



This resource is meant to be used as a guide for focused prayer for a one day fast, taking places during the waking hours of March 30th, 2024.

Everyone at Community Church is welcome to participate and allow the Lord to minister to them and through them. Two intentional areas of focus are contained in the following pages: 1) A personal time of prayer and renewal, using the Lord's Prayer as a scriptural guide. 2) A personal time of prayer for those in our community to come to Christ, with various scriptures and principles to guide this part of the prayer.

It is suggested that this guide be used in place of meal times of March 30th, 2024, and no electronic devices be used (EXCEPT TO ACCESS THIS GUIDE) during the waking hours of March 30th, 2024.

The fast will be broken for all those participating on Easter Sunday, March 31st, immediately following the Easter Sunrise Service, with our Easter Sunrise Breakfast in Fellowship Hall at 7:30 a.m.

Focus #1: Praying the Lord's Prayer

The Lord's Prayer is often recited in churches or at religious events, but there's so much more to this prayer. Jesus provided this model as an outline to teach us how to pray in a way that connects us to God, aligns our priorities with His, and helps us live dependently on Him. This model takes us through each part of The Lord's Prayer, showing us how to pray the way Jesus instructed. One day Jesus was praying in a certain place. When He finished, one of His disciples said to Him, "Lord, teach us to pray..." (Luke 11:1).

"Our Father in Heaven, hallowed be Your Name. Your Kingdom come. Your will be done on earth as it is in Heaven. Give us this day our daily bread. And forgive us our debts, as we forgive our debtors. And do not lead us into temptation, but deliver us from the evil one. For Yours is the Kingdom and the power and the glory forever. Amen." Matthew 6:9-13

1. CONNECT WITH GOD RELATIONALLY

"Our Father in Heaven"...God isn't interested in us practicing religion; instead, He desires a relationship with us. God has adopted us as His children and loves for us to call Him our Father. Starting our prayer time acknowledging our relationship with God is powerful for us and delights Him as well.

You have not received a spirit that makes you fearful slaves. Instead, you received God's Spirit when He adopted you as His own children. Now we call Him, "Abba, Father." Romans 8:15 NLT

Proclaim your intimate relationship with God, addressing Him lovingly as your Father and thanking Him that you are His child.

PRAYER: "Father, I come to You in prayer today thankful that I am Your child. I know I am a sinner, but You have forgiven me and adopted me as Your own, and I am so grateful to call you my Father. Thank you for loving me. I love you."

2. WORSHIP HIS NAME

"Hallowed Be Your Name" ...God loves when we worship Him, and there is power in His Name. Here is a list of some of His Names to help us worship Him specifically and personally: God is Righteousness – He makes us clean; God is Sanctifier – He has called us and set us apart; God is Healer – He heals all our diseases; God is Banner of Victory – He defeated our enemies; God is Shepherd – He speaks to us and leads us; God is Peace – He is our peace in every storm; God is Provider – He supplies all of our needs.

"The name of the Lord is a strong tower; the righteous man runs into it and is safe." Proverbs 18:10 ESV

Speak God's Names out loud. When we proclaim who He is, we not only worship Him, but we also remind ourselves how powerful and great our God is.

PRAYER: "God, I am in awe of You. Your Name is a strong tower, a place of protection and safety for me. I praise You as my Healer, my Shepherd, and my Banner of Victory. You are my Peace, my Provider, my Righteousness, and my Sanctifier. Your Name is great, and I worship You."

3. PRAY HIS AGENDA FIRST

“Your Kingdom come. Your will be done on earth as it is in Heaven”Part of being a child of God is caring about what He cares about and loving who He loves. We know His will is perfect, and we acknowledge His wisdom and sovereignty when we pray His agenda first.

“He will always give you all you need from day to day if you will make the Kingdom of God your primary concern.” Luke 12:31 TLB

Spend time focusing on what God is focused on. His priorities include:

- Saving the lost
- Wisdom and guidance for those in authority—parental, spiritual, governmental, work-related
- Caring for the poor and marginalized
- Unity and love
- Justice
- Freedom for those in bondage
- Accomplishing His purpose in our lives

PRAYER: “God, I recognize there is no better plan on earth than Yours, and I pray for Your will to be done in my life (name the areas of your life where you need more of God’s presence today) and in our world. This world is lost and needs You desperately, and I pray for every person to know You as their personal Lord and Savior. I pray for the leaders in my life (pray specifically over parents, spiritual leaders, governmental leaders, employers, and any other leaders in your life), that You would show them Your will and give them supernatural wisdom and discernment as they lead. God, I pray that Your heart for justice and unity would be seen in our world; that those who are in bondage will be set free; that the needs of the poor and marginalized will be met. Show me what my role is in seeing the realities of heaven come to earth. Make Your priorities my priorities. Help me love who You love and see value in all people. I give my life to You again today; have Your way in me. Please give me wisdom and clarity as You show me my next steps.”

