

40 Days of Prayer & Fasting



Again Jesus spoke to them, saying,
"I am the light of the world. Whoever follows me will not walk in darkness,
but will have the light of life."

John 8:12 (ESV)

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July 9 – August 18, 2023

40 Days of Fasting and Prayer – Overcoming Darkness!

**Again Jesus spoke to them, saying,
“I am the light of the world. Whoever follows me will not walk in darkness,
but will have the light of life.”
John 8:12 (ESV)**

The 40 Days of Fasting and Prayer is a time when we want to challenge, consecrate and dedicate ourselves to strengthening our relationship with Christ. This will also be an opportunity for the body of Christ to be unified during this time to expect and usher in an atmosphere of the Miraculous to manifest deliverance and breakthroughs in our lives and our church.

We are inviting everyone who is physically capable to unite and participate.

Our goal is to see every family commit to spending some time each praying from our prayer calendar and join us on Zoom on Wednesday nights and at least one (or more!) days of fasting.

Why 40 days? The Bible tells of several significant events that took this specific span of time:

- Rain fell for 40 days during the Flood.
- Moses was on Mount Sinai with God for 40 days.
- Israelite spies took 40 days to explore the Promised Land.
- Jonah warned Nineveh for 40 days.
- Jesus spent 40 days in the wilderness after His baptism.
- Jesus spent 40 days with the disciples after His resurrection.

God wants to do something significant in your life, too. Not only does He long to draw you into closer fellowship with Him—He also wants to minister to others through you. And as you spend 40 amazing days with God, He will prepare you for earth’s final crisis and Christ’s long-anticipated second coming.

This preparation begins with church members who are willing to commit to 40 days of prayer devotional study and fasting in order to develop a closer personal relationship with Jesus Christ. We hope you will invite your family and friends to participate as well.

We believe that Prayer is the most powerful force on earth. It is essential for one’s own personal spiritual growth, and is the most effective means of reaching others for Christ.

Why Pray?

God's Word Calls Us to Pray

One key reason to pray is because God has commanded us to pray. If we are to be obedient to His will, then prayer must be part of our life in Him.

- "Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God." –Philippians 4:6
- "Devote yourselves to prayer, being watchful and thankful." –Colossians 4:2
- "Pray continually" -1 Thessalonians 5:17
- "I urge, then, first of all, that requests, prayers, intercession and thanksgiving be made for everyone ..." -1 Timothy 2:1

Jesus Prayed Regularly

- "Watch and pray so that you will not fall into temptation. The spirit is willing, but the body is weak." – Matthew 26:41
- "Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed." -Mark 1:35

Prayer is How We Communicate with God

God wants to have a relationship with you. Good relationships require open lines of communication. He wants you to pray throughout the day to stay in touch with Him just as you would with others you love.

- "Get to know God and you'll be at peace with him, and then prosperity will come to you.:" -Job 22:21

Prayer is Always Available

- "Pray without ceasing. In everything give thanks: for this is the will of God in Christ Jesus concerning you." -1Thessalonians 5:17-18

Prayer Can Succeed Where Other Means Have Failed

Have all your options been exhausted? Prayer can succeed where other means have failed. Prayer should not be a last resort, but our first response. But there are times when sincere prayer must be offered in order to accomplish something.

Why Participate In the 40 Days of Fasting and Prayer?

- To unite with one voice as a church over specific areas of need.
- This is something families can do to foster deeper spirituality.
- It is a time where we cry out to God for His mercy and direction.
- It is a time when we emphasize the spiritual discipline of prayer and fasting.
- It is a season of intercession and spiritual fervor.
- It reveals our desire to see God's will in our lives and our church.
- To Expect the Miraculous!

How to Participate In the 40 Days of Fasting and Prayer?

- During the 40 day we would like you to pray each day from the prayer calendar provided and the 40 Day Devotional book.
- To join us online every Wednesday evening for a time of special topic centered time of corporate prayer. You can go to our website, alff.org and click into the 7pm Wednesday Mid-Week Spiritual Growth & Wellness Class.
- Commit to pray at least a ½ hour to 1 hour each day (of course you're welcome to pray longer)
- Commit to fast choosing one of the following options:
 - 1 day from 7am-7pm or 7am-7am
 - 1 day each week 7am-7pm or 7am-7am
 - A time of your choosing
 - A meal per day
 - A pleasure, habit or behavior (television, sugar, coffee, etc.)
 - Any amount of days up to the full 40 days
- Get your materials: 40 Day Prayer Guide & Calendar (Free in Lobby and online)
- We highly recommend you read Jessica Tucker's book. *"Set Apart, Experiencing Freedom Through the Daniel Fast"* Books can be purchased on our website.
- Saturday Morning Prayer and Sunday Morning Bible Study and Sunday Morning Services will be on the topics of prayer

Suggestions For Your Fast

What is Fasting?

