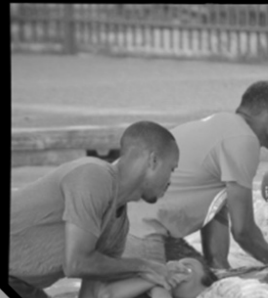


the church at
BETHEL'S FAMILY
A Real Church for Real People



Belong

40 Days

of Prayer and Fasting

The Church at Bethel's Family
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40 DAYS OF PRAYER & FASTING

Prayer & Fasting Guide

What is Fasting and Why Is It Important?

"Fasting is not so much about food as it is about focus. It's not so much about saying no to the body as it is about saying yes to God."

- Lance Witt

The Bible is clear that there is power in our prayers when they are coupled with fasting. Throughout history, God's people united in prayer and fasting to seek God's favor, deliverance, direction, or provision:

- Moses fasted before he received the Ten Commandments (Exodus 34:28).
- God's people fasted when they were under attack from their enemies (2 Chronicles 20:3).
- David fasted in mourning and repentance (2 Samuel 12:16).
- Ezra led the nation in prayer and fasting for protection and success in building the temple (Ezra 8:21).
- God's people fasted when Esther went before the king to win their deliverance (Esther 4:16).
- Daniel fasted and prayed for God's mercy on the nation (Daniel 9:3).
- Nehemiah fasted before beginning the rebuilding of the walls of Jerusalem (Nehemiah 1:4).
- Jesus fasted during his victory over temptation (Matthew 4:2).
- The early church fasted to receive direction in their decisions (Acts 13:2-3).
- The apostle Paul fasted when appointing leaders for the church (Acts 14:23).

Jesus not only practiced fasting, he also taught us to fast. In the middle of the Sermon of the Mount, Jesus said this:

"When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show men they are fasting. I tell you the truth, they have received their reward in full. But when you fast, put oil on your head and wash your face, so that it will not be obvious to men that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you" **MATTHEW 6:16-18 (NIV)**

Notice, Jesus doesn't say *if* you fast. He says *when* you fast. He assumed we would do it, so he taught the proper attitude about fasting.

A biblical fast means to reduce or eliminate food intake for a specific period of time for the purpose of seeking God. The proper way to fast is to use the time you would have spent preparing, eating, and sharing a meal to feast on the Word and talk to the Lord. Think of it this way: How long would it take you to have lunch with a friend? And what would you do when you had lunch together? You would eat and talk. Think of reading the Word as the eating part of the meal, and prayer as the conversational part of the meal. Take your time. Don't eat too fast. Read the Scriptures slowly. And don't rush the conversation. Instead, enjoy God's company. Give God your full attention, and tell him why you are fasting.

There are many ways to fast. You can abstain from food and liquids for one or more days. You can fast just from food. You can do a partial fast from certain foods (sometimes called a Daniel fast). If fasting is new for you, you might just try fasting from one meal. Fast during your lunch break and use that time to "feast" on the Lord. Go out to your car, sit at your desk, or go for a walk, but use that time to read your Bible and talk to God in prayer.

40 DAYS OF PRAYER & FASTING

Fasting is truly a way to focus on God – spirit, soul, and body.

FASTING SCHEDULE

Please begin fasting **Monday, August 6, 2018** at midnight and continue through **Friday September 14, 2018** at noon.

Please pray and meditate on the scriptures each day between the hours of 12:00am (midnight) and 12:00pm (Noon).

Please decide on abstaining from foods altogether or from certain foods such as meats, sweets, bread, drinking coffee, drinking soda, etc.

Please remember that during these 40 days of fasting **CONSECRATION** (The act of making or declaring something sacred), is as important as giving up food. For example, while fasting please turn off electronic devices such as phones, TV, computers, games, etc.

IF YOU ARE ON MEDICATIONS THAT REQUIRE YOU TO EAT, PLEASE EAT AND TAKE YOUR MEDICATIONS AS DIRECTED BY YOUR PHYSICIAN.

40 DAYS OF PRAYER & FASTING

Day One Focus: Acknowledge your dependence on God. Admit that you can't live life without His power and presence. Confess that your pride has caused you to depend on yourself, rather than depending on Him. Surrender to Him and admit that you need His help and you rely on Him to always look out for your best interests.

Scripture: John 15:5-7 (NIV)

Day Two Focus: Ask for understanding of God's will for your life. Ask to better understand His character. Pray for an understanding of His relationship with you. Pray that you comprehend that Jesus calls us friend.

Scripture: John 15:15-16 (NIV)

Day Three Focus: Ask for what you need. Tell God about all your circumstances and watch how He answers because of your relationship with Him. Thank Him for His peace that comes through knowing He hears and answers.

Scripture: Philippians 4:6-7 (NIV)

Day Four Focus: Pray that your joy will become complete. Thank God that He desires to hear from you and desires to answer your request.

Scripture: John 16:23-24 (NIV); James 4:2 (NLT); Psalm 145:19 (TLB)

Day Five Focus: Pray that your desires become aligned with His will. Ask that God reveals to you how to delight in Him.

