



## 40-DAY PRAYER & FASTING GUIDE

*Lent*

February 14 - March 30

Praying and fasting

*together*

so that we can...

**Pioneer with Purpose.**

Numbers 13:30



**February 14 - March 30, 2024**

**Rev. Walter L. Bowers, Jr., Esq.**  
**“Pastor Walt”**



Dear Family & Friends,

We are so excited that God has blessed us to see another Lenten season! Lent is the 40 days (excluding Sundays) from Ash Wednesday to the Saturday before Easter. Lent is often described as a time of preparation and an opportunity to go deeper with God. This means that it's a time for personal reflection that prepares people's hearts and minds for Good Friday and Easter.

Three main things that we will focus on during Lent are prayer, fasting, and service. Prayer during Lent focuses on our need for God's forgiveness. It's also about repenting (turning away from our sins) and receiving God's mercy and love. Fasting, giving up/abstaining from something to reduce distractions and focus more on God, is a very common practice during Lent. The idea is that giving up something that's a regular part of life, like eating dessert or scrolling through Facebook, can be a reminder of Jesus' sacrifice. That time can be replaced with more time connecting with God. Doing something good for others is a way to respond to God's grace, generosity, and love. For example, some people spend time volunteering or donate money they would normally use to buy something, like their morning coffee.

We are inviting everyone at Chosen City Church, family and friends to join us in what we believe will be a personal time of transformation, revival, and renewal. During this season of fasting, we will intentionally focus our heart with God's heart by slowing down our busy lives and setting aside quality time every day to spend time reading and meditating on the Word and hearing from God.

I want to encourage you to faithfully participate in the prayer call every Monday through Saturday evening, Bible study on Wednesday evenings, and Worship Services on Sundays. Being around other believers during this time will strengthen and encourage you should fasting become difficult. We are expecting a MAJOR move of God in the hearts of all those who seek Him. We look forward to hearing your testimonies of VICTORY! Fasting is the most powerful spiritual discipline of all the Christian disciplines. Through prayer and fasting, the Holy Spirit can transform your life.

Our goal this year is to start together and finish together! This guide was intentionally designed so that everyone can participate with us. Remember, this time of prayer and fasting is not just about managing what we eat, but it will be beneficial to us spiritually, physically, and emotionally.

Our desire as a church family is to create a culture of prayer and fasting where we



see breakthroughs, miracles, and God answering prayers on a daily basis. The information provided in this booklet/guide will hopefully bring clarity to help you navigate through your personal 40-day journey. As you read over the information, please consider how it applies to you and your personal circumstances and convictions.

Peace and Blessings,

Pastor Walt



# LENT PRAYER CONFERENCE CALL

WHEN: MON-SAT  
TIME: 6PM - 6:15PM

DIAL-IN NUMBER: (412) 924-6953  
ACCESS CODE: 260072

PRESS THE # SIGN AFTER ENTERING YOUR ACCESS CODE

choSen  
city church

*“Blow the trumpet in Zion, sanctify a fast, call a solemn assembly... Gather the people, and sanctify the congregation...”*

Joel 2: 15-16

## **PRAYER IS IMPORTANT!**

The **most important tool** in prayer is listening for God's directions for our lives! God has unique relationships with all of us and therefore our prayer lives are unique as well. Some of us put unnecessary pressures on ourselves to pray like someone we have heard, when the most important thing that God wants from us, is for us to Seek His Face (Psalms 27:8), to look for Him, the All Knowing, for guidance, to love on Him, and continuously build a relationship with Him (John 15:14-15). A relationship with God is similar, in one way, to relationships with others, the more we communicate the stronger the relationship becomes; the communication is in fact our relationship.

Prayer IS our relationship with God.

**No prayer = no relationship with God**  
**More prayer = BIGGER relationship with God**

A humble heart and a mind open to Jesus is what He expects, and the Holy Spirit will do the rest (Romans 8:26-27).

### **WHY SHOULD WE PRAY?**

We pray because we love God.

We pray to worship God for who He is.

We pray to say thanks to our Father.

We pray to God to praise Him.

We pray to petition God.

We pray to confess our sins.

We pray to intercede for others.

We pray against the enemies of God.

We pray to listen to God.

We pray to resist temptation.

We pray because He directs us to pray. In every situation — **PRAY FIRST!**  
 Prayer changes everything!

## **A few tips as you prioritize prayer over these next 40 days...**

Prayer is most effective when it is not something we do every now and then, but when it's a lifestyle we cultivate. To understand how to have a lifestyle of prayer, we can look at the example Jesus gave during His life on earth.

### **Have a Certain Time**

Jesus got up early in the morning to spend time with His Heavenly Father. Make a daily appointment with God — whether it's first thing in the morning, at lunch, or in the evening — and faithfully keep it.

### **Have a Certain Place**

Jesus had a specific place He went to pray. Having a designated place to pray helps us remove distractions and frees us to worship and pray aloud.

### **Have a Certain Plan**

When Jesus taught His disciples how to pray, He gave them a prayer outline. We call it "The Lord's Prayer." Our desire is for this resource to be a guide for your time with God. As we pray every day, consider incorporating some worship music, or additional time to read the Bible or journal. Not everyone's approach will look the same, but it does help to have a plan for connecting regularly with God!

