



# 5 DAY PRAYER + FASTING GUIDE



# JESUS, COME LEAD US ON

## [ WHY ARE WE PRAYING AND FASTING? ]

In Acts 13:2-3, we read, “While they (Church Elders) were worshiping the Lord and fasting, the Holy Spirit said, “Set apart for me Barnabas and Saul for the work to which I have called them.” So after they had fasted and prayed, they placed their hands on them and sent them off.”

The early Church discerned its next steps when it sought God’s will through prayer and fasting. In Church history, spiritual awakenings and Christ-centered revivals have come to regions where God’s people have gathered together for prayer and fasting.

It is our desire that this would be true of Grace Church on the Mount in this season in its story. We long to see the expansion of God’s kingdom through the unique vision He has entrusted to us as a Church. This 5-day prayer and fasting guide is designed to help us pursue that goal.

As you pray each day, listen for the Holy Spirit to speak and keep your heart open to what He has to say. Journal as much as you can and confess your struggles and doubts should the Father bring up any issues in your life (1 John 1:9).

Most of all, BELIEVE that in response to your prayers, God is about to do immeasurably more than all you could ask or imagine here at and through Grace Church on the Mount.

*TO RAISE UP  
GENERATIONS  
OF FAMILIES  
THAT ARE  
BUILT TO LAST*



To Raise up Generations of  
Families that are Built to Last

FINANCIAL FREEDOM

DURABLE MARRIAGES

SEXUAL PURITY

EFFECTIVE PARENTING

RECOVERY MINISTRIES

LOVE OUR NEIGHBORS

“Learning, Loving and Living Biblical Truth”

2 Timothy 3:16



Fasting in the biblical sense is choosing not to partake of food because your spiritual hunger is so deep, your determination in intercession so intense, or your spiritual warfare so demanding that you have temporarily set aside even fleshly needs to give yourself to prayer and meditation.

- Wesley L. Duewel

## [ BUT I'VE NEVER FASTED. WHAT AM I DOING? ]

Fasting is an intentional abstention from food (or any craving) for a set period of time to seek God's will through prayer. Through fasting and prayer, we humble ourselves before God so the Holy Spirit will stir our souls, awaken our Churches, strengthen our families, and draw our communities to saving faith in Jesus Christ.

This may be the first time some of you are participating in the Christian discipline of fasting and we want this to be a positive, life changing experience. We have therefore proposed several different levels at which you can participate.

**FASTING FOR BEGINNERS LEVEL:** This is a great option if you have never abstained from food for lengthy periods or if you wish to refocus certain areas of your life that are out of balance. For example, you might choose to stop using social media or watching television for a set duration during the fast and then carefully bring that element back into your life in healthy doses at the conclusion of the fast. You can choose not to view any media from 6:00 pm to midnight, and spend that time praying at the top of each hour.

You can also skip one meal each day, and spend that mealtime praying at the top of each hour. So, if you skip breakfast and you get up at 6:00 am, you can pray once at 7am, 8am, 9am, 10am, 11am, and wrap it up at noon.

### **FASTING FOR INTERMEDIATE LEVEL:**

You can do what's known as the Daniel fast. The Daniel Fast eating plan is like a vegan diet with more restrictions. The only beverage is water and the primary foods are fruits, vegetables, whole grains and legumes. There are no sweeteners on the fast and no processed foods or chemicals. For more information about the Daniel fast, visit this website (<http://danielfast.wordpress.com/>). During this fast, set aside four times during the day to pray: 9:00a.m, 12:00noon, 3:00p.m, and 6:00p.m. If you are an early riser, add a 6:00a.m prayer time.

**FASTING FOR ADVANCED LEVEL:** In this type of fast, you drink only liquids, typically water with light juices as an option during the duration of the fast. Certain medical conditions don't allow for some to engage in a food fast. If you have health concerns, seek the advice of a physician before fasting from food.

Before fasting, you may be tempted to eat a large meal to stock up. This can have some negative effects on your body. It is best to wean yourself from food. Make your last meal before the fast a light meal consisting of fruits and vegetables. Stay away from greasy or oily foods. When breaking your fast, do so slowly. If engaging in an extended fast, ease your body back into a normal pattern by eating a light diet consisting mostly of fruits and vegetables. After a few days, you can begin to eat meats again.



### **RESOURCE:**

<https://www.desiringgod.org/articles/fasting-for-beginners>

Prayer & Fasting Guide for

# DAY ONE

## JESUS, COME LEAD US ON



*“Send forth your light and your truth, let them guide me; let them bring me to your holy mountain, to the place where you dwell”. (Psalm 43:3, NIV84)*

### [ PRAYER POINTS ]

- Pray that God would make it clear that this meshing of two churches is a work of His Spirit.
- Pray that the Holy Spirit would lead us; and that His will and direction for both congregations would be evident every step of the way.
- Pray that in all we do, God would be glorified and would bring fame to His name in both of our ministry areas.
- Pray that God would give all our pastors and elders a God-given vision for this meshing of two churches, and that He would revitalize each leader and his family spiritually, physically, and mentally.
- Pray that both gatherings would be thriving and growing churches that transform their communities for Christ.

What are some thoughts and reflections God impressed on your heart for **Day One**?



**[ NOTES ]**

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---



Prayer & Fasting Guide for

DAY TWO

# JESUS, FORGIVE OUR SINS



*“I acknowledged my sin to You, and my iniquity I did not hide; I said, “I will confess my transgressions to the LORD”; and You forgave the guilt of my sin.”(Psalm 32:5 NASB95)*

## [ PRAYER POINTS ]

- Pray that God would humble our hearts and help us submit to His plans.
- Pray for godly sorrow that leads to repentance, which results in a spiritually healthy congregation.
- Pray that we would embrace the forgiveness of Christ and in turn extend the same forgiveness to others who wounded us.
- Pray for boldness in confronting sin and for wisdom on how to do it with grace and love that leads to restoration.
- Pray that the Lord would sweep both “houses” clean of any impurities and welcome His Holy Spirit to come in a fresh new way.
- Pray for a foundation in the Word of God to be laid and for willing submission to Biblical principles in God’s people.



