

Fasting & Prayer Guide

WEEK SIX

4 Feb 2024 to 8 Feb 2024

1
Day

Solomon's Prayer for
Guidance



● 1 Kings 3:5-10

Prayers in the Bible for wisdom and guidance are common because we need them. King Solomon's prayer for guidance is one of the most famous and powerful prayers.

Read 1 Kings 3: 5-10



Reflection:

1. Acknowledge Past Blessings

Solomon started by acknowledging God's blessings given to his father, David. Remembering and recounting how much God has done for you in the past is a good habit to adopt, especially in petition prayers. Because it expresses your appreciation and gratitude for God, who chose to bless you.



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● 1 Kings 3:5-10

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2. Humble Yourselves Before God

Despite his royal status, Solomon knows that it was nothing compared to God. He displays great humility when he identified himself as 'a little child' in front of God (v.7). It is Solomon's way of saying "I can't do this. The job is so much bigger than what I can handle, I must rely on God". When we come to God in prayer, do we truly humble ourselves before Him?

3. Asking For Understanding

In v.9, Solomon asks for a discerning heart, a heart to understand what is right and wrong. This goes beyond asking for knowing what is right and wrong. We cannot gain wisdom if we know without understanding. Solomon realizes this and thus asks God to fill him with understanding, not just knowledge.



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Solomon's Prayer for
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● 1 Kings 3:5-10

4. Asking God For What We Need

Solomon could have asked for anything when God appeared to him, yet Solomon asked for wisdom that will not only benefit himself but also for the people of Israel. He asked for what he needed, not wanted. Solomon knew better to ask for what God wants him to ask for – wisdom and guidance. When we start to chase after the Lord's heart, His desires become ours. Therefore, His wisdom and guidance will be upon us as well.

Pray for wisdom and understanding for the Pastors and Deacons of PCC.



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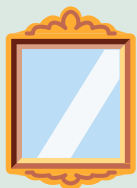
Paul's Prayer for Wisdom
and Spiritual Growth



● Ephesians 1:15-20

There are many prayers in the Bible made by Paul that we can learn from. He helped pioneer the church in Ephesus and had not seen them in years. Hence, he wrote a letter containing his prayer for wisdom for the Ephesians, asking God to bless them with the Spirit of wisdom that leads to spiritual growth.

Read Ephesians 1: 15-20



Reflection:

1. Prayers Should Be Continuous (v.16)

Paul continuously prayed for the Ephesians daily, not whenever he chooses to. There were other accounts where Paul's prayers in the Bible show how much he continuously pray for them.



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Paul's Prayer for Wisdom
and Spiritual Growth



● Ephesians 1:15-20

2. Pray For Wisdom To Know God Better (v.17)

We can always come to God and seek His wisdom when we face challenges or conflicts that are above us. Instead of asking God for solutions, we should ask God for wisdom as Paul did in verse 17, *'that God so freely gives to us through the Holy Spirit so that we can know God better'*. This will help us understand how God wants us to resolve certain conflicts or overcome situations.

3. Pray For A Hope That Embraces The Future (v.18)

Hope is an active faith that extends and embraces the future. What should we hope for? We can hope for the glorious inheritances and wait expectantly for the second coming of Christ.



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Paul's Prayer for Wisdom
and Spiritual Growth



● Ephesians 1:15-20

4. Pray For A Faith That Allows Us To Believe God's Power Lives In Us

God's immeasurable power lives in us. We don't see it or feel it. It's only through faith, the one that truly acknowledges that God is for us and us alone. Prayer should not be a thermometer that measures our degree of faith, but a thermostat that raises our degree of faith to God's desired level. That's how we will grow spiritually.

Pray Ephesians 1:15-20



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● Luke 18:9-13

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Tax Collector's Prayer of Humility

During biblical times, tax collectors were recognized as sinners. Tax collectors were encouraged to charge compensatory taxes. So, they often overcharged the taxes and people considered tax collectors as traitors and thieves. However, instead of persecuting them, Jesus treated tax collectors with grace and mercy. The tax collector's prayer is his humble acceptance of the sin he made against God.

