

FAST & PRAYER GUIDE 2022

CARE FOR THE BROKEN
EQUIP THE CALLED
SEND HOPE TO THE WORLD



I appeal to you therefore,
brothers, by the mercies of
God, to present your bodies as
a living sacrifice, holy and
acceptable to God, which is
your spiritual worship.

Do not be conformed to this
world, but be transformed by
the renewal of your mind, that
by testing you may discern
what is the will of God, what is
good and acceptable and
perfect.

ROMANS 12:1-2

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2022 PRAYER POINTS

During this corporate fast, and this calendar year, we will be focusing on raising and developing Godly men at South Bay Church. It's time to understand who men are and who they were designed to be and to fight for it. It's important to fight for each other and our families the ways God shows us to because if there are no struggles, there is nothing to fight for.

In 2022, let's believe that in South Bay Church we will see

- **Every corner of the Church covered in prayer by Men.**
- **Every ministry filled with passionate Christ-following Men.**
- **Every Man has the back of every man against the enemy.**
- **Every Man leaning away from this world and leaning into Jesus.**
- **Every Man giving Jesus the first and best of his life.**
- **Every Man knows his responsibility and safeguards the ministry.**
- **Every Man knows that they are soldiers and warriors for Jesus.**

MARRIAGE

You can be a man of spiritual strength, a man of integrity, a man of courage. You can be a man who serves his wife well, understanding her deepest feelings and needs, to achieve new closeness. Let's corporately pray for...

- **The marriages of South Bay to find a renewed sense of purpose and meaning.**
- **Strong relational teams to develop where love & respect are shown.**
- **That single men rise and develop their character before they even enter a marriage.**

CHILDREN

You can be a man that leads his family as the head of the household. By serving the interests of your wife and kids first, and also taking ownership when mistakes happen and asking forgiveness. One that decides that if all else fails, we have raised passionate Jesus followers. Let's corporately pray for...

- **Young Dads to begin being intentional with the years they have with younger children, teaching the way they should go.**
- **Older Dads to pray, give advice and stay involved in their children who have left and started their own families.**
- **Spiritual Dads who serve at this church, in their community, and in their schools to lead by example in following Jesus with everything they have.**

2022 PRAYER POINTS

FINANCES

Maybe you're in danger of failing financially. Now is the time to fight like your life depends on it, to get control of your budget, and align your priorities with your cash flow. Let's corporately pray for...

- **Men to get control of their money by submitting it first to the Lord and following Biblical principles.**
- **Repentance for poor financial investments, purchases, or pleasures that have been entertained.**
- **A generous spirit to arise by understanding God is the giver of wealth and everything belongs to him, we just get to use it.**

FRIENDSHIPS

Developing friendships with other men that you can rely on and do life with is not only helpful, but it's also Biblical. *"As iron sharpens iron, so one person sharpens another."* Prov. 27:17. It's important to spend time with rich friendships by being involved in a small group, serve team, or consistent class here at South Bay. Let's corporately pray for...

- **God to grab hold of the hearts of men to see that life is better in community.**
- **Friendships to begin that will last a lifetime.**
- **True and honest conversations to occur that lead men towards Christ.**

ACCOUNTABILITY

Perhaps you're playing with a lustful fire. You keep returning to images and people and places that excite you but also unleash something you're afraid you can't control. You're going to get burned. Decide. Confess and overcome this darkness. Let's corporately pray for...

- **Real conversations about repentance, forgiveness, and safeguards to become a natural and normal element to the men of South Bay.**
- **Men to die to themselves daily and take every thought captive and obedient to the mind of Christ.**
- **Hard conversations to happen regularly surrounding sin, so that real breakthroughs can occur.**

I AM PRAYING FOR THE FOLLOWING IN 2022...

1. MY FAMILY

2. MY CHURCH

3. MY RELATIONSHIPS

4. MY SPHERE OF INFLUENCE

5. MY SPIRITUAL GROWTH

Luke 11:1 — Now Jesus was praying in a certain place, and when He finished, one of His disciples said to Him, “Lord, teach us to pray, as John taught his disciples.”

Lord, teach me to pray.

Philippians 4:6 — Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.

