



DAYS OF FASTING

OCT 31- NOV 20

FASTING GUIDE
BIBLE STUDY
JOURNAL



21 Days of Fasting

Beginning October 31, we are committing to fasting for 21 days. Fasting should be a response to the prompting of the Holy-Spirit and a desire to align yourself with God's will in submission and obedience, and this fast has been God-inspired and God-ordained. Our 21 days of fasting will begin on October 31 at 6pm and will end on November 20 at 6pm. More information will be provided on individual and church engagement in Prayer, Meditation, Study, and Worship during this fast on October 27, 2024.

For now, please review the guidelines for fasting from food or other things and the types of fast before participating in this fast. If you do not participate in this fast for health reasons, or any other reasons, please still join the engagement with the spiritual disciplines that will be laid out for the 21 days.

For health questions, please contact the Health and Wellness Ministry director who will advise you, and/or redirect you to another health and wellness ministry leader.

Health & Wellness Ministry Director: Sis. Tonya Davis-Kennedy
contact:office@betheleast.org

For any questions related to anything else, please email me:
pastor.herrod@betheleast.org



Fasting Guidelines

“When you practice some appetite-denying discipline to better concentrate on God, don’t make a production out of it. It might turn you into a small-time celebrity but it won’t make you a saint. If you ‘go into training’ inwardly, act normal outwardly. 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 (MSG)

- Pray about the type of fast you should engage in during this period
- Don’t fast from food when you are sick, traveling, pregnant, or nursing.
- People with diabetes, gout, liver disease, kidney disease, ulcers, hypoglycemia, cancer, and blood disorders or any other health should probably not fast, and should consult with a doctor/medical expert for direction.
- If you are not fasting from food, consider another alternative that is pleasurable and takes up your time such as watching tv, social media, leisure reading, sports, shopping, or anything else you find taking up time in your schedule, and use that time in prayer, study, devotion, and things of God. Or, you can consider fasting from something specific in the context of food such as “fried foods”, desserts, or something that you frequently have and are pleasurable to you.
- Fasting is not magic. It should not be used to get immediate results regarding some decision.
- Stay hydrated. Always drink plenty of water and fluids, if you are fasting from food.
- Spend time with God you would normally be eating, watching tv, or on social media. You can consider a time away from television, social media, leisure reading, sports, shopping, or anything else you find taking up time in your schedule and use that time in prayer.



It is important to note that prayer and fasting goes together. Prayer is about spending time with God and uniting our hearts with His. It is our love for God and a desire to know Him more that leads us to pray. Fasting reminds us that we care about the things that God cares about. We care about the church. We care about the world. We care about doing God's will. And since we care, we are going to set our hearts and mind on it more during this period of time. Fasting is needed in our personal lives, our families, our church, and the society in which we live in. God-centered fasting has been a practice by God's people throughout history.

Consider these examples:

- The people of God prayed and fasted during a national crisis. Esther called for this fast and it preceded her making a pivotal decision (Esther 4:16).
- Religious leader Ezra proclaimed a fast so that they would humble themselves before God and ask him for a safe journey for them, their children, and their possession as they prepared to return to Jerusalem (Ezra 8:21).
- Daniel fasted when the weight of his assignment became heavy (Daniel 10:1-2).
- God called for his people to fast for a time of repentance and revival (Joel 1:14)
- Jesus fasted (Matthew 4:1-11)
- Jesus gave instructions about God-centered fasting (Matthew 6:16-18)
- The early church heard from the Holy Spirit during a period of fasting (Acts 13:2-3).
- The early church leaders prayed and fasted before presenting new leaders (Acts 14:23-26).

Friends, it is merely impossible for us as a church to stay on course if we do not faithfully and regularly unite our hearts and voices in prayer for the guidance of the Holy Spirit in our decisions and our actions. Prayer changes things, but more than that it changes us, and when we pray it aligns us with God's will and brings about God's will in our family, church, and society.

This time of prayer and fasting is going to benefit you individually, and us corporately.



Choosing A Fast

There are several types of fasting. The one you choose is between you and God. Please keep in mind your health and medical condition before choosing. Furthermore, please give up something that is a sacrifice.

Option 1- Full Fast. Drink only liquids for 21 days.

Option 2- The Daniel Fast. Eat no meat, sweets, or bread. Drink water and juice. Eat fruit and vegetables for 21 days.

