
7 DAYS OF PRAYER & FASTING

JUNE 6 – JUNE 12

ABOUT FASTING

Fasting is abstaining from food and other integral aspects of our lives that may interfere with our dependence on God. It is a deliberate choice to experience hunger in one area in order to explore our level of hunger for God. What we do in place of eating or consuming other things is crucial.

Fasting helps express, deepen and confirm the resolution that we are ready to sacrifice anything, even ourselves, to attain what we seek for the Kingdom of God.

By fasting, the body learns to obey the soul; by praying the soul learns to command the body.

Fasting restrains our physical pleasure, but it enhances our spiritual pleasure by feasting on the person of Jesus.

There are a variety of different ways to fast. Some suggestions:

A partial fast. This is described in the book of Daniel. For three weeks, Daniel, who was a prophet during a time when Israel lived in exile, abstained only from “delicacies” like meat and wine (Daniel 10:3). A partial fast could look like fasting from one particular meal per day. Or, fasting from a certain type of food or drink.

A complete fast. A complete fast means drinking only water or sometimes juice when fasting for an extended period. Juice fasts will provide you with more energy than water-only fasts and still lead you into the humbling experience of denying your desire for solid, chewable food.

For some, due to medical conditions, a partial fast is wisest.

However you decide to fast, make sure to set aside specific and significant time to worship and seek God in prayer. Plan ahead so your time can be unhurried and conducive to enjoying the Lord.

FASTING FOR REVIVAL

There are other things we fast for, but for this particular fast, we are seeking God for Revival.

Revival is: The sovereign act of God in which He restores His people to repentance, faith and obedience.

Revival looks like: A community saturated with God.

Revival happens when: The God we worship, sing to, give to, live for, and speak about manifestly comes upon His people with such power and palpable presence that the lives of the people, and the church are changed—so much that those in the community also begin to experience encounters with God.

So, we will be fasting and asking God to revive us!

Below, you'll find Scriptures and a prayer guide for each day of our fast. Feel free to use the extra space for journaling.

MONDAY: HUMILITY & REPENTANCE

Then if my people who are called by my name will humble themselves and pray and seek my face and turn from their wicked ways, I will hear from heaven and will forgive their sins and restore their land. My eyes will be open and my ears attentive to every prayer made in this Temple and set it apart to be holy—a place where my name will be honored forever. I will always watch over it, for it is dear to my heart. 2 Chronicles 7:14-16

*Purify me from my sins, and I will be clean;
wash me, and I will be whiter than snow.*

*Oh, give me back my joy again;
you have broken me—
now let me rejoice.*

Don't keep looking at my sins.

Remove the stain of my guilt.

Create in me a clean heart, O God.

Renew a loyal spirit within me. Psalm 51:7-10

That is why the Lord says,

"Turn to me now, while there is time.

Give me your hearts.

Come with fasting, weeping, and mourning.

Don't tear your clothing in your grief,

but tear your hearts instead."

Return to the Lord your God,

for he is merciful and compassionate,

slow to get angry and filled with unfailing love.

He is eager to relent and not punish. Joel 2:12-13

MONDAY PRAYER PROMPTS ///

Prayer prompts:

Holy Spirit, will you bring to mind any areas of sin that you wish to bring into the light of your Presence.

I confess these things to you.

I humble myself and receive your mercy and forgiveness.

Would you bring restoration and life to places that have been dark and stuck?

As I fast today, would you make me hungry for more of you?

As I fast today, would you do your work of restoration in my life? Would you revive me by your Spirit?

TUESDAY: GRATITUDE & WORSHIP

Come, let us sing to the LORD! Let us shout joyfully to the Rock of our salvation. Let us come to him with thanksgiving. Let us sing psalms of praise to him. For the LORD is a great God, a great King above all gods. He holds in his hands the depths of the earth and the mightiest mountains. The sea belongs to him, for he made it. His hands formed the dry land, too. Come, let us worship and bow down. Let us kneel before the LORD our maker, for he is our God. We are people he watches over, the flock under his care. If only you would listen to his voice today! Psalm 95:1-7.

“You fathers—if your children ask for a fish, do you give them a snake instead? Or if they ask for an egg, do you give them a scorpion? Of course not! So if you sinful people know how to give good gifts to your children, how much more will your heavenly Father give the Holy Spirit to those who ask him.” Luke 11:11-13

TUESDAY PRAYER PROMPTS ///

Prayer prompts:

Almighty God, I worship you.