## PRAYER AND FASTING

***Important Note: Fasting requires reasonable precautions. If you have any health concerns, please consult your physician prior to beginning your fast, especially if you are taking any medication, have a chronic condition, or are pregnant or nursing a baby.***

### WHAT ARE WE PRAYING AND FASTING FOR?

The focus of our Prayer & Fast is:

**That we will pioneer with purpose and be used more effectively by God.**

**That we will be properly aligned (Numbers 1:1-3).**

**That we will purify ourselves (Numbers 5:5-10).**

**That we will protect our focus (Number 6:1-8).**

In addition, **corporately** we are praying for God to:

- Draw us nearer to Him as we fast and humble ourselves before Him,
- Stir our hearts and passion for Him,
- Draw souls into the Body of Christ through our local church,
- Instill a growth mindset to overcome, build, and be like Jesus,
- Give us strategy to help resolve the issues that our community is having with drug addictions,
- Draw families into our local church that, with guidance from the Holy Spirit, we might help them find healing and prevent the breakup of families.

We are all at different places in our walk with God so we must start where we are. We should not fast to impress others or to prove our spirituality. We fast to draw nearer to God. Jesus spoke of prayer and fasting as an expected discipline of the Christian faith in Matthew 6:16:

***“Moreover when ye fast, be not, as the hypocrites, of a sad countenance: for they disfigure their faces, that they may appear unto men to fast. Verily I say unto you, They have their reward”***

## WHAT IS FASTING?

Fasting is a powerful spiritual discipline that aligns our hearts more closely with the heart of God and also empowers us to see breakthroughs in specific areas. Fasting is when we go without food (or specific types of food) for a period of time. While fasting is typically related to food, you may choose to abstain from something such as media and technology, television, Internet or social media. During the time of fasting, we direct our attention more fully to God. It helps us as believers to not be ruled by our physical desires but to grow in spiritual power and authority over the desires of our flesh. Throughout the Bible and in the early church we see prayer and fasting was a common practice. Scripture gives us examples of both corporate and individual fasting. Moses, David, Daniel and Jesus all practiced individual prayer and fasting. We see corporate prayer and fasting at various times throughout the Old Testament by the Israelites, such as in 1 Samuel 7 and Nehemiah 9. We also see the early church practice prayer and fasting in the New Testament in Acts 13.

## WHY DO WE PRAY AND FAST?

Fasting is biblical. There are several examples of biblical fasting in the lives of figures like Moses, Jesus, and King David. Praying and fasting draws us nearer to God. Fasting tenderizes and sensitizes our hearts, driving us to focus solely on God and in return to hear what God is saying and pray the prayers that He is praying. He is a God that loves to answer prayer and He loves when we set aside time, push away distractions, and willingly posture ourselves to be before Him. We do not pray and fast to manipulate or earn God's favor. Instead, prayer and fasting are an act of humility, an admission of desperate dependence on God (Ezra 8:21). In addition to drawing near to God, we can pray and fast for a variety of secondary reasons – to bring about both personal and corporate revival, for emotional and physical healing, for protection against the enemy, and for a greater release of God's power and presence here on earth.

## HOW DO WE PRAY AND FAST?

The first thing to do is make a plan. Start by choosing the type of fast you are going to do. It is important to ensure that you are listening to both the Holy Spirit and your own body in the way you fast. There are different fasting types:

- full fast
  - drink only liquids
- partial fast
  - from sun up to sun down, 6:00 am – 3:00 pm, or other designated hours
  - abstain from a particular type of food (sugar, caffeine, meat, etc.)



- abstain from a certain meal (breakfast, lunch or dinner)
- the Daniel Fast (Daniel 10:3)
  - eat no meat, no sweets, no leavened bread and yeast, no deep-fried foods, no refined or processed foods, no dairy products
  - drink water and juice
  - eat fruits, vegetables, nuts, legumes, whole grains

Some people may have medical issues that keep them from fasting from food. You can consider abstaining from activities, such as social media or television.

The next thing you should do is set aside intentional time to focus on God. Read the Bible and pray when you would normally be eating or preparing food or during the time you would normally be watching television or on social media. Remember, the goal of the fast is to redirect your focus, energy, and attention toward God.

### **Scripture References:**

Matthew 6:16-18

Matthew 9:14-15

Acts 27:33-37

Nehemiah 9:1-3

Luke 18:9-14

## **THE PRINCIPLES OF FASTING**

1. Fasting is not just missing a meal.
2. Fasting is not dieting.
3. Fasting demands replacing meals with the reading of the word and prayer.
4. Fasting demands dedicating time for meditation.
5. Fasting requires spending much time in the word.

## **THE BENEFITS OF FASTING**

1. Spiritual discipline
2. Increased spiritual capacity
3. A clear sober mind
4. A pure heart and mind
5. Hunger for God and His word
6. Physical health
7. Loss of excess weight
8. Purified body
9. Spiritual freedom
10. Physical freedom
11. Spirit of giving
12. Your light shines (evil powers can't withstand your presence)
13. Protection by God
14. Answers to prayers
15. Intimacy with God
16. Increased retention capacity

## **THE EFFECTS OF FASTING**

1. Fasting changes us (not God).
2. Fasting does not move God (moves us into better positioning).
3. Fasting increases our spiritual capacity.
4. Fasting breaks habits and spiritual bondage.
5. Fasting quiets the heart to hear God's voice.

### Prayer & Fasting Commitment Statement

I commit to participate in our Church Corporate Fast from **Wednesday, February 14 – Saturday, March 30, 2024.**

My **purpose** for fasting is:

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During this fast, I am **praying and believing** God for:

1. \_\_\_\_\_

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2. \_\_\_\_\_

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3. \_\_\_\_\_

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**MY SUCCESS PLAN:**

1. I will find an accountability partner, someone who will encourage me when the temptation to quit arises. *Note: This person should be in agreement with your desire to complete the fast and a spiritually mature person who can encourage you with the Word. Ecclesiastes 4:12, "A threefold cord is not quickly broken".*

**My accountability partner for this fast is \_\_\_\_\_.**

2. I will set aside time every **morning** from \_\_\_\_\_ a.m. to \_\_\_\_\_ a.m. to praise God, read my Word, and spend time in prayer.
3. I will set aside time every **evening** from \_\_\_\_\_ p.m. to \_\_\_\_\_ p.m. to praise God, read my Word, and spend time in prayer.
4. I will NOT allow the enemy to accuse me or shame me should I fall short. I am determined to use this time to draw closer to the Lord. Remember, choose a fast that stretches you but also is one you can complete. No comparison, no competition, do what you can do for the Glory of God.