Option 3- Partial Fast.

- Fast for part of the day (7am-3pm)

or

- Give up at least one item or food that is pleasurable to you for 21 days (ex: meat, sweets, social media, television)

or

- Give up one meal daily and during that period of time, pray, study, and spend time with the Lord.

Option 4- Hindrance Fast. Following Hebrews 12:1-3, which states we should lay aside that which so easily hinders us, you may want to pick several activities to abstain from and use that time to seek God. Even good activities can distract us from the best. You can consider a time away from television, social media, leisure reading, sports, shopping, or anything else you find taking up time in your schedule, and use that time in prayer

NOTE: No matter which fast you choose, limiting leisure activities and spending more time in prayer, devotion, and study should be included with each of the aforementioned fasting options.



Results of Fasting

Results of Fasting

Fasting is not about dieting even though you will most likely experience some benefits from fasting if you abstain from food for a period of time.

Fasting will cause us to experience God more through an intense and productive prayer life and devotion beyond the norm.

When God's people fasted and prayed, these were some of the results:

- God gave Ezra direction (Ezra 8:21-23)
- Elijah's negative and emotional habits were broken. (1 Kings 19)
- God's people and Esther were granted power and protection for their task (Esther 4:16).
- Revival for the saved and Salvation for the unsaved (1 Samuel 7: 2-11).

Other results:

- Clarity on a decision you have to make
- More attentive to God and the things of God
- Healing and wholeness
- Deliverance from worldly influences
- God moving powerfully in your life and the life of our church.
- Praying for the needs of the church
- A more disciplined life
- Repenting of self-indulgent, addictive, and immoral behaviors.

Fasting will result in God doing something powerful in our lives. God will also do something powerful in the lives of others, in the life of our church, and in our world. Fasting will allow the Spirit of God to take us from our present state of spiritual awareness and responsiveness and lift us to a higher level.

Introduction

As we continue to journey forward, if the Lord wills, there is much for us to become and much for us to do, individually, and collectively. The Father both deserves and desires our undivided attention. This 21-day journey of prayer and fasting is a sacred time, a time for us to come to the feet of Jesus, to learn from Him, and to grow closer to God. This fast will be a time of intentional prayer, deep reflection, and immersion in the teachings of Jesus Christ.

- Do you desire a deeper connection with God?
- Do you feel distant from God?
- Can you hear God's voice in this season?
- Do you feel a nudge, calling you to take your faith more seriously, to spend more time in prayer, and to align your life with God's will?
- Could it be that God is preparing your heart, your mind, and your soul for a significant shift?
- Could it be that God is shifting your mind, heart, and spirit in a way that will draw you close to your purpose and His presence?
- Could it be that God is preparing us to be used in a way that our church has never been used?
- Could it be that God is about to increase our reach and enlarge our territory?

God is always up to something, and as you/we yield, we get to be a part of it.

Purpose of the Fast

The purpose of this fast is to center, and re-center us to God, and God's purpose for us. It's easy for the church to become busy with activities that don't directly support our collective mission. Our hearts must be focused on the mission Christ gave us: to make disciples (Matthew 28:19-20).

This season of fasting will help align both our personal lives and our church's ministry with this mission. May our lives reflect the gospel, our words preach the gospel, and our actions spread the gospel. A shift is happening, and it starts within us—our minds, hearts, and souls—and such change will materialize outwardly after it manifests internally, allowing the Spirit of God to use the word of God to sanctify us.

We are coming alive in our individual and collective ministry as God's called-out ones. Prayer and fasting must become our rhythm and habit as we yield ourselves to God's purpose for our lives. Fasting is not an option for a disciple of Jesus; it is a mandate. Jesus did not say "if" we fast but "when" we fast (Matthew 6:16-18).

Fasting Explained, Again

Fasting intensifies our dependence on God by weakening our dependence on food, entertainment, and other comforts. It exposes and heals our tendency to seek false peace in

temporary pleasures, removing the distractions that prevent us from experiencing God's presence, which comes with true and lasting peace, that by the way, surpasses all understanding. Fasting is not about getting more of God; it's about God getting more of us. As we deny our flesh, we create space for the Spirit to work more deeply in us, transforming our lives from the inside out. This fasting is a time of feasting, where we starve the distractions, and turn our focus fully to God.

