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THE HEART

PRAYER & FASTING

GUIDE

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PRAYER & FASTING

Matthew 6:5-18 ESV

5 "And when you pray, you must not be like the hypocrites. For they love to stand and pray in the synagogues and at the street corners, that they may be seen by others. Truly, I say to you, they have received their reward. 6 But when you pray, go into your room and shut the door and pray to your Father who is in secret. And your Father who sees in secret will reward you. 7 "And when you pray, do not heap up empty phrases as the Gentiles do, for they think that they will be heard for their many words. 8 Do not be like them, for your Father knows what you need before you ask him. 9 Pray then like this:

"Our Father in heaven, hallowed be your name. 10 Your kingdom come, your will be done, on earth as it is in heaven. 11 Give us this day our daily bread, 12 and forgive us our debts, as we also have forgiven our debtors. 13 And lead us not into temptation, but deliver us from evil. 14 For if you forgive others their trespasses, your heavenly Father will also forgive you, 15 but if you do not forgive others their trespasses, neither will your Father forgive your trespasses. 16 "And when you fast, do not look gloomy like the hypocrites, for they disfigure their faces that their fasting may be seen by others. Truly, I say to you, they have received their reward. 17 But when you fast, anoint your head and wash your face, 18 that your fasting may not be seen by others but by your Father who is in secret. And your Father who sees in secret will reward you.

THE WHY

Matthew Chapters 5-7 record the Sermon on the Mount. It is Jesus' longest sermon. Jesus teaches on many *different* subjects but has one *uniting* theme: motive. As in other passages, here He warns us not to pray or fast *for the sake of* being seen by others. He declares that if attention from people is the reward we desire, then that is the *only* reward we will receive. Praying or fasting for any other reason than to seek God and have His attention is wrong. That being said, it is certain that, at some point, people will likely take notice of your devotion to God, and that isn't a sin. God is concerned with motive. In fact, many of the biblical examples of both prayer and fasting are done corporately. The corporate fast is found more often than any other type of fasting in the Bible. It is



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important to note that whether praying or fasting alone or with others your motive remain pure and not aimed toward getting attention and praise from people but solely at giving your attention fully to God and receiving His attention back.

Remember that fasting is not simply dieting. Fasting should always be accompanied by prayer. Fasting is simply a vehicle we use to seek God. We must remember that simply not eating (or avoiding any other thing) will not accomplish what we desire. We must actively seek God during our time of fasting.

This year, we want to encourage our entire faith family to seek God through prayer and fasting for individual and corporate wisdom, guidance, and direction.

THE WHEN & HOW

In Matthew 6, Jesus says “When you pray... (V.5)” and “When you fast...(V.16)” which demonstrates his assumption that we would at some point, for some amount of time, and in some way, pray and fast. He doesn’t command prayer and fasting in a legalistic fashion, nor does he dictate the details of how long, or what precisely to pray and fast for. On the other hand, Jesus also doesn’t offer a watered down invitation to people that they *may decide* to pray and fast.

His declared assumption is a brilliant way of placing the motive and action of fasting on the hearers: us. We already know that when Jesus speaks and teaches His words are the earthly representation of God’s heart. God’s desire for humanity is for us to ask for wisdom in how often He desires us to seek Him through prayer and fasting.

To help you understand both prayer and fasting more and help you discern when and how to pursue it this season and this year, we have included some Biblical examples of different prayer and fasting strategies that we can all learn from.

We want to encourage everyone in our faith family to commit to prayer and fasting throughout the year this year.



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THE WHAT (PRAYER)

Prayer is simply spending time with God. In much the same way that you would build a relationship with a friend, it includes both talking and listening. We don't believe we are restricted to any one model, strategy, or formula for prayer. At the back of this booklet, you will find teachings and guidance on a few types of prayer including the Lord's Prayer (Matthew 6:9-13), as well as an Old Testament model, called the Tabernacle Prayer.

Whether you follow the models in the back of this booklet or any other form of prayer, we want to invite you to set aside specific times to seek God this month in prayer.

THE WHAT (FASTING)

There are many examples of fasting in the Bible. Fasting was a consistent practice all throughout Scripture. We want to shed fresh light on the beauty of this spiritual discipline. Below are several examples of biblical fasts to help us see when and why people fasted.