I will be anxious for nothing.

Proverbs 3:6 — In all your ways acknowledge Him, and He will make straight your paths.

In all my ways, I will acknowledge You and You will direct my path.

Matthew 21:22 — And whatever you ask in prayer, you will receive, if you have faith.

Whatever I ask for in prayer, believing, I will receive.

John 16:24 — Until now you have asked nothing in My name. Ask, and you will receive, that your joy may be full.

I will ask in Jesus' name and in receiving, my joy will be made full.

James 4:2 — You desire and do not have, so you murder. You covet and cannot obtain, so you fight and quarrel. You do not have, because you do not ask.

I do not have because I do not ask.

Luke 18:1 — And He told them a parable to the effect that they ought always to pray and not lose heart.

I will always pray and not lose heart.

Mark 11:24 — Therefore I tell you, whatever you ask in prayer, believe that you have received it, and it will be yours.

If I believe, I will have whatever I ask for in prayer.

Romans 4:21 — Fully convinced that God was able to do what He had promised.

I am fully convinced that You are able to fulfill Your promises.

James 1:6 But let him ask in faith, with no doubting, for the one who doubts is like a wave of the sea that is driven and tossed by the wind.

I will ask in faith, without doubting.

Psalms 37:4 — Delight yourself in the LORD, and He will give you the desires of your heart.

I will delight myself in the Lord, and He will give me the desires of my heart.

Matthew 26:41 — Watch and pray, that you do not enter into temptation. For the spirit is willing, but the flesh weak.

I will watch and pray, so that I do not enter into temptation.

Jeremiah 29:13 — You will seek Me and find Me when you seek Me with all your heart.

I will seek You and find You, when I search for You with all my heart.

John 14:14 — If you ask Me anything in My name, I will do it.

If I ask anything in Your name, You will do it.

John 1:1 — In the beginning was the Word, and the Word was with God, and the Word was God.
God has revealed Himself through His Word from the very beginning.

Hebrews 4:12 — For the word of God is living and active, sharper than any two-edged sword, piercing to the division of souls and of spirit, of joints and marrow, and discerning the thoughts and intentions of the heart.
The Word is living and active.

Hebrews 11:3 — By faith we understand that the universe was created by the Word of God, so that what is seen was not made out of things that are visible.
All of creation was formed by the Word of God.

Psalms 119:11 — I have stored up your Word in my heart, that I might not sin against You.
I have hidden Your Word in my heart, that I might not sin against you.

Matthew 24:35 — Heaven and earth will pass away, but my words will not pass away.
Heaven and earth will pass away, but Your Word stands forever.

John 6:63 — It is the Spirit who gives life; the flesh is no help at all. The words that I have spoken to you are spirit and life.
Your words are spirit and life.

2 Timothy 3:16-17 — All Scripture is breathed out by God and profitable for teaching, for reproof, for correction, and for training in righteousness, that I may be complete, equipped for every good work.
All Scripture is profitable for teaching, reproof, correction, and instruction.

Psalms 119:105 — Your Word is a lamp to my feet and a light to my path.
By Your words, I can see where I am going.

John 20:31 — But these are written so that you may believe that Jesus is the Christ, the Son of God, and that by believing you may have life in His name.
Through the Scriptures, I believe that Jesus is the Christ.

1 Peter 1:25 — But the Word of the Lord remains forever. And this Word is the good news that was preached to you.
The Word of the Lord endures forever.

Isaiah 55:10-11 — For as the rain and the snow come down from heaven and do not return there but water the earth, making it bring forth and sprout, giving seed to the sower and bread to the eater, so shall my word be that goes out from my mouth; it shall not return to me empty, but it shall accomplish that which I purpose, and shall succeed in the thing for which I sent it.
The Word of God does not return empty; it will accomplish its purpose.

John 14:15 — If you love me, you will keep His Word.
I love Jesus, therefore I keep His commandments.

2 Timothy 3:16 — All Scripture is breathed out by God and profitable for teaching, for reproof, for correction, and for training in righteousness.
All Scripture is given by inspiration of God.

Romans 8:31 — What, then, shall we say in response to these things? If God is for us, who can be against us?

