



WHY FAST & PRAY?



SPIRITUAL BENEFITS

- It refocuses our attention on God. By pulling away from food and drawing closer to God in prayer, we experience greater intimacy with the Father.
- It strengthens and renews our spirit (inner man). It gives us the capacity to receive more from God, keeping our relationship with God relevant, fresh, and alive!
- It breaks the power of the flesh. When we fast and pray, our flesh no longer has the power to control us. We can experience true freedom.
- It destroys the power and plans of the enemy in our lives.

PHYSICAL BENEFITS

- Mental clarity
- Reduced stress
- Reduced depression & anxiety
- Improved attitude
- Decreased risk of disease
- Quicker emotional and physical recovery

Scriptures on Prayer & Fasting

Matthew 6:16-18

When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show others they are fasting. Truly I tell you, they have received their reward in full. But when you fast, put oil on your head & wash your face, so that it will not be obvious to others that you are fasting, but only to your Father, who is unseen; & your Father, who sees what is done in secret, will reward you.

2 Chronicles 7:14

If my people, who are called by my Name, will humble themselves & pray & seek my face & turn from their wicked ways, then I will hear from heaven & will forgive their sin & will heal their land.

I John 5:14-15

This is the confidence we have in approaching God: that if we ask anything according to His will, He hears us. And if we know that He hears us—whatever we ask—we know that we have what we asked of Him.

Mark 11:24

Therefore I tell you, whatever you ask for in prayer, believe that you have received it, & it will be yours.

Psalms 17:6

The Lord is near to all who call on Him, to all who call on Him in truth.

Philippians 4:6

Do not be anxious about anything, but in every situation, by prayer & petition, with thanksgiving, present your requests to God.

James 5:16

The effectual fervent prayer of a righteous man availeth much.

THE PLAN

FASTING

Daniel Fast

Wednesday, August 4th, 12:00am to

Friday, August 6th, 11:59pm

Daniel Fast

Each Wednesday: 12:00 am to 11:59 pm

August 11th, 18th, & 25th

September 1st & 8th

(<https://www.cookinglight.com/eating-smart/nutrition-101/what-is-the-daniel-fast>)

PRAYER

Prayer Room Experience

Each Monday: 7:30pm - 8:30pm

August 9th, 16th, 23rd, 30th

September 6th

RESTORATION NIGHT OF WORSHIP

1st Wednesday of each month

7pm - 8pm

August 4th & September 1st

Daniel Fast

Foods and drinks included are: All fresh, frozen, dried, juiced or canned fruit; all fresh, frozen, dried, juiced or canned vegetables; all whole grains, nuts and seeds; all legumes, peas, and beans; all quality oils and healthy fats; 100% all natural fruit and vegetable juices, and spring or purified water.

Foods not included: meats, fish, poultry, dairy products, eggs, sugar, sugar substitutes, sugar products, caffeine, bread, enriched grains, and rice.

**Visit our website for more information on fasting and meal ideas.

Sacrifice

What will you **sacrifice** during the 40 days of fasting and prayer?

I will sacrifice:

40 Days General Prayer Focus

- Humble ourselves. Asking for forgiveness for our sins and the sins of our land. **(2 Chronicles 7:14)**
- Seeking God. Declaring our dependence on God in every area of our lives. **(1 Chronicles 16:11)**
- His Kingdom Come. Praying for the completion of the Great Commission and for revival in our generation. **(Matthew 6:10)**
- Hear from Heaven. Invite the Presence of God in our church & our lives. Pray for souls to be saved, signs, wonders, miracles, and transformed lives. **(Exodus 33:15)**
- Believing God for answered prayer for our specific needs. **(Philippians 4:6)**
- Praying for people to take next steps in their journey of faith to know God, find Freedom, discover purpose, and make a difference. **(Ephesians 1:17-18)**

Specific Daily Prayer Focus

Unstoppable Favor

August 4 - Psalm 90:17 Let the favor of the Lord our God be upon us, and establish the work of our hands upon us; yes, establish the work of our hands!

August 5 - Ephesians 1:11 In him we have obtained an inheritance, having been predestined according to the purpose of him who works all things according to the counsel of his will.

August 6 - Psalm 5:12 For you bless the righteous, O Lord; you cover him with favor as with a shield.

August 7 - Psalm 84:11 For the Lord God is a sun and shield; the Lord bestows favor and honor. No good thing does he withhold from those who walk uprightly.

August 8 - 2 Corinthians 9:8 And God is able to make all grace abound to you, so that having all sufficiency in all things at all times, you may abound in every good work.

August 9 - Genesis 12:2 And I will make of you a great nation, and I will bless you and make your name great, so that you will be a blessing.

August 10 - Proverbs 3:4 So you will find favor and good success in the sight of God and man.

Unstoppable Power

August 11 - Psalm 57:2 I will cry unto God most high; unto God that performeth all things for me.

August 12 - Psalm 91:9-11 Because thou hast made the LORD, which is my refuge, even the most High, thy habitation; There shall no evil befall thee, neither shall any plague come nigh thy dwelling. For he shall give his angels charge over thee, to keep thee in all thy ways.

August 13 - Psalm 24:8 Who is this King of glory? The LORD strong and mighty, the LORD mighty in battle.

