



40

DAYS OF

Prayer

2023

AUGUST 21st - SEPTEMBER 29th



## **Thank you for joining us for 40 Days of Prayer.**

40 Days of Prayer is a time for us to come together as a church to seek the Lord. Over the years, every time we've stepped into this practice of prayer for 40 days, it's been such a uniting and beautiful time for us as a Church. We want to be a church that is consistently submitted to a Holy God, seeking HIS will, asking Him to search us, lifting our requests, and believing that He can answer them. And after all that we've been through over the last few years, and in light of where we see the Lord leading us in this next season, now is the perfect time to call His Church to pray! But what I hope most happens over the next 40 days is that you begin to see (or are reminded of) the benefit, the joy, the delight, and the necessity of prayer, not only for just our church but, more importantly, for your life as well. We are not done praying after "40 Days".

### **Why 40 days?**

Well, looking at scripture, you see God do some really amazing things in 40 days. While Noah was in the Ark, God transformed the earth through a flood after 40 days; Moses went up to MT. Sinai to spend time with God for 40 days and came down with the 10 commandments (twice!); Goliath challenged the people of Israel for 40 days and a shepherd boy became a giant killer; Jonah preached repentance to the wicked city of Nineveh for 40 days and they repented; Jesus fasted in the wilderness for 40 days before He began his ministry; and after the resurrection, Jesus walked the earth for 40 days, teaching and ministering to His disciples, preparing them to be a part of the work He was wanting to do on this earth through the Church before He ascended back to be with His Father.

40 Days of Prayer isn't some secret formula, yet we've just seen what God can do in 40 days and we want to continue to see what He does with us as our hearts are surrendered to Him.

I'm excited to join you on this journey and I thank you for joining me.

Trusting in His Grace,  
Justin



# FASTING

## WHAT IS FASTING?

Fasting is a private act of sacrifice between you and God. By fasting, you become the living sacrifice, sustained by the breath of God rather than the bread of man. There's a spiritual transaction when you give up food in favor of God. You place yourself in His care—acknowledging that He is the author of life, and you are but a weak and broken vessel. By giving up food you place yourself humbly under an infinite God and His love, mercy and power.

## WHAT DID JESUS SAY ABOUT IT?

In the Sermon on the Mount, Jesus taught a lesson about how and how not to fast: "And when you fast," (notice it does not say "IF you fast") "do not look gloomy like the hypocrites, for they disfigure their faces that their fasting may be seen by others. Truly, I say to you, they have received their reward. But when you fast, anoint your head and wash your face, that your fasting may not be seen by others but by your Father who is in secret. And your Father who sees in secret will reward you" (Matthew 6:16-18). We see that it is important to not brag or boast to others about fasting. The Jews of Jesus' day used fasting and giving to make everyone think that they were more spiritual than others. But Jesus tells us that fasting should be done in secret, so that it can't be used as a way of bringing glory to ourselves. Fasting should make us humble instead of proud. In the end, it is not our works but our hearts that matter to God. God promises to reward openly those who fast and pray in secret.



# FASTING

## TYPES OF FASTS

In the same way that God appointed times and seasons to fast, he also designated several types of fasts. Because of certain medical issues and physical needs, there are different types of fasting. Not everyone can go on an extended fast; similarly, not everyone can totally abstain from food and water. A person should exercise wisdom and consult their physician if they have any medical concerns before they fast, otherwise it could actually be harmful to your health. There are at least three types of individual fasts: absolute fast, solid food fast, and partial fast.

**1. ABSOLUTE FAST:** An absolute fast is conducted by abstaining from all food and water for a certain period of time. This is also known as "total fast" or "supernatural fast". It's pretty rare, but there are a few biblical examples of the total fast. Moses and Elijah both abstained from food and water for forty days and forty nights. (Deuteronomy 9:9, 10:10, 18:25-29; 1 Kings 19:8). I don't recommend doing this for more than a couple of days without talking to your doctor.

