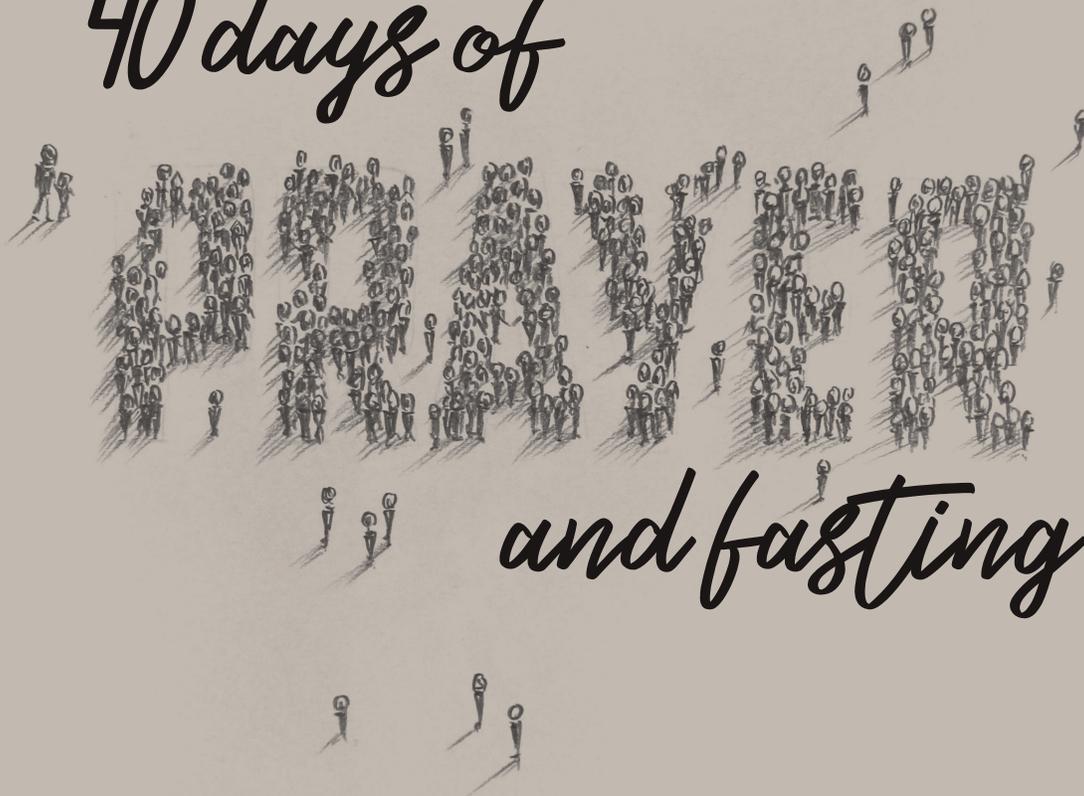


40 days of



and fasting

PRAYER GUIDE



The 40 Days of Prayer Guide is created to equip the Body of Christ to come together, joining our hearts and minds in one accord to see a move of God in our community.

To impact the world around us, we know that we must seek the Lord in prayer. Only He can provide the answers that we need. We cannot rely on our own conclusions. We must interact with the Lord and allow Him to lead us to His purposes. To hear these answers we must seek Him and His ways as we align our hearts with His (Matthew 6:33).

We may never fully understand the deep link between prayer and God's activity, but there is a link. It matters whether you and I participate. Our prayers impact the world and make a difference.

All of us are aware how our current times are defined by much division: our nation, our communities, and even our homes. Where this division has caused much destruction, we long to see unity bring restoration. We long to see peace. We long to see revival.

As we enter into the 40 Days of Prayer, it is important that we begin by preparing ourselves. Revival starts with us. We must first come to Him with repentant hearts, asking Him to forgive each of us. Through His cleansing work, we will more clearly be able to discern how we are to pray. By His grace and mercy, we can trust that He will guide us in our time of need (Hebrews 4:14-16).

As He refreshes us in our repentance, we will walk righteously before Him. Then, as we pray and fast, we will find that breakthrough will come quickly and our hearts will be ready to receive the Lord's guidance.

It is suggested that each day you begin by reciting the Lord's Prayer:

“Pray, then, in this way:
'Our Father who is in heaven,
Hallowed be Your name.
'Your kingdom come.
Your will be done,
On earth as it is in heaven.
'Give us this day our daily bread.
'And forgive us our debts, as we
also have forgiven our debtors.
'And do not lead us into
temptation, but deliver us from
evil. For Yours is the kingdom
and the power and the glory
forever. Amen.'

For if you forgive others for their transgressions, your heavenly Father will also forgive you. But if you do not forgive others, then your Father will not forgive your transgressions. (Matthew 6:9-15)

Let us join together in prayer and fasting over these 40 days. We come boldly before the Lord asking Him to move mightily within our region. We trust that the Lord will bless our community through the unified efforts of our brothers and sisters in Christ. We wait with expectant hearts to see what the Lord will do as we labor alongside Him in prayer.

May you find that the Lord refreshes you as you seek Him. May He empower you to bring His love to the world around you. May unity in the Body of Christ bring honor and glory to our God!

Pastor Steve Schell, Northwest Church



Our petition. . . more of God's glory manifested

Father God, we thank You for showing us Your manifest presence through Jesus Christ. We hunger for more of Your glory! Help us to walk out Jesus' prayer: that we would be in unity, so that the world may know we are one just as He is one with You.

We ask for more of You so that, like the believers at Pentecost, we will emerge full of Your grace and light in the midst of darkness.

