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21 days

OF PRAYER & FASTING

PRAYER RESOURCE

As you seek God, use these guides as a tool for helping you pray for yourself, your family and friends, and the world around you. You can also use these prayer resources during your corporate prayer meetings for those who would like to use a guide. Understanding the necessity of prayer is not enough. For it to become a part of our life, it needs to become something we look forward to. I'm convinced most people don't enjoy prayer because they have never been taught how to pray. That's where this simple prayer guide can help. Using several prayer models out of the Bible and having some guides to make prayer more personal, this booklet is designed to help bring joy into your time with God. When you discover the beauty of daily conversation with Him, you'll experience the presence of God that will change your life. Once you learn how to pray, prayer can become a part of everyday life.

And then...

Before the day begins —

Before you go to bed —

Before you go to work or school —

Before you send that text —

Before you react —

Before bad things happen —

Before you eat, drive, or travel —

In every situation — PRAY FIRST!

PRAYER CHANGES EVERYTHING!

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A.C.T.S. PRAYER

1. ADORATION

Adoration is the first part of this type of prayer. Spend time praising the Lord and adoring Him for who He is. Love and cherish His presence and allow Him to work through your life. You may choose to praise Him by praying Scripture or singing hymns to Him. (Matthew 6:9, Matthew 22:32, Psalm 84, Revelation 4:8,, Revelation 5:9-10 NLT Translation)

2. CONFESSION

Confession comes next. Spend time asking Jesus to search your heart for areas that aren't pleasing to Him and allow Him to cleanse you of any unconfessed sin. Accept His forgiveness and cleansing. (Psalm 139:23-24, Psalm 51:10- 13, Jeremiah 31:34 NLT Translation)

3. THANKSGIVING

Thanksgiving is next. Give God thanks for specific things He has done for you, such as certain blessings, people, open doors, guidance, etc. Also, give Him thanks for His goodness, loving-kindness, faithfulness, and for being a wonderful Savior. (Psalm 100:4-6, Psalm 103 NLT Translation)

4. SUPPLICATION

Supplication is the final part of this prayer. Come to the Lord on behalf of others. Spend time praying for specific people, events, states, countries, missionaries, etc. (Hebrews 10:19-25, Acts 12:5, Romans 10:1 NLT Translation)

RIPPLE PRAYER

Ripple prayer is prayer that expands outward, much like the ripples on a lake. When we throw a stone into a lake, a ripple is created, which gradually expands outward. Likewise, in ripple prayer, our prayer focus moves from ourselves and reaches out to our families, organizations, neighbors, communities, nation, and world. We embrace each of these realms in our hearts as we pray for them.

1. Give thanks to the Lord for all He is and does.
2. Pray for yourself and your personal relationship with God.
3. Pray for your family and friends.
4. Pray for your city, local communities, churches, and pastors.
5. Pray for those in authority in your area (government officials, police officers, first responders, military personnel, etc.).
6. Pray for God to move in our nation.
7. Pray for God to move in the world (blessing, favor, and protection over missionaries and evangelistic efforts).

FAMILY PRAYER

PRAYER FOR MARRIAGES

"By wisdom a house is built, and through understanding it is established; through knowledge its rooms are filled with rare and beautiful treasures." – PROVERBS 24:3-4

"Two are better than one, because they have a good reward for their toil. For if they fall, one will lift up his fellow. But woe to him who is alone when he falls and has not another to lift him up!"
– ECCLESIASTES 4:9-10

HEALING OF RELATIONSHIPS

"Finally, brothers, rejoice. Aim for restoration, comfort one another, agree with one another, live in peace; and the God of love and peace will be with you." – 2 CORINTHIANS 13:11 ESV

UNITY

"May the God of endurance and encouragement grant you to live in such harmony with one another, in accord with Christ Jesus, that together you may with one voice glorify the God and Father of our Lord Jesus Christ." – ROMANS 15:5-6

BLESSING

"The LORD bless you and keep you; the LORD make his face shine on you and be gracious to you; the LORD turn his face toward you and give you peace." – NUMBERS 6:24- 26 NIV

HUSBANDS

- Leadership
- Purity
- Passion for purpose

WIVES

- Virtue
- Godly examples
- Wisdom in raising children

CHILDREN

- Blessing
- Protection
- Salvation

EXTENDED FAMILY

- Salvation
- Opportunity

PRAYER OF JABEZ

"Jabez cried out to the God of Israel, 'Oh, that you would bless me and enlarge my territory! Let your hand be with me, and keep me from harm so that I will be free from pain.' And God granted his request." — 1 CHRONICLES 4:10 NIV

BLESSING

"Oh, that you would bless me."

