

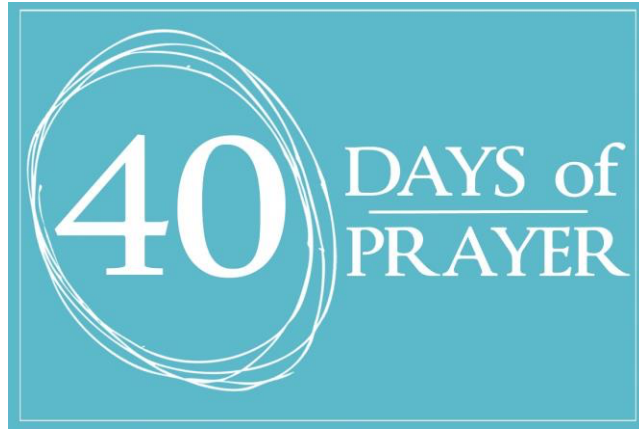


40 DAYS OF PRAYER AND FASTING
APRIL 29-JUNE 7

PARTICIPANT'S GUIDE



FIVE POINTS BAPTIST
TREASURING JESUS TOGETHER



40 Days of Prayer and Fasting - Participant's Guide

WHAT IS THIS?

This is an invitation for you to commit to 40 days of prayer and fasting for God to move powerfully in:

- Adoration to our Lord and preparation of our hearts. (10 days)
- your personal life (10 Days)
- our local church (10 Days)
- our nomination committee, search team, and search process. (10 Days)

WHY 40 DAYS?

Whenever God wanted to prepare someone for His purposes, He took 40 days.

- Noah's life was transformed by 40 days of rain.
- Moses was transformed by 40 days on Mount Sinai.
- The spies were transformed by 40 days in the Promised Land.
- David was transformed by Goliath's 40-day challenge.
- Elijah was transformed when God gave him 40 days of strength from a single meal.
- The entire city of Nineveh was transformed when God gave the people 40 days to change.
- Jesus was empowered by 40 days in the wilderness.
- The disciples were transformed by 40 days with Jesus after his resurrection.

WHAT ARE THE DATES?

Sunday, April 28th... Day of Fellowship

Monday, April 29th- Saturday, June 8th ... 40 Days of prayer and fasting.

Sunday, June 9th ... Day of Worship and Celebration Feast.



HOW CAN I BE INVOLVED?

We encourage you to commit to...

1. Read the assigned scripture and prayer directive and personally pray each day. We encourage you to start in the morning. Many of the directives lead you to action throughout the day.
2. Ask the Lord how He might call you to fast during these 40 days. Saying “no” to something good in order to say “yes” to time with the Lord in prayer and scripture. (See the “Fasting Basics” guide at the end of this document for the many ways you can fast).
3. Walk in obedience to what Jesus tells you through the guidance of the Holy Spirit during these 40 days. Seek ways that you can serve the Lord by loving and serving others, and by sharing the Gospel.

We look forward to what the Lord has for all of us, and what He will do in our lives, our church, our city, our nation, and the ends of the earth!

ABOUT PRAYER AND FASTING

The Bible is full of promises about prayer – prayer rooted in the belief that God hears us, answers us, and invites us to participate in the answers He lovingly gives.

In the Old Testament, we see this promise to Israel: "If my people, who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then I will hear from heaven..." (2 Chronicles 7:14a). In the New Testament, we see this invitation to pray: "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God" (Philippians 4:6).

In other words, the God of the Scriptures, hears and answers prayer! There is no prayer too big, no prayer too small, to pray – especially if our greatest desire is to see the will of God be done here "...on earth as it is in heaven" (Matthew 6:9-13).

In the Bible, prayer is sometimes accompanied by fasting. Fasting is willingly doing without food, a portion of food, or a specific activity/necessity, for a set period of time in order to invest our energies and focus in prayer. One does not need to fast to pray with hope and intensity, but it can be a helpful spiritual rhythm to add to our experience of God in prayer (please see the Fasting Basics resource at the end of this document for more detailed information on this practice and talk to a physician before attempting any type of food fast).

However you choose to pray and fast, it is exciting that you’ve joined in for these 40 days of prayer and fasting as we seek God’s move in our personal lives, and in the life of our church.



HOW TO USE THIS DAILY PRAYER GUIDE:

This Daily Prayer Guide has been created to help you join in the 40 Days of Prayer & Fasting with guided daily themes and Scriptures to ground and inspire your prayers. This is intended to be a guide, **not a burden**. As soon as you sense the Holy Spirit direct you in additional ways follow the prompting of the Lord in prayer.

We suggest you begin reading and praying in the morning, as some of the directives lead to action throughout the day.

HOW SHOULD I PRAY?

This “season” of prayer and fasting covers 40 days, and it might be helpful to have some structure

1. Take 30 or more seconds of silence or worship to become aware of the presence of Jesus.
2. Read the scripture prompt and meditate on his Word, listening to God as he speaks to you.
3. Pray the Prayer Prompts for each day with confidence.
4. Read the Responding to God section, act as led, and say “Thank You, Holy Spirit” for guiding your time.

4 AREAS OF PRAYER

This Guide will lead you through welcoming the Holy Spirit as you partner with God in prayer in 4 areas:

- Adoration and Praise to the Lord and preparation of our hearts (10 days)
- Your personal life (10 days)
- Our church and mission (10 days)
- Our nomination team and search team process (10 days)



PRAYER OF ADORATION AND PREPERATION

Day 1 - 4/29/24 - Give Thanks - Psalm 100:4-5

Psalm 100:4-5 (CSB)

Enter his gates with thanksgiving and his courts with praise. Give thanks to him and bless his name. For the Lord is good, and his faithful love endures forever; his faithfulness, through all generations.