Fasting to seek wisdom-

The Israelites fasted to hear from God regarding whether they should enter into battle or not. (Judges 20)

Fasting when mourning-

David and the people fasted after hearing about the deaths of Saul and Jonathan. (1 Samuel 31 & 2 Samuel 1)

Fasting for God's protection-

Ezra had the people fast together to invoke God to grant safe passage. (Ezra 8)

Fasting to petition-

Nehemiah fasted while praying for the forgiveness of sins, to remind God of his promises, and to beg for return from exile. (Nehemiah 1)

Fasting to seek God's favor-

All the Jews fasted in preparation for Esther's courageous attempt to approach the king to save her people. (Esther 4)



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Fasting for mercy-

Daniel fasted and prayed to confess wrongdoing by his people and to petition God for Jerusalem. (Daniel 9)

Fasting to show a repentant heart-

In Joel, God commanded the people to return to Him in repentance through fasting. (Joel 2)

Fasting in waiting for what God had next-

Saul (who would become Paul) fasted after meeting Jesus on the road to Damascus. (Acts 9)

Fasting for guidance and call-

Through fasting and prayer, the people in the Church at Antioch knew to set apart Paul and Barnabas for a special work directed by the Holy Spirit. (Acts 13)

In the same way that people have fasted for different reasons, they have also fasted from different things and in different ways.

Sometimes it was an absolute fast from all food and water. Other times it was only a partial fast. Rarely, it was a supernatural fast! Here are some examples:

An absolute fast-

Esther had the people fast from all food and water for three days. (Esther 4)

A partial fast-

Daniel and his friends fasted from all delicacies and ate only vegetables and water. (Daniel 1)

A partial fast-

The Tribes of Israel fasted, prayed, and offered sacrifices until evening while in the midst of a battle with the Tribe of Benjamin (Judges 20)



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A supernatural absolute fast-

Moses supernaturally fasted from all food and water for 40 days* (Exodus 34)

*Don't try this at home unless you've consulted a doctor and the Holy Spirit; it was a supernatural miracle!

Again, it is interesting that Jesus offers very little description of what to fast from and how to go about doing it in a healthy way. This might be because the people He was talking to would've known exactly how to fast. Or, possibly, it was because He wanted them to seek Him for direction. Whatever the answer is, one truth we know for certain is that fasting is all about seeking the heart of God and asking for His help.

Biblically speaking, fasting is abstinence from food for spiritual purposes. That being said, there are many things that take up and sometimes even consume our attention. There are many things that we fill our lives with. Therefore, we also have an opportunity to fast from things other than food in order to provide time and space to seek God. Some people fast from social media or TV or music. Whatever the chosen fast, it should "cost us something." This idea is emphasized in 2 Samuel 24 when David declares, "I will not give to the Lord something that has cost me nothing" (2 Samuel 24:24). If we are truly going to sacrifice to seek Him, we should commit to sacrificing something that is indeed a sacrifice!

We want to invite you to consider joining our leadership team in committing to some form of fast from food, as well as to consider if there is anything else the Lord is asking you to sacrifice during this special time of seeking Him.

MANY OPTIONS: AN INVITATION FOR UNITY

We are asking each individual or family to seek God for direction on what fast(s) you are going to commit to. Although we may all be doing different fasts, in regards to the specifics, we know that our united time frame and motivation will bring us together. God responds to unity! Please seek God as what He might be calling you to!



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Below are three popular options that many of our team will choose. But again, there are many styles, ways, and fasts to choose from. The most important thing is the motivation and heart behind your "why" and how we seek God along the way!

WATER ONLY (UNTIL 5PM DAILY)

Water only until 5pm is a commitment to eat and drink nothing but water until 5pm each day. The next day you will start again in the morning, fasting from food during the day. This fast is a reminder to seek God as your body responds to being hungry. (Biblical foundation - Judges 20)

LIQUID ONLY (FOR THE DURATION OF THE FAST)

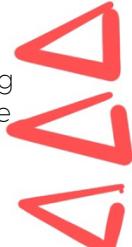
While this specific fast isn't found explicitly in the pages of Scripture, its practice has proven to be a great option. The basic concept is to allow for all the nutrients one would need (even during an extended fast, such as a 21 day fast), while removing the pleasures of many foods in general and the pleasure of chewing anything in particular. The general rule is anything that one could drink through a straw and wouldn't require chewing is allowable.