Help us to turn the world upside down for Jesus by preaching the gospel and working more miracles, signs and wonders as a church. Infuse us afresh with more faith and courage for Your harvest.

Become so real to us that we become rooted and grounded in You so that, like Moses, Your glory shines on our faces and, like Peter, even our shadow heals people because of Your glory in, on, and over us.

We ask for the Spirit of wisdom and revelation,

that we may know You better, that the eyes of our heart be enlightened to know the hope to which You have called us, the riches of Your glorious inheritance in us, Your holy people, and Your great power for us who believe.

That power is the same mighty strength that raised Christ from the dead and seated Him at Your right hand in the heavenly realm, far above all rule and authority, power and dominion, and every name that is invoked, not only in the present age but also in the one to come.

We ask for the revelation of that power in us, and to walk in that glory as a church body with the working of miracles and signs and wonders following.

We ask for the manifestation of Your shekinah to be with us in the days, months and years to come. We need more of You, God, to glorify You in the earth. Amen.

PRAYER AND FASTING EXPECTATION

During the 40-day prayer and fasting you are expected to:

1. Ask the Holy Spirit to help you choose what type of fast is best for you to partner with Him, keeping in mind that a biblical fast involves some abstaining from food, reading your Bible and praying more than your normal amount. What foods, how much and how long is between you and the Lord. Check in with your doctor if you have any health issues.
2. Follow along in intercessory prayer using this prayer guide and allowing the Holy Spirit to pray God's heart through you. Other congregants will be praying along with you.
3. Fast from various media and use that time for prayer and Bible reading.
4. Attend any prayer meetings at your church, whether all-church events or small group gatherings. There is power in agreement before the Lord!



Never fasted before?

If you have never fasted before, we recommend reading *Fasting* by Jentzen Franklin or research other books on the topic.

FOCUS

Seeking God's face more

Because He loved us so much He sent His Son to save us, we want to respond by getting to know Him even more intimately. "We find God when we seek Him with all our hearts" (Jeremiah 29:13). By abstaining from food and media we take that time to seek His face.

Practicing humility and repentance

We also fast to show humility before God Most High, the Creator of the universe and our Heavenly Father. The sovereign God responds when we diligently and wholeheartedly seek Him including confession of sin with repentant hearts acknowledging our dependence on Him.

Asking for more of His glory

We fast to demonstrate our hunger for more of God personally and as a church family. In Joel 2:11-30 God says He wants His children to turn their hearts fully to Him because He wants to rescue them from the destroyer, bless them and pour out His Spirit upon them. We are asking for a fresh infilling of His Holy Spirit upon us like the believers experienced in Acts 2 on the day of Pentecost, following which were many signs and wonders and a great harvest of souls.

Interceding for others

We fast on behalf of others, including family, pastors, volunteers, our church family, our community and the nation using the prayer guide as a starter, so we are all interceding for others together.

Pray along with the prompts together with small groups you already meet with, or look for one to join: fellowship groups, ministry teams, Bible studies, home groups, praise and worship events, church choirs, Prayer meetings, leadership teams



Daily Prayer Prompts

DAY 1

Pray that God's name will be hallowed—considered as very holy!

Holy, Holy, Holy, is God the sovereign Lord of all, who was, and is, and is to come. *Revelation 4:8*

Thou art worthy, O Lord our God, to receive glory and honor and power, because You have created all things; by Thy will they have their being. *Revelation 4:11*

Worthy is the Lamb, the Lamb that was slain, to receive all power, and wealth, wisdom and might, honor and glory and praise!" *Revelation 5:12*

DAY 2

Pray for God's Kingdom to come.

Bring Your love to perfection in us. *1 John 4:7-12*

That we will dwell in His love, banishing fear! *1 John 4:16-19*

That we will love one another *1 John 4:12*

DAY 3

Pray that God's will be done.

Open our spiritual eyes, so we can see the heaviness of the crop to be reaped. *Matthew 9:37*

That we will pray to the Lord of the harvest to send us laborers. *Matthew 9:38*

That we can know the authority You have given us to cast out unclean spirits and to cure every kind of ailment and disease. *Matthew 10:1*