**2. SOLID FOOD FAST:** A solid food fast is where an individual may drink juice and water, but chooses not to eat solid food. Drinking water while fasting for several days can actually be therapeutic for your body. In any case, you should not fast for more than a week unless you consult a doctor.

**3. PARTIAL FAST:** A partial fast is where you choose to abstain from certain foods and drinks instead of complete abstinence. The Bible tells us that Daniel abstained from meat, wine, and pleasant food for 21 days (Daniel 10:3). (You can find out more on the Daniel Fast at [www.ultimatedanielfast.com](http://www.ultimatedanielfast.com)). Others may choose to fast from television, computer, newspaper, and hobbies. This will help you free up some time to spend in prayer and reflection. It's about replacing your time spent elsewhere and focusing it on God. Preparing food used to be an all day event, nowadays we have fast food and microwaves, so maybe cut back your time spent on social media and devote that time to the Lord.

**NOTE:** If you can't commit to extended fasting, perhaps try fasting one day a week, or one meal a day.



# SCRIPTURE

“I am the true vine, and my Father is the vinedresser. Every branch in me that does not bear fruit he takes away, and every branch that does bear fruit he prunes, that it may bear more fruit. Already you are clean because of the word that I have spoken to you. Abide in me, and I in you. As the branch cannot bear fruit by itself, unless it abides in the vine, neither can you, unless you abide in me. I am the vine; you are the branches. Whoever abides in me and I in him, he it is that bears much fruit, for apart from me you can do nothing. If anyone does not abide in me he is thrown away like a branch and withers; and the branches are gathered, thrown into the fire, and burned. If you abide in me, and my words abide in you, ask whatever you wish, and it will be done for you. By this my Father is glorified, that you bear much fruit and so prove to be my disciples.” - John 15:1-8 ESV

Scripture memorization is a fantastic way to grow in your walk with the Lord and increase the depth of relationship with Him during these 40 days.

## Why Memorize Scripture? By John Piper

- **CONFORMITY TO CHRIST** - Bible memorization has the effect of making our gaze on Jesus steadier and clearer.
- **DAILY TRIUMPH OVER SIN** - as sin lures the body into sinful action, we call to mind a Christ-revealing word of Scripture and slay the temptation with the superior worth and beauty of Christ over what sin offers.
- **DAILY TRIUMPH OVER SATAN** - When Jesus was tempted by Satan in the wilderness he recited Scripture from memory and put Satan to flight.
- **COMFORT AND COUNSEL FOR PEOPLE YOU LOVE** - When the heart full of god’s love can draw on the mind full of god’s word, timely blessings flow from the mouth.
- **COMMUNICATING THE GOSPEL TO UNBELIEVERS** - actual verses of the Bible have their own penetrating power. and when they come from our heart, as well as from the Book, the witness is given that they are precious enough to learn.
- **COMMUNION WITH GOD IN THE ENJOYMENT OF HIS PERSON AND WAYS** - the way we commune with (that is, fellowship with) God is by meditating on his attributes and expressing to him our thanks and admiration and love, and seeking his help to live a life that reflects the value of these attributes.



# SCRIPTURE

**Memorizing Scripture can be tough, so here is some practical help:**

- **REVIEW OLD VERSES:** Always give priority in your mind to the retaining of old verses even over the learning of new ones. You should begin every day's work with review of old verses.
- **REPETITION OVER TIME:** The absolute key to successful scripture memorization is repetition over a long time period. This is how you retain old verses while learning new ones.
- **MEMORIZE THE VERSE NUMBERS:** memorize the verse numbers as if they were part of each verse. This will help prevent you from dropping out verses or even whole paragraphs when you're reciting the book all the way through. **DON'T SHORT CUT THIS DISCIPLINE!!** It actually makes memorization easier in the long run!
- **PHOTOGRAPH THE VERSES WITH YOUR EYES:** Read each new verse ten times, covering each word as though photographing it with your eyes. Burn each verse into your brain with your eyes.
- **SAY IT OUT LOUD:** Another help in memorizing is to say the verse out loud to yourself. this helps the memorization process. It doesn't have to be very loud, just loud enough so you can hear it. Also, try putting some feeling and interpretation into reciting the verses... this is actually a form of meditation on the verses as you are learning them.
- **GET SOMEONE TO PARTNER WITH YOU:** One huge help is to get together with believers and quiz one another and provide mutual accountability. It becomes fun and challenging.
- **FIND AN APP THAT CAN HELP:** There are lots of tools out there for you to use that will eliminate one word at a time or provide you with a community that you can "compete" against. My personal favorite is called "Verses - Bible Memory" on the app store.



