



# THE CHURCH AT LAKE FOREST

PRAYER & FASTING

JAN 2022



# PRAYER & FASTING

**Dear Reader,**

We have set our hearts to be a people of prayer. Our rally cry has simply been, “Pray First.” In every situation, whether good or bad, we try to pray before we act. Many times people act first and then want God to bail them out of that situation, but prayer should be our first response, not our last resort.

Understanding the necessity of prayer is not enough. In order for it to become a part of our life, it needs to become something we look forward to doing. I’m convinced most people don’t enjoy prayer because they have never been taught how to pray. That’s where this simple prayer booklet can help. Using the A.C.T.S Prayer Model, this booklet is designed to help you make prayer more personal and to 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 eat, drive or travel —
- When bad things happen —
- Before bad things happen —
- In every situation — **PRAY FIRST!**

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# A.C.T.S

## PRAYER MODEL

The ACTS prayer model is a very good way to focus our hearts on Who God is and What He has done before we turn our hearts to asking Him for His continued work.

This is also an excellent prayer model to follow for those who haven't prayed much before or for an extended period of time.

On the following pages you'll be provided with a breakdown of this model to use during our time of Fasting & Prayer.

## ADORATION

During this time, focus directly on God, adoring Him for Who He is-- His names, His character, His roles, etc. Worship and praise God with your heart, mind, and voice.

I Chronicles 29:10-13--Yours, O LORD, is the greatness and the power and the glory and the victory and the majesty, for all that is in the heavens and in the earth is yours. Yours is the kingdom, O LORD, and you are exalted as head above all. Both riches and honor come from you, and you rule over all. In your hand are power and might, and in your hand it is to make great and to give strength to all. And now we thank you, our God, and praise your glorious name.

Psalms 63: 3-4--Because your steadfast love is better than life, my lips will praise you. So I will bless you as long as I live; in your name I will lift up my hands.

Revelation 4:8-- Holy, holy, holy is The Lord God Almighty, Who was, and is, and is to come.

Revelation 5:12-- saying with a loud voice, "Worthy is the Lamb who was slain, to receive power and wealth and wisdom and might and honor and glory and blessing!

Psalms 25:8-- Good and upright is the LORD; therefore he instructs sinners in the way. Hymns-- How Great Thou Art, Great Is Thy Faithfulness, Behold Our God, Holy is He... Names of God-- Emmanuel (God with us!), Light of the World, Bread of Life, Lamb of God, King of Kings and Lord of Lords, Good Shepherd, Redeemer, I Am, Father, Savior.

## CONFESSION

When you acknowledge who God is and adore Him for all that He is, confession is a natural follow-up. We cannot stand before the throne of a holy God with sin between us and our Savior. Thank God, for He is faithful and just to forgive us our sins!

**Ask** God to search your heart for areas that displease Him. Psalm 139:23-24-- Search me and know my heart! Try me and know my thoughts! And see if there be any grievous way in me, and lead me in the way everlasting!

**Allow** God to cleanse your heart from unconfessed sin. Psalm 51:10-13-- Create in me a clean heart, O God, and renew a right spirit within me. Cast me not away from your presence, and take not Your Holy Spirit from me. Restore to me the joy of Your salvation, and uphold me with a willing spirit.

**Confess** and repent of specific sins. I John 1:4-9-- And we are writing these things so that our joy may be complete. This is the message we have heard from him and proclaim to you, that God is light, and in him is no darkness at all. If we say we have fellowship with him while we walk in darkness, we lie and do not practice the truth. But if we walk in the light, as he is in the light, we have fellowship with one another, and the blood of Jesus his Son cleanses us from all sin. If we say we have no sin, we deceive ourselves, and the truth is not in us. If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.

**Accept** His forgiveness and cleansing. Jeremiah 31:34-- For I will forgive their iniquity, and I will remember their sins no more. 2 Corinthians 7:9-10-- As it is, I rejoice, not because you were grieved, but because you were grieved into repenting. For you felt a godly grief, so that you suffered no loss through us. For godly grief produces a repentance that leads to salvation without regret, whereas worldly grief produces death.

Psalm 25:11- For your name's sake, O LORD, pardon my guilt, for it is great.

## THANKSGIVING

This is a time for prayers of thanks for what God has done. Thank Him for salvation, the many blessings in your life, protection, provision, open doors, opportunities, and His gifts to man.

I Chronicles 16:34--Oh give thanks to the LORD, for he is good; for his steadfast love endures forever!

I Thessalonians 5:16-18--Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you.

Philippians 4:6-7- Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

Psalms 100:4-5- Enter his gates with thanksgiving, and his courts with praise! Give thanks to him; bless his name! For the LORD is good; his steadfast love endures forever, and his faithfulness to all generations.

