

Fasting & Prayer Guide

WEEK FIVE

28 Jan 2024 to 3 Feb 2024

1
Day

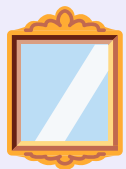
Hezekiah's Prayer for
Courage and Deliverance



- 2 Kings 19: 14-19;
34-35

King Hezekiah was the 13th successor of David to rule Judah. He was a remarkable king that kept great faith in God despite being ill during his reign. Even when a group of kings was plotting to battle with Hezekiah and the Israelites, he prayed for courage and deliverance.

Read 2 Kings 19:14-19; 34-35



Reflection:

1. In Troubling Times, Seek God First

The immediate action Hezekiah took after receiving a letter of battle that ridiculed his faith in God was to seek God in hopeful prayer and petition. Neither did Hezekiah complain nor wallow in self-pity.



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Hezekiah's Prayer for
Courage and Deliverance



● 2 Kings 19: 14-19;
34-35

2. Declaring Who God Is Strengthens Courage

V. 15 & 16 - Hezekiah took the time to establish and acknowledge God's identity as the King of majesties. Watch how after Hezekiah declared God is God alone, he recognized God's power as the maker of heaven and earth.

3. When You Seek for Deliverance, Remember It Is for God's Glory

Note how Hezekiah ended off his prayer in verse 19. Hezekiah's request for deliverance was not rooted in self-interest but God's. He asks for deliverance so that God may be glorified. This is why the Lord's prayer begins with "Hallowed be thy name" and ends with "For thine is the kingdom, the power, and the glory, forever and ever". All glory to our God.



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Hezekiah's Prayer for
Courage and Deliverance



● 2 Kings 19: 14-19;
34-35

4. When You Seek For Courage, Be Certain

When we ask God for courage and deliverance, always be certain. Let us set our eyes and heart on God with unwavering faith. For God goes with us and has gone before us, so do not be afraid (Deuteronomy 31:6-8).

Pray and declare who God is over your situation based on 2 Kings 19:15 - 19



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Hannah's Prayer of Praise



● 1 Samuel 2: 1-10

Hannah was a faith-filled woman but faced the problem of barrenness, which was once considered shameful. Hannah prayed to the Lord in the temple of Shiloh for a son and vowed that she will dedicate her child to Him. The Lord granted her prayer and gave her a son whom she called Samuel. This prayer of adoration was made by Hannah in gratitude.

Read 1 Samuel 2:1-10



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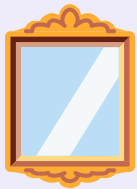
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● 1 Samuel 2: 1-10

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Hannah's Prayer of Praise



Reflection:

1. Begin Your Prayers In Adoration For God

Hannah begins her prayer with adoration (v1). This is a powerful prayer and a good reminder for us that God is always worthy of our praise and adoration.

2. Remembering That God Is Your Only Constant

God is our only constant and stronghold (v2). With all the things happening around us, we can hold on to Him. Like Hannah, we should put our trust in Him. We can run close to Him with our brokenness, cries, and longings, and He will help us. In God's presence, we can find security.



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● 1 Samuel 2: 1-10

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Hannah's Prayer of Praise

3. Letting Go Of The Transgressions Others Have Made Unto You

Hannah was reminded of the oppression and injustice she received in the past. But instead of requesting vindication for herself, Hannah reminded that it is God who reigns sovereign and will handle the eventual judgment (v.3-10). She is resisting the temptation of taking justice into our own hands.

Pray a prayer of adoration to God following Hannah's prayer in 2 Samuel 2:1-10



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Jesus' Prayer for Surrender
and Obedience to God



● Matthew 26: 38-41

This was Jesus' prayer in the Garden of Gethsemane. Before Jesus fulfilled God's plan of salvation, he prayed to God and was in great anguish over his approaching physical pain and separation from God. Though Jesus knew his crucifixion was inevitable and of God's will, his human nature still struggled.

