"Some battles are best won on your knees in prayer"
food for Thought

“Perhaps some are wondering what the relationship is between the supreme rank of the redeemed to the subject of prayer and intercession. The explanation is that prayer is not primarily God’s way of getting things done. It is God’s way of giving the Church on-the-job training in overcoming the forces hostile to God. This world is a laboratory in which those destined for the throne are learning, by actual practice in the prayer closet, how to overcome Satan and his hierarchy. God designed the program of prayer as an apprenticeship for an eternity of reigning with Christ, .”

- Paul E. Billheimer
(Book: Destined for the Throne).

“God is free in His dispensation of mercy to do as He pleases. But this I do know: that before God enables His people to bring in a harvest, He pours out a spirit of prayer upon them. The surest sign that God is about to send power upon us is a great movement of prayer in our midst”

- John Piper
(a message from 1981 titled: "Prayer at Harvest Time: Now!")
How You Can Participate in the 21 Day Prayer & Fasting

We are aware that this is the first time some of us have heard about the Christian discipline of fasting. We want this to be a positive, life changing experience. We have therefore proposed several different levels at which you can participate with the rest of the congregation.

beginner level:
Prayer is simply communication with God. Fasting on the other hand is an intentional abstention from food, or any other craving, for a set period of time, to seek God through prayer. Your petitions in prayer are always made to God in Jesus’ name. You may already have a regular time of prayer at least once a week where you petition God for your needs, and on occasion, the needs of others, but you’ve never fasted. You find yourself eager to learn what it truly means to commune with God on a level deeper than the one you’re currently experiencing. FASTING FOR BEGINNERS: If food is too great to abstain from at this early stage, then you can choose to abstain from any form of media, including social media for a set period of time during the day. For example, you can choose not to view any media from 6:00a.m-9:00p.m., and spend that time praying at the top of each hour. Or you can skip one meal a day, and spend that mealtime praying.

intermediate level:
You may have enjoyed in the past some of the benefits of prayer and fasting, perhaps you spend a total of forty-five minutes to one hour during the week in prayer intercessions (praying for your needs and the needs of others). You have fasted for at least one day in the past where you abstained from a meal or a hobby to seek God through prayer. You’ve read books on prayer or have been part of a training course on prayer, and are looking for opportunities to put it to good use. FASTING FOR INTERMEDIATE LEVEL: You can do the suggestions above or 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.
advanced level:
Perhaps all of the above is true of you. In addition, you pray daily for 15-30 minutes. You have fasted for three days or more in the past and have experienced God’s blessings through it. You have a regular habit of taking prayer requests from people in need and praying over their needs. **FASTING FOR ADVANCED LEVEL:** You can do either, or all of the above, or you can do an absolute fast. While we don’t recommend you go the entire day without any food or water, you can consider skipping breakfast and lunch each day, and end the day with a light evening meal. During this fast, you should plan to be in prayer at the top of every hour, or every other hour.

**warning:**
Consult your physician before beginning a fast, especially if you have a preexisting medical condition, or are an expectant or nursing mother. While fasting is a spiritually fulfilling exercise, God would not command a physical exercise that would harm His people physically or emotionally.

Remember, none of these suggestions are hard and fast rules. They are guidelines. The scriptures give plenty of liberty in how one should engage in the fast. **The goal is not simply to abstain, but to prayerfully seek God’s presence and power in your life.**
**day 1: January 5**

Pray that God would Increase Spiritual Hunger and Holiness in your life.

As the New Year begins, ask the Lord to awaken your heart to His love. Pray for increased hunger to spend more time in prayer, worship, and God’s Word. Pray for a greater awareness of God’s holiness and ask Him to give you a tender conscience and a heart to please Him in your every thought, word, and deed.

“Create in me a pure heart, O God, and renew a steadfast spirit within me. Do not cast me from your presence or take your Holy Spirit from me. Restore to me the joy of my salvation and grant me a willing spirit, to sustain me.” (Psalm 51: 10-12).

In Daniel 6:10, we find that it was Daniel’s practice, three times a day, to go to an upstairs room in his apartment, open the windows facing Jerusalem, get down on his knees and pray to the one true God. No doubt, Daniel prayed at other times also. He probably prayed throughout the day. But there were these special times, set aside times, where it was his priority to meet with God in prayer. In fact, it was such a priority to Daniel that when the king passed a decree that for the next thirty days people could only pray to the king, Daniel was unfazed. “No way.”