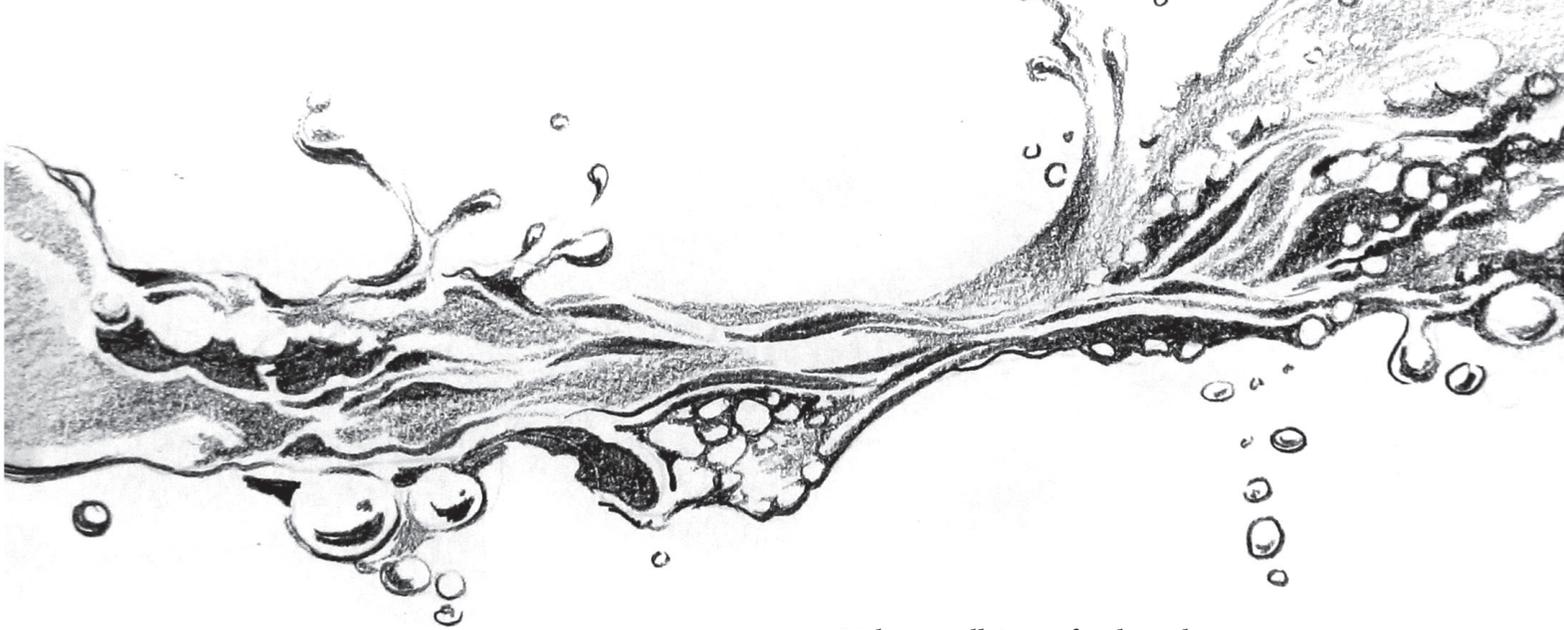
DAY 4

Pray for our daily bread.

That my God will be my shield and the horn of my salvation, my stronghold. *Psalms 18:1-3*

That we will love the Lord with all our heart, all our souls, and all our minds. *Matthew 22:37*

That You will give us beauty for ashes. *Isaiah 61:3*



DAY 5

Seek God's forgiveness.

Today we come forward and accept the water of life, a free gift to all who desire it. *Revelation 22:17*

We ask You Father to forgive us where we have not devoted our servitude solely to You. *Matthew 6:24*

Today we ask forgiveness for the words out of our mouth that do not edify. *Matthew 15:18-19*

DAY 6

We forgive others.

In seeking you God; help me forgive. *Matt 6:14-15*

Holy Spirit bring me to the river that flows from the throne of God and the Lamb so You can wash the unforgiveness and wounds from my heart. *Revelation 22:1-2*

Let my self be lost for Your sake, let me find my true self in You. *Colossians 3:10*

DAY 7

Ask God to deliver us from the one who tests us.

Father we ask today that You help us keep our eyes on Christ alone. *Matthew 14:30-31*

Help us walk in perfect love that cast out fear. *1 John 4:18*

Help us to live on every word that God utters. *Matthew 4:4*

DAY 8

Praise God for making us part of His Kingdom.

Victory to our God who sits on the throne, and to the Lamb! *Revelation 7:10*

Praise and glory and wisdom, thanks giving and honor, power and might be to our God forever and ever. *Revelation 7:12*

Great and marvelous are the deeds, O Lord God sovereign over all; just and true are Thy ways, Thou king of the nations. *Revelation 15:3-4*

DAY 9

Pray for our church.

That we will be a church that prays on every occasion in the power of the Holy Spirit. *Ephesians 6:18-19*

That we will be a church that keeps watch and perseveres always interceding for all God's people. *Ephesians 6:18-19*

That we will find our strength in the Lord, in His mighty power. *Ephesians 6:10*

DAY 10

Pray for our leaders.

Father that these men and women will be full of the Spirit and faith. *Acts 6:5*

Father fill them full of grace and power and begin to work great miracles and signs among us. *Acts 6:8*

That they will be able to submit to one another in love.

Ephesians 5:21

DAY 11

Lift up the church staff.

That the staff walk in unity. *Matthew 12:25*

That they will lend strength to their brothers in Christ.

Luke 22:31-32

That they will be men and women who stand firmly in Christ. *Luke 22:28*

DAY 12

Give thanks.

Praise be to the Lord, God of Israel from everlasting to everlasting. *1 Chronicles 16:36*

Give thanks to the Lord, for He is good; His mercy endures forever. *1 Chronicles 16:34*

The heavens declare the glory of God; the skies proclaim the works of His hands.

Psalms 19:1

DAY 13

Pray for the body of Christ.

Promote the faithful discharge for God's plan for us, which works through faith. *1 Timothy 1:4*

Pull down all erroneous doctrines, godless

myths and useless genealogies. *1 Timothy 1:4*

Promote in us a love which springs from a clean heart and a faith that is genuine. *1 Timothy 1:5*

DAY 14

Pray for the intercessors.

Please call more people to the intercessors ministry.

Luke 10:2

We ask for a hedge of protection around them and their families. *1 Chronicles 16:22*

Give them insight and wisdom on what You called them to pray for.

Job 42:7-9

That they will look to the Lord and His strength and seek His face always.

