Matthew 18:21-35

D18: 17 Mar	Lord, I honor, praise, and adore You today! Create a new heart in me that desires and seeks to worship You in spirit and in truth. <b>#KeepingMyHeartClean</b>	John 4:24
D19: 18 Mar	Lord, I thank You for answered prayer! Lord as I call upon You, I know that You hear me because Your word says to call upon you and you will answer and show me great and mighty things which I know not in Jesus Name. <b>#CallingOnGodForAnswers</b>	1 John 5:14-15: Jeremiah 33:3
D20: 19 Mar	God, reveal anything that may be interfering with my relationship with You. I cast down my iniquities that seek to separate me from You and my sins that attempt to hide Your face from me. I want to hear and see you clearly in my life in Jesus Name. <b>#SeekingClosenessWithGod</b>	Isaiah 59:2
D21: 20 Mar	Lord, I pray for those who are single, that special friendships will be formed; Lord you said in your word that man that hath friends must shew himself friendly: and there is a friend that sticketh closer than a brother. I pray that no kindness is withheld from those who are single, in Jesus Name. <b>#PrayingForSingleChristians</b>	Job 6:14; Proverbs 18:24
D22: 21 Mar	Lord, I pray for good health & wholeness. I ask that You put to death all manner of things that are fleshly in me in Jesus Name. <b>#ClaimingHealingAndGoodHealth</b>	Colossians 3:5
D23: 23 Mar	Lord, empower and supply me with financial health and wealth so that I can give for Your glory in a good measure, pressed down, shaken together and running over manner in Jesus Name. <b>#BelievingGodForHealthAndWealth</b>	Luke 6:38
D24: 24 Mar	Lord, I pray that You consider my attitude regarding finances and wealth. I pray that I continue to give as my heart decides and not reluctantly or under compulsion, but cheerfully in Jesus Name. <b>#GiveCheerfully</b>	2 Corinthians 9:7
D25: 25 Mar	Lord, I pray that Your blessing in my life continues to make me truly rich. You are the one who teaches me to profit, and You are the rewarder of those who diligently seek You. You are the one who brings promotion, so I don't have to strive in my own strength to become a success. You empower me to succeed. You add no sorrow to the blessing You give me and I thank You in Jesus Name. <b>#LearningToRestInMyBlessings</b>	Proverbs 10:22

D26: 26 Mar	Lord, I declare my full agreement with Your word that states my every need will be provided. You are my supply, and in You there is no lack. I depend on You and You alone to be my source, my Rock, and my Comforter in Jesus Name. <b>#GodIsMyRockAndComforter</b>	Philippians 4:19
D27: 27 Mar	Lord, I will honor You with the first portion of everything I receive. Everything I earn and everything I own belongs to You. You have entrusted it to me, and I am Your faithful servant. My house is a house that honors You in every aspect of our lives in Jesus Name. <b>#HonorGodWithEverything</b>	Proverbs 3:9-10
D28: 28 Mar	Lord, show me and reveal to me specific ways to pray for my family. Make known to me the riches of Your glory so that I may effectively cover my family in prayer in Jesus Name. <b>#LearningHowToPrayForFamily</b>	Colossians 1:26-27
D29: 30 Mar	Lord, I come standing in the gap for family members that need salvation, restoration and/or encouragement. Show them that You are the way, the truth, and the life. Restore the joy of their salvation and grant them a willing spirit to sustain them in Jesus Name. <b>#GodRestoresTheJoyOfSalvation</b>	Romans 10:9; John 14:6
D30: 31 Mar	Lord, I come to pray for strong marriages and families. Let Your spirit rest, rule, and reign in marriages and family units. Your greatest command was to love You and each other so show me how to follow Your example in Jesus Name. <b>#PrayingForStrongMarriages</b>	Matthew 22:36-40; 1 Corinthians 13:4-8
D31: 1 Apr	Lord, I pray for clear and loving communication in the family. Show me the importance of maintaining family bond and unity. Guide the family to be better communicators with each other so that Your truth and love will always prevail in Jesus Name. <b>#FamilyCommunicationBreedsUnity</b>	Psalms 133:1-4; 1 Peter 3:8-12
D32: 2 Apr	Lord, I pray for a deeper level of intimacy and understanding between family members. Allow my family to operate in a more intimate way with You by spending time in prayer and meditation together in Jesus Name. <b>#PrayingForDeeperFamilyIntimacy</b>	John 17:9-10; 20-23
D33: 3 Apr	Lord, I pray for strong loving relationships between parents and children. Teach parents not to provoke their children to anger and children to obey, honor, and respect their parents in Jesus Name. <b>#PrayingForHealthyParentChildRelationships</b>	Ephesians 6:1-4; Colossians 3:20