Ask God for His blessing. Recognize your need for His provision, and set your heart toward wanting more than you need so that you can be a blessing to others.

INFLUENCE

"Enlarge my territory."

Pray for more influence. Knowing that God can make a way, trust in Him to open doors and lead you on the best path for your life and for His glory.

PRESENCE

"Let your hand be with me."

In humility, acknowledge your need for God's presence. Depend on Him, and ask for more of Him in your life today.

PROTECTION

"Keep me from harm."

Trust God to protect you. Tell Him specific areas where you feel the need for His protection, and ask Him to cover areas that you can't yet see.

PAUL'S PRAYER

I pray that from his glorious, unlimited resources he will empower you with inner strength through his Spirit. Then Christ will make his home in your hearts as you trust in him. Your roots will grow down into God's love and keep you strong. And may you have the power to understand, as all God's people should, how wide, how long, how high, and how deep his love is. May you experience the love of Christ, though it is too great to understand fully. Then you will be made complete with all the fullness of life and power that comes from God. – EPHESIANS 3:16-19

GIVE ME STRENGTH

"I pray that according to the wealth of his glory [the Father] may grant you to be strengthened with power through his Spirit in the inner person..."

God, I need your Spirit to give me the power to help me understand the love you have for me. I cannot live a life of purity before you without your Spirit's power. Give me strength to reach the goal you have set for me. Thank you for the ever-present gift of your presence in my life.

GROUND ME IN LOVE

"...that Christ may dwell in your hearts through faith, so that, because you have been rooted and grounded in love..."

Father, I pray that my desires in this life, you have given to me, be rooted and grounded in your love. Anything that is not done in faith and love, for your glory, is ultimately worthless. Remind me of your constant love that is continually poured out for me that I may desire to love and serve you in return.

HELP ME COMPREHEND YOUR LOVE

“...you may be able to comprehend with all the saints what is the breadth and length and height and depth, and thus to know the love of Christ that surpasses knowledge, so that you may be filled up to all the fullness of God.”

Help me in my weakness to understand, by your grace, the surpassing greatness of the love Christ has for me. Let me always be full and overflowing with you that my joy is made sure and others would see you in me.

PRAYER FOR HEALING

BELIEVING FOR MIRACLES

Jesus looked at them and said, "With man this is impossible, but not with God; all things are possible with God." (Mark 10:27)

I am the Lord, the God of all mankind. Is anything too hard for me? (Jeremiah 32:27)

He replied, "Because you have so little faith. Truly I tell you, if you have faith as small as a mustard seed, you can say to this mountain, 'Move from here to there,' and it will move. Nothing will be impossible for you." (Matthew 17:20)

I am the Lord who heals you (Exodus 15:26)

BELIEVING FOR SUPERNATURAL HEALTH

I am the Lord who heals you (Exodus 15:26)

FOUR FOUNDATIONS OF TRUTH

1. HEALING IS THE WILL OF GOD (MATTHEW 8:2-3)

A man with leprosy came and knelt before him and said, "Lord, if you are willing, you can make me clean." Jesus reached out his hand and touched the man. "I AM WILLING," he said. "Be clean!" Immediately he was cleansed of his leprosy. (Matthew 8:2-3)

2. SATAN IS THE AUTHOR OF SICKNESS.

“And behold, there was a woman who had had a disabling spirit for eighteen years...Ought not this woman, a daughter of Abraham whom SATAN HAS BOUND for eighteen years, be loosed from this bond on the Sabbath day?” (Luke 13:11,16)

“How God anointed Jesus of Nazareth with the Holy Spirit and with power. He went about doing good and healing all who were OPPRESSED BY THE DEVIL, for God was with him.” (Acts 10: 38, ESV).

3. THE HOLY SPIRIT MOVES TO BRING HEALTH.

“God anointed Jesus with the Holy Spirit and power. He went about doing good and healing ALL...” (Acts 10:38)

“Is anyone among you sick? Let him call for the elders of the church, and let them pray over him, ANOINTING HIM WITH OIL (a type of the Holy Spirit) in the name of the Lord. And the prayer of faith will save the one who is sick, and the Lord will raise him up. And if he has committed sins, he will be forgiven. Therefore, confess your sins to one another and pray for one another, that you may be healed” (James 5:14-16, ESV)

4. HEALING AND FORGIVENESS GO TOGETHER.

“He himself bore our sins in his body on the tree, that we might die to sin and live to righteousness (this is SALVATION). By his wounds you have been healed...(this is HEALING) (1 Peter 2:24).

