

40 Days | Prayer & Fasting

We believe that God does something powerful when His people come together to pray. As we unite in prayer, we know that God is going to work in our church, in our lives, and in our community.

During the next forty days, let's come together to intentionally seek God through prayer and fasting. Prayer has the power to affect both our internal and external world as we set our minds and hearts in alignment with God.

In 2 Chronicles 7:14, God explains what He does when His people pray:

"Then if my people who are called by my name will humble themselves and pray and seek my face and turn from their wicked ways, I will hear from heaven and will forgive their sins and restore their land."

As we set aside specific times dedicated to prayer, God reminds us to trust Him, to bring our needs to Him, and to set Him as a priority in our busyness. It encourages us to slow down, listen, and allow ourselves to hear God's voice. Regular, dedicated times of prayer strengthen our relationship with God, renew our hearts and minds, and bring powerful change to people and places that need it.

What is fasting?

The purpose of fasting is to redirect your hunger and time towards God. To fast is to choose to abstain from food, drink, sleep, or something else to grow in your relationship with God. It is a way to set aside distractions and focus your eyes and heart on God.

7 Basic Steps to Successful Fasting and Prayer

by Bill Bright

Step 1:

Set Your Objective.

Why are you fasting? What specific results do you desire to get (personally and for your family and/or community)?

Step 2:

Make Your Commitment.

What will you fast from? How long will you fast for? How much time each day will you devote to prayer and God's Word?

Step 3:

Prepare Yourself Spiritually

Repentance is the foundation of fasting. Confess your sins, seek and give forgiveness, ask for the Spirit to fill you (Ephesians 5:18).

Step 4:

Prepare Yourself Physically

If fasting from food, eat smaller meals before starting a food fast. Limit exercise and activity, rest more, drink more, and focus your thoughts. Avoid caffeinated drinks and limit acidic juices.

Step 5:

Put Yourself on Schedule

Set aside quality time to spend with God for reading Scripture, meditating, singing, inviting Him into different areas of your life.

Step 6:

End Your Fast Gradually

When you end a fast from food, begin eating gradually with small, light portions.

Step 7:

Expect Results

Expect God to reward you for your obedience to His Word. You will experience a heightened awareness of His presence and He will give you fresh, new spiritual insights.

Week One: Focus on God's Goodness

Day 1

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

Prayer Focus: God, show us your will so we can become the people you created us to be

Philippians 4:6-7 -- "Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus."

Day 2

Prayer Focus: Thank you, God, for hearing my prayers and giving me peace

Day 3

Psalms 51:10, 12 -- "Create in me a clean heart, O God, and renew a right spirit within me... Restore to me the joy of your salvation, and uphold me with a willing spirit."

Prayer Focus: God thank you for your goodness and for the joy that your salvation brings.

Mark 11:24-25 -- "Therefore I tell you, whatever you ask in prayer, believe that you have received it, and it will be yours. And whenever you stand praying, forgive, if you have anything against anyone, so that your Father also who is in heaven may forgive you your trespasses."

Day 4

Prayer Focus: Heavenly Father, help me to develop a heart of forgiveness

Day 5

James 5:16 -- "Therefore, confess your sins to one another and pray for one another, that you may be healed. The prayer of a righteous person has great power as it is working."

Prayer Focus: Lord, help me to remember to promote peace and a spirit of unity to those around me

Week Two: Focus on God's Strength

Day 6

Matthew 19:26 -- "But Jesus looked at them and said, 'With man this is impossible, but with God all things are possible.'"

Prayer Focus: God, give me a heart to look for opportunities to serve those around me

Philippians 4:13 -- "I can do all things through him who strengthens me."

Prayer Focus: Lord, teach me to trust you to provide exactly what I need

Day 7

Day 8

2 Timothy 1:7 -- "for God gave us a spirit not of fear but of power and love and self-control."

Prayer Focus: Heavenly Father, help me to overcome fear with the truth that you give me a spirit of power, love, and self-control

Psalms 46:1 -- "God is our refuge and strength, a very present help in trouble."