Daniel may have been an important official in Darius’ kingdom but when the king’s law (Don’t pray) conflicted with God’s Law (Pray) the choice was clear. Daniel just kept right on praying. Today, ask God in prayer to work in your heart so that you become this intentional and even tenacious about your prayer life.
day 2: january 6
Pray that you would Draw Close to The Lord

Ask the Lord to reveal to you any and every sin in your life that would hinder your ability to come into His presence in a deeper way than you ever have before. Pray for the ability to see your sin as He sees it. Be brokenhearted over your sin and ask for forgiveness. Pray that God would heal any and every emotional wound in your heart from which dysfunction might rise from. Pray that God would break the power and cycle of addictive behavior in your life. Confess every known sin to God and receive (as well as rest in) His forgiveness, for if we confess our sin, God is faithful and just to forgive and cleanse us from all unrighteousness.

“Who may ascend into the hill of the LORD? And who may stand in His holy place? He who has clean hands and a pure heart, Who has not lifted up his soul to falsehood And has not sworn deceitfully.” (Psalm 24:3–4, NASB95)

“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)
day 3: january 7
To Worship With A Whole Heart

Spend today focusing on praise and worship. Purpose to worship the Lord with all your heart all day long. Despite all circumstances that might seek to diminish your joy, worship the Lord! Do so when you’re in the shower, on your way to work, during your lunch breaks, and any other quiet times you might have through the day.

Worship looks different for each person. For some, it’s being in a prayerful mode all day. For others, it’s listening to music, or finding a quiet place to journal. Whatever it is that you do that stirs you affections for Christ, do it all day today.

“Praise the LORD! I will give thanks to the LORD with all my heart, In the company of the upright and in the assembly.” (Psalm 111:1 NASB95)

“My heart said of You, “Go, worship Him.” So I come to worship You, LORD.” (Psalm 27:8 NCV)
day 4: January 8
To Set The Desire of Your Heart

PRAYER: “Lord I want You to be the top priority of my life with nothing even close in second place. Help me Father to love You more than I ever have before. I want You to fill my heart, all of it, so there is no room for anything else with You having all my affections.”

“One thing I have asked from the LORD, that I shall seek: That I may dwell in the house of the LORD all the days of my life, To behold the beauty of the LORD And to meditate in His temple.” (Psalm 27:4 NASB95)
day 5: January 9
To Walk in Wisdom and Revelation

PRAYER: Ask the Lord to open your eyes to see Him more clearly and your ears to hear anything He desires to speak. Pray for a Spirit of wisdom and revelation that you might know Jesus more deeply and have a profound understanding of the hope that is in His heart for you. Pray for wisdom in other areas of your life where you desperately need divine insight. Pray that Jesus would flood your heart with light so that you may see something of the future He has called you to share with Him.

“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)

“I keep asking that the God of our Lord Jesus Christ, the glorious Father, may give you the Spirit of wisdom and revelation, so that you may know him better. I pray also 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 the saints, and the incomparably great power for us who believe” (Ephesians 1:17-18, NIV)

Lord Jesus…Open our eyes! James, the leader of the Jerusalem church, reminds us that when we lack wisdom, we should ask it of God who gives generously. In Psalm 43, the Psalmists confesses that God’s light and God’s truth are the only reliable leaders, for they bring us to where He is.
day 6: January 10
To be Filled with Power and Purpose

Ask to be filled with and controlled by the power and anointing of the Holy Spirit. Pray for the supernatural works of Jesus to be manifested in your life and that those around you will be transformed as they seek to know the powerful God that you serve. Pray that you would fulfill God’s purpose in your generation and that the very course of history would be changed because you lived.

“For you have been my refuge, a strong tower against the foe. For you have heard my vows, O God; you have given me the heritage of those who fear your name.” (Psalm 61:3, 5; NIV84)

“My eyes have seen the defeat of my adversaries; my ears have heard the rout of my wicked foes.” (Psalm 92:11; NIV84)

“May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.” (Rom. 15:13, NIV).
day 7: January 11
To Find and Fulfill Your Destiny

Pray that God would reveal to you all the gifts He has entrusted you with. Pray that God would grant you insight on how to creatively use those gifts to grow His kingdom. Pray that He would give you the next step in His Divine plan for your life and commit that you will follow His plan, for you, forever. Ask your Heavenly Father to bless the work of your hands and expand the borders of your territory, (a territory can be a business, a project, or a ministry endeavor). Ask God to open new opportunities where you can further His work. Ask God to grant you wisdom to manage all He has been entrusted to you in a way that brings glory and honor to His name.