MORE SCRIPTURES ABOUT HEALING

Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers (III John 2).

Bless the LORD, O my soul, And forget not all His benefits: Who forgives all your iniquities, Who heals all your disease (Psalm 103:2-3).

But He was wounded for our transgressions, He was bruised for our iniquities; The chastisement for our peace was upon Him, And by His stripes we are healed (Isaiah 53:5).

For I will restore health to you And heal you of your wounds,' says the LORD (Jeremiah 30:17)

OUR WORLD

As we go out this year in missions around the world agree with us for the following;

THAT GOD'S NAME WOULD BE EXALTED IN ALL THE EARTH

God, we pray that your Kingdom would extend to the whole Earth. That the Gospel would speed ahead and be honored in every nation accompanied by the fullness of the Holy Spirit and that unbelievers would be saved around the World.

THAT GOD WOULD DIRECT THE SWORD OF THE SPIRIT

God we pray for boldness to preach your word with miracles, signs and wonders following. That each team would walk in authority over every demonic spirit and that strong leadership would be established around the world. God, give success to our missionaries and strategic wisdom in evangelism and discipleship as our teams serve in unity and harmony with them.

THAT GOD WOULD GIVE US A GREATER UNDERSTANDING AND KNOWLEDGE OF HIS WILL

God, we pray for a heart that would discern and know you will. We pray for a deeper sense of hope, for spiritual strength and endurance to see it accomplished. God,

increase our faith to see the mighty power of your hand at work in Jesus name.

THAT GOD WOULD ANOINT AND PROTECT US AS WE GO

God, we pray that you will cover us as we go into all the world this year. Mighty God we pray that we would see great works done, that we would walk in holiness and be protected from the evil one. God, give us a greater sense of your power at work within us. God we pray that you would mobilize the body of Christ in missions in this year
amen.

THE LORD'S PRAYER

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 today our daily bread. 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"
(Matthew 6:9-13).

1. CONNECT WITH GOD RELATIONALLY

"Our Father in heaven..."

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).

God loves for us to call Him our Father. Establish your intimate relationship with Him and thank Him for the relationship you have with Him.

2. WORSHIP HIS NAME

"Hallowed be your Name..."

God's name is a place of protection—the righteous can run there and be safe (Proverbs 18:10 MSG).

- **Righteousness** – He makes me clean
- **Sanctifier** – He has called me and set me apart

- Healer – He heals all my diseases
- Banner of Victory – He has defeated my enemy
- Shepherd – He speaks to me and leads me
- Peace – He is my peace in every storm
- Provider – He supplies all of my needs

3. PRAY FOR HIS AGENDA

"Your Kingdom come..."

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).

God's priorities:

- Saving the Lost
- Guiding those in authority – parental, spiritual, governmental, workplace
- His will in us.

4. DEPEND ON HIM FOR EVERYTHING

"Give us this day our daily bread..."

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 want and need and then trust Him for the answer.

5. GET YOUR HEART RIGHT WITH GOD AND PEOPLE

“Forgive us our debts as we forgive our debtors...”

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 motives. Receive His forgiveness for any area that He brings to mind. Forgive anyone who has offended you in any way. You can even forgive people in advance.

6. ENGAGE IN SPIRITUAL WARFARE

“And do not lead us into temptation but deliver us from the evil one...”

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).

Take your stand against the enemy and fight the good fight of faith. Every lie that the enemy has told you should be replaced with the truth of God's Word.

7. EXPRESS FAITH IN GOD'S ABILITY

"For yours is the Kingdom and the Power and the Glory forever..."

"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).

End your prayer time by reminding yourself of God's ability. Return to praise and make your faith declarations.

"Yours is the Kingdom" – all rule belongs to You

"Yours is the Power" – all mightiness flows from You

"Yours is the Glory" – Your victory shall be complete

TABERNACLE PRAYER

The Tabernacle was the dwelling place of God where He met His people. As they entered the Tabernacle, they passed through seven stations as a protocol to God's presence. Today, these same steps can help us to connect with God and lead us through important elements of prayer.

1. THE OUTER COURT – "THANKSGIVING AND PRAISE"

Enter his gates with thanksgiving and his courts with praise; give thanks to him and praise his name (Psalm 100:4).

As the people of God entered the Tabernacle, they came in with thanksgiving on their lips. Thanking God for all the blessings in your life is a great way to begin. Every day, think of a fresh reason why you love and appreciate God.

