



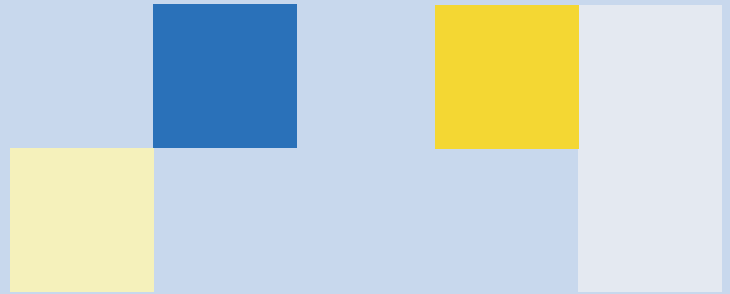
Seven Days of Prayer

**JOIN US AS WE INTENTIONALLY SEEK GOD IN PRAYER
AND BELIEVE FOR HIM TO MOVE IN POWERFUL WAYS IN 2024.**

Video devotional will be on Facebook every morning at 8am,
from Mon 8 to Sun 14 Jan.

Seven Days of Prayer

January 2024



SEVEN DAYS OF PRAYER - PRAY FIRST

Welcome to the 2024 - 7 Days of Prayer and Fasting. It's our hope that your prayer life becomes more **natural**, **effective**, and **enjoyable** as you go through each day's devotional.

KEYS TO HELP YOU HAVE AN EFFECTIVE PRAYER TIME

As Christ followers we look to Jesus to see how He modelled His daily prayer. Let's look at some keys to help you have a great time in prayer.

Mark 1:35 *Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where He prayed.*

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 demonstrated 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 where He went to pray. Having a designated place to pray helps us to remove distractions and frees us to worship and pray out loud.

HAVE A CERTAIN PLAN

At New Life Church, we have used the acronym **ACTS** as a model for personal prayer. Here is a short description of the four letters in this acronym and what they mean as we pray through them in this order.

Adoration: Give God praise and honour for who He is as Lord over all.

Confession: Honestly deal with any sin the Holy Spirit shows you by bringing it to the Lord and knowing He has forgiven you (See 1 John 1:9). Confession can also mean you can find some scriptures relevant to you, to declare (confess) them over your life and your family.

Thanksgiving: Verbalize what you're grateful for in your life and in the world around you.

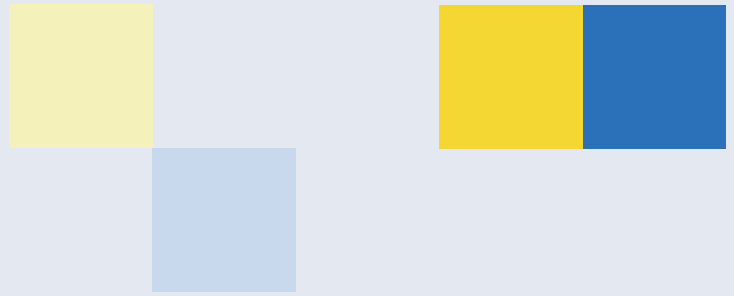
Supplication: Pray for the needs of others and your own needs.

You can make this plan as long or as short as necessary but try to plan for at least 10 to 15 minutes to begin with and increase up to 30 minutes and longer.



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HOW WE PRAY

For the duration of the 7 days of this challenge we have provided some simple prayers for you to pray. We encourage you to continue praying beyond just the words we've given you as a starting point. You don't have to say or do anything that you wouldn't normally say or do when you're talking to someone - just be yourself! God wants to hear your honest prayers. Share your thoughts, your frustrations, what you're thankful for, what you need - He wants to hear it, so He can respond! God doesn't want polished, eloquent prayers; He just wants to hear from you. He wants to have your undivided focus as you speak to Him throughout your day. In **1 Thessalonians 5:16-17 ESV** it says, *"Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God."* Carve out time to spend in His Presence, either morning, lunchtime, or evening. You can also pray when you're getting ready in the morning, when you're on your way to work or school, as you're walking to your car or the next destination, when you're driving, and everywhere else. God is with you all of the time, so anytime is a great time for prayer.