God loves me and is for me.

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

With God, all things are possible.

Philippians 4:13 — I can do all things through Him who strengthens me.

I can do all things through Christ who strengthens me.

Psalms 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?

The Lord is my light and my salvation, I will fear no one.

Luke 10:19 — Behold, I have given you authority to tread on serpents and scorpions, and over all the power of the enemy, and nothing shall hurt you.

I have authority to defeat the enemy and nothing will hurt me.

Romans 8:37 — No, in all these things we are more than conquerors through Him who loved us.

I am more than a conqueror through Jesus Christ.

1 John 4:4 — Little children, you are from God and have overcome them, for He who is in you is greater than he who is in the world.

He who is in me is greater than he who is in the world.

Numbers 14:21 — But truly, as I live, and as all the earth shall be filled with the glory of the LORD.

I know that all of the earth will be filled with God’s glory.

Isaiah 54:17 — No weapon that is fashioned against you shall succeed, and you shall refute every tongue that rises against you in judgment. This is the heritage of the servants of the LORD and their vindication from Me, declares the LORD.

No weapon formed against me shall prosper.

Psalms 46:1-3 God is our refuge and strength, a very present help in trouble. Therefore we will not fear though the earth gives way, though the mountains be moved into the heart of the sea, though its waters roar and foam, though the mountains tremble at its swelling.

The Lord is my refuge and strength, a very present help in trouble.

Ephesians 6:10 Finally, be strong in the Lord and in the strength of His might.

I am strong in the Lord and in the power of His might.

Proverbs 18:10 — The name of the LORD is a strong tower; the righteous man runs into it and is safe.

The name of the Lord is a strong tower, in it I am safe.

Psalms 118:6-7 — The LORD is on my side; I will not fear. What can man do to me? The LORD is on my side as my helper; I shall look in triumph on those who hate me.

The Lord is on my side; I will not fear.

Ephesians 5:31 — Therefore a man shall leave his father and mother and hold fast to his wife, and the two shall become one flesh.

I am united with my spouse and we are “one.”

Hebrews 13:4 — Let marriage be held in honor among all, and let the marriage bed be undefiled, for God will judge the sexually immoral and adulterous.

Our marriage will be honorable and pure before God.

Ephesians 5:25 — Husbands, love your wives, just as Christ loved the church and gave Himself up for her.

As a husband, I will love my wife as Christ loved the church and gave Himself up for her.

Proverbs 31:28 — Her children rise up and bless her; her husband also, and he praises her.

As a husband, I will praise my wife.

1 Peter 3:7 — Likewise, husbands, live with your wives in an understanding way, showing honor to the woman as the weaker vessel, since they are heirs with you of the grace of life, so that your prayers may not be hindered.

As a husband, I will give my wife honor and live with her in an understanding way.

Proverbs 31:12 — She does him good, and not harm, all the days of her life.

As a wife, I will do my husband only good, never evil.

1 Peter 3:1 — Likewise, wives be subject to your own husbands, so that even if some do not obey the word, they may be won without a word by the conduct of their wives.

As a wife, I will influence my husband by obeying God.

Exodus 20:12 — Honor your father and your mother, that your days may be long in the land that the LORD your God is giving you.

I will honor my father and mother.

Deuteronomy 6:7 — You shall teach them diligently to your children, and shall talk of them when you sit in your house, and when you walk by the way, and when you lie down, and when you rise.

Our family will learn the Word of God together.

Ephesians 6:4 — Fathers, do not provoke your children to anger, but bring them up in the discipline and instruction of the Lord.

I will not provoke my children.

Joshua 24:15 — And if it is evil in your eyes to serve the LORD, choose this day whom you will serve, whether the gods your fathers served in the region beyond the River, or the gods of the Amorites in whose land you dwell. But as for me and my house, we will serve the LORD.

As for me and my family, we will serve the Lord.

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

With God, all things are possible.

2 Corinthians 5:7 — For we walk by faith, not by sight.

I walk by faith, not by sight.

Romans 10:17 — So faith comes from hearing, and hearing through the Word of Christ.

Faith comes from hearing the Word.

