

14 DAYS OF PRAYER & FASTING

January 14th- 27th 2024, at CLA



PRAYER



Corporate Prayer Gatherings at Christian Life Assembly:

Sunday Mornings 9-10am (Auditorium) Jan 14th, 21st

Wednesday Mornings 8-10am (Lobby) Jan 17th, 24th

Thursday Evening 7-9pm (Auditorium) Jan 18th

Engaging in prayer is like spiritual breathing, essential for our life in God.

As we meditate on the scriptures, we breathe in the promises and purposes of God. In prayer, we breathe out, responding to God’s Word for our lives. Each day in this booklet, there will be a topic and passage of scripture to guide you through your prayers. Throughout the 14 days, you’ll be praying for specific areas in your life, our church, and our mission. Together, let’s put our faith into action, trusting in the promises of God for CLA!

Below are some helpful tips on how to make the most of this guide.

- **Commit to a specific time each day to devote to prayer.** Find a place where you can be free of distractions and alone with God.
- **Use the prayer points and Scriptures in this guide to focus and fuel your prayers.** Write the Scripture and prayer point on a card and carry it with you, post it on your social media, make it the screensaver on your phone—whatever you can think of to keep these prompts in front of you. Use them throughout the day and invite others to join you in praying!
- **You can take it a step further by journaling** your prayers each day, simply writing out your thoughts to God. It’s a great opportunity to hide God’s Word in your heart, working to memorize the verses as you meditate and pray.
- **In addition, you may consider ways to pray with others** during this season. Set up a Zoom call with friends or members of your Small Group. Pray together as a family.

Church family, let’s earnestly seek the face of God with great expectation as we wait for his revelation and instruction through these 14 days of fasting and prayer!

”Call to me and I will answer you and tell you great and unsearchable things you do not know.”- Jeremiah 33:3

FASTING



What is fasting?

Fasting is abstaining from eating for a period of time. Fasting is an outward expression of an inward commitment to pursue God. When you fast, you slow down to hear from the Lord. Fasting can take various forms and last different lengths of time. Christian fasting is always combined with prayer.

What's the point of fasting?

- Fasting is a concrete way to offer God a sacrifice. This is a way to praise Him.
- Fasting is a way to intensify your ability to pray.
- Fasting helps you focus and hear from God more clearly.
- Fasting is a spiritual discipline: it helps us grow in our faith.
- Fasting is a tangible way to deny ourselves—to declare before God that we know it's all about Him, not about us. Jesus said, "Whoever wants to follow me must deny themselves and take up their cross daily and follow me."
- Jesus fasted (Matthew 4:1-4). Fasting is one way we follow Jesus.
- Jesus assumes you will fast. Jesus promoted fasting to His disciples when He said in Matthew 6:16 "when you fast . . . the Lord will reward you in secret." Interestingly, He didn't say "if" you fast—He assumes we will fast.
- In one sense, fasting is a very personal way to offer praise to God and be in extended communion with Him. In another sense, fasting is a very communal activity. When we fast together for a common purpose with our friends, family, or church, it's especially powerful.
- Fasting is for everybody: children, adults; busy working people, retired people; stay-at-home moms, students . . . Even those with health issues can fast. Everyone can fast from something for some length of time.

There are different ways to fast.

- **Complete Fast** is where you give up all food and drink only water/liquid for a certain period of time.
- **Selective Fast** is eating only certain foods for the 2 weeks. The most popular being the Daniel 10 fast, which is no meats, sweets or bread, but there's a lot of different ones available.
- **Partial Fast**, where you're eating everything you want, just not all day. So, you'll fast breakfast & lunch and eat just dinner.
- **Soul Fast** means you're going set aside things that are influencing you soul, like social media.

FASTING



Fasting tips

- Here's what Jesus said: "When you fast, don't make a production out of it like the hypocrites do. Shampoo and comb your hair; brush your teeth, wash your face. God doesn't require attention-getting devices. He won't overlook what you are doing; he'll reward you well."
- Matthew 6: 16-18
- If you take medications or have health concerns, check with your doctor before you fast.
- Have a plan prior to starting your fast. When will you fast? From what will you fast? Why are you fasting? Write down your plan.
- You will find yourself getting tired more quickly during a fast. Get extra sleep and rest. Drink plenty of water. Avoid caffeine. Don't stop getting exercise, but listen to your body and adjust accordingly.
- You will lose weight during a fast; however, this shouldn't be your motive for fasting. The purpose is to grow spiritually during the time set aside for fasting.
- Break your fast slowly. After fasting, eat a small piece of fruit or have a glass of milk. The longer your fast, the more gradually you'll want to work back up to your normal eating patterns.

What happens when I fast?

- When you fast from meals, you will find that you have extra time! Use that time for extended prayer, listening to God, reading the Bible, and resting in God's presence.
- The Holy Spirit guides us when we fast. The disciples found direction through fasting. Acts 13:2 says "while they were worshiping and fasting, the Holy Spirit directed them . . ."
- God rewards those who seek Him. God gives us an invitation with a promise in Hebrews 11:6b - "the Lord is a rewarder of those who diligently seek Him." Fasting with prayer brings us the greatest reward: His presence in our lives
- Hunger pangs of fasting are a great reminder that God satisfies all our hungers.
- Fasting will make your "spiritual ears" more acute—you'll be able to better hear from God.
- Fasting renews your spiritual vision and strengthens your faith.
- Fasting brings power! Bill Bright says, "Fasting and prayer is a powerful means for causing the fire of God to fall again in a person's life. This fire produces the fruit of the Spirit—love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control—but especially the fruit of righteousness and spiritual power over the lusts of the flesh and the lies of the enemy of our souls."
- When you fast, you will experience a heightened awareness of His presence. You will be spiritually, physically, and mentally refreshed!

