



Nurturing an intentional relationship through Prayer and Fasting.

February 6- February 20, 2023

New Life Community United Methodist Church

11100 Wingate Rd.

Jacksonville, Florida 32218 904-768-7779

www.newlife-umc.org

Lamont Hogans, Pastor

Introduction

Welcome family and friends

It's that time of year when we refocus on our intimate relationship with The Father, The Son and The Holy Spirit through 14 days of prayer and fasting. During the next 14 days we will be seeking the Godhead in worship, sacrifice and obedience with daily devotional reading, personal introspective journaling, Bible reading, attending Bible study and Sunday worship.

Please pray and join in agreement to sacrifice One (1) meal daily for the next 14 days and seek God's divine intervention in One (1) additional area of sacrifice. It may be social media, TV, conversations, people or even attitudes. Be intentional about that sacrifice and ask yourself... What is that one person, place or thing that would be an act of sacrifice and obedience to deepen your relationship with the Godhead?

As you embark on this daily prayer journey, we encourage you to keep an open mind and allow the Holy Spirit to speak to you. We ask God for Grace as you begin rituals and routines that feel unfamiliar at first, patience as you experiment and find a style that works best for you as God forms us into the people He created us to be.

We welcome you to join us for Sunday worship @10:30am, Bible Study Wednesdays @ 6pm, and Corporate Prayer every 3rd Wednesday at 6pm in the New Life sanctuary. You can also join us virtually on Facebook at Newlife Church at these times. Your prayer requests can be submitted via email @ newlifeccprayer@gmail.com or website @ www.newlife-umc.org.

It is our prayer that deeper, more intentional and intimate relationships with God would flourish during this time of fasting and Prayer. *New Life Prayer Team: Terri, Wilma and Vanetta*

Paths to Success

General information:

WHY PRAY AND FAST? There are some things that will only be changed because of prayer and fasting. Would you want to miss something that God has for you only because you did not pray and fast?

Matthew 17:21 “However, this kind does not go out except by prayer and fasting.”

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

Joel 1:14 “Consecrate a fast, call a sacred assembly; gather the elders and all the inhabitants of the land into the house of the Lord your God and cry out to the Lord.”

WHAT IS PRAYER?

Prayer is communicating and taking time to commune with God. We are told throughout the Bible to pray and to pray without ceasing (I Thessalonians 5:17). One of the keys to a successful fast is staying in close communication with God.

WHAT IS A FAST?

To fast is to purposefully and voluntarily abstain from a pleasurable activity. This spiritual discipline is effective in focusing our attention away from the flesh and toward God. Fasting is also an effective response to challenging physical or emotional situations, circumstances, relationships and needs. 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 focus on and grow closer to God can be considered a fast. Some may choose to abstain from sweets, television, the Internet and certain types of foods or activities.

Fasting should be limited to a set time (I Corinthians 7:5), especially when the fasting is from food. Some may choose to fast from sunup to sundown. Please Note: You should not begin a fast from food, medicines or prescribed treatments without first consulting your personal physician. Some people may not be able to physically fast from food, but everyone can temporarily give up something in order to draw closer to God. We are asking that members commit to one type of fast during our time of corporately seeking the Holy Spirit in 2023. Please write down your fasting choice below. _____

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

THREE TYPES OF FAST

Normal Fast – To abstain from all forms of food and only drink water. (Luke 4:1-2, Matthew 4:2-3, Genesis 24:33)

Absolute Fast or Total Fast – To abstain from all food as well as water. This type of fast can be extremely dangerous if not done properly. Therefore, it is a limited fast and should last for a maximum of three days. (Acts 9:9, Ezra 10:6, Esther 4:16, Exodus 34:28)

Partial Fast – To abstain from certain foods such as meats, sweets, carbohydrates, etc.; or, you may only eat certain types of foods like fruits, vegetables and whole grains. (Daniel 1:12-15, Daniel 10:2-3, Matthew 3:4)

Social Media Fast- A social media fast is abstaining or refraining from social media for a specified period of time. During a social media fast, a person may choose to avoid using all forms of social media, including but not limited to: Instagram, Facebook, Pinterest, and TikTok.

TIPS ON FASTING

Everyone should consult their physician prior to beginning a fast. Those who are under a physician's care, on medications, currently ill or have a history of eating disorders must be careful. When the designated time of fasting has been completed, it is important to transition out of the fast with care. You must end your fast gradually. Rushing into a diet of solid foods following a fast can produce serious side effects. When the desire for the thing you are fasting from rises up, recognize that is the flesh opposing the spirit. Press against it during your time of fasting with prayer, praises to God and meditation in His Word. Fast as unto God. Make your fast as a form of worship and present it as an offering to the Lord. (Zechariah 7:5, Acts 13:2)

Agree Together

When someone prays a request to God, be sure some others pray for that same request and agree together—this is powerful! Don't think that because one person has prayed about the request, no one else needs to. "Again I say unto you, that if two of you shall agree on earth as touching anything that they shall ask, it shall be done for them of my Father which is in heaven" (Matthew 18:19). How encouraging it is to be lifted up in prayer!

Claiming God's Promises

Encourage the group to claim God's promises as they pray. It is so easy to focus on our problems. But when we claim God's promises, we increase our faith and remind ourselves that nothing is impossible with God. The promises help us take our eyes off our weaknesses and difficulties and set them on Jesus. For every weakness and every struggle, we can find Bible promises to claim. Encourage people to search for more promises and write them down so they can claim them in the future.

