

A 6-WEEK GUIDE

PRAYER AND
FASTING
GUIDE

KING'S  CHURCH

A Call to Prayer & Fasting

"The word of God is the food by which prayer is nourished and made strong." - E.M. Bounds

Many Followers of Jesus **have never been shown the value and importance of fasting**. Maybe that's because it is seen as only what the elite Christians do. However Jesus commands His followers to fast.

"And **when 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

Fasting has many functions in the Bible. We see that it can break strongholds. It can open a person's heart to be burdened for the lost. We fast when sickness, crises, or trials come. And, fasting partners closely with prayer.

Fasting is **not** a tool we use to manipulate God. Rather, fasting does something within us. Denying ourselves is something Jesus said we must do to be His disciple. Denying our flesh food gives our inner-man a step up and helps us hear the Lord more clearly. Through fasting, **we deny ourselves our usual comforts and distractions**. So, you might consider refraining from television, talk radio, social media, or other comforts - as well as food - to focus our attention and time on seeking the Lord.

Denying ourselves through fasting is not something we should do alone. **We must pray and fast with others**. Praying and fasting together is the lifeblood for movement to happen in our regions. As we seek the Lord together, we partner with Him to see the lost saved, delivered, and for disciples to be multiplied.

Prayer gives us time to abide and commune with Jesus. Because we love Him, we want to spend time listening for His voice. The days we now live in require disciples to stay connected to Jesus in prayer, fasting, and reading and obeying His Word. Even the disciples who walked with Jesus in person asked Him to teach them to pray. (I find it quite interesting they did not ask Him to teach them to preach.) They could see the importance of prayer since they saw Jesus - God, Himself - do it frequently.

Prayer and fasting should lead us to action. Meditating on what God wants and talking with Him about it should motivate us to change and do what He tells us to do. We become a participant in God answering our prayers when we obey what He is telling us to do in response to the brokenness in ourselves and the community around us.

We pray to express the depth of our daily need for God.

Join us in Prayer and Fasting

Our Hope is that you will join us in fasting in prayer for the work here in Anthem. In light of that we have put this guide together. Each week has a different theme and corresponds to what we are praying for as a team. People ask us all the time, how can we pray for you?

Prayer Requests

- God Be Glorified
- Intimacy before Ministry
- Leadership of the Holy Spirit For Location
- People of Peace
- More Laborers
- Share with Boldness

For the next six weeks we are:

- Praying and Fasting each Wednesday.
- During that time, use the devotional guide to facilitate your prayer time for the corresponding week.

Week 1 "God Be Glorified"

Read Psalm 115

It is so easy for us to grab the spotlight, to make it all about us, to be glory seekers. This is the opposite of what we are praying for God to do in our team. The psalmists writes, not to us but to your name give glory. The writer is requesting of the LORD to take all the glory. He is saying all is due your name, none should be given to us. Why? For the sake of your character God. Your steadfast love, and your faithfulness. The psalmists is contrasting idols of the nations and the Lord their God. He tells us that idol worship is not just foolish, but also dangerous. Verse 8 makes it plain: "Those who make them become like them; so do all who trust in them." This psalm assures us that we will not go wrong seeking the Lord and giving him the glory in all things.

Prayer Prompt:

Identify and Celebrate God's praiseworthy attributes.

Prayer Request:

Spend some time lifting up the King's Church team in light of the passage. Our desire is not to take any glory ourselves, but instead give it all to the Father. Pray that we would walk in dependence on Him to see this work accomplished and not to make the work or ourselves an idol.

Week 2 "Intimacy before Ministry "

Read John 15:1-11

Jesus says I am the true vine, and My Father is the vinedresser. What a beautiful picture of their relationship. He continues by stating we are the branches. We are the branches! Did you catch that? We are connected to Jesus. Our life is utterly dependent on him. For us to survive and thrive, we must be connected to the vine. The vine gives us nutrients, and sustains us. This is such a wonderful picture of our relationship with our Savior. Do we take this for granted? I don't see anything in here that is optional, do you? He brings greater clarity to this relationship by stating, "Abide in me, and I in you. As the branch cannot bear fruit of itself unless it abides in the vine, so neither can you unless you abide in Me." When it comes to ministry we tend to focus more on the fruit we can produce than the vine we are connected to. We tend to put ministry before intimacy. We must understand that everything Jesus is going to do through us will be a result of what he does in us as we abide in Him.

Prayer Prompt:

As the branch, I glorify You because You have given me
_____...

I confess that I have prioritized _____ over intimacy with you.

Prayer Request:

Spend some time lifting up the King's Church team in light of the passage. We understand our propensity to focus on the ministry more than Jesus. Ask the Father to solidify in us a resolve to seek Him first.