2. THE BRAZEN ALTAR – "THE CROSS OF JESUS"

Praise the LORD, my soul, and forget not all his benefits— who forgives all your sins and heals all your diseases, who redeems your life from the pit and crowns you with love and compassion, who satisfies your desires with good things so that your youth is renewed like the eagle's (Psalm 103:2-5).

In the Old Testament, everyone who had committed sin had to bring animal sacrifices. Jesus paid for all your sins once and for all. You simply need to receive the benefits of what Jesus did for you.

- **Salvation** – God forgives all my sin
- **Healing** – God heals all my diseases

- **Redemption** – God rescues me from every attack
- **Transformation** – God puts His love in me
- **Provision** – God provides everything I need

3. THE LAVER – "CLEANSING AND PREPARING"

Therefore, I urge you, brothers, in view of God's mercy, to offer your bodies as living sacrifices, holy and pleasing to God—this is your spiritual act of worship (Romans 12:1).

The next step in the Tabernacle was a bowl of water where people could wash. Checking your hearts and motives and then surrendering your life to God is an important part of daily prayer. Here are some ways to keep your heart right with God.

Repent from any known sin. Offer your body to God.

- **Your tongue** – to speak good and not evil
- **Your eyes** – to see God and the needs of others
- **Your ears** – to be sensitive to His voice
- **Your hands** – to do good to others
- **Your feet** – to walk in God's ways

Offer your mind to God (Philippians 4:8; Romans 12:2).

Ask God to give you the fruit of the Spirit (Galatians 5:22-23).

4. THE CANDLESTICK – "THE HOLY SPIRIT"

"The Spirit of the LORD will rest on him— the Spirit of wisdom and of understanding, the Spirit of counsel and of might, the Spirit of the knowledge and fear of the LORD" (Isaiah 11:2).

The next piece of furniture in the Tabernacle was a seven branched golden candlestick. The fire represents the Holy Spirit. Every day you should invite the presence of the Holy Spirit into your life.

- The Spirit of the Lord
- The Spirit of Wisdom
- The Spirit of Understanding
- The Spirit of Counsel
- The Spirit of Might
- The Spirit of Knowledge
- The Fear of the Lord

You should also ask God to give you spiritual gifts (1 Corinthians 12:8-10).

5. THE TABLE OF SHEWBREAD – "THE WORD OF GOD"

"Keep this Book of the Law always on your lips; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful" (Joshua 1:8).

A table with twelve loaves of bread represents the importance of reading God's Word for daily sustenance. With this in mind, here are ways to nourish your soul:

- Read God's Word.
- Claim His many great promises.
- Ask for fresh revelation of the Word.
- Take time to read and meditate on the Word.
- Get a Word for the day.

6. THE ALTAR OF INCENSE – “WORSHIP”

"The name of the LORD is a strong tower; the righteous run to it and are safe" (Proverbs 18:10).

A small altar of burning incense stood at the entrance to the Holy of Holies, where God's presence dwelt. This altar represents worship. The people of God literally entered God's presence worshipping the Names of God, including:

- God is My Righteousness – Jeremiah 23:6
- God is My Sanctifier – Leviticus 20:7-8
- God is My Healer – Exodus 15:26
- God is My Provider – Genesis 22:14
- God is My Banner of Victory – Exodus 17:15
- God is My Peace – Judges 6:24
- God is My Shepherd – Psalm 23:1
- God is Always There – Ezekiel 48:35

THE ARK OF THE COVENANT – INTERCESSION

I urge, then, first of all, that requests, prayers, intercession and thanksgiving be made for everyone—for kings and all those in authority, that we may live peaceful and quiet lives in all godliness and holiness. This is good, and pleases God our Savior, who wants all men to be saved and to come to a knowledge of the truth (1 Timothy 2:1-4).

The final place in the Tabernacle was the place where God's presence dwelt. It was there that the priest interceded on behalf of the people. In the New Testament, you and I are all called priests and instructed to intercede for others.

- Those in authority – spiritual, civil, family, and workplace
- My family
- My church – pastor, small group, members, and vision/mission
- My city, nation, and world
- My needs

PRAYER FOR LEADERSHIP

"I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being, so that Christ may dwell in your hearts through faith. And I pray that you, being rooted and established in love, may have power, together with all the Lord's holy people, to grasp how wide and long and high and deep is the love of Christ, and to know this love that surpasses knowledge—that you may be filled to the measure of all the fullness of God." (Ephesians 3:16-19 NIV)

Pray for our senior leadership as well as all the campus leadership where you attend. That they will lead strongly. Also lift up our B-Group leaders and volunteer leaders as we serve Christ together.

