



# SET A FIRE

**FASTING & PRAYER**  
1 - 7 AUGUST 2022

**PRAYER GUIDE**

# What Is Fasting?

Fasting is a spiritual discipline where we intentionally abstain from food for a period of time. We deny our natural desires, humble ourselves, and take time to focus on God.

Fasting should be accompanied by dedicated times of prayer and the study of God's Word as we align ourselves with God's will. If you don't know where to start, each day contains a passage of scripture and a simple prayer that you can follow.

Fasting is not an effort to change God's mind or gain His approval, but rather, it changes our attitude and perspective, and reminds us to depend fully on God. Fasting also precedes a move of God. The Bible describes some examples:

Moses, in seeking a spiritual breakthrough, spent 40 days alone with God without eating or drinking until he received The Ten Commandments (Exodus 24:18).

David sought a personal breakthrough as he fasted to keep himself humble (Psalm 35:13).

Daniel fasted and prayed as he sought a breakthrough for the exiled people living in rebellion against their God (Daniel 9:3-4).

Jesus Himself entered a 40-day fast before launching His public ministry (Matthew 4:1-2).

# Getting Started

Before we begin, take time to prepare by deciding what to fast, setting some goals and choosing who to journey with. The more we prepare, the more we position ourselves to hear God better and step into what He is calling us to do.

Over this week, keep your heart and mind open to how God wants to encounter you. Start each day with an expectation that God can speak something new to you. Choose a quiet spot and set aside your mobile devices and anything else that would disrupt your focus. As you read and pray, note down the thoughts that God drops into your heart. Pray over these thoughts further, act on them, and share them with your friends or leaders later.

## Decide What To Fast

Full Fast: Abstain from all solid food

Partial Fast: Abstain from one or two meals a day, or from a certain type of food or drink

Other Fasts: Abstain from other activities (e.g. entertainment, hobbies, social media) to focus on God

## Set Goals

- Begin with the desire to seek God more intimately and encounter God afresh.
- Commit to God any area in your life that you are needing to break through.
- Write down specific areas you are seeking God's direction for.
- Wait on God to speak and choose to obey Him.

## Journey With Someone

We are fasting and praying together as a church. Start this week of Fasting and Prayer together with someone - your spouse, your friends or your Connect Group. Share with them what God has spoken and encourage each other to pursue what God is calling us to do.



DAY 1

# FIRE FALLS

ACTS 2:1-4

<sup>1</sup> When the Day of Pentecost had fully come, they were all with one accord in one place. <sup>2</sup> And suddenly there came a sound from heaven, as of a rushing mighty wind, and it filled the whole house where they were sitting. <sup>3</sup> Then there appeared to them divided tongues, as of fire, and one sat upon each of them. <sup>4</sup> And they were all filled with the Holy Spirit and began to speak with other tongues, as the Spirit gave them utterance.

PRAYER POINTERS

1. Hunger and cry out for a fresh infilling of the Holy Spirit.
2. Ask the Holy Spirit to grant you fresh grace and gifts to be His witness; to pray daily, connect weekly, and witness monthly.
3. Thank the Holy Spirit for a fresh outpouring.



DAY 2

# FIRE PURIFIES

MATTHEW 3:11

<sup>11</sup>I indeed baptize you with water unto repentance, but He who is coming after me is mightier than I, whose sandals I am not worthy to carry. He will baptize you with the Holy Spirit and fire.

PRAYER POINTERS

1. Ask the Holy Spirit to reveal the things in your life that need to change.
2. Ask God for forgiveness for the times you have done things that broke His heart.
3. Ask the Holy Spirit to show what practical steps to see change happen in your life, family, work/school, and ministry.



DAY 3

# FIRE CONSUMES

2 CHRONICLES 7:1-3

<sup>1</sup>When Solomon had finished praying, fire came down from heaven and consumed the burnt offering and the sacrifices; and the glory of the Lord filled the temple. <sup>2</sup>And the priests could not enter the house of the Lord, because the glory of the Lord had filled the Lord's house. <sup>3</sup>When all the children of Israel saw how the fire came down, and the glory of the Lord on the temple, they bowed their faces to the ground on the pavement, and worshiped and praised the Lord, saying: "For He is good, For His mercy endures forever."

PRAYER POINTERS

1. What are some things that distract you from focusing on Jesus and His purpose for your life?
2. Surrender these distractions to the Lord and pray against every one of them.
3. Commit to making God a priority in your daily life. Commit to the new set times He has shown you to wait on Him.



DAY 4

# FIRE COMFORTS

JOHN 16:7

<sup>7</sup>But I say the truth to you, It is profitable for you that I go away; for if I do not go away, the Comforter will not come to you; but if I go I will send him to you.

2 CORINTHIANS 1:4

<sup>4</sup>He comforts us in all our troubles so that we can comfort others. When they are troubled, we will be able to give them the same comfort God has given us.

PRAYER POINTERS

1. Thank God for His comforting presence.
2. Present any struggles that you are facing to God.
3. Invite the Holy Spirit to heal any area of your mind or heart that has been hurt.





DAY 5

# FIRE DIRECTS

EXODUS 13:21-22

<sup>21</sup>The Lord went ahead of them. He guided them during the day with a pillar of cloud, and he provided light at night with a pillar of fire. This allowed them to travel by day or by night. <sup>22</sup>And the Lord did not remove the pillar of cloud or pillar of fire from its place in front of the people.

PRAYER POINTERS

1. Surrender control over to the Holy Spirit.
2. Commit to follow the leading of the Holy Spirit.
3. Pray against every fear of the unknown and ask for faith to see beyond the natural.



DAY 6

# FIRE EMPOWERS

JUDGES 15:4

<sup>4</sup> Then Samson went and caught three hundred foxes; and he took torches, turned the foxes tail to tail, and put a torch between each pair of tails.

LUKE 10:1-2,5-9

<sup>1</sup> The Lord now chose seventy-two other disciples and sent them ahead in pairs to all the towns and places he planned to visit. <sup>2</sup> These were His instructions to them: “The harvest is great, but the workers are few. So pray to the Lord who is in charge of the harvest; ask Him to send more workers into His fields...

<sup>5</sup> Whenever you enter someone’s home, first say, ‘May God’s peace be on this house.’ <sup>6</sup> If those who live there are peaceful, the blessing will stand; if they are not, the blessing will return to you. <sup>7</sup> Stay in one place, eating and drinking what they provide. Don’t hesitate to accept hospitality... <sup>8</sup> eat whatever is set before you. <sup>9</sup> Heal the sick, and tell them, ‘The Kingdom of God is near you now.’

PRAYER POINTERS

1. Pray for open doors, open hearts, and open homes.
2. Pray for boldness to demonstrate and declare the Kingdom to individuals and families.
3. Declare fruitfulness in every effort to extend God’s Kingdom.



DAY 7

# FIRE SPREADS

LEVITICUS 6:13

<sup>13</sup> A fire shall always be burning on the altar; it shall never go out.

PRAYER POINTERS

1. Commit to a daily lifestyle that pleases Him.
2. Commit to letting the Holy Spirit lead in every area of your life.
3. Pray for new opportunities to share Jesus and make disciples.