



31 Days of Passion

Igniting the Passion of God in His Kingdom by:

- ❖ **Realigning with the presence of God.**
- ❖ **Realigning with the purpose of God.**
- ❖ **Realigning with the power of God.**

FASTING & PRAYING

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 and wash your face, so that it will not be obvious to others that you are fasting, but only to your Father, who is unseen; and 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 and pray and seek my face and turn from their wicked ways, then I will hear from heaven and will forgive their sin and 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, and 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 and petition, with thanksgiving, present your requests to God.

James 5:16

The effectual fervent prayer of a righteous man availeth much.

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The Plan

FASTING

Liquid Fast

Each Wednesday: 12:00am to 3:00pm

August 3, 10, 17, 24, 31

Daniel Fast

If unable to participate in the liquid fast, a Daniel Fast is recommended.

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.

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

***If under the care of a physician, please consult your doctor before participating in the fast.**

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The Plan

PRAYER

- ❖ **Focus: For God to unleash His passion into us to spread throughout Charlotte, Northwest Arkansas, and the metrolina regions we impact.**

Prayer Line Connection (online)

Each Monday: 6:30pm - 7:00pm

August 1, 8, 15, 22, 29

Prayer Room Experience (on-site)

Each Wednesday: 7:00pm - 8:00pm

August 3, 10, 17

Restoration Night of Worship

5th Wednesday, August 31

7:00pm - 8:00pm

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The Plan

DAILY SCRIPTURE FOCUS

August 1 - 10

Realign with the Presence of God

August 1: Psalm 100:2	August 6: Jude 1:24
August 2: Psalm 68:8	August 7: Acts 2:28
August 3: Luke 15:10	August 8: Psalm 140:13
August 4: Acts 3:19	August 9: Psalm 91:1
August 5: Hebrews 9:24	August 10: Psalm 16:11

August 11 - 21

Realign with the Purpose of God

August 11: Jeremiah 29:11	August 17: Galatians 3:5-9
August 12: 1 Timothy 2:4	August 18 Galatians 3:13-14
August 13: Proverbs 19:21	August 19: Mark 4:23
August 14: Psalm 33:11-15	August 20: Matthew 9:37-38
August 15: Proverbs 16:7-9	August 21: Matthew 24:14
August 16: John 3:15-17	

August 22 - 31

Realign with the Power of God

August 22: Acts 2:17, 21	August 27: I Corinthians 2:4-5
August 23: Mark 16:17-18	August 28: Exodus 3:14
August 24: Psalm 91:13-14	August 29: Matthew 16:17-19
August 25: Zechariah 4:6	August 30: Romans 8:31, 37-39
August 26: John 14:12-14	August 31: Revelation 1:8

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DAILY BIBLE READING

August 1: John 1	August 17: Acts 4-5
August 2 : John 2-3	August 18: Acts 6
August 3: John 4	August 19: Acts 7-8
August 4: John 5-6	August 20: Acts 9-10
August 5: John 7	August 21: Acts 11
August 6: John 8-9	August 22: Acts 12-13
August 7: John 10	August 23: Acts 14-15
August 8: John 11-12	August 24: Acts 16
August 9: John 13	August 25: Acts 17-18
August 10: John 14-15	August 26: Acts 19-20
August 11: John 16	August 27: Acts 21
August 12: John 17-18	August 28: Acts 22-23
August 13: John 19	August 29: Acts 24-25
August 14: John 20-21	August 30: Acts 26
August 15: Acts 1	August 31: Acts 27-28
August 16: Acts 2-3	



THE RESTORATION PLACE

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