Holy Spirit

Be sure to ask the Holy Spirit to show you what to pray for in a person's life or in a particular situation. The Bible tells us that we do not know what to pray for and that the Holy Spirit is the one making intercession for us. "We must not only pray in Christ's name, but by the inspiration of the Holy Spirit. This explains what is meant when it is said that the Spirit 'maketh intercession for us, with groanings which cannot be uttered.' (Romans 8:26). Such prayer God delights to answer. When with earnestness and intensity we breathe a prayer in the name of Christ, there is in that very intensity a pledge from God that He is about to answer our prayer 'exceeding abundantly above all that we ask or think' (Ephesians 3:20)" (Christ's Object Lessons, p. 147, emphasis supplied).

Journaling

Keeping a prayer journal during the 14 Days of Prayer and Fasting will help us to internalize the daily prayer theme, write down your personal commitments to God and recognize His response to your prayers. Writing out our prayers and keeping a record of God's answers is a proven path to encouragement

Personal Testimony from the New Life Prayer Ministry

Trust between two people is a treasured gift. Throw in a commitment to grow in Christ, through prayer; and you may have the makings of a prayer partnership. I've had a few through the years, and I thank God for how He meets us in our weekly commitment. By His grace, I've learned there is POWER in a prayer partnership.

My prayer partner & I have been sharing our prayer concerns for over two years now. Saturday at 8am is our regular time to pray but truthfully anytime the need arises, intercession begins. We've shared our concerns, praise reports, jobs, family moments, etc. We strengthen each other just by listening and reminding the other about God's promises. Scriptures confirm the need for partners in prayer.

Ecclesiastes 4:9-12 NRSV- Two are better than one, because they have a good reward for their toil. For if they fall, one will lift up the other; but woe to one who is alone and falls and does not have another to help. Again, if two lie together, they keep warm; but how can one keep warm alone? And though one might prevail against another, two will withstand one. A threefold cord is not quickly broken.

Matthew 18:19-20 NRSV ¹⁹Again, truly I tell you, if two of you agree on earth about anything you ask, it will be done for you by my Father in heaven. ²⁰For where two or three are gathered in my name, I am there among them.'

4 Benefits of Praying with a Prayer Partner

#1: Someone to pray for you

#2: Someone to help you with discernment

#3: Creates a deep connection with someone else

#4: Provides accountability for prayer ([www.joya williams.com](http://www.joyawilliams.com))

PRAY DEEP CHALLENGE: Who can you pray with this week? Seek out a prayer partner and pray together.

***Let's begin/pray:** Lord, I thank you for opportunities to pray for others. I ask that you bring a prayer partner(s) into my life that share a love of You and faith in Your Word. Give me the courage to pray boldly and the words that will resonate in their heart. I pray against fear and insecurity that would cause me to stay silent. Help me to move and speak by your Spirit. I thank you that there is power in agreement through prayer and I am believing in you for blessings on behalf of those I pray for. Show up in mighty ways, as you always do. In Jesus' name. Amen.*

Table of Contents:

Introduction	2
Paths to Success	3-7
Day 1: Feb 6: The purpose of prayer/ 4 basic forms of prayer.....	9
Day 2: Feb 7: The Place of Prayer	10
Day 3: Feb 8: The Posture of prayer.....	11
Day 4: Feb 9: The Priority of prayer.....	12
Day 5: Feb 10: The Person of prayer.....	13
Day 6: Feb 11: The Pardon of prayer.....	14
Day 7: Feb 12: The Power of prayer.....	15
Day 8: Feb 13: The Provision of prayer.....	16
Day 9: Feb 14: The Benefits of prayer.....	17
Day 10: Feb 15: The Petition of prayer.....	18-19
Day 11: Feb 16: The Protection of prayer.....	20
Day 12: Feb 17: The Building of your altar of prayer....	21-23
Day 13: Feb 18: The Persistent prayer. -P.U.S.H.....	24-25
Day 14: Feb 19: The Lifestyle of prayer.....	26-27
Resources/ Prayers/Closing.....	28

Day 1-What are the four purposes of prayer? The Four Basic Forms of Prayer

The four purposes of prayer are: (1) adoration, (2) thanksgiving, (3) repentance, and (4) petition.

1. Adoration. Our first and foremost duty is to acknowledge God's supreme dominion over us, as our Creator and Father; our absolute dependence on Him, as His creatures and children; and His supreme excellence. The worship of God, Father, Son, and Holy Spirit, is called the worship of adoration. The honor we give to the angels and saints is called veneration. Adoration is due to God alone, because God alone is supreme. All other beings are creatures, being made by God and ruled by Him. Adoration is the essential act of prayer, because it expresses the creature's awareness of the Creator. Consecration of ourselves to God is an ideal prayer of adoration.

"I will give thanks to the Lord with my whole heart; I will tell of all thy wonderful deeds. I will be glad and exult in thee, I will sing praise to thy name, O Most High" (Psalm 9:1-2).

"Seven times a day I praise thee for thy righteous ordinances" (Psalm 119:164).

2. Thanksgiving. He has given us immortality so that we can know, love, and possess Him for all eternity. Through the Redemption, He has raised us to a supernatural plane; that is, He has made us His children, brothers and sisters of Jesus, and heirs of Heaven. By His providence, He watches over us day and night with unflinching care and bestows on us many blessings. When we wander away from God through sin, He forgives us through the saving grace of the Sacrament of Penance. When we become hungry and tired in soul, He nourishes us with His own Body and Blood. In our prayers, we can put our gratitude into words for these marvelous gifts.