Prayer Directive

Spend time giving God thanks for his goodness, love for his creation and for past, present, and future blessings. Give thanks for his faithfulness to us as his creation and people.

Responding to God

List ways God has been faithful to you and your family and ways he has shown His love for you.

Day 2 - 4/30/24 - Make a Joyful Noise - Psalm 95:1-11

Psalm 95:1-11 (ESV)

Oh come, let us sing to the Lord; let us make a joyful noise to the rock of our salvation! Let us come into his presence with thanksgiving; let us make a joyful noise to him with songs of praise! For the Lord is a great God, and a great King above all gods. In his hand are the depths of the earth; the heights of the mountains are his also. The sea is his, for he made it, and his hands formed the dry land. ...

Prayer Directive

Take a few moments giving praise to God, the rock of our Salvation! Give thanks for the creation and works of His hands. Give praise for all things for all things belong to and were created by Him.

Responding to God

Select one of your favorite songs, hymns, and worship the Lord through a "joyfull noise"!



Day 3 - 5/1/24 - Our Good Shepherd - Psalm 23:1-6

Psalm 23:1-6 (ESV)

A Psalm of David. The Lord is my shepherd; I shall not want. He makes me lie down in green pastures. He leads me beside still waters. He restores my soul. He leads me in paths of righteousness for his name's sake. Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me. You prepare a table before me in the presence of my enemies; you anoint my head with oil; my cup overflows.

Prayer Directive

Spend time giving thanks to the Lord for his guidance and protection. He cares for us as the "Good Shepherd." Give Him praise and thanks for his presence and guidance in the dark times and bright times of our lives.

Responding to God

Write a bullet list of specific times of difficulties when you felt the presence of God walking with you. Post that list on your refrigerator or mirror as a reminder through the day or even week of His presence and guidance in your life.

Day 4 - 5/2/24 - Love The Lord Your God - Deu. 6:1-9

Deu. 6:1-9 (NKJV)

"Now this is the commandment, and these are the statutes and judgments which the Lord your God has commanded to teach you, that you may observe them in the land which you are crossing over to possess, ²that you may fear the Lord your God, to keep all His statutes and His commandments which I command you, you and your son and your grandson, all the days of your life, and that your days may be prolonged. ³Therefore hear, O Israel, and ^[a]be careful to observe it, that it may be well with you, and that you may multiply greatly as the Lord God of your fathers has promised you—'a land flowing with milk and honey.'

⁴"Hear, O Israel: ^[b]The Lord our God, the Lord is one! ⁵You shall love the Lord your God with all your heart, with all your soul, and with all your strength.

⁶"And these words which I command you today shall be in your heart. ⁷You shall teach them diligently to your children, and shall talk of them when you sit in your house, when you walk by the way, when you lie down, and when you rise up. ⁸You shall bind them as a sign on your hand, and they shall be as frontlets between your eyes. ⁹You shall write them on the doorposts of your house and on your gates.



Prayer Directive

Spend time giving thanks to the Lord our God who is One; the Father, Son, and Holy Spirit are One. Share with him your love and adoration. Pray for the opportunity to share your praises and thanks to the Lord for all around you throughout the day.

Responding to God

As a reminder of the Greatness and Oneness of our Lord, write "Deu.6" on your hand or wrist. Write it somewhere you can see it throughout the day as a reminder to love the Lord with all your heart, soul, and strength. Look for opportunities to share that with someone your cross paths with during the day.

Day 5 - 5/3/24 - Love The Lord Your God - Deu. 6:1-9

Deu. 6:1-9 (NKJV)

"Now this is the commandment, and these are the statutes and judgments which the Lord your God has commanded to teach you, that you may observe them in the land which you are crossing over to possess, ² that you may fear the Lord your God, to keep all His statutes and His commandments which I command you, you and your son and your grandson, all the days of your life, and that your days may be prolonged. ³ Therefore hear, O Israel, and ^[a] be careful to observe it, that it may be well with you, and that you may multiply greatly as the Lord God of your fathers has promised you—'a land flowing with milk and honey.'

⁴ "Hear, O Israel: ^[b] The Lord our God, the Lord is one! ⁵ You shall love the Lord your God with all your heart, with all your soul, and with all your strength.

⁶ "And these words which I command you today shall be in your heart. ⁷ You shall teach them diligently to your children, and shall talk of them when you sit in your house, when you walk by the way, when you lie down, and when you rise up. ⁸ You shall bind them as a sign on your hand, and they shall be as frontlets between your eyes. ⁹ You shall write them on the doorposts of your house and on your gates.

Prayer Directive

Spend time giving thanks to the Lord our God who is One; the Father, Son, and Holy Spirit are One. Share with him your love and adoration. Pray for the opportunity to share your praises and thanks to the Lord for all around you throughout the day.

Responding to God

As a reminder of the Greatness and Oneness of our Lord, write "Deu.6" on your hand or wrist. Write it somewhere you can see it throughout the day as a reminder to love the Lord with all your heart, soul, and strength. Look for opportunities to share that with someone your cross paths with during the day.



Day 6 - 5/4/24 - Give Thanks for Faithfulness of Believers- Colossians 1:1-5

Colossians 1:1-5 (ESV)

Paul, an apostle of Christ Jesus by the will of God, and Timothy our brother, To the saints and faithful brothers in Christ at Colossae: Grace to you and peace from God our Father. We always thank God, the Father of our Lord Jesus Christ, when we pray for you, since we heard of your faith in Christ Jesus and of the love that you have for all the saints, because of the hope laid up for you in heaven. Of this you have heard before in the word of the truth, the gospel, ...

Prayer Directive

First, give thanks for the Gospel, the Word of truth that God has given us. Thank Him for His Word in written form, that we can SEE His Word daily. Next, give thanks for the spread of the Gospel and the opportunity to share in the work and saving power of the Gospel.

