

## PRAYER GUIDE

1. Pray for God's direction in your life.
2. Pray for health to abound in your life and in your family.
3. Pray for God to expand your vision for the future.
4. Pray for God to forgive you of any sin.
5. Pray for boldness to share your faith.
6. Pray for a spiritual renewal and awakening in your life.
7. Pray for God to send people across your path to share Christ with.
8. Pray for a spirit of unity in your home and our church.
9. Pray for an increase in your finances so you can be a greater blessing.
10. Pray that God will send the hurting and wounded to our church.
11. Pray for signs, wonders, and miracles to take place in our church and city.
12. Pray for God's favor and blessing upon all you do.
13. Pray for our church staff and leadership.
14. Pray for winners to be added to each serving team at Rock.
15. Pray for the many churches and pastors of our community.
16. Pray for our public schools, colleges, and private/Christian schools.
17. Pray for marriages to be healthy and strong.
18. Pray for the children in *ROCK KIDS* and our children's staff.
19. Pray for revival within our city.
20. Pray for your Pastors.
21. Pray for our President, members of Congress, and leaders in our land.
22. Pray for our teenagers in *SWITCH YOUTH* and our youth staff.
23. Pray for those serving in our military forces.
24. Pray for the lost of our city to be born again.
25. Pray for a spirit of thankfulness and generosity upon our members.
26. Pray over the members of RFC, their families, marriages, jobs, and health.
27. Pray that our church will be a light shining forth in our community.
28. Pray and ask the Holy Spirit to lead and guide you in all decisions.
29. Pray for God's angels to watch over and protect.
30. Pray for God's love to abound in your life and home.
31. Pray for families and marriages that are struggling.
32. Pray for the people you work with.
33. Pray for God to reveal any pride or blind spots in your life.
34. Pray for 15 or more people to get saved every Sunday at Rock.
35. Pray for supernatural debt reduction.
36. Pray for God to give you a heart of worship.
37. Pray for freedom from all bad habits and addictions.
38. Pray for those that are sick and those in need of healing.
39. Pray for crime to decrease in our city.
40. Pray for our police, fire, and sheriff public servants.
41. Pray for God to give you discipline and to grow in self-control.
42. Pray and bind the powers of the enemy over your family and your future.
43. Pray for removal of any obstacles concerning our future as a church.
44. Pray for wisdom beyond your natural ability.
45. Pray for your neighbors.
46. Pray for God to open a door in conversations for you to share your faith.
47. Pray for God to mold you into the man/woman He desires you to be.
48. Pray for God to grow you in love so you will see and love people the way He does.



*"To get where you have never been,  
you have to do what you've never done."*

## PRAYER & FASTING IS ABOUT . . .

1. Changing \_\_\_\_\_ more than changing \_\_\_\_\_!
  - Matthew 6:31-33 "Seek first his kingdom."
2. Seeking God and re-establishing our \_\_\_\_\_ to make Him first in our lives.
  - Psalms 34:8 Taste and see that the Lord is good; blessed is the one who takes refuge in him.
  - Holy Spirit: "If you're not hungry for me you have already filled yourself with other things."
3. Denying our \_\_\_\_\_ and empowering our \_\_\_\_\_.
  - Matthew 26:40-41 "The spirit is willing, but the flesh is weak."
  - Prayer CONNECTS us with God.
  - Fasting DISCONNECTS us from the world.
4. Changing the way we \_\_\_\_\_ and \_\_\_\_\_.
5. Hitting the \_\_\_\_\_ button of our \_\_\_\_\_ to renew us from the inside out.

- Isaiah 64:8 Yet you, Lord, are our Father. We are the clay, you are the potter; we are all the work of your hand.
- Ezra 8:21 & 23 ...I proclaimed a fast, so that we might humble ourselves before our God and ask him for a safe journey for us and our children, with all our possessions. 23 So we fasted and petitioned our God about this, and he answered our prayer.

## 6. Removing the \_\_\_\_\_ and increasing our sensitivity to God.

- Luke 2:37-38
- Acts 13:2 While they were worshiping the Lord and fasting, the Holy Spirit said, "Set apart for me Barnabas and Saul for the work to which I have called them."

## 7. Expecting \_\_\_\_\_!

- Isaiah 58:6-9a Is not this the kind of fasting I have chosen: to loose the chains of injustice and untie the cords of the yoke, to set the oppressed free and break every yoke? 7 Is it not to share your food with the hungry and to provide the poor wanderer with shelter—when you see the naked, to clothe them, and not to turn away from your own flesh and blood? 8 Then your light will break forth like the dawn, and your healing will quickly appear; then your righteousness will go before you, and the glory of the Lord will be your rear guard. 9 Then you will call, and the Lord will answer; you will cry for help, and he will say: Here am I.

## TYPES OF FAST

### COMPLETE FAST

*This fast calls for drinking only liquids, typically water with light juices as an option. You can choose to do this for a day or two each week or multiple days together.*

### 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, or bread from your diet and consume water and juice for fluids and fruits and vegetables for food. You may also consider substituting regular meals with a protein shake.*

### 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. This may also be choosing to skip one meal a day to designate extra time to prayer and reading your Bible.*

## SOUL FAST

*This fast is common for those who do not have much experience fasting food, who have health issues that prevent them from fasting food, or who wish to refocus certain areas of their life that are out of balance. Someone might select to abstain from using social media or watching television for the duration of the fast.*

## ITEMS TO CONSIDER FASTING

1. Specific Kinds or Types of Foods or Liquids
2. Financially: No Shopping, Eating Out, Starbucks
3. Snacks, Treats, Candy, Sugar, Chocolate, or Soft Drinks
4. Individual Meals; i.e. Fasting Lunch Every Day
5. Alcohol, Coffee, Caffeine, Energy Drinks, or Other Stimulants
6. Facebook, Twitter, Instagram, Snapchat, or Other Social Media
7. Television, Gaming, Various Electronics, or Internet Usage
8. A Hobby
9. Various Kinds or Types of Music
10. A Habit or Addiction
11. Going to Movies, Watching the News, TV Shows
12. Reading Magazines, Novels, or Surfing the Internet
13. Certain Friendships

## SCRIPTURES ON PRAYER

**2 Chronicles 7:14** If my people, who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then I will hear from heaven, and I will forgive their sin and will heal their land.

**Psalms 145:18** The LORD is near to all who call on him, to all who call on him in truth.

**James 5:16b** The earnest (heartfelt, continued) prayer of a righteous man makes tremendous power available [dynamic in its working]. (AMP)

**Matthew 7:11** If you, then, though you are evil, know how to give good gifts to your children, how much more will your Father in heaven give good gifts to those who ask him!

**Mark 11:24** Therefore I tell you, whatever you ask for in prayer, believe that you have received it, and it will be yours.

**Luke 18:1** Then Jesus told his disciples a parable to show them that they should always pray and not give up.

**Romans 8:26** In the same way, the Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit himself intercedes for us with groans that words cannot express.

**Philippians 4:6** Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God.

**Colossians 4:2** Devote yourselves to prayer, being watchful and thankful.

**1 Thessalonians 5:17** Pray continually.