"But be filled with the Spirit, addressing one another in psalms and hymns and spiritual songs, singing and making melody to the Lord with all your heart, always and for everything giving thanks in the name of our Lord Jesus Christ to God the Father" (Ephesians 5:18-20).

3. Repentance. We pray to obtain from God the pardon of our sins and the remission of their punishment. When we break God's law, we offend God. Sorrow for sin makes for fruitful conversation with God. The terrifying fact that you have actually offended the all-good and all-holy God should ever keep you in the attitude of the penitent sinner.

4. Petition. We pray to ask for graces and blessings for ourselves and others. We need God every moment of our lives in the natural order. We depend upon God for everything, and for that reason, we pray to Him for help. We may ask for temporal as well as spiritual favors.

Our need for God in the supernatural order is even greater. God is the limitless source of all good, and He longs to share this good with others. He has even assured us that our goal is to reign with Him in Heaven and to share His own happiness there forever. We should appeal to God in prayer frequently. Our Lord has urged us to make such appeals: "Ask, and it will be given you; seek, and you will find; knock, and it will be opened to you" (Matthew 7:7). (*Draw the Circle* by Mark Batterson) **Take time to write a prayer with the mentioned components:**

Day 2: The Place of Prayer : THE TRUE ALTAR AND THE REAL ALTAR IS IN THE HEARTS OF GOD'S PEOPLE .

My altar is in my heart. Your altar is in your heart and that's where the fire of the Lord burns. God commanded the priests at the tabernacle in *Lev. 6:12* and this was His commission to the priests – “the fire shall be ever burning upon the altar it shall NEVER go out!” The same principle is in the New Testament tabernacle – the church. The fire must always be burning and it must be burning in the morning, noon, evening and night. That's the mission of the church. That's how we shine forth as light in the darkness.

IS YOUR ALTAR BROKEN DOWN? He went to where God required an altar and the altar was broken down. Everyone could see it was broken down and the first thing Elijah did was repair it. The altar is the heart. What needs to be repaired? A broken heart? A hardened heart? An unforgiving heart? A critical heart? Unbelieving heart? Those things can hold you back. God is the God of the heart.

YOUR GREATEST ENEMY. The devil is a great enemy but not your greatest enemy. Your greatest enemy is yourself and your greatest enemy is your own heart. You know yourself, there are days when your heart can reach great and holy things and there are other days when that heart of yours can reach to great and holy things and there are other days when that heart of yours can reach to terrible things. That's how desperate and deceiving the heart is. The heart is deceitful, says Jeremiah, above all things and desperately wicked. It's your heart that is deceitful. *1 Samuel 16:7*, “Man looketh on the outward appearance but the Lord looketh on the heart.” Here we go again – the Lord looketh on the heart! Then *Psalms 139:25. Prov 1,2 &3*, My son, give me thine heart.

Elijah demonstrated an old and a vital truth in *1 Kings 18:21-39*. He didn't build a new altar – he repaired the altar of the Lord that was broken down. He had to take away the vines and the weeds and cut away the thorns. He had to take it all away. It had been active and it had been used in the past for the worship of God. When the Holy Spirit looks in our hearts, does He see an altar broken down and covered with weeds and vines? How does it get that way? By being neglected, out of use and that's what breaks it down. Before God's fire would burn on it again, Elijah had to repair it.

If you repair the altar God will send the fire. After I repair the altar, what's the sacrifice? I am. Rebuilding the altar involves **situating ourselves before God according to God's priorities**. The question must be asked, what is our priority for worship? We can easily find it in the way we communicate our highest goals for worship. (*The Worship Center Community Church*)

Closing Prayer: *Lord God, we accept your supremacy over our life and ministry and upon the altar of God. We ask that you will sanctify the altar and make holy and acceptable before you in the name of Jesus. Break down the altar and rebuild it to the taste that suits you, destroy every blemish and dirt that is upon the altar in the name of Jesus. The psalmist says cast me not away from your presence and take not your holy spirit away from me, restore unto the joy of thy salvation and uphold with this free spirit.*

Day 3 Is there a correct posture for prayer?

There are many correct postures for prayer and no one posture is right or wrong. The Bible exhorts Christians to pray without ceasing and that necessitates various positions for prayer--no one can remain in just one position all day! But in the Bible, we can see people praying in various positions:

- Standing (Genesis 24:12-14)
- Lifting the hands (1 Timothy 2:8)
- Sitting (Judges 20:26)
- Kneeling (Mark 1:40)
- Looking upward (John 17:1)
- Bowing down (Exodus 34:8)
- Placing the head between the knees (1 Kings 18:42)
- Pounding on the breast (Luke 18:13)
- Facing the temple (Daniel 6:10)

Rather than external positioning, the Bible emphasizes the posture of the heart. Whether you are standing, sitting, or lying down, the important thing is that your heart is bowed in submission to the lordship of Christ. False religion places a premium on external behavior, while true Christianity is concerned with the heart. And true prayer is characterized by an attitude of humility before God-not the physical posture of the person praying. (letters@gty.org)

Reflection question: What is your favorite position of prayer & why?

Reflection question: Ask the Holy Spirit to give you insight into what position of prayer is most needed in your life at this very moment? Journal what you hear and how you plan to follow the instruction of the Holy Spirit.

