



**“Let all who seek You rejoice
and be glad in You;
let those who love Your salvation
say continually,
The LORD be magnified!”**
Psalm 40:16

**“Seek the peace of the city
where I have sent you...,
and pray to the LORD on its behalf;
for in its peace you will have peace.”**
Jeremiah 29:7

Florida Baptist Convention

Prayer and Spiritual Awakening Department

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☰ A Day in Prayer

Florida Baptist Convention ~ Prayer and Spiritual Awakening Department

▶ HOW TO SPEND A DAY IN PRAYER



A Time for Worship

A Time in the Word of God

A Time of Prayer for Your Witness

A Time of Prayer for the Witness of Your Church

A Time of Prayer for Spiritual Awakening

A Time of Prayer for Your Work

A Time of Prayer for the Warfare You Face

A Time of Prayer for Your Daily Walk

PREPARING FOR YOUR DAY OF PRAYER

The Day Before. In many ways you will start your “Day of Prayer” **Preparing to Pray** on the evening before. (Actually, in Scripture the day begins in the evening—“*the evening and the morning*” made up each day in Genesis 1). **How? Start** with an attitude of **humility**. God calls us to humble ourselves before Him—to come recognizing our needs (personally, communally, nationally, internationally) and to cry out to Him for mercy and grace (Hebrews 4:14-16). It would be helpful to **Read** these verses the **Day Before** your Day of Prayer. Adjust your heart in **humility before the Lord** (1 Peter 5:5-8; James 4:5-10; Philippians 2:3-11; 2 Chronicles 7:14; Isaiah 66:2; Luke 18:9-14; Isaiah 57:15; Psalm 51:17; 138:6; 34:18; Luke 14:11).

Praying takes time. Determine your block or blocks of time (set aside at least 3 hours for a block of time) for your Day of Prayer. You may choose to set aside two, three, or more blocks of time (for example, early morning, mid-morning, mid-day, afternoon, early evening, or late evening). Work your schedule around your Day of Prayer. Make this time priority time.

Prepare Physically—First, if the Lord calls you to fast, you may begin your fast by missing supper or prepare for the next day by eating a very light supper (don’t splurge first before you fast). Then, get a good night’s rest the night before—don’t stay up late. Be alert for the next day. For additional thoughts read “*Guidelines for Prayer and Fasting*” found on pages 16-19 of this booklet.

Prepare Mentally—Watch out for distractions (TV, movies, internet, all kinds of media can distract and even detract from your time with God). The enemy can use many forms of thought darts, many from TV or the internet. Be quiet. Read some Scripture. Focus attention on God. Give Him your night and the following day.

Prepare Spiritually—The night before your Day of Prayer, prepare your heart with a Quiet Time with the Lord. Perhaps you could read about some of the Days of Prayer recorded in Scripture (see 1 Chronicles 28-29; 2 Chronicles 5-7; 15:1-15; 20; 30-32; Ezra 8; Nehemiah 8-9; Esther 4-8; Joel 2; Acts 4; 12).

Prayer Points for a Lost Person

Someone Receiving the Gospel

Pray these truths for someone you know who needs to come to know Christ as Lord and Savior. They are given with the acrostic R.I.G.H.T. H.E.A.R.T.

Pray for the person *BY NAME*... (1 Timothy 2:1-4)

“Lord, I pray for _____, that he/she would...”

R—Recognize Jesus as Lord and the Only Savior (John 14:6; Acts 4:12).

I—Have Insight into one’s condition—dead in disobedience and the darkness of sin, bound and blind (Ephesians 2:1-2; Titus 3:3; 2 Corinthians 4:4).

G—Be Guarded and protected from the distractions of the world, the deceptions of temptations, and the devil stealing the seed of the Word (1 John 2:15-17; James 1:14-16; Luke 8:11-14).

H—Heed the call to give up on their own “good works” and **Hope** in Christ and His work alone (Ephesians 2:8-9,12; Titus 3:5).

T—Take seriously the promises of God’s Word and the mercy of God’s heart (Romans 10:17; Titus 3:5).

H—Hear the Father’s Invitation to come to Christ and call on Him (Matthew 11:28-30; Romans 10:13).

E—Expect Christ to forgive, save, and change one’s heart by grace through faith (Romans 10:4, 9-13; Ephesians 2:8; Hebrews 11:6).

A—Acknowledge and repent of sin and self-righteousness (Matthew 4:17; Luke 13:5; 18:13-14; Romans 3:23; 10:3-4).

R—Receive Christ as Lord and Savior by faith (John 1:12; Galatians 3:26).

T—Turn to Christ quickly, **Trust** Christ wholly, and **Take** Christ fully at His Word (1 Corinthians 6:2; Romans 10:4; John 6:37; Galatians 3:2).