1 Chronicles 16:11

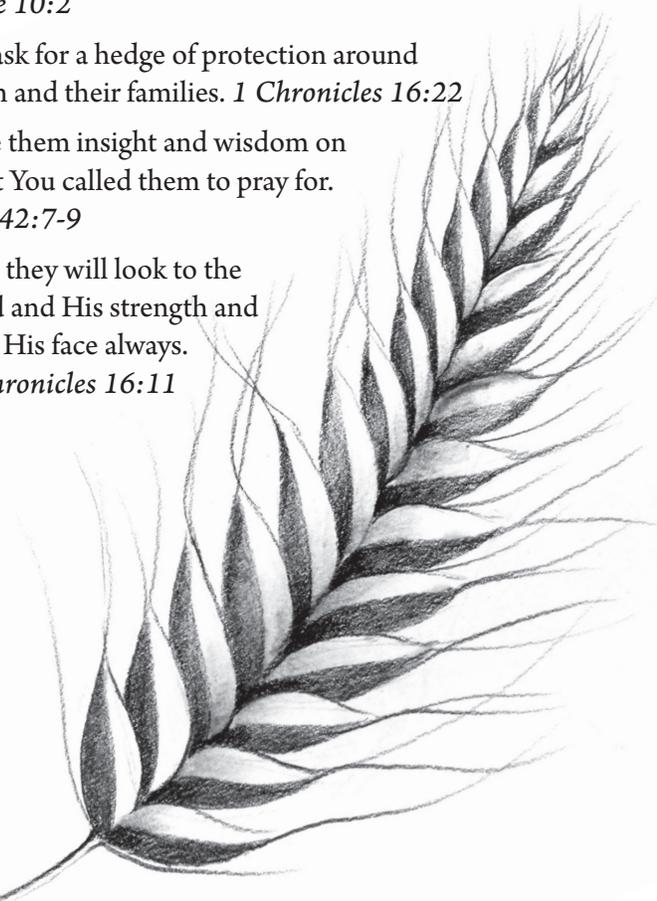
DAY 15

Pray for local mission.

That we will cultivate our relationship with the communities around us.

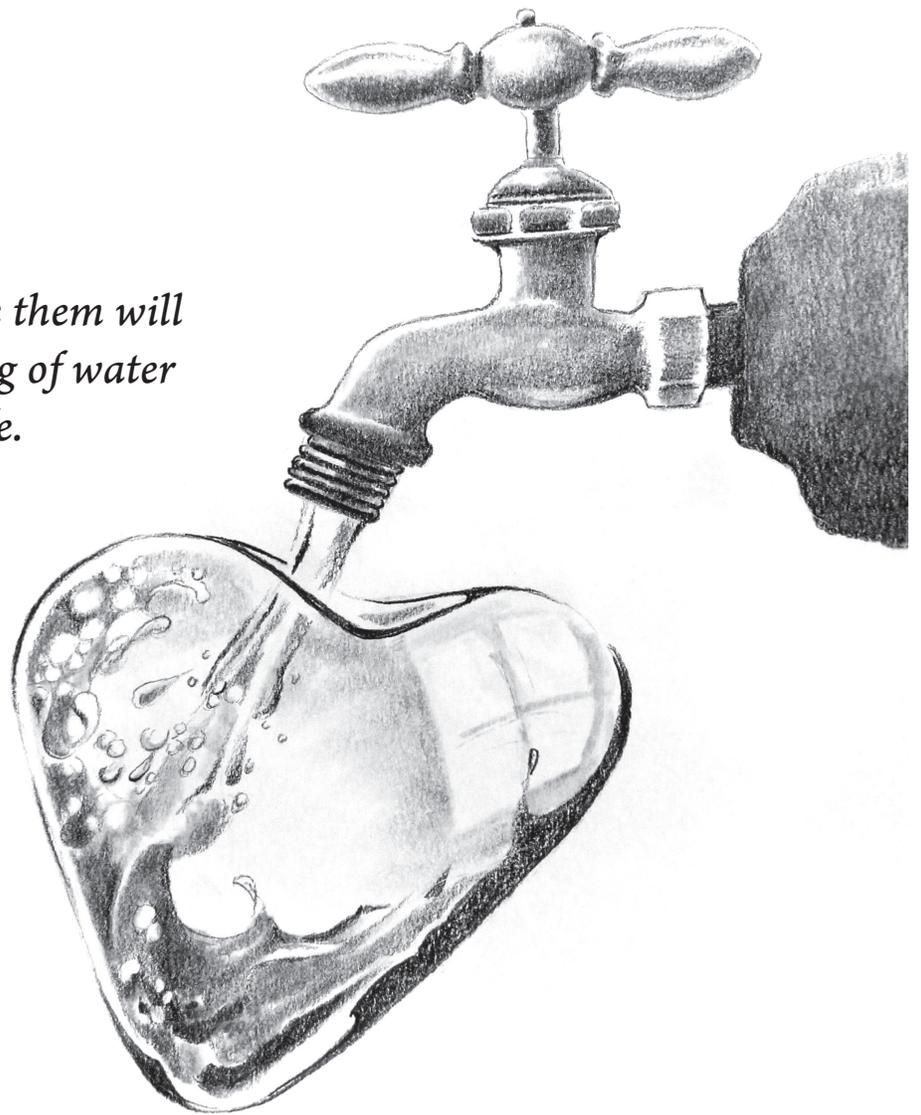
That the seed sown will fall on good ground.

That the seed sown will produce their 30-, 60- and 100-fold harvests. *Matthew 13:18-23*



Indeed, the water I give them will become in them a spring of water welling up to eternal life.

John 4:14



DAY 16

Lift up volunteers.