THE DANIEL FAST (FOR THE DURATION OF THE FAST)

The Daniel fast finds its roots in Chapters 1 and 10 in the book of Daniel. Simply put, it is a commitment to a simple, not particularly pleasurable, diet (typically not including meat, sugars, or "pleasurable foods"). The fast should allow for enough nutrients to maintain health, but it also puts your body in a state of desperate need to seek God! There are general rules to this fast with many variations. The Bible doesn't specifically describe all the rules, it simply describes the heart and a few details. More than following any one exact plan we are more interested in the heart of the fast. If you are interested in this type of a fast we want to invite you to find a version with guidelines or "rules" that would work for you (you can find many versions online).

OTHER NON-FOOD RELATED FASTS (FOR THE DURATION OF THE FAST)

In addition to one of the forms of food and drink fasting, many people choose to fast from non-food related things. Often, fasting from pleasures and things that consume our time opens up time to devote to prayer, reading, and worship, as well as renew thankfulness for the pleasures and material goods that God has



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blessed us with. Some ideas would be to fast from things like social media, TV, video games, or entertainment oriented internet use.

FINAL TIPS & THINGS TO REMEMBER

-Remember that this is about your heart. Choose a fast you can commit to and stick with. It is not about how elaborate it is; it's about seeking God through whatever it is.

-Try and commit to a fast that will "cost you something." There should be an element of sacrifice.

-Remember, this is not a diet. Unless we pray and fix our attention on God, a fast is simply a diet.

-Try and refrain from talking to people about your fast, especially if it has to do with talking about how hungry you are or how hard it is. Except for talking to others who are doing a fast with you, we should try and follow Jesus' command to not let other people know what we are doing. Remember, we want God to be our reward, not other people's attention. Refrain from posting about it on social media unless it's a genuine invitation for others to join.

-Remember, if you have any health concerns, you are encouraged to consult your doctor before participating in a fast.



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TWO PRAYER MODELS

(These are simply two models for prayer among many. We are providing them not as a prescription but as options for those who want them.)

THE LORD'S PRAYER

The Lord's Prayer is often recited in churches or at religious events, but there's so much more to this prayer. Jesus provided this model as an outline to teach us how to pray in a way that connects us to God and empowers us to accomplish great things through Him. This model takes us through each part of The Lord's Prayer, showing us how to pray the way Jesus instructed.

One day Jesus was praying in a certain place. When He finished, one of His disciples said to Him, "Lord, teach us to pray..."

LUKE 11:1

*"Our Father in Heaven, hallowed be Your Name.
Your Kingdom come. Your will be done on earth as it is in
Heaven. Give us this day our daily bread.
And forgive us our debts, as we forgive our debtors.
And do not lead us into temptation, but deliver
us from the evil one. For Yours is the Kingdom and the power and
the glory forever. Amen."*

MATTHEW 6:9-13 NKJV

01. CONNECT WITH GOD RELATIONALLY

"Our Father in Heaven"

God isn't interested in us practicing religion; instead, He desires a relationship with us. God has adopted us as His children and loves for us to call Him our Father. Starting our prayer time acknowledging our relationship with God is powerful for us and delights Him as well.

*You have not received a spirit that makes you fearful slaves.
Instead, you received God's Spirit when*



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He adopted you as His own children. Now we call Him, "Abba, Father."

ROMANS 8:15 NLT

Proclaim your intimate relationship with God, addressing Him lovingly as your Father and thanking Him that you are His child.

PRAYER:

"Father, I come to You in prayer today, thankful that I am Your child. I know I am a sinner, but You have forgiven me and adopted me as Your own, and I am so grateful to call you my Father. Thank you for loving me. I love you."

02. WORSHIP HIS NAME

"Hallowed Be Your Name"

God loves when we worship Him, and there is power in His Name. Here is a list of some of His Names to help us worship Him specifically and personally:

God is Righteousness – He makes us clean
God is Sanctifier – He has called us and set us apart
God is Healer – He heals all our diseases
God is Banner of Victory – He defeats our enemies
God is Shepherd – He speaks to us and leads us
God is Peace – He is our peace in every storm
God is Provider – He supplies all of our needs

The name of the Lord is a strong tower; the righteous man runs into it and is safe.

PROVERBS 18:10 ESV

Speak God's Names out loud. When we proclaim who He is, we not only worship Him, but we also remind ourselves how powerful and great our God is.