Holy Spirit, would you bring to mind the many good things that God has done so that I can speak my words of gratitude and praise?

Maker of Heaven and Earth, I praise your name for your amazing creation. You have put breath inside my body and you have brought new life to my dry bones. I can't help but praise you.

Father God, I thank you for the gift of your Holy Spirit.

As I fast today, would you make me hungry for more of you.

As I fast today, would you do your work of restoration in my life? Would you revive me by your Spirit?

WEDNESDAY: MOVEMENT OF HOLY SPIRIT IN MY LIFE

"If you love me, obey my commandments. And I will ask the Father, and he will give you another Advocate, who will never leave you. He is the Holy Spirit, who leads into all truth." John 14:15-17

That Sunday evening the disciples were meeting behind locked doors because they were afraid of the Jewish leaders. Suddenly, Jesus was standing there among them! "Peace be with you," he said. As he spoke, he showed them the wounds in his hands and his side. They were filled with joy when they saw the Lord! Again he said, "Peace be with you. As the Father has sent me, so I am sending you." Then he breathed on them and said, "Receive the Holy Spirit." John 20:19-22

One day as these men were worshiping the Lord and fasting, the Holy Spirit said, "Appoint Barnabas and Saul for the special work to which I have called them." So after more fasting and prayer, the men laid their hands on them and sent them on their way. Acts 13:2-3

WEDNESDAY PRAYER PROMPTS ///

Prayer prompts:

Jesus, thank you for the gift of your Spirit. Would you breathe on me today? I receive your peace, I receive your Spirit.

Spirit, I invite you to lead me into even deeper and greater truth about who you are, and about what you are doing.

Spirit, fill me again today. Spirit, send me into this day.

As I fast today, would you make me hungry for more of you?

As I fast today, would you do your work of restoration in my life? Would you revive me by your Spirit?

THURSDAY: MOVEMENT OF HOLY SPIRIT IN OUR CHURCH

On the day of Pentecost all the believers were meeting together in one place. Suddenly, there was a sound from heaven like the roaring of a mighty windstorm, and it filled the house where they were sitting. Then, what looked like flames or tongues of fire appeared and settled on each of them. And everyone present was filled with the Holy Spirit and began speaking in other languages, as the Holy Spirit gave them this ability.

At that time there were devout Jews from every nation living in Jerusalem. When they heard the loud noise, everyone came running, and they were bewildered to hear their own languages being spoken by the believers. They were completely amazed. Acts 2:1-7

THURSDAY PRAYER PROMPTS ///

Prayer prompts:

Holy Spirit, we want to be a community saturated with God. Come and fill us.

As we worship you, fill us. As we confess and repent, fill us. As we fast, fill us.

As we fast today, would you make us hungry for more of you?

As we fast today, would you do your work of restoration in our church?
Would you revive us by your Spirit?

FRIDAY: MOVEMENT OF HOLY SPIRIT IN SALEM

Until the day he was taken up to heaven after giving his chosen apostles further instructions through the Holy Spirit. During the forty days after he suffered and died, he appeared to the apostles from time to time, and he proved to them in many ways that he was actually alive. And he talked to them about the Kingdom of God. Once when he was eating with them, he commanded them, "Do not leave Jerusalem until the father sends you the gift he promised, as I told you before. John was baptized with water, but in just a few days you will be baptized with the Holy Spirit." So when the apostles were with Jesus, they kept asking him, "Lord, has the time come for you to free Israel and restore our Kingdom?" He replied, "The Father alone has the authority to set those dates and times, and they are not for you to know. But you will receive power when the Holy Spirit comes upon you. And you will be my witnesses, telling people about me everywhere—in Jerusalem throughout Judea, in Samaria, and to the ends of the earth." Acts 1:2-8

The apostles were performing many miraculous signs and wonders among the people. And all the believers were meeting regularly at the Temple in the area known as Solomon's Colonnade. But no one else dared to join them, even though all the people had high regard for them. Yet more and more people believed and were brought to the Lord—crowds of both men and women. As a result of the apostles' work, sick people were brought out into the streets on beds and mats so that Peter's shadow might fall across some of them as he went by. Crowds came from the villages around Jerusalem, bringing their sick and those possessed by evil spirits, and they were all healed. Acts 5:12-16

FRIDAY PRAYER PROMPTS ///

Prayer prompts:

Holy Spirit, we seek your healing for our city.

