



40 Days of Prayer and Fasting – Guide

What is the purpose of our 40 Day Fast?

We are committing to 40 Days of prayer and fasting for God to move powerfully in:

- Our lives (10 days)
- Our Local Church (10 days)
- Our City, State, and Country (20 Days)

Why 40 Days?

Whenever God wanted to prepare someone for His purposes, He took 40 days.

- Noah's life was transformed by 40 days of rain.
- Moses was transformed by 40 days on Mount Sinai.
- The spies were transformed by 40 days in the Promised Land.
- David was transformed by Goliath's 40-day challenge.
- Elijah was transformed when God gave him 40 days of strength from a single meal.
- The entire city of Nineveh was transformed when God gave the people 40 days to change.
- Jesus was empowered by 40 days in the wilderness
- The disciples were transformed by 40 days with Jesus after his resurrection.

What are the Dates?

February 22 – April 6th, 2023.

Good Friday, April 8th at 7:30pm we will be Celebrating the Lord's Supper, in our Good Friday Service titled "The Cross: From a Different Perspective"

Corporate Prayer Gatherings*

Join us by investing in a corporate prayer gathering each week. Over the 40 days, we will have a Wednesday Mid-week Spiritual Growth Gathering at our church building located in 5600 Peters Rd. Plantation, FL 33317.

Call to Fasting

Scripture:

“Declare a holy fast; call a sacred assembly. Summon the elders and all who live in the land to the house of the LORD your God, and cry out to the LORD.” Joel 1:14

“So we fasted and petitioned our God about this, and he answered our prayer.” Ezra 8:23

“When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show men they are fasting. I tell you the truth, 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 men 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.” Mathew 6:16-18

Insights:

“Like all the Spiritual Disciplines, fasting hoists the sails of the soul in hopes of experiencing the gracious wind of God’s Spirit. But fasting also adds a unique dimension to your spiritual life and helps you grow in Christlikeness in ways that are unavailable through any other means. If this were not so, there would have been no need for Jesus to model and teach fasting.” Donald Whitney

“Fasting is not about changing God. It is not a mystical exercise to gain God’s approval. Fasting is not about changing my world, but about letting God realign my heart toward his purposes.” Alex Gee

4 Steps to Effective Fasting

1. **Fast Sensitive**

When Israel fasted before a crucial battle, the Bible says they “inquired of the Lord.” (Judges 20:23; I Samuel 23) When we fast, we should take special time to hear God speak. (Acts 13:1-2)

2. **Fast Systematically**

When Jesus taught His disciples about fasting, He began with the words “when you fast” (Matthew 6:16). He was suggesting that believers should have regular times of fasting, whether one day a week or a portion of a day each week.

3. **Fast Sacrificially**

If we normally do not eat breakfast, it is not really a sacrifice to fast breakfast. A true fast must be a sacrifice. David said, “My knees give way from fasting; my body is thin and gaunt” (Psalm 109:24). True fasting must have a humbling effect on us (Ps 35:13).

4. **Fast Soberly and Secretly**

Jesus cautioned His disciples not to make a spectacle out of fasting like the religious leaders did. This type of fasting only gets the attention of men and not of God. (Matthew 6:16-17). Jesus cautioned His disciples never to boast about our times of fasting but rather to keep our times of fasting as a personal commitment (Matthew 6:18).

Types of Fasting

1. The Normal Fast

In this type of fast the person abstained from food but not water. The duration can be that which the individual or group feels led to set. Jesus fasted for 40 days (Matthew 4:2). However, the more common practice of a normal fast appears to be from one to three days.

2. The Partial Fast

In this type of fast, the emphasis is placed on restriction of diet, rather than abstaining completely from eating. Examples are: Daniel, Shadrack, Meshach and Abednego eating only vegetables and drinking only water (Daniel 1:15) and later on when Daniel alone practiced a partial fast for three weeks (Daniel 10:3). The partial fast allows a great many variations:

- **Method of living** exclusively on one type of food for the duration of the fast (i.e. fruits and vegetables, plain bread and water, plain rice, or juices.)