Scripture: Psalm 37:4 (NIV); Matthew 7:9-11 (NIV)

Day Six Focus: Pray that God's will be done here on earth. Ask The Holy Spirit for a revelation of how prayer is cooperating with God the Father to accomplish His work in the world.

Scripture: John 14:12 (NIV)

Day Seven Focus: Pray - Father God Be Glorified in my life. Thank God for allowing you to be a partner in prayer with Him as you pray to release the power of God into the most hopeless situations.

Scripture: John 14:13-14 (NIV); Proverbs 21:1 (NIV)

Day Eight Focus: Thank God for being a caring Father. Meditate on how you can be confident that God Our Father (Abba, Papa) is concerned about all the details of your life.

Scripture: Isaiah 49:15 (NIV); Romans 8:38-39 (NIV); 1 Peter 5:7 (NKJV)

Day Nine Focus: Thank God for being a consistent Father. Meditate on how He is consistently loving, caring, compassionate, dependable, and reliable. He is always faithful and true. He will never break HIS Promises.

Scripture: 2 Timothy 2:13 (TLB); James 1:17 (The Message); Malachi 3:6 (NIV); Romans 11:29 (TLB); Psalm 59:10 (TLB)

Day Ten Focus: Thank God for being a close Father. Meditate on how He is never distant. He's always available.

Scripture: Hebrews 13:5 (AMP)

Day Eleven Focus: Thank God that you are always in His thoughts. Meditate on how He desires to hear from you.

Scripture: Psalm 139:17-18 (NLT)

40 DAYS OF PRAYER & FASTING

Day Twelve Focus: Thank God for never being too busy for you. Meditate on how He loves to meet your needs.

Scripture: Psalm 27:10 (NIV); Matthew 7:11 (NIV)

Day Thirteen Focus: Thank God for being sympathetic to your hurts. Meditate on how he never gets tired of comforting you. He is competent to handle your greatest fears and exceed your greatest expectations.

Scripture: Psalm 34:18 (NIV); Psalm 46:1 (GW); Luke 1:37 (CEV); Ephesians 3:20 (TLB); I Corinthians 2:9 (GW)

Day Fourteen Focus: Accept God's invitation to become his child. Invite JESUS CHRIST into your heart. Renew your commitment of faith and dedication to allow Jesus Christ to be Lord and Savior!

Scripture: John 1:12(NIV); Galatians 3:26 (GW)

Day Fifteen Focus: Thank God for His pattern for prayer. Remember, prayer is God's idea, not man's idea.

Scripture: Matthew 6:9-13

Day Sixteen Focus: Thank God for how much He loves you. Meditate on how God's love is long enough to last forever, wide enough to embrace everything about you, deep enough to pull you out of your deepest despair, and high enough to overlook every offense.

Scripture: Ephesians 3:17-19 (TLB)

Day Seventeen Focus: Express to God Our Father how much He means to you. Worship Him as your Creator, your Father who loves you, and your Savior who forgives you. He is your Shepherd who guides you, your Shield who hides you. He is your Counselor who gives you wisdom, your Comforter who gives you strength. He is the best Friend you will ever have.

Scripture: Psalm 107:15 (NIV); Matthew 6:9

Day Eighteen Focus: Offer your life to be used for God's plans and purposes. Thank God that even when you can't make sense of the troubles you're going through, you can be confident that God is watching out for you and is working everything out for your good.

Scripture: Jeremiah 29:11 (NIV); Romans 8:28 (TLB); Matthew 6:10

Day Nineteen Focus: Embrace what God is doing for you. Make a long-term daily decision to live for God's plans and purposes. Meditate on how to daily make living for God your priority.

Scripture: Romans 12:1 (The Message); Matthew 6:10

Day Twenty Focus: Give God your pain and sorrow. Surrender to the will of God.

Scripture: Mark 14:36 (NIV); Matthew 6:10

Day Twenty One Focus: Trust God to meet all your needs. Acknowledge total dependence upon Him. Tell him about the challenges you are facing today, the needs that you have, and the fears and worries that are nagging you.

Scripture: Matthew 6:9-13; Philippians 4:19 (NIV); Matthew 6:34 (NIV)

Day Twenty Two Focus: Pray the prayer of cleansing. Ask God to search your heart and reveal all sin to you. Wait on God and accept what He reveals to you.

Scripture: Matthew 6:9-13; Psalm 51:10

40 DAYS OF PRAYER & FASTING

Day Twenty Three Focus: Admit your sins to God and ask for forgiveness and to be cleansed from all unrighteousness. Meditate on how we can always trust God to forgive us and take away our sins

Scripture: I John 1:9 (CEV)

Day Twenty Four Focus: Thank God that He forgives you instantly, freely, completely, and permanently when you confess your sins. Meditate on the joy of being forgiven and freed from guilt

Scripture: Psalm 32:1-5 (TLB)

Day Twenty Five Focus: Forgive those who have trespassed against you. Meditate on how forgiveness isn't about fairness. Forgiveness is about grace. Remember how much you have been graced by Our Father as you forgive others.