Romans 4:17 — As it is written, “I have made you the father of many nations” - in the presence of God in whom he believed, who gives life to the dead and calls into existence the things that do not exist.

God calls all things into existence that do not exist.

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

Faith is the substance of hope, the evidence of things unseen.

Mark 9:23 — And Jesus said to him, “All things are possible for one who believes.”

All things are possible for those who believe.

2 Timothy 1:12 Which is why I suffer as I do. But I am not ashamed, for I know whom I have believed, and I am convinced that He is able to guard until the day what has been entrusted to me.

I am confident God will perform what He has promised.

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

I will hold tightly to the confession of my faith.

2 Corinthians 1:20 — For all the promises of God find their Yes in Him. That is why it is through Him that we utter our Amen to God for His glory.

All the promises of God find their Yes in Him.

Ephesians 3:20 — Now to Him who is able to do far more abundantly than all that we ask or think, according to the power at work within us.

God is able to do far more than I ask.

Ephesians 6:16 — In all circumstances take up the shield of faith, with which you can extinguish all the flaming darts of the evil one.

In all circumstances I will take up the shield of faith.

Romans 4:19 — He did not weaken in faith when he considered his own body, which was as good as dead (since he was about a hundred years old), or when he considered the barrenness of Sarah’s womb.

I will not weaken in faith despite my present circumstance.

1 John 5:4 — For everyone who has been born of God overcomes the world. And this is the victory that has overcome the world - our faith.

My faith is the victory that overcomes the world.

Proverbs 3:9-10 — Honor the LORD with your possessions, and with the first fruits of all your increase; so your barns will be filled with plenty, and your vats will overflow with new wine.

My first financial priority is to honor the Lord.

1 Chronicles 29:16 — O Lord our God, as for all this abundance... it comes from Your hand, and all of it belongs to You.

All money comes from God so all I have belongs to God.

Deuteronomy 8:18a — But remember the Lord your God, for it is He who gives you the ability to produce wealth...

The Lord gives me the ability to earn income.

Luke 16:10-11 — Whoever can be trusted with very little can also be trusted with much, and whoever is dishonest with very little will also be dishonest with much. So if you have not been trustworthy in handling worldly wealth, who will trust you with true riches?

I will be a trustworthy and honest steward of finances.

Luke 6:38 — Give, and it will be given to you. A good measure, pressed down, shaken together and running over, will be poured into your lap. For with the measure you use, it will be measured to you.

I will give money as an act of worship.

Malachi 3:10 — “Bring the whole tithe into the storehouse, that there may be food in my house. Test me in this,” says the LORD Almighty, “and see if I will not throw open the floodgate of heaven and pour out so much blessing that you will not have room enough for it.”

I will give 10% of my total household income to the local church.

1 Peter 4:10 — God has given gifts to each of you from His great variety of spiritual gifts. Manage them well so that God’s generosity can flow through you.

God’s generosity will flow through me.

Matthew 6:20-21 — But store up for yourselves treasures in heaven, where moth and rust do not destroy, and where thieves do not break in and steal. For where your treasure is, there your heart will be also.

I will invest in the Kingdom of God.

2 Corinthians 9:8 — God is able to make all grace abound to you, so that in all things at all times, having all that you need. You will abound in every good work.

By His grace, God will provide all I need.

Romans 13:8 — Let no debt remain outstanding, except the continuing debt to love one another, for he who loves his fellow man has fulfilled the law.

I will pay all my debts.

Proverbs 21:5 — Good planning and hard work lead to prosperity, but hasty shortcuts lead to poverty.

I will live by a biblical budget and prosper.

Colossians 3:23-24 — And whatever you do, do it heartily, as to the Lord and not to men, knowing that from the Lord you will receive the reward of the inheritance; for you serve the Lord Christ.

I work for the Lord, so I will work with all my heart.

Deuteronomy 6:5 — Love the LORD your God with all your heart and with all your soul and with all your strength.

I will love the Lord my God with all my heart, soul, and strength.

1 John 4:19 — We love because He first loved us.

I love because He first loved me.

Matthew 4:10 — You shall worship the Lord your God and Him only shall you serve.

I will worship the Lord my God and serve Him only.

