

# Fasting & Prayer Guide

## WEEK TWO

7 Jan 2024 to 13 Jan 2024



- Matthew 6:9
- Isaiah 57:15

1  
Day

Hallowed be Your Name

### Read Matthew 6:7–9:

Jesus told his disciples to not keep on babbling like pagans, thinking they will be heard due to their many words because your Father knows what you need even before you ask him. So then, how should we pray? He answers with these words,

‘Our Father in heaven, hallowed be your name,

God is our Father but we cannot be careless when we approach God. We must remember to hallow (set apart as holy, to consider it as being worthy of absolute devotion) His name.

**Read Isaiah 57:15 :** God is Holy and His name is Holy



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- Matthew 6:9
- Isaiah 57:15

**1**  
Day

Hallowed be Your Name



### Reflection:

- How can I hallow His name?
- Words: Revere His name and not use His name for our own selfish agenda. (Exodus 20:7)
- Attitude: Approach God in awe. (Leviticus 10:3)

End with a time of worship:

**Holy, Holy, Holy**

**<https://www.youtube.com/watch?v=JwuDSw-9cUQ>**

Source: <https://www.bible.com/en/reading-plans/15492>



# Fasting & Prayer Guide

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2  
Day

Elohim: The Creator God



- Genesis 1:1
- Revelation 4:1

### Read Genesis 1:1 :

Elohim is the name by which God is introduced in the very first verse of the Bible. It comes from the Hebrew root word 'El' which means strength and unlimited power. Elohim also means Mighty God. He is the God who is powerful enough to create the world from nothing.

### Read Revelation 4:11 :

We exist because He created us. That is why we worship Him! He is the God who is strong enough to handle anything you may face or any impossible circumstances you may encounter.

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- Genesis 1:1
- Revelation 4:11

2  
Day

Elohim: The Creator God



### Reflection:

- Are you facing any situation in your life that seems impossible for you?
- Bring your weaknesses before God and ask for His strength to manifest His power in all your weaknesses.
- Make Psalms 24:8 your personal prayer:  
*“O Lord, You are my King of glory. You are strong and mighty. You are mighty in battle. I trust You for all my battles today.” Amen*

End with a time of worship:

**How Great is our God**

**<https://www.youtube.com/watch?v=KBD18rsVJHk>**

Source: <https://www.bible.com/en/reading-plans/15492>



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3  
Day

Adonai: Lord, Master



- Luke 6:46
- Matthew 6:24
- 1 Corinthians 6:20

Adonai is a short royal title. It denotes majesty, respect and authority. Adonai points to God as the One who is in charge - the Boss. He is our MASTER.

### Read Luke 6:46:

We often say with our lips that God is our Lord, our Master, yet, we DISOBEY Him. Our actions say whether someone or something else is truly in control of our life.

### Read Matthew 6:24:

Adonai speaks about the relationship between Master and slave.

### Read 1 Corinthians 6:20:

We are no longer our own but we have been bought by the blood of Jesus. He alone must be our Lord and Master.

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3  
Day

Adonai: Lord, Master



- Luke 6:46
- Matthew 6:24
- 1 Corinthians 6:20



### Reflection:

- How will people around you know that Jesus is the LORD of your life?
- Is Adonai really your Master? Do you find it difficult to lovingly obey Him? Who or what is in charge of your life?
- Ask the Lord to show you what you need to surrender or let go in order to serve Him whole-heartedly.

End with a time of worship:

**I Surrender All (Hymn)**

**<https://www.youtube.com/watch?v=xSPcuV5Sli8>**

Source: <https://www.bible.com/en/reading-plans/15492>



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El Shaddai: The Almighty  
God



- Genesis 17:1, 2
- Genesis 18:10-14
- 2 Corinthians 1:20

*El Shaddai means All-Powerful and All-Sufficient.* He sustains His creation. He sustains, nourishes and keeps us. This is the name God used when He entered into a covenant relationship with Abraham and begins to work through him and his descendants as a special people.

### **Read Genesis 18:10-14:**

Abraham and Sarah were past childbearing age but El Shaddai promised them a son. And He fulfilled that promise. He is Almighty. Nothing is impossible for Him.

### **Read 2 Corinthians 1:20:**

The promises of God are numerous and our El Shaddai God is able to keep everyone of them.





