

THE PRAYER EXPERIMENT

(PRAYER POWER)

**A WEEK OF
PRAYER AND
FASTING
NOVEMBER 30TH
-DECEMBER 5TH**

WCC

Instructions

- Meet at the church anytime after the last Sunday Service to 10:00pm. each night throughout the week until December 5th. The church will be open at 6:00 am each morning until 10:00 in the evening.
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- Every room and sanctuary will be available for praying, privacy and atmosphere
- Sunday is communion and healing service. Sanctuary will be occupied during that time.
- Please be respectful of others praying. That would include keeping kids quiet not just in the rooms but in the halls as well.
- Each day has a prayer and a focus however you can choose any prayer for any day.
- You can come everyday or just one but we ask you to put aside one day for prayer and fasting.

The Discipline of Fasting

Excerpts from Celebration of Discipline

By Richard Foster

What is fasting?

Throughout Scripture, fasting refers to abstaining from food for spiritual purposes. It stands in contrast to the hunger strike, or for health reasons such as dieting. Biblical fasting always centers on spiritual principals.

Scripture Describes Different Types of Fasts

The Normal Fast. This involved abstaining from all food, solid or liquid, but not from water. In the forty-day fast of Jesus, we are told that “He ate nothing” and toward the end of the fast that “He was hungry” and that Satan tempted Him to eat, indicating that he abstained from food, but not from water.

The Partial Fast. The Bible describes what could be considered a partial fast: that is, there is a restriction of diet, but not total abstention. Although the normal fast seemed to be the custom with the prophet Daniel, there was an occasion where for three weeks he “ate no delicacies, no meat or wine entered my mouth, nor did I anoint myself at all”. (Daniel 10:3)

The Absolute Fast. There are several examples in Scripture of what has rightly been called an “absolute fast”, or an abstaining from both food and water. It usually appears as a desperate measure to meet a dire emergency. Upon learning that execution awaited herself and her people Esther instructed Mordecai, “Go, gather all the Jews...and hold a fast on my behalf, and neither eat nor drink for three days, night or day. I and my maids will also fast as you do”. (Esther 4:16 Paul engaged in a three-day absolute fast following his encounter with the living Christ.)Acts 9:9) It must be underscored that the absolute fast is the exception and should never be engaged in unless one has a very clear command from God, and then for not more that three days.

Is Fasting a Commandment?

Nowhere in Scripture do we find Biblical laws that require fasting, nor do we find a direct command to fast. What we do find are examples or many biblical personages of whom fasting was a regular part of their lives: Moses, the lawgiver; David, the King; Elijah, the prophet; Esther, the queen; Daniel, the seer; Anna, the prophetess; Paul, the apostle; and Jesus Christ, the incarnate Son.

Many of the great Christians throughout church history fasted and testified to its value. Among them were: Martin Luther, John Calvin, John Knox, John Wesley, Jonathan Edwards, David Brainerd, Charles Finney and Pastor His of China.

Jesus gives instruction on fasting in the Sermon on the Mount. He states: “And whenever you fast, do not put a gloomy face as the hypocrites do”. (Matthew 6:16) Jesus did not say, “If you fast” neither did He say, “You must fast”. He seemed to make the assumption that people would fast, and what was needed was instruction on how to do it properly.

The Purpose of Fasting

Fasting must center on God. It should draw us closer to God, where we will experience a deeper relationship with Him. Like Anna, in Luke 2:37, we should be “worshiping with fasting.”

Fasting reveals the things that control us. We tend to cover up what is inside us with food and other good things, but in fasting these things surface. If pride controls us, it will be revealed almost immediately. David said, “I humbled my soul with fasting”. (Psalms 69:10 Anger, bitterness, jealousy, strife, fear-if they are within us, they will surface during fasting. At first we will rationalize that our anger, for example, is due to our hunger. We will then discover that we are angry not because of hunger, but because the spirit of anger is within us. We can rejoice in this knowledge because we know that healing is available through the power of Christ.

How to Have a Spiritual Fast

Purify your motives, the purpose of a spiritual fast is to focus upon and worship God, not to lose weight, go on a hunger strike, save money on food, etc.