THE  
*Prayer*  
GUIDE

# WEEK 1

# PRAISE GOD

Day 01 // Monday, Aug 21st

## **GOD THE HOLY**

**Scripture to Read:** Isaiah 6:1-3, Psalm 145:17

Our God is a HOLY God. Which means He is perfect, set apart.

*Today, praise Him for His Holiness and consider how unholy you are.*

Day 02 // Tuesday, Aug 22nd

## **GOD THE FATHER**

**Scripture to Read:** 2 Corinthians 6:18, 7:1, 1John 3:1

Despite our unworthiness, the Holy God still offers us a chance to call Him Father.  
What a tremendous blessing!

*Today, praise Him for the gift of being adopted as sons and daughters.*

Day 03 // Wednesday, Aug 23rd

## **GOD THE CREATOR**

**Scripture to Read:** Genesis 1:1, Isaiah 40:26, 45:12, Colossians 1:16

Our God is a creative God! So often we take for granted all that He has created for  
His glory and our joy.

*Today, praise Him for His creation. We worship the Creator, not creation.*

Day 04 // Thursday, Aug 24th

## **GOD THE PROVIDER**

**Scripture to Read:** Psalm 23, Matthew 6:25-34, 2Corinthians 9:8

He knows your needs even better than you do.

*Today, praise God for His provision.*



# WEEK 1

# PRAISE GOD

Day 05 // Friday, Aug 25th

## **GOD THE COMFORTER**

**Scripture to Read:** Psalm 46:1-3, 147:3, John 16:33, 2Corinthians 1:3-4

There are times that are insanely difficult, emotionally, spiritually, physically, and mentally, but we worship the God of all comfort.

*Today, praise God for His comfort.*

Day 06 // Saturday, Aug 26th

## **GOD THE FORGIVER**

**Scripture to Read:** 2Chronicles 7:14, Jeremiah 31:34, Matthew 6:14,

We are sinners, but we have a God who forgives. He doesn't have to forgive, yet He chooses to forgive.

*Today, praise God for His forgiveness..*

Day 07 // Sunday, Aug 27th

## **GOD THE REDEEMER**

**Scripture to Read:** Isaiah 43:1, 63:16 Romans 3:21-26, Psalm 145:17

God not only forgives, but He redeems and He rescues. God sent His only Son so that He could right the wrongs that we've done. Now we can have relationship with Him again.

*Today, praise God for redeeming us.*

# WEEK 2

# BE TRANSFORMED

Day 08 // Monday, Aug 28th

## SEARCH ME

**Scripture to Read:** Psalm 139:23-24

Asking God to search you is difficult, but you need to remember that He loves you. He gave everything for you and wants to deal with the sin that separates you from Him.

*Today, ask Him to search you.*

Day 09 // Tuesday, Aug 29th

## BREAK ME

**Scripture to Read:** Psalm 51:17

Asking God to break you is a terrifying prayer, but we have to allow the craftsman to craft in the way that is best.

*Today, ask Him to break you. To break down your strongholds, break down your pride, and break down your walls.*

Day 10 // Wednesday, Aug 30th

## REFINE ME

**Scripture to Read:** Zechariah 13:9, 1Peter 1:7

“Refine” defined is to “Remove impurities or unwanted elements from”. As gold is refined in the fire, we want God to refine us and remove the impurities.

*Today, ask Him to draw out the impurities. Ask Him to refine you for His Glory.*

Day 11 // Thursday, Aug 31st

## RENEW ME

**Scripture to Read:** Ephesians 4:23-24, Romans 12:2

It is easy to fall back into old habits and the wrong mindset, but God wants to transform and renew us.