- Strengthened in the Holy Spirit
- Filled with the Love of Christ
- The Fullness of Christ

UNITY

"May the God who gives endurance and encouragement give you a spirit of unity among yourselves as you follow Christ Jesus, so that with one heart and mouth you may glorify the God and Father of our Lord Jesus Christ". (Romans 15:5-6)

Pray for Unity among the members of The Well Church. Bind the spirit of disunity that would attempt to divide the Body of Christ. Remember Jesus' High Priestly prayer that we would all be one as He and the Father are one.

VISION

“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. I pray that the eyes of your heart may be enlightened in order that you may know the hope to which he has called you, the riches of his glorious inheritance in his holy people, and his incomparably great power for us who believe. (Ephesians 1:15-19 NIV)

Ask the Lord to enlarge our vision for our city, state and nation as a church. Pray that He would continue to give us vision even beyond this generation. Pray that Christ would reveal to us His vision for The Well in the coming years and send people who will take the vision for the future and run in His power to accomplish it!

INFLUENCE

“Devote yourselves to prayer, being watchful and thankful. And pray for us, too, that God may open a door for our message, so that we may proclaim the mystery of Christ, for which I am in chains. Pray that I may proclaim it clearly, as I should”. (Colossians 4:2-4 NIV)

Ask the Lord to enlarge our influence around the state, nation and globally. Ask Him to give us open doors for the gospel to be preached all over the world. Pray also that the message of Christ would be clear and touch the hearts of all who hear it.

7 STATEMENTS OF WORSHIP

1. “SAVE ME” — REPENTANCE

Psalms 51:7–10 NLT: “Purify me from my sins, and I will be clean; wash me, and I will be whiter than snow. Oh, give me back my joy again; you have broken me—now let me rejoice. Don’t keep looking at my sins. Remove the stain of my guilt. Create in me a clean heart, O God. Renew a loyal spirit within me.”

2. “THANK YOU” — GRATITUDE

Psalms 95:1–2 NLT: “Come, let us sing to the LORD! Let us shout joyfully to the Rock of our salvation. Let us come to him with thanksgiving. Let us sing psalms of praise to him.”

3. “I WILL PRAISE YOU” — PRAISE

Psalms 29:2 NIV: “Ascribe to the LORD the glory due his name; worship the LORD in the splendor of his holiness.”

4. “YOU ARE HOLY” — HONOR

Psalms 25:14 ESV: “The friendship of the LORD is for those who fear him, and he makes known to them his covenant.”

5. “I NEED YOU” — DEPENDENCE

1 Peter 5:6 NLT: “So humble yourselves under the mighty power of God, and at the right time he will lift you up in honor.”

6. “I LOVE YOU” — AFFECTION

Matthew 22:37 NLT: “You must love the LORD your God with all your heart, all your soul, and all your mind.”

7. “I’M YOURS” — SURRENDER

Romans 12:1 NLT: “And so, dear brothers and sisters, I plead with you to give your bodies to God because of all he has done for you. Let them be a living and holy sacrifice—the kind he will find acceptable. This is truly the way to worship him.”

THE 23RD PSALM

"The Lord is my shepherd; I shall not want. He maketh me to lie down in green pastures: he leadeth me beside the still waters. He restoreth my soul: he leadeth me in the paths of righteousness for his name's sake. Yea, though I walk through the valley of the shadow of death, I will fear no evil: for thou art with me; thy rod and thy staff they comfort me. Thou preparest a table before me in the presence of mine enemies: thou anointest my head with oil; my cup runneth over. Surely goodness and mercy shall follow me all the days of my life: and I will dwell in the house of the Lord for ever."

1. GOD IS OUR SHEPHERD – RELATIONSHIP

"The Lord is my shepherd; I shall not want." – Verse 1

2. GOD GIVES US REST – REST

"He maketh me to lie down in green pastures: he leadeth me beside the still waters." – Verse 2

3. GOD GUIDES US – GUIDANCE

"He restoreth my soul: he leadeth me in the paths of righteousness for his name's sake." – Verse 3

4. GOD PROTECTS US – PROTECTION

"Yea, though I walk through the valley of the shadow of death, I will fear no evil: for thou art with me; thy rod and thy staff they comfort me." – Verse 4

5. GOD GIVES US HOPE – HOPE

“Thou preparest a table before me in the presence of mine enemies.” – Verse 5a

6. GOD BLESSES US – ABUNDANCE

“Thou anointest my head with oil; my cup runneth over. Surely goodness and mercy shall follow me all the days of my life: and I will dwell in the house of the Lord for ever.” – Verses 5b–6