Let's collectively pray that this time of fasting will serve as a turning point for our church, propelling us forward into a new season of ministry. Prayerfully through this process, God will equip us to be a church that is not only active but also impactful in making disciples and spreading the gospel of Jesus Christ. As we seek Him, we trust that God will reveal new visions and direction for our ministry, using this time to create a shift in our church's trajectory.

A Discipleship Approach to the Fast

For these 21 days, we will focus on four foundational practices:

1. Pray without ceasing (1 Thessalonians 5:17).
2. Study the teachings of Jesus Christ.
3. Meditation on God's word
4. Yielding to God's Spirit

Steps for the Fast

Here are some practical steps to guide you through the fast:

1. Find a Prayer and Study Partner

Partner with someone who will pray with you daily and study scriptures alongside you throughout these 21 days.

2. Pray Three Times a Day like Daniel (Daniel 6:10)

Set aside specific times to pray in secret, as Jesus taught in Matthew 6:5-6. I recommend praying at 6am, 12pm, and 6pm.

Remember: Prayer is not about attempting to get God to do our will but submitting ourselves to God's will. Use Matthew 6:9-13 (The Disciple's Prayer) as a model.

3. Pray with your Prayer/Study partner Daily

In addition to your individual prayer times, pray with your partner at an agreed upon time each day. Pray for each other's request, but more importantly pray for the things Jesus told us to pray for:

- That God's name will be worshiped, honored, and adored in our lives and in the world, just as it is in heaven (Matthew 6:9).

- That God's Kingdom will come and will be done in America/Earth, as it is in heaven
- That we will forgive those who have wronged us, just as we ask God to forgive us our debts (Matthew 6:12-15).
- That we will not be led into temptation but will be delivered from evil (Matthew 6:13).

Other:

- That the Gospel will spread to all nations, fulfilling the Great Commission (Matthew 28:19-20).
- That God will use you individually and that He will use us as a church to make disciples.
- That God will increase our reach and expand our territory, opening doors for us to spread His message.

4. Study and Reflect on Jesus' Teachings

Spend time each day reading and reflecting on the daily scripture readings. You can do this in solitude, but studying with your prayer/study partner or in community is highly encouraged. Engaging in dialogue about the scriptures can deepen your understanding and reveal new insights.

Even if you don't study together every day, stay in communication about the readings. Plan to study with your prayer/study partner(s), reflecting on the questions and application. I would recommend you make time for at least seven joint study sessions over the 21 days.

5. Journal Your Reflections

Use the journal section of this guide to write down what the Holy Spirit reveals to you each day and a prayer point based upon your time in God's word. Reflect on how God is speaking through the word, and how God is shifting your perspective.

This practice of journaling will help you track your spiritual growth and serve as a testimony of how God is speaking to you throughout this journey. Write down your prayers, thoughts, and any revelations you receive, and revisit these reflections after the fast to see how God has moved in your life.

Practical Steps for Fasting

Fasting requires preparation—spiritually, mentally, and physically. Below are some practical steps to ensure you are ready for this 21-day journey:

1. Clarify the purpose of your fast

Ensure that your fast is focused on drawing closer to God and aligning your life with God's will.

2. Specify the type of Fast

Prayerfully decide whether you will do a full fast, partial fast, or hindrance fast, abstaining from screen time, television, or other activities (such as social media).

3. Prepare your Heart, Mind, and Body

This fast is sure to impact your life in many ways, especially your schedule. Begin planning now, so that you will be ready for what's ahead.

4. Find and connect with your prayer/study partner

Establish your prayer/study partner prior to the beginning of this fast and discuss how you will pray and study together. It may also be helpful, to discuss accountability as well, but be mindful that ultimately fasting is between you and God, and not to be seen by others, but to be seen by God.

Final Thoughts

This fast is not just about sacrifice, but about aligning ourselves with God's will, shifting our focus to God, and preparing our hearts for the changes that God is about to make in us. Over these 21 days, we will spend time at the feet of Jesus, learning from Him and drawing closer to the Father. A shift is about to happen.

As we journey through these 21 days of prayer and fasting, let us remain confident in this truth: God is not done with us yet. God did not bring you this far to only bring you this far. God did not bring us this far to only bring us this far. God has more in store for our lives, and our church. May this journey bring you closer to God than ever before, as we seek His face together and allow Him to transform us from the inside out.