*Today, ask God to renew you and your thoughts, actions, and words...so that they look more like His.*

# WEEK 2

# BE TRANSFORMED

Day 12 // Friday, Sep 1st

## LEAD ME

**Scripture to Read:** Psalm 25:5, Proverbs 3:6, Romans 8:12-14

So often we think we know what is best for us, but we want God to direct our steps and lead us in the way that He wants us to go.

*Today, ask God to lead you in every area of your life.*

Day 13 // Saturday, Sep 2nd

## USE ME

**Scripture to Read:** Isaiah 6:8, Ephesians 2:10

It's crazy that the God of the Universe invites us to join Him in His work. What an honor and privilege! He wants to use you, even though you don't feel adequate, skilled, or trained. HE gets the glory in all that we do for Him.

*Today, ask God to use you for His glory.*

Day 14 // Sunday, Sep 3rd

## PROTECT ME

**Scripture to Read:** 1 Corinthians 10:13, 2Thessalonians 3:3, Psalm 5:11

There is a very real spiritual war happening all around you and a very real enemy who wants to tear down and destroy all that God is doing in you.

*Today, ask God for His protection from the enemy so that you can continue to live a life transformed by His Holy Spirit.*

# WEEK 3

# CHURCH FAMILY

Day 15 // Monday, Sep 4th

## **UNITED IN CHRIST**

**Scripture to Read:** Ephesians 4:1-7, John 13:35, Hebrews 10:24-25

As a church, we want to be more than a Sunday morning service. We want to stand united because of what Christ has done. We have big work to do and it will be impossible if we are divided.

*Today, ask God to bring about the unity that only He can provide through His Holy Spirit.*

Day 16 // Tuesday, Sep 5th

## **DIRECTION AND VISION**

**Scripture to Read:** Psalm 119:9-12, Micah 6:8

We as a church don't want to do anything or go anywhere unless the Holy Spirit is leading.

*Today, please pray for direction and the leading for our Church.*

Day 17 // Wednesday, Sep 6th

## **MINISTRY**

**Scripture to Read:** Ephesians 4:11-16, Romans 12:4-7, 1Peter 4:10-11

We are blessed to be a very diverse church. Its such a picture of heaven! Knowing how to minister to young and old, single, dating and married, men and women is a responsibility far too big for us to just figure out.

*Today, please pray for guidance in how we can minister to all those who call the Anchor home.*

Day 18 // Thursday, Sep 7th

## **LEADERSHIP**

**Scripture to Read:** Acts 20:28, Galatians 6:9, 2Timothy 4:1-5

Pastors, Elders, and Ministry Leaders carry a lot of weight around with the responsibility of leading. The church leaders NEED your prayers.

*Today, please pray for those in church leadership..*

# WEEK 3

# CHURCH FAMILY

Day 19 // Friday, Sep 8th

## **MARRIAGES/FAMILIES**

**Scripture to Read:** Genesis 2:15-24, Deuteronomy 6:9, Ephesians 5:22-6:4

Marriage is set up as an example of the church's relationship with Christ. The enemy hates this because it's a reminder of his defeat, so he'll do whatever it takes to destroy sacred relationships.

*Today, pray for the marriages and families in the church.*

Day 20 // Saturday, Sep 9th

## **MISSIONS**

**Scripture to Read:** Isaiah 6:8, 1Chronicles 16:23-24, Matthew 28:19-20

### INTERNATIONAL

Pastor Renan in the Philippines, the Daniels in Hungary, the Wallis' in Thailand  
the Linns in Ireland, the Wards in Burma

### LOCAL

Laura Geffre and her team at Informed Choices, Pacific Point Christian Schools,  
Foster The City.

*Today, lift up men and women "in the field" as they share and live out the good news overseas and locally.*

Day 21 // Sunday, Sep 10th

## **FINANCES**

**Scripture to Read:** Matthew 6:31-32, Acts 20:35, Philippians 4:19

We want to be good stewards with what God has entrusted to us. We also don't want to worry or fear when finances are tight. We trust God for all things.