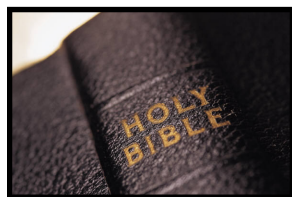
Continue to pray for the person to come to Christ, to have a R.I.G.H.T. H.E.A.R.T. with Him, knowing that means a right heart forever. Ask the Lord for further insight in how to pray for this person, trusting Him to guide you in prayer. Pray for open doors to speak to the person about a personal relationship with Christ.

Prayer Points for a Witness

Someone Sharing the Gospel

Pray for the person witnessing...

- ◆ To seek God in prayer for His empowering to accomplish His work in the field (Acts 4:24-31).
- ◆ To be sent by the Father into His appointed fields for His Divine Appointments (Matthew 9:37-38; Acts 17:17).
- ◆ To go in the adequacy and power of the Spirit of God (2 Corinthians 2:14-17; 3:3-6; Acts 4:8-12).
- ◆ To go through the open doors the Father gives (Colossians 4:3).
- ◆ To be protected from opposing people (Romans 15:30-31; 2 Thessalonians 3:2).
- ◆ To be protected from the evil one (John 17:15; 2 Thessalonians 3:3).
- ◆ To speak clearly the right words at the right time (Colossians 4:4).
- ◆ To speak boldly all that is needed (Ephesians 6:19-20).



Come to your Day of Prayer expectantly. Expect to meet with God. Expect to see answers because of your time in prayer. Remember Who you are meeting. Consider this as important an appointment as you could possibly have—more so than with any King, President, CEO, or celebrity. This is God! Remember the essential attitude of **humility** (1 Peter 5:5-8).

Watch out for distractions. Seek to eliminate any **distractions** or potential distractions. Choose a **place that is quiet**. Avoid phone calls. Turn off your cell phone unless it is absolutely necessary. Be alert. You are in a war zone! Watch out for enemy distractions—thought darts, worry zones, false-guilt attacks, and thought “parades” (one thought after another, one “remember this-remember that” after another). Call on the Lord. Give Him the Day. Ask Him for His protection, His power, and His guidance.



THE DAY OF PRAYER

Get up—Wake up—Listen up. Do what you need to do to be alert and focused. Bring your Bible and a small notebook or Journal for your prayer time. You may want to write some verses of Scripture, record insights God gives you in prayer, write out your prayers, or write the things God leads you to pray for. This will help you pray in later days and track the answers better.

Important Note: Your **GOAL** in this Day of Prayer is **NOT** to get through this Guideline on “How to Spend a Day in Prayer.” Your **GOAL** is to **pray**, being **led** by the Spirit of God. You may spend longer times or shorter times in certain parts of this Prayer Guide as the Spirit leads you. That is fine. He may bring up issues that are not mentioned here. Pray over the burdens He gives. Pray concerning the “burning” in your heart. Remember, the Holy Spirit is The Guide in prayer. We are weak and ignorant and must depend on Him to guide us and to pray for us (Romans 8:26-27). Follow Him and His Word on this Journey in prayer.

1. A TIME FOR WORSHIP

Actually the entire day is one of worship, as every day should be. Worship is the expression of love, respect, adoration, reverence, fear, obedience, and trust to the Lord. In believing God is who He says He is, we respond in worship by honoring Him as God in all and over all we do—work, school, hobbies, home life, friendships, all our time-24/7 (Romans 1:21; 12:1-2). With this ‘all-day-worship’ mindset, it is also fitting that we have special focused times of worship, time more concentrated on our Heavenly Father, on Jesus our Lord, and on the leading and enabling of the Holy Spirit. Here is a general guideline for a Time of Worship.



Remember that true WORSHIP is walking in the Fear of the Lord, promptly obeying Him and His Word, withholding nothing from Him (Genesis 22:5, 11-12, 18). It is a moment-by-moment surrender of all I am to all He is (Romans 12:1-2; Matthew 6:9).

First, Surrender to Jesus as Lord This Day (Romans 12:1-2). **Submit and commit this time to the Lord.** Thank the Lord for His Presence and His Promises. Focus on the Lord.

Honor and Praise the Lord (Romans 1:21). Here are some favorite passages you may select from to read and use to praise the Lord (Genesis 1:1-31; Exodus 15:1-21; 1 Chronicles 16:8-36; Psalm 8; 18; 19; 24; 29; 33; 34; 47; 65; 66; 67; 76; 77; 84; 92; 93; 97; 98; 99; 100; 103; 104; 111; 145; 146; 147; 148; 149; 150; Isaiah 40; 44:6-8; Daniel 4:34-37; Nehemiah 9:5-38; Matthew 2:1-11; 11:25-30; Luke 1:46-55, 67-79; John 9:35-38; 12:1-8; 20:26-29; Romans 16:25-27; Ephesians 1:1-14; 3:20-21; Philippians 2:5-11; 1 Timothy 1:17; 6:15-16; 2 Peter 3:18; Jude 24-25; Revelation 4-5; 11:15-18; 19:1-7).