Scripture Passages: Genesis 39:21-23; 1 Chronicles 29:10-12; Hebrews 4:16; James 1:5; Jeremiah 39:11
BOOYAH!
You Made it through Week ONE!!!

Galatians 6:9
“So let's not get tired of doing what is good. At just the right time we will reap a harvest of blessing if we don't give up.”
day 8: January 12

To Meet with & See the Lord Anew in your family

Invite the Lord to reveal Himself anew to your family in 2014. Pray that this year, you, your family and your close friends will encounter the holiness and sovereign power of God that will leave each one changed by His presence and more committed to His Kingdom.

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

“It will come about after this That I will pour out My Spirit on all mankind; And your sons and daughters will prophesy, Your old men will dream dreams, Your young men will see visions. (Joel 2:28; NASB95)

Psalms 78:4-7 (NASB) “But tell to the generation to come the praises of the Lord, And His strength and His wondrous works that He has done. 5 For He established a testimony in Jacob And appointed a law in Israel, Which He commanded our fathers That they should teach them to their children, 6 That the generation to come might know, even the children yet to be born, That they may arise and tell them to their children, 7 That they should put their confidence in God And not forget the works of God, But keep His commandments…”

Psalms 145:12 (NASB) “To make known to the sons of men Your mighty acts And the glory of the majesty of Your kingdom.”
day 9: January 13
For your Family Be Saved And Delivered

Pray for any loved ones by name who do not know the Lord or have fallen away from Him. Ask the Lord to reveal Himself to them as the awesome God that He is. If any are filled with hurt, shame, doubt or fear, pray that they will run to God and not away from Him. Pray a hedge of protection around your family from all deception, temptation, and any plans of the Enemy that would thwart the good plans God has for them.

“The LORD is my rock and my fortress and my deliverer; My God, my rock, in whom I take refuge; My shield and the horn of my salvation, my stronghold.” (Psalm 18:2; NASB95)

“You will make known to me the path of life; In Your presence is fullness of joy; In Your right hand there are pleasures forever.” (Psalm 16:11; NASB95)

“…Believe in and on the Lord Jesus Christ—that is, give yourself up to Him, take yourself out of your own keeping and entrust yourself into His keeping, and you will be saved; [and this applies both to] you and your household as well.” (Acts 16:31, AMP).
day 10: january 14
To Fall in love with Your Family

Pray that God would help you fall in love with my family, and that you would be intentional and creative about spending quality time with them. Pray that God would teach, (if you are a parent), how to raise up your children in godliness so that when they are older, they don’t depart from the faith. (If you are a spouse), how to genuinely love and respect one another. (If you are a child), how to honor your father and mother so you may live long and prosper in life.

1 Corinthians 13:4-7, “Love is patient and kind; love does not envy or boast; it is not arrogant or rude. It does not insist on its own way; it is not irritable or resentful; it does not rejoice at wrongdoing, but rejoices with the truth. Love bears all things, believes all things, hopes all things, endures all things.”

Psalm 68:5-6, “…A father of the fatherless and a judge for the widows, Is God in His holy habitation. God makes a home for the lonely; He leads out the prisoners into prosperity, Only the rebellious dwell in a parched land.”
day 11: january 15
Pray for Healing and Reconciliation

Pray for the healing of families across our area. Ask God to send a revival to families, causing many in entire bloodlines to become born again. Ask God to restore any broken marriages of which you are aware. Pray for reconciliation between parents and children and to repair breeches among other family members.