We are recommending a fresh fruit and vegetable juice fast for those who want to take the challenge.

- **Omitting a certain meal** each day and spending that mealtime with the Lord. (Vigilance is needed to ensure that the value of omitting one meal is not offset by increasing intake at the others).

3. The Absolute Fast

An absolute fast is one in which the person refrains from both food and water. This type of fast is not to exceed three days. Exceptions to this three-day limit (1 Kings 19:8; Deuteronomy 9:9-18 and Exodus 34:28) were based upon direct, divine guidance and care. Examples of the absolute fast are: Moses (Deuteronomy 9:9-18 and Exodus 34:28); Elijah (1 Kings 19:8); Ezra (Ezra 10:6); Esther and her household (Esther 4:16); and Paul (Acts 9:9).

Fasting cleanses the body and refreshes the soul. During a fast the body cleanses, purifies; and essentially resurrects itself. Nature tells us to fast. When we have no appetite during an illness, fasting is nature's way to accelerate recovery.

Fasting is NOT starvation.

We are recommending that those who feel led to do an absolute fast, do it in 1-3 day segments, with either a Normal or Partial fast intermittently.

Pre-Fast Cautions

1. **DO NOT BEGIN YOUR FAST SUDDENLY** The body grows accustomed to fasting by degrees.
2. Reduce food intake gradually from three times a day to two times, then once a day, and into the fast.
3. Clean the digestive tract prior to fasting. Some recommend the last meal before a fast to be fruits. A person that has problems with constipation he should take an enema.
4. Cease taking coffee or tea a few days before a longer fast, and so get over the caffeine-withdrawal headache before you start.

During the Fast

1. Drink water (preferably distilled or boiled warm water with a pinch of salt). Be careful not to drink too much water at one time. A glass or so several times a day is ideal. One should not drink milk or coffee or other beverages when fasting for to do so is dieting and not fasting. Water is a purifying agent, and is necessary to wash out the poisons from the system.
2. Drink fruit and vegetable juices. They are full of nutrients, provide instant nutrition and are rapidly absorbed by the body.
3. Do not engage in excessive work, exercise. Some light exercise (eg walking) is beneficial. Reading the bible during a fast is a necessity and spiritually beneficial.
4. Walk, read, pray, or worship Christ at mealtimes to help overcome the great temptation to satisfy the eating instinct. If possible, avoid looking at food and coming to the table at mealtimes. If you remain where eating is taking place, the temptation to break the fast will be very great.

5. During a prolonged fast, the body goes through 3 phases. They are not always clearly defined, but tend to overlap, and the duration of each varies greatly with the individual.
 - a. **First phase** - craving for food. This may last for a couple of days or longer. Once it passes, though there may be a pleasurable sensation at the thought of food, there is no craving or strong temptation.
 - b. **Second phase** - feeling of weakness and faintness which may last for 2 or 3 days or much longer. At this point, every movement of the body seems to require an effort of the will. This is the most difficult part of the fast, and some may find it necessary to rest a good deal.
 - c. **Third phase** - one of growing strength, with little or no concern about food and only occasional and decreasing spasms of weakness. At this stage, the person fasting often feels he could continue the fast indefinitely without any great effort. The termination of this final phase is marked by the beginning of hunger pangs, and this is a warning bell that the body is beginning to starve. It is important to distinguish between a desire for food and a hunger for food. The sensations of emptiness, weakness, gnawing in the pit of the stomach and other symptoms experienced at the onset of a fast are seldom real hunger. Real hunger, on the other hand, is a cry from the whole body stemming not from habit but from need.
 - i. Humans have been fasting for more than millennia. It is hard to understand how people developed such a misconception about and fear of fasting. Perhaps it is because many people feel so bad when they skip just one meal, that they expect to feel much worse if they skip so many more. The reality is, when you don't eat for a longer period, the discomfort quickly subsides, and you feel better and better.