Receive Forgiveness by Faith Not Feeling. Trust the Word of God to be true, as true as the God of the Word. Deal with bedrock facts, not shifting-sands feelings. Jesus died to forgive, not condemn.

Dealing with Your Personal Sins Against Others

When Someone Has Something Against You. First, if someone has something against you, you need to go to that person (or persons)—face to face if possible, by a phone call if not face to face (Matthew 5:23-24). If you cannot reach them either way, seek the next best way, the fastest way possible. Ephesians 4:26 says, “*Do not let the sun go down on your anger.*” In other words, deal with any sin, especially anger, on the day you face it. It is like household garbage; the longer you wait to get rid of it, the worse it stinks. What if he or she does not receive you or your attempt to get things right or does not forgive you? You are responsible for you. Let God deal with that person.

The Circle of Confession is as big as the circle of offense. If your sin is against God, confess it to Him. If you have sinned against an individual, go to that individual, confess, and make it right. If you have sinned against a group, make it right with the group.

Restitution. If there is need for **restitution**—financial, material, property lost or stolen, whatever—make it right as much as is possible. The burden may seem heavy now, but making it right makes the burden on your heart turn into wings for your soul.

Dealing with Others Who Have Sinned Against You

When Someone Sins Against You, first have a forgiving, kind attitude toward that one, “*forgiving each other, just as God in Christ also has forgiven you.*” (Eph. 4:32) What if he or she does not ask for forgiveness? You are responsible for you. Obey God. Show love. Let God deal with that person.

Two Options. To get things right, you have **one of two choices.** **Forget it** and do not mention it. The person may be unaware he has offended you in some way. “*Love covers a multitude of sins.*” (1 Peter 4:8) **OR...Go to** him or her and point out the offense in order to restore the relationship (not in order to make the person feel bad or feel guilty) (Matthew 18:15-20; Galatians 6:1; 2 Thessalonians 3:15). God’s goal is oneness with Him and with one another—walk in harmony, peace—real love toward one another (1 Peter 3:8-18) “*As much as depends on you, live peaceably with all men.*” (Romans 12:18)

How to Deal with Sin

Dealing with Your Personal Sin

God is Faithful to Convict. As you read the Word of God, study with a small group, or listen to a message being preached or taught, God will often convict of some sin. He wants us to come to Him, agree with Him about the sin, agree to turn from that sin, agree to turn to what is right in that area or in that relationship and by faith receive His forgiveness and cleansing for that sin (1 John 1:5-9).

Ask God. If you think there is a fellowship break between you and the Lord, go to Him in prayer asking Him to show you what is displeasing to Him. Ask Him to reveal anywhere you have stepped over the line of His Word, anywhere you have grieved or quenched His Spirit. He promises to show us where there is sin (John 16:8-11).

Watch Out for False Guilt and Lies. The enemy, the evil one is also called the adversary—he is against God, against God’s people, and against God’s purposes. He is also the accuser against God and “*the brethren*”—all believers (Revelation 12:10). He is the father of lies and spreads untruth anywhere he can—lies about God, about God’s Word, about God’s people, about anything—to create division, discord, and distrust. When it comes to the lives of individual believers, he shoots “thought darts” to accuse—either of sin we have committed or even of sin which we have faced in temptation but have not committed—anything to confuse, frustrate, condemn, and make us feel guilty. Remember this—to be tempted is not a sin, to have a tempting thought is not sin. It is not a sin until we act on that temptation, making a choice to sin. When we do, we need to confess it and get it right.

The Spirit is Specific. When the Holy Spirit convicts of sin, He is specific so we can confess specifically—“Lord, here is what I did, when I did it, I was wrong. I turn from it, I want to do the right thing. Thank You for forgiving me.” Satan is often general, condemning and confusing—“you are bad, weak, foolish ...etc.” Trust God to guide you in truth.

God Does Not Remember Sins so as to Use Them Against Us. The Holy Spirit does not bring up old sins. Those are removed, forgiven and forgotten. Satan uses instant replay to remind us, hassle us, depress us, defeat us. He nags at us—“Remember how many times you’ve done that. You will never change. You cannot do anything right. Remember.” Simply remember the promises of the Word of God and hold to them (Hebrews 10:17-18).

In praising the Lord, you may want to use a hymnal or book of poetry or prose to aid in singing to or speaking praise to the Lord. Often the words of a hymn connect with the heart in a unique way. They are the testimony of a brother or sister in Christ who has walked with God. Their testimony through a song or poem connects with your heart and helps connect your heart with the heart of God.

Give Thanks to the Lord—We have much for which to be thankful. Some helpful Scriptures to focus your thanksgiving include Psalm 100; Romans 1:8; 1 Corinthians 1:4-9; 2 Corinthians 2:14; 9:15; Ephesians 1:15-16; Colossians 1:3-4; 1 Thessalonians 1:2-3; 2:13; Philippians 1:3-4.

Thank the Lord for ...

... **Spiritual Blessings**... Be specific. You may want to write these in your notebook/Journal.

