30 DAYS

PRAYER

YEAR OF DISCIPLESHIP

JOURNAL

PRAYER & FASTING

Day 1: Luke 4: 1-30

Day 2: John 17: 1-6

Day 3: Ephesians 6: 1-24

Day 4: Matthew 26: 40-41; II Chron. 20: 1-4

Day 5: I Thess. 5: 1-28

Day 6: Daniel 10: 10-14, Matthew 17: 20-21

Day 7: Mark 2: 18-20; Isaiah 58: 1-4

SALVATION & REPENTANCE

DAY 8: John 3: 1-18; Isaiah 55: 6-11

DAY 9: Romans 3: 23-24, 5: 17-19, 8: 32-34

DAY 10: Romans 8: 1-14, John 1: 9-11

DISCIPLESHIP

DAY 11: Luke 9:23

DAY 12: Luke 14: 26-27

DAY 13: John 13: 34-35

DAY 14: Matthew 28: 19-20

RESTORATION

DAY 15: Joel 2:25-26

DAY 16: Jeremiah 30:17

DAY 17: Psalm 51:12

DAY 18: Isaiah 61:7

DAY 19: 1 Peter 5:10

DAY 20: Job 42:10

DAY 21: Acts 3:19-21

LOVE

DAY 22: John 13:34

DAY 23: 1 Peter 4:8

DAY 24: John 13:34-35

DAY 25: Romans 12:10

DAY 26: 1 John 4:7-10

DAY 27: 1 John 3:18

PASSION

DAY 28: Colossians 3:23

DAY 29: Galatians 5:24

DAY 30: Matthew 6:21

DAY 31: Psalm 73:25-26

DANIEL'S FAST

All Fruits:

Apples, peaches, berries, grapes, pineapples, oranges, bananas, melons etc.
(fresh/raw, frozen, dried, juiced or canned in their own juice, not syrup)

All Veggies:

Squash, lettuce, spinach, carrots, kale, broccoli, asparagus, cabbage, greens, corn, potatoes, sweet potatoes, etc. (fresh/raw, frozen, dried or canned)

Whole Grains:

Brown rice, oats, barley, grits, hot cereal, whole-wheat pasta, etc.

Other Natural Foods:

Beans and peas, seeds and nuts, oils, rice milk, soy milk, water, healthy beverages and smoothies (with no sugars or artificial preservatives), spices, herbs, tofu, soy, vinegar.
Sweeteners:
Stevia, Equal, Splenda, Agave Nectar

FOODS TO AVOID

X - Meat (including poultry & seafood)
X - White Rice/White Flour (no bread)
X - Fried Foods
X - Caffeine & Caffeinated Beverages
X - Sugar & Artificial Sweeteners
X - Dairy Products (butter, milk, eggs, etc)

PRAYERS TO START YOUR DAY

The Word of God is one of the most valuable tools we have to build a dynamic daily prayer life. It brings power, truth, and encouragement to our prayer time.
Here are a few examples of how you can pray using scriptures:

SCRIPTURE: *MATTHEW 6:33 (NLT)*
"Seek the Kingdom of God[e] above all else, and live righteously, and he will give you everything you need.."

PRAYER:
"Your Word tells me that if I seek first Your Kingdom and Your righteousness, You will lead me to a life of blessing, purpose, and freedom. I am Yours today, God, and I give this day to You. Help me to focus on Your priorities first, sharing Your love and making Your Name known. I know that by focusing on You rather than myself, I will receive joy and peace."

SCRIPTURE: *2 TIMOTHY 1:7 (AMPC)*
"For God did not give us a spirit of timidity (of cowardice, of craven and cringing and fawning fear), but [He has given us a spirit] of power and of love and of calm and well-balanced mind and discipline and self-control."

PRAYER:
"Father, I know You have not given me a spirit of fear or timidity, but one of power, love, and self-discipline. When my mind feels out of control, I pray that You will renew my spirit and let power, love, and self-discipline fill me. Help me to look more like You every day. I declare that anything that is not of You has to leave me in Jesus' mighty Name. I proclaim that I do not have a spirit of fear, but I have a sound and healthy mind."

SCRIPTURE: *JAMES 4:8*
"Come near to God and He will come near to you."

PRAYER:
"Heavenly Father, You have promised that if I draw near to You, You will draw near to me. I need more of Your presence today, and I am drawing near to You through prayer, worship, and reading Your Word. I open my heart to You and ask You to be near to me and change me to be more like You."

SCRIPTURE: *JAMES 4:10*
"Humble yourselves before the Lord, and He will lift you up."

PRAYER:
"God, You have promised that if I humble myself before You, You will lift me up. I recognize today that I cannot succeed on my own, and I need You in every moment. I humble myself before You, and I ask You to work in and through me today. My time, efforts, thoughts, and words are Yours today (name specific parts of your day and give them to God). Use me for Your purposes, Lord. I trust that You will be with me and lift me up."

GUIDE TO FASTING

Prayer and fasting and it is one of the most powerful weapons God has given us for our daily lives! We believe that prayer and fasting is one of the major keys to living successfully as a believer. As we pray and fast for the will of God to be done, we can expect to reap the benefits and promises that our obedience to His word produces. Such as doors opening, miraculous provision, favor, healing and supernatural breakthrough.