Responding to God

Think of a few brothers or sisters in Christ that you are thankful for. Reach out to them by text or phone call and tell them how thankful you are for them and their love and faithfulness to the Gospel of Jesus.

Day 7 - 5/5/24 - Confession and Repentance- Prov. 28:13, Psa. 66:18, 139:23-24

Proverbs 28:13 (NKJV)

He who covers his sins will not prosper, but whoever confesses and forsakes them will have mercy.

Psalms 66:18 (NKJV)

If I regard iniquity in my heart, The Lord will not hear.

Psalms 139:23-24 (NKJV)

Search me, O God, and know my heart; Try me, and know my anxieties; And see if there is any wicked way in me, and lead me in the way everlasting.

Prayer Directive

Ask God to search your thoughts and attitudes. Carefully examine your speech. Ask God to search your relationships. Confess any sins and be sure to forsake the sins God reveals. Resolve to be fully repentant of any known sin of thought, word or deed.



Responding to God

Find someone who can help hold you accountable in areas where you may have struggles with specific sin. Encourage each other to walk in Christ. Turning from those sins you struggle with.

Day 8 - 5/6/24 - Personal Petitions and Requests- Philippians 4:6, Matt. 6:33, Galatians 5:22

Philippians 4:6 (NKJV)

Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God;.

Matthew 6:33 (ESV)

If I regard iniquity in my heart, The Lord will not hear.

Galatians 5:22-23 (ESV)

But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, ²³ gentleness, self-control; against such things there is no law.

Prayer Directive

Pray for the development of character and holiness. Pray through the specific fruits of the Holy Spirit. Pray for the calling to share the Gospel in your life and your service to God. Finally, pray for any physical, emotional, spiritual or financial needs.

Responding to God

Make a list of the Fruits of the Spirit. Circle the fruits that you struggle with and keep that with you as a reminder of the characteristics that you need to work on and pray for growth in. Look for ways throughout your day, through the Spirit, to improve on and grow in.

Day 9 - 5/7/24 - Intercessory Prayer for Others- Philemon 1:1-5, James 5:13-16

Philemon 1:1-5 (ESV)

Paul, a prisoner for Christ Jesus, and Timothy our brother, To Philemon our beloved fellow worker and Apphia our sister and Archippus our fellow soldier, and the church in your house: Grace to you and peace from God our Father and the Lord Jesus Christ. I thank my God always when I remember you in my prayers, because I hear of your love and of the faith that you have toward the Lord Jesus and for all the saints, ...

James 5:13-16 (ESV)



Is anyone among you suffering? Let him pray. Is anyone cheerful? Let him sing praise. Is anyone among you sick? Let him call for the elders of the church, and let them pray over him, anointing him with oil 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. The prayer of a righteous person has great power as it is working.

Prayer Directive

Spend time in prayer for your family and friends and any needs you know they may have. Spend time praying for our church, that we would always be seeking God's will and desire for our direction and mission. Pray for missions and missionaries around the globe as we seek to advance the Gospel to the world.

Responding to God

- 1) Download the app "Unreached of the Day" by Joshua Project. Spend time praying for that people group of the day
- 2) Send a text or call someone you know that needs prayer letting them know you are thinking of them and will be praying for them. Ask them of any specific needs they may have and pray with them in that moment. If you are texting them, text the prayer. If you call, pray with them before you hang up.

PRAYER FOR YOUR PERSONAL LIFE

Day 10 - 5/8/24 - Identity in Christ - Galatians 4:6-7

Galatians 4:6-7 (NLT)

And because we are his children, God has sent the Spirit of his Son into our hearts, prompting us to call out, "Abba, Father." Now you are no longer a slave but God's own child. And since you are his child, God has made you his heir.

Prayer Directive

Pray that God would open your understanding that you are a child of God, and that you are no longer a slave to sin.

Responding to God

Write out 5 ways that knowing you are a child of God changes your relationship with God.



Day 11 - 5/9/24 - Personal and Family Needs - Isaiah 44:3

Isaiah 44:4 (NLT)

For I will pour out water to quench your thirst and to irrigate your parched fields. And I will pour out my Spirit on your descendants, and my blessing on your children.

Prayer Directive

Review areas where you and/or your family have need for refreshing and provision. Pray for those areas. If you aren't already, pray for ways you can have time together each day in prayer and God's Word as a family.

Responding to God

Write what provision/blessings you requested from the Lord today. Discuss ideas with your family on how to have devotion/worship time together as a family

Day 12 - 5/10/24 - Fellowship with the Holy Spirit - 2 Cor. 13:11-14

2 Corinthians 13:11-14 (NKJV)

Finally, brethren, farewell. Become complete. Be of good comfort, be of one mind, live in peace; and the God of love and peace will be with you. Greet one another with a holy kiss. All the saints greet you. The grace of the Lord Jesus Christ, and the love of God, and the communion of the Holy Spirit be with you all. Amen

Prayer Directive

Pray, "Father would you show me how to experience the communion, the sharing together, and the participation I can have with the Holy Spirit?"

Responding to God

Using www.biblegateway.com or Bible software, search scripture on "Holy Spirit" and see all the ways that the Spirit guides and empowers the Lord's people.



Day 13 - 5/11/24 - Fruit of the Spirit - Galatians 5:22-23

Galatians 5:22-23 (ESV)

But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law.

Prayer Directive

Pray for the fruit of the Spirit to be present in you and your loved ones today. Ask God to help you grow in the area of "fruits" that you struggle with.

Responding to God

From the reading, list on a piece of paper the fruits of the Spirit. Next to each fruit, write your name or the name of a loved one who needs that fruit in their lives today.

