

PRAYER & FASTING

2025 PRAYER &
FASTING GUIDE

NEW DAY
COMMUNITY CHURCH

Prayer & Fasting Guide

As a church family, we're leaning into Prayer & Fasting to start 2025. This year, that looks like 7 days of focused prayer & fasting following along with this guide (January 5th to 11th). We will also gather for nightly meetings to pray and worship together (Jan 6th to 11th). Fasting instructions and tips are included at the end of this guide.

We encourage you to read the enclosed poem each day which is based on the Lord's Prayer. We will use one stanza each day as a prompt and pray in response. There's nothing quite like praying back to the Lord what he's spoken to us in His Word.

We hope this week blesses you, prepares you for a year of immense growth, and positions you to fulfill your God-given commission for the kingdom!

- Pastors Bill & Marilee Menser

Matthew 6:9-13 (NIV):

Our Father in heaven, hallowed be your name, your kingdom come, your will be done, on earth as it is in heaven. Give us today our daily bread. And forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from the evil one. For yours is the kingdom and the power and the glory forever. Amen.

Father above.

In your love, I know.

Your kingdom come.

Make its home in me.

Your will be done.

Prepare my heart.

Provide enough.

Today's bread, no more.

My debts I cannot pay.

By mercy may I reap.

When tempter whispers.

Deliver me from evil.

In me your kingdom rule.

In me your power reign.

May it bring you glory.

May it honor Jesus' name.

Pray into stanza #1:

- Journal a prayer or what the Lord speaks as you pray:

[illegible]

The Lord's Prayer Poem

Father above.

Holy. Perfect. Pure.

In your love, I know.

I'm safe and secure.

Your kingdom come.

From heaven here to earth.

Make its home in me.

Yours by second birth.

Your will be done.

These words I pray.

Prepare my heart.

For “yes” today.

Provide enough.

To satisfy true need.

Today's bread, no more.

Lest I store it up in greed.

My debts I cannot pay.

And evermore would owe.

By mercy may I reap.

By mercy may I sow.

When tempter whispers.

His lies into my ear.

Deliver me from evil.

Protect my from his spear.

In me your kingdom rule.

In me your power reign.

May it bring you glory.

May it honor Jesus' name.

Day 2: Monday, Jan 6th

Pray into stanza #2:

- Welcome the kingdom to earth
- Invite the kingdom to your heart
- Enjoy your born-again status
- Pray for kingdom expansion
- Pray for the Gospel to spread

Journal a prayer or what the Lord speaks as you pray:

[illegible]

The Lord's Prayer Poem

Father above.

Holy. Perfect. Pure.

In your love, I know.

I'm safe and secure.

Your kingdom come.

From heaven here to earth.

Make its home in me.

Yours by second birth.

Your will be done.

These words I pray.

Prepare my heart.

For “yes” today.

Provide enough.

To satisfy true need.

Today's bread, no more.

Lest I store it up in greed.

My debts I cannot pay.

And evermore would owe.

By mercy may I reap.

By mercy may I sow.

When tempter whispers.

His lies into my ear.

Deliver me from evil.

Protect my from his spear.

In me your kingdom rule.

In me your power reign.

May it bring you glory.

May it honor Jesus' name.

Day 3: Tuesday, Jan 7th

Pray into stanza #3:

- Remember Jesus' prayer
- "Not my will, yours be done"
- Submit to His will
- Cultivate your "yes"
- Let the Spirit speak direction

Journal a prayer or what the Lord speaks as you pray:

[illegible]

Day 4: Wednesday, Jan 8th

Pray into stanza #4:

- Ask the Lord to provide for you

- Release worry & fear

- Express trust in Him

- Join with generosity

- Is the Spirit leading you to action?

Journal a prayer or what the Lord speaks as you pray:

Yours by second birth.

The Lord's Prayer Poem

Father above.

Holy. Perfect. Pure.

In your love, I know.

I'm safe and secure.

Your kingdom come.

From heaven here to earth.

Make its home in me.

Yours by second birth.

Your will be done.

These words I pray.

Prepare my heart.

For “yes” today.

Provide enough.

To satisfy true need.

Today's bread, no more.

Lest I store it up in greed.

My debts I cannot pay.

And evermore would owe.

By mercy may I reap.

By mercy may I sow.

When tempter whispers.

His lies into my ear.

Deliver me from evil.

Protect my from his spear.

In me your kingdom rule.

In me your power reign.

May it bring you glory.

May it honor Jesus' name.

Day 5: Thursday, Jan 9th

Pray into stanza #5:

- Reflect on the great debt of sin owed
- Confess any current sin in your life
- Feel his forgiveness wash over you
- Trust his power to cleanse & heal you
- Who do you need to forgive?

Journal a prayer or what the Lord speaks as you pray:

[illegible]

The Lord's Prayer Poem

Father above.

Holy. Perfect. Pure.

In your love, I know.

I'm safe and secure.

Your kingdom come.

From heaven here to earth.

Make its home in me.

Yours by second birth.

Your will be done.

These words I pray.

Prepare my heart.

For “yes” today.

Provide enough.

To satisfy true need.

Today's bread, no more.

Lest I store it up in greed.

My debts I cannot pay.

And evermore would owe.

By mercy may I reap.

By mercy may I sow.

When tempter whispers.

His lies into my ear.

Deliver me from evil.

Protect my from his spear.

In me your kingdom rule.

In me your power reign.

May it bring you glory.

May it honor Jesus' name.