We eagerly wait, anticipating a wonderful move of God in our lives individually, and in our Church.

"I keep asking that the God of our Lord Jesus Christ, the glorious Father, may give you the Spirit of wisdom and revelation, so that you may know Him better. I pray that the eyes of your heart may be enlightened in order that you may know the hope to which He has called you, the riches of His glorious inheritance in His holy people, and His incomparably great power for us who believe."

- Ephesians 1:17-19a

21-Day Fasting Prep Worksheet

Name:

Type of Fast I will be committing to over the course of 21 days (Full Fast, Partial Fast, The Daniel Fast, Hindrance Fast):

I will be fasting from the following over the course of 21 days:

My Prayer/Study Partner(s) is:

I am committing to pray 3 times a day at the following times:

Areas of Sin/Weakness/Struggle/Temptation that I need to repent of, and get help from the Holy Spirit with:

I need to allow the Holy Spirit to transform me in these areas of my life:

I need to surrender these things fully to God:

Areas of anxiety/worry that I need to cast upon God:

**21 Days at the
Feet of Jesus,
Learning from
Him, and
Growing Closer
to the Father**

Day 1, October 31:

Scripture: Matthew 5: 1-20

- Reflection: What am I learning from this passage, and how will I apply the principles and teachings learned from this passage to my daily life and relationships?
- In what ways is the Spirit of God inviting me to deepen my relationship with Jesus Christ through this passage, and what specific changes is the Spirit revealing in my life that will help me embody these teachings more fully?

Journal: What is God revealing to you?

Prayer: What is your response to God?

Day 2, November 1:

Scripture: Matthew 5: 21-48

- Reflection: What am I learning from this passage, and how will I apply the principles and teachings learned from this passage to my daily life and relationships?
- In what ways is the Spirit of God inviting me to deepen my relationship with Jesus Christ through this passage, and what specific changes is the Spirit revealing in my life that will help me embody these teachings more fully?

Journal: What is God revealing to you?

Prayer: What is your response to God?

Day 3, November 2:

Scripture: Matthew 6:1-18

- Reflection: What am I learning from this passage, and how will I apply the principles and teachings learned from this passage to my daily life and relationships?
- In what ways is the Spirit of God inviting me to deepen my relationship with Jesus Christ through this passage, and what specific changes is the Spirit revealing in my life that will help me embody these teachings more fully?

Journal: What is God revealing to you?

Prayer: What is your response to God?

Day 4, November 3:

Scripture: Matthew 6: 19-34

- Reflection: What am I learning from this passage, and how will I apply the principles and teachings learned from this passage to my daily life and relationships?
- In what ways is the Spirit of God inviting me to deepen my relationship with Jesus Christ through this passage, and what specific changes is the Spirit revealing in my life that will help me embody these teachings more fully?

Journal: What is God revealing to you?

Prayer: What is your response to God?

Day 5, November 4:

Scripture: Matthew 7: 1-14

- Reflection: What am I learning from this passage, and how will I apply the principles and teachings learned from this passage to my daily life and relationships?
- In what ways is the Spirit of God inviting me to deepen my relationship with Jesus Christ through this passage, and what specific changes is the Spirit revealing in my life that will help me embody these teachings more fully?

Journal: What is God revealing to you?

Prayer: What is your response to God?

Day 6, November 5:

Scripture: Matthew 7:15-29

- Reflection: What am I learning from this passage, and how will I apply the principles and teachings learned from this passage to my daily life and relationships?
- In what ways is the Spirit of God inviting me to deepen my relationship with Jesus Christ through this passage, and what specific changes is the Spirit revealing in my life that will help me embody these teachings more fully?

Journal: What is God revealing to you?

Prayer: What is your response to God?

Day 7, November 6:

Scripture: Matthew 10: 16-39

- Reflection: What am I learning from this passage, and how will I apply the principles and teachings learned from this passage to my daily life and relationships?
- In what ways is the Spirit of God inviting me to deepen my relationship with Jesus Christ through this passage, and what specific changes is the Spirit revealing in my life that will help me embody these teachings more fully?

Journal: What is God revealing to you?

Prayer: What is your response to God?

Day 8, November 7:

Scripture: Matthew 18:1-6

- Reflection: What am I learning from this passage, and how will I apply the principles and teachings learned from this passage to my daily life and relationships?
- In what ways is the Spirit of God inviting me to deepen my relationship with Jesus Christ through this passage, and what specific changes is the Spirit revealing in my life that will help me embody these teachings more fully?

