

# Fasting & Prayer Guide

## WEEK 2 (FEB 20-26)

### Day 1 We are Children of Light      Read Ephesians 5:1-21

#### Call to Prayer

God's family do things differently from the world. We imitate Jesus, loving others as He loved us. We pursue what is good and right and true.

**Ephesians 5:8 calls us children of light.** As you pray, ask God to reveal any areas where darkness remains. Let Him lovingly guide you toward the light that now defines you.

As you talk with our Heavenly Father, may you awaken to His presence and be filled with His Spirit. **May you leave your time with Him with music in your heart, gratitude on your tongue, and wisdom for whatever you face.**

#### Ways to Pray

- *Reflect on your words and actions. Is there anything listed in v3, 4, 6, 7,17,18. Eg. greed, envy, foolish talk, or obscenity you need to repent of?*
- *What have we been numb to as a church and as individuals? Ask God to wake us up to what He's doing so we can be part of it.*
- *Pray for wisdom. Ask God to help us make the most of every opportunity (5:16), knowing our days are limited.*

**May this be our prayer each day,**

***"Our father in heaven,  
as we humble ourselves, fast & pray, please...  
make us more aware of our need for You...  
increase our desire & capacity for You...  
make us more sensitive to Your voice...  
grant breakthroughs in our families, relationships, work/business...  
Send revival to our church...."***

***"Deeper in love"*** by Don Moen, is a good song to sing this week



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## WEEK 2 (FEB 20-26)

### Day 2 The One thing

### Read Psalm 27

#### Call to Prayer

Confusing and anxious times lead us to frantically search for information, truth, and a guiding voice we can trust. News and social media are often the loudest voices. But Psalm 27 reminds us that God wants to be our guiding voice.

As you pray, fast, and seek, may you hear the Lord whisper, **“Your job is to pursue me. My job is everything else.”**

As you turn down every other voice, may you hear God loud and clear. As you lean in, listening for His voice in the Bible and in prayer, may you be flooded with His peace. He is your surrounding protection and provision today.

#### Ways to Pray

- *Repent of spending more time looking at the news and social media than in the Word, worship, and prayer. Ask for grace to reverse that balance today.*
- *Pour out every fear and worry before God, then use Psalm 27 as a declaration of your fearlessness in God, and His protection for you, His beloved.*
- *Use Psalm 27:4 as your prayer and ask God to give you the grace to make Him the one thing in your life.*



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## WEEK 2 (FEB 20-26)

### Day 3 Prepare for a Battle

### Read Ephesians 6:10-24

#### Call to Prayer

It doesn't take much to find conflict, discord, and division all around us.

**Ephesians 6:10-24** reminds us that while we are in a battle, our enemy isn't made of flesh and bones. God has strengthened and equipped us for a spiritual battle.

**Humble yourself today by confessing** your inability to do this alone, knowing that Christ's power is made perfect in our weakness.

**Strengthen yourself in the Lord** by putting on the armour of God and asking for perseverance to stand firm against the devil's schemes.

#### Ways to Pray

- *Where does the enemy have a stronghold against you? Where do you need to trust God's protection?*
- *If you've been believing the enemy's lies more than God's promises, confess and repent today. God is a your good Father who understands and covers you with His grace.*
- *Ask God to show you which pieces of armor He most wants you to focus on today.*



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### Day 4 What's behind your sacrifices?

**Read Isaiah 1:11-20**

#### Call to Prayer

**Isaiah 1:11-20** reminds us that God does not delight in vain exhibitions of sacrifices and religion. He is after our hearts. Has your personal time with God become boring or routine? Have worship celebrations become a routine and a way to display your faith rather than to worship God?

**As you read, pray, and fast today, may you become attuned to God's heart.** Repent of any empty expressions of faith and know the deep, personal intimacy of true fellowship with God. May your worship be pleasing and acceptable to God. And may your prayers lead to action.

**Praise the Lord who cleanses us from every sin!**

#### Ways to Pray

- *Ask God if there are any empty expressions of religion and sacrifices in your life.*
- *Pray that this time would cause your heart to turn again toward God and that you'd know deep intimacy with Him.*
- *Pray that our weekend worship celebrations would experience the presence of God.*
- *Ask God for opportunities to do good, seek justice, correct oppression, and bring justice in your circles of influence.*



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## WEEK 2 (FEB 20-26)

### Day 5 The Kind of Fast God desires

Read Isaiah 58

#### Call to Prayer

In Isaiah 58, God calls His people to a higher standard. He tells them their fasting and prayer has to be more than religious activity. It has to be rooted in transformation and a lifestyle that aligns with His heart.

**May you experience the kind of fasting and prayer that God desires – the kind that removes the chains of injustice, breaks oppression, and sets people free (Isaiah 58:6).**

**May you be satisfied and strengthened as you fast and pray.** May you hear God inviting you into a life that puts others first. From morning to evening, may you be like a well-watered garden, like a spring whose waters never fail.

#### Ways to Pray

- *Ask the Holy Spirit to breathe life into your spiritual disciplines and service.*
- *Ask God to open your eyes to the injustices and needs around you.*
- *Spend time asking God to show you the areas where He wants you to experience freedom.*



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## WEEK 2 (FEB 20-26)

### Day 6 His own arm brought him salvation

Read Isaiah 59

#### Call to Prayer

Using brutal images, **Isaiah 59** describes the effects of sin. Sin disconnects us from God making us blind and vulnerable. But while sin gripped us tightly in its coils, God stepped in to rescue us. **“He saw that there was no man to intercede; then His own arm brought Him salvation” (Isaiah 59:16).**

Today as you read, fast, and pray, know that **Isaiah 59:21** is true for you. Though our sin causes us to feel distant from Jesus, His love is never far from us. **Take a moment to confess any sins, then thank God for sending Jesus to rescue us.** May you experience the joy of your salvation today!

#### Ways to Pray

- *Praise God for rescuing you! Thank God for the gifts that have come into your life because He rescued you. Can you think of five specific things to thank Him for?*
- *Ask the Holy Spirit to continue to renew and transform your mind.*
- *Ask God for an opportunity to share your story with someone this week.*



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## WEEK 2 (FEB 20-26)

**Day 7 We can be fearless**

**Read Revelation 2:8-11**

### **Call to Prayer**

As you read, fast, and pray today, know that Jesus sees what you're going through. He sees and understands every detail of your life. **Whatever happens, know that Jesus preserves our life forever.**

The words of Revelation 2:8-11 are the words of the resurrected Christ. **May you be captivated and encouraged by the words of our Saviour** - He has the power of an indestructible life.

May you find your safety and security in Him. May the understanding of your resurrection life through Jesus Christ bring you the courage to walk in faith rather than fear. **May you be filled with joy knowing that in Christ, you will live forever.**

### **Ways to Pray**

- *Ask the Lord to help you name your fears. Say, "Lord, I am afraid of..."*
- *Ask the Lord to open your eyes to the opportunities of your resurrection life.*
- *Pray for boldness and courage to face whatever is ahead.*

