

SEEK FIRST



Prayer Journal

7 DAY FALL FAST

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CREATING A LIFESTYLE OF PRAYER

Prayer is most effective when it isn't 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 out loud.

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." This outline, along with several other tools, is available in this guide. As we pray every day, our plans for our prayer time can vary, maybe including worship music, Bible reading, and quiet time to listen to God. It doesn't always have to look the same; it just helps when we have a plan for connecting regularly with God.

Why Fast?

- Fasting is one of the most powerful spiritual disciplines of all the Christian disciplines. It is a way to align our hearts with the psalmist: "My soul thirsts for God, the living God" (Psalm 42:2). Fasting is a practice of humbling yourself before God.
- Jesus fasted before He began His public ministry (Luke 4:1,2).
- Nehemiah fasted to help him confess his sins to God and turn away from them and to ask God for favor in the sight of the king of Persia to get permission to rebuild the walls of Jerusalem (Nehemiah 1:4).
- David fasted to ask God to intervene because of injustice (Psalm 35:13). In 2 Samuel 12:17, 23, he fasted to ask for a miraculous healing - a request God did not grant.
- Mordecai and the Jews fasted upon hearing news of Haman's wicked plot for their extermination (Esther 4:3).
- The early church fasted while worshiping and committing their ministry to the Lord. They also sought the Lord through fasting for guidance when they appointed leaders (Acts 13:2; 14:23).
- Fasting enables the Holy Spirit to reveal your true spiritual condition, resulting in brokenness, repentance and a transformed life.
- Through fasting, the Holy Spirit will imprint God's Word deeper on your heart, and His truth will become more meaningful to you.
- Fasting can transform your prayer life into a richer and more personal experience.
- Fasting can result in a dynamic personal revival and make you a channel of life change to others.

Why Fast?

1. TO SEEK ANSWERS FROM GOD

A. Ezra 8:21 & 23 NLT

*21 And there by the Ahava Canal, I gave orders for all of us to fast and humble ourselves before God. We prayed that he would give us a safe journey and protect us, our children, and our goods as we traveled. 23 So we fasted and earnestly prayed that our God would take care of us, and he heard our prayer"

2. TO PRAY ON BEHALF OF OTHERS

A. Ezekiel 22:30 NLT

"30 I looked for someone/who might rebuild the wall of righteousness that guards the land. I searched for someone to stand in the gap in the wall so I wouldn't have to destroy the land, but I found no one."

3. TO BREAKTHROUGH IN DIFFICULT SITUATIONS

Isaiah 58:6-8 NLT

*6 No, this is the kind of fasting I want: Free those who are wrongly imprisoned; lighten the burden of those who work for you. Let the oppressed go free, and remove the chains that bind people. > Share your food with the hungry, and give shelter to the homeless. Give clothes to those who need them, and do not hide from relatives who need your help. 8 "Then your salvation will come like the dawn, and your wounds will quickly heal. Your godliness will lead you forward, and the glory of the lord will protect you from behind."

Fasting Options

Option 1 - Fasting Until 6pm

This will be a commitment toward fasting for a significant portion of your day, incorporating only 1 meal into your schedule. Or, due to medical and other considerations, it may be necessary to participate by altering your diet for the duration of the fast.

Option 2 -The Daniel Fast

This commitment is to eat only fruits, veggies, and whole grains for the duration of 7 days. See more information in the resource "How to Fast".

Option 3 - All Meals

This will be a commitment toward fasting from all food except for water, juice and other broths for the duration of the 7 days of the fast.

Option 4 - A Meal

Choose one meal to fast

Scan this QR Code for a link to resources:



Worship Playlist
Daily Prayer Videos

***you can scan this by opening your phones camera app
and clicking the link that pops up.**

Questions to ask when studying the Bible

Ask yourself:

1. Is there an example for us to follow?
2. Is there a sin to avoid?
3. Is there a promise to claim?
4. Is there a prayer to repeat?
5. Is there a command to obey?
6. Is there a condition to meet?
7. Is there a verse to memorize?

A Prayer for Consecration

Hannah Whitehall Smith's Journal, May 31, 1869

I feel that perhaps it will help me to write out a definite consecration of myself to God so that I may distinctly grasp the reality and irrevocableness of it.

Lord, I am yours, yours wholly, and yours forever! I am yours by the purchase of your blood, and I present myself to you now as a living sacrifice, body, soul, and spirit to be as clay in your hands. I give you my heart, Lord, to love only what you love; to hate what you hate; to endure all things, to suffer long and be kind, to be not easily provoked; to think no evil, not to seek my own. Help me, oh my God!

