



# PRAYER GUIDE

## CREATING A LIFESTYLE OF PRAYER

*Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where He prayed.*

*MARK 1:35 NIV*

Prayer is most effective when it isn't something we just do every now and then, but when it's a lifestyle we cultivate. To understand how to have a lifestyle of prayer, we can look at the example Jesus gave during His life on earth.

### **HAVE A CERTAIN TIME**

Jesus got up early in the morning to spend time with His Heavenly Father. Make a daily appointment with God—whether it's first thing in the morning, at lunch, or in the evening—and faithfully keep it.

### **HAVE A CERTAIN PLACE**

Jesus had a specific place He went to pray. Having a designated place to pray helps us remove distractions and frees us to worship and pray out loud.

### **HAVE A CERTAIN PLAN**

When Jesus taught His disciples how to pray, He gave them a prayer outline. We call it "The Lord's Prayer." This outline, along with several other tools, are available upon request. As we pray every day, our plan for our prayer time can vary. Whether it includes worship music, Bible-reading, or time to listen to God, it doesn't always have to look the same. It just helps when we have a plan for connecting with Him regularly.



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**The goal of fasting is to draw near to God.** It hits the reset button of our soul and renews us from the inside out. Fasting enables us to celebrate the goodness and mercy of God. It prepares our hearts for all the good things God desires to bring into our lives.

When deciding on a fast, we encourage you to seek God in prayer and follow what the Holy Spirit leads you to do.

## Scripture References About Fasting

Matthew 6:16-18; Matthew 9:14-15; Luke 18:9-14; Acts 27:33-37; Nehemiah 9:1-3

## Types of Fasts

### Complete Fast

In this type of fast, you drink only liquids, typically water with light juices as an option.

### Partial Fast

This fast is sometimes called the “Jewish Fast” and involves abstaining from eating any type of food in the morning and afternoon. This can either correlate to specific times of the day, such as 6:00 am to 3:00 pm, or from sunup to sundown.

### Selective Fast

This type of fast involves removing certain elements from your diet. One example of a selective fast is the Daniel Fast, during which you remove meat, sweets, and bread from your diet and consume water and juice for fluids and fruits and vegetables for food.

### Soul Fast

This fast is a great option if you do not have much experience fasting food, have health issues that prevent you from fasting food, or if you wish to refocus certain areas of your life that are out of balance.

For example, you might choose to stop using social media or watching television for the duration of the fast and then carefully bring that element back into your life in healthy doses at the conclusion of the fast.



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## Week 1: Personal Relationship

### Day 1: Confession and Repentance

- **Scripture:** "Therefore, confess your sins to one another and pray for one another, that you may be healed. The prayer of a righteous person has great power as it is working." (James 5:16)
- **Personal Reflection:** Ask God to reveal unconfessed sin in your life. Pray for the Holy Spirit to search and cleanse your heart. Confess your sin to Him. Turn from the sin and run to Jesus.
- **Church Reflection:** Pray that God would connect you with others at Impact Church for encouragement and accountability.
- **Quote:** "True repentance is firm and constant, and makes us war with the evil that is in us, not for a day or a week, but without end and without intermission." – John Calvin

### Day 2: Complacency and Mediocrity

- **Scripture:** "I know your works: you are neither cold nor hot. So, because you are lukewarm, and neither hot nor cold, I will spit you out of my mouth." (Revelation 3:15-16)
- **Personal Reflection:** Reflect on the areas of your life where you are complacent or apathetic. Ask God to guard your Christian walk against complacency and mediocrity.
- **Church Reflection:** Pray for Impact Church to never lose sight of or passion for the mission: to help people KNOW God's love, GROW in God's love, and SHOW God's love to the world.
- **Quote:** "Complacency is a deadly foe of all spiritual growth. Acute desire must be present or there will be no manifestation of Christ to His people. He waits to be wanted". – A.W. Tozer

### Day 3: Hunger and Thirst

- **Scripture:** "Blessed are those who hunger and thirst for righteousness, for they shall be satisfied." (Matthew 5:6)
- **Personal Reflection:** Do you have a hunger or a thirst to be close to God? Ask God to show you areas of your life you have put above Him. Take a small step to stir your affections for the Lord.
- **Church Reflection:** Ask God to strengthen your commitment to engaging in the mission of making a Kingdom difference with/at Impact Church.
- **Quote:** "The greatest enemy of hunger for God is not poison but apple pie... the endless nibbling at the table of the world." – John Piper



