

Guidelines for Prayer & Fasting

1. Unless for health reasons you are prevented from fasting, we are asking that you abstain completely from all food on your scheduled day.
2. The schedule is divided into 3 daily sessions in the hopes that you can have a prayer time in the morning, noon and evening.
3. Remember that prayer is not a time just to give God your “list”, but to commune with Him. Begin with worship, singing, or just being still.
4. As we have people praying and fasting for the same things every day, we will begin to experience God’s power and also resistance from Satan. There will never be any victory if we aren’t fighting the battle. Remember there is power in prayer. Prayer is work, but prayer also works.
5. Every day, pray for the person who is fasting that day.

Guidelines for February

Session 1

Read Psalm 51

Ask the Holy Spirit to reveal your sins.

- Keep in mind the sins many aren’t afraid to commit such as worry, materialism, lack of compassion and unforgiveness. Confess them to God.

Thank God for who He is and what He has done.

- Worship Him and let Him know that you desire to always follow Him.

Pray for the sick, your family and friends; especially for their spiritual growth.

Session 2

Read 1 Corinthians 13

Ask how well you are loving the people God has put in your life

Pray for our church:

- Marriages – Pray that couples would be committed to loving each other unconditionally.
- Purity - Pray that we will be pure in what we allow our eyes to look at and that our thoughts are pure.
- Unity – Pray that we will be humble, regarding others as more important than ourselves.
- Ask the Holy Spirit to fill the Pastor, Staff, Deacons and Bible Study Leaders.

Session 3

Read Acts 2

Pray that the Holy Spirit will fall on us today like He did at Pentecost

Pray for the leaders of our country,

- President, Congress, Governor, State legislature, Mayor, city council.

Prayer for our missions

- GraceWorks, Alaska missions, Seaman’s mission, ESL, China, Gideons, Grandview Outreach

Pray for a revival in your life, our church, our country, and world.