PRAYER GUIDE

HOW TO USE THIS DAILY PRAYER GUIDE

This Daily Prayer Guide has been created to help you join in the 40 Days of Prayer & Fasting with guided daily themes and Scriptures to ground and inspire your prayers. This is intended to be a guide not a burden as soon as you sense the Holy Spirit direct you in additional ways follow the prompting of the Lord in prayer.

HOW SHOULD I PRAY?

This “season” of prayer and fasting covers 40 days, and it might be helpful to have some structure – like a scaffolding – to hang your prayers on as you go.

We suggest that, each day as you come to prayer, you may want to follow a simple, 4-step process inspired by Jeremiah 6:16 based on the words stand, look, ask, and walk:

This is what the Lord says: “Stand at the crossroads and look; ask for the ancient paths, ask where the good way is, and walk in it, and you will find rest for your souls” (Jeremiah 6:16a).

Remember as you pray to stand, look, ask, and walk – these are our guide words throughout this prayer adventure.

1. **STAND** – Take 30 seconds of silence or worship to become aware of the presence of Jesus.
2. **LOOK** – Pray the prayer, “Come, Holy Spirit” and read the daily Scripture.
3. **ASK** – Pray the Prayer Prompts for each day with confidence.
4. **WALK** – Read the Responding to God section, act as led, and say “Thank You, Holy Spirit” for guiding your time.

3 AREAS OF PRAYER

This Guide will lead you through welcoming the Holy Spirit as you partner with God in prayer in 3 areas:

- Your personal life (10 days)
- Our church and community (10 days)
- Our city, state, and country (20 days)

PRAYER FOR YOUR PERSONAL LIFE

Day 1 – 2/22/23 – Identity in Christ

Read: Galatians 4:6-7

Pray: Pray that God would open your understanding that you are a child of God, and that you are no longer a slave to sin.

Respond: Write out 5 ways that knowing you are a child of God changes your relationship with God.

Day 2 – 2/23/23 – Personal and Family Needs

Read: Isaiah 44:4

Pray: Review areas where you and/or your family have need for refreshing and provision. Pray for those areas.

Respond: Write what provision/blessings you requested from the Lord today.

Day 3 – 2/24/23 – Fellowship with the Holy Spirit

Read: 2 Corinthians 13:14 and Luke 11:5-13

Pray: Ask your Heavenly Father to show you how to experience the communion, the sharing together and the participation that you can have with the Holy Spirit.

Respond: Write down, in full sentences, 5 things that the Holy Spirit has been working in your life (i.e. character, habits, holiness)

Day 4 – 2/25/23 – Fruit of the Spirit

Read: Galatians 5:13-23

Pray: Ask that God would make the Fruit of the Spirit evident in your life.

Respond: From the reading, list each of the 9 characteristics of the fruit of the Spirit.

Day 5 – 2/26/23 – Filled with the Holy Spirit

Read: Acts 1:4-8; Ephesians 5:18-21

Pray: Ask God to empty you from yourself and to fill you with the Holy Spirit, and with His power to be God’s witness wherever you go.

Respond: Reach out to someone who you’ve witnessed lives a life filled with the Spirit and ask him or her how you can nurture your relationship with the Lord. Ask the Holy Spirit to give you the boldness to share the gospel with someone today.

Day 6 – 2/27/23 – An Increase in Love

Read: Romans 5:5; 1 Peter 1:22-23

Pray: Pray that the Holy Spirit fill your heart with love in the areas in which you lack love.

Respond: Ask the Lord to bring 3 people to mind you can love more. Ask the Lord how you could specifically respond to them in His love today.

Day 7 – 2/28/23 – Boldness in Faith

Read: Acts 4:29-30

Pray: Pray for God to give you great boldness in sharing your faith, and ask Him to do His miraculous work in and through you.