Prayer Focus: God, help me to be aware of how you are with me in times of trouble

Day 9

Day 10

Ephesians 3: 14, 16-17 -- "For this reason I bow my knees before the Father, that according to the riches of his glory he may grant you to be strengthened with power through his Spirit in your inner being, so that Christ may dwell in your hearts through faith."

Prayer Focus: Heavenly Father, thank you for the encouragement and strength you give each day

Psalms 73:26 -- "My flesh and my heart may fail, but God is the strength of my heart and my portion forever."

Prayer Focus: Lord, you strengthen my soul to endure and persevere each day

Day 11

Day 12

2 Corinthians 4:16-17 -- "So we do not lose heart. Though our outer self is wasting away, our inner self is being renewed day by day. For this light momentary affliction is preparing for us an eternal weight of glory beyond all comparison."

Prayer Focus: God, thank you for the renewal that you give when I am faced with afflictions

Week Three: Focus on God's Hope

Day 13

Romans 15:13 -- "May the God of hope fill you with all joy and peace in believing, so that by the power of the Holy Spirit you may abound in hope."

Prayer Focus: Lord, help me to abound in hope

Jeremiah 29:11 -- "For I know the plans I have for you, declares the Lord, plans for welfare and not for evil, to give you a future and a hope."

Prayer Focus: God, I trust in the plan that you have for my life

Day 14

Day 15

Romans 12: 9-12 -- "Let love be genuine. Abhor what is evil; hold fast to what is good. Love one another with brotherly affection. Outdo one another in showing honor. Do not be slothful in zeal, be fervent in spirit, serve the Lord. Rejoice in hope, be patient in tribulation, be constant in prayer."

Prayer Focus: Heavenly Father, I rejoice in the hope of your good news

Hebrews 11:1 -- "Now faith is the assurance of things hoped for, the conviction of things not seen."

Prayer Focus: Lord, please increase my faith and help me to trust in you more

Day 16

Day 17

Isaiah 40:31 -- "But they who wait for the Lord shall renew their strength; they shall mount up with wings like eagles; they shall run and not be weary; they shall walk and not faint."

Prayer Focus: Father, help me to wait on you with hope in your promises

Romans 8:24-25 -- "For in this hope we were saved. Now hope that is seen is not hope. For who hopes for what he sees? But if we hope for what we do not see, we wait for it with patience."

Prayer Focus: God, me the patience to endure and persevere with hope

Day 18

Day 19

1 Peter 1:3-4 -- "Blessed be the God and Father of our Lord Jesus Christ! According to his great mercy, he has caused us to be born again to a living hope through the resurrection of Jesus Christ from the dead, to an inheritance that is imperishable, undefiled, and unfading, kept in heaven for you."

Prayer Focus: God, help us to expand our vision for sharing the good news of Jesus with the world

Week Four: Focus on God's Faithfulness

Day 20

2 Thessalonians 3:3-5 -- "But the Lord is faithful. He will establish you and guard you against the evil one. And we have confidence in the Lord about you, that you are doing and will do the things that we command. May the Lord direct your hearts to the love of God and to the steadfastness of Christ."

Prayer Focus: Lord, thank you for your faithfulness and steadfastness

Lamentations 3:22-23 -- "The steadfast love of the Lord never ceases; his mercies never come to an end; they are new every morning; great is your faithfulness."

Prayer Focus: God, your faithfulness to us is new every morning

Day 21

Day 22

1 Thessalonians 5:23-24 -- "Now may the God of peace himself sanctify you completely, and may your whole spirit and soul and body be kept blameless at the coming of our Lord Jesus Christ. He who calls you is faithful; he will surely do it."