PRAYER:

"God, I am in awe of You. Your Name is a strong tower, a place of protection and safety for me. I praise You as my Healer, my



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Shepherd, and my Banner of Victory. You are my Peace, my Provider, my Righteousness, and my Sanctifier. Your Name is great, and I worship You."

03. PRAY HIS AGENDA FIRST

"Your Kingdom come. Your will be done on earth as it is in Heaven"

Part of being a child of God is caring about what He cares about. We know His will is perfect, and we acknowledge His wisdom and sovereignty when we pray His agenda first.

He will always give you all you need from day to day if you will make the Kingdom of God your primary concern.

LUKE 12:31 TLB

Spend time focusing on what God is focused on. His priorities include:

- Saving the lost
- Wisdom and guidance for those in authority – parental, spiritual, governmental, work-related
- Accomplishing His purpose in our lives

PRAYER:

"God, I recognize there is no better plan on earth than Yours, and I pray for Your will to be done in my life (name the areas of your life where you need more of God's presence today) and in our world. This world is lost and needs You desperately, and I pray for every person to know You as their personal Lord and Savior.

I pray for the leaders in my life (pray specifically over parents, spiritual leaders, government leaders, employers, and any other leaders in your life), that you would give them supernatural wisdom and discernment as they lead. Give them a revelation of Your will and Your purpose for them. And I give my life to You again today; have Your way in my life! Anything You want to do in me or through me, I will do. I ask today for wisdom and clarity as you show me my next steps."



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04. DEPEND ON HIM FOR EVERYTHING

"Give us this day our daily bread"

God promises to supply all our needs, and He wants us to come to Him with our problems, needs, and desires and to trust Him to provide.

I look up to the mountains—where does my help come from there? My help comes from the Lord, who made heaven and earth!

PSALM 121:1-2 NLT

Ask God for what you need today. It may help to write down the concerns weighing on your mind or the desires of your heart. You can bring them to God, and trust Him enough to hand them over to Him fully. It may help to open your hands before God to physically show your surrender to Him. Problems can either be ours or God's; they can't be both.

PRAYER:

"Father, I acknowledge that everything I need today will come from You. You made the heavens and the earth; You are more than capable of handling any situation I'm dealing with, so I give it to You completely (specifically talk to God about what is on your mind and heart right now and give it to Him). I look to you to help me, sustain me, and give me Your peace. Remind me of Your hope and power today. Thank You in advance for taking care of my needs."

05. FORGIVE AND BE FORGIVEN

"Forgive us our debts, as we forgive our debtors"

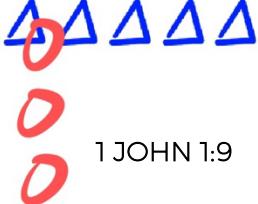
God has offered us complete forgiveness, and we can receive it at any time. When we turn away from our sins and receive His forgiveness, our hearts are more prepared to forgive others as well.

If we confess our sins, He is faithful and just and will forgive us our sins and purify us from all unrighteousness.



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1 JOHN 1:9

Ask God to check your heart and life and show you areas where you might need to ask for forgiveness from Him. Then, it is your turn to forgive those who have offended you. We can even choose to forgive people in advance. Ask God to forgive you and help you forgive others.

PRAYER:

"God, thank You so much for offering me the gift of forgiveness. Show me any areas in my life that I need to bring before You in order to receive forgiveness and healing. I confess that I have been struggling with sin (talk to God about any areas of sin in your life), and I know that You want me to be clean again. Please forgive me for my sin. Thank You for showing me unfailing grace. As You have so freely forgiven me, I also want to freely forgive others. Please help me let go of all of my offenses. I release to You those who have hurt me, and I trust You to handle those situations according to Your perfect will."

06. ENGAGE IN SPIRITUAL WARFARE

"And do not lead us into temptation, but deliver us from the evil one"

Spiritual warfare can seem difficult to understand, but the Bible makes it very clear that we have an enemy who is trying to steal from us, kill us, and destroy us. As we pray, we take our stand against the enemy and fight from a place of victory through Jesus as we're empowered by His Holy Spirit. There is power in God's Word, and every lie the enemy has told us can be replaced with God's truth.

For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms.