Scripture: Ephesians 4:32 (GNT); Matthew 6:14-15 (NLT); Matthew 5:7 (NIV)

Day Twenty Six Focus: Thank God for peace of mind. Meditate on how releasing the hurt is the path to inner peace, but reliving the hurt only perpetuates the pain.

Scripture: 1 Corinthians 13:5 (NIV); Isaiah 26:3-4 (NLT)

Day Twenty Seven Focus: Ask God for protection against temptation and for His deliverance power. Admit your dependence on His power to overcome evil. Confess your need for His help.

Scripture: Colossians 3:23-24 (NIV); Matthew 6:9-13 (NLT)

Day Twenty Eight Focus: Thank God for Ultimate Victory. Meditate on being victorious through Jesus Christ. Confess that you are an overcomer through the blood of the Lamb!

Scripture: Psalm 115:1 (NIV); Matthew 6:9-13 (NLT); I John 5:4-5 (NIV)

Day Twenty Nine Focus: Pray for a breakthrough. Allow God to speak to you from His word before you speak to Him. Listen to God by reading His Word. Be persistent!

Scripture: Daniel 9:2 (NLT)

Day Thirty Focus: Ask God to reveal if you are staying connected to Him and His Word. Focus your attention on God by meditating and memorizing His Word. The more you fill your mind with Scripture, the more your prayers will be answered, because you will be praying according to The Word of God.

Scripture: John 15:7 (NIV); Daniel 9:3 (NASB); I John 5:14-15 (NKJV)

Day Thirty One Focus: Seek God diligently through His Word. Seek His wisdom. Seek His provision. Seek His direction. Meditate on how He will reward you as you seek Him out in every area of your life.

Scripture: Proverbs 8:17 (NKJV); Jeremiah 29:13 (NIV); Hebrews 11:6 (NIV)

Day Thirty Two Focus: Express your desires to God with emotion. Pour out your heart to God. Bear your soul. Seek Him with passion. Pray earnestly!

Scripture: Daniel 9:3 (GNT); Daniel 9:3 (NCV); Daniel 9:4 (The Message)

Day Thirty Three Focus: Thank God for His love and promises. Mediate on how merciful and gracious God is. Have an attitude of gratitude. Thank God for WHO HE IS.

Scripture: Daniel 9:9 (CEV); Daniel 9:4 (NLT)

40 DAYS OF PRAYER & FASTING

Day Thirty Four Focus: Humbly confess your sins to God. Acknowledge that you have sinned against God by rebelling against Him and rejecting His laws and teachings. Admit that you have committed SPIRITUAL ADULTERY

Scripture: Daniel 9:5-10 (CEV); Daniel 9:18 (NLT)

Day Thirty Five Focus: Continue praying and confessing your sins to God. Be persistent and thank God that He will answer your prayers because He loves you.

Scripture: Daniel 9:20-23 (NLT)

Day Thirty Six Focus: Pray for increased hunger to spend more time in prayer, worship and God's Word. Meditate on how to become more like HIM.

Scripture: Psalm 51:10-12 (NIV); Matthew 5:6 (NIV); 1 Peter 2:2 (NLT)

Day Thirty Seven Focus: Pray for Spiritual Wisdom and Revelation. Ask the Lord to open your eyes to see Him more clearly and your ears to hear anything He desires to speak.

Scripture: Ephesians 1:17-18 (NIV); Colossians 1:9-12 (NIV) Philippians 3:10 (AMP); 1 John 5:20 (NLT)

Day Thirty Eight Focus: Invite the Lord to visit your family (spouse, children, grandchildren, parents, siblings, etc.) in a fresh new way during this season of ministry, and the coming year. Thank God that your family and close friends will encounter the holiness and sovereign power of God that will leave each one changed by His presence and more committed to His kingdom.

Scripture: Psalm 78:4-7 (NLT); Psalm 145:11-12 (NLT); Joel 2:28 (NASB)

Day Thirty Nine Focus: Ask the Lord to share with you the plan that He has for your life. Commit to following His plan as He reveals it to you.

Scripture: Jeremiah 29:11 (NASB); Psalm 37:23 (NASB)

Day Forty Focus: Pray to Experience Revival. Pray for revival to break out in our family, in our congregation, community, schools, and government.

Scripture: Psalm 63:1 (NLT) 2 Chronicles 7:14 (NKJV); Psalm 85:6-7 (NKJV); Psalm 147:11 (NKJV)

Scripture References: (NIV) New International Version; (ESV) The Holy Bible, English Standard Version; (TLB) The Living Bible; (NLB) New Living Bible; (AMP) Amplified Bible; (NLT) New Living Translation; (GW) GOD'S WORD; (The Message) THE MESSAGE; (CEV) Contemporary English Version; (NCV) New Century Version; (GNT) Good News Translation; (NKJV) New King James Version