Read Luke 18: 9 – 13



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● Luke 18:9-13

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Tax Collector's Prayer of Humility



Reflection:

1. Prayer of the Pharisee

In v. 11, the Pharisee stood proudly by himself in front of many people boasting of how righteous he was. His prayer focused on the good things he did for God. Self-righteousness leads to the pride that might cause us to despise others and prevents us from learning from God. The Pharisee relied on his own 'good works' but it is not because of our own efforts that we are saved. It is by God's grace and mercy.



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● Luke 18:9-13

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Tax Collector's Prayer of Humility

2. Prayer of the Tax Collector

The tax collector relied on the mercy and compassion of God. The tax collector identified himself not with a title or as a human. He identified himself as a sinner (v. 13). True humility is being able to see the way things are. The Pharisee saw himself as great and should be exalted. But the tax collector saw in his heart that God should be exalted because He is merciful. As such, the tax collector and not the Pharisee went home justified before God (Luke 8:14). God will humble those who exalted themselves and exalt those who humbled themselves before God.

Pray for God's mercy for yourself.



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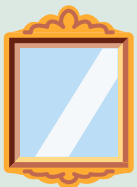
Stephen's Prayer for
Compassion



● Acts 7:59-60

Stephen was one of the deacons of the early church and the first-ever Christian martyr. Stephen was a man full of faith and the Holy Spirit (Acts 6:5). While being stoned to death, Stephen prayed that God will have compassion for the people who were stoning him.

Read Acts 7:59-60



Reflection:

1. Be Assured That God Is Still With You in the midst of Persecution

While being stoned, Stephen still cried out to God. He knew that even while being persecuted, God will still hear him. Stephen's life ended just as how it began: full of faith. We should keep honoring God with our conduct and words, hoping that others may see Christ in us.



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Stephen's Prayer for
Compassion



● Acts 7:59-60

2. Remaining Christlike Until The Very End

Even when he faced persecution, Stephen was still compassionate in bringing more people to God. His hope was for the conversion of those people who persecuted them, eventually. His final prayer was similar to Jesus' final prayer on the cross as well (Luke 23:34). He boldly held on to his belief in Christ and as such, his actions reflected Christ as well. Are we able to still be identified as God's children in distressing times?



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Stephen's Prayer for
Compassion



● Acts 7:59-60

3. God Hears Your Prayers Until The Very End

Stephen's death wasn't in vain. His death had a profound impact on Paul, the world's greatest missionary who was once a persecutor of Christians. If Stephen hadn't prayed for compassion in his final breath, we may never have a complete New Testament in the Bible. We should never abandon our faith even when persecuted. We shouldn't fear that they will reject us because God is working on their hearts. Our prayers are powerful and will always be heard.

Prayer for God's compassion on the people who are against you or persecuted you.



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WEEK FIVE

28 Jan 2024 to 2 Feb 2024

5
Day

The Lord's Prayer



- Matthew 6:9-13
- Luke 11:2-4

Jesus taught his disciples how to pray in Matthew 6:9-13 and Luke 11:2-4. It is a simple but one of the most powerful prayers in the Bible that we know best as the Lord's Prayer. The Lord's Prayer covers all the different types of prayer that we have seen. From our petitions to confession and forgiveness, to deliverance and glory, everything is in the Lord's Prayer.



Reflection:

1. Declaration of God's identity (God's Names)

Declare and acknowledge God's rightful place as the Father of us.

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The Lord's Prayer



- Matthew 6:9-13
- Luke 11:2-4

2. Prayer of Adoration (Praise and Thanksgiving)

Praise God for who He is and all that He has done for us.

3. Prayer of Surrender and Faith

Acknowledge that it is God's Will that we desire and that He is in control of our lives. This is one of the greatest forms of submission.

4. Prayer of Petition

Ask in God's name for the things that we need such as strength, guidance, and wisdom to overcome whatever circumstance we might be facing.



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The Lord's Prayer



- Matthew 6:9-13
- Luke 11:2-4

5. Prayer of Confession and Forgiveness

We should always confess our sins so that we can receive forgiveness from God.

6. Prayer of Healing and Deliverance

Ask God for protection and help in overcoming our sins and to deliver us from Satan's temptations.

7. Glorify God's name

When we glorify God's name, we are bringing Him honor and He takes delight in that.

Allocate at least an hour to pray through the Lord's Prayer following the guidelines above.