Day 4 The Priority of Prayer

Mark's Gospel tells us, "Rising very early before dawn, he left and went off to a deserted place, where he prayed" (1:35). When we think about the priority of prayer, the very word priority means it has a position of importance. It's not a place of indifference in our life. And it speaks of frequency.

What is the first thing you do when you wake up each day? Are you among the 80 percent of people who check their phones or computers before they do anything else—even before getting out of bed? Do you find other ways to reconnect with the outside world each morning? Instead of connecting with those on earth, what about connecting with Heaven....

Prayer is not optional for a Christian. In fact, Jesus considered it essential, even for Himself. Though He was God's Son, He still took time to be alone with His Father in prayer. His disciples saw this and asked Him to teach them how to pray. The prayer Jesus taught them is a model for every believer. It shows us how to:

- **Come with a focus on the heavenly Father.** When you praise the Lord, your mind lets go of earthly concerns and centers on His desires and glory.
- **Surrender to Him as Lord and King.** The goal of prayer is not to get God to do what you want but to align your desires and requests with His will. Such prayers are the ones He promises to answer.
- **Approach the Lord with a humble, dependent spirit.** Recognize that He is the one who provides for your needs and sustains your life.
- **Seek His forgiveness and protection from temptation.** Ask God to uncover anything unholy in your life and replace it with righteousness.

Instead of connecting with the world around him, Jesus deliberately "disconnected" himself so that he could connect with his Father. If you were to choose just one Scripture verse that described Jesus' approach to all that he said and did, it would likely be "Seek first the kingdom of God" (Matthew 6:33). Because he had a perfect connection with his Father, everything Jesus said and did flowed from that connection. He only did his Father's will, and he did it only in the way his Father wanted. (www.intouch.org)

Closing Prayer: *Blessed be your name God, thank you for all the blessings you have given me. Thank you for the abundance that awaits me in heaven. On earth, help me to seek first your kingdom, not my own wealth. Teach me to work to expand your kingdom, not my own. Help me to walk by your word, not by my own selfishness. Amen.*

Day 5: The Person of Prayer



Congratulations!!!! You've completed the first week of our corporate time of prayer. Continue to seek Him as we journey together. And don't beat up on yourself if you've struggled or even fallen off. Keep trying and recommit and stick to it. Ask God what He wants for you in life. Your answer may not come right away or in the way you expect, but it will come. He will hear and answer your prayers. He will guide you through life. He will help you learn His message for you if you seek Him out.

Is God Speaking to You Right Now? _____

What is God Saying to You during this first week of the fasting & prayer time?

What will be your response to what the Holy Spirit is saying to me?

Saturday-Reflection and personal meditation

Sunday-Please pray for our services, community and other churches in our area

Day 6 The Pardon of Prayer

“Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you.” Colossians 3:13

There are two types of forgiveness. The first, is legal or judicial forgiveness. The second, is relational forgiveness. Legal forgiveness is in relation to the laws set forth by God. When we sin, God has the legal right to punish us for violating His sovereign decrees. When we trusted Christ, we were legally forgiven in the courtroom of Heaven and our record was wiped clean. This is why we can't lose our salvation because there is no double jeopardy with God. Yet, we still ask for forgiveness even though we have already been forgiven. Why? Because of the second type of forgiveness, which is called relational or parental forgiveness. Just like a parent who loves their child regardless of the wrong they do, that parent still desires to hear the child say I am sorry for offending you. God our Father wants to hear the same from us even though the price for our sins has already been paid through Jesus. If God the Father is willing to forgive us, how can we not forgive others?

Despite our sins against God the Father, He sent Jesus as the greatest example of His love. Jesus is also the greatest example we have of God the Father's willingness to forgive our past, present, and future sins. Jesus helps us do the same in The Lord's prayer. In Matthew 6:12, Jesus says, "And forgive us our debts as we forgive our debtors." Forgiveness is the decision to no longer credit the offense that the person has done to God or to you. It is like having a big number on a calculator and choosing to zero it out. There is no longer a balance for you to pay since Jesus paid it all on the cross.

Confess your debts. Release your debts.

Closing Prayer: *Grant me never to lose sight of the exceeding weight of sin exceeding righteousness of salvation, the exceeding glory of Christ, the exceeding beauty of holiness, and the exceeding wonder of grace. I am guilty but pardoned. I am lost but saved. I am wandering but found. I am sinning but cleansed. Keep me always clinging to thy cross. Open my heart and mind to give or receive forgiveness quickly and sincerely.*

Day 7 The Power of Prayer

Prayer helps you develop a relationship with God

Just like your parents here on earth, your Heavenly Father wants to hear from you and talk to you. When you pray, He listens. Then He answers your prayers in the form of thoughts, spiritual feelings, scripture, or even the actions of other people.

Daily prayer can bless you, your family, and those you pray for. It can also invite more peace into your life, help you learn more about God's plan for you, and more.

What does the Bible say about the power of prayer?

Matthew 21:22 And whatever you ask in prayer, you will receive, if you have faith.” Mark 9:29 And he said to them, “This kind cannot be driven out by anything but prayer.” Mark 11:24 Therefore I tell you, whatever you ask in prayer, believe that you have received it, and it will be yours.