Journal: What is God revealing to you?

Prayer: What is your response to God?

Day 9, November 8:

Scripture: Matthew 18: 7-14

- Reflection: What am I learning from this passage, and how will I apply the principles and teachings learned from this passage to my daily life and relationships?
- In what ways is the Spirit of God inviting me to deepen my relationship with Jesus Christ through this passage, and what specific changes is the Spirit revealing in my life that will help me embody these teachings more fully?

Journal: What is God revealing to you?

Prayer: What is your response to God?

Day 10, November 9:

Scripture: Matthew 18:15-35

- Reflection: What am I learning from this passage, and how will I apply the principles and teachings learned from this passage to my daily life and relationships?
- In what ways is the Spirit of God inviting me to deepen my relationship with Jesus Christ through this passage, and what specific changes is the Spirit revealing in my life that will help me embody these teachings more fully?

Journal: What is God revealing to you?

Prayer: What is your response to God?

Day 11, November 10:

Scripture: Matthew 22: 34-40

- Reflection: What am I learning from this passage, and how will I apply the principles and teachings learned from this passage to my daily life and relationships?
- In what ways is the Spirit of God inviting me to deepen my relationship with Jesus Christ through this passage, and what specific changes is the Spirit revealing in my life that will help me embody these teachings more fully?

Journal: What is God revealing to you?

Prayer: What is your response to God?

Day 12, November 11:

Scripture: Matthew 23: 1-12

- Reflection: What am I learning from this passage, and how will I apply the principles and teachings learned from this passage to my daily life and relationships?
- In what ways is the Spirit of God inviting me to deepen my relationship with Jesus Christ through this passage, and what specific changes is the Spirit revealing in my life that will help me embody these teachings more fully?

Journal: What is God revealing to you?

Prayer: What is your response to God?

Day 13, November 12:

Scripture: Matthew 25: 31-46

- Reflection: What am I learning from this passage, and how will I apply the principles and teachings learned from this passage to my daily life and relationships?
- In what ways is the Spirit of God inviting me to deepen my relationship with Jesus Christ through this passage, and what specific changes is the Spirit revealing in my life that will help me embody these teachings more fully?

Journal: What is God revealing to you?

Prayer: What is your response to God?

Day 14, November 13:

Scripture: John 6: 25-40

- Reflection: What am I learning from this passage, and how will I apply the principles and teachings learned from this passage to my daily life and relationships?
- In what ways is the Spirit of God inviting me to deepen my relationship with Jesus Christ through this passage, and what specific changes is the Spirit revealing in my life that will help me embody these teachings more fully?

Journal: What is God revealing to you?

Prayer: What is your response to God?

Day 15, November 14:

Scripture: John 10: 1-18

- Reflection: What am I learning from this passage, and how will I apply the principles and teachings learned from this passage to my daily life and relationships?
- In what ways is the Spirit of God inviting me to deepen my relationship with Jesus Christ through this passage, and what specific changes is the Spirit revealing in my life that will help me embody these teachings more fully?

Journal: What is God revealing to you?

Prayer: What is your response to God?

Day 16, November 15:

Scripture: John 11: 17-27

- Reflection: What am I learning from this passage, and how will I apply the principles and teachings learned from this passage to my daily life and relationships?
- In what ways is the Spirit of God inviting me to deepen my relationship with Jesus Christ through this passage, and what specific changes is the Spirit revealing in my life that will help me embody these teachings more fully?

Journal: What is God revealing to you?

Prayer: What is your response to God?

Day 17, November 16:

Scripture: John 14: 1-6

- Reflection: What am I learning from this passage, and how will I apply the principles and teachings learned from this passage to my daily life and relationships?
- In what ways is the Spirit of God inviting me to deepen my relationship with Jesus Christ through this passage, and what specific changes is the Spirit revealing in my life that will help me embody these teachings more fully?

Journal: What is God revealing to you?

Prayer: What is your response to God?

Day 18, November 17:

Scripture: John 15: 1-17

- Reflection: What am I learning from this passage, and how will I apply the principles and teachings learned from this passage to my daily life and relationships?
- In what ways is the Spirit of God inviting me to deepen my relationship with Jesus Christ through this passage, and what specific changes is the Spirit revealing in my life that will help me embody these teachings more fully?