“And whenever you fast, do not put on a gloomy face as the hypocrites do, for they neglect their appearance in order to be seen fasting by men. Truly I say to you, they have their reward in full. But you, when you fast, anoint your head, and wash your face so that you may not be seen fasting by men, but by your Father who is in secret; and your Father who sees in secret will repay you.” Matthew 6:16-18

Begin with a partial fast. It is wise to learn to walk before we try to run. Many people find that beginning with a twenty-four hour fast from lunch to lunch works well. This would mean that you would not eat two meals. Fresh fruit juices are excellent to consume during this time. You may be fascinated with the physical aspects, but the most important thing to monitor is the inner attitude of worship. Outwardly you will be performing the regular duties of your day, but inwardly you will be in prayer and adoration, song and ministry to the Lord. Break your fast with a light meal of fresh fruits and vegetables and a good deal of inner rejoicing.

Progress to a twenty-four hour normal fast. Use only water, but use healthy amounts of it. You will probably feel some hunger pains or discomfort before the time is up. That is not real hunger; your stomach has been trained through years of conditioning to give signals of hunger at certain hours. In many ways your stomach is liked a spoiled child, and spoiled children do not need indulgence, they need discipline! Tell your “spoiled child” to calm down and in a brief time the hunger pains will pass. You are to be the master of your stomach, not its slave.

Fasting can have a powerful impact on your spiritual life. Consider a regular discipline of fasting one day a week for six months. Regular or weekly fasting had such a profound effect in the lives of early church leaders that some sought to find a biblical command for it. John Wesley refused to ordain anyone who did not fast every Wednesday and Friday.

Day one

Sunday/Family Day

The Lord's Prayer

1. OUR FATHER WHICH ART IN HEAVEN HALLOWED BE THY NAME

- A. Praise and acknowledge (hallow) the names of God (character and nature)
 - B. Thank god for what he has done for us in Christ
- Jehovah M-Kaddesh-God is Holy and righteous. Leviticus 20:7,8
Promise-We are made righteous and our sins forgiven in Christ. We have been given the Holy Spirit to live a Holy life. 2 Corinthians 5:21, Galatians 5:16
 - Jehovah Jireh-The Lord our Provider. Genesis 22:1-14
Promise-God provided the penalty of our sins in Christ.
God is the provider of all our needs. Romans 8:32, Phil 4:19
 - Jehovah Rohi-The Lord is my Shepherd. Psalms 23
Promise-Jesus is our shepherd who loves and cares for us. John 10:11
 - Abba Father-God is the authority and rule in our lives and loves and nurtures us.
Promise-Everyone who has faith and trust in Christ may call God their Father. Galatians 4:4-6

2. THY KINGDOM COME, THE WILL BE DONE

- A. Declare the rule and reign (priorities) of God in the following:
- B. Yourself, family, church, pastor, ministries, community, nation.

3. GIVE US THIS DAY OUR DAILY BREAD

- A. Pray about everything. Philippians 4:6-7
- B. Believe that God wants to bless you. 3 John 2
- C. Be tenacious. Matthew 7:7-11
- D. Remember three things in relation to answered prayer.
 - Love of God-God desires what is best for you.
 - Wisdom of God-God knows what is best for you.
 - Power of God-Only God has the power to bring it to pass.

4. FORGIVE US OUR DEBTS AS WE FORGIVE OUR DEBTORS

- A. Ask God to forgive you. 1 John 1:8-10 and 2:2
- B. Ask God to help you forgive others. Ephesians 4:25-32
- C. Set your will to live in forgiveness each day.

5. LEAD US NOT INTO TEMPTATION BUT DELIVER US FROM EVIL

- A. Pray for God's protective hedge around self, family etc. Job 1:10
- B. Remember that not temptation can overcome you. 1 Corinthians 10:13
- C. Rely on Jesus to overcome temptation not yourself. Hebrews 2:18
- D. Know and use God's word. Matthew 4:4

6. FOR THINE IS THE KINGDOM, AND THE POWER, AND THE GLORY FOREVER

- A. Kingdom-God is ruling my life, not me.
- B. Power-Only God has the power to change people, meet needs, etc.
- C. Glory-Only God is to be glorified in our lives.
- D. Let go and let God have the control of our lives and destiny.

Monday

Purpose Driven Life

Take a bible with you if you do not have one.