To fast simply means to voluntarily abstain from eating and/or drinking for an extended period of time.

Biblical fasting is a discipline of voluntarily denying one's self of the basics of eating in order to be available for prayer and communion with the Lord. Since it is an ultimate act of self denial, you are simply entering into an intense training in righteousness. You can fast for one day, one week, or just one meal.

You can fast from one type of food or from all foods. You can fast or abstain from solid foods or all foods and liquids. It is during this time of abstinence from food that you are to spend time seeking the Lord in Bible study, prayer and meditation.

The discipline of fasting is designed to separate you from your perceived life support so you can focus exclusively on the Lord, your actual life support. Fasting is the one discipline Jesus promised would bring about supernatural results.

Fasting just one time will be equivalent to having one good workout in the gym. You may feel great for a while, but you will experience new lasting effects in the long term.

We would encourage you to view fasting as a discipline that you will learn and improve upon your whole life.

Why should I fast?

- *Do you desire a deeper, more intimate relationship with God?*
- *Do you want to increase your spiritual sensitivity in regards to the heart of God?*
- *Do you need to break free from bondages that are holding you hostage?*
- *Do you have a friend or family member that needs to know Christ personally?*
- *Do you want to know God's will for your life?*
- *Is there a dream inside you that only He can make possible?*
- *Are you in need of a healing or a miracle?*

Listed below are some of the reasons why people in the Bible fasted:

In times of war: Judges 20:26

Repentance: Jonah 3:5 and Daniel 6:18

When facing danger: Ezra 8:21, 23

Courage and wisdom: Esther 4:3, 16 and 9:31

In times of grief: 1 Samuel 31:13 and 1 Chronicles 10:12

In times of distress: 2 Samuel 1:12

Ultimate denial of the flesh: Matthew 4:2

Spiritual power: Mark 9:29

Wisdom: Acts 14:23

Set aside self for holiness: 1 Corinthians 7:5

Answered prayer: Acts 10:30-31

Mourning: Daniel 10:1-3

Special revelation: Exodus 34:27-28

Spiritual recuperation: 1 Kings 19:1-9

As you can see, there are many reasons why people fast, and all of them were good ones. Some wanted wisdom and power, while others were repenting of their sins. But there was one aspect of the fasting experience that each had in common: A personal encounter with the living God.

As you begin to consider reasons for your fast, you will come up with several, but there is one that will over ride all the other reasons: to have a powerful, life-changing encounter with the living God. Never confuse your fasting goals with the most foundational reason to fast – to meet with God. All other reasons could cause you to miss the biggest blessing of your fasting experience.

HOW TO BEGIN

Set your objective. Start with a clear goal. Be specific. Why are you fasting? Do you need spiritual renewal, guidance, physical healing, the restoration of a marriage or your family, grace to handle a difficult situation, a financial breakthrough? Ask the Holy Spirit for guidance. This will enable you to pray specifically and strategically.

Through fasting and prayer we humble ourselves before God so the Holy Spirit will stir our souls, awaken our church and heal our land according to 2 Chronicles 7:14-15. Make this a priority in your fasting.

It is also important for you to prepare your body for the upcoming fast. Eat smaller amounts of food before starting your fast. Avoid high fat and “sugary” foods. You may want to eat raw fruits and vegetables two days before starting your fast.

PREPARING SPIRITUALLY

The foundation of prayer and fasting is repentance. Here are several things you can do to prepare your heart:

- Confess every sin the Holy Spirit brings to your mind. Accept God’s forgiveness (1 John 1:9).
- Ask forgiveness from everyone you have hurt or offended. Forgive all of those who have hurt or offended you (Mark 11:25; Luke 11:4; 17:3-4).
- Ask God to fill you with the Holy Spirit (Ephesians 5:18).
- Surrender your life fully to the purpose and plan of God (Romans 12:1-2).
- Believe that God “rewards those who diligently seek Him” (Hebrews 11:6).
- Do not underestimate spiritual opposition. Satan will usually intensify his efforts when you devote yourself to prayer and fasting (Luke 4).
- Develop an accountability partner who will encourage you in your fast.
- Keep a journal during your fast. Write down specific insights God gives you from His Word, promises that you have claimed and answers to prayer that you receive. You may want to develop a list of prayer requests along with Bible verses that you will offer to God throughout your fast.