Respond: Write down the names of people who God brings to your mind and send them a note, a text, an email, or give them a phone call inviting them to come to church with you. Take it a step further and share the gospel message with at least one of them.

Day 8 – 3/1/23 – Hope for Now and the Future

Read: Romans 8:23

Pray: Pray for the Kingdom of God to break in with a gift of hope, for you and your loved ones today.

Respond: What would the Lord invite you to “eagerly hope” for in Him today?

Day 9 – 3/2/23 – Perseverance through Difficulty

Read: 2 Corinthians 1:8-11

Pray: Pray for God to help you see how He is keeping you through the trials and delivering you from present dangers. Pray for someone you know is going through a difficult time right now, that God would deliver them.

Respond: If you prayed for someone else, write them a short note and let them know you prayed for them.

Day 10 – 3/3/23 – Joy in the Holy Spirit

Read: Romans 14:17

Pray: Ask your heavenly Father for the joy of the Holy Spirit to saturate you today.

Respond: Begin to list the blessings and provisions that God has poured into your life.

PRAYER FOR PETERS ROAD BAPTIST CHURCH

Day 11– 3/4/23 – Devoted to Prayer

Read: Colossians 4:2

Pray: Pray that our church would be deeply committed to seeking God in prayer. “Jesus, twice You cleared the Temple in righteous anger, because Your house was to be a house of prayer. Help us not to take that lightly. Lord, direct us to our knees, and seal our commitment and desire to be devoted to communing with You in prayer. Let our church be known as a house of prayer. Keep us awake, alert. Fill our hearts with joy no matter the circumstances as we come to You as a church body in prayer. Amen.”

Respond: Ask the Lord how you can encourage another brother or sister in our church to join you in seeking God in prayer. Write down what you sense He brings to your mind.

Day 12– 3/5/23 – Cling to our First Love

Read: Revelation 2:4-5

Pray: Pray that we will cling to our first love. “Jesus, we can only love because You first loved us. You gave Yourself for us. We are YOUR body. We are nothing without You. Do not allow us as a church to take You or Your message of redemption for granted. Deepen our love. Show us how to love. We proclaim as a church that we love You!! You are our God! We want only You! Show us where we have failed. Bring us to repentance. Forgive us! You are our first, and only love, dear Jesus.”

Respond: Ask the Lord to reveal to you anything, or anyone you have put a higher priority on than Him. What is the Lord revealing to you about your priorities?

Day 13– 3/6/23 – Discipleship of all Ages

Read: Colossians 1:28-29

Pray: Pray for the church's dedication and perseverance to lead believers onto maturity in discipleship, instant and total obedience to Jesus.

Respond: Who are you discipling (simply saying come obey Jesus with me)? Who is discipling you (they are simply saying come obey Jesus with me)?

Day 14– 3/7/23 – The Vulnerable and Marginalized

Read: Matthew 25:37-40

Pray: Pray that God would show you how you can personally engage with the poor and the marginalized in our own city. Ask God to show you how to invite others in our church to join you.

Respond: Look for opportunities to volunteer and serve others in need in our city. Write down who you could invite to join with you

Day 15– 3/6/23 – Individuals and Families in our Church

Read: 2 Thessalonians 2:13

Pray: Pray for the Holy Spirit to be evidently present and poured out on brothers, sisters, families, and individuals in our church.

Respond: Write a note to a few people to tell them you prayed for them today.

Day 16– 3/7/23 – Trust in Christ Grows His Church

Read: Matthew 16:18

Pray: Pray that the church will trust Jesus to grow the church, in His way and in His power. “Jesus, build us, strengthen us, grow our faith. This is YOUR church. You created us. We are Yours. Use this church as YOU will, not as we will. Do what only You can do. We claim this promise: the forces of Hell will not overcome Your church. We stand in faith, covered in Your armor and armed with Your Word. You are our source of life and strength. We find sure footing, security and victory in the all-powerful, supreme King of Kings and Lord of Lords — Our Savior Jesus Christ! It’s in Your almighty name we pray, Amen.”

