21 DAYS

PRAYER & FASTING JOURNAL

SCC
South Coast Church

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. We recommend what we like to call the Thirsty 30. 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.

Sample Prayer Topics

We know that we should pray about the things that are important to our lives but many times don't know how to go about praying for those things.

Below are some common topics and sample prayers to help you get started.

FINANCES

Lord, I come before you with thanksgiving in my heart and your praises on my lips. I know that you are my shepherd and I shall not want for anything, (Psalm 23:1) that includes any financial needs. I need wisdom when it comes to handling my money. I pray Lord God, that You would give me a financial strategy to live debt free and financially owe no man or woman anything, except to love them.

(Romans 13:8). Help me to correct any financial mistakes that I have made. I repent for being a careless steward of Your finances and give control of the financial area of my life back to You. Help me to show You that I can be trusted with more finances and that I will use them to bring glory and honor to You. I thank You for Your wisdom and ask for finances not just to meet my own physical needs, but the needs of others as well. I ask you for opportunities to sow into other people's lives and to sow what I have. Although it may only be a little bit at first I know that it will continue to grow as you multiply my harvest and then, in turn, resow what I have harvested. Lord, I know that you are the sole provider of all I have, but I also understand that I am the steward of those resources and it is my responsibility to manage what you have given me to the best of my ability. I promise to be diligent and not be lazy with what you have given me because that is how wealth is built (Proverbs 10:4). Help me to keep my eyes on You, and help me to focus more on our relationship than anything else. In the mighty name of Jesus, I pray and declare these things, Amen.

MARRIAGE

Father, thank you for the spouse you have blessed me with. Help me to be forgiving and tolerant towards my husband/wife. Teach me to love and serve my spouse unconditionally. May my spouse and I fulfill your plan for our lives. Lord help us to seek you first before any other thing and teach us to depend on your power through every difficult moment we face together. Lord help us not to break each other down by saying hurtful things to one another. Rather help us to always build each other up. I pray that my spouse and I would not yield to any temptation that may come our way. Lead us not into temptation but deliver us from the power of the evil one. We thank you for your peace, your love, your guidance and unity in our marriage and ask that you would keep and bless us in Jesus name! Amen!

FAMILY

Father, thank you for my family. I know that you placed them around me and me around them so that we would protect and love each other, and so we could be a picture of what it is like to be in your family to the world. I ask that you would give me the ability to always be humble and kind when I am with them (Ephesians 4:2) I place my family in your hands and I know that nothing can take them from you (John 10:29). Thank you again, Father, for the joy they provide in my life and I declare that every evil thing that would come against them is right now instantly powerless and must leave. I declare as a member of their family that they are covered by the protection of the Lord.
In the mighty name of Jesus, I pray and declare these things. Amen.

GUIDANCE

Father God, I come before to ask for your wisdom and guidance in my life. My desire is for you to make your will for my life clear and to lead me in your truth and to teach me to hear your voice no matter what else is going on (Psalm 24:4-5). I know you gave us your word so we would know where to go and if I ask for wisdom you will give it to me immediately and without limit (James 1:5-6, Psalm 119:105). So, Lord, this is my prayer, that you would teach me the way I should go and give me the grace to use this guidance so I never stray far from you (Psalm 32:8-9). Thank you for your guidance and highlighting the best direction for me. In the mighty name of Jesus, I pray and declare these things. Amen.

PRAYING FOR A LOVED ONE WHO DOESN'T KNOW CHRIST

Father, I come before You in prayer and in faith, believing. Your Word says You desire all men to be saved and come into the knowledge of the truth, so I bring _____ before You this day. I break the power of Satan from his assignments and activities in _____'s life in the Name of Jesus. I ask that You send people to share the good news of the gospel in such a way that he/she will listen and understand it. As the truth is ministered, I believe _____will open his/her eyes to the gospel, come out of the snare of the devil and make Jesus Lord. Father, I ask that You fill _____ with the knowledge of Your will in all wisdom and spiritual understanding. As I intercede on his/her behalf, I believe that the power of the Holy Spirit is activated, and from this moment on, I will praise and thank You for _____'s salvation. I am confident that You are alert and active, watching over Your Word to perform it. It will not return to You void. It will accomplish that which You sent it to do. Therefore, my confession of faith is: 'God has begun a good work in _____'s life and He will perform it and bring it to full completion until the day of Jesus Christ, in Jesus' Name. Amen.

PERSONAL CHANGE

Father God, I know that I need to change. Reveal to me my inner self. Show me the root of my problems. I know that if you have my heart, you can change my habits so I ask you to help me open up every part of my heart to you. Free me, heal me and cleanse me from every sin, hurt and pain. Lord I confess today that I will not be conformed, pressured and bullied into following the patterns of this world's way of seeing, thinking and doing things. I will be transformed by the renewing of my mind! Thank you that I am seeing, thinking, believing and behaving according to your perfect will and purpose for my life! Give me strength to take every thought captive and to scrutinize every idea that comes

across my mind! I will cast down and throw away any thought that does not line up with the principles and concepts that you have outlined in your Word! I know that transformation will not happen overnight. Give me the patience and strength to wait upon You, as You continue this process within me over time. Lord I thank you that progression, not perfection, is your desire for me so today and everyday, I choose to move forward and become like you, in Jesus name. Amen.

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*
"But seek first His Kingdom and His righteousness, and all these things will be given to you as well."

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*
"For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline."