EPHESIANS 6:12

By recognizing that the enemy wants to destroy you, you can shed light on his lies and claim God's truth over your life. Ask



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God to show you any lies you're believing or areas of warfare happening in your life. Ask Him

to expose the enemy and to help you understand and receive His truth. Simply speaking the Name of Jesus has great power in the spiritual realm. The Bible tells us in James 4:7 that if we resist the devil, he will flee from us. Through prayer, we can resist him and walk forward in freedom.

PRAYER:

"God, I recognize that my struggles today aren't against the people or circumstances around me, but against the enemy. Please help me to see how the enemy is lying to me. Help me to recognize his lies, take them captive, and make all of my thoughts obedient to the truth of Your Word (list out any specific areas God shows you where you have believed a lie that needs to be replaced with His truth). While the enemy wants to destroy me, I know that You came to give me life to the fullest. I speak the name of Jesus over my life and declare that no weapon formed against me will prosper."

07. EXPRESS FAITH IN GOD'S ABILITY

"For yours is the Kingdom and the power and the glory forever."

God is more than able to move in every situation, and ending our prayer time claiming His authority and power focuses our minds on the truth and hope of who He is and what He can do.

Ah, Sovereign LORD, you have made the heavens and the earth by Your great power and outstretched arm. Nothing is too hard for You.

JEREMIAH 32:17

Remind yourself of God's limitless power and then return to praising Him and declaring your faith in Him:

- "Yours is the Kingdom" – all authority belongs to You
- "Yours is the Power" – all mightiness flows from You
- "Yours is the Glory" – Your victory will be complete

PRAYER:



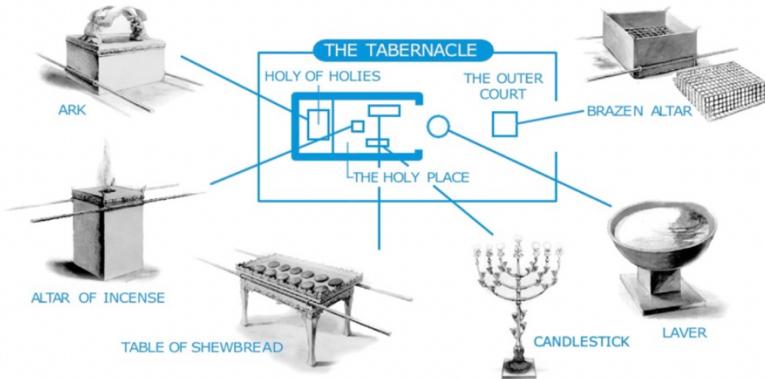
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“Father God, nothing is too hard for You! Through Your great power, all things are possible. All authority is Yours, all might is Yours, and I know that Your victory will be complete. You are amazing, and I worship You. I praise You for Your power and presence in my life. You are my God, and You are worthy of all praise.”

TABERNACLE PRAYER



In the Old Testament, the Tabernacle was the dwelling place of God, built to His specifications, where He would meet His people. As they entered the Tabernacle, they passed through seven stations, following God's instructions, to experience His presence. Today, even though we no longer need the physical Tabernacle to meet with God, these same steps can help us connect with Him. This prayer model will take us through each station of the Tabernacle and use the purpose of each station to guide our prayers.

01. THE OUTER COURT

THANKSGIVING AND PRAISE

The Israelites entered the Tabernacle with thanksgiving and praise, and we start our prayer the same way.

Enter His gates with thanksgiving and His courts with praise; give thanks to Him and praise His name.

Psalm 100:4



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Spend some time really thinking about all the blessings in your life for which you're thankful. You can write down a list, sing your own song of praise, or just spend quiet moments reflecting on your gratitude and praise toward God.

PRAYER:

"Father God, You are good, and You deserve all my praise and more. Thank You for the many ways You have blessed me and for watching over me (tell Him specific things in your life that you're grateful for. Thank Him for something new that you've never thanked Him for before). I want to experience Your presence and Your love in a fresh way today, Jesus. I thank you that Your mercies are new every day. I thank you for who You are and all You have done for me."

02. THE BRAZEN ALTAR

THE CROSS OF JESUS

In the Old Testament, everyone had to regularly bring animal sacrifices as payment for their sins. Today, we don't have to do that, because Jesus paid for our sins once and for all with His blood on the cross.