1. Prayer calms an anxious spirit. I don't know about you, but sometimes anxiety and worry threaten to wear me down. I find that praying can help to ease my mind. When the words won't come, I turn Isaiah 26:3 into a prayer, *“Perfect peace belongs to me because my mind is stayed on You because I trust You. Help me to trust You, Lord.”*

2. Prayer reminds you of God's power. We serve an awesome God. That's something we like to claim but I'm not sure we believe it. Or maybe it's that we can't conceptualize how awesome God is. The power of prayer is that it brings us into God's presence so that He can minister to us. God Himself, can show us how powerful and mighty and awesome He is.

3. Praying increases your faith. One of my favorite stories in the Bible is that of the father whose son was possessed by a deaf-mute spirit (Mark 9:17-29). The disciples had tried to release the boy from his demonic captor but had failed. At the end of his wits, this poor father came to Jesus and said, “Help us, *if you can*” (Mark 9:24). (www.PRAY.org)

What is the Holy Spirit saying to me through this message?

Closing Prayer:

We come in the matchless power of your name Jesus. We stand on Ephesians in 1:18-19: “I pray that the God of our Lord Jesus Christ, the Father of glory, may give you a spirit of wisdom and revelation as you come to know Him ...and what is the immeasurable greatness of His power for us who believe, according to the working of His great power. Apart from you we can do nothing so we seek You first for everything that concerns us as sons and daughters of the true all powerful and knowing God. In Jesus' name we pray Amen.

Day 8: The Provision of Prayer

First, prayer begins with God, and then it turns to us. In the fourth petition, we recognize our dependence upon God for all resources. He is the provider of life, breath, and everything else. We must daily humble ourselves before God in prayer—trusting him to meet our needs and that of others.

Matthew 6:11 Give us today our daily bread

Matthew 7:7-11, Christ says: Ask and it will be given to you; seek and you will find; knock and the door will be opened for you. For everyone who asks receives, and the one who seeks finds, and to the one who knocks, the door will be opened. Is there anyone among you who, if his son asks for bread, will give him a stone? Or if he asks for a fish, will give him a snake? If you then, although you are evil, know how to give good gifts to your children, how much more will your Father in heaven give good gifts to those who ask him!

One of the great lessons of the Lord's Prayer is for us to seek God's interests first and then our interests. We should come before God seeking that his name be honored, his kingdom come, and his will be done. Then we should bring our interests before God.

The fourth petition is a request for God to supply our daily bread. It seems strange that after asking for such great things as God's kingdom to come that we should ask for something so insignificant as our daily bread. However, this shows God's great concern for us and reminds us that not only is God our King but also our Father. As King, we are his subjects who do his bidding. As Father, we are his children who enjoy his presence, care, and provision.

Prayer for Our Physical Needs

Interpretation Question: What does it mean to pray for our daily bread?

Bread was the basic sustenance for many in the ancient world and, therefore, was at times used metaphorically to refer to physical needs. Sometimes this is still true today. For example, the person in a household who makes the most money is often called the "bread-winner." When we ask God for our bread, we are asking him to supply our basic needs. Martin Luther said, "everything necessary for the preservation of this life is bread, including food, a healthy body, good weather, house, home, wife, children, good government, and peace."¹

Though this petition seems rather simple, there is also a little controversy over it. The controversy comes from doubt over what exactly the Greek word used for "daily" means. The reason for this is because its placement in the Lord's Prayer is the only time this word is found in popular Greek literature (cf. Matt 6:11, Lk 11:3). Third-century, theologian Origen thought that Matthew invented the word.² However, more recently, this word was found on an ancient shopping list in Egypt. The person was writing down exactly what things to purchase for the day.³ The word seems to be an adjective meaning "of the day that is coming." If we pray it in the morning, we are asking for provision for the day. If we pray it at night, we are asking for the next day's provisions.⁴

Day 9: The Benefit of Prayer

There is power in short prayers. Paul cast a demon out of a woman in 14 words. Hezekiah prayed a 39-word prayer and God added 15 more years to his life. Habakkuk prayed for revival in only 33 words. Jabez prayed 30 words and God answered him. Even the Lord's Prayer is only 68 words. The more time you spend with Jesus, you'll spend more time in prayer, but you can start praying with short prayers.

Is it okay to pray a short prayer?

1. Short prayers have a sense of urgency that long prayers often do not. Just like a mother passionately shouts when her child runs in the road, you can pray a short, passionate, and effective prayer.
2. When we pray, God moves. Although God is omnipresent, when you pray, God "moves" from where He is to where you are praying.
3. God can fix anything if you pray. God can't stand to see His creation broken down on the side of the road. He knows how to fix what's broken. If you pray, He will come to do what you cannot! What is impossible with man is possible with God.
4. Through the scriptures, we are taught that **God will always hear our prayers** and will answer them if we address Him with faith and real intent. In our hearts we will feel the confirmation that He does hear us, a feeling of peace and calm. (<https://jentezenfranklin.org>)

So, there is no rule of the thumb on how long we should pray. Examples of brief prayers abound in the Bible. Moses cried out to the Lord for mercy at a crucial time, and his prayer takes up four verses (Deut. 9:26–29). *Remember what Jesus said about praying. "And when you pray, do not use vain repetitions as the heathen do. For they think that they will be heard for their many words" (Matt. 6:7).*

Take a moment to write a short prayer: _____

Closing Prayer:

Jesus, you are the Savior. I put all my faith in You. I know when You hung on the cross You were there for me. And today, I surrender my thoughts and purpose unto You. Today, wash me, forgive me, cleanse me. In Jesus' name. I am free. I am forgiven, I am loved by God. In Jesus' name.