*Today, pray that the Anchor would keep it's eyes on Jesus for provision and that we would be able to be generous to those in need.*

# WEEK 4

# OUR COMMUNITY

Day 22 // Monday, Sep 11th

## **A LIGHT ON A HILL**

**Scripture to Read:** Matthew 5:14-16, Philippians 2:14-16

We are not here by accident. We have been placed in the midst of a lost, hurting, broken and hopeless people. Many of them living in darkness.

*Today, pray that we, the church, would be able to shine brightly in the midst of darkness.*

Day 23 // Tuesday, Sep 12th

## **THE LOST AND THE HURTING**

**Scripture to Read:** Matthew 9:36-38, Romans 8:26, 10:13, 2Peter 3:9

Without Christ, this life is as good as it is ever going to get...and it's not good. There are many that need to know Jesus and the hope set before us.

*Today, pray for the salvation of those that don't know Christ and comfort for those in need.*

Day 24 // Wednesday, Sep 13th

## **THE SCHOOLS**

**Scripture to Read:** Ephesians 4:11-16, Romans 12:4-7, 1Peter 4:10-11

Christian schools, secular schools and home schools, the teachers and administration need divine intervention. Christian students and teachers need strength, protection and boldness to proclaim the Gospel.

*Today, pray for the schools in the area.*

Day 25 // Thursday, Sep 14th

## **THE LEADERS**

**Scripture to Read:** Acts 20:28, Galatians 6:9, 2Timothy 4:1-5

Our Mayor - Marie Blankley, the City Council, the Police Chief - Pedro Espinoza, the Fire Chief - Jim Wyatt, and our other leaders and decision makers in Gilroy

*Today, pray for the leaders that God has put over us.*

# WEEK 4

# OUR COMMUNITY

Day 26 // Friday, Sep 15th

## **OUR NEIGHBORS**

**Scripture to Read:** Matthew 22:37-40, Romans 15:2

We believe the Lord has strategically placed us in neighborhoods, farm lands and cities because He wants to use His people to demonstrate His love to the world.

*Today, pray for the neighbors you might have around you. If you don't have any neighbors, lift up the community you might interact with at coffee shops, grocery stores and restaurants in the area.*

Day 27 // Saturday, Sep 16th

## **OTHER CHURCHES**

**Scripture to Read:** 1Corinthians 12:12-14, Philippians 1:15-18

South Valley, New Hope, First Baptist, Community Christian, Gilroy Pres, The Foothills, West Hills, Morgan Hill Bible, Trinity Bible Church, Morgan Hill Pres, and others.

*Today, lift up the other churches that are preaching the Gospel in Gilroy and Morgan Hill.*

Day 28 // Sunday, Sep 17th

## **REVIVAL**

**Scripture to Read:** Isaiah 63:15-64:12

Since revival is of God and God alone, we want to call on Him to awaken the hearts of those in our city that don't know Him.

*Today, pray through the Isaiah passage. Cry out to Him on behalf of our city, and to vindicate the holy name of Jesus Christ. We want HIS Name to be more famous in our city than our garlic.*

# WEEK 5

# A BIGGER PICTURE

Day 29 // Monday, Sep 18th

## **NATIONAL REPENTANCE AND REVIVAL**

**Scripture to Read:** 2Chronicles 7:14, Jeremiah 18:8, Ezekiel 22:30  
God is looking for someone to stand in the gap on behalf of the people.

*Today, pray for repentance and revival! Confess the sins of our Nation on behalf of the people. Ask that God would draw hearts to Himself and that the lost would know their desperate need for a Savior.*

Day 30 // Tuesday, Sep 19th

## **OUR NATION'S LEADERS**

**Scripture to Read:** 1Timothy 2:1-4, Psalm 33:12  
President Biden, VP Harris, Congress, Military, Senators and Representatives, Supreme Court

*Today, pray for (not complain about) our nation's leaders. Pray they would lead well, with wisdom beyond their understanding.*

Day 31 // Wednesday, Sep 20th

## **THE ECONOMY**

**Scripture to Read:** Deuteronomy 8:17-18, Haggai 2:8, James 5:3  
We know that God is control of all things...so we petition Him not so that our pockets can be filled, but so that needs are met.

