

# 40 DAYS OF FASTING & PRAYER

*Let us therefore come boldly unto the throne of grace,  
that we may obtain mercy, and find grace to help in time of need.*

Hebrews 4:16

**WHAT IS FASTING:** Biblical fasting is giving up specific food and drink for a specified number of days for a specific purpose. The type and length of the fast you choose is between you and God

Corporately, we are fasting for our families, faith and future. Bring your personal need before the Lord; intercede for your loved ones, your friends, your church, your pastor, your community, your nation, and the world. By your prayers of humility, as you fast, you will help the Great Commission be fulfilled.

**HOW TO BEGIN:** Fasting involves a spiritual commitment to God. Write down a plan and make a verbal commitment to the Lord. *“Daniel purposed in his heart that he would not defile himself.”* (Daniel 1:8). When you approach your fast with determination and a clear goal, you will be less likely to waiver in weak moments.

**PREPARE SPIRITUALLY:** Confess your sins to God. Ask the Holy Spirit to reveal areas of weakness. Forgive all who have offended you and ask forgiveness from those you may have offended (Mark 11:25; Luke 11:4; 17:3-4). Surrender your life fully to Jesus Christ and reject the worldly desires that try to hinder you (Romans 12:1-2).

**DECIDING WHAT TO FAST:** The type of fasting you choose is up to you. You could go on a full fast in which you only drink liquids-especially water. You may also take a clear broth and 100% fruit and vegetable juices in order to maintain your strength. You may desire to fast like Daniel, who abstained from sweets, meats, breads, and any drink, except for water (Daniel 10:2-3). The easiest way to think of this fast is eating only vegetables and fruits, and drinking only water. Remember to replace that time with prayer and Bible study.

**DECIDING HOW LONG:** You may fast as long as you like. Most can easily fast from one to three days, but you may feel the grace to go longer. You may choose a certain day of every week, two or three days a week, mornings, afternoons, etc. Use wisdom and pray for guidance. Beginners are advised to start slow.

***Be sure to consult your doctor before beginning any fast,  
especially if you have any type of medical condition.***

**MEDICAL CONDITION:** Consult your doctor before starting any fast. Decide together what is possible. If your health conditions prohibits you from fasting food, try fasting something else and concentrate on prayer and Bible Study. God knows your heart.

**WHAT TO EXPECT:** When you fast your body detoxifies, eliminating toxins from your system. This can cause mild discomfort such as headaches and irritability during withdrawal from caffeine and sugars. And naturally, you will have hunger pains. Limit your activity

and exercise moderately. Take time to rest. Fasting brings about miraculous results. You are following Jesus' example when you fast. Spend time listening to praise and worship. Pray as often as you can throughout the day. Get away from the normal distractions as much as possible and keep your heart and mind set on seeking God's face.

**HOW TO END:** Don't overeat when the time comes to end your fast. Begin eating solid food gradually; eat small portions or snacks. If you end your fast gradually, the beneficial physical and spiritual effects will linger for days. But if you rush into solid foods, you may lose much of your deep sense of peace and experience physical problems.

**Remember:** There is no "fast formula" that is the only "right" way. Fasting is about the condition of the heart, not the number of days. So don't give up! If you fall down, get up, and keep trying. Conquering "king stomach" is difficult, but you will make it.

As we offer our sacrifices unto the Lord, let us be mindful of the example Christ set for us to follow. Make a daily commitment to read and meditate on the selected scriptures and petition the short prayers unto God. Let's take the 40-day challenge of fasting and allow the Holy Spirit to purify our thoughts, our hearts, our words, and our ways.

### ***LET THE FAST BEGIN!***

*Join us for corporate prayer every Wednesday at 11:30a in the Worship Center, followed by Bible Study at noon.*

#### **Week 1**

January 2-8

#### **Week 2**

January 9-15

#### **Week 3**

January 16-22

#### **Week 4**

January 23-29

#### **Week 5**

January 30-February 5

#### **Week 6**

February 6-10

<sup>1</sup> Then was Jesus led up of the Spirit into the wilderness to be tempted of the devil. <sup>2</sup> And when he had fasted forty days and forty nights, he was afterward an hungred. <sup>3</sup> And when the tempter came to him, he said, If thou be the Son of God, command that these stones be made bread. <sup>4</sup> But he answered and said, It is written, Man shall not live by bread alone, but by every word that proceedeth out of the mouth of God.