“He sent His word and healed them, And delivered them from their destructions.” (Psalm 107:20; NASB95)

“He heals the brokenhearted and binds up their wounds. (Psalm 147:3; NASB95) Turn the hearts of the fathers to the children, and the hearts of the children to their fathers…” (Malachi 4:6, NKJV)
day 12: january 16
For a Fresh Outpouring Of God’s Spirit on our Church

Ask God to stir in our congregation a deep recommitment and love to Jesus Christ. Pray that we would be a church that not only loves the word of God, but also lives in obedience to it. Pray that we would become a church, that through prayer, experiences the power of God on a regular basis. Pray that God would birth a passion for prayer in the hearts of all our congregants, so that intercessions on behalf of the lost would be heard regularly in all our homes.

Ephesians 3:14-19; Psalm 27:4; Matthew 22:34-40; Psalm 34:8-10; Matthew 11:28
day 13: January 17

For Church Leaders: Renewed Passion, Purpose, & Direction

Pray that the Lord would revitalize each ministry leader and his/her family spiritually, physically and mentally. Ask God to show the leaders of His church in our Region how they can speak to the issues of the day with boldness and truth and as such become reformers for society’s problems. Pray that this year, we would see more people come to know Jesus Christ than the last 3 years combined. Pray that God would grant our church leaders Holy Spirit-filled insight on how to best equip their ministries for the work of ministry. Pray that God would continually fill and lead the Elder Board as they bring spiritual oversight to our church.

Proverbs 3:9-10; 2 Thessalonians 3:1; Acts 4:29-30; Jeremiah 33:3; Matthew 7:7;
day 14: January 18
For the Church to fulfill her calling

Pray that God would stir up the saints (The Church) so that they begin operating in the fullness of their spiritual gifting. Pray that there would begin a church wide awakening where people begin to identify their gifting and long to use it. Pray that by the end of the year, we would have more people using their spiritual gifts to serve God’s purpose than people sitting in the pews observing the service. Pray that God would bring about, “great return” from every spiritual gift invested in His Church.

Ephesians 4:11-13, “And He gave some as apostles, and some as prophets, and some as evangelists, and some as pastors and teachers, for the equipping of the saints for the work of service, to the building up of the body of Christ; until we all attain to the unity of the faith, and of the knowledge of the Son of God, to a mature man, to the measure of the stature which belongs to the fullness of Christ...."
BOOM!
You Made it through Week TWO!!!

**Colossians 1:11-12**

“We also pray that you will be strengthened with all his glorious power so you will have all the endurance and patience you need. May you be filled with joy, ..”
day 15: January 19
Our Community would be a Habitation for God’s Presence

Lift your neighbors before the Lord, asking for God’s presence to fill our region, making it conducive for God to speak and work in the lives of all who live around you. Pray for your neighbors by name, asking God to reveal Himself to each one. Find out who the spiritual leaders of our community are and pray for them during this period. Attend community wide prayer events where Christians gather to pray for the community. Pray for social justice and compassion efforts to rise up and be successful. Join in public displays of your faith with other believers. Lastly, ask God to give wisdom about transforming the underlying issues in our community where powers and principalities derive their power.

“Know that the LORD Himself is God; It is He who has made us, and not we ourselves; We are His people and the sheep of His pasture.” (Psalm 100:3; NASB95)

“For He is our God, And we are the people of His pasture and the sheep of His hand. Today, if you would hear His voice, 8 Do not harden your hearts, as at Meribah, As in the day of Massah in the wilderness...” (Psalm 95:7–8; NASB95)

“I want men everywhere to lift up holy hands in prayer, without anger or disputing..” (1 Tim 2:8, AMPL).

Matthew 13:58 “.... and he did not do many miracles there .... Oh how that breaks my heart because I so desire that God be active in my community! Therefore, I must pray. “
day 16: January 20
For Integrity to be Valued in our community workplaces

Pray that leaders in your area/our region would uphold a standard of godliness in business dealings and financial planning. Ask God to strengthen their employees against the temptation to compromise. Pray that those in the workplace would walk in God’s ways and honor Him with their finances.

“How blessed is the man who fears the LORD, Who greatly delights in His commandments. His descendants will be mighty on earth; The generation of the upright will be blessed. Wealth and riches are in his house, And his righteousness endures forever. Light arises in the darkness for the upright; He is gracious and compassionate and righteous. It is well with the man who is gracious and lends; He will maintain his cause in judgment.” (Psalm 112:1–5; NASB95)

“...we have not stopped praying for you and asking God to fill you with the knowledge of his will through all spiritual wisdom and understanding. And we pray this in order that you may live a life worthy of the Lord and please him in every good work.” (Col 1:9-10, NIV).
day 17: January 21
Our Community To be Cleansed of Sin

Understand that a city or region cannot receive God’s blessing if it is built on sin and bloodshed. That type of foundation causes the people to labor and gain nothing. Pray, and ask that God’s mercy and forgiveness be poured out in your area/our region for any sins that have been committed. Name and repent for any specific sins you are aware of such as injustices or covenant breaking.