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## Day 4: Read and Meditate

- **Scripture:** “Blessed is the man who walks not in the counsel of the wicked, nor stands in the way of sinners, nor sits in the seat of scoffers; but his delight is in the law of the Lord, and on his law he meditates day and night.” (Psalm 1:1-2)
- **Personal Reflection:** Do you delight in God’s Word? Pray that this year will be the year you spend the most time reading and meditating on Scripture.
- **Church Reflection:** Commit to joining a Disciple Group and study the Bible with others.
- **Quote:** “The primary purpose of reading the Bible is not to know the Bible but to know God.” – James Merritt

## Day 5: Trust and Obey

- **Scripture:** “Trust in the Lord with all your heart, and do not lean on your own understanding. In all your ways acknowledge him, and he will make straight your paths.” (Proverbs 3:5)  
“But he said, “Blessed rather are those who hear the word of God and keep it!” (Luke 11:28)
- **Personal Reflection:** Do you trust that God is sovereign over all things? Pray that God would reveal the areas in your life where you aren’t trusting Him and obeying Him.
- **Church Reflection:** Pray for the trust and obedience to be the member God has called you to be at Impact Church.
- **Quote:** “What is the motivation to obey a law that seems nonsensical? It can only be deep trust in the one who asks.” – Rachel Gilson

## Day 6: Ask and Seek

- **Scripture:** “Ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you.” (Matthew 7:7)
- **Personal Reflection:** Ask God for the strength and faith to abide in Him. Seek His will for your day, your week, your month, and your year. Don’t stop praying. Believe He will provide and reveal.
- **Church Reflection:** Share what God reveals to you with others at Impact Church and ask them to pray with you.
- **Quote:** “If we think of prayer as the breath of our lungs and the blood from our hearts, we think rightly. The blood flows and the breathing continues – we are not conscious of it but it is always going on.” – Oswald Chambers



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## Day 7: First and Best

- **Scripture:** “But seek first the Kingdom of God and his righteousness, and these things will be added to you.” (Matthew 6:33)
- **Personal Reflection:** Where are you not giving God your first and best? Reflect on your life and where God is getting the leftovers. Begin each day giving God your first 15 minutes: 5 minutes of worship, 5 minutes in the Word, and 5 minutes of prayer.
- **Church Reflection:** Are you giving God your first and best with your time, gifts, and finances in and through Impact Church?
- **Quote:** “Transform prayer from a last resort to the starting point for every action, bringing God’s perspective to your day.” – Chris Hodges

## Week 2: Thanksgiving and Recognizing God's Faithfulness

### Day 8: Remembering God's Past Faithfulness

- **Scripture:** “Give thanks to the Lord, for He is good; His love endures forever.” (Psalm 107:1)
- **Personal Reflection:** Reflect on a time when God provided for you. How can remembering His faithfulness strengthen your trust? Thank God for His sovereignty and faithfulness in your life.
- **Church Reflection:** Thank God for His provision and faithfulness in the life of Impact Church.
- **Quote:** “God’s past faithfulness demands our present trust.” – Charles Spurgeon

### Day 9: Gratitude in All Circumstances

- **Scripture:** “Give thanks in all circumstances; for this is God’s will for you in Christ Jesus.” (1 Thessalonians 5:18)
- **Personal Reflection:** Think about challenges in your life. How can gratitude shift your mindset and bring peace? Pray for a posture of gratitude rather than one of entitlement.
- **Church Reflection:** Pray for a spirit of thankfulness among the Impact Church family
- **Quote:** “Gratitude is an offering precious in the sight of God, and it is one that the poorest of us can make and be not poorer but richer for having made it.” – A.W. Tozer



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## Day 10: The Good Shepherd

- **Scripture:** “The Lord is my shepherd, I lack nothing.” (Psalm 23:1)
- **Personal Reflection:** In what areas of your life do you need to trust God as your Shepherd? Pray that God will reveal those areas in your life.
- **Church Reflection:** Ask for God’s guidance as Impact Church follows the Good Shepherd wherever He leads.
- **Quote:** “The Lord takes care of His sheep. He knows how to lead them, feed them, and keep them safe.” – Charles Spurgeon