Psalms 95:6 — Oh come, let us worship and bow down; let us kneel before the LORD, our Maker!

I will worship and bow down before the Lord, my Maker.

Revelation 15:4 — Who will not fear, O Lord, and glorify Your name? For You alone are holy. All nations will come and worship You, for Your righteous acts have been revealed.

I will fear You and glorify Your name, for You alone are holy.

John 4:24 — God is spirit, and those who worship Him must worship in the Spirit and in truth.

You are Spirit, and I will worship You in the Spirit and in truth.

Philippians 3:3 — For we are the circumcision, who worship by the Spirit of God and glory in Christ Jesus and put no confidence in the flesh.

I will worship God in the Spirit and put no confidence in the flesh.

2 Chr 20:19 — And the Levites, of the Kohathites and the Korahites, stood up to praise the LORD, the God of Israel, with a very loud voice.

I will stand up and praise the Lord God with a strong voice.

Psalms 103:1 — Bless the LORD, O my soul, and all that is within me, bless His holy name!

I will bless the Lord.

Psalms 47:1-2 — Clap your hands, all peoples! Shout to God with loud songs of joy! For the LORD, the Most High, is to be feared, a great king over all the earth.

I will clap my hands and shout a song of joy.

Psalms 134:2 — Lift up your hands to the holy place and bless the LORD!

I will lift up my hands and bless the Lord.

Acts 4:24 — And when they heard it, they lifted their voices together to God and said, "Sovereign Lord, who made the heaven and the earth and the sea and everything in them..."

I will lift my voice to the Sovereign Lord.

Phil 2:10-11 — So that at the name of Jesus every knee should bow, in heaven and on earth and under the earth, and every tongue confess that Jesus Christ is Lord, to the glory of God the Father.

Every knee should bow and every tongue should confess that Jesus Christ is Lord.

John 4:24 — God is spirit, and his worshipers must worship in the Spirit and in truth.

God wants me to worship in the Spirit and in truth.

John 16:13 — When the Spirit of truth comes, He will guide you into all the truth, for He will not speak on His own authority, but whatever He hears He will speak, and He will declare to you the things that are to come.

The Holy Spirit leads me into all truth.

Galatians 5:18 — But if you are led by the Spirit, you are not under the law.

I am led by the Spirit and am no longer under the law.

Luke 24:49 — And behold, I am sending the promise of my Father upon you. But stay in the city until you are clothed with power from on high.

I am clothed with power from the Holy Spirit.

John 16:7 — Nevertheless, I tell you the truth: it is to your advantage that I go away, for if I do not go away, the Helper will not come to you. But if I go, I will send Him to you.

The Holy Spirit is my Comforter and Helper.

Acts 1:8 — But you will receive power when the Holy Spirit has come upon you, and you will be my witnesses in Jerusalem and in all Judea and Samaria, and to the end of the earth.

The Holy Spirit gives me power to witness.

Acts 4:29, 31 — And now, Lord, look upon their threats and grant to your servants to continue to speak Your Word with all boldness. And when they had prayed, the place in which they were gathered together was shaken, and they were all filled with the Holy Spirit and continued to speak the Word of God with boldness.

Being filled with the Holy Spirit gives me boldness.

Galatians 5:16-17 — But I say, walk by the Spirit, and you will not gratify the desires of the flesh. For the desires of the flesh are against the Spirit, and the desires of the Spirit are against the flesh, for these are opposed to each other, to keep you from doing the things you want to do.

I will walk in the Spirit and not fulfill the lust of the flesh.

Romans 8:26-27 — Likewise the Spirit helps us in our weakness. For we do not know what to pray for as we ought, but the Spirit himself intercedes for us with groanings too deep for words. And He who searches hearts knows what is the mind of the Spirit, because the Spirit intercedes for the saints according to the will of God.

The Holy Spirit intercedes for me according to God's will.

John 14:26 — But the Helper, the Holy Spirit, whom the Father will send in my name, He will teach you all things and bring to your remembrance all that I have said to you.

The Holy Spirit teaches and reminds me of all things.

Matthew 9:35 — And Jesus went throughout all the cities and villages, teaching in their synagogues and proclaiming the gospel of the kingdom and healing every disease and every affliction.