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

At South Coast Church we believe prayer and fasting is one of the most powerful weapons God has given us for our daily lives! It's 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 (Psalm 35:13, 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.
(James 4:8)

Purpose for Fasting

1. TO SEEK ANSWERS FROM GOD

A. Ezra 8:21 & 23 NLT
“21 And there by the Ahava Canal, I gave orders for all of us to fast and humble ourselves before God. We prayed that he would give us a safe journey and protect us, our children, and our goods as we traveled. 23 So we fasted and earnestly prayed that our God would take care of us, and he heard our prayer”

2. TO PRAY ON BEHALF OF OTHERS

A. Ezekiel 22:30 NLT
“30 I looked for someone who might rebuild the wall of righteousness that guards the land. I searched for someone to stand in the gap in the wall so I wouldn’t have to destroy the land, but I found no one.”

3. TO BREAKTHROUGH IN DIFFICULT SITUATIONS

Isaiah 58:6-8 NLT

“6 No, this is the kind of fasting I want: Free those who are wrongly imprisoned; lighten the burden of those who work for you. Let the

oppressed go free, and remove the chains that bind people. 7 Share your food with the hungry, and give shelter to the homeless. Give clothes to those who need them, and do not hide from relatives who need your help. 8 "Then your salvation will come like the dawn, and your wounds will quickly heal. Your godliness will lead you forward, and the glory of the lord will protect you from behind."

HOW TO FAST

1. DISCREETLY *(Matthew 6:17-18 NLT)*
"17 But when you fast, comb your hair and wash your face. 18 Then no one will notice that you are fasting, except your Father, who knows what you do in private. And your Father, who sees everything, will reward you."

2. WITH FAITH *(Hebrews 11:6 NLT)*
"6 And it is impossible to please God without faith. Anyone who wants to come to him must believe that God exists and that he rewards those who sincerely seek him."

DANIEL'S FAST

FOODS TO EAT

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*)

DAY 1: VISION

"We exist to love God, love people and love life!"

What is God speaking to you today about vision?

How can you apply today's scriptures into your day?

PRAYER JOURNAL:

DAY 2: STRENGTH

Ephesians 6:10 - Isaiah 40:29 - Isaiah 40:31

What is God speaking to you today about strength?

How can you apply today's scriptures into your day?

PRAYER JOURNAL:

DAY 3: PROVISION

Philippians 4:19 - Psalms 34:10 - Matthew 6:26

What is God speaking to you today about provision?

How can you apply today's scriptures into your day?

PRAYER JOURNAL:

DAY 4: GOD'S WILL

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

What is God speaking to you today about His will?

How can you apply today's scriptures into your day?

PRAYER JOURNAL:

DAY 5: PURPOSE

Proverbs 19:21 - Psalms 33:11

What is God speaking to you today about purpose?

How can you apply today's scriptures into your day?

PRAYER JOURNAL:

DAY 6: WISDOM

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

What is God speaking to you today about wisdom?

How can you apply today's scriptures into your day?

PRAYER JOURNAL:

DAY 7: DIRECTION & DISCERNMENT

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

What is God speaking to you today about direction & discernment?

How can you apply today's scriptures into your day?

PRAYER JOURNAL:

DAY 8: STEWARDSHIP

Colossians 3:23-24 - 1 Peter 4:10 - Proverbs 21:20

What is God speaking to you today about stewardship?

How can you apply today's scriptures into your day?

PRAYER JOURNAL:

DAY 9: FRUITS OF THE SPIRIT

Galatians 5:22-23

What is God speaking to you today about the fruits of the Spirit?

How can you apply today's scriptures into your day?

PRAYER JOURNAL:

DAY 10: PURITY

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

What is God speaking to you today about purity?

How can you apply today's scriptures into your day?

PRAYER JOURNAL:

DAY 11: LOVE

1 John 4:7 - 1 Corinthians 13:4-8 - Ephesians 4:2

What is God speaking to you today about love?

How can you apply today's scriptures into your day?

PRAYER JOURNAL:

DAY 12: FAITHFULNESS

Psalms 119:11 - 1 Kings 2:3-4 - Hebrews 10:23

What is God speaking to you today about faithfulness?

How can you apply today's scriptures into your day?

PRAYER JOURNAL:

DAY 13: WHOLENESS

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

What is God speaking to you today about wholeness?

How can you apply today's scriptures into your day?

PRAYER JOURNAL:

DAY 14: SPIRITUAL GROWTH

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

What is God speaking to you today about spiritual growth?

How can you apply today's scriptures into your day?

PRAYER JOURNAL:

DAY 15: RELATIONSHIPS, COMMUNITY, UNITY

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

What is God speaking to you today about relationships, community & unity?

How can you apply today's scriptures into your day?

PRAYER JOURNAL:

DAY 16: FAVOR

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

What is God speaking to you today about favor?

How can you apply today's scriptures into your day?

PRAYER JOURNAL:

DAY 17: MY CITY

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

What is God speaking to you today about your city?

How can you apply today's scriptures into your day?

PRAYER JOURNAL:

DAY 18: MIRACLES

Matthew19:26 - Job 5:8-9 - Ephesians 3:20-21

What is God speaking to you today about miracles?

How can you apply today's scriptures into your day?

PRAYER JOURNAL:

DAY 19: LEADERS

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

What is God speaking to you today about leaders?

How can you apply today's scriptures into your day?

PRAYER JOURNAL:

DAY 20: OTHERS (LOST & FOUND)

Acts 16:31 - Colossians 4:3 (KJV) - Colossians 2:6-7 - Colossians 1:9-10

What is God speaking to you today about the lost & found?

How can you apply today's scriptures into your day?

PRAYER JOURNAL:

DAY 21: REVIVAL

Psalms 85:6 - Isaiah 57:15

What is God speaking to you today about revival?

How can you apply today's scriptures into your day?

PRAYER JOURNAL:

EXTRA NOTES