Week 3 "Leadership of the Holy Spirit "

Read Acts 16: 1-10

The book of Acts provides for us incredible insight into how God used the church to expand the Kingdom of God. We can see how God is working in and through the church from the beginning to the end of the book. The main actor in the story is the Holy Spirit. The Holy Spirit is mentioned at least 56 times throughout the book. In Acts 16, we see Paul and Silas on the missionary journey as they are seeking to take the Gospel to Asia. There was only one problem, they were forbidden by the Holy Spirit to speak the word in Asia. So what are they going to do? Well the context is key here; it is safe to assume they prayed and prayed. As they sought God on this issue, they received a vision to come over to Macedonia to preach the Gospel. It was through prayer and the Leadership of the Holy Spirit that they received clarity on where God was wanting them to take the Gospel. So onward to Philippi they went, with the confidence that Holy Spirit had lead them there to preach the Gospel.

Prayer Prompt:

I have experienced your leading, Holy Spirit, when _____...

Prayer Request:

Spend some time lifting up the King's Church team in light of the passage. Our desire is not to get ahead of God or to make God drag us along. Instead we want to hear and obey the Leadership of the Holy Spirit. Pray that we would be sensitive and submissive to His leadership concerning our location to plant.

Week 4 "People of Peace "

Read Acts 16: 6-15

The Lord does not need us to carry out His will. However, he allows us to be a part of it. Through sensitivity to the Spirit, Paul was able to discern a vision he was given about where to go preach the gospel. When the company arrived at Philippi, they made themselves available and went to a known spiritual center of the city. Likewise, Lydia was a worshipper of God, and the Lord used that to open her heart and home to the things spoken by Paul and his party. During this amazing time of ministry God was doing something and Paul and Silas were able to join in to what God was doing. Lydia was a person of peace, she believed the message and immediately opened her relationships and home to the work of the Gospel. The work in Philippi was established through Lydia.

Prayer Prompt:

Father I thank you for going ahead of me and preparing the way by _____...

Prayer Request:

Spend some time lifting up the King's Church team in light of the passage. Our desire is not to get ahead of God, or to make God drag us along. Instead we want to hear and obey the Leadership of the Holy Spirit. Pray that we would be sensitive and submissive to His leadership concerning our location to plant.

Week 5 "More Laborers "

Read John 4: 31-38

You have been hungry before, right? Food is fuel for our bodies. You are what you eat-- ever heard that one? Well, quite literally, you are what you eat. Through various metabolic reactions, the body takes the food we consume to break down the molecules and particles to be added to our body and its processes. In fascinatingly complex designs, all living things use food for energy.

Jesus responds to His disciples' pleas for him to eat by saying He already has food-- doing the will of Him who had sent Him. Our physical bodies are of little consequence in regards to eternity. Therefore, the God who created them can sustain them for his Kingdom purpose while we are still on this Earth. We walk by faith and not by sight. Do we see the physical realities of the world and not the spiritual needs?

May we hunger for the will of our Father. May we see the harvest and hunger for His righteousness as we seek to further His Kingdom. May we be burdened as we lift up our eyes and behold the fields. May we pray for others to join us in this labor as we do the will of Him who has sent us to reap and sew. May we be so consumed with the harvest that we become solely dependent on you for our sustainment.

Prayer Prompt:

Thank the Father for allowing you to be apart of what He is doing in the world.

Prayer Request:

Spend some time lifting up the King's Church team in light of the passage. Pray that we would focus on what counts in eternity. Pray that more laborers would join us in the harvest to reap what was sown.

Week 6 "Share with Boldness "

Read Acts 4: 18-31

The word compel has a fascinating etymology. The prefix com- means with or together. Derived from Indo-European, which predates Latin, the base word -pel means to thrust or drive. Similar words with this base word are propel (driving forward), expel (drive out), and impel (thrust in or upon). A quick online search for the definition of compel is to drive or urge forcefully or caused by overwhelming force or pressure.

Peter and John were compelled to speak the word of God boldly. How? Through prayer and the Holy Spirit. They were driven together with the Holy Spirit. There was nothing that could stop them. "For we CANNOT stop speaking the things which we have seen and heard."

May we be a people of prayer. May we be a people who rely solely on the Lord, our strength and refuge. May we act on a power that is not our own because it is from the Holy Spirit. May we speak the word with boldness no matter the circumstance.

Prayer Prompt:

Make my character more like Jesus' in the area of boldness in sharing.

Prayer Request:

Spend some time lifting up the King's Church team in light of the passage. Pray that we would speak the word with boldness to those around us.