Read Matthew 26:38-41



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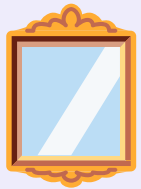
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● Matthew 26: 38-41

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Jesus' Prayer for Surrender
and Obedience to God



Reflection:

1. Jesus Can Relate To Our Anguish And Distress

When Jesus made this prayer, Jesus was showing his vulnerable side to God. He was in distress about what he was about to face (v.38). This shows that whenever we pray, Jesus can fully relate and understand. It is comforting to know that we are not alone because Jesus Christ has also been through such emotional turmoil himself.

2. Jesus Turned To God In Petition

Jesus did not hesitate to take his petition up to God even though he knows he can talk about it to his disciples. Jesus knows that God is the only way and source of comfort that he needs. In times of trouble, we can always turn to our friends and family, but who we really need is only God.



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● Matthew 26: 38-41

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Jesus' Prayer for Surrender and Obedience to God

3. God's Will Above Ours

We may never understand some of God's plan for us but God does. He knows what is best for us. Jesus knows this because twice, when he asked God to 'take this cup from [him]', Jesus reaffirmed his desire to accomplish God's will both times. He firmly trusted God's plan and obeyed him regardless of all his struggles. Praying for surrender and obedience is a powerful prayer we should all learn.

4. God's Unconditional Love For Us

We all fall short of God's glory (Romans 3:23). But God loves us so much that He sent His one and only son, Jesus Christ, into the world to save us from our sins. God sacrificed His son for us. It is with His love and grace that we can be here today, standing righteous before God.

Pray a prayer of surrender to God's will according to Matthew 26:38-41



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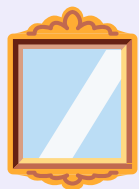
● John 17: 20-23

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Jesus' Prayer for Unity

One of Jesus' most earnest prayers in the Bible is for all believers; that they may remain united despite their differences. He prayed for unity amongst us so that the world may believe in God.

Read John 17:20-23



Reflection:

1. Jesus Teaches Us Not To Discriminate

In his prayer for believers, Jesus acknowledged the fact that those who believed in him will be of different nations, classes, and statuses and spoke different languages. Accepting such differences shows that Jesus does not discriminate. His truth is for everyone.



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● John 17: 20-23

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Jesus' Prayer for Unity

2. Church Unity Begins With Godly Love

The basis for church unity is in v 21 – how God and Jesus are united through godly love. When we believe in the same set of beliefs, we have uniformity. But, when we share the same beliefs and can love one another despite our differences, we have unity. When we love just as God first loved us, we are then able to co-exist in perfect harmony because God is the unifying factor amongst our differences.

3. Church Unity Helps To Spread The Gospel

Jesus allowed the world to judge the validity of the Christian faith (v. 23). And the measurement is the unity of His people. Unity amongst believers and the church helps to spread the gospel.



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Jesus' Prayer for Unity



● John 17: 20-23

4. It Is A Calling For All Believers To Remain United

The very fact that Jesus prayed this prayer is in itself a calling that all believers are called to obey. This is perhaps one of the most important prayers in the Bible that we as believers ought to keep in our hearts.

Pray for unity according to John 17:20-23



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Daniel's Prayer for Forgiveness



● Daniel 9: 4-6; 9-10; 18-19

Daniel found favor in God's eyes and was protected after being thrown into the lion's den. His powerful prayers are a great example for us as well. Here, he prayed a prayer for forgiveness, confessing the sins of his people on their behalf.

Read Daniel 9:4-19



Reflection:

1. Confess With A Genuine And Contrite Heart

Daniel's prayer shows his heart – he speaks humbly with a contrite heart to God as he prays. He is genuine and earnest about confessing the sins of his people as should we since this is God that we confess to.