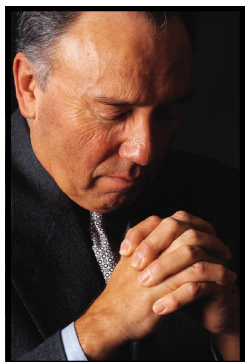
... **Relational Blessings** (family, friends, fellow believers)... Be specific. Name names.

... **Physical Blessings**... Be specific.

... **Material Blessings**... Be specific.

... **Trials and Pressures and Certain People**... Yes, these are included (Matthew 5:10-12, 43-48; James 1:2-5).





Heart Check Up. As you begin your time of prayer, sometimes there are distractions that interfere. Sometimes the closest distraction is “static” in the heart, a misconnection, something that interferes with hearing or speaking clearly. Unconfessed and undealt with sin can be a major distraction. **How is your heart before the Lord?** Are you having difficulty praising or thanking Him? Ask the Lord to show you anything that is in the way, anything you have not dealt with His way, any

sin or offense against Him or against another. Is there some matter of restitution that you need to take care of?

As you come before the Lord, as you read the Word, the Spirit of God may convict you of something you need to deal with, a sin to confess, a wrong to make right, some matter of disobedience to deal with, or some restitution that you need to make. Whatever He brings to mind, deal with it **promptly, fully**. If you need to contact someone, do so as soon as possible.

As He brings things to mind you may want to simply jot down on a notepad what comes to mind. List any sins He brings up. Then, confess those as wrong, agree to make right what you can make right, and claim 1 John 1:9. He has promised to forgive and cleanse (He deals with the sin *and* the stain). Take the list and shred it or burn it. It has been dealt with on the Cross and in your heart. For those situations in which you need to make something right, ask the Lord for wisdom in how to do that as quickly as possible. For further help read “*How to Deal with Sin*” found on pages 20-21 of this booklet.

Remember, it is vital to “die” to “Self” and any selfish agenda (Luke 9:23-25). Maintain a heart of surrender throughout the day. Recognize that you may encounter some moments of wrestling over an issue. Look to the Lord. Let Him have His way. Trust Him for what He brings up. He wants the very best for you, His best.

For those on medication or who have been ill, be cautious and get an OK from your doctor.

Some are not able to fast because of a physical condition. They must have regular meals. The Lord may lead you to “fast” from certain foods, etc. Remember, the important thing is the heart attitude not the calorie count.

Sometimes there may be a little dizziness, headache or nausea from not eating. Don't be alarmed. Remember to drink extra liquids.

At the end of your fast it is helpful to eat fruit or soup, etc. Don't eat a big meal. Your eyes may be bigger than your stomach so watch out for gluttony (The fruit of the Spirit is self-control—Galatians 5:22-23).

When all is said and done may we have the testimony of Daniel,

"So I gave my attention to the Lord God to seek Him by prayer and supplications, with fasting..."

(Daniel 9:3)



Who should fast? A fast can be by one person—a personal fast. It can be a partner fast in which two or more enter in. This would be true of a husband and wife, a small group such as a class or leadership team (Acts 13:1-3), or a congregation coming together in a heart to heart seeking of the Lord (Ezra 8:21-23). There are also community fasts (city, tribe, or nation) in which all are called to fast as in Jonah 3 or 2 Chronicles 20:3.

When should a person or group fast? The Scriptures command one regular fast for those in the Old Covenant. In Leviticus 16:29-31 the nation of Israel is told to humble their souls (implying fasting) on the Day of Atonement. There are no regular fast days commanded in the New Testament. Any regular fast day found there is the product of man-made regulations and is usually marked by a generous helping of man-centered pride (Luke 18:12; Colossians 2:16-23). All other fasts are occasional fasts according to the need of the moment and the conviction and call of the Spirit of God.

The final question in regard to fasting is **How is a fast to be done?**

First, the heart attitude and motive must be right. Fasting is directed to the Lord not to people (Matthew 6:16-18).

Second, let the Lord lead you as to the timing and length of a fast. Remember, it is the heart attitude. We can't go on a "holy hunger strike" and expect the Lord to "give in" to our desires.

Third, there are some **Practical Guidelines**:

Keep your focus on the Lord trusting Him in the situation and need (Hebrews 11:6).

Stay in an attitude of prayer throughout the day. Set aside segments of time for specific prayer. Pray often.

Read Scripture often during your time of prayer and fasting. Praying is as much listening as talking. Record any insights you gain. You may want to write down some of your specific requests in a Journal or notebook.

Concerning meals missed; skipping one, two or three consecutive meals is a normal fast. Some may choose one, two or three days. Others may fast several days. Drink plenty of juices and/or water as you fast. [For those who go on an extended fast, it would be helpful to read one of the books that gives information and guidelines on an extended fast.]