Day 10: The Petition of Prayer: Corporate Prayer

Intercessory prayer is prayer for others. An intercessor is one who takes the place of another or pleads another's case. Webster's 1828 Dictionary defines intercession as "holy, believing, persevering prayer whereby someone pleads with God on behalf of another or others who desperately need God's intervention." and the New Testament pattern of Jesus - standing before God and between a righteous God and sinful man. In order to be effective standing "between" we must first stand "before" God to develop the intimacy necessary to fulfill this role. Numbers 14 is one of the greatest accounts of intercessory prayer recorded in the Bible. Moses was able to stand between God and sinful man because he had stood "before" Him and had developed intimacy of communication. Numbers 12:8 records that God spoke with Moses as friend to friend and not through visions and dreams as He did with other prophets. As New Testament believers, we no longer sacrifice animals as in Old Testament times. We stand before the Lord to offer up spiritual sacrifices of praise (Hebrews 13:15) and the sacrifice of our own lives (Romans 12:1). It is on the basis of this intimate relationship with God that we can then stand "between" Him and others, serving as an advocate and intercessor on their behalf.

Intercession for Who?

“Likewise the Spirit also helpeth our infirmities: for we know not what we should pray for as we ought: but the Spirit itself maketh **intercession for us** with groanings which cannot be uttered.” (Rom 8:26)

“Wherefore he is able also to save them to the uttermost that come unto God by him, seeing he ever liveth to make **intercession for them.**” (Heb 7:25)

In What Ways Does God Intercede for Us? This intercession on our behalf, for our good, is accomplished on several levels:

1. Interceding for us by holding back the forces of evil:

“There hath no temptation taken you but such as is common to man: but God is faithful, who **will not suffer you to be tempted above that ye are able**; but will with the temptation also make a way to escape, that ye may be able to bear it.” (1 Cor 10:13)

2. Interceding for us by restraining and protecting us from the forces of nature:

“And after these things I saw four angels standing on the four corners of the earth, **holding the four winds of the earth**, that the wind should not blow on the earth, nor on the sea, nor on any tree.” (Rev 7:1)

3. Interceding for us by convicting us to change our ways: “And when he [the Comforter] is come, **he will reprove the world of sin**, and of righteousness, and of judgment:” (John 16:8)

4. Interceding for us by drawing us to Himself: “And I, if I be lifted up from the earth, will **draw all men unto me.**” (John 12:32) (The Character of God 2023)

Prayer/Intercession on the behalf of OTHERS:

List and pray for 10 different people, situations, circumstances.

1.

2.

3.

4.

5.

6

7.

8

9

10.

Day 11: The Protection of Prayer

What is Repentance? In the New Testament, repentance is tied to the idea of going in a new direction. The Greek word translated as repentance is “metanoia,” which means “to change one’s mind.” Repentance is changing one’s mind by turning away from sin, which is the attitudes and behaviors that hurt people’s relationship with God.

Why is Repentance Necessary? Repentance is **the way provided for us to become free from our sins and receive forgiveness for them.** Sins slow our spiritual progression and can even stop it. Repentance makes it possible for us to grow and develop spiritually again. The privilege of repenting is made possible through the Atonement of Jesus Christ.

Jeremiah 4:3 – “The Lord is saying to the men of Judah and Jerusalem, ‘Plow up the hardness of your hearts; otherwise the good seed will be wasted among the thorns.’”

As Peter wrote, God is “not willing that any should perish but that all should come to repentance” (2 Peter 3:9).

Reflection question: What is the Holy Spirit leading me to repent for/about? **This is between you and God, so be honest and trust in the protection of prayer in obedience and repentance.**

Let’s Pray: *Father, I bow before You in repentance I pray for forgiveness of all my sins according to the riches of Christ’s grace Father, forgive the sins of Your people and show us mercy remove our sins from us, be merciful to us Your children*

*Lord Jesus, forgive all our sins and cleanse us from all unrighteousness
Father remember not our sins and iniquities by the power of the blood of Jesus, draw me away from the iniquities of my past*

*Let not the sins of the wicked dominate my life
Father, I receive the joy of repentance. I receive the joy of Christ’s forgiveness today Father, I pray for grace to forgive those who have offended me and refresh my soul and spirit. Jesus name. Amen*



A Good Starting Point Here are seven short suggested prayers to get you through your day:

1. A Good Morning God Prayer, as You Wake

Prayer is your lifeline through every up or down, always available for you to cultivate a relationship with God. There are so many wonderful reasons to pray, all throughout your day: in times of celebration, sorrow, exertion, relaxation, even as you're falling asleep.

Your prayers will be very personal, between you and God. Use these suggested prayers as a starting point. I hope they encourage you to invite God into every moment of your days in your own heartfelt way.

“The Lord is my shepherd, I have all that I need” (Psalm 23:1).

Good morning, God. Thank you that you show me how faithful you truly are, by turning the earth and lighting our way, day after day. Help me to stop rising with “Good God, it’s morning already,” but rather, “Good morning to a glorious new day.”

I might not always wake with energy, and sometimes I’m empty of hope, but I have every morning to remind me that you are more powerful than my calendar. More precious than my lists. More valuable than any possession.