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Daniel's Prayer for
Forgiveness



● Daniel 9: 4-6; 9-10;
18-19

2. Acknowledge The Specific Sin To Confess

As Daniel prayed from v 5 to 6, notice he specified the sin(s) of the people. Being specific with our sins helps us acknowledge them and be accountable to God. Confessing our sins is also a form of healing prayer because it brings our darkness into the light. Hiding them without confessing can bring us to the point of numbness.

3. Be Affirmed Of God's Mercy

Just as Daniel prayed in v 9 to 10, let us take comfort knowing that no depth and amount of sin can separate God's love and mercy for us. And it is promised that when we confess and turn away from our sins, God will show us His unchanging mercy (Proverbs 28:13-14).



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Daniel's Prayer for Forgiveness



- Daniel 9: 4-6; 9-10; 18-19

4. Ask God For Forgiveness

Daniel asks God to forgive his people while understanding that they are not deserving of forgiveness. Daniel asked for forgiveness boldly not because of his righteousness but because of God's grace and mercy. When we ask for forgiveness, know in our hearts that it is not by our strength or works that we are forgiven, but because of God's graciousness.

Prayer a prayer of forgiveness based on Daniel 9:4-19



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David's Prayer of Thanksgiving



● Psalms 30

King David wrote many hymns and psalms, about 73 out of the 150. Many of these prayers in the Bible that David wrote were personal and highly emotional. Every emotion from thanksgiving to forgiveness, petitions for protection and deliverance, and even anger are written in Psalms. Here in Psalms 30, David wrote a thanksgiving prayer.

Read Psalms 30



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David's Prayer of Thanksgiving



● Psalms 30



Reflection:

1. Always Thank God For Victory Over Our Enemies

Enemies here do not necessarily refer to humans out to harm you (verse 1). They can refer to illness, ailment, or any burdens that you have. When we pray, pray for how God has allowed us to reign victory over all of these.

2. Depend On God For Healing

In verse 2, David acknowledged and thanked God for healing him. Likewise, when you are healed from whatever burdens, recognize that God provided you with the people and circumstances for you to be healed.



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David's Prayer of Thanksgiving



● Psalms 30

3. Thank God For Keeping Us Alive

Life is a gift from God. He is the only one that has the power to give life and preserve life. Make it a daily habit to thank God for keeping us alive. We may not be facing the life-threatening situations like David (v9) but it always pleases God when we thank Him for preserving our lives to do His good works.

4. Make Thanksgiving To God A Habit

Thanksgiving is not just for WatchNight Service. Just as we must read His word daily, let's learn from David, who continuously gave thanks to God as we have seen in Psalms 30 and many others. Give thanks to the Lord. You can pray a prayer of thanksgiving based on Psalms 30.



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● Psalms 4

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David's Prayer for Anger and Peace

This short psalm was written by David as he complains to God about the slanders made against him and finding peace and refuge in God.

Read Psalms 4



Reflection:

1. Being Angry Is Valid

It is okay to get angry. Jesus got angry too. In Matthew 21:12-17 and John 2: 13-17 where he found the people of Jerusalem had turned God's temple into a marketplace. Jesus got angry and overturned tables because they have defiled the holiness of the temple courts.



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David's Prayer for Anger
and Peace



● Psalms 4

2. Be Angry, But Do Not Sin

Jesus' anger was holy because he was angry for God. He was angry at how they have dishonored God. Most of the time our anger is not holy anger. Our anger often lead us to sin. That's the reason for v.4. The anger of men does not produce the righteousness of God.

3. Do Not normalise Your Angry Thoughts

David addresses how at night the thoughts that trouble us, anger us, and can cause us distress (v.4). David then reminds us that we should not normalize them, but be cautious of them and search our hearts silently so that we may refocus on God. Otherwise,, we are giving the devil a foothold to tempt us into sinning (Ephesians 4:26-27).



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David's Prayer for Anger
and Peace



● Psalms 4

4. Finding Peace And Refuge

David ends this prayer asking God to fill him with joy. but more importantly, His identity in God brought about solitude and peace. This allowed David to rest amidst distressing circumstances.

Pray Psalms 4 as your personal prayer.