Instructions: Enter room quietly and find a nice comfortable place to pray. Be respectful of others praying. Take time to clear your mind of all distractions and concentrate on him only. This is your time to focus on God and what he means to you. Read the scripture and meditate on it while you are praying the prayer. Remember prayer is the fuel for all the ministries

Worship:

- 1 Peter 1:8 Pray people would praise and worship God with joy from their heart.
- Ephesians 4:3 Pray for unity in the church and the ministries of the church.
- 1 Peter 4:11 Pray for the worship team to look to God for their strength.
- Proverbs 16:2 Pray everyone who serves to keep their motives pure.
- Mat 9:38 Ask God to provide the people to help serve in these areas.

Fellowship:

- 1 Corinthians 12:12-13 & 14-27 Pray people would get connected to each other by participating in (cross-training, rock groups, sports groups and special interests groups.)

Growth:

- Ephesians 4:15-16 Pray people would grow in their relationship to God through prayer, service, worship and ministry.
- 2 Corinthians 8:7 Pray people would grow in their desire to give to the Lord.
- Philippians 4:19 Pray God would provide the finances of the church and the ministries of the church.

Ministry:

- Romans 12:4-6 Pray people would find their place and do their part on a ministry team.
- Mat 9:37-38 Pray God would raise up workers for our ministry teams, especially for our growing children and youth ministry.

Evangelism:

- John 1:40-47 Pray God would motivate people to come and experience Jesus and WCC.
- Acts 2:17 Pray God would pour out His spirit and move in a mighty way in our schools and especially Westmoore High School. Pray God would give Matt and the youth leaders His vision and direction for reaching Westmoore High School.
- Mat. 7:7 Pray and ask God for whatever else comes to your mind.
- John 14:13 Pray all of these things in the "name of Jesus" knowing that God will hear and answer these prayers.
- Colossians 4:2 Pray we would continue to have the desire, motivation and discipline to persevere in prayer.

Take time now to meditate what you just prayed and to listen to God speak.

Wednesday

The Salvation Prayer

First think of ten people you know: family members, co-workers or friends that are not saved. Don't put limits on what God can do. Choose the most unlikely people you can think of and don't give up.

Second clear your mind of all distractions and concentrate on him only. Be respectful of others that are praying. Read the scripture and meditate on it while you are praying.

Matthew 7:27 Pray God would reveal Himself to them.

Ephesians 3:1-7 Pray the gospel would no longer be a mystery to them.

1 Timothy 2:1-6 Pray God will help them understand the truth.

Romans 16:25 Pray God will reveal his plan to them.

Acts 2:17-21 Pray God will pour out his Spirit on the people on your list and they will call on the name of the Lord.

Acts 2:36-38 Pray for them to respond to the preaching and teaching of the word of God and for them to receive Christ as savior and Lord.

John 14: 13-14 Ask all these things in the name of Jesus and thank God for the answers.

Thursday Prayer Guide Acts Prayer

Take a Bible with you if you do not have one.

Instructions: Enter sanctuary quietly and find a nice comfortable place to pray. Be respectful of others praying. Take time to clear your mind of all distractions and concentrate on him only. This is your time to focus on God and what he means to you. Read the scripture and meditate on it while you are praying the prayer..

Acts 2:1-4 Pray for the wind of the holy spirit to renew and revive those who are Christians.

Acts 2:1-4 Pray for the fire of the holy spirit to excite and enthuse people about Christ, the mission of Christ and the church.

Acts 2:5-6 Pray for God to draw people to Christ and the church, and in particular Westmoore Community Covenant Church.

Acts 2:14-15; 22-24 Pray for Pastor Paul and Pastor Kevin, the youth and the children's workers to preach and teach the gospel clearly and boldly.

Acts 2:17 Pray for God to pour out his spirit on WCC and for us to receive God's vision and dreams for our ministries.

Acts 2:36-38 Pray for people to respond to the preaching and teaching of the word of God and for them to receive Christ as savior and Lord.

Acts 2:44 Pray for unity and harmony among the people.

Acts 2:45 Pray we would be sensitive to the needs of people in our community and we would seek to meet them.

Acts 2:46-47 Pray we would be faithful to come together in worship and participate in small groups. Pray for us to praise God with all of our heart as we worship together.

Acts 2:42-47 Notice the fellowship among the early church and the results of it. Pray that Westmoore would experience this type of unity to the vision and the giving of our resources for it.

Acts 2:47 Pray God would increase our numbers.