Journal: What is God revealing to you?

Prayer: What is your response to God?

Day 19, November 18:

Scripture: John 16: 5-15

- Reflection: What am I learning from this passage, and how will I apply the principles and teachings learned from this passage to my daily life and relationships?
- In what ways is the Spirit of God inviting me to deepen my relationship with Jesus Christ through this passage, and what specific changes is the Spirit revealing in my life that will help me embody these teachings more fully?

Journal: What is God revealing to you?

Prayer: What is your response to God?

Day 20, November 19:

Scripture: Mark 8: 34-38

- Reflection: What am I learning from this passage, and how will I apply the principles and teachings learned from this passage to my daily life and relationships?
- In what ways is the Spirit of God inviting me to deepen my relationship with Jesus Christ through this passage, and what specific changes is the Spirit revealing in my life that will help me embody these teachings more fully?

Journal: What is God revealing to you?

Prayer: What is your response to God?

Day 21, November 20:

Scripture: John 13: 1-17, 34-35

- Reflection: What am I learning from this passage, and how will I apply the principles and teachings learned from this passage to my daily life and relationships?
- In what ways is the Spirit of God inviting me to deepen my relationship with Jesus Christ through this passage, and what specific changes is the Spirit revealing in my life that will help me embody these teachings more fully?

Journal: What is God revealing to you?

Prayer: What is your response to God?

Other Helpful Questions for Study and Reflection

Primary Message and Context

- What does the passage say?
- What is the historical and cultural context of this passage?
- Who are the main characters or groups in the text, and what are their roles?
- What is the primary message or teaching of this passage?
- How does this passage connect to other Scriptures or biblical themes?

Interpretive Understanding

- What was the original intent of this passage for the first audience?
- Are there any symbols, metaphors, or imagery that need clarification?
- What theological doctrines are present in this text?
- How do other passages of Scripture help illuminate the meaning of this text (cross-references)?

Personal Reflection

- What does this passage mean to you personally?
- What is God asking of you through this passage?
- In what areas of your life (relationships, work, family) do you feel challenged by this passage?
- What attitudes or behaviors might God be calling you to change?
- How can this passage shape your understanding of being a disciple of Jesus?
- How does this passage inform your prayer life?
- What insights from this passage can you share with someone else?
- How can you support others in your community in living out the teachings of this passage?

Family and Community Application

- How does this passage influence the way you interact with your spouse or family?
- In what ways does this text challenge you to love and serve your spouse (or close relationships) better?
- As a church member, what actions or changes should this passage inspire within the body of Christ?
- How does this teaching affect the way you engage with fellow believers or your church community?
- How does this passage encourage you to respond to those who are different from you or even those you consider 'enemies'?
- How can this text help you be a better friend, neighbor, or co-worker?

Discipleship Understanding

- How does this teaching challenge your understanding of what it means to be a disciple of Jesus?
- What does it mean to 'lay down your life' in the context of this passage?
- How does this passage call you to deny yourself and follow Jesus more closely in your daily life?
- What practical changes in your schedule, priorities, or relationships does this passage prompt?

Theological Reflection

- What does this text reveal about God's character and actions?
- What does this passage teach about human nature or our relationship with God?
- How does this passage point to Jesus or the Gospel message?

Application in Daily Life

- How does this text challenge or encourage our faith today?
- What personal or communal action does this passage call for?
- How should this text shape our understanding of God, ourselves, and the world?
- What are practical ways we can live out the teachings of this passage in our daily lives?

Contemporary Reflection

- How does the message of this text relate to current cultural, social, or moral issues?
- In what ways might this text speak to our church or community context?
- What are possible areas of misunderstanding or misapplication of this text today?