Respond: Write down 3 areas/ministries of our church that the Lord brings to your mind that you can pray for specifically today.

Day 17– 3/8/23 – Finances and Provision

Read: 2 Corinthians 9:6-8

Pray: “Father in Jesus’ name, give me a willing and cheerful heart so that I can be generous in giving and supporting my local church.”

Respond: Where is the Lord calling you to obedience in giving? Think about how the Lord may be calling you to give over and above your regular giving so that we might be able to reach even more with the love of Jesus.

Day 18– 3/9/23 – Encouragement of Pastors and Leaders

Read: 1 Thessalonians 5:12-13; Hebrews 13:7

Pray: Ask the Holy Spirit to show you needs/hopes of pastors, and leaders in our church. Ask the Holy Spirit how you can encourage them in the Lord.

Respond: Which leaders in your church would the Lord invite you to encourage today? Call, text, email, or write a note of encouragement right now.

Day 19– 3/10/23 – Encountering God in Worship

Read: Psalm 34:3; Psalm 95:6

Pray: Ask the Lord to ignite a depth of worship in our church.

Respond: How would the Lord invite you to take your personal worship deeper in corporate worship moments? Pray this same prayer for everyone in our congregation.

Day 20– 3/11/23 – Asking God What He Wants

Read: Colossians 1:9; Matthew 28:18-20

Pray: Ask the Holy Spirit to give His wisdom and direction to our whole church congregation.

Respond: Where do you sense the Lord calling you to stop and seek Him today? Where are you seeking His will specifically today? Take some time today and share that with a friend.

PRAYER FOR OUR CITY, STATE AND COUNTRY

Day 21– 3/12/23 – Unity Among All Christians

Read: John 17:20-23

Pray: Pray for unity between all Christians. Pray for the local churches in our surrounding that are aiming to also preach Christ in our city, state, and country.

Respond: Ask the Lord to bring to your mind or help you meet someone who loves Him and does not go to our church. How can you build unity between the two of you today? How could you live in obedience to Jesus together today?

Day 22– 3/13/23 – Spiritual Awakening

Read: Acts 2:37-41

Pray: Pray that Jesus will revive the Church and awaken our City to His greatness and supremacy. Pray that God will pour out His Spirit on our City, forgive our sin, and heal our land. Pray that thousands will be convicted by the Holy Spirit, repent of their sins, and turn to God with all their hearts.

Respond: Acknowledge before the Lord that an outpouring of repentance and obedience always starts in an individual heart. Ask the Lord to start a revival in your heart today.

Day 23– 3/14/23 – Unbelievers to be Saved

Read: 2 Peter 3:9

Pray: Pray that people's hearts will be opened to repent of their sins and confess Jesus as Savior. Pray that every person will be able to hear the gospel.

Respond: Write down the names of three people the Lord brings to your mind, who to the best of your knowledge don't know Jesus as Lord and Savior. Begin to pray for them daily. If you can't think of anyone, ask the Lord to help you meet people today who don't know Him yet.

Day 24– 3/15/23 – Boldness to Witness

Read: Acts 4:13-20

Pray: Ask God to give us more boldness to speak up about what we have seen and heard of Jesus. Ask God to help you join with others in our church in courageously sharing your faith in Jesus with others in our city.

Respond: What do people notice or take note about you? Is there anyone in your life who hears you speak about what Jesus is doing in you? What would it look like for all believers in our city to speak more about what Jesus is doing in our lives than we do about our own churches?

Day 25– 3/16/23 – Multi-Cultural, Multi-Age, Multi-Ethnic Reach

Read: Romans 10:12-13; Revelation 7:9

Pray: Pray that our church would be humble to yearn for a church that looks like Revelation 7:9, that we don't hold on to our ethnic background, but that we seek the image of His church.