I, \_\_\_\_\_, pledge to commit myself wholeheartedly to praying and fasting for 40 days.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date



## Chosen City Church Family & Friends 2024 Prayer & Fasting Schedule

**\*\*If you are taking any medication or under doctor's care please consult and follow your doctor's orders regarding participating in the fast.\*\***

Chosen City Church family & friends will proclaim and participate in a **40-day fast beginning Wednesday, February 14 and ending on Saturday, March 30.**

The focus of our Annual Prayer & Fast is:

**That we will pioneer with purpose and be used more effectively by God.**

**That we will be properly aligned (Numbers 1:1-3).**

**That we will purify ourselves (Numbers 5:5-10).**

**That we will protect our focus (Number 6:1-8).**

### Week 1

**February 14 – February 17: I am submitted to Christ as the Lord of my whole life and committed to properly aligning with Him.**

- No caffeine, no sweets, no junk food, no soda (carbonated drinks), and no alcohol/tobacco products.
- Change your diet and start eating healthy during this first week.
- Limit social media unless it pertains to work/school.
- Drink at least 40 ounces of water per day.
- Spend a total of at least 15 minutes in prayer and devotion each day.

### Week 2

**February 19 – February 24: I am submitted to the purification process.**

- No fried foods, beef, or pork. *See list of what can/can't eat during our Prayer/Fast.*
- No caffeine, no sweets, no junk food, no soda (carbonated drinks), and no alcohol/tobacco products.
- Change your diet and eat healthy (baked/grilled fish or chicken).
- Limit social media unless it pertains to work/school.
- Drink at least 40 ounces of water per day.
- Spend a total of at least 15 minutes in prayer and devotion each day.

### **Week 3**

#### **February 26 – March 2: I am submitted to protecting my focus.**

- No fried foods, beef, or pork.
- No caffeine, no sweets, no junk food, no soda (carbonated drinks), and no alcohol/tobacco products.
- Limit social media unless it pertains to work/school.
- Drink at least 50 ounces of water per day.
- Spend a total of at least 20 minutes in Prayer and Devotion each day.
- Other items to consider fasting for Adults and Youth/Children during this time: video games, TV, Internet access, Facebook, Twitter, Instagram, Cell Phones, etc.

### **Week 4**

#### **March 4 – March 9: I am committed to being the change I want to see in my church and the nation.**

- No fried foods, beef, or pork.
- No caffeine, no sweets, no junk food, no soda (carbonated drinks), and no alcohol/tobacco products.
- Limit social media unless it pertains to work/school.
- Drink at least 50 ounces of water per day.
- Spend a total of at least 20 minutes in Prayer and Devotion each day.
- Other items to consider fasting for Adults and Youth/Children during this time: video games, TV, Internet access, Facebook, Twitter, Instagram, Cell Phones, etc.

### **Week 5**

#### **March 11 – March 16: I am committed to growing in praise and worship.**

- No fried foods, beef, or pork.
- No caffeine, no sweets, no junk food, no soda (carbonated drinks), and no alcohol/tobacco products.

- Limit social media unless it pertains to work/school.
- Drink at least 60 ounces of water per day.
- Spend a total of at least 20 minutes in Prayer and Devotion each day.
- Other items to consider for Adults and Youth/Children during this time: video games, TV, Internet access, Facebook, Twitter, Instagram, Cell Phones, etc.

## Week 6

**March 18 – March 23: I am committed to growing in my love for God and others.**

- No fried foods, beef, or pork.
- No caffeine, no sweets, no junk food, no soda (carbonated drinks), and no alcohol/tobacco products.
- Limit social media unless it pertains to work/school.
- Drink at least 60 ounces of water per day.
- Spend a total of at least 20 minutes in Prayer and Devotion each day.
- Other items to consider for Adults and Youth/Children during this time: video games, TV, Internet access, Facebook, Twitter, Instagram, Cell Phones, etc.

## Week 7

**March 25 – March 30: I am grateful for the sacrifice of Jesus.**

- Nothing but fruits, vegetables, or plant-based foods (try to go meat free this last week).
- No caffeine, no sweets, no junk food, no soda (carbonated drinks), and no alcohol/tobacco products.
- Limit social media unless it pertains to work/school.
- Drink at least 60 ounces of water per day.
- Spend a total of at least 20 minutes in Prayer and Devotion each day.
- Other items to consider for Adults and Youth/Children during this time: video games, TV, Internet access, Facebook, Twitter, Instagram, Cell Phones, etc.

**Chosen City Church family & friends will break the fast together on  
Saturday, March 30, 2024, after the last devotion.**

### Children/Youth

We are asking that parents include their children in our prayer and fasting schedule in a revised edition that will work for them. The revision should include limiting unnecessary use of **electronics, television, and social media**.