That the water within them will be an inner spring always welling up for eternal life. *John 4:14*

That You, God, will fill them with joy unspeakable. *Romans 15:13*

That they will be generous to one another, tenderhearted, forgiving one another as God in Christ forgave you. *Ephesians 4:32*

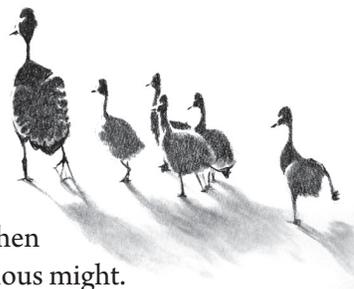
DAY 17

Pray for single parents.

May God strengthen them in His glorious might.

That they will have ample power and support to meet whatever comes with fortitude, patience, and joy.

Teach them to praise You God in all things.
Colossians 1:11-12



DAY 18

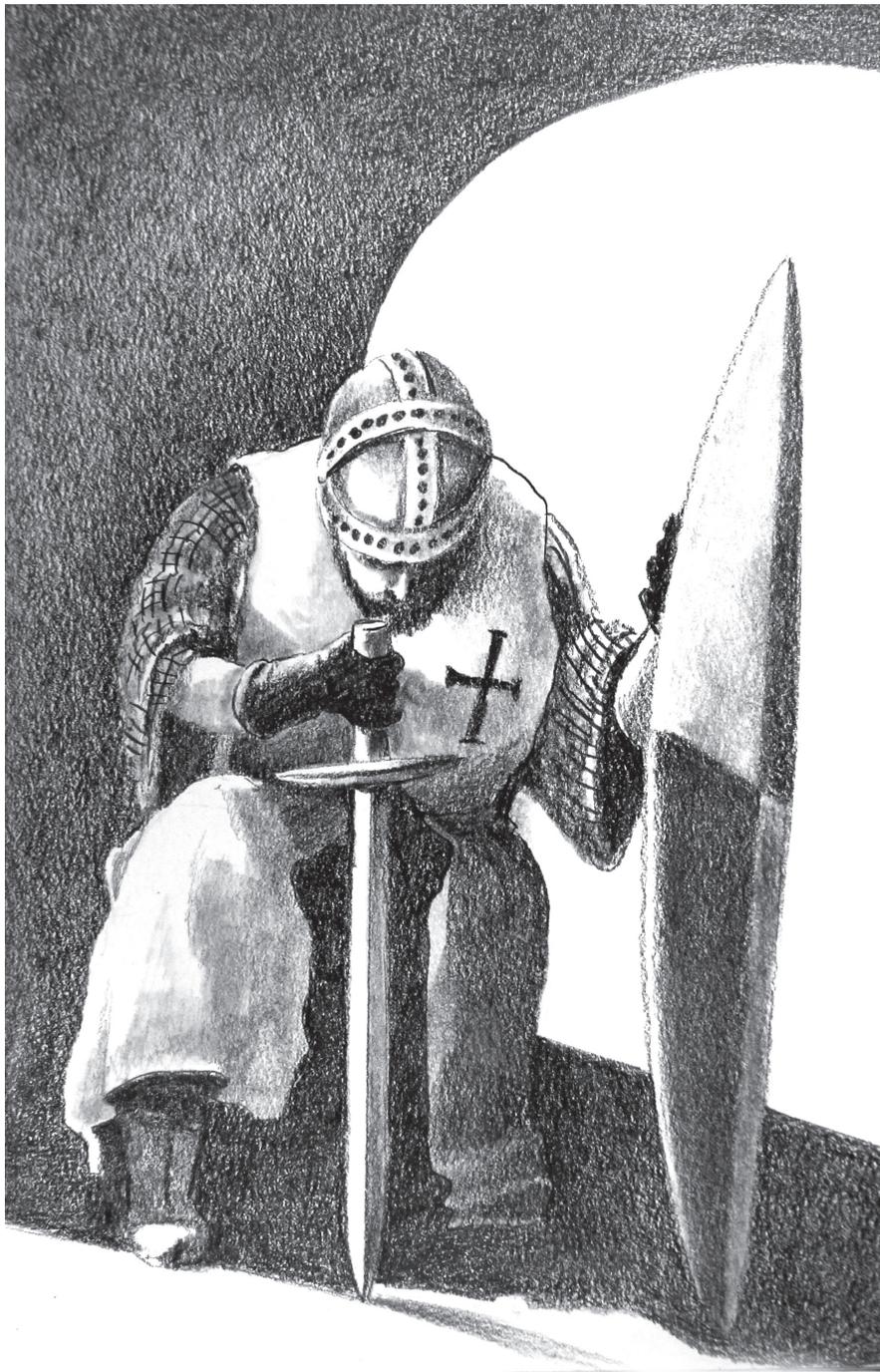
Pray for equipping of the saints.

That we may mature to Christlikeness, measured by nothing less than the full stature of Christ. *Ephesians 4:13*

That we will throw off the doctrines of this world.

Ephesians 4:14

That we will preach the gospel with boldness.
Acts 4:29



Put on the full armor of God, so that you can take your stand against the devil's schemes.

Ephesians 6:11

DAY 19

Pray for the Prayer Ministry.

That their sword and spear are the Lord's and they will wield it by God's mighty power. *Judges 7:18*

That they will be fully covered in the armor of God. *Ephesians 6:12-17*

That the Word will light the path that they will walk. *Psalms 119:105*

That Your love will envelop them and will cast out all fear. *1 John 4:18*

DAY 20

Give praise to our God.