*Prayer & Fasting Guide for*

# DAY THREE

# JESUS, GIVE US YOUR WISDOM



*“Make known to the sons of men Your mighty acts and the glory of the majesty of Your kingdom.” (Psalm 145:12; NASB95)*

## **[ PRAYER POINTS ]**

- Pray for godly wisdom as The Center facilitates discussions between both churches.
- Pray for attentiveness to the Holy Spirit’s voice in all the elder/leadership meetings.
- Pray for practical insights as both churches consider key questions and congregational concerns (e.g: financial, governance, name/logo, property, campus pastor, etc).
- Pray for God’s guidance through the communication process so there is no confusion or turmoil.



What are some thoughts and reflections God impressed on your heart for **Day Three**?

**[ NOTES ]**

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---



Prayer & Fasting Guide for

# DAY FOUR

# JESUS,

# PROTECT US



*“I pray that the eyes of your heart may be enlightened in order that you may know the hope to which He has called you, the riches of His glorious inheritance in His holy people, and His incomparably great power for us who believe. That power is the same as the mighty strength He exerted when He raised Christ from the dead and seated Him at his right hand in the heavenly realms, far above all rule and authority, power and dominion, and every name that is invoked, not only in the present age but also in the one to come. And God placed all things under His feet and appointed Him to be head over everything for the church, which is his body, the fullness of Him who fills everything in every way.” (Ephesians 1:18-23 NIV)*

## [ PRAYER POINTS ]

- Pray a spiritual hedge of protection around both congregations; that God would protect us from deception, temptation, and plans of the enemy that would wound people along the way.
- Pray that God would cause confusion in the camp of the enemy and that He would crush any works of Satan that will lead to confusion or chaos in our churches.
- Pray that our churches experience a powerful move of God that will leave each one transformed by His presence and impassioned for His Kingdom.



What are some thoughts and reflections God impressed on your heart for **Day Four**?

**[ NOTES ]**

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---



Prayer & Fasting Guide for

# DAY FIVE

## JESUS, BLESS US



*“Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us, to him be glory in the church and in Christ Jesus throughout all generations, for ever and ever! Amen.” (Ephesians 3:20-21 NIV)*

### [ PRAYER POINTS ]

- Pray that through this meshing of two churches, God will draw to Himself families in our region that are far from God.
- Pray that both campuses would become a beacon of hope in our region, bringing generations to faith in Christ.
- Pray that God would lead us in determining the best strategy to reach, engage, and mentor Millennials.
- Pray for the supernatural works of Jesus to be manifested in both congregations so that the surrounding community would be transformed by the Gospel.

What are some thoughts and reflections God impressed on your heart for **Day Five**?



[ **NOTES** ]

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

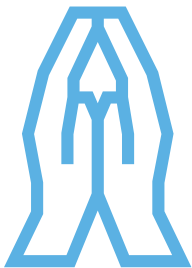
---

---

---

---

# FASTING IN THE BIBLE



Although the Bible doesn't give a direct command on this issue, examples of fasting appear in both the Old and the New Testaments. One of the most telling passages in which fasting is mentioned is Matthew 6:16, where Jesus is teaching His disciples basic principles of godly living. When speaking on fasting, He begins with, "When you fast," not "If you fast."

People fast for a number of reasons. The following are seven circumstances in the Bible in which believers sought God through this discipline.

- 1 TO PREPARE FOR MINISTRY** Jesus spent forty days and nights in the wilderness fasting and praying before He began God's work on this earth. He needed time alone to prepare for what His Father had called Him to do (Matthew 4:1-17; Mark 1:12-13; Luke 4:1-14).
- 2 TO SEEK GOD'S WISDOM & DIRECTION** Paul and Barnabas prayed and fasted for the elders of the churches before committing them to the Lord for His service (Acts 13:2-3; Acts 14:23).
- 3 TO SHOW GRIEF** Nehemiah mourned, fasted, and prayed when he learned Jerusalem's walls had been broken down, leaving the Israelites vulnerable and disgraced (Nehemiah 1:1-4).
- 4 TO SEEK DELIVERANCE OR PROTECTION** Ezra declared a corporate fast and prayed for a safe journey for the Israelites as they made the nine-hundred-mile trek to Jerusalem from Babylon (Ezra 8:21-23).
- 5 TO REPENT** After Jonah pronounced judgment against the city of Nineveh, the king covered himself with sackcloth and sat in the dust. He then ordered the people to fast and pray. Jonah 3:10 says, "When God saw what they did and how they turned from their evil ways, He relented and did not bring on them the destruction He had threatened."
- 6 TO GAIN VICTORY** After losing forty thousand men in battle in two days, the Israelites cried out to God for help. Judges 20:26 says all the people went up to Bethel and "sat weeping before the Lord." They also "fasted that day until evening." The next day the Lord gave them victory over the Benjamites.
- 7 TO WORSHIP GOD (AN ACT OF SURRENDER)** Luke 2 tells the story of an eighty-four-year-old prophetess named Anna. Verse 37 says, "She never left the temple but worshiped night and day, fasting and praying." Anna was devoted to God, and fasting was one expression of her love for Him.



**TO RAISE UP GENERATIONS  
OF FAMILIES THAT ARE  
BUILT TO LAST**

**[WWW.GRACE4FAMILIES.COM](http://WWW.GRACE4FAMILIES.COM)**