

Fasting and Prayer – October 1-31, 2021

Why Fast? We see fasting in the Old Testament when there needed to be a spiritual breakthrough. Daniel fasted when he was looking for an answer from God, Esther asked Mordecai and her people to fast when the Jews were threatened and the Jews were called to fast regularly. Both Jeremiah and Isaiah wrote about fasting. Jesus fasted (Matthew 4:2). The Apostles prayed and fasted when they had major decisions (Acts 13:2). Jesus taught about fasting (Matthew 6:17). When we combine fasting with reading the Word of God and prayer, the Holy Spirit moves in powerful ways in our lives and in the church.

What is Fasting? Abstaining from food for a certain period of time. You can miss one meal or a series of meals. For example, eat dinner and then do not eat until dinner the next day (basically 24-hour of fasting). We would like for the church to participate in fasting any day within the month of February.

Starting the month of October, we want to challenge you to make a commitment to read the book of 1 Thessalonians to the book of Jude every day for a total of 56 days (End date is November 25).

As you read the Bible ask the Holy Spirit to reveal things to you, meditate, write thoughts that the Holy Spirit brings to your mind and pray using the ["prayer lists down below"](#).

Make sure you drink plenty of liquids during your fasting time.

Note of Caution: If you are dealing with any serious medical condition check with your physician before fasting. If fasting is not possible due to medical condition, we still encourage you to commit to pray and to read the book of Acts daily.

Prayer Focuses:

1. **Prepare your heart** by humbling self before God, repent of any sins that God reveals to you, get your heart right before God (2 Chronicles 7:14-15)
2. Ask God to get you to a place of **"surrender"** to Him, ask Him to transform your heart and help you live a life of complete obedience to Him (Job 11:13-15)
3. Pray for **"complete dependency"** on the Holy Spirit (Romans 8:26-27)
4. Pray to experience the life of Christ in great abundance (John 10:10)
5. Pray for your relationship with God to grow deeper and for your life to bear much fruit (John 15:5-8, Galatians 5:22-23)
6. Pray for **"radical devotion"** to prayer, to the Word of God, and in seeking the Holy Spirit (Acts 2:42)
7. Pray for deeper **hunger and thirst** for more of the Holy Spirit and His presence in your life (John 8:36, 1 Cor. 15:57)
8. Pray to live in God's **holiness and righteousness.**
9. Pray for **faith** be established strongly and to increase (Hebrews 11)

10. Pray to stand in **authority and power** of Jesus Christ over darkness, temptations, evil and attack of the enemy (Ephesians 10:18)
11. Pray to encounter and experience the Holy Spirit; and have a deeper knowledge of the **Holy Spirit.**
12. Pray for **wholeness, healing, and** health spiritually, mentally and physically (3 John 1:2).
13. Pray to honor God by your **obedience** in giving your tithes and to get to a place of **"generosity"** (Malachi 3:10, Acts 2:45, Acts 4:33b-37). For God to help you manage His resources well and get to a place of financial freedom. (Romans 13:8)
14. Pray Pastor Angelo, Analiza, and their children Nathan, Faith and Christine for God's protection, strength, and wisdom (1 Thessalonians 5:12-13) (Healing and miracle for Analiza)
15. Pray for the church board, staff pastors, and departmental leaders (John 17:21)
16. Pray for God to open your eyes to what He is doing right now and to **align yourself** to it.
17. Pray for God to use our church to bring people to Jesus and to be **bold in sharing** the Good News of Jesus Christ (Mark 16:15, Acts 4:31)
18. **Pray for the vision of the church – 1000 Connections, Church Plant** in the North Valleys. Pray for workers and God's provisions.
19. Pray to establish a solid discipleship-teaching in our church. (Matthew 28:19)
20. Pray for our church to empower and equip people for leadership and ministry.
21. Pray for our church to become a sending church (sending people out to advance the kingdom of God in other communities, cities, country, and world)
22. Pray for commitment from people to do kingdom's work.
23. Pray for our community - to experience the **freedom** of Christ from bondages and captivity from the spirit of darkness (2 Cor. 3:17, John 8:36)
24. Pray for **stronger marriages** that honors Christ, for great and healthy relationships to be established within our families. (Ephesians 5:22-37, 6:1-4)
25. Pray for repentance from God's people (2 Chronicles 7:14)
26. Pray for spiritual awakening and revival in our country and the world.
27. Pray for our president and all the governmental leaders.
28. Pray for our country, state, cities, and communities.
29. Pray for unity within the churches and our country.
30. Pray for pastors, leaders, and church people for rest, protection, peace, strength, and integrity during these difficult times.
31. Take a time to worship, give thanks, and praise God (*1 Chronicles 16:23-31*).