## Day 11: Trusting God's Timing

- **Scripture:** “He has made everything beautiful in its time.” (Ecclesiastes 3:11a)
- **Personal Reflection:** Are you waiting on God for something? Reflect on how trusting His timing builds faith. Pray for the strength to remain in Him during the season of waiting.
- **Church Reflection:** Pray that Impact Church waits well for God's perfect timing in the search for land and/or a building. Hollie Miller once said, “Timing is more important than time.”
- **Quote:** “God’s delays are not God’s denials.” – Warren Wiersbe

## Day 12: God's Abundant Provision

- **Scripture:** “And my God will meet all your needs according to the riches of His glory in Christ Jesus.” (Philippians 4:19)
- **Personal Reflection:** Consider where you need God’s provision. How can you trust Him more in this area? Pray for His provision and that you trust in Him and His goodness.
- **Church Reflection:** Pray for God’s provision for the resources Impact Church needs for their next step.
- **Quote:** “Where God guides, He provides.” – Chuck Smith

## Day 13: Praising God for Who He Is

- **Scripture:** “Great is the Lord and most worthy of praise; His greatness no one can fathom.” (Psalm 145:3)
- **Personal Reflection:** Reflect on God’s greatness. How does worship strengthen your faith? Pray for a more intimate lifestyle of worship – surrender, adoration, and praise to King Jesus.
- **Church Reflection:** Pray that Impact Church is a church that helps people experience God through corporate worship and helps equip people to live a life of intimate worship every day.
- **Quote:** “Worship is all that we are responding to all that God is. – Charles Stanley



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## Day 14: God Always Keeps His Promises

- **Scripture:** “The Lord is faithful to all His promises and loving toward all He has made.” (Psalm 145:13b)
- **Personal Reflection:** Which of God’s promises has brought you encouragement recently? Reflect on His promises and thank Him for being a promise-keeping God.
- **Church Reflection:** Pray that Impact Church clings to God’s promises and remains faithful to His mission to help people know God’s love, grow in God’s love, and show God’s love to the world.
- **Quote:** “God never made a promise that was too good to be true.” – D.L. Moody

## Week 3: Impacting the Community

### Day 15: Loving Our Neighbors

- **Scripture:** “...love your neighbor as yourself...” (Mark 12:31)
- **Personal Reflection:** How can you show God’s love in practical ways this week? Can you pray for someone? Can you buy someone a meal? Can you listen? Whatever it is, pray you will be willing.
- **Church Reflection:** Pray for Impact Church to continue being in the city for the city and showing God’s love to our community.
- **Quote:** “Not everyone is your brother or sister in the faith, but everyone is your neighbor, and you must love your neighbor.” – Timothy Keller

### Day 16: Serving the Least of These

- **Scripture:** “Whatever you did for one of the least of these brothers and sisters of mine, you did for me.” (Matthew 25:40)
- **Personal Reflection:** Are you making time to serve those in need? Ask God to give you opportunities to meet a tangible need this week. Write down ways you can serve and work through the list.
- **Church Reflection:** Pray for Impact Church to continue meeting needs and for people to own the mission of making a Kingdom difference like never before.
- **Quote:** “The Bible teaches that we have a Christian duty to help our neighbors in their time of need. We are called by God to bring the water of life for both soul and body. God created them both, and His purpose is to redeem them both.” – Billy Graham



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## Day 17: Evangelism and Boldness

- **Scripture:** “Go and make disciples of all nations.” (Matthew 28:19a)
- **Personal Reflection:** When was the last time you shared your faith? Ask God to give you the boldness and opportunities to share your story, the Gospel, or an invite.
- **Church Reflection:** Pray Impact Church continues to teach people how to share their faith.
- **Quote:** “You don’t have to be perfect to share Jesus; you just have to be willing.” – Greg Laurie

## Day 18: Breaking Strongholds

- **Scripture:** “The weapons we fight with are not the weapons of the world.” (2 Corinthians 10:4)
- **Personal Reflection:** Are there spiritual strongholds in your life that need to be broken? Pray that God would supernaturally free you from those.
- **Church Reflection:** Pray against spiritual darkness and strongholds in our community.
- **Quote:** “Our prayers may be awkward, but the power of prayer is in the One who hears it.” – Max Lucado

## Day 19: The Next Generation

- **Scripture:** “One generation commends your works to another.” (Psalm 145:4a)
- **Personal Reflection:** How can you invest in the next generation? Pray for ways to invest in the next generation in your realm of influence.
- **Church Reflection:** Pray for Impact Church to continue tenaciously shepherding the next generation and for God to send more leaders to engage with kids and teenagers.
- **Quote:** “When we strive to train the next generation for Christ, we are fulfilling a God-given mandate to teach others about who they are in Him.” – Alyssa J. Howard

