

## **Week 1: Prayer and Fasting**

### **Praise:**

**Read the opening words of the Lord's Prayer from Matthew 6:9-10. (All Scriptures on back)**

Start by praising God for his majesty, glory, power, and the goodness of his Kingdom and reign.

Praise God that he is a loving Father who invites us to participate in a relationship with him via our prayers and our obedient actions to bring his Kingdom into this world.

### **Repent:**

Confess where your passion for God's reign in your life and in the world has not been the top desire of your heart driving you to regular prayer. Ask God to make his desires your desires.

**Read Psalm 127:1** to lead you into the next prayer prompts.

Confess where you have been trusting too much in human wisdom, abilities, or natural processes to accomplish what only God can ultimately bring about.

Confess where you have been guilty of prayerlessness in certain areas of life. Take time to ask the Lord to bring to mind people, topics, and areas of life that you should have been passionately and consistently praying for but haven't been.

### **Ask:**

**Read Matthew 7:7-11** to be reminded to believe that God is a good Father who desires to give good gifts to those who ask.

Consider the concerns God has laid on your heart so far in this prayer time and for the focus of your fasting during this month. Trust that concern stirred in your heart is God's invitation for you to ask him for his kingdom to come and his will to be done concerning those topics and desires.

Mentally walk through different areas of our church and pray as the Lord leads you to pray for different ministries and the people of Northstar.

### **Yield:**

Ask God to bring to mind anything else he wants you to pray about or any action he wants you to take regarding a step of obedience in your life. Also ask him if there is anything else he wants you to fast and pray for for the rest of the month. Then spend a few moments in silence listening and responding to anything he brings to mind.

### **Matthew 6:9-10**

*9 Pray then like this: "Our Father in heaven, hallowed be your name. Your kingdom come, your will be done, on earth as it is in heaven."*

### **Psalm 127:1**

*Unless the Lord builds the house,  
those who build it labor in vain.*

*Unless the Lord watches over the city,  
the watchman stays awake in vain.*

### **Read Matthew 7:7-11**

*7 "Ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you.*

*8 For everyone who asks receives, and the one who seeks finds, and to the one who knocks it will be opened. 9 Or which one of you, if his son asks him for bread, will give him a stone? 10 Or if he asks for a fish, will give him a serpent? 11 If you then, who are evil, know how to give good gifts to your children, how much more will your Father who is in heaven give good things to those who ask him!*