Give thanks unto the Lord, call on His name. *Isaiah 12:4*

Sing to the Lord all the earth. Proclaim His salvation day after day. *1 Chronicles 16:23*

My whole being will exclaim, "Who is like You O Lord?"

You rescue the poor from those too strong for them, the poor and needy from those who rob them. *Psalms 35:10*

DAY 21

Pray for marriages.

That husbands will love their wives, as Christ loved the church. *Ephesians 5:25*

That the wives will be subject to the husband. *Ephesians 5:22-23*

That they will be subject to one another out of reverence to Christ. *Ephesians 5:21*



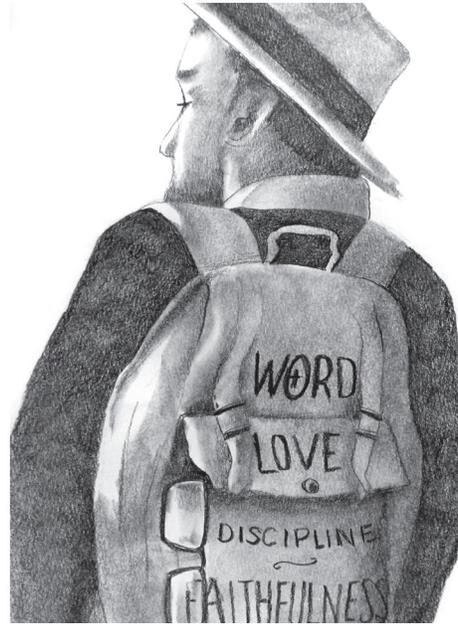


DAY 22

Pray for the older saints.

Let them declare, "I am still as strong today as on the day the Lord sent me out!" "I have followed the Lord my God wholeheartedly!" *Joshua 14:8, 11*

We declare with them, "The land on which your feet have walked will be your inheritance and that of your children forever!" *Joshua 14:9*



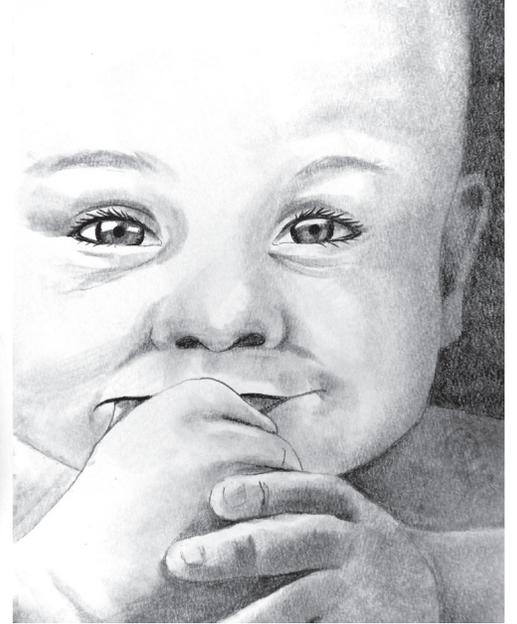
DAY 23

Pray for the younger saints.

That they may attain wisdom and discipline for understanding words of insight. *Proverbs 1:2*

That love and faithfulness never leave them, that they bind them around their neck and write them on their hearts. *Proverbs 3:3*

That they will be a people who seek the Lord. *Psalms 33:9*



DAY 24

Pray for our children.

Let the little children come unto Me and forbid them not. *Matthew 19:14*

Protect them from the impure things, that they might serve the Lord all of their days. *Judges 13:7*

That worship will be perfected in them. *Matthew 21:16*



DAY 25

Pray for missionaries.

Open doors for our missionaries to be able to spread the gospel. *Colossians 4:3*

A hedge of protection around our missionaries

as they go into all the world. *Job 1:10*

For those in missions, as they prepare to go, that they will listen to the leading of the Holy Spirit. *Mark 16:15*

DAY 26

Pray for the helps ministry.

That God's people will know their gifts and will obey their call to serve. *1 Corinthians 12*

That the whole body of believers is united in heart and soul. *Acts 4:32*

That the people in this ministry will be full of grace and wisdom and will begin to work miracles and signs among the people. *Acts 6:8*

DAY 27

Praise the Almighty God.

Praise you God, You are the primacy over all created things. *Psalms 97:9*

In You everything in heaven and on earth was created.

1 Chronicles 29:11

All thrones, sovereignty, authorities and powers, the whole universe has been created through Him and for Him.

Colossians 1:16-18

DAY 28

Pray for the church body.

That we will be firmly joined in unity. *1 Corinthians 1:9*

That we will purge out the old leaven and be the Passover unleavened bread. *1 Corinthians 5:7*

Help us walk in love. *1 Corinthians 13:4-7*

DAY 29

Pray for our pastors.

Surround them with people who will be constantly at prayer with and for them. *Acts 1:14*

Through Your Spirit give our pastors boldness to teach Your truth. *Acts 2:14*

That they will submit to Christ who is the head. *Ephesians 4:16*

DAY 30

Pray for prodigals.

Rescue them from the domain of darkness.
Bring them into the kingdom of Your dear Son.

Colossians 1:13

That they may bear fruit of every kind and grow in the knowledge of God. *Colossians 1:10*

DAY 31

Pray for families.

That our children will fully grow up in Christ. *Ephesians 4:16*

That husbands and wives will give themselves wholly to prayer. *Ephesians 6:18*

That God will grow in us a love that is ever richer in knowledge and insight of every kind. *Philippians 1:9-10*

DAY 32

Pray that God strengthens us for battle.