THE HOLY SPIRIT'S FULLNESS IN YOUR LIFE. By faith ask for and receive the fullness and control of the Holy Spirit. Ephesians 5:18 commands us to keep on being filled with the Spirit, so this is God's will for sure, not a maybe-so event. It is a daily directive. We must depend on the Spirit of God to empower us in all of life. If we are to see Him working in our lives and in our churches, we need His fullness matched to our surrender and trust. Over 2,500 years ago, the Spirit of God reminded Zechariah and the people of Israel that God's work would be done "*not by might nor by power, but by My Spirit, says the LORD of Hosts*" (Zechariah 4:6). Not military might, abundance of wealth, technological genius, physical strength, human ingenuity, or superb organizational skills will accomplish what God wants in His Kingdom. We must depend on the Spirit of God to accomplish His work in us and through us—using what He wants as we surrender all to Him. **Yield** to the Fullness and Control of the Holy Spirit expecting Him to empower you **to pray and to do His will His way** (Ephesians 5:18-21; Galatians 5:22-24).

The Holy Spirit will give different burdens to different people. He will bring things to your mind...



THE HOLY SPIRIT'S LEADING IN YOUR PRAYING. The Spirit of God will give different burdens to different people. He will burn something in your heart for which He wants you to pray and in which He will lead you in prayer. Look to Him to guide you in prayer. Jude 20 speaks of "*praying in the Holy Spirit*," meaning to be led by Him, under His control (Ephesians 5:18; 6:18). This is not some weird experience. He will bring things to mind, He will guide you with Scriptures to pray, bringing certain Scriptures to mind to match certain burdens on your heart. He will give you insight during your Day of Prayer. Follow Him.

2. TIMES IN THE WORD OF GOD

Intersperse times in the Word with your times of Prayer. Read and meditate on the Word throughout your Day of Prayer. Let God's thinking frame your thinking. He wants us to think in line with His Word. God's Word is a Lamp to our feet—everywhere we go and in everything we do, especially in how to pray. In humility, seek the Lord and His Will in the Word. Let your thoughts and prayers in every area be in line with the Word of God (Joshua 1:8; Psalm 119:9-18, 38, 72-74, 97-105, 127-130, 160-176; John 17:17; Ephesians 6:19-20; Colossians 4:2-6).

PRAY THE WORD OF GOD. The more you know and understand His Word, the greater your “prayer vocabulary” grows. You begin to think Scriptural thoughts and pray Scriptural prayers. Often your reading and meditating on the Word will lead you directly into praise or thanksgiving, sometimes to confession of sin, sometimes to intercession for others or to petition for your own needs. At times, God will bring a person to mind as you are reading His Word. Look for those “prayer connection” points between what you are reading (a verse, a story, a phrase, a promise) and the person of whom you are thinking. Pray as the Spirit of God leads.

This can include **Praying the Scriptures** back to the Lord—a phrase, a verse, etc. Let Him lead you in prayer as you meet with Him in the Word. To help in praying God's will, purposefully mix prayer with reading the Word. Just as you read the Word in your times of Praise and Thanksgiving, so read the Word as you pray over various needs you are aware of and over any lists of requests you have for this day. This not something new. In Scripture, we find examples of believers who prayed the Word of God—Nehemiah (In Nehemiah 1:5-11, he quotes from Leviticus 26:33; Deuteronomy 30:2-4; 12:5), Daniel (In Daniel 9, he prays after reading Jeremiah 25:11-12; 29:10), Jesus (In Hebrews 10:5-10, we find Jesus' prayer from Psalm 40:6-8).

In Luke 2:37 Anna's life of "fastings and prayers" reveals a lifetime of focused service and dependence on the Lord. In Acts 13:1-3 and 14:23, we see clear evidence of a step by step dependence on the Lord in the early church. Whether determining the Lord's will in the direction of ministry or in appointing the right leadership, they sought the Lord wholeheartedly in prayer and fasting.

A third summary reason for fasting practiced by some can be stated as *A Haughty Attempt to Get One's Own Way*. Isaiah 58:1-4 is one of the clearest rebukes to a proud heart full of selfish motives. That kind of fasting was of no benefit. In Zechariah 7:5 we find a people who have performed a regular fast but for selfish reasons and with no sensitivity to the Lord and His ways (see 7:1-12). In Luke 18:12 a ritualistic Pharisee found no response from God. God was not impressed with his self-righteous fasting.

God looks at the heart not the outer man. He is concerned that we are walking humbly before Him with a desire only to do His will. He delights in us seeking Him with a whole heart and sometimes a whole heart means a time of fasting. That brings us to *The Practice of Fasting*. **How** do we go about a time of prayer and fasting? What are the procedures?

The Practice of Fasting

There are several kinds of "fasts" that we can practice. Many times the intensity of the need will determine this. Let's answer some basic questions about the practice of fasting.

What kind of fast? There is **1) a limited fast**--A person limits their diet for a time as a part of seeking to do the will of God. This is found in Daniel 1:8-13 where Daniel and his three friends asked for a limited diet in order to follow God's Law and God's will.