DETAILS & GATHERINGS

Sunday DAY 1: Jan 14th –CALL TO PRAYER & INTIMACY WITH GOD

Pray that God would reveal himself and his glory as we seek Him over the next 14 days. Ask him to speak to you as you read his Word. Pray for understanding and faith as you consider the character of your God. Pray that the people of God at CLA would be drawn to worship and adore him. Ask God to show you how you can encourage those around you to seek after him with all their hearts. - **Exodus 33:18–19**

Monday DAY 2: Jan 15th – PHYSICAL & MENTAL HEALING

(Corporate Morning Prayer) – Pray for supernatural healing on behalf of our CLA community – Children, Youth, Young Adults, Middle aged, Seniors, - **Jeremiah 30:17**

Tuesday DAY 3: Jan 16th - LEADERSHIP OF CLA

Pray for our Staff, Board Member’s & Elders – Strength, Wisdom and Unity. **1 Timothy 2:1-2**

Wednesday DAY 4: Jan 17th – DIRECTION & VISION FOR CLA IN 2024

Pray for individuals, families, and fulfilment of God’s plan for Christian Life Assembly. Establish CLA as a house of prayer + allow God to establish our culture of worship!
- **Proverbs 16:9**

Thursday DAY 5: Jan 18th –MOVE OF THE SPIRIT IN CLA & CANADA

(Corporate Morning Prayer) - Revival pockets would start up all over Canada! Pray that we would remember God’s great love poured out for us on the cross. Ask God to continually cause us to be amazed by his grace. Pray for those around you who have yet to respond to the grace of God. Ask God to stir their hearts and draw them to himself.- **Acts 2:17**



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Friday DAY 6: Jan 19th – MARRIAGES & RELATIONSHIPS

Deepening friendships, stronger marriages, Godly relationships. Reconciling relationships, accountability with trusted friends. Lord, let our earthly fathers look to You as the ultimate spiritual head of the family, and serve their families by carrying the responsibility for the physical, emotional, and spiritual well-being of their wives and children. - **Ephesians 6:4** Lord, bring genuine reconciliation to the nation. Remove long held prejudices, hatreds and hurts and replace them with Your healing love and reconciliation Bring peace, friendship and equal opportunity to all peoples and cultures. - **Ephesians 2:14-16**

Saturday DAY 7: Jan 20th – CLA MINISTRIES

Pray for effectiveness in making disciples. Ask God to cause us to be fruitful. Pray for a renewed commitment to being disciple-making disciples. Ask God to lead us in investing in the lives of others. Pray for our kid's & youth ministries. Ask God to redeem our children and raise them up to be his servants in the world. Pray that we would see people grow in their walks with Jesus. - **John 15:5**

Sunday DAY 8: Jan 21st – REST

(Corporate Morning Prayer)– God designed us for rest. And while we rest, He keeps working on all things together for the good! Rest is an act of worship that will energize our souls, so as we begin this new year, let's pray for times of true rest! -

Matthew 11:28-30

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Monday DAY 9: Jan 22nd – GOVERNMENT & MEDIA IN CANADA– Move of God in every level of infrastructure in our nation. Strengthen and encourage those in the media who are willing to stand for Your truth and practice honest, fair and accurate reporting, give discernment to all who know and love You to be able to sift through the news and rely on Your steadfast Word.
- Proverbs 4:24-26

Tuesday DAY 10: Jan 23rd – IDENTITY IN CHRIST – Spirit of Sonship and Adoption. Beloved Identity. Receiving and walking in our identity as a Bride. - **Galatians 3:27-28**

Wednesday DAY 11: Jan 24th – HOLY SPIRIT’S POWER (Corporate Morning Prayer) Pray for the presence and the power of the Holy Spirit to be known among us, because without him, our efforts are useless. Pray for courage and boldness to serve as witnesses to the power of the gospel. Pray for an increase in Emmanuel members/partners going out on short-term mission trips. Ask God, in this season, to send many from our church, so that the good news is preached in Port Elizabeth and beyond. - **Acts 1:8**

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Thursday DAY 12: Jan 25th – WORSHIP & ARTS RENEWAL (Corporate Evening Worship & Prayer) - Explosion of a renewed worship culture at CLA! Purity of heart for worship and the creative. We ask you lord Breathe on the arts and entertainment industry, raise up the creatives and pour out your love through their creativity! - **Proverbs 14:34**

Friday DAY 13: Jan 26th – DAILY WORKPLACE & CALGARY ECONOMY – Openness, opportunities, salvations and revived economy in Calgary
-Deuteronomy 8:18

Saturday DAY 14: Jan 27th LOCAL & GLOBAL MISSIONS & PARTNERING CHURCHES
Pray for the Restoring of our abandoned inner cities in Canada to communities of safety, prosperity, and hope. Save and encourage those caught in cycles of poverty, sickness, addiction, brokenness, and despair. We love the Churches of Calgary and pray for sustained growth, depth, and commitment across our city! - **Isaiah 58:12**

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