It is God who arms us with strength and makes our way perfect. *Psalms 18:32*

He trains our hand for battle, our arms can bend a bow of bronze. *Psalms 18:34*

We pursued our enemies and overtook them, we did not turn back till they were destroyed. *Psalms 18:37*

DAY 33

Pray that all who are called will come.

We pray that not one of those promised will be lost. *John 6:39*

That the good news will be preached in the

Puget Sound, the Pacific Northwest, the U.S., and over all the world. *Mark 15:16*

That all the Father has given to Christ will come, for Christ will not turn them away. *John 6:37*

DAY 34

Pray for our geographical region.

May the enemies turn back, and may they stumble and perish before You. *Psalms 9:3*

Lord that You will be our stronghold in time of trouble here in our region. *Psalms 9:9*

You hear, O Lord, the desire of the afflicted, You encourage them and listen to their cry. *Psalms 10:17*

Defend the fatherless and the oppressed. *Psalms 10:18*

DAY 35

Pray for pastors in our city.

That they will delight themselves in the Lord and meditate on His Word day and night. *Psalms 1:2*

That they will be a tree planted by streams of water. *Psalms 1:3*

That they will produce fruit in season and whose leaf does not wither. *Psalms 1:3*



DAY 36

Pray for pastors across our country.

That they protect their time with their family.
Mark 10:9

That they will be single-minded in their pursuit of God. *James 1:8*

God will place a hedge of protection around them and their families. *Psalms 91*

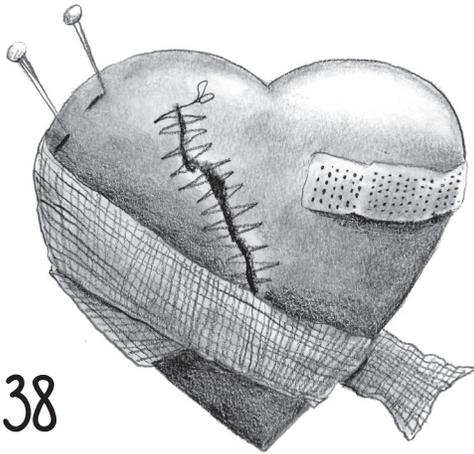
DAY 37

Pray for the church throughout our nation.

That the church will find common ground in Jesus Christ.
1 Corinthians 12:12-14

That as the church shows people Christ, they will be “cut” to the heart. *Acts 2:36-41*

That the sower and reaper may rejoice together over the crop that is brought in. *John 4:35-38*



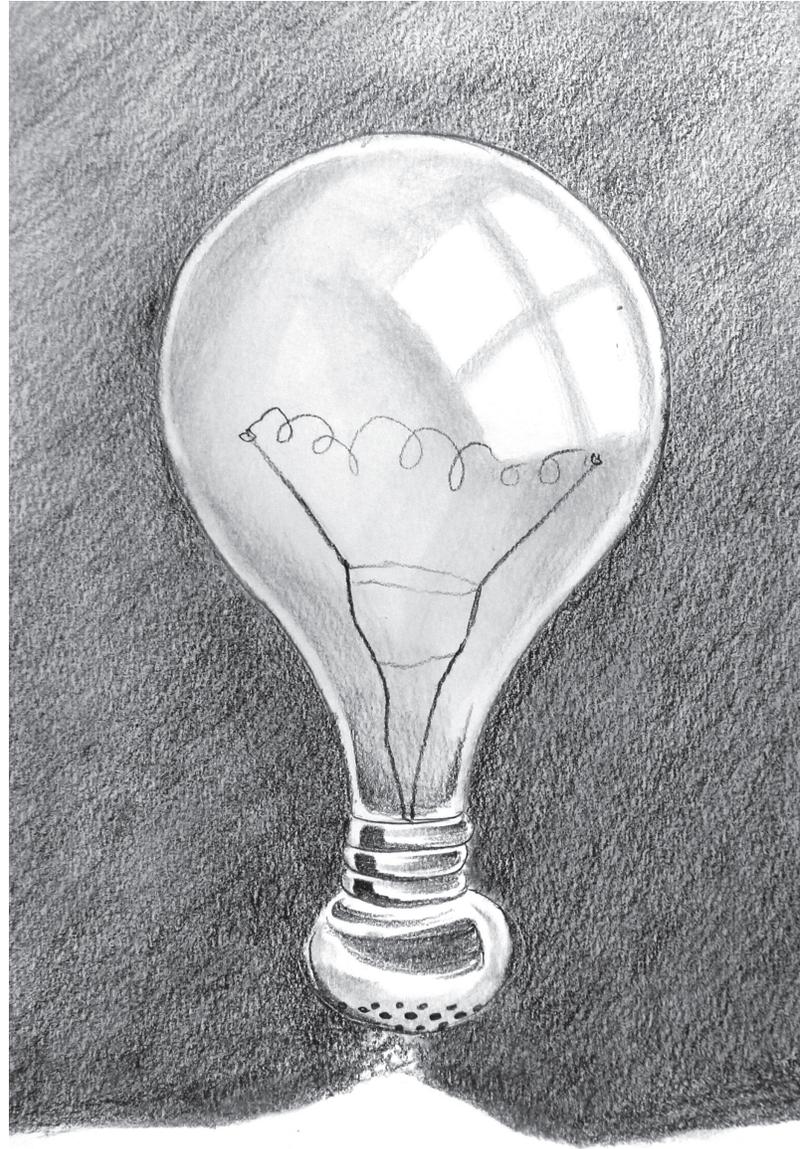
DAY 38

Pray for healing & deliverance ministry.