Day 14 - 5/12/24 - Filled with the Holy Spirit - Acts 1:4-8

Acts 1:4-8 (NIV)

On one occasion, while he was eating with them, he gave them this command: "Do not leave Jerusalem, but wait for the gift my Father promised, which you have heard me speak about. For John baptized with water, but in a few days you will be baptized with the Holy Spirit."

So when they met together, they asked him, "Lord, are you at this time going to restore the kingdom to Israel?"

He said to them: "It is not for you to know the times or dates the Father has set by his own authority. But you will receive power when the Holy Spirit comes on you; and you will be my witnesses in Jerusalem, and in all Judea and Samaria, and to the ends of the earth."

Prayer Directive

Ask God to fill you with the Holy Spirit, and with His power to be God's witness wherever you go. Seek forgiveness for times when you were more concerned about your own will and timing the Lord's will and timing. Ask for patience to wait on His promises and guidance

Responding to God

Talk with a friend or leader and discuss ways you can nurture your relationship with the Lord. Seek ways to encourage each other as you pursue spiritual growth.



Day 15 - 5/13/24 - An Increase in Love - Romans 5:5

Romans 5:5 (NKJV)

Now hope does not disappoint, because the love of God has been poured out in our hearts by the Holy Spirit who was given to us.

Prayer Directive

Pray that the Holy Spirit fill your heart with love in the areas in which you lack love.

Responding to God

Ask the Lord to bring 3 people to mind you can love more. Ask the Lord how you could specifically respond to them in His love today. Write down what you sense He is saying to you.

Day 16 - 5/14/24 - Boldness in Faith - Acts 4:29-30

Acts 4:29-30 (NIV)

Now, Lord, consider their threats and enable your servants to speak your word with great boldness. Stretch out your hand to heal and perform miraculous signs and wonders through the name of your holy servant Jesus."

Prayer Directive

Pray for God to give you great boldness in sharing your faith and ask Him to do His miraculous work in and through you.

Responding to God

Write down the names of people who God brings to your mind and seek ways and an opportunity to share your faith with them. Also, send them a note, a text, an email, or give them a phone call inviting them to come to church with you.



Day 17 - 5/15/24 - Hope for Now and the Future - Romans 8:23

Romans 8:23 (NKJV)

For we know that the whole creation groans and labors with birth pangs together until now. Not only that, but we also who have the first fruits of the Spirit, even we ourselves groan within ourselves, eagerly waiting for the adoption, the redemption of our body.

Prayer Directive

Pray for God to pour hope upon us, for you and your loved ones today. Pray for His peace to overwhelm you as we go through difficulties in our lives.

Responding to God

What would the Lord invite you to “eagerly hope” for in Him today?

Day 18 - 5/16/24 - Perseverance through Difficulty - 2 Cor.1:8-11

2 Corinthians 1:8-11 (ESV)

For we do not want you to be unaware, brothers,^[a] of the affliction we experienced in Asia. For we were so utterly burdened beyond our strength that we despaired of life itself. Indeed, we felt that we had received the sentence of death. But that was to make us rely not on ourselves but on God who raises the dead. He delivered us from such a deadly peril, and he will deliver us. On him we have set our hope that he will deliver us again. You also must help us by prayer, so that many will give thanks on our behalf for the blessing granted us through the prayers of many.

Prayer Directive

Pray that God would deliver you or someone you know from difficulty, despair, danger, or depression. Ask God to help you or someone you know to stop relying on self and learn to rely only on Him.

Responding to God

If you prayed for someone else, write them a short note, email, or text and let them know you were thinking of them and prayed for them. Maybe even ask them for a specific request.



Day 19 - 5/17/24 - Joy in the Holy Spirit - Romans 14:17

Romans 14:17 (NLT)

For the Kingdom of God is not a matter of what we eat or drink, but of living a life of goodness and peace and joy in the Holy Spirit.

Prayer Directive

Ask your heavenly Father for the joy of the Holy Spirit to saturate you today.

Responding to God

Begin to list the blessings and provisions that God has poured into your life.

PRAYER FOR FIVE POINTS BAPTIST CHURCH AND OUR MISSION

Day 20 - 5/18/24 - Devoted to Prayer - Colossians 4:2

Colossians 4:2 (NIV)

Devote yourselves to prayer, being watchful and thankful.

Prayer Directive

Pray that our church would be deeply committed to seeking God in prayer.

"Jesus, twice You cleared the Temple in righteous anger, because Your house was to be a house of prayer. Help us not to take that lightly. Lord, direct us to our knees, and seal our commitment and desire to be devoted to communing with You in prayer. Let our church be known as a house of prayer. Keep us awake, alert. Fill our hearts with joy no matter the circumstances as we come to You as a church body in prayer. Amen."

Responding to God

Ask the Lord how you can encourage another brother or sister in our church to join you in seeking God in prayer. Write down what you sense He brings to your mind.



Day 21 - 5/19/24 - Cling to our First Love - Revelation 2:4-5

Revelation 2:4-5 (NKJV)

Nevertheless, I have this against you, that you have left your first love. Remember therefore from where you have fallen; repent and do the first works, or else I will come to you quickly and remove your lampstand from its place—unless you repent.

Prayer Directive

Pray that we will cling to our first love.

“Jesus, we can only love because You first loved us. You gave Yourself for us. We are YOUR body. We are nothing without You. Do not allow us as a church to take You or Your message of redemption for granted. Deepen our love. Show us how to love. We proclaim as a church that we love You!! You are our God! We want no one but You! Show us where we have failed. Bring us to repentance. Forgive us! You are our first, and only love, dear Jesus.”

Responding to God

Ask the Lord to reveal to you anything, or anyone you have put a higher priority on than Him. What is the Lord revealing to you about your priorities?

Day 22 - 5/20/24 - Discipleship of all Ages - Colossians 1:28-29

Colossians 1:28-29 (NLT)

So we tell others about Christ, warning everyone and teaching everyone with all the wisdom God has given us. We want to present them to God, perfect in their relationship to Christ.