IF YOU DO FEEL TO FAST: TYPES OF FASTS AND WHAT THEY REQUIRE

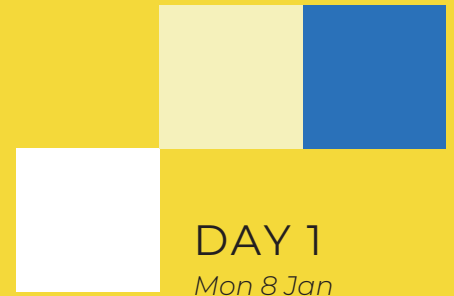
- 1. Daniel Fast:** No meat, sweet foods, or strong drinks (see Daniel 10:2-3). This can be done for an extended period of time. This could also be considered a vegetarian diet because there is no meat or animal products eaten.
- 2. Partial Fast:** This would be not eating one main meal you would usually eat on a daily routine, such as breakfast, lunch, or dinner. This meal would be skipped until the fast is over. You can also fast sugar, television, or anything else that the Holy Spirit reveals to you.
- 3. Half-Day:** Fast until 3 PM (ninth hour). This is the fast John Wesley participated in. (see Acts 10:30-31)
- 4. Complete Fast:** This would require you to abstain from all solid foods, consuming liquids only. When Jesus fasted in the desert, the Bible says, *"After fasting forty days and forty nights, He was hungry."* This verse does not mention Jesus being thirsty. (see Luke 4:1-2)

N.B If you have any medical conditions or treatments that could make fasting dangerous, please do not fast until you have cleared fasting with your medical practitioner.



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WE PROCLAIM THE NAME OF JESUS OVER 2024

Proverbs 18:10 *"The name of the LORD is a strong fortress; the godly run to him and are safe."*

As we enter into 2024, we do so with our eyes firmly fixed on the Name of Jesus. His Name is powerful and as we speak His Name over this year, we are speaking that power into every aspect of our lives. Our God is Mighty and Omnipotent and His Word says that His plans for us are for a future and a hope. As we pray first today, we commit the year ahead to Him, and entrust the times and seasons of 2024 into His mighty and capable hands.

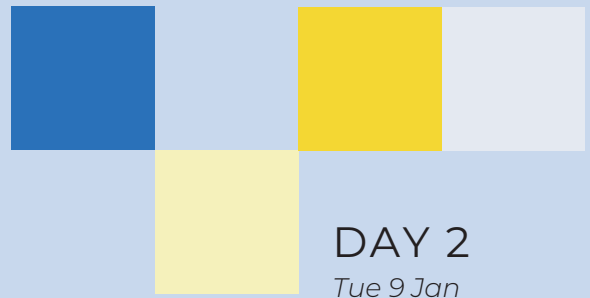
LET'S PRAY

Thank You, Lord God, for the power of Your Name. We speak the Name of Jesus over ourselves, our families, and friends, knowing that You are working all things together for our good. Thank You for 2024, a new year of God-ordained possibilities and opportunities. Most of all, help us in our commitment to spend quality, daily time in Your presence. In Jesus Name, Amen.



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OUR NATION BELONGS TO GOD

1 Timothy 2:1-3 *"Therefore I exhort first of all that supplications, prayers, intercessions, and giving of thanks be made for all men, for kings and all who are in authority, that we may lead a quiet and peaceable life in all godliness and reverence. For this is good and acceptable in the sight of God our Saviour..."*

God is more than able to do great things in our nation and in us individually as we pray for the leadership, for the economy and for the marketplace. As we His people humble ourselves in prayer, He has promised that He will hear from heaven and heal our land (2 Chronicles 7:14). Even in the midst of the challenges and pressures experienced in the world today, we trust Almighty God to lead us to fresh springs of joy, prosperity and comfort through the power of His gospel. The Good News is the power of God to bring true transformation, and as Christ followers, we trust the Word of God to bring eternal change in the hearts of all who hear and receive it.

