

Week of Prayer and Fasting

Prayer & Fasting Guide

Dear Friends,

*I'm so excited you are joining us January 5-11 in our Seven Days of Prayer and Fasting! This guide will help you better understand the need to pray and fast and will give you direction on how to do these important spiritual disciplines. Fasting is not just for religious fanatics or for the super spiritual. **Fasting is to be done by EVERY BELIEVER!** In fact, according to Matthew 6, **Jesus expects us to fast.***

As we humble ourselves this week, we are giving the Lord the first part of our year, set apart to Him. That makes this week a holy week because it is sacred unto Him. I believe we are setting a tone for the rest of 2025 through this sacred time. Below is some instruction and inspiration on how to pray and fast, but ultimately, be led by the Holy Spirit and be obedient to do what He leads you to do in this time.

May 2025 be a year of favor and blessings for you and your family!

-Pastor Aaron

PRAYER

“And WHEN you pray...” Matthew 6:5

For believers, prayer is a LIFESTYLE, not something we just do. We don't have to follow a specific formula when we talk with God, but practicing different ways to pray can help us find deeper purpose and connection to Him through our prayer time. During these 21 days of prayer and fasting, commit yourself to regularly coming into God's presence through prayer. Even though it takes discipline to come to God daily in prayer, remember that we GET to come into His presence - it is a privilege to pray!

A LIFESTYLE OF PRAYER

Now in the morning, having risen a long while before daylight, He went out and departed to a solitary place; and there He prayed. Mark 1:35

We develop a dynamic prayer life when prayer becomes something we don't just do now and then, but when it becomes a lifestyle that we cultivate. Jesus is our greatest example of how to pray.

1. Have a certain time

Jesus got up early in the morning to spend time with His Heavenly Father. He had a daily appointment and so should we! Maybe for you it's first thing in the morning, or

maybe it's a lunch, or in the evening. Find a time that works best for you - a time where you won't be distracted and can find a "solitary place" to pray. Then keep that appointment!

2. Have a certain place

Jesus had a designated place to pray free from distraction. That's important for us to do so that we can freely worship and pray out loud.

3. Have a certain plan

Jesus gave us the "Lord's Prayer" found in Matthew 6:9-13. This is a good outline for believers to use! Your time of prayer may not look the same every single day, but a plan for your prayer time helps us to connect with God regularly.

START A PRAYER JOURNAL

- Write down what God is speaking to you in your prayer time.
- Write down any visions or dreams God gives you in as much detail as you can.
- You'll be able to keep track of all God is saying and what He is doing in you and your family when you journal!

FASTING

"Moreover, WHEN you fast..." Matthew 6:16

- Fasting is NOT merely going without food for a period of time, although true Biblical fasting is refraining from food.
- Fasting IS refraining from food for a spiritual purpose.
- Fasting isn't just for SOME people, it's a privilege for ALL believers!

Our goals for the fast:

- To develop intimacy and closeness with God
- To see spiritual breakthrough in our personal lives and in our church
- To see a spiritual awakening and revival in Tahlequah

TYPES OF FASTS

There are three types of fasts we find in Scripture:

1. Absolute Fast

- Should only be done for short periods of time

- In an absolute fast, you take in nothing. No food, no water
- Make sure you talk to a doctor and get guidance before doing this kind of fast!

2. Normal Fast

- Go without food for a certain amount of days.
- You do drink water - remember to drink lots of water!
- You may also choose to take clear broth and juices to maintain strength, depending on how long you choose to do this kind of fast.

3. Partial Fast

- Giving up particular foods and drinks for a certain amount of days
- Includes the **“Daniel Fast”** and the **“Sundown Fast”** (fast until sundown)
- In the beginning of his captivity in Babylon, Daniel and his three friends refused to eat the choice meats and sweets from the king’s table, asking only for vegetables and water.
- Later in Chapter 10, Daniel began another partial fast, taking no sweets, no meat, and no wine for three weeks. During that time, he was focused in prayer.
- It’s comparable to a vegan eating plan, but with more restrictions and the only beverage on the fast is water
- Mostly fruits and vegetables, plus beans (black beans, black-eyed peas, kidney beans, lentils, pinto beans, split-peas) nuts, seeds, and whole grains (amaranth, barley, brown rice, millet, quinoa, oats).

Remember, if it means something to you, it means something to God!

- Don’t let the “how” of a fast stress you out.
- Just give God your best! If it’s a sacrifice from you for Him, it brings honor to Him.
- If you mess up during the fast or celebrate a birthday or anniversary, just jump back in afterwards.
- Don’t turn fasting into a religious obligation - allow it to be something that empowers and strengthens you!

Things to pray for while fasting:

- A great awakening in our nation.
- A return to the Word of God in our government (National, State, and Local levels)
- A release and breaking of spiritual strongholds and an outpouring of the Holy Spirit
- Miracles, signs and wonders like the church has never seen before!
- Restoration of families and marriages
- To know God more intimately and hear His voice clearly
- For the nation of Israel (Ps. 122:6; Gen. 12:3; Num. 24:9)
- For our public and private school teachers, faculty, and staff
- For our church (1 Chron. 4:10; Acts 4:29-31; Eph. 4:15-16)
 - >Pray for a great harvest of souls coming to know Jesus in 2025
 - >Pray for our church leadership

- >Pray for the presence of the Holy Spirit, for anointing, for freedom, for power, and for revival to flow from this house!
- Our Assemblies of God missionaries
- For YOUR needs (*Philippians 4:13*)
 - >Pray for your household (*spouse, children, grandchildren*)
 - >Pray to be a better father/mother & husband/wife
 - >Pray for the peace of your children/grandchildren (*Isaiah 54:13*)
 - >Pray to be a better spiritual leader in our church. Ask the Lord specifically how He wants you to become a more active member of our church body.
 - >Pray for increase in the fruit of the Spirit in your life (*Galatians 5:22-24*)
 - >Read Psalm 91 and Psalm 112. Pray these scriptures over your household
 - >Salvation of family members (*Acts 16:31*)
 - >Life, health, wholeness, and protection over your household
 - >Pray over your finances (*Deut. 1:11, Deut. 8:18, Psalm 35:27*)
 - >Increase in all areas of life (*spiritually, physically; 3 John 2, Deut. 7:13*)
 - >What other miracles do you need? What strongholds do you need broken in your life? What burdens do you need lifted from you? Do you need breakthrough in a part of your life or in a relationship with someone? Stand on the Word and pray the prayer of faith over each of them!

PRAISE GOD THAT HE HAS HEARD OUR PRAYERS AND THE CRIES OF OUR HEARTS! THANK HIM FOR HEARING YOU!

John 15:7

If you abide in Me, and My words abide in you, you will ask what you desire, and it shall be done for you.

Hebrews 4:16

Let us therefore come boldly to the throne of grace, that we may obtain mercy and find grace to help in time of need.

1 John 5:14,15

14 Now this is the confidence that we have in Him, that if we ask anything according to His will, He hears us. 15 And if we know that He hears us, whatever we ask, we know that we have the petitions that we have asked of Him.

Ephesians 3:20

Now to Him who is able to do exceedingly abundantly above all that we ask or think, according to the power that works in us

1 John 3:22

And whatever we ask we receive from Him, because we keep His commandments and do those things that are pleasing in His sight.