Prayer Directive

Pray for the church’s dedication and perseverance to lead believers onto maturity in discipleship, instant and total obedience to Jesus.

Responding to God

Who are you discipling (simply saying come obey Jesus with me)?

Who is discipling you (they are simply saying come obey Jesus with me)?

Find or continue to share this time of prayer and fasting with someone, encouraging and holding each other accountable as we become better disciples together.



Day 23 - 5/21/24 - The Vulnerable and Marginalized - Matthew 25:37-40

Matthew 25:37-40 (NIV)

Then the righteous will answer him, "Lord, when did we see you hungry and feed you, or thirsty and give you something to drink? When did we see you a stranger and invite you in, or needing clothes and clothe you? When did we see you sick or in prison and go to visit you?"

The King will reply, "I tell you the truth, whatever you did for one of the least of these brothers of mine, you did for me."

Prayer Directive

Pray that God would show you how you can personally engage with the poor and the marginalized in our own city. Ask God to show you how to invite others in our church to join you.

Responding to God

Look for opportunities to volunteer and serve others in need in our city. Write down who you could invite to join with you.

Day 24 - 5/22/24 - Individuals and Families in our Church - 2 Thessalonians 2:13

2 Thessalonians 2:13 (CSB)

But we ought to thank God always for you, brothers and sisters loved by the Lord, because from the beginning God has chosen you for salvation through sanctification by the Spirit and through belief in the truth.

Prayer Directive

Pray for the Holy Spirit to be poured out on brothers, sisters, families, and individuals in our church.

Responding to God

Write a note or send a text to a few people to tell them you prayed for them today. Reach beyond those in your "usual circles". Write to someone outside your Sunday school class.



Day 25 - 5/23/24 - Trust in Christ Grows His Church - Matthew 16:18

Matthew 16:18 (NIV)

And I tell you that you are Peter, and on this rock I will build my church, and the gates of Hell will not overcome it.

Prayer Directive

Pray that the church will trust Jesus to grow the church, in His way and in His power. "Jesus, build us, strengthen us, grow our faith. This is YOUR church. You created us. We are Yours. Use this church as YOU will, not as we will. Do what only You can do.

We claim this promise: the forces of Hell will not overcome Your church. We stand in faith, covered in Your armor and armed with Your Word. You are our source of life and strength. We find sure footing, security and victory in the all-powerful, supreme King of Kings and Lord of Lords – Our Savior Jesus Christ! It's in Your almighty name we pray, Amen."

Responding to God

Write down 3 areas/ministries of our church that the Lord brings to your mind that you can pray for specifically today. Pray for those ministries throughout the day.

Day 26 - 5/24/24 - Finances and Provision - 2 Corinthians 9:6-8

2 Corinthians 9:6-8 (NKJV)

But this *I* say: He who sows sparingly will also reap sparingly, and he who sows ^[a]bountifully will also reap bountifully. *So let* each one *give* as he purposes in his heart, not grudgingly or of ^[c]necessity; for God loves a cheerful giver. And God *is* able to make all grace abound toward you, that you, always having all sufficiency in all *things*, may have an abundance for every good work.

Prayer Directive

Father in Jesus' name, give me a willing and cheerful heart so that I can be generous in giving and supporting my local church.

Responding to God

Where is the Lord calling you to obedience in giving? Think about how the Lord may be calling you to give over and above your regular giving so that we might be able to reach even more with the love of Jesus.



Day 27 - 5/25/24 - Encouragement of Pastors and Leaders - 1 Thessalonians 5:12-13

1 Thessalonians 5:12-13 (NIV)

Now we ask you, brothers, to respect those who work hard among you, who are over you in the Lord and who admonish you. Hold them in the highest regard in love because of their work. Live in peace with each other.

Prayer Directive

Ask the Holy Spirit to show you needs/hopes of pastors, and leaders in our church. Ask the Holy Spirit how you can encourage them in the Lord.

Responding to God

Which leaders in your church would the Lord invite you to encourage today? Call, text, email, or write a note of encouragement right now.

Day 28 - 5/26/24 - Encountering God in Worship - Revelation 1:10

Revelation 1:10-11 (NKJV)

I was in the Spirit on the Lord's Day, and I heard behind me a loud voice, as of a trumpet, saying, "I am the Alpha and the Omega, the First and the Last," and, "What you see, write in a book and send it to the seven churches which are in Asia: to Ephesus, to Smyrna, to Pergamos, to Thyatira, to Sardis, to Philadelphia, and to Laodicea."

Prayer Directive

Ask the Lord to ignite a depth of worship in our church like John had in Revelation, people clearly hearing the voice of the Lord.

Responding to God

How would the Lord invite you to take your personal worship deeper in corporate worship moments? Pray this same prayer for everyone in our congregation.



Day 29 - 5/27/24 - Asking God What He Wants - Colossians 1:9, Romans 8:26-27, 1 John 5:14-15

Colossians 1:9 (NIV)

So we have not stopped praying for you since we first heard about you. We ask God to give you complete knowledge of his will and to give you spiritual wisdom and understanding.

Romans 8:26-27 (NKJV)

Likewise the Spirit also helps in our weaknesses. For we do not know what we should pray for as we ought, but the Spirit Himself makes intercession ^{for} for us with groanings which cannot be uttered. ²⁷ Now He who searches the hearts knows what the mind of the Spirit is, because He makes intercession for the saints according to the will of God.

1 John 5:14-15 (CSB)

This is the confidence we have before him: If we ask anything according to his will, he hears us. And if we know that he hears whatever we ask, we know that we have what we have asked of him.