Holy Spirit, we seek deliverance for our city.

Holy Spirit, we seek restoration for our city.

Holy Spirit, fill us and use us, we pray.

As we fast today, would you make us hungry for more of you?

As we fast today, would you do your work of restoration in our church and beyond? Would you revive us by your Spirit?

SATURDAY: MOVEMENT OF HOLY SPIRIT AROUND THE WORLD

“How can this be?” they exclaimed. These people are all from Galilee, and yet we hear them speaking in our own native languages! Here we are - Parthians, Medes, Elamites, people from Mesopotamia, Judea, Cappadocia, Pontus, the province of Asia, Phrygia, Pamphylia, Egypt, and the areas of Libya around Cyrene, visitors from Rome (both Jews and converts to Judaism), Cretans, and Arabs. And we all hear these people speaking in our own languages about the wonderful things God has done!” They stood there amazed and perplexed. “What can this mean?” they asked each other.

But others in the crowd ridiculed them, saying, “They’re just drunk, that’s all!” Then Peter stepped forward with the eleven other apostles and shouted to the Crowd, “Listen carefully, all of you, fellow Jews and residents of Jerusalem! Make no mistake about this. These people are not drunk, as some of you are assuming. Nine o’clock in that. No, what you see was predicted long ago by the prophet Joel:

‘In the last days; God says, ‘I will pour out my Spirit upon all people. Your young men will see visions, and your old men will dream dreams. In those days I will pour out my Spirit even on my servants—men and women alike—and they will prophesy. Acts 2:7-18.

SATURDAY PRAYER PROMPTS ///

Prayer prompts:

Holy Spirit, we praise you for your Presence around the world.

Holy Spirit, awaken our hearts for every nation, tribe, people and language.

Holy Spirit, forgive us for our pride, our prejudice, and our self-interest.

God of the universe, pour out your Spirit on all people.

As we fast today, would you make us hungry for more of you?

As we fast today, would you do your work of restoration in our church and beyond? Would you revive us by your Spirit?

SUNDAY: REVIVAL

The high and lofty one who lives in eternity, the Holy One, says this: "I live in the high and holy place with those whose spirits are contrite and humble. I restore the crushed spirit of the humble and revive the courage of those with repentant hearts. Isaiah 57:15

The Lord took hold of me, and I was carried away by the Spirit of the Lord to a valley filled with bones. He led me all around among the bones that covered the valley floor. They were scattered everywhere across the ground and were completely dried out. Then he asked me, "Son of man, can these bones become living people again?"

"O Sovereign Lord," I replied, "you alone know the answer to that." Then he said to me, "Speak a prophetic message to these bones and say, 'Dry bones, listen to the word of the Lord! This is what the Sovereign Lord says: Look! I am going to put breath into you and make you live again! I will put flesh and muscles on you and cover you with skin. I will put breath into you, and you will come to life. Then you will know that I am the Lord.'" So I spoke this message, just as he told me. Suddenly as I spoke, there was a rattling noise all across the valley. The bones of each body came together and attached themselves as complete skeletons. Then as I watched, muscles and flesh formed over the bones. Then skin formed to cover their bodies, but they still had no breath in them.

Then he said to me, "Speak a prophetic message to the winds, son of man. Speak a prophetic message and say, 'This is what the Sovereign Lord says: Come, O breath, from the four winds! Breathe into these dead bodies so they may live again.'" So I spoke the message as he commanded me, and breath came into their bodies. They all came to life and stood up on their feet—a great army. Ezekiel 37:1-10

SUNDAY PRAYER PROMPTS ///

Prayer prompts:

Jesus, we, your church, repent. We turn from sin.

We ask that you would breathe on us.

We ask that you would breathe in us.

We ask that you would breathe through us.

You have put breath inside our body and you have brought new life to our dry bones. We can't help but praise you.

As we fast today, would you do your work of restoration in our church and beyond? Would you revive us by your Spirit?

Join us in the Upper Room at 12:30 pm, Sunday, June 12 for prayer and marking the end of the fast.