



**Types of Fasts** Your personal fast should present a level of challenge, but it is very important to know your body, your options, and most importantly, to seek God in prayer and follow what the Holy Spirit leads you to do.

- 1. Complete Fast** In this type of fast, you drink only liquids, typically water with light juices as an option.
- 2. Selective Fast** This type of fast involves removing certain elements from your diet. One example of a selective fast is the Daniel Fast, during which you remove meat, sweets, and bread from your diet and consume water and juice for fluids and fruits and vegetables for food.
- 3. Partial Fast** This fast is sometimes called the “Jewish Fast” and involves abstaining from eating any type of food in the morning and afternoon. This can either correlate to specific times of the day, such as 6:00 am to 3:00 pm, or from sunup to sundown.
- 4. Soul Fast** This fast is a great option if you do not have much experience fasting food, have health issues that prevent you from fasting food, 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 the duration of the fast and then carefully bring that element back into your life in healthy doses at the conclusion of the fast.

**DAY 1 STAY ON COURSE** **Psalm 119:1-8**

**Prayer for my Life:** Teach me to walk in your paths  
**Prayer for the Church:** Give us courage to be salt and light wherever we are  
**Area of Prayer for My Church:** Make us a people of Prayer

**DAY 2 STUDY HIS WORD** **Psalm 119:9-16**

**Prayer for my Life:** Teach me to treasure your Word in my heart  
**Prayer for the Church:** Pray for church leaders in our city and in the Assemblies of God  
**Area of Prayer for My Church:** Pray for our pastors and their families and our leaders

**DAY 3 FOLLOW HIS DIRECTIONS** **Psalm 119:17-24**

**Prayer for my Life:** Teach me to honor you in everything that I do  
**Prayer for the Church:** Open our eyes to see what You see and teach us how to minister to those we see  
**Area of Prayer for My Church:** Make us a people who worship you “in spirit and in truth”

**DAY 4 CLING TO HIS PROMISES** **Psalm 119:25-32**

**Prayer for my Life:** Teach me to cling to your Word when things get difficult and everything seems to go wrong  
**Prayer for the Church:** Remind us of your promises and send us out to bring Hope to those around us  
**Area of Prayer for My Church:** Children’s Ministry for leaders, workers and growth

**DAY 5 FOCUS ON HIS WORD** **Psalm 119:33-40**

**Prayer for my Life:** Help me stay focused on the Word of God at all times  
**Prayer for the Church:** Help your church follow your wisdom and grow in faith  
**Area of Prayer for My Church:** Youth ministry for leaders, workers and growth

**DAY 6 GUARD YOUR LIFE** **Psalm 119:41-48**

**Prayer for my Life:** Remind me to guard my heart from the attacks of the enemy  
**Prayer for the Church:** Missionaries who boldly share your love and truth – may they experience blessing, resources released and fruit for their labor  
**Area of Prayer for My Church:** Missions – faithful support, faithful prayer and more ways to help

**DAY 7 REMEMBER WHAT GOD SAID** **Psalm 119:49-56**

**Prayer for my Life:** Revive me through your great promises  
**Prayer for the Church:** Revive your work in the church  
**Area of Prayer for My Church:** Evangelism – let us be intentional, creative and effective in our efforts

**DAY 8 GET BACK ON HIS TRAIL** **Psalm 119:57-64**

**Prayer for my Life:** Pray that my feet would not stray from your path  
**Prayer for the Church:** Give fresh vision and strength to the church  
**Area of Prayer for My Church:** Understand the need for fellowship and the desire to be involved

**DAY 9 ASK GOD TO TRAIN YOU** **Psalm 119:65-72**

**Prayer for my Life:** Teach us your ways and share with us the path you want us to go  
**Prayer for the Church:** May we experience strength and courage in the face of adversity  
**Area of Prayer for My Church:** Understand the need for discipleship and the desire to be discipled and to disciple others

