

Dear Reader,

Since the beginning of our church, prayer has been a lifeline. One of our core values is we are Spirit-led, so our motto has simply been-pray first in every situation. We not only pray first, but we pray last and pray in the middle. This has been the secret to all of our decisions. It has brought health not only to the church but peace in my own personal life. However, I've discovered many times that people act first then want God to rescue them out of that situation, but prayer should be our premier choice, not our last settled scheme. Recognizing the value of prayer is not enough. To become a part of our life, it needs to become something we look forward to doing, something that doesn't give us a headache or makes us feel bad doing, but something that rejuvenates us, giving us hope and tangible peace. I'm convinced most people don't enjoy prayer because, honestly, they've never been taught how to pray, or they don't know the power of prayer. That's where this simple prayer journal can help. Using several prayer models from the Bible and having some guides to make prayer more personal, this booklet is designed to bring joy into your time with God. Like what Paul the Apostle spoke of in Ephesians 3:18, my prayer for you is that through prayer, you may have the power to understand, as all God's people should, how wide, how long, how high, and how deep God's love is for you. When you explore the grace of daily conversation with Him, you'll experience the presence of God that will change every aspect of your life. So whether it's before the day begins or before you go to bed, whether before you send that text or before you walk into that meeting, whether when bad things happen or before bad things happen, pray first. As you do so, you'll see and experience the miracles that God wants to do in and through you!

Yours in Christ,

Pastor Brandon Davis

What is prayer?

Prayer is communicating with God. I Thessalonians 5:17 tells us to pray without ceasing. One key factor to a successful fast is staying in close communication with God. Fasting without prayer is simply skipping a meal.

What is a fast?

A fast is a voluntary and purposeful act of abstaining from a pleasurable activity. It is an effective spiritual discipline that turns our attention away from the flesh and toward God. In Scripture, fasting is almost always linked to abstaining from food. However, there are other ways to fast as well. Anything that can be given up temporarily in order to grow closer to God can be considered a fast. Your fast may include abstaining from food, television, sweets, meat, social media or other activities. Fasting should be limited to a set time, especially when fasting from food. Some may choose to fast from sun up to sundown, while others may choose to fast from a particular meal of the day.

Why pray and fast?

Matthew 17:21 (NLT) – But this kind of demon won't leave except by prayer and fasting. There are some things that will only be changed through the sacrifice of fasting, coupled with prayer.

Joel 1:14 (NLT)- Announce a time of fasting; call the people together for a solemn meeting. Bring the leaders and all the people of the land into the Temple of the Lord your God, and cry out to him there.

The Bible tells us to fast and call a group together to cry out to the Lord.

The benefits of fasting

Prepares the Penitent Heart-Joel 2:12-13
Adds Power for Spiritual Service-Matthew 17:21
Aids in Pursuing God- Daniel 9:3
Aids in Focusing on God-Joel 2:12
Rewarded When Done Discreetly-Matthew 6:16-18
Puts Us in a Posture of Humility-Psalm 35:13
Weapon in Spiritual Warfare- Esther 4:16
Sets the Captives Free- Isaiah 58:6
Ushers in Healing- Isaiah 58:8
Aids in Receiving Direction- Acts 13:2
Get Specific Prayers Answered- Ezra 8:23
Aids in Receiving Revelation- Daniel 9:3, 21-22

Tips on fasting

1. You should consult your physician prior to beginning a fast.
2. When the designated time of fasting has been completed, transition out of the fast with care. You should end the fast gradually.

Fast Guideline: This is a variation of the Daniel Fast

Week 1: Reduce meals by 1 meal a day. (ex. If you eat 3 meals a day eat 2, if you normally eat 2 meals a day eat 1). Abstain from red meat, no pork no beef. Only fish and poultry. No sweets.

Week 2: Everything from week 1 and reduce caffeine to every other day.

Week 3: Everything from weeks 1 and 2. This week try to go no caffeine and concentrate on fruits and vegetables.

We will have daily corporate prayer – Monday thru Saturday.

We recommend 1 quiet day a week with limited electronics to focus on prayer and the reading our bibles.