Make Your Commitment

The type of fast you go on is between you and God. Jesus implied that all believers should fast (Matthew 6:16-18; 9:14-15). For Him it was a matter of *when* believers should fast, not *if* they should fast.

Decide the following up front:

- How long you will fast – one meal, one day, a week, several weeks, forty days (beginners should start slowly, building up to longer fasts)
- The type of fast God wants you to undertake (such as water only, water and juices, Daniel fast) and/or refraining from Starbucks, eating out, or cutting out all sweets and soda.
- What physical or social activities you will restrict
- How much time each day you will devote to prayer and God's word

Making these commitments ahead of time will help you sustain your fast when physical temptations and life's pressures tempt you to abandon it.

Here are some options:

- **A Normal (Full) Fast** – Abstain from food, drink only liquids (water and / or specific juices). Should you choose to drink juices during your fast, the best juices are from fresh watermelon, lemons, grapes, apples, cabbage, beets, carrots, celery or leafy green vegetables. Avoid any liquids containing caffeine, as they will stimulate your appetite and make fasting more difficult.
- **The Daniel Fast** – Abstain from meats and sweets, drink only water. (Unseasoned vegetables and most natural fruits are acceptable.)
- **Combination Fast** – Begin the first three days with a **full** or **normal fast**. Observing the remaining days of the fast with the **Daniel Fast**.

Note: If you are on medication or have a medical condition, you may want to consult your doctor before beginning your fast. Also, anyone engaging in a prolonged full fast should consult with their doctor.

Deciding on **what kind of fast** you will observe ahead of time will help you sustain your fast when physical temptations and life's pressures tempt you to abandon your fast.

DANIEL FAST RECOMMENDED FOODS

WHOLE GRAINS: Brown Rice, Oats, Barley

LEGUMES: Dried Beans, Pinto Beans, Split Peas, Lentils, Black Eyed Peas

FRUITS: Apples, Apricots, Bananas, Blackberries, Blueberries, Boysenberries, Cantaloupe, Cherries,

Cranberries, Figs, Grapefruit, Grapes, Guava, Honeydew Melon, Kiwi, Lemons, Limes, Mangoes, Nectarines,

Papayas, Peaches, Pears, Pineapples, Plums, Prunes, Raisins, Raspberries, Strawberries, Tangelos,

Tangerines, Watermelon, etc

VEGETABLES: Artichokes, Asparagus, Beets, Broccoli, Brussels Sprouts, Cabbage, Carrots, Cauliflower, Celery, Chili Peppers, Corn, Cucumbers, Eggplant, Garlic, Ginger Root, Kale, Leeks, Lettuce, Mushrooms, Mustard Greens, Okra, Onions, Parsley, Potatoes, Radishes, Rutabagas, Scallions, Spinach, Sprouts, Squashes, Sweet Potatoes, Tomatoes, Turnips, Watercress, Yams, Zucchini Seeds, Nuts, Sprouts

LIQUIDS: Water (as much as possible), Unsweetened Soy Milk, Herbal (caffeine free) Tea, Natural Fruit Juices (no sugar added) Extra-Virgin Olive Oil (small quantities), honey

WHAT TO EXPECT

When you fast your body detoxifies, eliminating toxins from your system. This can cause mild discomfort such as headaches and irritability as your body withdraws from caffeine and sugars.

- Naturally, you will experience hunger pains.
- Most individuals also experience bad breath. Avoid chewing gum or breath mints, as they will stimulate your appetite.
- Limit your physical activity. Exercise moderately. Take time to rest.

Fasting can position you to experience miraculous results. You are following the example of Jesus when you fast.

IMPORTANT: For maximum spiritual benefit, it is important that the time normally devoted to eating be given to prayer, Bible study and being alone with God. Pray often throughout the day. Spend time in Bible Study.

Make personal praise and worship a priority. Spend time in solitude and get away from every distraction possible (television, radio, cell phones, computers, etc.) The more time you spend with alone God, the more effective and meaningful your fast will be.

While You Fast

Your time of fasting and prayer has come. You are abstaining from certain foods and have begun to seek the Lord. Here are some helpful suggestions to consider;

- Exercise moderately.
- Take walks us this time in prayer
- Rest as your schedule will permit, remember your not eating the way your body is use to so you may be fatigued in the beginning.
- Prepare yourself for some temporary mental discomfort, such as impatience, crankiness.
- Expect some physical discomforts, especially on the second day. You may have fleeting hunger pains, dizziness, or the “blahs”. Withdrawal from caffeine and sugar may cause headaches. Physical annoyances may also include weakness, tiredness, or sleeplessness.
- The first two or three days are usually the hardest. As you continue to fast, you will likely experience a sense of well-being both physically and spiritually. However, should you feel hunger pains, increase your liquid intake.