*Praise the LORD, my soul, and forget not all
His benefits— who forgives all your sins and heals all your
diseases, who redeems your life from
the pit and crowns you with love and compassion, who satisfies
your desires with good things
so that your youth is renewed like the eagle's.*

PSALM 103:2-5

Thank God for the gift of Jesus. Thank Jesus for His sacrifice and love. Let the power of the cross and what it means for your life really settle in your spirit. In addition to expressing your gratitude, claim the power of transformation and healing that the cross of Jesus has in your life.



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The cross provides us with five major benefits:

- Salvation - God *forgives all my sin*
- Healing - God *heals all my diseases*
- Redemption - God *rescues me and restores me*
- Transformation - God *changes me into His likeness*
- Blessing - God *provides everything I need*

PRAYER:

"Thank You, God, for making a way for me through Your Son, Jesus, thank You for the sacrifice You made for me on the cross. You saved me, and You set me free. I praise You for being my Healer. You have power over all disease and harm in my life (list specific areas where you need to experience God's healing power). Thank You for being my Redeemer. You rescue me and give my life purpose. Thank You for transforming my life with Your love, for making me new. I want to grow to be more like You (give Him access to every area of your life). Thank You for blessing me. I know You have good plans for me and all that I have comes from You (thank Him for specific blessings in your life)."

03. THE LAVER

CLEANSING AND PREPARING

The next step in the Tabernacle was a bowl of water where people were reminded of their sinfulness and their need to be cleansed and forgiven by God. Checking our hearts and motives and surrendering our lives to God is an important part of daily prayer.

I appeal to you therefore, brothers, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship.

ROMANS 12:1 ESV

Because of what Jesus did on the cross, we can confess our sins to Him and receive complete forgiveness

and a fresh start. In prayer, humbly and sincerely turn away from your sins and allow God to cleanse and renew you. Then, surrender your life and every part of yourself to Him.



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PRAYER:

"God, I confess my sins to You and turn away from them (tell God any sin you know is in your life and confess it to Him with a sincere heart. Ask Him to show you any other areas that need His cleansing). Thank You, God, for freely forgiving me. As I turn away from my sin, I turn toward You, and I offer myself to You:

- *I give You my tongue, to speak good and not evil*
- *I give You my eyes, to focus on You and the needs of others*
- *I give You my ears, to be sensitive to Your voice*
- *I give You my hands, to do good for others*
- *I give You my feet, to walk in Your ways and follow Your footsteps*
- *I give You my mind, to be transformed and used by You*

I ask You, Lord, for the fruit of the Spirit found in Galatians 5:22-23, so that I can grow closer to You and make a difference in the lives of others. I ask for: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self control."

04. THE CANDLESTICK

THE HOLY SPIRIT

The next piece of the Tabernacle was a seven-branched golden candlestick. The fire represents the Holy Spirit and how we are called to be light in the world's darkness.

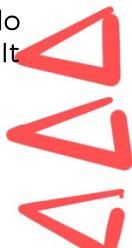
The Spirit of the LORD will rest on him – the Spirit of wisdom and of understanding, the Spirit of counsel and of might, the Spirit of the knowledge and fear of the LORD.

ISAIAH 11:2

When Jesus left the earth, Christians were given the gift of the Holy Spirit. He calls the Holy Spirit our "advocate." We cannot do what God has called us to do without His supernatural power. It is through the Holy Spirit that God comforts us, guides us, and empowers us.

PRAYER:

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"Holy Spirit, I ask You to fill me up. I need Your presence in my life, guiding, directing, comforting, and counseling me. I know that You, Holy Spirit, are God, in the Trinity with God the Father and the Son, Jesus. You are the Spirit of Wisdom, Understanding, Counsel, Might, and Knowledge. Give me a holy fear of the Lord, helping me to be in awe of who God is and what God does. Work in me, Holy Spirit. Teach and transform me (pray through any areas where you feel the need for transformation today). I honor You and ask You to empower me with Your spiritual gifts for the good of the church."

05. THE TABLE OF SHEWBREAD

THE WORD OF GOD

In the Tabernacle, a table with twelve loaves of bread represented the importance of reading God's Word for daily sustenance.

Keep this Book of the Law always on your lips; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful.

JOSHUA 1:8

God's Word is an incredible gift and a powerful tool, and it has great relevance and impact in our prayer life.

