



# DAY GUIDE TO FASTING & PRAYING

September 2023



# DAY GUIDE TO FASTING & PRAYING

## What is Fasting?

Generally, fasting is not about food; it is about God. We surrender something foundational to our lives (e.g., food) so we can focus on God as the ultimate provider and source of true life. There are a few forms of fasting, which include:

**(a) Daniel Fast:** The Daniel Fast is found in the book of Daniel. This type of fasting allows for the individual to eat only vegetables and fruits and consume only water and no sugary juices.

**(b) Full Fasting:** The most common type of fast found throughout the Bible. During a full fast, a person chooses to forgo all solid foods and limits their intake to only water.

**(c) Partial Fast:** When one participates in a Partial fast, they typically agree to miss a meal, to spend that time in prayer. One great discipline for this sort of fasting is to take the money one would pay for lunch, save it and give to someone who is in need. By doing so, one can combine two spiritual disciplines; fasting and generosity.

### PHYSICALLY & SPIRITUALLY, FASTING REQUIRES PREPARATION:

**At least several days ahead of time, do the following:**

- Seek God and list your prayer goals.
- Eat healthy meals leading up to the fast.
- Gradually eliminate coffee and sugar so your body can adjust.

\*Listen to your body. Consult a doctor if you have health issues or you are pregnant or nursing.

### OPPORTUNITIES TO PRAY AT TLCC:

- Our Prayer Center is open from 6 am to 10 pm daily!
- Use this Prayer & Fasting Guide to start this new season in prayer.
- Join us at our West Orange Campus on Wednesday, September 20, from 7:30-8:30 pm for a Midweek Prayer Meeting.



# DAY GUIDE TO FASTING & PRAYING

## Day 1:

### **A Prayer That Our Lives Serve As An Act Of Worship**

"Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship." Romans 12:1 NIV

Father, thank You so much for inviting us to become new creations. Show us how to surrender daily to You without any restrictions. Help us follow You in all things by Your strength.

## **My Notes:**



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## **Day 2:**

### **A Prayer That We Be Good Stewards Of The Resources God Has Entrusted Us With**

Oh Lord, giver of life and source of our freedom, we are reminded that Yours is "the earth in its fullness; the world and those who dwell in it." We know that it is from Your hand that we have received all we have and are and will be. Gracious and loving God, we understand that You call us to be the stewards of Your abundance, the caretakers of all You have entrusted to us. Help us always to use Your gifts wisely and teach us to share them generously. May our faithful stewardship bear witness to the love of Christ in our lives. We pray this with grateful hearts in Jesus' name. Amen.

## **My Notes:**



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## Day 3:

### A Prayer For TLCC Pastors & Ministry Leaders

Quiet your heart before the Lord. Ask for wisdom to know how to pray for our Pastors & Ministry Leaders.

#### Prayer Suggestions:

- Pray that TLCC Pastors & Ministry leaders would have great confidence in God's Word and the Gospel.
- Pray that TLCC Pastors & Ministry leaders would grow in godliness.
- Pray that TLCC Pastors & Ministry Leaders would rest and rejoice.

## My Notes:



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## **Day 4:**

### **A Prayer That Our Hearts May Be Obedient To Christ's Lordship**

Lord, please give us obedient hearts. Give us complete trust in Your leading and principles, even when we do not understand. Teach us to see obedience through the power of the Holy Spirit not as a burden but as a delight.

## **My Notes:**



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## Day 5:

### A Prayer Specific Ministry Areas At TLCC

- Pray for TLCC's Online Campus.
- Pray for God to draw and connect people to our West Orange Campus.
- Pray for wisdom and the success of our +Life Local and Global efforts.
- Pray for financial resources to accomplish God's purposes at TLCC.
- Pray for our KPort Kids, The School of the Arts, and Redline Youth ministries at TLCC.

## My Notes:



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## **Day 6:**

### **A Prayer For The Leading Of The Holy Spirit**

Open up your life to the Holy Spirit. Ask Him to reveal to you things He wants to lead you away from. Ask Him to show you the life He wants to lead you to. And commit to following His leadership today.

### **My Notes:**





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## **Day 7:**

### **A Prayer To Give Thanks To The Lord**

Lord, teach me to offer You a heart of thanksgiving and praise in all my daily experiences of life. Teach me to be joyful always, to pray continually and to give thanks in all my circumstances. I accept them as Your will for my life. I long to bring pleasure to Your heart daily. Break the power of the enemy in my life. Defeat Him through my sacrifice of praise. Change my outlook and attitude into one of joyful contentment with my present circumstances. I thank You for... [Name circumstances in your life presently and thank God for all that He is accomplishing in and through you.]

### **My Notes:**