## WHAT CAN I EAT DURING THE FAST?

Foods You May Eat:

- **Whole Grains:** Brown Rice, Oats, Barley
- **Legumes:** Dried Beans, Pinto Beans, Split Peas, Lentils, Black Eyed Peas
- **Fruits:** Apples, Apricots, Bananas, Blackberries, Blueberries, Boysenberries, Cantaloupe, Cherries, Cranberries, Oats, Figs, Grapefruit, Grapes, Guava, Honeydew Melon, Kiwi, Lemons, Limes, Mangoes, Nectarines, Papayas, Peaches, Pears, Pineapples, Plums, Prunes, Raisins, Raspberries, Strawberries, Tangelos, Tangerines, & Watermelon.
- **Vegetables:** Artichokes, Asparagus, Beets, Broccoli, Brussels Sprouts, Cabbage, Carrots, Cauliflower, Celery, Chili Peppers, Corn, Cucumbers, Eggplant, Garlic, Ginger Root, Kale, Leeks, Lettuce, Mushrooms, Mustard Greens, Okra, Onions, Parsley, Potatoes, Radishes, Rutabagas, Scallions, Spinach, Sprouts, Squashes, Sweet Potatoes, Tomatoes, Turnips, Watercress, Yams, Zucchini, veggie burgers are an option if you are not allergic to soy.
- **Liquids:** Spring Water, Distilled Water, 100% All-Natural Fruit Juices, 100% All Natural Vegetable Juices. You may also drink protein drinks.
- **Meat:** Chicken & Fish (Baked/Grilled)
- **Others:** Seeds, Nuts, Sprouts

## WHAT FOODS SHOULD I AVOID DURING THE FAST?

Foods to Avoid:

- All refined or processed food products

- Meat (Beef, Lamb, Pork) *\*Try plant based “meats”, i.e., Beyond Meat\**
- Bread and other baked goods
- Dairy products: milk, cream, butter, etc. *\*Try almond milk, other nut or oat milks, i.e., Silk\**
- White rice
- Fried foods
- Caffeine (including coffee of all kinds and caffeinated teas)
- Carbonated beverages
- Foods containing preservatives or additives
- Refined sugar and sugar substitutes
- White flour (and all products using it)
- Margarine, shortening, high fat products

*Remember that it is the attitude of a heart sincerely seeking Him to which God responds with a blessing (Isaiah 58, Jeremiah 14:12, 1 Corinthians 8:8).*



## HOW TO USE THIS GUIDE:

Carve out a quiet time each day. Grab your Bible, maybe a writing journal, and a pen. It is best to do this in the morning because once your day begins; there will be tons of distractions. Learn to put God first in your day and He will multiply your time. This year our Daily Focus is on Prayer & The Word!

**Prayer:** Pray and ask Heaven to get involved in our earthly matters. Don't forget to add focused points when you are praying.

**Scripture:** Read the scriptures(s) and see how they apply to your life. What do you think it means? What is God trying to say to you through His Word? Write down in your journal or notes what God is saying to you through His Word!

**Challenge/Fun:** We added a few fun activities for you too!

## LET'S GET STARTED!



## Week 1

Wednesday, February 14 – Saturday, February 17, 2024

**Week 1: I am submitted to Christ as the Lord of my whole life and committed to properly aligning with Him.**

- No caffeine, no sweets, no junk food, no soda (carbonated drinks), and no alcohol/tobacco products.
- Change your diet and start eating healthy during this first week.
- Limit social media unless it pertains to work/school.
- Drink at least 40 ounces of water per day.
- Spend a total of at least 15 minutes in Prayer/Devotion each day. Be encouraged, you can do it! Break it up if necessary – do 7 minutes in the morning and 8 at night, but you can do it!

### DAY 1

**Prayer for surrender of your will** – *Lord Jesus, I submit my will to Yours. Help me surrender my desires and ambitions to follow Your perfect plan for my life. Read and reflect on Proverbs 3:5-6, Matthew 16:24-25, Romans 12:1-2, Galatians 2:20.*

### DAY 2

**Prayer for spiritual insight and alignment with God's will** – *Grant me the wisdom to discern Your will, O Lord. May my thoughts, actions, and decisions align with Your perfect plan. Lord, grant me understanding and insight into Your Word. Illuminate my identity in Christ, revealing who I am, where I came from, and where I am going. Help me walk boldly in who You called me to be and grasp Your purpose for my life.*

Read and reflect on Psalms 25:3-5, Ephesians 5:17, James 1:5.

### DAY 3

**Prayer for examination** – *Heavenly Father, I invite Your Spirit to search my heart, revealing any unconfessed sin. I humbly acknowledge these to You, Lord, and thank You for Your abundant forgiveness. Grant me the strength to walk in repentance and the joy of Your grace.*

Read and reflect on Psalms 139:23-24, Psalms 51:10, Proverbs 28:13, 1 John 1:8-10.

### DAY 4

**Prayer for strength for obedience** – *Give me strength, Lord, to obey You even*

*when it's difficult. Help me to trust Your guidance and follow Your commands with unwavering faith. May Your Spirit guide my actions, and may I find courage and endurance in Your promises. Strengthen my resolve to walk faithfully in Your ways. Read and reflect on Philippians 4:13, Acts 5:29, Luke 6:46-49.*

## Week 2

**Monday, February 19 – Saturday, February 24, 2024**

### **Week 2: I am submitted to the purification process.**

- No fried foods, beef, or pork. See list of what you can/can't eat during our Prayer & Fast. Try baked or grilled fish or chicken.
- No caffeine, no sweets, no junk food, no soda (carbonated drinks), and no alcohol/tobacco products.
- Limit social media unless it pertains to work/school.
- Drink at least 40 ounces of water per day.
- Spend a total of at least 15 minutes in Prayer/Devotion each day. Be encouraged, you can do it! Break it up if necessary – do 7 minutes in the morning and 8 at night, but you can do it!