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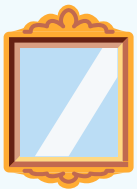
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El Shaddai: The Almighty God



- Genesis 17:1, 2
- Genesis 18:10-14
- 2 Corinthians 1:20



### Reflection:

- What is standing in front of you that is too hard for you? It's not too hard for El Shaddai.
- Ask God to make your life a witness to those around you.
- Pray that doors would open and you would get opportunities to share the hope that is in you.
- Pray Psalm 119:116: ***Sustain me according to your promise, and I will live; do not let my hopes be dashed.***

End with a time of worship:

**Majesty**

**<https://www.youtube.com/watch?v=SNnTFDNPT3U>**

Source: <https://www.bible.com/en/reading-plans/15492>





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- Psalm 97:9
- Daniel 4:34

5  
Day

El Elyon: The Most High God

### Read Psalms 97:9:

Elyon means the 'Highest' or 'Exalted One'. El Elyon means 'the God who is the Most High'. Jesus is called the Son of the Most High. El Elyon speaks of the supremacy of God. He is above all.

This exalted position of El Elyon was what Lucifer wanted when in his pride he declared "*I will be like the Most High*" (Isaiah 14:14) But all pride must bend before the Most High God.

When King Nebuchadnezzar's heart was lifted up in pride over his achievements, El Elyon brought him low and a voice from heaven pronounced judgement on him.

**Read Daniel 4:34:** God is able to humble anybody because He rules over all. He rules over all and lifts one and puts down another.



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## WEEK TWO

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- Psalm 97:9
- Daniel 4:34

5  
Day

El Elyon: The Most High God



### Reflection:

- Who is most high in your life?
- What is most high in your heart? Have earthly pleasures blocked your vision of God?
- Pray that you would be able to love God with all your heart, mind and strength.
- Ask Him one thing He wants you to do now. And do it.

End with a time of worship:

**Our God**

**<https://www.youtube.com/watch?v=doQgvhmEkl4>**

Source: <https://www.bible.com/en/reading-plans/15492>



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El Roi: The God who sees



- Genesis 16:1-13
- Matthew 10:29

This name of God occurs only once in the Bible. Sarah's Egyptian slave, Hagar encountered God in the desert and addressed Him as El Roi - the God who sees me. (Genesis 16:13)

### Read Genesis 16:1-13:

El Roi is all-seeing. Despised, poor, confused, yet Hagar discovered she wasn't alone. God knew her past, pinpointed her exact location in the present and saw with perfect clarity what the future held for her. El Roi had plans for her. Hagar and her son would live and not die.

### Read Matthew 10:29:

El Roi watches over sparrows. How much more will He watch over you! He sees everything, knows everything and still loves you.



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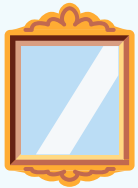
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El Roi: The God who sees



- Genesis 16:13
- Matthew 10:29



### Reflection:

- Allow God to show you where you are hurting in your life. Then ask Him to heal your wounds.
- Take time to bring any offence in your heart before God. Hear what He has to say for each situation and each person that offended you. Choose to forgive each person and pray a blessing over them.
- Read and meditate on Psalms 121:1-8

End with a time of worship:

**Thank You Jesus for the Blood**

**<https://www.youtube.com/watch?v=nbCnh5Q2o1Y>**

Source: <https://www.bible.com/en/reading-plans/15492>



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Day

El Olam: The Everlasting God



- Psalm 90:1, 2
- Psalm 100:5
- Isaiah 46:4

The Hebrew word 'Olam' comes from a root word meaning 'eternity'. El Olam means the God who is eternal or the Everlasting God, the God who has no beginning and no end. There has never been a time when God did not exist.

The term 'Olam' also carries with it the idea of unchanging. Everything we know on this earth changes in some way over time. But God never changes. His character, His Word, His love, His promises, His purposes never change and never fail.

**Read Psalm 100:5:** The Everlasting God, is constant, dependable and reliable. Time does not alter God.

**Read Isaiah 46:4:** El Olam is totally faithful. We are time bound and have an expiry date but He doesn't. He promises to take care of us. We can put our complete trust in Him.



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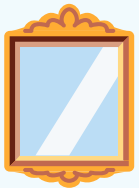
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- Psalm 90:1, 2
- Psalm 100:5
- Isaiah 46:4

7  
Day

El Olam: The Everlasting God



### Reflection:

- Bring all your cares and concerns to the Lord - about your present and your future.
- Bring each member of your family before the Lord and pray for their needs.
- Pray for all your financial and material needs.

End with a time of worship:

**Draw me close to You**

**<https://www.youtube.com/watch?v=h561DdhNutQ>**

Source: <https://www.bible.com/en/reading-plans/15492>