Respond: Read through today's scripture again and ask the Spirit to highlight areas of fear, prejudice, or unreconciled attitudes in your own heart. Give those to God as they are revealed to you.

Day 26– 3/17/23 – Life to be Valued

Read: Psalm 139:13-16

Pray: Pray for life to be valued and protected through all stages of life, beginning at conception. Pray for God to break the culture of death in America and restore a culture of life. Pray for legalized abortion to come to an end.

Respond: Prayerfully consider adoption or engaging with Rise For Life.
<https://rise-for.life>

Day 27– 3/18/23 – Remembering the Poor

Read: Galatians 2:10; Matthew 25:31-40

Pray: Pray that you, our church, and the body of Christ in our city would continue to lead the way by caring for the poor and marginalized through our churches.

Respond: How is the Lord inviting you to have “eyes to see” those who are poor around you, and to respond to His invitation for you to care for the “least of these?”

Day 28– 3/19/23 – Vibrant Worship in Our City

Read: John 4:23-24

Pray: Pray and ask God to inhabit the praises of His people in our church and all the churches in the city in a way that honors Him, breaks down dividing walls, and sets people free to know Him and be changed.

Respond: Take a moment. Invite the Lord to come and show you ways you connect and are changed through worship times. Give thanks.

Day 29– 3/20/23 – Local, State, and National Leaders

Read: 1 Timothy 2:1-2

Pray: Pray that God will give our local, state, and national leaders wisdom to make wise decisions and to govern with integrity, justice, and mercy.

Respond: Seek the Lord for a desire to pray for all our leaders even the ones whom you disagree with. What might it look like if the entire body of Christ lifted up each elected leader in prayer? How might God break our hearts and fill us with love and a burden for them?

Day 30– 3/21/23 – Spiritual Battle

Read: Ephesians 6:12

Pray: Pray that God would strengthen you against temptation, and that He would teach you to do His will, guiding you. Thank God that He can defeat the enemy and bring you victory in HIS NAME.

Respond: Write down the struggles you are facing and then pray them back to God. Give them to Him with a heart of worship and thanksgiving – even before you see the victory.

Day 31– 3/22/23 – For Cities to Turn to God

Read: Jonah 3:1-10

Pray: Pray that God would give you the boldness to proclaim His word to those in your sphere of influence. Pray for those in your city who know Jesus to be bold to share the gospel with those around them.

Respond: Go back to the list of 3 names you wrote down and have been praying for. Ask God for specific ways you can begin sharing the gospel with them. Write down what He tells you. Be prepared to obey.

Day 32– 3/23/23 – Against Division

Read: James 3:14-18

Pray: Ask God to reveal and remove any bitterness, envy, and selfish ambition from your heart. Ask Him to replace those things with wisdom and help you bear the fruit of peace, love, mercy, and righteousness in your church and your city.

Respond: What are some ways you can promote peace instead of division in your church family? Your workplace? Your city? Think about your conversations that take place with other members of the church family, workplace, or city? Do they promote peace? Or do they harbor bitterness, envy, or selfish ambition?

Day 33– 3/24/23 – Children in Our City

Read: Luke 18:16

Pray: Pray that God would protect the children of our city. Pray over children experiencing trauma from violence in the home or in their neighborhood. Pray over children in foster care, separated from their parents and experiencing loss, grief, and confusion. Pray that each child would know he or she is loved and a unique gift to You.

Respond: Find a way to encourage a child in your life through words of encouragement, a small gift (when appropriate) or through a note of encouragement. Make sure to give it when the child's parents are present.

Day 34– 3/25/23 – Teens in Our City

Read: Acts 2:17, 1 Timothy 4:12

Pray: Pray specifically for the teenagers in our city. Pray that they would come to a saving relationship in Jesus Christ. Pray for their friendships. Pray for protection from drinking, drugs, and pornography. Pray for their purity in dating relationships. Pray that they would find their worth in Christ.