– Matthew 4:1-4 (KJV)

*Lord, grant us grace to use  
all the hours of our days,  
Not for our own selfish interests  
and our own willful ways,  
But teach us to take time  
for praying and listening to You,  
So each day is spent wisely  
doing what You want us to do.*

And he said unto me, my grace is sufficient for thee: for my strength is made perfect in weakness. Most gladly therefore will I rather glory in my infirmities, that the power of Christ may rest upon me.

– II Corinthians 12:9

*week 1*

**FAITH**

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**Monday**

**Luke 17:5**

*Lord, please increase my faith.*

**Tuesday**

**Mark 5: 34**

*Lord, thank You for faith for spiritual and physical growth.*

**Wednesday**

**Luke 7:50**

*Lord, thank You for faith to be healed and healthy.*

**Thursday**

**Acts 3:16**

*Lord, thank You for faith that makes me stronger and successful.*

**Friday**

**Mark 9:23**

*Lord, thank You for my faith that opens doors.*

**Saturday**

**Hebrews 11:6**

*Lord, thank You for the favor my faith brings with You and man.*

**Sunday**

**Romans 10:17**

*Lord, thank You for faith that leads me to clarity, focus and meaning.*

*week 2*

**RIGHTEOUSNESS**

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**Monday**

**Psalm 119:172**

*Father, help me to say and do the right things.*

**Tuesday**

**2 Timothy 2:22**

*Father, forgive me for bad decisions and help me to make good decisions.*

**Wednesday**

**Isaiah 41:10**

*Father, thank You for power to obey You and for blessing my obedience.*

**Thursday**

**Romans 8:10**

*Father, thank You for obedience to your Word and freedom in my life.*

**Friday**

**Psalm 51:10**

*Father, remove any pride, fill me with humility, and have joy watching my daily actions.*

**Saturday**

**Romans 6:18**

*Father thank You for forgiveness, grace, love, truth, and righteousness.*

**Sunday**

**Psalm 112:3**

*Father thank You for giving me the willingness to obey You  
and for blessing me, my life, and my family.*

**Monday**

**1 Chronicles 4:10**

*Father, thank You for being my financial source. I pray for opportunities, follow through, increase, overflow, and a heart guided You.*

**Tuesday**

**Philippians 4:19**

*Father, thank You for meeting my needs. Help me to live with strong faith and freedom from worry or fear concerning money.*

**Wednesday**

**2 Kings 3:12**

*Father, thank You for power, wisdom, creativity, strategy for financial growth, good management and debt elimination.*

**Thursday**

**Proverbs 10:4**

*Father, please open new financial doors, guide me to new streams of revenue, and bless my finances with increase.*

**Friday**

**Genesis 22:14**

*Father thank You for what I have and for providing for me. Thank You for keeping and sustaining me. Thank You for blessing me and my family. Please keep me grateful.*

**Saturday**

**Malachi 3:10**

*Father, thank You for the faith to tithe, give, and share. Thank You for opening the floodgates of heaven and pouring Your goodness into my household.*

**Sunday**

**Ephesians 2:10**

*Father, thank You for an obedient spirit and successful life. I am truly blessed and thank You for making me a blessing to others, in Jesus' name.*

**Monday**

**Psalm 103:17-18**

*Father, thank You for being the foundation of my family. Thank You for helping us to honor You in all that we say and do*

**Tuesday**

**Ephesians 6:1-4**

*Father, thank You for covering my family with protection, safety, peace, and grace. Thank you for blessing us with long life and favor.*

**Wednesday**

**Proverbs 22:6**

*Father, fill my family with Your spirit, give us understanding, and grant us Your direction, in Jesus' name!*

**Thursday**

**Genesis 13:1-8**

*Father, thank You for blessing our family with love, joy, happiness, Unity, and power, in the name of Jesus!*

**Friday**

**I Peter 2:17**

*Father, thank You for helping my family to honor and respect one another. Bless every member of my family, in Jesus' name!*

**Saturday**

**Isaiah 40:28-31**

*Father, thank You for special favor over my family. I pray for peace, open doors, obedience, and special strength for everyone in my family, in the name of Jesus.*

**Sunday**

**Matthew 7:17-24**

*Father, thank You for victory over every difficulty, challenge, pain, and frustration. My family is blessed with Your power to endure, in Jesus' name, Amen!*

**Monday**

**1 Corinthians 12:12**

*Father thank You for fellowship and every church open in Your name. Thank You that we are filled with Your Spirit, love, joy, good work and power.*