Whatever the weather today, and whether or not I can even see the sun shining, help me to rise in love with you. Today, I notice the miracle of another sunrise without fail. Because you made this day—I will rejoice and be glad in it. Amen.

2. A Prayer to Cleanse Me, Lord

“If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness” (1 John 1:9).

Lord, I’m so lucky to have clean, running water. Even better, you are my living water. As I shower or bathe today, or while I’m getting ready, will you cleanse my heart, soul, and mind?

Whatever I’ve done to hurt anyone, however I’ve propped up idols in place of you, forgive me. Knock down my idols and reveal the places where I need your healing. Prompt me to make amends or let go of hurts.

Cleanse me of all the emotions that block my relationship with you and others. Refresh my spirit and open my eyes to your will today. In your mighty name, Amen.

3. A Prayer for God’s Provision Today

“And God is able to make all grace abound to you, so that having all sufficiency in all things at all times, you may abound in every good work” (2 Cor. 9:8).

God, I know that whatever I touch, do, buy, create, eat, or in any way experience today is provided by your grace. Thank you for my daily bread. You are more than enough.

Today I’m thankful for shelter, family, friends, work, food, health—even my current struggles—as divine opportunities. Help me choose well in my work, finances, family, and friendships today. Prompt me to be a good steward of what you give, and to share your provision with others.

Please hear my unspoken prayers and reveal yourself as my provider in ways that you know I will see. Help me to express appreciation so that I may inspire others along the way. Amen.

4. A Prayer to Renew My Strength throughout the Day

“...but those who hope in the LORD will renew their strength. They will soar on wings like eagles...” (Isaiah 40:31).

Father, you know the moments in my day when my energy fades. Right now is one of those times. I feel stressed, overwhelmed, tired. I wanted to get “so much done” today and it already feels like so little. Will you be my strength?

As I switch gears mid-task to move in ways that energize me, or breathe deeply, I throw open my soul for you to move throughout every part of my being.

I surrender my fatigue to you and believe your power is great even now in my weakness. Pick me up, Lord, and empower me to do or reorganize what you see before me. In Jesus’ name, amen.

5. A Prayer of Gratitude as Evening Settles

“Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls” ([Matthew 11:28](#)).

Thank you, God, for evening. What a mind-blowing miracle that you direct the sun and the moon in your perfect timing. Thank you that you don't expect me to produce round-the-clock, and that your yoke is easy. Thank you for establishing rhythms.

As you drape my small spot of the world in a blanket of darkness and stars, I'm willing to unwind, knowing that you do not need me to impress you. And that you desire for me to be kind to myself.

Thank you for the freedom to create, cook, or go enjoy something refreshing for my soul now. Amen.

6. A Prayer of Preparation for Tomorrow

“Behold, God is my helper; the Lord is the upholder of my life” ([Psalm 54:4](#)).

God, I'm so thrilled that whatever we plan together, you will work out for good, even if my efforts fail. Tell me now what things to get ready so that tomorrow will go as smoothly as possible.

Clear my head to organize my to-do list, or gather any supplies I might need so that I feel prepared to serve, and ready to rest. Guide me as I choose what's needed, and thank you for equipping me for each day you give. In Jesus' name, amen.

7. A Prayer for Peaceful Sleep

“In peace I will lie down and sleep, for you alone, LORD, make me dwell in safety” ([Psalm 4:8](#)).

Dear Lord, thank you for watching over me all day, all evening, and even while I sleep. All week long, and all my life long, you are my refuge. What a blessing that I can give this entire day to you, and you will see me through it and every day thereafter.

I'm grateful for even the smallest things I noticed today that were signs of your great goodness, faithfulness, and mercy.

Quiet my anxious thoughts, still my soul. I trust you to make me dwell in safety, as surely as the sun will rise again. In Jesus' name, Amen. [Crosswalk.com](#)

Day 13: The Power of Persistent Prayer:

Why You Should Keep Praying When There is No Answer. “P.U.S.H”
Stay alert and be persistent in your prayers.”

Ephesians 6:18 (NLT)

Why should you remain persistent in your prayers when you don't get an answer? Here are four reasons.

Persistent prayer focuses your attention.

When you pray a prayer request over and over, it's not to remind God. He doesn't need to be reminded! It's to remind yourself that God is the source of your answer and all your needs.

If every prayer you ever prayed was instantly answered, two things would happen. First, prayer would actually begin to hurt you because sometimes we pray for things that are not God's will, or we make mistakes because we see with a limited perspective. Second, you'd never really develop a deep relationship with God, because he would become just a vending machine. If every time you prayed you instantly got results, all you'd think about is the blessing. God wants you to think about the Blessor.

Persistent prayer tests your faith.

James 1:3-4 says, *“When your faith is tested, your endurance has a chance to grow. So let it grow, for when your endurance is fully developed, you will be perfect and complete, needing nothing”* (NLT).

The only way you can grow to spiritual maturity is to have your faith tested. One of the ways God tests your faith is by delaying some answers to your prayers.

Persistent prayer prepares your heart for the answer.

When you make a request of God, God almost always wants to answer in a greater way than you've prayed. Sometimes God denies your prayer request because you're thinking and asking too small. He wants to give you something bigger and better.

But first, he has to prepare you for it. So God uses delays in answering prayer to help you grow, to help you get ready, and to help prepare you for a bigger and better answer.

Remember, *“God can do much, much more than anything we can ask or imagine”* (Ephesians 3:20 NCV).

