



**WARREN FIRST CHURCH OF
THE NAZARENE**

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**WARREN FIRST CHURCH OF
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Prayer and Fasting Journal



Prayer and Fasting for:

- **God's presence that draws us into a closer relations with Christ**
- **A faith that believes God will answer prayer**
- **A radical obedience to God's word and**
- **A burden to pray**

As we begin the thirty one days of Prayer and Fasting, this scripture from Jeremiah 29:11-14 comes to mind.

"For I know the plans I have for you," says the LORD. "They are plans for good and not for disaster, to give you a future and a hope. In those days when you pray, I will listen. If you look for me wholeheartedly, you will find me. I will be found by you," says the LORD. "I will end your captivity and restore your fortunes. I will gather you out of the nations where I sent you and will bring you home again to your own land."

How to prepare -

A challenging part of prayer and fasting is taking our focus off the world and placing it on God. Many things distract us from time alone with God: work, leisure, worries, social and civic commitments, even church activities. Part of prayer and fasting is creating an environment in which we can encounter God. We need to set aside some good things to allow ourselves more time with God. From the list below, identify what distracts you from time with God? Commit to set aside some normal activities to give yourself more time for prayer, Bible study, silence and prayer:

Television / Movies / Computer / Video Games
Sports / Working Out
Reading the Newspaper / Yard Work
Shopping / Hobbies
Surfing the Internet

God speaks to me

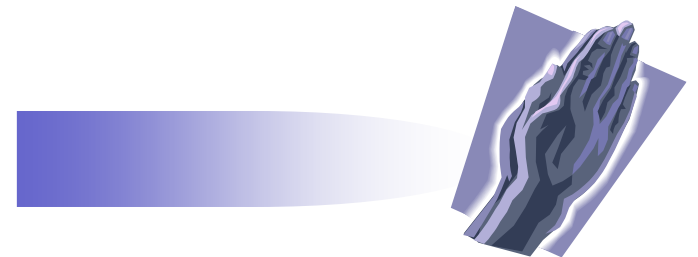
God speaks to me

What is fasting?

In the Bible, to fast means primarily going without food in order to focus on prayer and God’s Word. Biblical fasting always centers on spiritual purposes, it isn’t for weight loss for example. Fasting normally involves abstaining from all food, solid or liquid, but not water, for a determined amount of time with specific spiritual goals. Please note: there are some people who should not fast (diabetics and those with other nutrition-related health problems, as advised by a physician). But a healthy person of any age should be able to fast. The healthy body can withstand long periods without solid food; however, liquids – water and juices should be available.

Why fast?

Biblically, prayer and fasting go together. However, in our day, the biblical principle of fasting has been almost forgotten. Throughout history, God’s people have made fasting an important part of their worship and prayer. Fasting is an effective way of helping us turn our attention away from the physical world we live in and focus on matters of the Spirit. It enables us to gain control of our appetites so that we can direct our mental and spiritual energies toward God.



What kind of fast should you do?

Challenge yourself to attempt a level of fasting that you have never attempted before.

Level one – Fast something, pray for 15 minutes a day, read scripture and keep a prayer and fasting journal.

Level two – Fast one meal a day, pray for ½ hour a day, read scriptures and keep a prayer and fasting journal.

Level three – Fast two meals a day pray for one hour a day, read scriptures and keep a prayer and fasting journal.

Level four – Participate in a juice only fast for the whole 31 days, pray for 1 1/2 hours a day, read scriptures and keep a prayer and fasting journal.

Or do some combination of these. Begin in one level and then expand it.

How can you use this booklet?

This booklet is a 31-day prayer journal. Each day you will read a short scripture that can guide your thoughts and prayers for you and our church. Following the Scripture, will be a space for you to respond to the Word; write your personal thoughts and reflections here. You can always read the verses around this scripture. Some days you might want to personalize the Scripture and make it your prayer.

Matthew 11:28 says, *“Come to me, all you who are weary and burdened, and I will give you rest.”*

Day 30

“Do not fear, for I am with you; Do not anxiously look about you, for I am your God; I will strengthen you, surely I will help you, Surely I will uphold you with My righteous right hand.” Isaiah 41:10

Response to the Word...