Respond: Write a note of encouragement to our youth pastor or to a teenager in your life. If you do not know a teenager, write a note and give it to our youth pastor to distribute to a teenager as he sees fit.

Day 35– 3/26/23 – Families in Our City

Read: Psalm 127:1; Joshua 24:15; Deuteronomy 6:6-7

Pray: Thank God for creating and establishing the family. Thank God for creating men and women and assigning them unique roles and responsibilities within families. Confess on behalf of our city, that we have neglected and forgotten the importance of the family as part of God's design. Ask for an end to the epidemic of fatherlessness in our communities. Ask for a newfound love for children, for them to be seen as a blessing and a gift, not a burden. Pray for an end to abortion and an increase in adoption.

Respond: How can you support a family in need today? Donate to our Benevolence Fund or pray about how you can support families in our church.

Day 36– 3/27/23 – Elderly in Our City

Read: Job 12:12

Pray: Thank God for the elderly in your life, in your church, and in your city. Pray for them as they navigate their current stage in life. Ask God to give grace to those that find it difficult to come to terms with other people caring for them. Pray that God would draw them into a closer relationship with Him, showing them that they have purpose and wisdom to give to younger generations.

Respond: Find a way to love and encourage someone who is elderly in your life. Call, write, or spend time with them in a meaningful way.

Day 37– 3/28/23 – – Neighborhood Impact

Read: Colossians 1:8

Pray: Pray for your neighborhood. Picture each house on your street and pray specifically for each family. If you know them by name, pray for them by name.

Respond: Begin praying about what you might be able to do to reach out to a neighbor. Perhaps it is bringing them a gift or inviting them to dinner at your home. How can you reach your neighborhood for Christ by starting with just one family?

Day 38– 3/29/23 – Local Schools

Read: Matthew 18:5-9

Pray: Pray for local schools – specifically for the students, the teachers, the administrators, and the staff who work there. If you live in an area near a school, pray for that school by name. Name any teachers and administrators you know who work in the local schools and pray that they would have an eternal positive impact on their students.

Respond: If you know any teachers or administrators, let them know you've been praying for them. You can share those prayers on social media, over the phone, in a conversation, or in a personal note.

Day 39– 3/30/23 – Global Impact

Read: Matthew 28:18-20; Acts 1:8

Pray: Seek God’s will for you as you respond to the Great Commission. Pray about those you meet on a regular basis – how should you share the gospel with them? Pray for missionaries in other countries. Pray that God would give them boldness to share the gospel.

Respond: Revisit the list of names you’ve written down and prayed for over the last 40 days. If you haven’t already, make a definitive plan to share the gospel with them. Reach out to a missionary through e-mail or a letter in order to encourage them as they share the gospel in other countries. Go to imb.org

Day 40– 3/31/23 – Come Holy Spirit

Read: Matthew 28:18-20; Acts 1:8

Pray: Pray specifically that you will be changed dramatically by the Holy Spirit. Pray for our church, our city, our nation, and our world. Pray for our gathering together after the 40 Days of Prayer and Fasting, that God would speak to us and we would obey.

Respond: How might God be asking you to obey after these 40 Days? What is He specifically calling YOU to do in response to this time of prayer and fasting? Share it with an accountability partner so you can follow through.

Conclusion - April 1-April 8

If there were certain habits that you broke from this fast, prayerfully consider not returning to them if this has helped you in your pursuit of Holiness.

During this week meditate on what God has shown you, and what needs to happen in your life, in our church, in our city, and in our country.

This week is the Holy Week. Starting on the Lord’s Day – Sunday April 2, 2023, we will celebrate the Lord’s Supper together. Then on Friday we will have a Good Friday Service.

Easter Sunday will be April 8 –
To accommodate for traffic, service times will be 9:30am English and 11:30am Spanish.