Here is how you can incorporate God's Word into your prayer time:

- Take time to read and think about the Word
- Claim God's many great promises for your life and the world around you
- Ask Him for fresh revelation of His Word
- Ask Him for a Word to help you as you go throughout your day

PRAYER:

"Thank You, God, for giving me Your Word. I commit to reading it, and I ask You to reveal Yourself to me through it. I want to know You more. Help me to grow more in love with Your Word and to



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be more dependent on it. I claim the promises You have for me, and I meditate on the truth of Your Word (pray any Scriptures that are on your heart or that God has given you in your current season). Give me fresh revelation from your Word today and every day! I am hungry to see You more clearly through Your Word."

06. THE ALTAR OF INCENSE

WORSHIP

A small altar of burning incense stood at the entrance to the Holy of Holies, where God's presence dwelled. The people of God entered God's presence as they worshipped His Names. This altar represents worship and the pleasure it gives God when we worship Him.

The name of the LORD is a strong tower; the righteous run to it and are safe.

PROVERBS 18:10 NLT

Thank God for making His presence available to you. Praise His Names and worship Him personally and specifically for Who He is and how He has moved in your life.

PRAYER:

"Thank You, God, for Your presence. I know that You are here with me. I worship You and You alone. I know, God, that You are:

My Righteousness - Jeremiah 23:6
My Sanctifier - Leviticus 20:7-8
My Healer - Exodus 15:26
My Provider - Genesis 22:14
My Banner of Victory - Exodus 17:15
My Peace - Judges 6:24
My Shepherd - Psalm 23:1

(As you pray through the different Names of God, focus on a few aspects of who He is that have been especially meaningful in your current season of life.) I know that You are always with me, God, and Your presence is life to me. You give me breath, joy, and purpose. I love you, God."



WE'RE IN THIS TOGETHER!





07. THE ARK OF THE COVENANT

INTERCESSION

The final place in the Tabernacle was the Holy of Holies, where God's presence dwelled. There, the priest interceded by praying on behalf of the people of God. In the same way, we intercede on behalf of those around us.

I urge, then, first of all, that requests, prayers, intercession and thanksgiving be made for everyone—for kings and all those in authority, that we may live peaceful and quiet lives in all godliness and holiness. This is good, and pleases God our Savior, who wants all men to be saved and to come to a knowledge of the truth.

1 TIMOTHY 2:1-4

We can make a difference when we spend time praying for others. Pray for those with whom you interact and connect, including:

- Those in authority - *leaders in church, government, family, and workplace*
- Your family - *both immediate and extended family members*
- Your church - *pastors, small group leaders, members, and missionaries*
- Your community - *people in your city, nation, and world*
- Your relationships - *friends, co-workers, acquaintances*

PRAYER:

"Thank You, God, for creating a way through Jesus for me to have Your presence wherever I go. I want to specifically ask You to watch over those in authority over me - my spiritual leaders, the leaders of our government, the leaders in my family, and my employers (pray for these people by name). I ask that You give them wisdom and grace, watch over and protect them, help them to know and love You more. I ask You, God, to be present with my family. Bless them and keep them from harm (pray for any specific needs in your family right now). For those in my family who don't know You, I ask that You meet them where they are and guide their hearts toward You. I ask You to watch over my church, God.



WE'RE IN THIS TOGETHER!





Give my pastor wisdom and vision, bless the small groups and everyone who steps foot into our buildings. I pray that You will bring the lost into our church, and that they will have a positive experience and come to know You. Keep our vision rooted in who You are and moving toward Your goals.

I ask You to watch over my city, my nation, and our world. Bring peace and help us all take steps toward You (name areas where you feel a burden for your city, nation, and the world). I pray for anyone who comes across my path to see Your light in me. I lift up my friends, neighbors, and coworkers. I thank You for them and pray for Your blessing over them (pray for any specific needs of others). Lastly God, I ask You to provide for my needs. I know that You sustain me and that You care for me. I lift up my physical, emotional, and spiritual needs to You (share the needs on your mind right now). I lay my cares at Your feet. Thank You for loving me, choosing me, and calling me Yours. Amen."

FINAL THOUGHTS

Thank you for reading this far, participating in the fast and seeking God through prayer! We are excited to be on this journey with you as we begin 2022 seeking God!

*"The Lord bless you and keep you;
the Lord make his face to shine upon you
and be gracious to you;
the Lord lift up his countenance upon you
and give you peace."*

Numbers 6:24-26



WE'RE IN THIS TOGETHER!



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