**DAY 10 FIX YOUR MIND ON HIM** **Psalm 119:73-80**

**Prayer for my Life:** Holy Spirit breathe your breath in me today  
**Prayer for the Church:** May the gifts of the Holy Spirit manifest to build up the body of Christ  
**Area of Prayer for My Church:** May the women get involved locally and state-wide in Women’s Ministry

**DAY 11 STAND ON HIS WORD** **Psalm 119:81-88**

**Prayer for my Life:** Help me not to get distracted and help me stay focused on you

**Prayer for the Church:** May the fruit of the Holy Spirit manifest to give credibility to our gospel witness

**Area of Prayer for My Church:** May the men get involved locally and state-wide in Men's Ministry

**DAY 12 WORDS OF WISDOM** **Psalm 119:89-96**

**Prayer for my Life:** Teach me to stand my ground on your never-changing, unwavering Word

**Prayer for the Church:** Help us to clothe ourselves in humility that results in growth and strength

**Area of Prayer for My Church:** Pray for our Seasoned Saints for health, safety and finances

**DAY 13 PONDER THE WORDS** **Psalm 119:97-104**

**Prayer for my Life:** I seek your direction and the fullness of your wisdom for my life

**Prayer for the Church:** Give us wisdom for every conversation we have with non-believers – may our words be sown into good soil

**Area of Prayer for My Church:** Pray for lost souls and unchurched people who need to experience Jesus

**DAY 14 COMMIT TO THE COURSE** **Psalm 119:105-112**

**Prayer for my Life:** Teach me to trust you daily

**Prayer for the Church:** Pray for those who need healing – physically, emotionally and spiritually

**Area of Prayer for My Church:** Miracles to manifest as we allow your Word to work in our church and as we create an atmosphere through our worship

**DAY 15 SEEK TIME WITH GOD** **Psalm 119:113-120**

**Prayer for my Life:** Grant me the grace to live your truth and shun evil

**Prayer for the Church:** Speak the truth in love

**Area of Prayer for My Church:** Give us a new sense of purpose – may we reach forward and not look backwards

**DAY 16 STAND UP FOR JUSTICE** **Psalm 119:121-128**

**Prayer for my Life:** Help me know the difference between truth and deception so that I may not be deceived

**Prayer for the Church:** Give us daily discernment

**Area of Prayer for My Church:** Parents – to teach and raise their children according to God's Word

**DAY 17 LET GOD'S LIGHT SHINE** **Psalm 119:129-136**

**Prayer for my Life:** Enable me to share your Word with someone who has not personally experienced your love

**Prayer for the Church:** Help us fulfill your mission here on earth

**Area of Prayer for My Church:** Families – bring peace and unity and provide for their families

**DAY 18 TRUST GOD'S DECISIONS** **Psalm 119:137-144**

**Prayer for my Life:** Help me to understand that your decisions are always correct and right for me

**Prayer for the Church:** Give financial resources to ignite kingdom work in your church around the world

**Area of Prayer for My Church:** To continue to bless us financially so we can continue to bless others

**DAY 19 CRY OUT TO GOD** **Psalm 119:145-152**

**Prayer for my Life:** Awaken me from spiritual slumber and enable me to pray like Christ prayed

**Prayer for the Church:** May we receive words of healing, grace, peace and love

**Area of Prayer for My Church:** Understand the need for Life Groups and give us the desire to stretch ourselves with Community groups (small groups)

**DAY 20 TRUST IN GOD'S WORD** **Psalm 119:153-160**

**Prayer for my Life:** Strengthen me in your Word that I may not yield to temptation

**Prayer for the Church:** May we be unwavering in our mission, effective in kingdom work that produces church growth and fruitfulness

**Area of Prayer for My Church:** Use me Lord wherever and whenever you want to use me – I want to be faithful with the gifts you have given me to use

**DAY 21 FACE TRIALS BOLDLY** **Psalm 119:161-176**

**Prayer for my Life:** Give me grace to look to you and be bold in the face of opposition and persecution

**Prayer for the Church:** May your love be the driving force behind all we do – may our faith be the foundation of our spiritual journeys and hope the inspiration that launches us into all that you have for us

**Area of Prayer for My Church:** May we experience God encounters throughout this year



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