30 DAYS OF PRAYER & FASTING

SEPTEMBER 1-30

DAY 1
OMIT 1 MEAL TODAY

PRAYER FOR SUBMISSION TO GOD

ROMANS 12:1-2; LUKE 9:23

Offer your life to Christ.

DAY 2
OMIT 1 MEAL TODAY

PRAYER OF ADORATION AND THANKSGIVING

REVELATION 15:3-4

Spend time worshiping and praising God.

DAY 3
OMIT 1 MEAL TODAY

PRAYER OF EXAMINATION

PSALM 139:23-24

Ask the Holy Spirit to search your heart and reveal any areas of unconfessed sin. Confess your sins to the Lord and praise Him for His forgiveness.

DAY 4
OMIT 1 MEAL TODAY

PRAYER FOR YOUR IDENTITY IN CHRIST

GALATIANS 2:20; ROMANS 5:8; 1 CORINTHIANS 15:3; COLOSSIANS 2:11; 1 PETER 2:24; PHILIPPIANS 1:20-21; 2 CORINTHIANS 2:14

Pray that you will know your identity in Christ.

DAY 5
FAST FROM 6:00AM - 6:00PM

PRAYER FOR THE FILLING OF THE SPIRIT

EPHESIANS 5:18; GALATIANS 5:25

Ask the Holy Spirit to control and fill your life.

DAY 6
OMIT 1 MEAL TODAY

PRAYER FOR THE FRUITS OF THE SPIRIT

GALATIANS 5:22-23; 1 CORINTHIANS 13:4-7

Pray on the fruits of the spirit: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control.

DAY 7
OMIT 1 MEAL TODAY

PRAYER FOR PURPOSE

MATTHEW 22:37-39; MATTHEW 6:33; MATTHEW 4:19; MATTHEW 28:19-20; ACTS 1:8; JOHN 15:8

Pray for guidance and direction.

DAY 8
OMIT 1 MEAL TODAY

PRAYER FOR THE CIRCUMSTANCES OF THE DAY

PROVERBS 3:5-6; ROMANS 8:28-29

Commit the events of the day to the Lord.

DAY 9
OMIT 1 MEAL TODAY

PRAYER FOR PROTECTION IN WARFARE

ROMANS 6:6-7; 11; 13; EPHESIANS 6:10-20

Pray for protection in the midst of the spiritual battle.

DAY 10
OMIT 1 MEAL TODAY

PRAYER FOR THE COMING OF THE LORD

REVELATION 22:20; ROMANS 8:18; 2 CORINTHIANS 4:16-18; PHILIPPIANS 3:20

Pray for the coming of the Lord.

DAY 11
FAST FROM 6:00AM - 6:00PM

PRAYER FOR RENEWAL

DEAUTERONOMY 10:12; PHILIPPIANS 3:12-14

Pray for personal renewal.

DAY 12
FAST FROM 6:00AM - 6:00PM

PRAY AGAINST THE BATTLE WITH THE FLESH

PHILIPPIANS 4:6-9; 1 JOHN 2:16

Pray against the world; pray against the flesh; pray against the devil.

DAY 13
FAST FROM 6:00AM - 6:00PM

PRAYER FOR GROWTH IN CHRIST

PSALM 61:2-4

Pray for a greater desire to know and please Him; greater love and commitment to Him; grace to practice His presence; grace to glorify Him in your life.

DAY 14
OMIT 1 MEAL TODAY

PRAYER FOR GROWTH IN WISDOM

JAMES 1:13-15

Pray for developing an eternal perspective; to renew your mind with truth; greater skill in each area of life.

DAY 15
OMIT 1 MEAL TODAY

PRAYER FOR FAMILY

1 SAMUEL 12:23

Pray for your immediate family; your relatives; spiritual concerns; emotional and physical concerns.

DAY 16
OMIT 1 MEAL TODAY

PRAYER FOR CHURCHES & MINISTRIES

EPHESIANS 4:4-6

Pray for EBC; other churches; evangelism and discipleship ministries; educational ministries.

DAY 17
OMIT 1 MEAL TODAY

PRAYER FOR BELIEVERS

2 CORINTHIANS 6:4-10

Pray for personal friends; those in ministry; those who are oppressed and in need.

DAY 18
FAST FROM 6:00AM - 6:00PM

PRAYER FOR RELATIONSHIP WITH OTHERS

1 CORINTHIANS 16:14

Pray for greater love and compassion for others; loved ones; those who do not know Christ; those in need.

DAY 19
WATER & 100% JUICE ONLY MIDNIGHT - MIDNIGHT

FAITHFULNESS AS A STEWARD

EXODUS 18:21

May I be a person who fears God, loves truth, and hates dishonest gain. Pray for your time, talents, treasure, truth, relationships.

DAY 20
DANIEL FAST - NO MEAT, DESSERT, OR STRONG DRINK

PRAYER FOR EVANGELISM

EPHESIANS 6:19

Pray for friends, relatives, neighbors, coworkers, special opportunities.

DAY 21
DANIEL FAST - NO MEAT, DESSERT, OR STRONG DRINK

PRAYER FOR MISSIONS

ACTS 17:30-31

Pray for local missions, national missions, global mission, the fulfillment of the Great Commission.

30 DAYS OF PRAYER & FASTING

SEPTEMBER 1-30

DAY 22
DANIEL FAST - NO MEAT, DESSERT, OR STRONG DRINK

PRAYER FOR WORLD AFFAIRS

PSALM 85:4-7

Pray for the poor and hungry; the oppressed and persecuted; those in authority; peace among nations; current events and concerns.