Prayer Directive

Ask the Holy Spirit to give His wisdom and direction to our whole church congregation. Pray that we listen for his will and what he wants for our church, not what we want and our will. Scripture is clear that it is the Father's will that we should seek. Ask God to forgive us of any personal agendas, judgments, or self-will we may have sought after and replace that with his good and perfect will and desire for us.

Responding to God

Where do you sense the Lord calling you to stop seeking your desires and seek Him today? Find a marker and write on your mirror "not my will but yours." See that as a daily reminder that it is the Lord's will we should seek. Where are you seeking His will specifically today? Take some time today and share that with a friend.



PRAYER FOR OUR SEARCH PROCESS, COMMITTEE, AND TEAMS.

Day 30 - 5/28/24 - Seek God Himself - Jeremiah 29:11-13, James 4:8

Jeremiah 29:11-13

For I know the plans I have for you, declares the Lord, plans for welfare and not for evil, to give you a future and a hope. Then you will call upon me and come and pray to me and I will hear you. You will seek me and find me, when you seek me with all your heart.

James 4:8

Draw near to God, and he will draw near to you. Cleanse your hands, you sinners, and purify your hearts, you double-minded

Prayer Directive

Pray for the search process period that it will be a time the church learns to seek God Himself more than just a new pastor. Pray that the Lord would teach us to draw close to Jesus and trust Him as the true head of the Church. Let us seek His desire for this process and not ours.

Responding to God

Ask the Lord to bring you to a place where your thoughts and concerns are in line with His. That we are seeking his guidance not based on our personal thoughts and desires. Try to remove the word "I" out of your conversation. Instead of saying "I think we need.." try to change your frame of mind to asking "what GOD desires..."

Day 31 - 5/29/24 - Prayer for Present Ministry - Revelation 2:1-4; 3:15

Revelation 2:1-4 (NIV)

To the angel of the church in Ephesus write: These are the words of him who holds the seven stars in his right hand and walks among the seven golden lampstands. know your deeds, your hard work and your perseverance. I know that you cannot tolerate wicked people, that you have tested those who claim to be apostles but are not, and have found them false. You have persevered and have endured hardships for my name, and have not grown weary. Yet I hold this against you: You have forsaken the love you had at first.

Revelation 3:15 (NIV)

I know your deeds, that you are neither cold nor hot. I wish you were either one or the other!



Prayer Directive

Pray for strong consistency and focus in the present ministry of the church. Pray for the Lord to grant power, wisdom, and direction to our current pastors, leaders, and staff. Protect us from lukewarmness or losing our first love. Remind us that we serve Jesus and the ministry he has begun and will continue to work until the day he returns.

Responding to God

Take time to write an encouraging note or message to one of the pastors, leaders, and staff of our church. Give them encouragement and be the first to speak godliness and uplifting words on their behalf to others instead of negativity.

Day 32 - 5/30/24 - Prayer for the Nominating Committee - Philippians 1:9-10, Hosea 14:9

Philippians 1:9-10 (ESV)

And it is my prayer that your love may abound more and more, with knowledge and all discernment, so that you may approve what is excellent, and so be pure and blameless for the day of Christ

Hosea 14:9 (ESV)

Whoever is wise, let him understand these things; whoever is discerning, let him know them; for the ways of the Lord are right, and the upright walk in them, but transgressors stumble in them.

Prayer Directive

Pray for the nominating committee, the chairperson, and each team member, that they would seek God's will and trust the Spirit for discernment, wisdom, and strength as they select members of the search committee to present to the church. Pray that the list of names would be filed with men and women who seek God's will and not their own agenda. That the team would consist of those who show godliness in their actions toward others and are representatives of the Kingdom.

Responding to God

Seek out members of the committees to encourage them in the work they have before them and thank them for the work they are doing. Speak word that build them up, not tear down, during this process.



Day 33 - 5/31/24 - Clear Direction from the Lord - Isaiah 55:8-9

Isaiah 55:8-9 (ESV)

For my thoughts are not your thoughts, neither are your ways my ways, declares the Lord. For as the heavens are higher than the earth, so are my ways higher than your ways and my thoughts than your thoughts.

Prayer Directive

Pray for God to give clear direction to the search committee in how resumes are collected, examined and interviews conducted. Ask God to fill the position with the right person and bring that person to the attention of the team.

Responding to God

Take time within your family, or for yourself, to think about and list ways you can listen to God's direction in your life. As you pray for the committee and their direction, what are ways you need direction from God as well?

Day 34 - 6/1/24 - Prayer for the Lord's Timing - Psalm 37:7-9

Psalm 37:7-9 (ESV)

Be still before the Lord and wait patiently for him; fret not yourself over the one who prospers in his way, over the man who carries out evil devices! Refrain from anger, and forsake wrath! Fret not yourself; it tends only to evil. For the evildoers shall be cut off, but those who wait for the Lord shall inherit the land.

Prayer Directive

Pray for the team to have no timetable but God's. They must be determined to find God's perfect will in God's perfect time.

Responding to God

As a way of self-reflection, what are ways you may struggle with patience? During this time, if the process of selecting a pastor is taking longer than you think it should, seek ways to ask God to give you the patience he requires and the ability to encourage the team as they search for God's will.



Day 35 - 6/2/24 - Unity Amongst the Search Team - Amos 3:3, 1 Corinthians 1:10

Amos 3:3 (CSB)

Can two walk together without agreeing to meet?

1 Corinthians 1:10 (ESV)

I appeal to you, brothers, by the name of our Lord Jesus Christ, that all of you agree, and that there be no divisions among you, but that you be united in the same mind and the same judgment.

Prayer Directive

Pray for unity amongst the members of the search committee. There will be opportunities for the enemy to divide and for opinions to cause division. Pray that disunity does not take place, that Satan is not allowed to deceive. Pray for powerful unity and oneness of spirit within the team, that no one person will dominate or overpower the rest of the team, but that they work together as one body, unified for the sake of Christ and His church.