## SUPPLICATION

Prayers of requests. This is the time to ask God for His divine help to meet needs, solve problems, work in someone's life, etc.

Philippians 4:6-- Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.

Ephesians 6:18-- Praying at all times in the Spirit, with all prayer and supplication. To that end keep alert with all perseverance, making supplication for all the saints,

I Timothy 2: 1-4--First of all, then, I urge that supplications, prayers, intercessions, and thanksgivings be made for all people, for kings and all who are in high positions, that we may lead a peaceful and quiet life, godly and dignified in every way. This is good, and it is pleasing in the sight of God our Savior, who desires all people to be saved and to come to the knowledge of the truth.

# WK1

# NO SWEETS

**\*\*Disclaimer: If you have any health conditions, please consult your doctor before partaking in the 21 Days Of Fasting.**

**Day 1: Lord, teach us to pray. -Luke 11:1**

**Day 2-Salvation:** Lord, I pray that your people would obtain the salvation that is in Christ Jesus, with eternity. -2 Timothy 2:10

**Day 3-God's Grace:** I pray that we may grow in the grace and knowledge of our Lord and Savior Jesus Christ. -2 Peter 3:18

**Day 4-Love:** Father, grant us to learn to live a life of love, through the Spirit who lives in us. Ephesians 5:2

**Day 5-Boldness:** Lord, help us to fearlessly make known the mystery of the gospel of Christ Jesus throughout the world!- Ephesians 6:19

**Day 6-Love For God's Word:** Lord, may I regard your Word as more precious than gold and sweeter than honey. - Psalm 19:10

**Day 7-Sunday Worship**

# WK1: NO SWEETS

## LORD, TEACH US TO PRAY.

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### PRAYER FOCUS

WHAT ARE YOUR PRAYER REQUESTS THIS WEEK?

### DIETARY GUIDE

WHAT HAS BEEN SUCCESSFUL THIS WEEK?

### SCRIPTURES

WHAT IS YOUR READING FOCUS? WHAT SCRIPTURE STOOD OUT FOR YOU?

### ACTIVITIES

WHAT HAVE YOU DONE TO STAY FOCUSED THIS WEEK?

### NOTES:

What revelation have you had this week?



# WK2

# NO RED MEAT

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**Day 8: Lord, teach us to pray. -Luke 11:1**

**Day 9**-Pastor and wife -God strengthen our Pastor and wife today with your supernatural strength and joy. Help them to stand firm and cover their marriage. Help them to know that their labor is not in vain, and help us to know how best to best encourage them.

-1 Corinthians 15:58

**Day 10**-Elders and Deacons: God, help us to continue to develop servant's hearts, with which we may serve wholeheartedly and with pure motives- Ephesians 6:7

**Day 11**-For more laborers: Lord, I pray for more people with willing hearts to partner with us to go get the harvest you have prepared for us in-person and across the digital space- Matthew 9:37

**Day 12**-Numeric Church Growth: Lord, I pray that you continue to use us to reach new people for your kingdom.-Acts 2:47

**Day 13**-Kids and Youth: Lord, I pray for kids and youth to be raised in the way they should go. Allow the Word to reach the heart that they may walk in ways that please you.-1 Timothy 4:12

**Day 14**-Sunday Worship

# WK2: NO RED MEAT

## LORD, TEACH US TO PRAY.

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### NOTES:

What revelation have you had this week?

# WK3

# NO MEAT

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**Day 15: Lord, teach us to pray. -Luke 11:1**

**Day 16-Generosity:** Lord, I pray that we would be rich in good deeds, generous and willing to share in what you have blessed us with. -1 Timothy 6:18

**Day 17-Life Groups and Spiritual Growth:** Lord, I pray that authentic and positive relationships are developed within our life groups as we grow as disciples. Acts 2:46

**Day 18-Responsibility:** Lord, help us to learn to be responsible, for each one should carry his own load.-Galatians 6:5

**Day 19-Marriages and Singles:** Lord, I pray for our married couples in our church to have thriving marriages and let nothing come in between them. Lord, I pray that our singles in this season of singleness do not settle for the sake of just not wanting to be alone anymore, but will be yoked up with a person that values their relationship with you just as much as they do.  
Mark 10:9, 2 Corinthians 6: 14

**Day 20-In-Person gathering:** Lord, I pray that people do not forsake in person gathering and see the power of gathering together during our Weekend Worship Services. -Hebrews 13:5

**Day 21-Sunday Worship**

# WK3: NO MEAT

## LORD, TEACH US TO PRAY.

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### ACTIVITIES

WHAT HAVE YOU DONE TO STAY FOCUSED THIS WEEK?

### NOTES:

What revelation have you had this week?



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...for our Neighbors and the Next  
Generation, seeing them changed by  
Jesus and His Word.

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