### **DAY 5**

**Prayer of acknowledgement of need** - *Lord, reveal areas in my life that need purification. Help me acknowledge my need for Your cleansing, trusting in Your grace to transform and renew me. Cleanse me with your refining fire. Grant me the strength to surrender fully to Your process, knowing that through purification, You shape me into a vessel of Your grace and an instrument of Your love.*

Read and reflect on Mark 7:20-23, James 4:8, Isaiah 1:16-17.

### **DAY 6**

**Prayer for purification of heart** – *Create in me a pure heart, O God. Purify my thoughts, motives, and desires. Each day, may this cleansing process mold me into a reflection of Your character, drawing me closer to Your holiness.*

Read and reflect on 1 John 1:7, Hebrews 1:3, Psalms 66:10.

### **DAY 7**

**Prayer for holiness in actions** – *Guide my actions, Lord, that they may reflect Your holiness. May I live in a way that honors You, embracing the purification process for a life aligned with Your will.*

Read and reflect on Hebrews 12:14, Romans 6:19, Ephesians 4:21-32.

### **DAY 8**

**Prayer for guarding the mind** – *Help me guard my mind against impurity. Let the words of my mouth and the meditations of my heart be pleasing to You, as I strive for a renewed and purified mind. May Your Word be my constant focus, shaping my*

*thoughts with truth and love. Strengthen my resolve to cultivate a mindset that aligns with Your will, bringing glory to Your name.*

Read and reflect on Psalms 19:14, Philipians 4:6-8, 2 Corinthians 10:5.

## **DAY 9**

**Prayer for fruit of the Spirit** – *Lord, nurture the fruits of Your Spirit within me. Shower me with the abundance of love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. As I journey through the purification process, may these virtues blossom in my character, reflecting Your divine nature. Grant me the strength to bear these fruits, and may they overflow into every aspect of my life, bringing glory to Your name.*

Read and reflect on Galatians 5:22-23, Colossians 3:12-14, 2 Peter 1:5-7.

## **DAY 10**

**Prayer embracing growth** – *As I navigate the purification process, instill in me a willingness to embrace growth and change. Shape me into the person You envisioned, so that with each passing day, I may increasingly reflect Your divine image. Guide me through this transformative journey, Lord, as I yield to Your refining work in my life.*

Read and reflect on Proverbs 3:11-12, 1 Peter 1:6-7, 2 Corinthians 3:18.



## Week 3

**Monday, February 26 – Saturday, March 2, 2024**

### **Week 3: I am submitted to protecting my focus.**

- No fried foods, beef, or pork.
- No caffeine, no sweets, no junk food, no soda (carbonated drinks), and no alcohol/tobacco products.
- Limit social media unless it pertains to work/school.
- Drink at least 50 ounces of water per day.
- Spend a total of at least 20 minutes in Prayer and Devotion each day. Be encouraged, you can do it! Break it up if necessary – do 10 minutes in the morning and 10 at night, but you can do it!
- **Other items to consider fasting for Adults and Youth/Children during this time: video games, TV, Internet access, Facebook, Twitter, Instagram, Cell Phones, etc.**

#### **DAY 11**

**Prayer for setting priorities** – *Lord, lead me in setting priorities aligned with Your will. Illuminate what truly matters in Your kingdom, so my focus remains steadfast on Your purposes. May my actions reflect Your priorities, and may Your grace empower me to discern and pursue what is pleasing to You.*

Read and reflect on Matthew 6:33, Philippians 3:13-14, Proverbs 4:25-27.

#### **DAY 12**

**Prayer for guarding against distractions** – *Lord, I seek Your protection from distractions that lure me away from Your purposes. Surround me with Your shield of focus, granting discernment to recognize and overcome the diversions that vie for my attention. May Your Spirit guide me, helping me stay steadfast in pursuing Your will amidst the challenges. Keep my eyes fixed on You, O God, that I may navigate life's complexities with clarity and purpose.*

Read and reflect on Psalms 119:37, James 4:7-8, Philippians 4:8, Colossians 3:1-2.

#### **DAY 13**

**Prayer for clarity of purpose and daily guidance** – *As each day begins, Lord, lead my steps and decisions. May Your Word illuminate my path and guide me forward. Grant me clarity of purpose, revealing the specific tasks and goals You've set before me. In the journey of this day, empower me to walk in alignment with Your will, discerning Your intentions, and pursuing the divine purpose You have intricately woven into my existence.*

Read and reflect on Psalms 119:105, Psalms 32:8, Isaiah 30:21.

#### DAY 14

**Prayer for overcoming worries** – *Lord, release me from the chains of worry and anxiety. I surrender my burdens to You, trusting in Your unwavering care and provision. In the refuge of Your love, may my heart find peace, and my mind rest assured that Your grace is sufficient for every concern. Grant me the strength to relinquish control, embracing Your sovereignty over every circumstance. In this surrender, let Your peace reign supreme, bringing tranquility to the depths of my soul.*

Read and reflect on 1 Peter 5:7, Matthew 6:25-34, Psalms 94:19.

#### DAY 15

**Prayer for guarding against negativity** - *Lord, shield my mind from negativity and doubt. Guide me to replace pessimism with Your eternal truth and affirmations of unwavering faith. May Your joy and peace be the reigning forces in my heart, dispelling uncertainty. Transform my thoughts, aligning them with Your promises, that I may navigate each day with a steadfast and positive perspective, anchored in Your grace.*

Read and reflect on Proverbs 4:23, Isaiah 26:3, Ephesians 4:29, Psalms 19:14.