Day 14- The Lifestyle of Prayer: Understanding the Great Commission

“Then Jesus came to them and said, ‘All authority in heaven and on earth has been given to me. Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age.’” -Matthew 28:18-20

The Great Commission is the term given to the command that Jesus gave to His disciples just before He ascended to heaven.

Understanding Context

When reading the Bible, it’s critical to understand the context surrounding the passage you’re reading. Jesus had been crucified and buried, and then God raised Him from the dead. He appeared to hundreds of people over several weeks, but then it was time to return to the Father. Jesus had an important message – important instructions – for His disciples before He departed. These were the last words He spoke to them. Not all Christians are concerned with their spiritual growth but all Christians should be. I am going to refer to John Wesley** and his concept of “sanctifying grace.” Wesley felt that too many Christians focus on salvation as the peak event of their lives. After salvation it is over, their faith is static. Wesley explains that salvation is only the beginning as we begin our Christian lives and experience God’s gracious presence in transforming us into the people He intends us to be. It is through God’s sanctifying grace that we grow and mature in our ability to try to live the life Jesus lived.

Go Make Disciples of all Nations

Jesus gave instructions to His disciples how to build His church. First, they were to go. They weren’t to keep this to themselves; they were to share this good news of the Kingdom of God with everyone.

Second, they were to make disciples. Disciples of Christ are devoted followers of Christ who adhere to His ways and His teachings. Since Jesus’s disciples had walked and talked with Him, who better to teach others how to follow Him?

Third, ALL nations were to be preached the gospel. This good news wasn’t just for the Jewish nation but for ALL nations – ALL people groups. God wanted every nation to hear about Jesus and His Kingdom, and it was the disciples’ job to make this happen.

Baptism

Jesus wanted His disciples to baptize followers in the name of the Father, Son and Holy Spirit. Baptism is a symbol of our “old self” dying and being buried and our “new self” being raised to life in Christ. New believers needed to experience new life in Christ through water baptism.

Additionally, baptism symbolized a serious commitment. When someone was baptized, they were forsaking all other religions and beliefs and adhering to following Jesus Christ only.

Instruction

The disciples were also supposed to teach new believers to obey everything that Jesus commanded. Again, how convenient that the disciples had been eating, drinking, praying, and ministering with Jesus for years, right? They were well-equipped to help others learn how to follow Jesus and how to obey Him.

Jesus's Promise

As Jesus was leaving the disciples on their own, they probably were experiencing some panic. He assured them that He would always be with them, and that neither time nor distance would separate them from Him. He didn't want them to worry or be afraid but to boldly go and tell others His good news.

The Great Commission Today

Jesus's command wasn't just for His disciples back then but it's also for us today. We are His disciples too, and this command still stands. Churches and individuals must remember to go, to make disciples, to baptize and to instruct.

We must obey everything Jesus said and help others to do the same. This is how His Church and His Kingdom advance, and it's up to each of us to do our part. Jennell Houts

Food for thought:

What do you think is needed to fulfill the Great Commission? Is the Great Commission possible without prayer? fasting? reading and studying the bible? relationship with the Godhead?

Consider the past 14 days of prayer and fasting? How has your relationship with the Godhead grown to enable YOU/ME to fulfill the Great Commission?

Closing Prayer:

Dear Father, You are our living God, and all honor, praise, and glory belong to your holy name. As we accomplish our abstinence with these prayers for breaking fast, bless our souls with knowledge and wisdom about thy truth. Remind us of all your ways and bring utter darkness into the light of thy wisdom and understanding.

Bless us with knowledge and experience, and aid us in resisting temptation that seeks to corrupt every heart. All these gifts we humbly receive in Jesus' name. Amen.



Follow-up to 14 Days of Prayer. Pray about how God wants you and New Life to continue what He has begun during these 14 Days of Prayer and fasting.. Be open and follow where God leads. Continue on the journey of building a relationship with the Godhead. Please share stories of how God has worked through this time of fasting and prayer! Your stories will be an encouragement to many others. Testimonies may be submitted online at www.newlife-umc.org

Thanksgiving Prayer For 2023

Father, it is by Your mercy and grace that I have been able to see another new year. I ascribe all the glory, honor and adoration to You, in the Name of Jesus Christ.

- Father, I thank You for the breath of life. When the enemy thought he could prevent me from seeing 2023, once again You proved him wrong and proved that my life is hidden in You. For this, I am grateful!
- I appreciate You, Lord, for keeping me and my loved ones safe, and bringing us safely into 2023.
- Thank You Lord for Your blood that was shed for me on the cross of Calvary. Because of Your sacrifice on the Cross, I am saved and not destroyed; not enslaved nor condemned by the enemy, in the Name of Jesus Christ.
- Thank You Father for Your mercy that is renewed in my life daily. But for your abundant mercy, I am not consumed. Let that same mercy see me through 2023, in the Name of Jesus Christ.
- Thank You Lord for I know that my 2023 is in Your hands. Thank You because You will cause everything to work together for my good this year, in the Name of Jesus Christ. ● Father, I appreciate You in anticipation of Your daily provision and protection which You will grant me to throughout the days of 2023.
- Father, I thank You in anticipation of the divine connections and breakthrough awaiting me in 2023.
- Thank You Lord for the open doors and deliverances You will grant me as I sail through 2023.
- Thank You for the promotions, divine help and upliftment awaiting me in 2023, in the Name of Jesus Christ. Amen! (www.ibloggospel.com)