Day 6: Friday, Jan 10th

Pray into stanza #6:

- Ask God to reveal any lies in your life
- Break agreement with them
- Seek His deliverance & healing
- Ask Him to speak truth to your heart
- Record what he says & rehearse it

Journal a prayer or what the Lord speaks as you pray:

[illegible]

The Lord's Prayer Poem

Father above.

Holy. Perfect. Pure.

In your love, I know.

I'm safe and secure.

Your kingdom come.

From heaven here to earth.

Make its home in me.

Yours by second birth.

Your will be done.

These words I pray.

Prepare my heart.

For “yes” today.

Provide enough.

To satisfy true need.

Today's bread, no more.

Lest I store it up in greed.

My debts I cannot pay.

And evermore would owe.

By mercy may I reap.

By mercy may I sow.

When tempter whispers.

His lies into my ear.

Deliver me from evil.

Protect my from his spear.

In me your kingdom rule.

In me your power reign.

May it bring you glory.

May it honor Jesus' name.

Day 7: Saturday, Jan 11th

Pray into stanza #7:

- Lord, yours is the kingdom
- Yours is the power
- Yours is the glory
- May it be so in me, to honor you
- How are you calling me to make it so?

Journal a prayer or what the Lord speaks as you pray:

[illegible]

Fasting Tips

Biblical fasting is abstaining from food for a spiritual purpose.

Jesus said in Matthew 6:16, "When you fast ..." He did not say, 'if you fast.' It is an expected spiritual practice for followers of Christ.

- Decide in advance:
 - the duration of the fast (sunset to sunset is a great way)
 - what/how you will fast
 - the primary reason for your fast
- There are several types of fasting:
 - **Total** - consume nothing (very rare and short, it is not recommended for most, and at most for 1 day)
 - **Normal** - consume only water
 - **Liquid** - consume water, juices and other liquids but no solid food
 - **Partial fast** - Daniel in the Old Testament did not partake of the "king's delicacies" (Daniel 1:8). This means that he limited his diet, while still eating. So this type of fast may include: no sweets, no meat, or anything God may put on your heart.
- It is best to start small, and then build up to doing longer fasts.
- Talk with your doctor before fasting if you have medical conditions.
- Fasting food is usually not recommended for youth or anyone with an eating disorder.
- It is best to prepare by eating less often, and more lightly the day(s) prior to a fast.
 - Cut out red meat 3 days before, all meat 2 days before and eat lots of veggies the day before to help clear your system out.
- For normal fasts (water only), it generally takes 3 or 4 days to begin to feel the benefit and overcome the discomfort and hunger.
- It is common to experience a headache for the first day or two as your body adjusts, especially if you drink caffeine daily. It is still a fast if you continue to drink coffee (coffee beans are actually the pit of the coffee cherry - so coffee could be thought of as a juice, and part of a juice fast). Otherwise, you may choose to break your caffeine habit before doing the fast so that the caffeine withdrawal doesn't distract you from the benefits of fasting.
- While you fast it is best to minimize activity. Set aside focused time for prayer each day of your fast. Bible reading, soaking (resting, contemplative prayer with music), and other spiritual disciplines are additionally beneficial.
- Do not parade your fast, but you do not have to keep it a secret.
- Take vitamins and a pinch of salt each day if your fast is longer than a couple of days
- Fasting takes practice. The more you practice the better you will get at it.
- Develop a lifestyle of fasting as a part of your spiritual discipline.
- Practice grace-based fasting – it is okay to make adjustments based on how you feel. A slice of peanut butter toast may be necessary to enable you to sleep through the night. Eating a bite of something won't violate your fast, just don't have a whole meal.

- Set your expectations that during a fast you may need to move more slowly and your thinking may also be slowed. Praying in tongues can be wonderful when you can't formulate what to pray.
- It is still worth fasting even if the rest of your family/housemates are not. You can experience blessing from fellowship around the table and connection with loved ones even if you aren't eating with them.
- While you are fasting you may experience an increase in spiritual sensitivity including spiritual oppression. Respond sensitively and take time to pray through these issues, and believe that just as Jesus overcame the devil, you can too.
- While you are fasting, emotional issues may surface, and you may be much more emotionally sensitive - this is a benefit as fasting often reveals hidden things in our hearts and spirits. Take the time to pray through these with the Lord.
- To end your fast – prayerfully dedicate it to the Lord and give thanks. Then begin with juice and something light (like toast or crackers). Wait some time and then introduce more food gradually. The longer the fast, the longer the recovery.
- After a fast, intentionally eat small portions at first to avoid overeating. Continue to teach your body that your spirit is leading even when the fast is over.
- Sometimes the benefits of your fast won't be experienced during your fast, but afterward.

WE FAST TO:

- **Resist Apathy** - Fasting pulls us out of complacency as we press into prayer and fasting.
- **Obey Jesus** - Jesus expects fasting to be in the rhythm of the believer's life. He did it, giving us an example to follow.
- **Contend for Breakthrough** - Some struggles can only be dealt with by prayer and fasting. We utilize a powerful tool God gave us that brings breakthroughs.
- **Increase Prayer Power** - You demonstrate to God, the enemy, and yourself that you are serious about what you are praying. The power of our prayer time is increased.
- **Grow in Discipline** - Fasting strengthens our spirits and we experience a new level of self-control in our lives, making sure it's not our appetite that's in charge.
- **Reorder Dependencies** - Things that control us are revealed. Fasting helps us put those things back in their proper place.
- **Increase Intimacy** - Fasting increases our intimacy with God. We feast on his goodness.
- **Rely on God** - As we experience our physical weakness we become more aware of our need to fully depend on God's strength.