#### DAY 16

**Prayer for strength to resist temptations** – *Heavenly Father, grant me the strength to stand firm against temptations that threaten to divert my focus. Let Your Spirit, a wellspring of empowerment, guide my steps in the path of righteousness. In moments of testing, fortify my resolve to honor Your commandments. With Your grace as my shield, help me overcome the draw of sin and remain steadfast in my commitment to walk in Your ways. In the name of Jesus, grant me victory over temptation.*

Read and reflect on 1 Corinthians 10:13, Matthew 26:41, Galatians 5:16, 2 Timothy 2:22.

## Week 4

**Monday, March 4 – Saturday, March 9, 2024**

**Week 4: I am committed to being the change I want to see in my church and the nation.**

- No fried foods, beef, or pork.
- No caffeine, no sweets, no junk food, no soda (carbonated drinks), and no alcohol/tobacco products.
- Limit social media unless it pertains to work/school.
- Drink at least 50 ounces of water per day.
- Spend a total of at least 20 minutes in Prayer and Devotion each day.
- Other items to consider fasting for Adults and Youth/Children during this time: video games, TV, Internet access, Facebook, Twitter, Instagram, Cell Phones, etc.

### DAY 17

**Prayer for churches & ministries** – *Heavenly Father, bless and guide Chosen City Church and other churches and ministries. Grant wisdom to leaders, unity among members, and a heart for service. May Your Spirit empower us to fulfill our mission, spreading Your love and truth. Provide resources, protection, and a spirit of humility. Let our gatherings be filled with Your presence, impacting lives and glorifying Your name.*

Read and reflect on Ephesians 4:4-6, Romans 12:4-5, 1 Corinthians 12:12-13.

### DAY 18

**Prayer for world affairs and government** – *Heavenly Father, we lift up the world's affairs and governments to Your sovereign care. Bless our leaders, including the President and his cabinet. May they seek Your wisdom, guidance, and surrender their hearts to Christ. Grant them discernment, compassion, and a commitment to justice. May nations seek cooperation over conflict, fostering peace and understanding. Let Your righteousness prevail in decision-making and may the well-being of all people be considered. Strengthen leaders with humility and a commitment to justice. Your will be done on earth as it is in heaven.*

Read and reflect on Psalms 85:4-7, Proverbs 14:34.

### DAY 19

**Prayer for believers** – *Lord, strengthen and unite believers worldwide. Fill our hearts with unwavering faith, love, and compassion. Grant wisdom, discernment, and courage as we navigate life's challenges. May our lives reflect Your light,*

*drawing others to Your grace. Empower us to be vessels of peace and instruments of Your love in our communities. Let Your Spirit guide our thoughts, words, and actions, that we may glorify You in all we do.*

Read and reflect on 2 Corinthians 6:4-10, Colossians 1:9-10.

## **DAY 20**

**Prayer for relationship with others** – *Lord, instill in us a heart of love and compassion for others, especially those who don't know You. Help us to see them through Your eyes, to extend grace and kindness, and to share Your love boldly. May our actions and words reflect Your character, drawing others to Your saving grace. Grant us wisdom and humility as we seek to build meaningful relationships that honor You.*

Read and reflect on 1 Corinthians 16:14, 1 John 4:7, 1 Corinthians 13:1-3.

## **DAY 21**

**Prayer for Evangelism** – *Lord, grant us boldness to proclaim Your Good News to our family, friends, neighbors, coworkers, and strangers. Open doors of opportunity for us to share Your love with others. Fill us with Your Spirit, that we may speak with clarity and conviction, and demonstrate Your love through our actions. May hearts be touched, lives transformed, and souls saved as we faithfully witness for You. Equip us to be effective ambassadors of Your kingdom. In His name, empower us to boldly witness and sow seeds of salvation.*

Read and reflect on Ephesians 6:19, Matthew 28:19-20, Isaiah 6:8.

## **DAY 22**

**Prayer for Missions** – *Heavenly Father, bless the Chosen City Church Missions team as they embark on their local, national, and global missions. Pour out Your Spirit on their efforts, granting wisdom, protection, and abundant provision. Bless other local, national, and global missions, uniting believers in purpose. May the Great Commission be fulfilled through these endeavors, transforming lives and spreading Your love to the ends of the earth. Strengthen and guide each mission, Lord, for Your glory and the expansion of Your kingdom.*

Read and reflect on 2 Corinthians 5:20, Romans 15:20-21, Acts 1:8.

## Week 5

**Monday, March 11 – Saturday, March 16, 2024**

### **Week 5: I am committed to growing in praise and worship.**

- No fried foods, beef, or pork.
- No caffeine, no sweets, no junk food, no soda (carbonated drinks), and no alcohol/tobacco products.
- Limit social media unless it pertains to work/school.
- Drink at least 60 ounces of water per day.
- Spend a total of at least 20 minutes in Prayer and Devotion each day.
- **Other items to consider for Adults and Youth/Children during this time:** video games, TV, Internet access, Facebook, Twitter, Instagram, Cell Phones, etc.

#### **DAY 23**

**Prayer for commitment** – *Heavenly Father, grant me unwavering commitment to Your commandments. Help me walk uprightly in Your sight, holding steadfast to the path of righteousness. Regardless of circumstances or fleeting emotions, may my loyalty to our relationship remain unshaken. Strengthen my resolve to abide by Your Word, and let Your Spirit guide my steps. In moments of doubt, renew my faith, and in moments of joy, deepen my gratitude. May my life continually reflect Your love and faithfulness.*

Read and reflect on 1 Kings 8:61, Joshua 22:5, 1 John 5:3-5.

#### **DAY 24**

**Pray to worship in Spirit and in truth** – *Gracious Father, as I lay bare my heart before You, confessing my sins, I invite Your purifying presence. Cleanse me, O Lord, that I may worship You in Spirit and in truth. Empty me of pride and selfishness, that I may be filled with Your love and grace. Help me pour out my burdens, creating space for Your transformative power. May my honesty draw me closer to You, and my worship be a pleasing offering.*

Read and reflect on John 4:23-24, Ephesians 5:18, John 7:38-39, Acts 4:31.