Jesus can heal every sickness and disease among us.

Exodus 15:26 — Saying, "If you will diligently listen to the voice of the LORD your God, and do that which is right in His eyes, and give ear to His commandments and keep all His statutes, I will put none of the diseases on you that I put on the Egyptians, for I am the LORD, your healer."

The Lord is the God who heals me.

Psalms 103:3 — Who forgives all your iniquity, who heals all your diseases.

God forgives all my iniquities and heals all my diseases.

Psalms 107:20 — He sent out His Word and healed them, and delivered them from their destruction.

God sends His Word to heal me.

James 5:15 — And the prayer of faith will save the one who is sick, and the Lord will raise him up. And if he has committed sins, he will be forgiven.

The prayer of faith will save the sick and the Lord will raise them up.

Isaiah 53:5 — But He was pierced for our transgressions; He was crushed for our iniquities; upon Him was the chastisement that brought us peace, and with His wounds we are healed.

By His stripes, we are healed.

Matthew 8:16-17 — That evening they brought to Him many who were oppressed by demons, and He cast out the spirits with a word and healed all who were sick. This was to fulfill what was spoken by the prophets Isaiah. "He took our illness and bore our diseases."

Jesus took our infirmities and bore our sickness.

1 Peter 2:24 — He Himself bore our sins in His body on the tree, that we might die to sin and live to righteousness. By His wounds you have been healed.

By His stripes I have been healed.

Matthew 18:19-20 — Again I say to you, if two of you agree on earth about anything they ask, it will be done for them by my Father in heaven. For where two or three are gathered in my name, there am I among them.

If two or more agree in prayer, it will be done.

Proverbs 17:22 — A joyful heart is good medicine, but a crushed spirit dries up the bones.

My joyful heart will help like good medicine.

Luke 4:40 — Now when the sun was setting, all those who had any who were sick with various diseases brought them to Him, and He laid His hands on every one of them and healed them.

He laid His hands on every one of them and healed them.

Matthew 12:15 — Jesus, aware of this, withdrew from there. And many followed Him, and He healed them all.

Great multitudes followed Jesus and He healed them all.

Mark 9:23 — And Jesus said to him, "If you can! All things are possible for one who believes."

I know that all things are possible to those who believe.

1 Thessalonians 5:11 — Therefore encourage one another and build each other up, just as in fact you are doing.

I will encourage others with my words.

Proverbs 18:21 — Death and life are in the power of the tongue, and those who love it will eat its fruits.

Life and death are in the power of my tongue.

Proverbs 15:1 — A soft answer turns away wrath, but a harsh word stirs up anger.

A soft answer turns away wrath.

Ephesians 5:20 — Giving thanks always and for everything to God the Father in the name of our Lord Jesus Christ.

I will always give thanks to God for all things.

James 1:19 — Know this, my beloved brothers: let every person be quick to hear, slow to speak, slow to anger.

I will be quick to hear, slow to speak, and slow to anger.

Colossians 4:6 — Let your speech always be gracious, seasoned with salt, so that you may know how you ought to answer each person.

I will always let my speech be filled with grace.

Luke 12:12 — For the Holy Spirit will teach you in that very hour what you ought to say.

The Holy Spirit will teach me what to say.

1 Peter 3:10 — For whoever desires to love life and see good days, let him keep his tongue from evil and his lips from speaking deceit.

My words influence my quality of life.

Titus 3:2 — To speak evil of no one, to avoid quarreling, to be gentle, and to show perfect courtesy toward all people.

I will speak evil of no one.

Psalms 19:14 — Let the words of my mouth and the meditation of my heart be acceptable in Your sight, O LORD, my rock and my redeemer.

My words and my thoughts will be pleasing to the Lord.

Ephesians 4:15 — Rather, speaking the truth in love, we are to grow up in every way into Him who is the head, into Christ.

I will speak the truth in love.

1 Peter 3:9 — Do not repay evil for evil or reviling for reviling, but on the contrary, bless, for to this you were called, that you may obtain a blessing.

I will bless rather than return an insult.

Ephesians 4:31 — Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice.

I will put away all evil speech.