That they are full of the Spirit and the Word of God. *Acts 13:52*

That signs and wonders and miracles follow their prayers and the Word. *Mark 16:20*

For a hedge of protection around all prayer ministers and their families. *Psalms 91; Job 1:10*



DAY 39

Today we pray to possess the harvest.

That we will be salt in this world. *Matthew 5:13*

That we will be the light in this present darkness. *Matthew 5:14*

Give us a gentle spirit so we can take this earth as a possession. *Matthew 5:5*

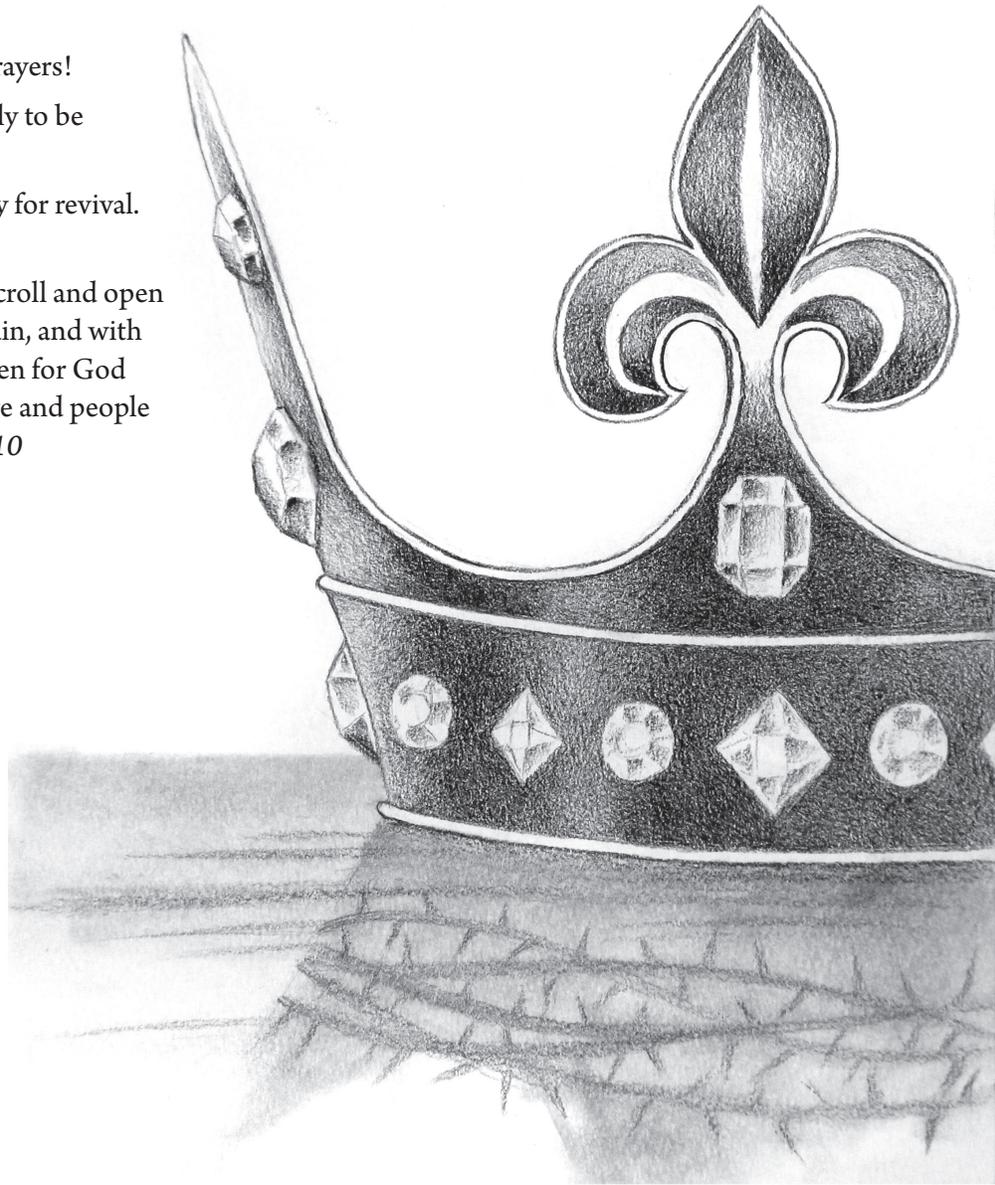
DAY 40

Thank our Father for hearing our prayers!

Great are You God, and greatly to be praised! *Jeremiah 10:6*

Thank You for hearing our cry for revival.
Psalms 18:6

“You are worthy to take the scroll and open its seals, because You were slain, and with Your blood You purchased men for God from every tribe, and language and people and nation.” *Revelation 5:9-10*



ALL THE CHURCH SAID AMEN!

Pages would never end; thus scribes would never finish the writings that speak to Jesus' love of life from before creation, in patience for redemption, through His sacrifice, for the promised fulfillment of the gospel's harvest, and anticipation for His return.

All of humanity and creation would bow their knee to His sovereignty of righteousness, His holiness, His merciful truths that wisdom is framed from.

Jesus, who did nothing in vain, could describe His being's purpose and the use of His full exertion of all He IS and ever desired in just three letters...YOU who is His very breath that life is framed around, His light shines for, and His joy unspeakable feeds strength into, to His Glory.

—Anonymous



*This prayer guide was developed
in obedience to the Lord by
Northwest Church in Federal Way, Washington.*

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to the church at large; visit
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