#### **DAY 25**

**Worship with your Life** – *Gracious Father, I offer my life as an earnest act of worship. May every breath, every step, and every heartbeat be a melody of gratitude to You. Mold me into a vessel of love, service, and grace, reflecting Your glory. As*



*a living sacrifice, consecrated to Your purposes, let my life resonate with the beauty of Your presence. In humble surrender, I consecrate all I am for Your honor and praise. Accept my offering, O Lord, as I live to glorify Your name.*

Read Romans 1 Corinthians 10:31, Colossians 3:17, Philippians 1:20.

## **DAY 26**

**Worship makes room for God to move** – *Heavenly Father, in the sanctuary of worship, we create space for Your divine presence. As we lift our hearts in adoration, make room for Your glory to fill our lives. Sweep away the clutter of distractions and doubts, that we may encounter You unhindered. In the sacred act of worship, let Your Spirit move mightily. Transform our hearts, renew our minds, and let Your grace flow abundantly. May our worship be a conduit for Your power and love.*  
Read 2 Chronicles 5:13-14, Acts 16:25-26.

## **DAY 27**

**Pray to worship continually** – *Heavenly Father, in every heartbeat and breath, I offer a melody of ceaseless worship. May my days be a symphony of praise, acknowledging Your goodness, grace, and majesty. Let gratitude be the rhythm of my life, and adoration be the lyrics of my soul. May my worship rise like incense before You, a fragrant offering. In joy and in trials, may my heart echo the hymn of devotion. Empower me to worship continually, for You alone are worthy.*

Read Psalms 34:1; Psalms 104:33-34; Philippians 4:4.

## **DAY 28**

**Worship is your weapon** – *Lord of Hosts, I wield worship as a powerful weapon in the spiritual realm. In adoration, I declare Your sovereignty, dismantling strongholds. With praises, I raise a standard against darkness, for Your light dispels all shadows. Let the songs of victory echo in every trial, and the dance of faith silence the enemy. May my worship be a sword, cutting through doubts, fear, and despair. In the symphony of praise, I stand victorious, armed with the might of Your presence.*

Read 2 Chronicles 20:21-24, Joshua 6:20.

## Week 6

**Monday, March 18 – Saturday, March 23, 2024**

**Week 6: I am committed to growing in my love for God and others.**

- No fried foods, beef, or pork.
- No caffeine, no sweets, no junk food, no soda (carbonated drinks), and no alcohol/tobacco products.
- Limit social media unless it pertains to work/school.
- Drink at least 60 ounces of water per day.
- Spend a total of at least 20 minutes in Prayer and Devotion each day.
- *Other items to consider for Adults and Youth/Children during this time: video games, TV, Internet access, Facebook, Twitter, Instagram, Cell Phones, etc.*

### DAY 29

**Prayer to love sincerely** - *Heavenly Father, grant me the grace to love sincerely. Remove any traces of hypocrisy from my heart, that my love may be genuine and pure. Teach me to love as You love, sacrificially and unconditionally. May my actions and words reflect the sincerity of Your love, touching the lives of those around me. In moments of joy and challenge, let my love be steadfast and true. Mold me into a vessel of authentic love, a reflection of Your boundless grace.*

Read and reflect on Romans 12:9, 1 John 3:18.

### DAY 30

**Prayer to lead with love** – *Gracious Father, guide my steps with the compass of love. In every interaction, may Your love be the light that illuminates my path. Teach me to lead with kindness, understanding, and compassion. Let my decisions and actions be rooted in the transformative power of Your love. May the influence I carry be a reflection of Your grace, touching hearts and inspiring unity. Grant me the wisdom to lead with a heart full of love, mirroring the selfless leadership of Your Son, Jesus.*

Read and reflect on 1 Peter 4:8, Ephesians 4:2.

### DAY 31

**Prayer to release and to love your enemy** – *Lord, search my heart and reveal any traces of hatred, bitterness, or anger within. Grant me the strength to release these burdens, replacing them with Your boundless love and forgiveness. Help me to extend love even to my enemies, reflecting Your mercy and grace. May Your transformative power purify my heart, enabling me to love as You love—*

*unconditionally and without reservation. Let Your love flow through me, overcoming all barriers and spreading Your light.*

Read and reflect on Proverbs 10:12, Luke 6:35, Matthew 5:44, Ephesians 4:31-32.

### **DAY 32**

**Prayer for empathy** – *Dear Lord, grant me the gift of patience and understanding as I engage with others. In moments of tension, help me see beyond surface appearances to recognize Your image in each person. May empathy guide my responses, and may I extend the same grace You offer me. Let Your love permeate my interactions, fostering unity and understanding. In the face of challenges, remind me to seek Your perspective and emulate Your compassion. In Jesus' name, grant me a heart that reflects Your patience and understanding.*

Read and reflect on 1 Peter 3:8, James 1:19, Colossians 3:12.

### **DAY 33**

**Prayer to love in action** – *Lord, ignite a love in my heart that goes beyond words—a love that springs into action. May my deeds reflect Your selfless love. Guide me to be a beacon of kindness, compassion, and generosity. Let me serve others as an outpouring of love, mirroring the way You served us. In moments of need, may I be Your hands and feet. Grant me the strength and humility to love not only in words but in tangible acts of kindness.*

Read and reflect on 1 John 3:18, Matthew 25:35-45.