**Tuesday**

**Philippians 4:19**

*Father, thank You for our Pastor, First Lady and their family. Bless them with fresh vision and good success. Please cover, protect, strengthen, and keep them in Jesus' name.*

**Wednesday**

**Acts 2:42-47**

*Father, thank You that our church family is spiritually healthy, supernaturally powerful, prayerful, impactful and helpful. Bless every member and friend of our church family, in Jesus' name.*

**Thursday**

**Acts 4:34-37**

*Father, thank You for the desire to bless our community and our city. Thank You for providing resources, friendships, and favor. Make our projects debt free and get them done for Your glory!*

**Friday**

**Matthew 28:18-20**

*Father, thank You for allowing us to work locally, nationally and globally. Empower every ministry, every effort and every idea to bless your people and glorify Your name, in Jesus' name!*

**Saturday**

**Ephesians 2:19-22**

*Father, thank You for our church and bless every family member. Thank you for spiritual growth in every life and in every area of our church. Save souls in Jesus' name!*

**Sunday**

**John 17:20-23**

*Father, thank You for our communities in Schertz and San Antonio. Thank You for peace, creative strategies and effective efforts to share Your unconditional love, in Jesus' name!*



**Monday**

**Psalm 145:3**

*Father, I praise Your Holy Name! You are good all the time. Thank You for Your many blessings. Thank You for loving me unconditionally, in Jesus' name, Amen!*

**Tuesday**

**Psalm 28:7**

*Father, I praise You for a good attitude, a good mindset, good ideas, good follow through and good success, in Jesus' name, Amen!*

**Wednesday**

**2 Samuel 22:4**

*Father, Thank You for victory over disappointment, hurt, and bitterness. Thank You for joy, happiness, and peace of mind, in Jesus' name, Amen!*

**Thursday**

**Psalm 30:11**

*Father, thank You for helping me to see Your goodness in every circumstance. Help me to praise You at all times, in Jesus' name, Amen!*

**Friday**

**Philippians 4:6**

*Father, I praise You for courage, perseverance, self-control, and long suffering. Help me to shine for You all the time, in Jesus' name, Amen!*

## 40 THINGS to PURGE

*Having therefore these promises, dearly beloved, let us cleanse ourselves from all filthiness of the flesh and spirit, perfecting holiness in the fear of God.*

II Corinthians 7:1

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|----------------------------|----------------------------|
| 1. Negative/Critical       | 21. Unforgiving            |
| 2. Gossip/Slander          | 22. Rebellious/Disobedient |
| 3. Impatience              | 23. Backbiting             |
| 4. Selfish                 | 24. Retaliation/Revenge    |
| 5. Complaining             | 25. Unapologetic           |
| 6. Fearful/Worry           | 26. Bullying/Intimidating  |
| 7. Bitterness/Grudging     | 27. Discourteous/Rude      |
| 8. Busyness/Meddling       | 28. Self glory/Vanity      |
| 9. Disunity/Discord        | 29. Lying                  |
| 10. Proud/Boastful         | 30. Dishonesty/Deceitful   |
| 11. Envy/Jealousy          | 31. Discouraged/Hopeless   |
| 12. Ungratefulness         | 32. Accusing/Blame         |
| 13. Hateful                | 33. Guilt                  |
| 14. Short tempered         | 34. Brawling               |
| 15. Manipulative           | 35. Argumentative          |
| 16. Judgmental             | 36. Implacable             |
| 17. Belittling/Superiority | 37. Inconsiderate          |
| 18. Malice/Spiteful        | 38. Unmerciful             |
| 19. Unrepentant            | 39. Mischievous            |
| 20. Impurity               | 40. Wickedness             |

<sup>16</sup> *These six things does the LORD hate: yea, seven are an abomination unto Him: <sup>17</sup> A proud look, a lying tongue, and hands that shed innocent blood, <sup>8</sup> A heart that devises wicked imaginations, feet that be swift in running to mischief, <sup>19</sup> A false witness that speaks lies, and he that sows discord among brethren. —Proverbs 6:16-19*

<sup>28</sup> *And even as they did not like to retain God in their knowledge, God gave them over to a reprobate mind, to do those things which are not convenient; <sup>29</sup> Being filled with all unrighteousness, fornication, wickedness, covetousness, maliciousness; full of envy, murder, debate, deceit, malignity; whisperers, <sup>30</sup> Backbiters, haters of God, despiteful, proud, boasters, inventors of evil things, disobedient to parents, <sup>31</sup> Without understanding, covenantbreakers, without natural affection, implacable, unmerciful: —Romans 1:28-31*