Get on a schedule

For Personal Growth:

For maximum spiritual benefit set aside ample time to be with the Lord. Listen for His leading. The more time you spend with Him the more meaningful your fast will be. Below is an example of a routine that if followed throughout our 40 days will become a lifestyle for you.

Morning (spend at least 15 minutes)

Begin your day in praise and worship.

Read and meditate on God's word preferably on your knees.

Invite the Holy Spirit to work in you to will and to do His good pleasure according to Philippians 2:13.

Invite God to use you. Ask Him to show you how to influence your world, your family, your church, your community, your country and beyond.

Noon (spend at least 15 minutes)

Return to prayer and God's word

Take a short prayer walk

Spend time intercessory prayer for your community's and nation's leaders, for the world's unreached millions, for your family or special needs.

Evening (spend at least 20 minutes)

Get alone for an unhurried time of "seeking His face."

Avoid television or any other distraction that may dampen your spiritual focus.

For Corporate prayer growth:

If others are fasting with you, meet together for prayer. This could be your family, small group, your church.

Sign up for an hour of prayer with the 40 days of prayer and fasting and follow through with it.

As a church when we join together for our families, city, God's church, the nations we bring spiritual and physical unity and strength to press in and gain breakthrough in every area that individually and corporately we want to see change.

When possible, begin and end each day on your knees for a brief time of praise and thanksgiving to God. If you are married take this time together.

Breaking Your Fast

When your designated time for fasting is finished in this case 40 days spend time in praise and worship, you will begin to eat again. How you break your fast is extremely important for your physical and spiritual well being.

How to end you fast

- When you begin eating, begin eating gradually. Do not overeat. Suddenly reintroducing solid foods to your digestive system will probably produce negative results. Introduce solid foods gradually. Try several smaller meals or snacks each day if you end your fast gradually, the beneficial physical and spiritual effects will result in continued good health.

After Your Fast

Ending your fast properly is just as important as beginning your fast properly. Just as you prepared yourself to begin a fast, you must prepare yourself to stop or break your fast, Here are a few questions you can ask yourself as you end your fast:

- What are the key lessons learned?
- What new habits or disciplines do you want to keep?
- What new dietary rules will you follow?
- What foods will you begin eating and not eat anymore?
- What dreams and visions have you seen pertaining to your personal walk with the Lord or your ministry?
- What did you experience with God on this journey?

Recommended Reading: *A Hunger for God: Desiring God through Prayer and Fasting* by John Piper; *God's Chosen Fast* by Arthur Wallis; *The Beginner's Guide to Fasting* by Elmer Towns; *Fasting for Spiritual Breakthrough: A Guide to Nine Biblical Fasts* by Elmer Towns

Thanks so much for your sincere effort and participation in this season of dedication and consecration to our Wonderful God and Savior. Keep a sense of awareness of God's presence and expectation of prayers answered for Miracles and Breakthroughs in every situation in your life. Nothing is too difficult for our God!

MAKING THE COMMITMENT

1. My purpose or reason for fasting is: _____
2. I will observe the following kind of fast: _____
3. I will observe this fast for this period of time: _____
4. My accountability partner during this fast will be: _____
5. Why is this the right time for me to fast: _____

I believe that God is the only answer to my request and that prayer without fasting is not enough to get an answer to my need. Therefore, by faith I am fasting because I desperately need God to work in this matter. God being my strength and His grace being my basis, I commit myself to the above fast.

Signed / Date

July 2023 - 40 Days Of Prayer & Fasting Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Check the box each day you pray!						1
2 Kick Off	3	4	5 7pm Wednesday Mid-Week Spiritual Growth & Wellness Class: Prayer Topic Overcoming Darkness	6	7	8
9 ☐ Pray that you are overcome by light and any darkness in your life be dispelled John 8:12 Isaiah 42:16	10 ☐ Pray that God's light be glorified in your life Micah 7:8 Luke 1:78-79 Luke 11:34	11 ☐ Pray that you will live as an example of God's light to others Matt 5:16 Ephesians 5:8	12 ☐ 7pm Wednesday Mid-Week Spiritual Growth & Wellness Class: Prayer Topic Prayer & Fasting	13 ☐ Pray for a closer relationship with God Joel 2:12 Psalm 145:18-19 James 4:8	14 ☐ Pray for people you know who have wandered from their commitment to Christ James 5:19-20 I Kings 18:37, I Samuel 13:14	15 ☐ To not worry about Your provision Matthew 6:25-34
16 ☐ Pray for Guidance Psalm 37:23 Proverbs 3:5-6	17 ☐ Pray for the peace of God in fearful situations John 14:27, 2 Timothy 1:7	18 ☐ Ask for humility to see your areas of weaknesses to overcome Job 22:29 2 Corinthians 12:9	19 ☐ 7pm Wednesday Mid-Week Spiritual Growth & Wellness Class: Prayer Topic Prayer & Fasting	20 ☐ Pray for protection for you and your family Psalm 61:2 Psalm 5:11-12	21 ☐ Pray for protection in all schools across the city and county against violence Ps 90:13-17	22 ☐ Pray for city, state, local, regional, and national government officials to have wisdom and discernment and to do what is right before God Romans 13:1-8 1 Timothy 2:1-2