D34: 4 Apr	Lord, I pray for the wisdom to train my children. Your word says that when we train them up in the way that they should go, when they are old, they will not depart from it so I submit this prayer unto You to ask for the wisdom to lead and guide my children in the fear and admonition of You in Jesus Name. <b>#TrainingChildrenRequiresWisdom</b>	Proverbs 22:6; James 1:5
D35: 6 Apr	Lord, I pray protection during spiritual warfare. I plead the blood of Jesus Christ over my family, Your people, and myself. I pray against any demonic spirits who are coming against us. I bind all accidents, attacks, and catastrophes that may try and come against us. Cancel all assignments operating against us and reveal any open doors that may allow the enemy access to us in Jesus Name. <b>#PleadingTheBloodOfJesusBringsPower</b>	Psalms 91
D36: 7 Apr	Lord, I pray for the issue of suicide and all other manners of illness, sickness, and disease in our nation where Satan has been seeking to get a foothold. Cover the minds of Your people so that they can truly see their future hope, knowing that their hope lies in You in Jesus Name. <b>#CastingDownTheSpiritOfSuicide</b>	2 Corinthians 10:4-5; Isaiah 38:16-17
D37: 8 Apr	Lord, I pray for our President and all the members of the executive, judicial, and legislative branch. Continue to surround them with wise counsel so that they can make the right decisions at the right time according to Your will in Jesus Name. <b>#PrayingForThePresidentAndHisLeaders</b>	1 Timothy 2:1-4
D38: 9 Apr	Lord, I pray for Bishop, Lady O, Pastor Jones, Lady Rachel, their families, and our church leadership that You find them all worthy of double honor. Return to them 100-fold in this lifetime everything that they have sown into Your Kingdom in Jesus Name. <b>#PrayingForMyChurchLeaders</b>	Ephesians 6:18-19; 1 Timothy 5:17
D39: 10 Apr	Lord, I pray for New Life Anointed Ministries (The Life Church) and thank You for the good ground You have provided us in New Life so that we can have a place to come and worship You freely and fellowship with one another. Lord cause whatever New Life does according to Your will to prosper in Jesus Name. <b>#PrayingProsperityOverNewLife</b>	Hebrews 10:25
D40: 11 Apr	Thank the Lord for all You have done in my life, what You are doing, and what You will do. I thank You for the discipline to deny my flesh so that my Spirit can guide everything that I go forth to do in Jesus Name. <b>#LivingInFaithAndGratefulnessEveryday</b>	Philippians 4:19; Galatians 5:16-26

## The Purpose of Fasting

While the fast is cleansing your body by omitting certain foods for a limited time; the deeper and true basis of intent is for spiritual connection. The purpose of Christian fasting is to seek a more intimate relationship with God while ridding your physical body of unnatural, self-gratifying food and drink. Your focus is to be on God, not on the fleshly things of the world. Too often, the focus of fasting is on the lack of food. Instead, the purpose of fasting should be to take your eyes off the things of this world to focus completely on God.

During the fast you will want to concentrate on prayer, bible study, and reflection. Fasting is a great way to enter into preparation for growing in the Lord.

Fasting is a powerful spiritual discipline. With the coupling of prayer and fasting, one can open themselves to God's Holy Spirit. Having a sincere desire to seek God, you can come to Him with a contrite and repentant heart and He will minister to you in a powerful way. God's awesome power is transforming and you will know that with God, all things are possible (Isaiah 58:6).

## Fasting Resources

Many fasting recipes and several cookbooks are designed for the Mediterranean Fast. Visit the following links for suggested recipes:

<https://www.healthline.com/nutrition/mediterranean-diet-meal-plan>

<http://www.eatingwell.com/recipes/19753/cuisines-regions/mediterranean/quick-easy/>

<https://www.tasteofhome.com/collection/quick-mediterranean-diet-recipes/>

Also visit The Life's Facebook page at [www.Facebook.com/thelifedc](http://www.Facebook.com/thelifedc) for additional information, to share recipes and to receive encouragement throughout the fast.