I give you my intellect to be wholly devoted to your service, and perfectly under your control to think only those thoughts that will please you, to devise only such plans as you suggest, to yield the management of all its affairs to you! I give it to you that you may fulfill the purposes of your grace by casting down in me imaginations, and every high thing that exalts itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ." Help me, oh my God.

I give you my body to be used by you. My eyes to see only what you would have them see, my ears to hear only what you would have them hear; my feet to go only where you lead, my hands to do only what can be done in fellowship with you, my tongue to speak only words that please you. I give you my appetite to be under thy control and regulation. I give my time to you, Lord, to be all employed for you.

I leave my reputation in your hands. I give you my children, my husband, and everyone whom I love to be disposed of according to your will. I leave to you the ordering of my whole life, and with your help will follow you wherever you lead. I will give you the control of my feelings and of my prejudices. I submit, in short, my whole being and life all that I am and have and will be to your complete control and only ask that your will may be perfectly done in me, through me and by me! Take me and keep me oh my God!

Day 1 : Jehovah Raah - Shepherd

Psalm 23 // John 10:1-18 // 1 Peter 2:25 // Revelation 7:17

Prayer Focus: Receiving Jesus' leadership in our lives. For unreached people to encounter Jesus as their Shepherd, as He pursues people who are far off.

“The Lord Is My Shepherd”

How does this scripture apply to you?

Write a personal prayer based on interacting with these scriptures.



Day 2 : Ma'on - Dwelling Place

Psalms 27, 90:1-2, 91:9 // John 15

Prayer Focus: Strengthening for people, in sickness, addiction, loneliness, trial and any area where the strong arm of God is needed.

“Our dwelling place, refuge and strength”

How does this scripture apply to you?

Write a personal prayer based on interacting with these scriptures.



Day 3: El Qanna - Consuming

Exodus 34 // Hebrews 12:28-29 // Matthew 22:37

Prayer Focus: That our attention and loves would be in the right order. That we would give God the first place that he so deeply desires. Repentance of idols and removing distractions and anything that would cool our love and burning hearts.

“Desiring our praise to be for Him alone”

How does this scripture apply to you?

Write a personal prayer based on interacting with these scriptures.



Day 4: Jehovah Rapha - Healer

Psalm 103:2-3 // Psalm 147:3 // Isaiah 53:5 // Mark 5

Prayer Focus: For people who are sick. For people who are in need of a miracle, and are waiting on a resolution or answer.

“Healer and the miracle worker”

How does this scripture apply to you?

Write a personal prayer based on interacting with these scriptures.



Day 5: El Chay - Living

Psalm 42:1-3, 8 // Psalm 84:2 // John 1

That God would make us alive in His presence, and for growth in responding to our living God.

Living God, make us alive in your presence”

How does this scripture apply to you?

Write a personal prayer based on interacting with these scriptures.



Day 6: Hakkadosh - Holy

Isaiah 6:1-5 // Psalms 113 // Luke 1:46-55

Prayer Focus: For fresh awe and reverence for God. Purity and refining.

Holy, there is no one like You”

How does this scripture apply to you?

Write a personal prayer based on interacting with these scriptures.



Day 7: Yatsar - Potter

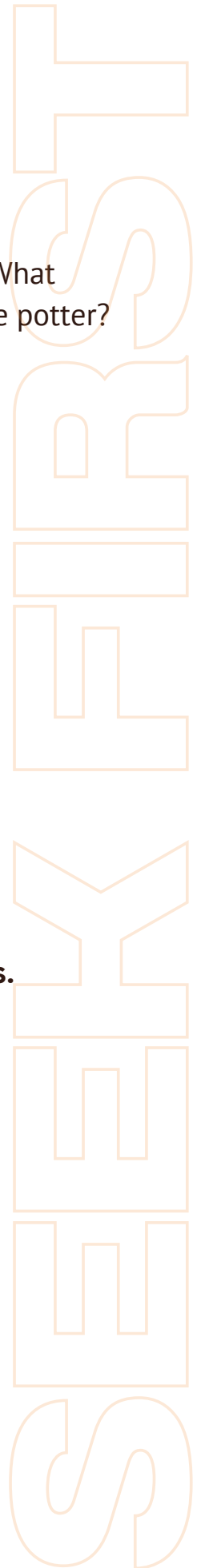
Genesis 1 // Isaiah 64:8 // Romans 9:19-24

Prayer Focus: Ask God what is one thing he wants to shape in your life? What would your job, your relationships, your days look like in the hands of the potter?

“Make us like you”

How does this scripture apply to you?

Write a personal prayer based on interacting with these scriptures.



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