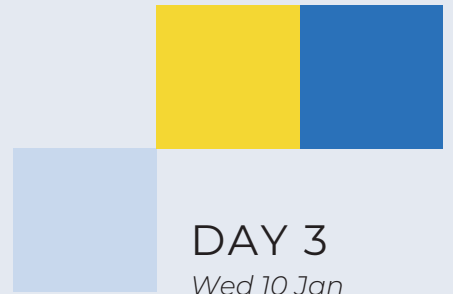
LET'S PRAY

Father, Your Word says that we can call on You in the day of trouble; that You will answer and deliver us. We pray for the prosperity of Your people. We pray for revival, for the good news of Jesus to bring lasting transformation in our land. Thank You that You will move mightily through Your Church in the nation of South Africa. We pray for unity and the bond of peace and that You will guide those entrusted to govern South Africa and grant them the wisdom and strength to do the task well. We ask this in the Mighty Name of Jesus. Amen.



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DAY 3

Wed 10 Jan

DON'T WORRY ABOUT ANYTHING

Philippians 4:6 *"Don't worry about anything; instead, pray about everything. Tell God what you need, and thank Him for all He has done."*

When we go forward in our own strength, we face the battles of life alone. But when we live in dependence on God, He works on our behalf. As we take our concerns and pray about them, we are placing them in His capable hands, and He will cause our concerns to turn out for the best. Let's start this year by taking everything to Him, because He cares about every part of our lives. Write down every personal concern today as a prayer of petition, then thank Him for taking care of these concerns. As we release them to Jesus, we experience the "peace that passes all understanding". There is so much to be thankful for.

LET'S PRAY

Lord, thank You that I don't need to be worried or anxious about anything because You are in control of everything in my life. I will confidently trust in You, giving thanks for all You have done and all that You will still do for me. I give You every concern on this list and bring it as a prayer of petition to Your throne of Grace, believing that You are in control. I cast every burden onto You because You care for me. I ask these things in the Name of Jesus. Amen.



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NOTHING SEPARATES US FROM THE LOVE OF GOD

Romans 8:38-39 *"For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord."*

Nothing we have gone through in the past, deal with today, or encounter in the future can take us away from the love of Christ. Hardships aren't an indication that God has forgotten about us; they're simply part of navigating our life on earth. There is nothing that you cannot conquer as you walk with Him. Remember always, your Father is with you even when it doesn't feel like it. He has inscribed you on the palms of His hands.

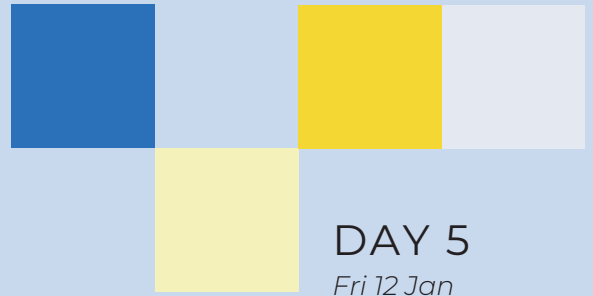
LET'S PRAY

Thank you, Jesus that I am completely confident in Your promise to be with me forever. You are always there to listen, help and guide me through difficult situations. There is nothing like Your love, and knowing that Your love will never fail, I can put my trust in You. Nothing, absolutely nothing is impossible for You. Thank You Lord, in Your Name, Amen.



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FAMILY, CHURCH FAMILY AND FRIENDS

Joshua 24:15 *"As for me and my household, we will serve the LORD."*

Today we are praying for family and friends and asking God to move amongst those who are most familiar to us. The Bible says if we walk in the light as He is in the light, we will have fellowship with one another. We pray also for our church family at New Life Church. It counts even when we simply bring the names of our loved ones, friends, and church family before the Lord. Today we are going to pray for each name we feel to present before Jesus, our children, grandparents, teenagers, young adults, and our church family. We bring every person to Christ in prayer, knowing He has them in the palm of His hand.