### **DAY 34**

**Prayer to accept love** – *Heavenly Father, open my heart to fully receive Your boundless love. Let the light of Your grace dispel any shadows of doubt or unworthiness. Help me trust in Your enduring love, knowing that my sins cannot separate me from Your grace. As I bask in Your unconditional love, empower me to reciprocate it to others. Transform my heart, so I may reflect Your love in every thought, word, and deed. In Your mercy, strengthen my connection to Your everlasting, unchanging love.*

Read and reflect on John 3:16-17, Romans 8:34-39.

## Week 7

**Monday, March 25 – Saturday, March 30, 2024**

### **Week 7: I am grateful for the sacrifice of Jesus.**

- Nothing but fruits, vegetables, or plant-based foods (try to go meat free this last week).
- No caffeine, no sweets, no junk food, no soda (carbonated drinks), and no alcohol/tobacco products.
- Limit social media unless it pertains to work/school.
- Drink at least 60 ounces of water per day.
- Spend a total of at least 20 minutes in Prayer and Devotion each day.
- **Other items to consider for Adults and Youth/Children during this time:** video games, TV, Internet access, Facebook, Twitter, Instagram, Cell Phones, etc.

### **DAY 35**

**Prayer of reflection** – *Lord Jesus, I reflect on Your incomprehensible sacrifice—Your life, suffering, death, and glorious resurrection. In Your agony, You bore our sins, offering redemption. Your resurrection conquered death, securing eternal life. I am humbled by Your boundless love. May the reality of Your sacrifice inspire gratitude in every moment. As I contemplate the empty tomb, renew my spirit. May Your triumph over death be the anthem of my faith, guiding me to live in the power of Your resurrection.*

Read and reflect on Romans 6:6-11, Colossians 3:3, Ephesians 2:4-10.

### **DAY 36**

**Sacrifice of praise** – *Heavenly Father, I lift my voice in praise for the extraordinary life of Jesus. In His earthly journey, He embodied love, grace, and truth. His miracles testified to Your power, and His teachings illuminated the path of righteousness. The selfless sacrifice on the cross brought salvation, and His resurrection conquered death. Jesus, the embodiment of Your divine love, continues to inspire and guide us. I praise You for the life of our Savior, a beacon of hope and eternal grace.*

Read and reflect on Zechariah 9:9, Luke 19:28-40.

### **DAY 37**

**Prayer for humility** – *Lord, mold me in the likeness of Your Son, Jesus, the epitome of humility and obedience. As I navigate life's journey, teach me the grace of*

*humility, that I may serve others selflessly. In moments of decision, let Your Spirit guide me towards obedience to Your will. May my life reflect the humility and obedience Jesus exemplified. Strip away pride, replacing it with a humble heart, and grant me the strength to walk in obedience. In Jesus' name, I surrender myself.*

Read 1 John 4:9-10; Philippians 2:5-11.

### **DAY 38**

**Prayer for the coming of Christ and your future with Him** – *Heavenly Father, as I anticipate the glorious return of Your Son, Jesus Christ, I find assurance in the promise of a future with Him. My heart longs for the day when I'll stand in His presence. May my life be a testament of joyful expectation, living with purpose and obedience until His coming. In this hopeful anticipation, anchor my faith, refine my character, and guide my actions. I eagerly await the fulfillment of Your redemptive plan and the eternal future secured by Christ.*

Read and reflect on Revelation 22:20; Romans 8:18; 2 Corinthians 4:16–18; Philippians 3:20.

### **DAY 39**

**Gratitude for God's provision** – *Gracious God, I humbly thank You for providing all I need. In Your abundant grace, I recognize the blessings that adorn my life—both seen and unseen. Open my eyes to appreciate the daily provisions and cultivate a heart of gratitude within me. You are my provider, sustaining me with love and care. May my life be a continual expression of thanksgiving, acknowledging Your faithful provision. With a grateful heart, I praise You for your unwavering goodness.*

Read and reflect on Read 2 Corinthians 9:8; Philippians 4:19, Isaiah 46:4.

### **DAY 40**

**Prayer to believe** – *Gracious Father, anchor my faith in the resurrection of Your Son, Jesus. In moments of doubt, let the truth of His triumph over death resonate in my soul. Strengthen my belief that Your Spirit dwells within me, empowering me to live in Christ. May I be a vessel for Your good work, surrendered to Your divine purpose. Grant me unwavering trust in Your ability to transform me and work through me for Your glory. In Jesus' name, I cling to the assurance of resurrection and indwelling grace.*

Read and reflect on Mark 16:9-20; 1 Corinthians 2:11-13, Hebrews 11:16.

## **Closing Prayer**

Read Psalms 73:25-28 – Offer praise to God for the spiritual revival in your life and the life of Chosen City Church.

**Congratulations: All you do is WIN, WIN, WIN!**

## **Ending Your Fast**

The way you end your fast is extremely important for your physical and spiritual well-being. When our fast is over, add foods back in very gradually if you desire. My prayer is that this time of prayer & fasting has led to a healthy lifestyle of prayer, devotion, reading God's Word, and a better diet/health! A greasy cheeseburger would not be the best choice to end the fast. If you were able, in the last 7 days, to not eat meat, be very careful how you proceed back to your normal eating habits because your body is so cleansed and detoxified, you will most likely get sick if you do this.

We encourage you to make prayer and fasting a part of your life. It is not a rule to follow - it is an "I get to experience God" thing. It is like going into Heaven for a tune up, so we can keep our passion for God and enjoyment of Him at a high level. We encourage you to do the same. Figure out what works for you, commit to it, and make it a part of your life. Thank you for taking this journey with us and I pray that you and your families have been blessed during this time of sacrifice.













13925 Erwin Road, Charlotte, NC 28273  
980-296-4500

[www.chosencitychurch.com](http://www.chosencitychurch.com)