July 2023 - 40 Days Of Prayer & Fasting Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
23 ☐ To be a good steward in all God has given us 1 Peter 4:10 , 1 Corinthians 4:2	24 ☐ Pray to learn to love others with genuine affection Romans 12:9-10 1 Peter 4:8 1 Corinthians 13:4-8	25 ☐ Pray to make right choices & decisions in relationships for self, family, others Corinthians 6:14 James 1:5	26 ☐ 7pm Wednesday Mid-Week Spiritual Growth & Wellness Class: Prayer Topic Strained Relationships: Marriage & Others	27 ☐ Pray for committed, restored, strong marriages Matthew 19:5 1 Peter 3:7 Philippians 2:3-5	28 ☐ Pray for children & young adults to be Christ-centered, to honor & respect parents & for loving relationships among family members Exodus 20:12	29 ☐ Pray for single parents that are struggling to raise their children Josh 24:15
30 ☐ Youth pursue righteousness & not be deceived or enslaved by sin. Romans 12:1-2 Proverbs 3:5-6	31 ☐ Pray for each family member, lifting their needs to God Numbers 6:24-27 Psalm 121 Ephesians 3:14-19					

August 2023 - 40 Days Of Prayer & Fasting Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 <input type="checkbox"/> Pray for Parents to be wise & godly examples for their children Proverbs 22:6 Ephesians 5:2, 6:4	2 <input type="checkbox"/> 7pm Wednesday Mid-Week Spiritual Growth & Wellness Class: Prayer Topic Lost Souls	3 <input type="checkbox"/> Pray for your neighbors & community around our church to know Jesus. John 3:16-18 Matthew 28:19-20	4 <input type="checkbox"/> Pray Salvation & Repentance for your family, friends, self Acts 11:14 Psalm 51:10-13	5 <input type="checkbox"/> Pray Repentance or Re-Dedication for yourself if needed Romans 10:9-10 2 Chronicles 7:14
6 <input type="checkbox"/> Pray for God to draw thousands of people to repent, fast and pray for spiritual breakthrough Micah 2:13	7 <input type="checkbox"/> Pray Salvation & Repentance for, friends, co-workers Acts 16:31 Matt 28:19-20	8 <input type="checkbox"/> Pray that God would bring someone into your life to share the message of Christ John 3:16-18	9 <input type="checkbox"/> 7pm Wednesday Mid-Week Spiritual Growth & Wellness Class: Prayer Topic unforgiveness, anger, resentment	10 <input type="checkbox"/> Pray to forgive those that you have complaints against Colossian 3:13	11 <input type="checkbox"/> Pray to forgive someone you feel has slandered you in some way Ephesians 4:31-32	12 <input type="checkbox"/> Pray if you have anger in your heart Proverbs 19:11 James 1:19-20
13 <input type="checkbox"/> Pray that the Holy Spirit will give you strength to not dwell on your anger and resentment, but release it Psalms 37:8-9 Ephesians 4:26-27	14 <input type="checkbox"/> Search your heart and pray that you let go and forgive Self, Others, God Matthew 6:14-15	15 <input type="checkbox"/> Pray for those who are grieving loss of anything (person, situation, pet, etc.) Psalms 34:18 2 Corinthians 1:3-4	16 <input type="checkbox"/> 7pm Wednesday Mid-Week Spiritual Growth & Wellness Class: Prayer Topic grief, loss & loneliness	17 <input type="checkbox"/> Pray for those who feel isolated or rejected and lonely (including yourself) Joshua 1:9 Psalm 139:1-16 Psalm 25:14-18	18 <input type="checkbox"/> Declare That you will not let the cares of this world shake you from your walk and focus on God Psalm 16:8 Isaiah 26:3	19 <input type="checkbox"/> Decree that you have the favor of God & expect spiritual, mental, physical, relationship, business & financial blessings and breakthroughs before the year is out 1 John 5:14-15
20 <input type="checkbox"/> Celebration Sunday (testimonies, food & fellowship)						