There is **2) a standard fast**--A person eats no food but does drink liquids. This is the most common fast in the Scriptures.

There is **3) an absolute fast**--A person does not eat or drink for a period of time. Esther called for a three-day fast of this kind (4:1-17)(A person normally cannot go without liquids for more than 3 days. Moses experienced two supernatural fasts of 40 days each in which he neither ate nor drank anything in the presence of the Lord on Mount Sinai (Exodus 34:1-2, 27-28; Deuteronomy 9:9-29; 10:1-5, (Note verses 9:9 and 9:18)).

Guidelines for Fasting and Prayer

The Purpose of Fasting

Why fast? The Scriptures clearly reveal the purpose of fasting through several examples in the life of the nation Israel and in the life of Jesus and the early church. In a survey of the Scriptures there are at least three summary reasons given for fasting.

One is *A Humble Admission of Need*. The need may be forgiveness of sin, comfort over some grief or sorrow, concern over the situation of an individual, a city, or a nation, or the need for guidance and direction from the Lord. For example, when Nehemiah heard about the condition of Jerusalem he immediately began to mourn and seek the Lord in fasting and prayer (Nehemiah 1:4-11). He readily admitted the need of the people of God. In Daniel 9:3 Daniel writes "I gave my attention to the Lord God..." Literally the verse says "I set my face..." It is a picture of focused concentration on the Lord ready to admit the needs of the moment. (For other examples see 1 Samuel 7:6; 31:13; 1 Kings 21:27-29; Nehemiah 9:1; Esther 4:1-3; Isaiah 58:5-6; Psalms 35:13; 69:10; 109:24.)

The second summary reason is *A Humble Request for Help*. This is closely linked to the first reason. Before we will ask for help we have to admit we have a need—a need we know we cannot meet. God alone can give the needed help. This can include seeking the Lord's guidance for a decision (Judges 20:26), for healing (2 Samuel 12:16-23), or for safety and protection (Ezra 8:21-23). Esther 4:16 records Esther's plea for the people to "fast for me" for three days concerning the deliverance of the Jewish people. In Jonah 3:3-10 the entire city of Ninevah entered into a fast to repent of their wickedness and seek deliverance from certain judgment. An example of a plea for national deliverance is found in 2 Chronicles 20:3-4. Other examples of asking for a need are found in Daniel 9:3; Isaiah 58:7-12; and Jeremiah 36:1-9.

In the New Testament we find examples of those who sought the Lord with a whole heart at a time of great need or as an expression of humble dependence on the Lord to guide or provide in some way. In Matthew 4:2 Jesus revealed His dependence on His Father during the wilderness temptations. The 40 days of prayer and fasting were a time of intense focus on the Father and submission to all of His will and His Word. When Jesus taught on fasting He clearly showed that it was a matter of a heart to heart focus on the Father, a submission to His will, and trusting in His supply for the need (Matthew 6:16-18).

Some passages you can pray or that can help you pray the Word of God, for yourself or for others, include Joshua 1-2; 1 Samuel 1-2; Psalm 1, 19, 119; Matthew 5-7; Ephesians 1:15-21; 3:14-21; Philippians 1:9-11; Colossians 1:9-12; 1 Thessalonians 5:23; 2 Thessalonians 3:1-5.

Be Undistracted—Undisturbed. To help you in concentrating on the Lord and your praying, you may want to read the Word **outloud** and pray outloud. **Stand** up if you are getting sleepy. Perhaps, take a **walk** in a place where you can concentrate and remain undisturbed and undistracted. **Write** your prayers in your notebook. That often helps concentration. Write a poem or a **letter** to God. **Sing** a song to the Lord (remember, it's just you and Him in the room).

Take a walk in a place where you can concentrate and remain undisturbed and undistracted.



Be Aware. The enemy will try to distract you, deter you, detour your thinking, make you feel defeated, or just plain dumb. No matter. Keep praying. Keep on wrestling. Keep looking to the Lord and His Word. Pray the things God burns in your heart and mind.

Be a Follower. Remember, your **GOAL** is not simply to finish this Guideline. It is to **follow** the leading and burdening of the Spirit in prayer, seeking God for *His will His way* in the matters that matter to Him.

3. A TIME OF PRAYER FOR YOUR WITNESS AND THE WITNESS OF YOUR CHURCH

Every person and every church makes an impact for good or for evil. God wants us to *make an impact that makes a difference*. He does that by placing Himself, the “treasure,” in earthen vessels, jars of clay, and then placing us so that the life of Jesus can be revealed (2 Corinthians 4:7-11; Matthew 6:10). Pray to be a **witness** confident in His Sovereignty (His providence, provision, and guiding Hand), in the Sufficiency of His Grace (1 Corinthians 15:10; 2 Corinthians 12:9; Philippians 4:11-19), and in the Saving Power of His Grace (Acts 15:11; Ephesians 2:5, 8-10).