Prayer Focus: Heavenly Father, I know that you will surely do the things that you have promised that you will do

Hebrews 10:23 -- "Let us hold fast the confession of our hope without wavering, for he who promised is faithful."

Prayer Focus: Lord, I confess the times that I have not been faithful to you

Day 23

Day 24

1 John 1:9 -- "If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness."

Prayer Focus: Father, your grace and faithfulness are unending

1 Chronicles 16:34 -- "Oh give thanks to the Lord, for he is good; for his steadfast love endures forever!"

Prayer Focus: God, thank you that I can rely on you in the good times and the bad

Day 25

Day 26

Psalms 145:17-18 -- "The Lord is righteous in all his ways and kind in all his works. The Lord is near to all who call on him, to all who call on him in truth."

Prayer Focus: God, your nearness encourages me to call on you and trust in you

Week Five: Focus on God's Love

Day 27

Romans 8:37-39 -- "No, in all these things we are more than conquerors through him who loved us. For I am sure that neither death nor life, nor angels nor rulers, nor things present nor things to come, nor powers, nor height nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord."

Prayer Focus: Lord, thank you for your unconditional, sacrificial love

Galatians 2:20 -- "I have been crucified with Christ. It is no longer I who live, but Christ who lives in me. And the life I now live in the flesh I live by faith in the Son of God, who loved me and gave himself for me."

Day 28

Prayer Focus: God, thank you for giving your son for us so that we may live with you

Day 29

Ephesians 2:4-6 -- "But God, being rich in mercy, because of the great love with which he loved us, even when we were dead in our trespasses, made us alive together with Christ—by grace you have been saved and raised us up with him and seated us with him in the heavenly places in Christ Jesus"

Prayer Focus: Heavenly Father, the depths of your love is unfathomable. Thank you for your love

Romans 5:8 -- "but God shows his love for us in that while we were still sinners, Christ died for us."

Day 30

Prayer Focus: Lord, help me to see your love in tangible ways today

Day 31

1 John 4:7-8 -- "Beloved, let us love one another, for love is from God, and whoever loves has been born of God and knows God. Anyone who does not love does not know God, because God is love."

Prayer Focus: Father, help me to love others with a love that comes from you

Isaiah 54:10 -- "For the mountains may depart and the hills be removed, but my steadfast love shall not depart from you, and my covenant of peace shall not be removed," says the Lord, who has compassion on you."

Day 32

Prayer Focus: God, give me a heart like your heart and a love for your people

Week Six: Focus on God's Salvation

Day 33

Matthew 21:6-9 -- "The disciples went and did as Jesus had directed them. They brought the donkey and the colt and put on them their cloaks, and he sat on them. Most of the crowd spread their cloaks on the road, and others cut branches from the trees and spread them on the road. And the crowds that went before him and that followed him were shouting, "Hosanna to the Son of David! Blessed is he who comes in the name of the Lord! Hosanna in the highest!""

Prayer Focus: Lord, help me to fully understand your salvation

Mark 14:3-9 -- "And while he was at Bethany in the house of Simon the leper, as he was reclining at table, a woman came with an alabaster flask of ointment of pure nard, very costly, and she broke the flask and poured it over his head. There were some who said to themselves indignantly, "Why was the ointment wasted like that? For this ointment could have been sold for more than three hundred denarii and given to the poor." And they scolded her. But Jesus said, "Leave her alone. Why do you trouble her? She has done a beautiful thing to me. For you always have the poor with you, and whenever you want, you can do good for them. But you will not always have me. She has done what she could; she has anointed my body beforehand for burial. And truly, I say to you, wherever the gospel is proclaimed in the whole world, what she has done will be told in memory of her.""