Responding to God

What are ways that you can support unity in the church as we pray for unity among the search team members? Is there anyone that you have had disagreements with that you need to reach out to in brotherly/sisterly love? If so, seek God and ask him to give you the ability and make the opportunity to do so.

Day 36 - 6/3/24 - Hospitality Towards the Search Team - 1 Peter 4:8-11

1 Peter 4:8-11 (CSB)

Above all, maintain constant love for one another, since love covers a multitude of sins. Be hospitable to one another without complaining. Just as each one has received a gift, use it to serve others, as good stewards of the varied grace of God. If anyone speaks, let it be as one who speaks God's words; if anyone serves, let it be from the strength God provides, so that God may be glorified through Jesus Christ in everything. To him be the glory and the power forever and ever. Amen.

Prayer Directive

Pray for the time that will be spent, and the hours and hours of time the committee will be in meetings and interviews. This is time they will be away from the families.



Pray that the church will support them during this time and lift them up with love and hospitality, serving them as they serve the church.

Responding to God

Look for ways and ideas on how you can be hospitable to the search team. Many of their meetings will take place at nights and evenings. Offer to prepare a meal for the times they will be meeting together. Work together with a team of others to cover the meeting times for snacks, drinks, and meals.

Day 37 - 6/4/24 - Remembering the Families of the Team - Galatians 6:10

Galatians 6:10 (ESV)

So then, as we have opportunity, let us do good to everyone, and especially to those who are of the household of faith.

Prayer Directive

Just as we pray for the search team, let's also pray for their families. They will be without their mom, dad, husband or wife during times of meetings and interviews. Many times this may be during family meals or events. Pray that God would increase their family time opportunities to make up for the time that they are apart.

Responding to God

Look for ways that you can show support and hospitality to families of those on the search team. Think of opportunities you may have to invite them over if they have kids the same age as yours, or if they will be alone while their spouse is attending meetings. Invite them on play dates, or over for a meal. Plan to take meals to the families if possible.

Day 38 - 6/5/24 - The Future Pastor and Family - 2 Timothy 3:16-17

2 Timothy 3:16-17 (ESV)

All Scripture is breathed out by God and profitable for teaching, for reproof, for correction, and for training in righteousness, that the man of God may be complete, equipped for every good work.



Prayer Directive

Pray for the future pastor and his family that they would have an absolute certainty in their sense of call to lead Five Points. Pray that he is certain that he has God's direction and leading.

Responding to God

Prepare now for the time when God's called man is in place at Five Points. How will you follow his leadership? What are ways you can welcome, support, encourage, and uplift his family? What are ways you can support him and his family by protecting them and their time together as a family? How can you help make their service at Five Points a ministry they enjoy and that is long lasting.

Day 39 - 6/6/24 - Against the Influence of the Enemy - 1 Timothy 5:6-11

1 Timothy 5:6-11 (NKJV)

Therefore, humble yourselves under the mighty hand of God, that He may exalt you in due time, ⁷ casting all your care upon Him, for He cares for you. ⁸ Be sober, be vigilant; because your adversary the devil walks about like a roaring lion, seeking whom he may devour. ⁹ Resist him, steadfast in the faith, knowing that the same sufferings are experienced by your brotherhood in the world. ¹⁰ But may the God of all grace, who called us to His eternal glory by Christ Jesus, after you have suffered a while, perfect, establish, strengthen, and settle you. ¹¹ To Him be the glory and the dominion forever and ever. Amen.

Prayer Directive

Pray for the prevention of Satan's influence in misleading, misguiding, misdirecting the committees, the search team, and the church during this process. Pray that God would protect His people and His church from the attacks of the enemy. Prayer for a great wall of protection around the teams, committees, and their families.

Responding to God

One way that Satan breaks in is through disunity. You can help fight against the schemes of Satan by avoiding anything that disunifies the body. Avoid conversations that are not uplifting to the body, do not take part in slander or gossip. Think of ways YOU can promote unity and not allow Satan to have a foothold.



Day 40 - 6/7/24 - Come Holy Spirit - Acts 4:31

Acts 4:31 (NKJV)

And when they had prayed, the place where they were assembled together was shaken; and they were all filled with the Holy Spirit, and they spoke the word of God with boldness.

Prayer Directive

Pray specifically that you will be changed dramatically by the Holy Spirit. Pray for our church, our city, our nation, and our world. Pray for our gathering together after the 40 Days of Prayer and Fasting, that God would speak to us and we would obey.

Responding to God

How might God be asking you to obey after these 40 Days? What is He specifically calling YOU to do in response to this time of prayer and fasting? Share it with an accountability partner so you can follow through.

HE IS ABLE!



FASTING BASICS

EPHESIANS 3:20

NOW TO HIM WHO IS ABLE TO DO IMMEASURABLY MORE THAN ALL WE ASK OR IMAGINE, ACCORDING TO HIS POWER THAT IS AT WORK WITHIN US....

THIS GUIDE IS DESIGNED TO ADDRESS SOME OF THE MOST BASIC QUESTIONS REGARDING THE SPIRITUAL DISCIPLINE OF FOOD FASTING AND SUGGESTIONS FOR THOSE WHO CAN NOT FAST FOOD.*

Before we talk about fasting food, I want to remind you that you can fast anything... it is saying "no" to something good to say "yes" to something better (The "better" being time with the Lord). It might be social media, TV and movies etc. It can be a partial food fast like the "Daniel Fast" and there are great options for others. There are some who are physically not able to fast food, however, many people in good health can fast food and greatly benefit from a biblical food fast.

WHAT IS FASTING?