Pray that we will open our eyes to how God is working in our lives and to how God is working through our lives. Pray for greater faith to be obedient.

Day 31

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

Response to the Word...

Thank God for these 31 days of praying with your sisters and brothers in Christ. Praise God for answers to prayer. Thank him for working in our lives in ways that we cannot even imagine. Pray that our church will always keep our eyes fixed on Jesus in all of our work and ministry.

PRAYER AND FASTING

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Day 28

“Dear friends, don't forget that for the Lord one day is the same as a thousand years, and a thousand years is the same as one day. The Lord isn't slow about keeping his promises, as some people think he is. In fact, God is patient, because he wants everyone to turn from sin and no one to be lost.”
2 Peter 3:8-9

Response to the Word...

Pray for family members and those in our church who have not yet come to faith in Jesus Christ. Pray for your friends and neighbors who are not followers of Christ.

Day 29

“Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age.” Matthew 28:19-20

Response to the Word...

Pray that each member of our church will participate in helping us reach people who do not know Christ.

Your prayer might be: “Jesus, I am going to trust your Word even though sometimes I really wonder if You can provide rest when I have so many things to do that are making me burdened and weary. I claim your promise that if I come to You, You will give me rest.” Another way is to identify a word or phrase from scripture that really speaks to you. Record what you hear God saying to you and what your response should be. Ask God to help you obey what he says to you. Then you will move on to prayer for the church.

It is always good to identify what you hear God saying you should do in obedience to His Word.

If you are fasting food, use the time you would normally be eating to reflect on each day's scripture and pray. If you are fasting an activity, use the time that you would normally be doing that activity to reflect on each day's scripture and pray. Your prayer should be for yourself and for the church as a congregation.

It's our desire that this guide will be a tool that God uses to draw you closer to himself and the church.

Pastor Lynn

PRAYER AND FASTING

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Day 1

“For I know the plans I have for you,” says the LORD. “They are plans for good and not for disaster, to give you a future and a hope. In those days when you pray, I will listen. If you look for me wholeheartedly, you will find me. I will be found by you,” says the LORD. “I will end your captivity and restore your fortunes. I will gather you out of the nations where I sent you and will bring you home again to your own land.”
Jeremiah 29:11-14

Response to the Word...

Pray that we will seek God during this month with our whole heart. Pray that we will discover God’s future hope and blessing for our lives.

Day 2

“They all joined together constantly in prayer, along with the women and Mary the mother of Jesus, and with his brothers.” Acts 1:14

Response to the Word...

Pray that God will enable you and the church to follow through with this time of prayer and fasting. Pray that we will allow the power of the Holy Spirit to flow throughout this church.

Day 26

“But in your hearts set apart Christ as Lord. Always be prepared to give an answer to everyone who asks you to give the reason for the hope that you have. But do this with gentleness and respect.” 1 Peter 3:15

Response to the Word...

Pray that each of us to know our testimony and that God will give opening to share it with others. Pray that our testimony will bear fruit.

Day 27

“The man who says, “I know him,” but does not do what he commands is a liar, and the truth is not in him. But if anyone obeys his word, God's love is truly made complete in him. This is how we know we are in him: Whoever claims to live in him must walk as Jesus did.” 1 John 2:4-6

Response to the Word...

Pray that each of us will listen and obey God’s word completely. Pray that God will give us courage and trust as we attempt to obey him.

PRAYER AND FASTING

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Day 24

“All this I have spoken while still with you. But the Counselor, the Holy Spirit, whom God will send in my name, will teach you all things and will remind you of everything I have said to you.” John 14:25-26

Response to the Word...

Pray for God’s wisdom and inspiration for those involved in teaching classes or leading groups. Pray that all will respond to the leading of God’s spirit.

Day 25

“If you keep quiet at a time like this, deliverance for the Jews will arise from some other place, but you and your relatives will die. What’s more, who can say but that you have been elevated to the palace for just such a time as this?”

Esther 4:14

Response to the Word...

Pray that we will continue to grow in faith in God and faith in God’s call on our lives. Pray that God will give us courage to act on the prompting of the spirit.

Day 3

“They devoted themselves to the apostles’ teaching and to the fellowship, to the breaking of bread and to prayer. Everyone was filled with awe, and many wonders and miraculous signs were done by the apostles. All the believers were together and had everything in common.” Acts 2:42-44

Response to the Word...