John 1:12 — But to all who did receive Him, who believed in His name, He gave the right to become children of God.

I am a child of God.

John 15:15 — No longer do I call you servants, for the servant does not know what his master is doing; but I call you friends, for all that I have heard from my Father I have made known to you.

I am a friend of God.

John 15:16 — You did not choose me, but I chose you and appointed you that you should go and bear fruit and that your fruit should abide, so that whatever you ask the Father in my name, He may give it to you.

I am called and chosen by God.

Romans 5:1 — Therefore, since we have been justified by faith, we have peace with God through our Lord Jesus Christ.

I have been justified.

1 Corinthians 6:17 — But he who is joined to the Lord becomes one spirit with Him.

I am one spirit with God.

1 Corinthians 6:20 — You are not your own, for you were bought with a price. So glorify God in your body.

I have been bought with a price. I belong to God.

Ephesians 1:5 — He predestined us for adoption to Himself as sons through Jesus Christ, according to the purpose of His will.

I have been adopted by God.

Colossians 3:3 — For you have died, and your life is hidden with Christ in God.

I am hidden in Christ.

1 John 5:18 — We know that everyone who has been born of God does not keep on sinning, but he who was born of God protects him, and the evil one does not touch him.

I am born of God and the evil one cannot touch me.

Matthew 5:13 — You are the salt of the earth, but if salt has lost its taste, how shall its saltiness be restored? It is no longer good for anything except to be thrown out and trampled under people's feet.

I am the salt of the earth.

Romans 8:35 — Who shall separate us from the love of Christ? Shall tribulation, or distress, or persecution, or famine, or nakedness, or danger, or sword?

I cannot be separated from the love of God.

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

I do not have a spirit of fear, but of power, love, and self control.

1 Corinthians 3:16 — Do you not know that you are God's temple and that God's Spirit dwells in you?

I am God's temple and His Spirit dwells in me.

What is Fasting?

The goal of fasting is not just to do without food; it is to draw nearer to God. The definition of a biblical fast is “to restrict food for a spiritual purpose.” Biblical fasting always has to do with restricting food for a spiritual purpose. Fasting is not just an exercise for the super-spiritual, but it should be a periodic discipline in the life of every believer.

The constant demands and pressures of daily life on your mind, will, and emotions can weigh you down and cause you to lose focus. This will make you feel spiritually sluggish and desensitized.

FASTING IS A WAY FOR YOU TO
CELEBRATE THE GOODNESS
AND MERCY OF GOD
AND PREPARE YOUR SOUL
TO EXPAND AND CONTAIN
THE FRESH NEW PURPOSES
AND WORK GOD DESIRES
TO BRING INTO YOUR LIFE.

Choosing the Right Fast for You

Your personal fast should present a level of challenge, but it is very important to know your own body, know your options, and most importantly, seek God in prayer and follow what the Holy Spirit leads you to do.

TYPES OF FASTS

A normal fast is when only water is consumed. This would be the type practiced by Elijah (see 1 Kings 19:8) and Jesus (see Matthew 4). They abstained from food for 40 days.

A partial fast is when some foods are restricted. Two of the most common partial fasts are:

A juice fast is when vegetable and fruit juices are consumed instead of solid food. Some include whey protein in their liquid plan as well. This is a popular and effective fast. Substituting liquids for one or two meals is an alternative.

A Daniel fast is based on the fasting principles of the prophet in Daniel 1 and 10. Daniel 1 states that he ate only vegetables and drank only water, and Daniel 10 states that he ate no rich (or choice) foods, as well as no meat or wine. The foundation of the Daniel fast is fruits and vegetables. The website daniel-fast.com is a good source of information about this fast.

Remember, the power of fasting has less to do with food than with setting yourself apart for a specific period of time to focus more on the Lord, prayer, and worship.

Further resources can be found at www.southbay.church/fast

**“THEREFORE I TELL YOU,
WHATEVER YOU ASK IN PRAYER,
BELIEVE THAT YOU HAVE RECEIVED IT,
AND IT WILL BE YOURS.”**

MARK 11:24

Note: All confessions above the scriptures are paraphrased, amplified, and/or worded from various versions of the Bible.