- A. Biblical fasting is that you deny your flesh and your body to feed your spirit.
- B. Fasting always has to do with eliminating distractions for a spiritual purpose. Every religion includes some form of fasting, but they are trying to appease their god or work their way to god but not Christian fasting. We are repositioning our spirit with the spirit of God. During a fast, the believer is aligning his/her body and soul under the leadership of the Spirit.
- C. It also enables us to celebrate the goodness and mercy of God while preparing our hearts for all of the good things He desires to bring into our lives. You see this all through the Bible from Moses, to Joshua, to Elijah, and Elisha, as well as other prophets, Esther, the nation of Israel, even pagans, like Nineveh. In the New Testament: Anna, John the Baptist, Peter, Paul, Barnabas, the early Church, and most importantly even Jesus.
- D. The word fast is mentions 75 in the Bible. It is mentioned more than the word baptize.
- E. Fasting is the practice of physically putting aside food, maybe even food and drink for a time, as a physical expression of a spiritual reality. It's basically saying, "More than our bodies are dependent on food, our souls and lives are dependent on God." When we do this, what we're saying is, "There's something more important in my life than physical nourishment. More than I need food, I need God." Fasting is a physical reminder of that spiritual reality.
- F. During the years that Jesus walked this earth, He devoted time to teaching His disciples the principles of the kingdom of God. Principles that conflict with those of this world. In the Beatitudes, specifically in Matthew 6, Jesus provided the pattern by which each of us is to live as a child of God. That pattern addressed three specific duties of a Christian: giving, praying, and fasting.
- G. Jesus said, "When you give..." and "When you pray..." and "When you fast." He made it clear that fasting, like giving and praying, was a normal part of Christian life. As much attention should be given to fasting as is given to giving and to praying."
- H. **Matthew 6:16-18** - "And when you fast, don't make it obvious, as the hypocrites do, for they try to look miserable and disheveled so people will admire them for their fasting. I tell you the truth, that is the only reward they will ever get. ¹⁷ But when you fast, comb your hair and wash your face. ¹⁸ Then no one will notice that you are fasting, except your Father, who knows what you do in private. And your Father, who sees everything, will reward you.

(Special thanks to Pastor John Jenkins from NPBC for assistance with the above info on fasting and prayer.)



HOW DO I GET STARTED?

Types of fasting (not exhaustive):

- **Jewish Fast-** This is a “sun-up to sun-down” type of fast. Typically, you would skip breakfast and lunch and just eat supper, breaking fast around 6pm. This can be done as much as one time a week to even longer periods, like the entirety of the 40 days.
- **Daniel Fast-** is a biblically based partial fast based on two accounts of the Prophet Daniel’s fasting experiences (see Daniel 1 and 10) and typical Jewish fasting principles. The Daniel Fast eating plan is similar to a vegan diet with additional restrictions. See the Daniel Fast Food List for a more complete outline of foods to include and foods to avoid.
- **Liquid Fast-** Some may choose to fast by only drinking liquids for a certain length of time. It could be 24 hours, some choose longer. This is a challenging type of fasting.
- **Fasting from things other than foods-** specific foods, social media, tv, phones, sports, hobbies, etc.

Remember, the objective is the ongoing practice of making ourselves available to God, not just getting one big “fasting trophy” and spending the rest of our life talking about it!

A special note for those with physically, mentally or emotionally strenuous jobs:

All fasting is not equal! For a delivery driver who is lifting hundreds, if not thousands of pounds in a day, a 24-hour fast is more intense than for someone who is sitting at a desk most of the day. Some jobs are more physically, mentally, or emotionally demanding than others and you must allow for this. Let the Holy Spirit show you what is right for you.

IS THERE ANYTHING I SHOULD DO TO PREPARE FOR A FAST?

Yes! There are some very important things to think about before you begin your fast. Determine your Purpose or Motivation for the Fast .This can be as simple and general as just wanting more of God, to something very specific like guidance for a particular question, and anything else in between.

Determine the Kind of Fast :

Answer questions like “How Long” and “What Type” of fast. Choosing a fast will partly depend on your occupation and normal physical demands. Think about how much additional time you will spend “feeding” your spirit with prayer, worship, fellowship, service, or Bible reading.



Things to consider:

- Consult your doctor* if you have any physical limitations or are on any medications (see the list of those who should NOT food fast)
- Consider your scheduling and physical exercise limitations
- Ask the Holy Spirit to help you.
- Spend some time in self-examination and confession.
- Prepare some scriptures for meditation.

Socially

- Consider who will need to know about your fast.
- If you live with children, use the fast as a teaching example and explain simply (depending on their ages) what you are doing and why. This will help them to view fasting as a normal part of being a Christian, just like going to church.
- It is wise to have someone praying for you, especially if you are just beginning or are attempting a long term fast.
- It is also helpful to have one or two people to whom you can be accountable during your fast.
- Consider what you will say to those who will inevitably notice you are not eating (“I have other plans for lunch today...”). Do not seek it out, but don’t be afraid to be honest with anyone if the subject becomes unavoidable. This is an open door for you to share about who God is in your life.
- Think about how you will handle the family mealtimes.

Some Physical and Emotional Effects to Expect

Be prepared for some temporary social, physical, and mental discomforts! Missing the social or mental pleasure of eating is usually as intense as the physical desire to eat. You may find yourself feeling irritable and impatient early in the fast. This is partially a result of the tension created in your body as it looks for an alternate source of energy. Practice patience! Over time your body comes to understand what to do and this tension subsides.

During Your Fast

- Your body may react or tolerate things differently and you should go with what works best for you.
- Drink lots and lots of water (over three days without water is considered deadly).



Remember, in the Christian fast we are not *just* abstaining from food but in place of eating we are feeding our spirit on the living and written Word of God.

*Medical Disclaimer

The content of this document is published only for the purposes of information and is not intended to substitute for consultation with a medical professional before beginning a fast of any kind. Consult a doctor or medical professional before beginning a fast.