4. DEPEND ON HIM FOR EVERYTHING

“Give us this day our daily bread”... God promises to supply all our needs, and He wants us to come to Him with our problems, needs, and desires and to trust Him to provide.

I look up to the mountains—does my help come from there? My help comes from the Lord, who made heaven and earth! Psalm 121:1-2 NLT

Ask God for what you need today. It may help to write down the concerns weighing on your mind or the desires of your heart. Bring them to God, and trust Him enough to hand them over to Him fully. It may help to open your hands before God to physically show your surrender to Him. Problems can either be ours or God’s; they can’t be both.

PRAYER: “Father, I acknowledge that everything I need today will come from You. You made the heavens and the earth; You are more than capable of handling any situation I’m dealing with, so I give it to You completely (specifically talk to God about what is on your mind and heart right now and give it to Him). I look to you to help me, sustain me, and give me Your peace. Remind me of Your hope and power today. Thank You in advance for taking care of my needs.”

5. FORGIVE AND BE FORGIVEN

“Forgive us our debts, as we forgive our debtors”... God has offered us complete forgiveness, and we can receive it at any time. When we turn away from our sins and receive His forgiveness, our hearts are more prepared to forgive others as well.

If we confess our sins, He is faithful and just and will forgive us our sins and purify us from all unrighteousness.
1 John 1:9

Ask God to check your heart and life and show you areas where you might need to ask for forgiveness from Him. Then, it is your turn to forgive those who have offended you. We can even choose to forgive people in advance. Ask God to forgive you and to help you forgive others.

PRAYER: “God, thank You so much for offering me the gift of forgiveness. Show me any areas in my life that I need to bring before You in order to receive forgiveness and healing. I confess that I have been struggling with sin (talk to God about any areas of sin in your life), and I know that You want me to be clean again. Please forgive me for my sin. Thank You for showing me unfailing grace. As You have so freely forgiven me, I also want to freely forgive others. Help me let go of the things that have offended me and acknowledge when I have offended others. I release to You those who have hurt me, and I trust You to handle those situations according to Your perfect will.”

6. ENGAGE IN SPIRITUAL WARFARE

“And do not lead us into temptation, but deliver us from the evil one.”...Spiritual warfare can seem difficult to understand, but the Bible makes it very clear that we have an enemy who is trying to steal from us, kill us, and destroy us. As we pray, we take our stand against the enemy and fight from a place of victory through Jesus as we’re empowered by His Holy Spirit. There is power in God’s Word, and every lie the enemy has told us can be replaced with God’s truth.

For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. Ephesians 6:12

By recognizing that the enemy wants to destroy you, you can shed light on his lies and claim God’s truth over your life. Ask God to show you any lies you’re believing or areas of warfare happening in your life. Ask Him to expose the enemy and to help you understand and receive His truth. Simply speaking the Name of Jesus has great power in the spiritual realm. The Bible tells us in James 4:7 that if we resist the devil, he will flee from us. Through prayer, we can resist him and walk forward in freedom!

PRAYER: “God, I recognize that my struggles today aren’t against the people or circumstances around me, but against the enemy. Please help me to see how the enemy is lying to me. Help me to recognize his lies, take them captive, and make all of my thoughts obedient to the truth of Your Word (list out any specific areas God shows you where you have believed a lie that needs to be replaced with His truth). While the enemy wants to destroy me, I know that You came to give me life to the fullest. I speak the name of Jesus over my life and declare that no weapon formed against me will prosper. I don’t have to fear the enemy because the One who is in me is greater than the one who is in the world.”

7. EXPRESS FAITH IN GOD'S ABILITY

"For Yours is the Kingdom and the power and the glory forever."God is more than able to move in every situation, and ending our prayer time claiming His authority and power focuses our minds on the truth and hope of who He is and what He can do.

Ah, Sovereign LORD, you have made the heavens and the earth by Your great power and outstretched arm.

Nothing is too hard for You. Jeremiah 32:17

Remind yourself of God's limitless power and then return to praising Him and declaring your faith in Him:

- "Yours is the Kingdom" – all authority belongs to You
- "Yours is the Power" – all mightiness flows from You
- "Yours is the Glory" – Your victory will be complete

PRAYER: "Father God, nothing is too hard for You! Through Your great power, all things are possible. All authority is Yours, all might is Yours, and I know that Your victory will be complete. You are amazing, and I worship You. I praise You for Your power and presence in my life. You are my God, and You are worthy of all praise."