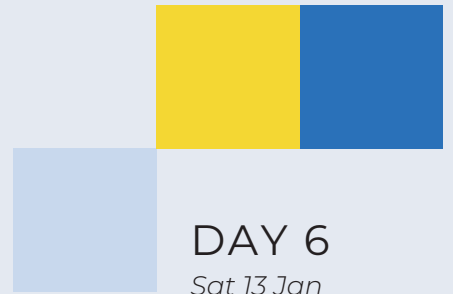
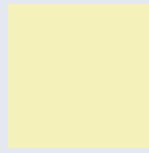
LET'S PRAY

Lord, I ask that our hearts would be flooded daily with the names of those who are closest, nearest, and dearest to us. Settle in our hearts that our prayers undergird their names as we bring them before You. Lord, we come with gratitude that You hear us, because You value each one who is so precious named in Your presence. We know each name comes up as a memorial before You. We lift all the New Life leaders, volunteers, and members of our church family to You, Father. We pray for our Senior Pastors, Chris & Lisa Stark, and the pastoral team, bringing them all before Your throne. Thank You for protection and provision for our New Life families and our loved ones. We pray that each one who has not yet come to know You, will cross the line of faith as You draw them to You. We ask this in Jesus Name. Amen.



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DAY 6

Sat 13 Jan

YOUR KINGDOM COME

Matthew 6:10 *"May your Kingdom come soon. May your will be done on earth, as it is in heaven."*

The kingdom of God refers to God's reign on earth and consequently, in our hearts. It is about His Kingship and our obedience to His rule. In His kingdom, the first shall be last, the broken are blessed, we look out for our neighbours, and we rejoice when the lost are found. His reign and rule is established by us, His saints, as we live out His Word here on earth. Love, Repentance, Faith, Obedience, Purpose, Fearlessness, and Prayer are all ways that we become Kingdom Makers and this propels us into a life of freedom and intimacy with God as we become pregnant with His purpose and live out His plan for our lives!

LET'S PRAY

King Jesus, we pray that Your kingdom is established through our lives. We pray that as we walk with You daily and hear Your voice, the light of heaven is released through us to change a world that is desperately in need of You. We ask that Your Kingdom Come and Your powerful light drive out the darkness as we seek You first this year. We pray Your Kingdom come, in our families, here in our city, our nation and the world. Help us to reflect Your light and love wherever we go. We know You are delighted with our prayers and lean in to hear us. In Your Name, Amen.



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WE ARE TRIUMPHANT IN 2024!

2 Corinthians 2:14 *"But thanks be to God, who in Christ always leads us in triumphal procession, and through us spreads the fragrance of the knowledge of him everywhere."*

Christ leads us in triumphal procession. We do not arrive there on our own. He leads, which means that we must follow. We follow His direction. We follow His ways. Where He goes, we go, and what He commands, we obey. This requires trust and faith, however, if we make sure to follow Christ, He will always lead us to victory. That's the takeaway for us today. Our sure path to victory and spiritual success is to walk in the footsteps of Jesus. If we remain right behind Him, we'll always be led in triumph. As opportunities arise, we share the knowledge of Christ, the Good News, wherever we go, spreading His sweet perfume wherever we go.

LET'S PRAY

Thank You Heavenly Father for the victory of the Cross. We are joyful, knowing we are going into 2024 in triumph, as You map out the year ahead of us. You have gone before us to make every crooked place straight and we surrender to Your marvellous leading. Help us to become more sensitive to the guidance of Your Holy Spirit this year. In Jesus Name we pray. Amen

Thank you for joining the 7 Days of Prayer: Pray First. God bless you in the year ahead. Amen.