Pray for your impact/witness at home—Pray for your witness to your own family and pray for the witness of your family to those around them. Ask the Lord to make an impact through each one. (Luke 8:39; Acts 16:14-15, 25-34).

Pray for your witness and your church’s impact in the neighborhood, at work, and in your community—Pray for your neighbors, your work associates, and the leaders of your community. (Luke 8:39; Acts 2:46-47; 5:14, 42; 6:7). As you pray, be specific in praying for those who are **lost—unsaved** family members, friends, work associates, school classmates, neighbors. Pray for the lost **by name**. As a help in praying you may want to look at “*Prayer Points for Laboring in the Harvest and Touching the Lost*” located on page 22 of this booklet. This gives specific Scripture guidelines on praying for the lost.

Pray for your world impact and witness and your church’s impact beyond your hometown—Pray for how God may want to use your witness beyond your current hometown. (Luke 24:46-49; Acts 1:8; 2:5-11; 8:4; 9:31; 10:34-35; 11:18; 13:2-4; 19:26).



Pray over your Other Relationships (friends, relatives, work associates, neighbors, etc.)—Whatever burden the Lord brings to mind, whatever need surfaces as you think of these, talk to the Lord about that need. Pray for His will in each life (Colossians 4:12; Hebrews 13:20-21).

For each of these areas, especially for those closest to you, you could pray the **B.L.E.S.S.** prayer.

B.—Bodily needs, physical health, strength

L.—Labor needs, work, finances/budget needs

E.—Emotional needs, strains and stresses in life, freedom from worry, well-being in their lives

S.—Social needs, relationships at home, at work, at school, in the neighborhood, in the church (do they have a church home?)

S.—Spiritual needs, that each would have a personal, growing relationship to Jesus as Lord and Savior, that each would be involved in a healthy, truth telling, truth living local church.

Steps of Obedience—What has the Lord Directed you to do through this time of prayer? Is there a relationship to mend or invest in? A ministry area to become involved in or to adjust? An involvement in serving others? Ongoing prayer for your church (leadership, ministries, etc.) and your community? Focused prayer for specific lost people? A more focused daily seeking the Lord and His will? Record what the Lord has said to you (Genesis 22:18; 31:16b).

THE END OF YOUR DAY OF PRAYER

As you close your Day of Prayer, thank the Lord for His guidance in this day, for the way He has spoken to you, and for the way He will work in the days ahead through your praying. You may want to write a “letter” to the Lord in your Journal or notebook or simply on a piece of paper. Record your praises, thanks, and thoughts from the day. Record any **Steps of Obedience** God has given you to do in the days ahead. Remember, you have invested in Eternity (2 Corinthians 1:11; 4:16-18; Revelation 5:8).

As you close your “Day of Prayer” consider the days ahead. After this day of prayer continue your daily time with the Lord, in His Word and in prayer. Spend time in fellowship and prayer with other believers so that you may be a witness and encouragement to others God brings across your path (Psalm 119:1-2, 9-16; 2 Timothy 2:22; Acts 17:17).



Pray concerning your War with the world—Paul said, “*the world has been crucified to me, and I to the world*” (Galatians 6:14) and he urged us to “*not be conformed to this world, but be transformed by the renewing of your mind*” (Romans 12:2). Is there a battle going on between you and the world system? Pray in line with Romans 13:12-14; James 4:4-6; 1 Peter 2:11-12; and 1 John 2:15-17; 5:21.

Pray concerning your War with the devil—Our submission to Christ is our victory over the devil. James 4:7 says “*Submit therefore to God. Resist the devil and he will flee from you.*” Pray in humility in the light of 1 Peter 5:6-9 and Ephesians 6:10-20, trusting the strength of the Lord. Remember as you face the enemy’s temptations, the promise of 1 Corinthians 10:13, “*No temptation has overtaken you but such as is common to man; and God is faithful, who will not allow you to be tempted beyond what you are able, but with the temptation will provide the way of escape also, that you may be able to endure it.*”

7. A TIME OF PRAYER FOR YOUR DAILY WALK

As you come to the end of your Day of Prayer, there are some personal areas over which to pray.

Pray about your Relationship with the Lord—Think back over your time of prayer this day. What has the Lord spoken to you about personally? Talk with Him about those things that are personal burdens to you...spiritual struggles... emotional battles... financial problems... questions about your walk with the Lord... Whatever is on your heart, talk to the Lord about it (for example, Psalm 18, 22, 23, 73).

Pray over your Daily Schedule—Ask the Lord if there is anything that needs to change in your daily or weekly schedule. Talk to Him about your responsibilities, events upcoming, etc. Make the most of your time (Ephesians 5:15-16).

Pray over your Family/Home—How are things at home? How is your family? Talk to the Lord about each member of your family. Pray for His will—His Best in each life (Psalm 90:16).