Prayer Focus: God, I repent for the times I have doubted you or questioned your plan

John 13:4-11 -- "He laid aside his outer garments, and taking a towel, tied it around his waist. Then he poured water into a basin and began to wash the disciples' feet and to wipe them with the towel that was wrapped around him. He came to Simon Peter, who said to him, "Lord, do you wash my feet?" Jesus answered him, "What I am doing you do not understand now, but afterward you will understand." Peter said to him, "You shall never wash my feet." Jesus answered him, "If I do not wash you, you have no share with me." Simon Peter said to him, "Lord, not my feet only but also my hands and my head!" Jesus said to him, "The one who has bathed does not need to wash, except for his feet, but is completely clean. And you are clean, but not every one of you." For he knew who was to betray him; that was why he said, "Not all of you are clean.""

Prayer Focus: Heavenly Father, help me to become a humble servant like Jesus

Luke 22:14-20 -- "And when the hour came, he reclined at table, and the apostles with him. And he said to them, "I have earnestly desired to eat this Passover with you before I suffer. For I tell you I will not eat it until it is fulfilled in the kingdom of God." And he took a cup, and when he had given thanks he said, "Take this, and divide it among yourselves. For I tell you that from now on I will not drink of the fruit of the vine until the kingdom of God comes." And he took bread, and when he had given thanks, he broke it and gave it to them, saying, "This is my body, which is given for you. Do this in remembrance of me." And likewise the cup after they had eaten, saying, "This cup that is poured out for you is the new covenant in my blood."

Prayer Focus: Lord, I remember how you gave your life for me

Day 35

Day 34

Day 36

Week Six: Focus on God's Salvation

Day 37

Matthew 27: 17-23 -- " So when they had gathered, Pilate said to them, "Whom do you want me to release for you: Barabbas, or Jesus who is called Christ?" For he knew that it was out of envy that they had delivered him up. Besides, while he was sitting on the judgment seat, his wife sent word to him, "Have nothing to do with that righteous man, for I have suffered much because of him today in a dream." Now the chief priests and the elders persuaded the crowd to ask for Barabbas and destroy Jesus. The governor again said to them, "Which of the two do you want me to release for you?" And they said, "Barabbas." Pilate said to them, "Then what shall I do with Jesus who is called Christ?" They all said, "Let him be crucified!" And he said, "Why? What evil has he done?" But they shouted all the more, "Let him be crucified!"

Prayer Focus: Lord, I confess for the ways I have turned away from you. Draw me back to you

John 19:28-30 -- "After this, Jesus, knowing that all was now finished, said (to fulfill the Scripture), "I thirst." A jar full of sour wine stood there, so they put a sponge full of the sour wine on a hyssop branch and held it to his mouth. When Jesus had received the sour wine, he said, "It is finished," and he bowed his head and gave up his spirit."

Day 38

Prayer Focus: God, I praise you and thank you for your plan of salvation through Jesus

Day 39

Matthew 27: 57-61 -- "When it was evening, there came a rich man from Arimathea, named Joseph, who also was a disciple of Jesus. He went to Pilate and asked for the body of Jesus. Then Pilate ordered it to be given to him. And Joseph took the body and wrapped it in a clean linen shroud and laid it in his own new tomb, which he had cut in the rock. And he rolled a great stone to the entrance of the tomb and went away. Mary Magdalene and the other Mary were there, sitting opposite the tomb."

Prayer Focus: Heavenly Father, I know that you are with me even when I sit in darkness and grief

Mark 16:1-6 -- "When the Sabbath was past, Mary Magdalene, Mary the mother of James, and Salome bought spices, so that they might go and anoint him. And very early on the first day of the week, when the sun had risen, they went to the tomb. And they were saying to one another, "Who will roll away the stone for us from the entrance of the tomb?" And looking up, they saw that the stone had been rolled back—it was very large. And entering the tomb, they saw a young man sitting on the right side, dressed in a white robe, and they were alarmed. And he said to them, "Do not be alarmed. You seek Jesus of Nazareth, who was crucified. He has risen; he is not here. See the place where they laid him."

Day 40

Prayer Focus: Lord, I praise you for the resurrection and the new life that we have in Jesus