WHAT IS FASTING?

Fasting is intentionally abstaining from food (not fluids) for spiritual purposes; it is humbling your soul (Ezra 8:23, Matthew 23:12). Fasting brings you into a deeper, more intimate and powerful relationship with the Lord. Fasting is an act of humility before God to seek His divine intervention in the events of our physical world, it brings revelation by the Holy Spirit of our true spiritual condition, leading to brokenness, repentance, and change, and allows the Holy Spirit to work in a powerful way. Fasting transforms prayer into a richer, more personal experience and draws you closer to God.

FUNDAMENTALS OF PRAYER

CREATING A LIFESTYLE OF PRAYER

Prayer is most effective when it isn't something we do every now and then, but when it's a lifestyle we cultivate. To understand how to have a lifestyle of prayer, we can look at the example Jesus gave during His life on earth.

MARK 1:35
"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."

HAVE A CERTAIN TIME

Jesus got up early in the morning to spend time with His Heavenly Father. Make a daily appointment with God — whether it's first thing in the morning, at lunch, or in the evening — and faithfully keep it.

HAVE A CERTAIN PLACE

Jesus had a specific place He went to pray. Having a designated place to pray helps us remove distractions and frees us to worship and pray out loud.

HAVE A CERTAIN PLAN

When Jesus taught His disciples how to pray, He gave them a prayer outline. Essentially, it is 10 minutes of worship, 10 minutes of prayer, and 10 minutes of reading your Bible everyday as a starting point to practicing prayer. As we pray every day, our plans for our prayer time can vary, but it helps when we have a plan for connecting regularly with God.

DAY 1 // Seek God First

Matthew 6:33 - 2 Chronicles 7:14 - Dueteronomy 4:29

DAY 2 // Vision

DAY 3 // GOD'S WILL

Matthew 6:10 - Ephesians 5:17 - Proverbs 19:21

DAY 4 // PURPOSE

Proverbs 19:21 - Psalms 33:11

DAY 5 // WISDOM

James 1:5 - Proverbs 2:6 - Proverbs 16:16

DAY 6 // DIRECTION & DISCERNMENT

Psalms 32:8 - John 16:13 - Psalms 119:125

DAY 7 // Purify My Heart & Motives

Psalm 51:10 - Proverbs 16:2 (AMP) - Psalms 119:9 - Philippians 2:3

DAY 8 // Tame My Tongue

James 3:1-12 - Psalms 39:1-2 - Ephesians 4:29 - Proverbs 17:28

DAY 9 // FRUIT OF THE SPIRIT

Galatians 5:22-23

DAY 10 // PURITY

Psalms 51:1-13 - Proverbs 16:2 (AMP) - Philippians 2:3

DAY 11 // Transform My Mind

Romans 12:2 - 2 Corinthians 10:5 - Philippians 4:8 - Romans 8:6

DAY 12 // Teach Me To Love

1 John 4:7-10 - John 13:35 - 1 Corinthians 13:4-8 - John 3:16 - Mark 12:30-31

DAY 13 // WHOLENESS

3 John 1:2 - 1 Peter 2:24 - Isaiah 53:5

DAY 14 // SPIRITUAL GROWTH

Colossians 2:6-7 - Psalms 92:12-14 - Colossians 1:9-10

DAY 15 // / RELATIONSHIPS, COMMUNITY, UNITY

Ephesians 4:2-3 - 1 Corinthians 1:10

DAY 16 // FAVOR

Psalms 5:12 - Proverbs 3:1-4 - Luke 2:52

DAY 17 // MY CITY

Jeremiah 29:7 - Matthew 6:10 - 2 Chronicles 7:14

DAY 18 // Divine Direction

Proverbs 3:5-6 - Psalms 32:8 - John 16:13 - Ezra 8:21

DAY 19 // God's Stewardship & Provision

Philippians 4:19 - Matthew 6:25-26 - 2 Corinthians 9:8

DAY 20 // Being Willing & Obedient

Isaiah 1:19 - Jeremiah 7:23 - John 14:21

DAY 21 // MIRACLES

Matthew 19:26 - Job 5:8-9 - Ephesians 3:20-21

DAY 22 // LEADERS

1 Kings 3:9 - 1 Corinthians 15:58 - Psalms 91

DAY 23 // Godly Protection

Psalms 91:1-2 - Proverbs 18:10 - Psalms 32:7

DAY 24 // Favor in My Life

Psalms 5:12 - Psalms 30:5 - Proverbs 8:35

DAY 25 // The Word of God

Psalms 119:105 - Hebrews 4:12 - Isaiah 52:11

DAY 26 // STEWARDSHIP

Colossians 3:23-24 - 1 Peter 4:10 - Proverbs 21:10

DAY 27 // REVIVAL

Psalm 85:6 - Isaiah 57:15

DAY 28 // Clear Vision

Habakkuk 2:2-3 - Matthew 13:16-17 - Proverbs 29:18

DAY 29 // Faith in God, People & Miracles

Hebrews 11:1 - Romans 10:17

DAY 30 // Spiritual Hunger

Psalms 42:1-2 - Psalms 63:1 - John 6:36 - John 7:37