## Day 20: Marriages and Families

- **Scripture:** “Unless the Lord builds the house, the builders labor in vain.” (Psalm 127:1a)
- **Personal Reflection:** Pray for God’s strength and unity in your family. Pray that you become the husband/wife and/or mom/dad you are called to be.
- **Church Reflection:** Ask God to strengthen our marriages and families at Impact Church.
- **Quote:** “A strong church is made up of even stronger families.” – Unknown



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## Day 21: The Power of the Holy Spirit

- **Scripture:** “Not by might, nor by power, but by My Spirit, says the Lord.” (Zechariah 4:6b)
- **Personal Reflection:** Are you relying on your own strength or the Holy Spirit? Ask God to help you let go and let Him do what only He can do.
- **Church Reflection:** Pray for a fresh moving of the Holy Spirit in Impact Church.
- **Quote:** “Without the Spirit of God, we can do nothing.” – Charles Spurgeon

## Week 4: Vision

### Day 22: Seeking God’s Vision

- **Scripture:** “Where there is no vision, the people perish.” (Proverbs 29:18a)
- **Personal Reflection:** Are you seeking God’s vision for your life? How can you align with His purpose? Pray for God to make it clear to you what your next step is.
- **Church Reflection:** Pray that Impact Church clearly discerns God’s vision now and for the future.
- **Quote:** “If your vision isn’t intimidating to you, then it’s probably insulting to God.” – Steven Furtick

### Day 23: Bold Faith

- **Scripture:** “Now faith is confidence in what we hope for and assurance about what we do not see.” (Hebrews 11:1)
- **Personal Reflection:** What step of faith is God calling you to take? Pray for the boldness to take the next step, knowing you can’t do it alone.
- **Church Reflection:** Pray for Impact Church to have bold faith to do whatever God tells us to do.
- **Quote:** “Faith does not eliminate questions. But faith knows where to take them.” – Elisabeth Elliot

### Day 24: Unity and Peace

- **Scripture:** “Make every effort to keep the unity of the Spirit through the bond of peace.” (Ephesians 4:3)
- **Personal Reflection:** When you walk into a room, does peace walk in with you? Ask God to show you areas of your life where you introduce chaos and then ask Him to help you bring peace instead.
- **Church Reflection:** Pray that Impact Church remains united and focused on the mission.
- **Quote:** “Coming together is a beginning; keeping together is progress; working together is success.” – Henry Ford



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## Day 25: Faith Over Fear

- **Scripture:** “Do not fear, for I am with you; do not be dismayed, for I am your God.” (Isaiah 41:10a)
- **Personal Reflection:** Is fear holding you back from trusting God? Pray that God would take your fear away and replace it with faith in Him and His faithfulness.
- **Church Reflection:** Pray that Impact Church operates in confidence, trusting God’s plan and timing.
- **Quote:** “Fear is a liar. Faith is the truth.” – Christine Caine

## Day 26: Commitment to Prayer

- **Scripture:** “Devote yourselves to prayer, being watchful and thankful.” (Colossians 4:2)
- **Personal Reflection:** How can you continue to grow in your prayer life during this season? Pray that your commitment to prayer doesn’t end after these 28 days – that it is just beginning.
- **Church Reflection:** Pray for a culture of prayer and fasting at Impact Church.
- **Quote:** “Prayer does not fit us for the greater work; prayer is the greater work.” – Oswald Chambers

## Day 27: God’s Provision

- **Scripture:** “The earth is the Lord’s, and everything in it.” (Psalm 24:1a)
- **Personal Reflection:** Where do you need to trust God’s provision in your life? Pray that where you are lacking, you will trust God is not.
- **Church Reflection:** Pray for God’s provision to continue through abundant generosity in the life of Impact Church.
- **Quote:** “When we do what we can, God will do what we can’t.” – Mark Batterson

## Day 28: Workers for the Harvest

- **Scripture:** “The harvest is plentiful, but the workers are few.” (Luke 10:2a)
- **Personal Reflection:** Are you serving where God has called you? Pray that God would reveal to you your spiritual gifts. Ask Him to give you the desire to operate in the right role as part of His body.
- **Church Reflection:** Pray for more people to take seriously the mission of Impact Church and begin to own the mission in every aspect.
- **Quote:** “God does not call the qualified; He qualifies the called.” – A.W. Tozer