A New Testament Guide to Prayer
By Stephen Herrod

1. Matthew 5:44 – Pray for those who persecute you.
2. Matthew 6:9-13 – Pray for God's will, daily needs, forgiveness, and deliverance from evil.
3. Matthew 9:38 – Pray for laborers to be sent into the harvest.
4. Matthew 26:41 – Pray to avoid falling into temptation.
5. Luke 6:28 – Pray for those who mistreat you, blessing them.
6. John 17:15 – Jesus prays for protection from the evil one.
7. John 17:20-21 – Pray for unity among all believers.
8. Romans 10:1 – Pray for others' salvation and spiritual growth.
9. Romans 15:30-31 – Pray for deliverance from unbelievers who seek to cause a hindrance and acceptance of ministry.
10. 2 Corinthians 13:7 – Pray that you and others may act righteously.
11. Ephesians 1:17-19 – Pray for wisdom, revelation, and understanding of God's calling.
12. Ephesians 3:16-19 – Pray for inner strength, Christ's presence, and knowledge of God's love.
13. Ephesians 6:19 – Pray for boldness in proclaiming the gospel.
14. Philippians 1:9-11 – Pray for love to abound, along with knowledge and discernment.
15. Philippians 4:6 – Pray about everything with thanksgiving.
16. Colossians 1:9-12 – Pray for knowledge of God's will, wisdom, and strength.
17. Colossians 4:3-4 – Pray for opportunities to share the Word and clarity in preaching.
18. 1 Thessalonians 3:10 – Pray for the strengthening and completion of faith.
19. 1 Thessalonians 5:25 – Pray for fellow believers in the faith.
20. 2 Thessalonians 1:11-12 – Pray for worthiness of God's calling and for fulfilling His purposes.
21. 2 Thessalonians 3:1-2 – Pray for the spread of God's Word and protection from wicked people.
22. 1 Timothy 2:1-2 – Pray for all people, including leaders and those in authority.
23. James 1:5 – Ask for wisdom from God.
24. James 5:13 – Pray if in trouble or facing hardship.
25. James 5:14-16 – Pray for the sick, asking for healing and pray for each other, asking for wholeness.
26. 3 John 1:2 – Pray for health, well-being, and spiritual prosperity.

A New Testament Guide to Approaching God in Prayer
By: Stephen Herrod

1. Matthew 11:28 – Bring your burdens to Jesus for rest and peace.
2. Mark 11:24 – Ask in faith, believing you will receive.
3. John 14:13-14 – Ask in Jesus' name, aligning requests with His will.
4. Romans 8:26 – Rely on the Spirit's help when unsure what to pray.
5. 2 Corinthians 12:9 – Embrace God's grace in times of weakness and trial.
6. Hebrews 10:22 – Draw near with a sincere heart, assured by Christ's work.
7. Ephesians 3:12 – Approach boldly, with confidence through faith in Christ.
8. Ephesians 6:18 – Be persistent, lifting up all kinds of prayers for others.
9. 1 Peter 5:6-7 – Humble yourself under the mighty hand of God by casting all anxieties on God, knowing God cares deeply.
10. 1 Thessalonians 5:17-18 – Pray constantly, with a thankful heart in all situations.
11. Hebrews 4:16 – Approach with confidence for grace and help in need.
12. James 1:6 – Pray with faith, without doubting God's response.
13. James 4:8 – Draw near to God for closeness, purity, and spiritual renewal.
14. James 5:16 – Confess openly and pray for each other's healing and wholeness.
15. 1 John 1:9 – Confess your sins to receive forgiveness and cleansing.

A New Testament Guide to the Results of Prayer, Subject to God's Will
By: Stephen Herrod

1. Matthew 6:13 – Deliverance from temptation and evil.
2. Matthew 7:7-8 – Whoever asks receives; God responds to those who seek.
3. John 15:7 – Abiding in Christ and prayer lead to fruitful lives.
4. John 17:21 – Jesus' prayer brings unity and love among believers.
5. Acts 4:31 – Praying together brings boldness and fills believers with the Spirit.
6. Romans 8:26-27 – The Spirit intercedes, helping us pray in God's will.
7. Romans 15:13 – Prayer brings joy, peace, and strength in the Spirit.
8. 2 Corinthians 12:9 – Experience of God's grace
9. Ephesians 3:16 – Praying for one another brings spiritual strength.
10. Philippians 4:7 – God's peace will guard your heart and mind.
11. Colossians 4:3 – Doors are opened for the gospel through prayer.
12. Colossians 1:9 – Praying for others deepens understanding of God's will.
13. Hebrews 4:16 – We receive mercy and find grace to help in time of need.
14. James 1:5 – God provides wisdom to those who ask.
15. James 5:15 – The prayer of faith will bring healing and restoration.
16. 1 John 1:9 – Confession brings restored intimacy/closeness with God, and forgiveness.



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BAPTIST CHURCH EAST

Humbly Declared by,
Pastor Stephen Herrod