4. A TIME OF PRAYER FOR SPIRITUAL AWAKENING

The witness of each Christian and each church often changes dramatically in times of Spiritual Awakening. Every awakening in the Old Testament, New Testament, and in Church History has been a time of returning to the Lord, His Word, and Spirit-filled worship and witness. Everything intensifies in a Spiritual Awakening—worship, insight in the Word, effective and fruitful witnessing, creative and fruitful new ministries, as well as the spiritual battles that are part of the spiritual war we face.

We need Spiritual Awakening in our churches and among many, many Christians. We need the influence of Spirit-filled, Spirit-led Christians and Churches in every area. Pray for God to work supernaturally ...

In our **churches**—Pray for Brokenness before the Lord for our spiritual leaders (pastors, deacons, Sunday School teachers, Small Group leaders, any involved in leadership); for congregations to recognize signs of lethargy, laziness, lack of love and concern for others; for all to recognize any sin, to repent and return to the Lord, calling on Him for Spiritual Awakening.

In our **neighborhoods**—Pray for needs that you are aware of. Pray for sensitivity to those things for which the Lord wants you to pray on behalf of your neighbors. Ask the Lord to make you sensitive to those areas in which He wants you involved.

In our **community** events—Pray for community needs and the Lord’s will in those areas.

In our **schools** (at every level, Pre-K to University)—Pray for God’s open doors into the hearts and lives of students, teachers, administrators, etc.

In our **government**—Pray for those in authority (Romans 13:1-7; 1 Timothy 2:1-4) and for God’s working in their lives. Pray for open doors for the Word as Paul prayed when he was in a Roman prison writing Colossians 4:3-7.



In our **recreation, arts, sports**—Pray for open doors in each of these areas. Pray for a clear witness of the Lordship of Jesus over each area, in each event.

In our **media** (print, newspapers, magazines, internet, TV/Radio, the film/movie industry)—Pray for creative ways to reach people involved in each of these areas and for Christian influence and impact.

5. A TIME OF PRAYER FOR YOUR WORK—[ON THE JOB OR AT SCHOOL AND IN THE KINGDOM]

Work is God’s will for our daily lives. His priority is always to follow Him and His Word in our work and He wants us to Pray for the work He gives us to do (Matthew 6:10-11). In Scripture we find at least three areas of Work—The Work of Ministry in the Church and Kingdom, the Work of Missions at Home and throughout the World, and the Work of Maintenance, the daily work for food, clothing, shelter, personal needs and the opportunities to help with the needs of others.

Pray for your Work of Ministry—Every believer is gifted with spiritual gifts to be used in the local church, in the Body of Christ. Pray to discover and use those grace gifts as the Lord desires. Pray for the ministry God has given you or desires to give you (a ministry received from Him—not something to try to work up in your own energy). Pray for your church and the ministries God has given there. Pray that you and those with whom you worship and work will guard against self-made, self-achieved “ministry” and against strife with one another in ministry. Pray Psalm 90:17, “Confirm for us the work of our hands.” (Romans 12:3-8; Colossians 4:17; James 3:13-18).

Pray—“Lord, may I fulfill the ministries I receive from You, the missions on which You send me, with the messages Your Word gives me and with the resources You provide for me. Make me what You alone can make me. Take me where You alone can take me. Use me as You alone can use me.”



Pray for your Work of Missions—Pray for your involvement in local and world missions and for others involved in world missions. Pray for missionaries you know or of needs on the field of which you have been made aware. Pray for the Missions on which God may send you—in your neighborhood, in your community, across the street or around the world (Matthew 28:17-20; Romans 15:30; 2 Corinthians 1:10-11).

Pray for your Work of Maintenance—Pray for your daily job—to “do your work heartily, as for the Lord rather than for men” (Colossians 3:23). Pray for your needs (physical, material), knowing your Heavenly Father knows those needs (Matthew 6:8). Pray for your finances and all that is involved in the day to day maintenance of what God has entrusted to you (Ephesians 4:28; 6:5-9; Colossians 3:22-25; 4:1; 2 Thessalonians 3:6-15).

6. A TIME OF PRAYER FOR THE WARFARE YOU FACE

We live on a fallen earth. There is a war going on all around us. Some are warring against God; all of us face our struggles with the world, the flesh, and the devil. Jesus has overcome all and as we surrender to Him we enter into His victory (Matthew 6:12-13; John 16:33; 1 John 3:8; 5:1-5).

Pray concerning your War with the “flesh”—Paul said, “I am crucified with Christ,” referring to his daily death to the old ways, the sinful nature (Galatians 2:20). The cross is the only place that fits our “flesh” or sinful nature. It will not get any better. As you die to the “flesh” or “self” you are free to let Christ live His Life in you and through you. Is there an area of your “flesh” with which you are now wrestling? By faith, bring it to Jesus and the Cross, counting that area as “dead” and yield all to live unto God—for Him to live His life in you and through you (Romans 6:5-14; 15:17-18; Galatians 2:20; 5:16-17, 22-24; Colossians 3:1-11; 1 Peter 2:11; Philippians 1:21).