Pray that these days will be a time of transformation for our congregation. Pray that we will experience God’s presence more and more. Pray that we will grow closer to becoming the people God created us to be.

Day 4

“When He finished, one of the disciples said to him, ‘Lord, teach us to pray, just as John taught his disciples.’ ” Luke 11:1

Response to the Word...

Pray that our church will learn to be a praying church. Ask God to teach you to pray for your church.

PRAYER AND FASTING

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Day 5

“The apostles said to the Lord, ‘Increase our faith!’ He replied, ‘If you have faith as small as a mustard seed, you can say to this mulberry tree, ‘Be uprooted and planted in the sea,’ and it will obey you.’ ” Luke 17:5-6

Response to the Word...

Pray that our church will follow the apostles’ example in asking God to increase our faith. Pray that the building up of our faith will be among the greatest miracles of this month.

Day 6

“Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God, and the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.” Philippians 4:6-7

Response to the Word...

Pray that any who are anxious about this project will bring their anxieties to the Lord in prayer. Thank God for the peace God will bring to all hearts and minds.

Day 22

“And I am sure that God, who began the good work within you, will bring it to completion until it is finally finished on that day when Christ Jesus comes back again.”

Philippians 1:6

Response to the Word...

Pray that each member of our church will grow as a disciple of Jesus Christ. Pray for the spiritual and physical growth of

Day 23

“Jesus called a little child and had him stand among them. And he said: ‘I tell you the truth, unless you change and become like little children, you will never enter the realm of heaven. Therefore, whoever becomes humble like this child is the greatest in the realm of heaven. And whoever welcomes a little child like this in my name welcomes me.’ ”

Matthew 18:2-5

Response to the Word...

Thank God for the seeds of faith that God has planted in our children. Pray for continued growth for the children and youth ministries. Ask God to bless the young adults. Pray for God’s guidance for all those involved in the children and youth ministries of the church.

PRAYER AND FASTING

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Day 20

“Then Jesus looked at those seated in a circle around him and said, ‘Here are my mother and my brothers! Whoever does God’s will is my brother and sister and mother.’ ”

Mark 3:34-35

Response to the Word...

Pray for the hundreds of lonely and hurting people whom God wants us to reach. Pray that they we will provide a place for them here at our church.

Day 21

“Again, Jesus said, ‘Peace be with you! As God has sent me, I am sending you.’ And with that he breathed on them and said, ‘Receive the Holy Spirit.’ ” John 20:21-22

Response to the Word...

Pray for God to reveal the specific ways he is sending us in ministry to our world. Pray that we will be obedient and faith-filled. May that our church would be an instrument of God’s peace and healing for those in our community.

Day 7

“You are the light of the world. A city on a hill cannot be hidden. Neither do people light a lamp and put it under a bowl. Instead they put it on its stand, and it gives light to everyone in the house. In the same way, let your light shine before all, that they may see your good deeds and praise your Sovereign in heaven.” Matthew 5:14-16

Response to the Word...

Pray that our church will be a light in our community, city and the world. Pray that our ministry will bring further glory to the name of Jesus Christ

Day 8

“May the Lord make your love increase and overflow for each other and for everyone else, just as ours does for you.” 1 Thessalonians 3:12

Response to the Word...

Pray that our church will embody the love and grace of Jesus Christ. Pray that we will reach out to one another and those who are new with acts of love and compassion.

PRAYER AND FASTING

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Day 9

“While he was still with them, he said: ‘Don't leave Jerusalem yet. Don't leave Jerusalem yet. Wait here for the Father to give you the Holy Spirit, just as I told you he has promised to do. John baptized with water, but in a few days you will be baptized with the Holy Spirit.’ While the apostles were still with Jesus, they asked him, ‘Lord, are you now going to give Israel its own king again?’ Jesus said to them, ‘You don't need to know the time of those events that only the Father controls. But the Holy Spirit will come upon you and give you power. Then you will tell everyone about me in Jerusalem, in all Judea, in Samaria, and everywhere in the world.’ ” Acts 1:4-8

Response to the Word...

Pray for the Holy Spirit to come in a new and powerful way in our lives as a church together and apart.