“Look upon my affliction and my trouble, And forgive all my sins.” (Psalm 25:18; NASB95)

1 John 1:8–10 — “If we say that we have no sin, we are deceiving ourselves and the truth is not in us. 9 If we confess our sins, He is faithful and righteous to forgive us our sins and to cleanse us from all unrighteousness. 10 If we say that we have not sinned, we make Him a liar and His word is not in us.”
day 18: January 22

Pray for our Nation’s Leaders

Pray for the president, the vice president, all the Cabinet and the chief justice and associate justices of the Supreme Court to receive the wisdom of God, members of the Senate and the House of Representatives. Pray that God would give them wisdom beyond their own understanding and the courage to chose the right path no matter how narrow the gate. Pray that God would give them the grace and strength to stand against the temptation to use power as a weapon but rather to carry it reverently as one would a child. Pray for the SPIRITUAL LEADERS of our country that they would hear your voice and know your heart. Pray that they would lead from their knees and by that simple grace bring each one of us to our knees before your throne. Have mercy on our nation Lord, In Jesus name, Amen.

day 19: January 23

Pray for Jerusalem

“Pray for peace in Jerusalem. May all who love this city prosper.” (Psalm 122:6). Pray that God would remove the veil He has sovereignly placed over the eyes of Israel, that they would recognize Jesus as their Messiah. (2 Corinthians 3:14). Pray for the current leaders in Israel, including the prime minister, the mayor of Jerusalem, and all those in military service. Pray that God would raise up government leaders in Israel (and worldwide) who will not seek to "divide the land," and who would recognize the unique significance of Jerusalem in God's end-time purposes.

(Jeremiah 31:10) Pray that God would continue to draw the Jewish people to Himself according to His sovereign plan. Pray that God would show His loving kindness to His people Israel and keep them as the apple of His eye. Ask that God would hide them under the shadow of His wings, from the wicked nations and people group who oppress them, and from their deadly enemies who surround them. (Psalm 17:7-9). Pray that Israel's relationship with the United States be strong, and that our nation's leaders and policies, recognize and support God's purposes for Israel.
day 20: January 24

For the Church in our area/region to Experience God’s Presence and Power

Pray that corporate gatherings in our area/region would be marked by the tangible presence of God and that every time people gather in large or small groups they will have a supernatural life-changing encounter with God. Ask in faith for God’s Spirit to manifest in repentance, worship, united fervent prayer, acts of kindness, supernatural healings, miracles, and new births in Christ.

“...enable your servants to speak your word with great boldness. Stretch out your hand to heal and perform miraculous signs and wonders through the name of your holy servant Jesus. After they prayed the place where they were meeting was shaken. And they were all filled with the Holy Spirit and spoke the word of God boldly” (Acts 4: 29-31, NIV).
day 21: january 25
Thank God for what's about to happen next.

Spend today thanking God for including you in His family. Thank God for giving us the gift of prayer and fasting. Thank God for hearing all your prayers over these 21 days. By faith, thank God for all He is about to do, (and perhaps has already begun doing) in response to each prayer point you brought up before Him these last three weeks.

Psalm 107:1 – “Give thanks to the LORD, for he is good; his love endures forever.”

Psalm 30:12, “that I might sing praises to you and not be silent. O LORD my God, I will give you thanks forever!”

Psalm 52:9, “For what you have done I will always praise you in the presence of your faithful people. And I will hope in your name, for your name is good.”

Psalm 57:8, “Awake, my soul! Awake, harp and lyre! I will awaken the dawn.”
WOOOHOOO!!
YOU'VE MADE IT!!
2 Timothy 4:7-8

“[You] have fought the good fight, [You] have finished the course, [You] have kept the faith; in the future there is laid up for [You] the crown of righteousness, which the Lord, the righteous Judge, will award to [You] on that day; and not only to [You], but also to all who have loved His appearing.”