August 14 - Exodus 14:13-14 And Moses said unto the people, Fear ye not, stand still, and see the salvation of the LORD, which he will shew to you today: for the Egyptians whom ye have seen today, ye shall see them again no more forever.
The LORD shall fight for you, and ye shall hold your peace.

August 15 - Job 42:2 I know that thou canst do everything, and that no thought can be withholden from thee.

August 16 - Romans 8:11 But if the Spirit of him that raised up Jesus from the dead dwell in you, he that raised up Christ from the dead shall also quicken your mortal bodies by his Spirit that dwelleth in you.

August 17 - Ephesians 1:19-20 And what is the exceeding greatness of his power to us-ward who believe, according to the working of his mighty power, Which he wrought in Christ, when he raised him from the dead, and set him at his own right hand in the heavenly places.

Unstoppable Faith

August 18 - Isaiah 41:10 Fear not, for I am with you; be not dismayed, for I am your God. I will strengthen you, I will help you, I will uphold you with my righteous right hand."

August 19 - Matthew 21:21 Jesus said "Truly I tell you, if you have the faith and do not doubt, not only can you do what was done to the fig tree, but also you can say to this mountain, Go throw yourself into the sea and it will be done."

August 20 - Deuteronomy 31:6 "Be strong and courageous. Do not fear or be in dread of them, for it is the LORD your God who goes with you. He will not leave you or forsake you."

August 21 - Psalm 27:1 "The LORD is my light and my salvation; whom shall I fear? The LORD is the stronghold of my life; of whom shall I be afraid?"

August 22 - Ephesians 6:16 Above all, taking the shield of faith with which you will be able to quench all the fiery darts of the wicked one.

August 23 - Hebrews 11:1, 6 Now faith is the substance of things hoped for, the evidence of things not seen. But without faith it is impossible to please Him, for he who comes to God must believe that He is, and that He is a rewarder of those who diligently seek Him.

August 24 - 2 Corinthians 5:17 Therefore, if anyone is in Christ, he is a new creation; old things have passed away; behold, all things have become new.

Unstoppable Creativity

August 25 - 1 Kings 3:12 Behold, I have done according to thy words: lo, I have given thee a wise and an understanding heart; so that there was none like thee before thee, neither after thee shall any arise like unto thee.

August 26 - Luke 1:37 For with God nothing shall be impossible.

August 27 - Daniel 1:17 As for these four children, God gave them knowledge and skill in all learning and wisdom: and Daniel had understanding in all visions and dreams.

August 28 - Ephesians 3:20 Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us,

August 29 - Exodus 35:35 He has filled them with skill to do all kinds of work as engravers, designers, embroiderers in blue, purple and scarlet yarn and fine linen, and weavers—all of them skilled workers and designers.

August 30 - Psalm 104:24 “O Lord, what a variety of things you have made! In wisdom you have made them all. The earth is full of your creatures.”

August 31 - Ephesians 2:10 "For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do."

Unstoppable Future

September 1 - Jeremiah 29:11 For I know the plans I have for you," declares the LORD, "plans to prosper you and not to harm you, plans to give you hope and a future.

September 2 - Philippians 1:6 Being confident of this, that he who began a good work in you will carry it on to completion until the day of Christ Jesus.

September 3 - Proverbs 23:18 Surely there is a future, and your hope will not be cut off.

September 4 - Psalm 37:37 Mark the blameless and behold the upright, for there is a future for the man of peace.

September 5 - Job 8:7 And though your beginning was small, your latter days will be very great.

September 6 - Deuteronomy 26:19 He will set you in praise and in fame and in honor high above all nations that he has made, and that you shall be a people holy to the Lord your God, as he promised."

September 7 - 1 Corinthians 2:9 Eye has not seen, nor ear heard, nor have entered into the heart of man the things which God has prepared for those who love Him.

Unstoppable Miracles

September 8 - Psalm 77:14 Thou art the God that doest wonders: thou hast declared thy strength among the people.

September 9 - Mark 16:17-18, 20 And these signs shall follow them that believe; In my name shall they cast out devils; they shall speak with new tongues; They shall take up serpents; and if they drink any deadly thing, it shall not hurt them; they shall lay hands on the sick, and they shall recover. And they went forth, and preached everywhere, the Lord working with them, and confirming the word with signs following.

September 10 - Mark 11:23-24 For verily I say unto you, That whosoever shall say unto this mountain, Be thou removed, and be thou cast into the sea; and shall not doubt in his heart, but shall believe that those things which he saith shall come to pass; he shall have whatsoever he saith. Therefore I say unto you, What things soever ye desire, when ye pray, believe that ye receive them, and ye shall have them.

September 11 - 1 Corinthians 12:7-11 But the manifestation of the Spirit is given to every man to profit withal. For to one is given by the Spirit the word of wisdom; to another the word of knowledge by the same Spirit; To another faith by the same Spirit; to another the gifts of healing by the same Spirit; To another the working of miracles; to another prophecy; to another discerning of spirits; to another divers kinds of tongues; to another the interpretation of tongues: But all these worketh that one and the selfsame Spirit, dividing to every man severally as he will.

September 12 - 1 Corinthians 12:28 & 31 And God hath set some in the church, first apostles, secondarily prophets, thirdly teachers, after that miracles, then gifts of healings, helps, governments, diversities of tongues. But covet earnestly the best gifts: and yet shew I unto you a more excellent way.



RESTORATION CHURCH

www.RNWA.org