Day 18

“I am the true vine, and my God is the gardener. God removes every branch in me that bears no fruit, while every branch that does bear fruit God prunes so that it will be even more fruitful. You are already clean because of the word I have spoken to you. Remain in me, and I will remain in you. No branch can bear fruit by itself; it must remain in the vine. Neither can you bear fruit unless you remain in me.” John 15:1-5

Response to the Word...

Pray that we will remain in the vine and bear fruit for Christ in all we do. Pray that we will always remember that apart from Jesus Christ we can do nothing

Day 19

“Give, and it will be given to you. A good measure, pressed down, shaken together and running over, will be poured into your lap. For with the measure you use, it will be measured to you.” Luke 6:38

Response to the Word...

Thank God for the many gifts that God has given to you and us. Ask God to give you and each of us a generous spirit in our giving.

PRAYER AND FASTING

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Day 16

“So all the skilled workers who were doing all the work on the sanctuary left their work and said to Moses: ‘The people are bringing more than enough for doing the work the Lord commanded to be done.’” Exodus 36:4-5

Response to the Word...

Pray that each individual in our church will sense God’s prompting about what they should give and do in ministry. Pray that our giving will be more than enough to accomplish God’s plan.

Day 17

“If any of you lacks wisdom, ask God, who gives generously to all without finding fault, and it will be given you. But ask in faith, never doubting, for the one who doubts is like a wave of the sea, blown and tossed by the wind.” James 1:5-6

Response to the Word...

Pray that God will give you and our church wisdom about our commitment to this vision. Pray that faith in God’s promises will drive away all doubt, so that we can be free to receive God’s glorious wisdom.

Day 10

“I will sprinkle you with clean water, and you will be clean and acceptable to me. I will wash away everything that makes you unclean, and I will remove your disgusting idols. I will take away your stubborn heart and give you a new heart and a desire to be faithful. You will have only pure thoughts, because I will put my Spirit in you and make you eager to obey my laws and teachings. You will once again live in the land I gave your ancestors; you will be my people, and I will be your God.” Ezekiel 36:24-28

Response to the Word...

Pray that God will cleanse our hearts and lives from the things that keep us from obeying him completely. Pray that God will fill us with his Spirit and enable us to obey him.

Day 11

“If people can't see what God is doing, they stumble all over themselves; But when they attend to what he reveals, they are most blessed.” Proverbs 29:18 The Message

Response to the Word...

Pray that God will show us a fresh picture of his vision for our lives and our church. Pray that we will be faithful to this picture of what God wants us to do.

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Day 12

“Sing to the Lord a new song; sing to the Lord, all the earth. Sing to the Lord, praise God’s name; proclaim God’s salvation day after day. Declare God’s glory among the nations, God’s marvelous deeds among all peoples. For great is the Lord and most worthy of praise; God is to be revered above all gods.” Psalm 96:1-4

Response to the Word...

Praise God for all of God’s goodness to you and to our church. Commit your heart to glorify God in every thing you do. Pray for a new ability to worship God.

Day 13

“You Samaritans worship what you do not know; we worship what we do know, for salvation is from the Jews. Yet a time is coming and has now come when the true worshipers will worship the Father in spirit and truth, for they are the kind of worshipers the Father seeks. God is spirit, and his worshipers must worship in spirit and in truth.” John 4:22-24

Response to the Word...

Pray that God will help each of us to participate in genuine worship. Pray that God will bring unity in worship.

Day 14

“Remember this: Whoever sows sparingly will also reap sparingly, and whoever sows generously will also reap generously. Each of you should give as you have made up your mind to give, not reluctantly or under compulsion, for God loves a cheerful giver.” 2 Corinthians 9: 6-7

Response to the Word...

Pray that every person in our church will learn to give themselves to God’s ministry with cheerful hearts. Pray that our church will experience the joy and benefits of obedient giving and ministry.

Day 15

“Bring the whole tithe into the storehouse, that there may be food in my house. “Test me in this,” says the Lord Almighty, “and see if I will not throw open the floodgates of heaven and pour out so much blessing that you will not have room enough for it.” Malachi 3:10-12

Response to the Word...

Pray that our church will be faithful to honor God with our tithes and offerings. Ask God to bless our faithfulness.