Focus #2: Praying for Our Community to Come to Know Jesus

God desires everyone to know Him. He says in His Word that He would leave the 99 to go after the one who doesn't know Him. As followers of Christ, we are called to partner with Him in praying for those who don't know Him to come to know Him.

1. ASK THE FATHER TO DRAW THEM TO JESUS

God draws people to Him. It's not something we can make happen out of our own efforts, so we need to be faithful in praying that the Father would draw those He's placed on our hearts to Jesus.

"No one can come to me unless the Father who sent me draws them." John 6:44

Think about the people you know who are far from God. Let your heart be open to God and anyone He may bring to your mind. It may help to write down their names as you focus on praying for them.

PRAYER: "Father, I pray for the people around me (list specific names), that You would supernaturally draw their hearts to You. Send Your Holy Spirit to them, and give them the desire to give their lives to You. Help them to recognize their longing for more in life as a spiritual thirst only You can quench. Open their ears to hear Your voice."

2. BIND THE SPIRIT THAT BLINDS THEIR MINDS

The truth can be right in front of some people, and they still can't see it because something is in the way blocking their view of God.

"The god of this age has blinded the minds of unbelievers, so that they cannot see the light of the gospel that displays the glory of Christ, who is the image of God." 2 Corinthians 4:4

We can pray against whatever is in their way so that they can see the light of God. We can pray that they would see the truth without any obstacles or distractions interfering.

PRAYER: "Father, bind the evil spirits that are blinding the minds of the people around me. In the name of Jesus, I pray that they would be able to see clearly, to recognize who You are, and to give their hearts to You. Remove all hindrances the enemy would use to distract them from Your truth. Open their eyes, Lord, that they might see Jesus."

3. PRAY THAT THEY MAY HAVE A PERSONAL RELATIONSHIP WITH GOD

Many people think Christianity is just another religion. They only see God through the lens of the organization and institution of the church. They may even feel frustrated, angry, or betrayed by people in churches they have encountered or by religious legalists and their hypocrisy. But God didn't come to build an organization. He came to have a relationship with His children.

"The Spirit you received does not make you slaves, so that you live in fear again; rather, the Spirit you received brought about your adoption to sonship. And by Him we cry, 'Abba, Father.'" Romans 8:15

God wants His beloved sons and daughters to come home. Praying for people to have personal encounters with the living God makes a huge difference.

PRAYER: "Father, I pray that people will understand how much You love them. Loose the spirit of adoption for the people around me, so that they come into a meaningful relationship with You. Stir in their hearts a longing to come home, to hear Your voice, and to see You welcoming them with open arms. Let them know You are always running to meet them and hold them close."

4. PRAY FOR BELIEVERS TO CROSS THEIR PATHS

This is twofold: we can pray for other Christians to influence the people around them positively, and we can also look for opportunities to influence others positively ourselves. God's plan to reach people is worked through those who already know and love Him. Jesus asked us to pray for people to go into the world to be salt and light. He came to bring the good news of the Gospel to all people, and His desire is that everyone would know and love Him.

"Ask the Lord of the harvest, therefore, to send out workers into his harvest field." Matthew 9:38

As his "spiritual farmers," we should be attuned to opportunities to plant spiritual seeds in the lives of the people we encounter each day. We may have no idea who has already been praying for them and the culminating impact our kind word, compassionate act, or loving attitude can have to draw them to Christ.

PRAYER: "Father, I pray for the lost around me to meet believers who will influence them in a positive way. Lord, let my life shine in such a way that people want to know the God I serve. Allow others to see my genuine love and concern for them in all that I say and do. Let me be Your hands and feet to serve them and let them know just how much You love them."

5. RELEASE THE SPIRIT OF WISDOM AND REVELATION ON THEM, SO THEY MAY KNOW GOD BETTER

It's that "eureka" moment, that "aha!" when it finally clicks. The most important moment to have this kind of revelation is when the lights come on spiritually. People need to see their own sin, see what Jesus did on the cross, and see the hope that comes from giving their life to God.

"I keep asking that the God of our Lord Jesus Christ, the glorious Father, may give you the Spirit of wisdom and revelation, so that you may know him better." Ephesians 1:17

People need wisdom, not just knowledge, of spiritual things and insight into how spiritual realities directly impact them. We can pray for this kind of supernatural revelation that only comes from God.

PRAYER: "Father, I pray for the people around me to experience the spirit of wisdom and revelation. I pray that they would truly understand their spiritual condition and see what Jesus did for them on the cross. Help them to have the information and experiences needed to come to You, so they can understand all You have for them."