John 14: 13-14 Ask all these things in the name of Jesus and thank God for the answers.

Take time now to meditate what you just prayed and to listen to God speak.

Tuesday

Praise/Confession/Intercession

Take a bible with you if you do not have one.

Instructions: Enter the room or the sanctuary and find a comfortable place to pray. Be respectful of others praying. Take time to clear your mind of all distractions and concentrate on him only. This is your time to focus on God and what he means to you. Read the scripture and meditate on it while you are praying the prayer..

I. Praise- Psalm 98 Thank and praise God for His faithfulness, mercy, and miracles in your life and our church.

II. Confession-Psalm 139:23,24 Ask God to search your heart for anything that is not pleasing to Him and confess it. Then thank God for His forgiveness and giving you a clean heart.

III. Intercession:

- Matthew 16:13-18 Ask Jesus to continue to build His church at Westmoore.
- Acts 2:47 Ask God to add those people He wants to be a part of WCC.
- John 1:43-46 Ask God to empower and motivate people to invite others to “come and see” what God is doing at WCC.
- Philippians 4:19 Ask God to provide the wisdom, direction, creativity, and spiritual and financial needs of WCC.
- Matthew 9:37 Ask God to send the workers WCC needs to help them bring in the harvest.
- Psalm 150 Ask God to empower Sean to lead us into powerful praise and worship.
- Ephesians 6:10-12 Ask God to protect us and deliver us from the schemes of the devil.
- Jeremiah 1:7-9 Ask God to put His words in Pastor Paul’s and Kevin’s mouth as he prepares and delivers the messages.
- Acts 1:8 Pray for God to empower workers who will teach and work with the youth at the MIX and kids at Kid’s Connection.
- 1 Corinthians 2:1-4 Pray for God to help teachers to preach and teach God’s Word in a practical and powerful way, especially at the MIX this winter.
- Acts 2:17 Pray God would pour out His Spirit on the church and the MIX.
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- 1 Timothy 4:12 Pray God would work in the kids to help them want to live for the Lord and be an example to their friends.
- Matthew 26:36-42 Above all ask for God’s purpose and perfect will to be accomplished in our church.

Take time now to meditate what you just prayed and to listen to God speak.

Friday
Christmas Season

Take a Bible with you if you do not have one.

Instructions: Enter a room or the sanctuary quietly and find a nice comfortable place to pray. Be respectful of others praying. Take time to clear your mind of all distractions and concentrate on him only. This is your time to focus on God and what he means to you. Read the scripture and meditate on it while you are praying the prayer..

Luke 1:46-55 Praise God for who He is, and for what He has done for you in your life and our church.

Luke 1:67-79 Praise God that He has forgiven our sins through Christ. Now spend some time confessing any sins before God and ask for His forgiveness.

Luke 2:4-7 Pray people will slow down and take time and remember Jesus is the reason for the season.

Luke 2:8-9 Lets remember God revealed the coming of Jesus to those who were poor (shepherds). Pray we would remember the poor and do something for them this Christmas.

Luke 2:13-14 Pray we would praise God with all our heart and that God's glory will be manifest in our worship services.

Luke 2:15-18 Pray God would move on the hearts of people to invite others to our Sunday services and to Christmas eve services.

Luke 2:25-27 Pray God would lead, guide and empower Pastor Paul and Kevin, and all the workers at WCC this Christmas season with the Holy Spirit.

Luke 2:39-40 Pray God would bless our children and they would become strong, filled with wisdom and have God's grace upon them.

Take time now to meditate what you just prayed and to listen to God speak.

Calendar

Sunday: **Family Day**, Beginning after church and ending at 10:00pm. bring the whole family for a time of prayer together. At 6:00pm we will be having the communion/healing service.

Monday: 6:00am-10:00pm **Small Group Day**, if you participate in any small group. We encourage you to come as a group and pray.

Tuesday: 6:00am-10:00pm **Youth Day**, For the youth and youth leaders.

Wednesday: 6:00am-10:00pm **Open day**.

Thursday: 6:00am-10:00pm **Ministry Team Day**, If you are a part of a ministry team we encourage you commit as a team to pray together. Special music in the sanctuary by different members of the band from 4:00pm-10:00pm.

Friday: 6:00am-10:00pm **Open Day**

Note: You can come and pray at any time. These days are just set aside to encourage people to come and participate with people they know.