*Today, pray for the economy and for those seriously affected by it. But more that, pray people would not find their identity and hope in anything other than God.*

Day 32 // Thursday, Sep 21st

## **MISSIONARIES AROUND THE WORLD**

**Scripture to Read:** 1 Chronicles 16:24, Acts 1:8, Romans 10:13-15  
Aside from our own Missionaries, there are many people at home and abroad proclaiming the Good News to those that need to hear it.

*Today, pray for missionaries all around the world.*



# WEEK 5

# A BIGGER PICTURE

Day 33 // Friday, Sep 22nd

## **THE PERSECUTED CHURCH**

**Scripture to Read:** Matthew 5:44, 2Corinthians 4:8-11, 12:10, Hebrews 11:35-38

We take so much of our freedom for granted. There is a very real threat to Christians all over the world.

*Today, pray for the persecuted church. Pray they would keep the faith and finish the race well. Pray for their safety and God's glory.*

Day 34 // Saturday, Sep 23rd

## **HUMAN TRAFFICKING**

**Scripture to Read:** Psalm 82:4, Proverbs 31:8-9, Isaiah 42:22, Micah 6:8

It is easy to be overwhelmed by the issue of human trafficking and think that we can not make a difference. But don't forget, we have the most powerful weapon of warfare...prayer

*Today, pray for the victims - for their strength, salvation, protection, freedom, justice, hope and healing.*

*Pray also for the traffickers - for their conviction, repentance and salvation.*

Day 35 // Sunday, Sep 24th

## **ISRAEL**

**Scripture to Read:** Psalm 122:6, Romans 10:1-4

There is no mistaking that God has a special place in His heart for the people of Israel.

*Today, pray for Israel. Pray for their protection and that they would know and believe in Jesus Christ, the long-awaited Messiah..*

# WEEK 6

# LOVE OF GOD

Day 36 // Monday, Sep 25th

## **GOD LOVES YOU**

**Scripture to Read:** Romans 5:8, 8:37-39, 1John 4:9-11

God loves YOU with a never stopping, never giving up, unbreaking, always and forever love.

*Today, meditate on His love for you and thank Him for it.*

Day 37 // Tuesday, Sep 26th

## **WE LOVE GOD**

**Scripture to Read:** Luke 10:27, 1John 4:19

God offers His love to us and now we have the freedom and privilege to love Him back!

*Today, praise Him for all that He is. Tell of your love for Him.*

Day 38 // Wednesday, Sep 27th

## **GOD'S PROVISION**

**Scripture to Read:** Deuteronomy 8:17-18, Haggai 2:8, James 5:3

God has provided so much for us. Look at much love has He shown in His provision!

*Today, praise Him for His provision. Thank Him for our homes, food, church, salvation, health, etc...the list goes on and on.*

# WEEK 6

# LOVE OF GOD

Day 39 // Thursday, Sep 28th

## **GOD'S FAITHFULNESS**

**Scripture to Read:** Deuteronomy 31:8, Psalm 36:5-6, 89:1, Matthew 28:18-20  
We love a God who is faithful through every generation. He never changes and will never leave you.

*Today, praise God for His faithfulness.*

Day 40 // Friday, Sep 29th

## **PRAYER AND WORSHIP THROUGH SONG**

**Scripture to Read:** Psalm 33:1-3, Psalm 104:33, Colossians 3:16, Revelation 5:13  
We worship a God who surrounds Himself with music and song. There is something holy about the saints gathering together to sing of His praises.

*Today, spend some time worshiping Him through song. Turn on a cd or just sing acappella...and then join us tonight for a Night of Worship where we can blend our collective voices with those of a heavenly choir that sing His praises for all eternity!*



*We have this as a sure and steadfast anchor of the soul, a hope that enters into the inner place behind the curtain, where Jesus has gone as a forerunner on our behalf*

*Hebrews 6:19-20a*