DAY 23
DANIEL FAST - NO MEAT, DESSERT, OR STRONG DRINK

PRAYER FOR FAMILY & MINISTRY

COLOSSIANS 3:22-24

Pray for family, ministry, sharing Christ with others, helping others grow in Him.

DAY 24
DANIEL FAST - NO MEAT, DESSERT, OR STRONG DRINK

PRAYER FOR GOVERNMENT

PROVERBS 14:34

Pray for a spiritual revival in our local, state and national government. Pray for President Biden and his cabinet members and their relationship with Christ.

DAY 25
DANIEL FAST - NO MEAT, DESSERT, OR STRONG DRINK

PRAYER FOR SPIRITUAL INSIGHT

PSALM 25:3-5

Pray for understanding and insight into the Word; understanding your identity in Christ; who you are; where you came from; where you are going; understanding God's purpose for your life.

DAY 26
DANIEL FAST - NO MEAT, DESSERT, OR STRONG DRINK

PRAYER OF ADORATION

1 CHRONICLES 29:10-13

Express your thoughts of praise and worship.

DAY 27
DANIEL FAST - NO MEAT, DESSERT, OR STRONG DRINK

PRAYERS OF AFFIRMATION

JOHN 4:23-24; 1 JOHN 3:24

Reflect on these biblical affirmations.

DAY 28
DANIEL FAST - NO MEAT, DESSERT, OR STRONG DRINK

PRAYER OF THANKSGIVING

PSALM 34:6-7; PSALM 40:1-3

Offer your expressions of thanksgiving to God.

DAY 29
DANIEL FAST - NO MEAT, DESSERT, OR STRONG DRINK

PRAYER OF ADORATION AND THANKSGIVING

PSALM 34:1-3

Offer your expressions of praise to God.

DAY 30
OMIT 1 MEAL TODAY

CLOSING PRAYER

PSALM 73:25-28

Offer praise to God for spiritual revival in your life and the life of Calvary.

As believers in Jesus Christ, we are engaged in a great spiritual battle. This battle is not against flesh and blood but a spiritual fight against unseen principalities and powers. Darkness is fighting against light; truth is battling against lies. Amid this conflict, it is imperative for the church to seek the help of the Lord in prayer.

Prayer is a powerful weapon in the arsenal of the believer. The Lord has issued an invitation: "Call unto me and I will answer you and show you great and mighty things which you do not know" (Jeremiah 33:3). He has encouraged us to "Come boldly to the throne of grace, that we may obtain mercy and find grace to help in time of need" (Hebrews 4:16). He has also promised "If My people who are called by My name will humble themselves, and pray and seek My face, and turn from their wicked ways, then I will hear from heaven, and will forgive their sin and heal their land" (2 Chronicles 7:14). In this season of seeking the Lord, we are also encouraging voluntary fasting along with prayer.

Throughout the Scriptures, we see many of God's servants humbling themselves before the Lord with fasting and prayer. Jesus said to His disciples, "When you fast" (Matthew 6:16), not if you fast. At one time in the ministry, the disciples found themselves powerless to cast out a demonic spirit, and when they asked Jesus why they were unable, He replied by saying, "This kind only goes out with prayer and fasting" (Matthew 17:21).

When Daniel was in captivity in Babylon, he needed answers from the Lord, and he prayed, "I set my face toward the Lord God to make request by prayer and supplications, with fasting, sackcloth, and ashes" (Daniel 9:3). God does not require or demand fasting of Christians. At the same time, the Bible presents fasting as something good, profitable, and beneficial. The book of Acts records believers fasting before making important decisions (Acts 13:2; 14:23). Fasting and prayer are often linked together (Luke 2:37; 5:33).

The purpose of fasting is not to twist the arm of the Lord or lose weight but to gain a new perspective and renewed reliance upon God. To detach ourselves from the flesh to focus upon the direction and will of the Lord for our lives.

30 DAYS OF PRAYER & FASTING

SEPTEMBER 1-30

IMPORTANT REMINDER AND GUIDELINES:

Jesus said: "Moreover, when you fast, do not be like the hypocrites, with a sad countenance. For they disfigure their faces that they may appear to men to be fasting. Assuredly, I say to you, they have their reward. But you, when you fast, anoint your head and wash your face, so that you do not appear to men to be fasting, but to your Father who is in the secret place; and your Father who sees in secret will reward you openly." (Matthew 6:16-18). Consult your physician if you have concerns about fasting. Fasting is in no way an obligation but an opportunity. The Lord hears our prayers whether we fast or not because He loves us.

TYPES OF FASTS:

The best way to choose the appropriate fast is to follow the leading of the Holy Spirit. Pray purposefully to identify God's purpose and direction. There is no pressure, condemnation, or legalistic burden. The goal is to pray.

PARTIAL FAST -
Abstain from food for a set time; eat a simple meal of bread and water; sacrifice a certain food.

WATER ONLY FAST -
Abstain from everything except water.

DANIEL FAST -
Abstain from delicacies, meats, and wines, and focus on fresh foods such as fruits and vegetables.

NO FOOD FAST -
Abstain from all food, including milk (protein) and only drink liquids and water.

It is our desire and prayer that during this time as a church, we would sense the Lord moving among us by His Spirit, drawing us closer to Him. We also pray that during this time the Lord would prepare us for what He has for our church body in the year ahead. If you cannot fast because of medical conditions, or other circumstances, don't worry about fasting, but just keep on praying. Do what you can and the best you can for the glory of the Lord. The main point of these 30 days is to seek the Lord.