

NEW VISION EMMANUEL BAPTIST CHURCH

WEEK OF

**PRAYER &**

*Fasting*

GUIDE

JANUARY 6 - JANUARY 12, 2020

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This New Year 2020 will bring new set of challenges and goals that we are better equipped to face when we are pursuing God together. We want to start 2020 seeking God's presence and becoming more like Jesus. So, Monday, January 6, we are going to start our 7 Days of Fasting and Prayer journey and we hope you will join us. Along with fasting every day, we will be doing a daily devotion and praying every morning and evening. Ask God to connect with you and grow you as you spend time in His word and in prayer. Thank you for joining our church fasting and prayer.



# **BIBLICAL EXAMPLES OF FASTING**

## **Types**

1. Corporate: This is called a fast done by the Pastor or Leader of a church or group of people (see 1 Kings 21:9, Ezra 8:21, Esther 4:16). This type of fast requires that the people are on one accord about the fast and will be in compliance to what the Pastor or Leader, by the leading of Holy Spirit has called them to do.

## **Specific Types**

1. Daniel Fast: No meat, no sweet foods, no breads or strong drinks (see Daniel 10:2-3). This can be done for an extended period of time. This could also be considered a vegetarian diet because there is no meat intake.

2. Partial Fast: This would not be eating one main meal. You would usually eat on a daily routine, such as breakfast, or lunch, or dinner. One main meal would be skipped until the fast was over.

3. Half-Day Fast: Fast until 3:00 P.M. (ninth hour). This is the fast John Wesley participated in (see Acts 10:30-31).

4. Complete Fast: This would require you to abstain from all solid foods, liquids only. When Jesus fasted in the desert, the Bible says, “After fasting forty days and forty nights, He was hungry.” This verse does not mention Jesus being thirsty (see Luke 4:1-2).

5. Total Fast: This is a full and complete fast, no food or drink. Acts 9:9 describes when Paul went on a full fast for three days following his encounter with Jesus on the road to Damascus. Esther also called for this type of fast in Esther 4:15-16. This type of fast should be done with extreme caution and not for extended periods of time.

6. Juice Fast: This is a fast where only fresh fruits and vegetables are juiced in a juicer. If you can't juice your own fruits or veggies try buying juices without sugar or additives. When using fruits that are acidic, such as lemons, oranges, and even tomatoes dilute them with water for your stomach sake.

## **Lengths of New Vision Fast**

**New Vision** will have 2 options of fasting from food and \_\_\_\_\_.

**Option 1** will fast and pray from 6:00 am to 12:00 pm (noon) for 7 days.

**Option 2** will fast and pray from 6:00 am to 6:00 pm for 7 days.

On January 12, 2020 we will end our fast during our Sunday morning worship service.

Sunday morning Celebration service.

Each day during our fast, we encourage you to follow our daily morning and evening guide. It's consist of a devotion, prayer and Bible reading. Write specific things that God tells you about yourself and about life in general.



## **DAY 1 JANUARY 6 (Morning)**

### **Acknowledging God the Creator of Heaven and Earth**

#### **Devotion**

Have you ever wondered who or what created the heavens or even little things like flies and ants? If so, what caused you to think that there is someone besides God who can bring things like that into existence? Colossians 1:16 says, “for by Him all things were created that are in heaven and that are on earth, visible and invisible, whether thrones or dominions or principalities or powers. All things were created through Him and for Him.” When we acknowledge the Creator of heaven and earth it leaves no room or doubt in our minds that our Heavenly Father is the Creator of the Universe. Take a look around outside today and behold the beauty of the sky and the things around you; and look at how detailed our Father God is. Don’t you think that if we serve a God who is that detailed in the smallest things of His creation like a fly or a tiny ant, then think of how detailed the plan must be He has for your life? Take some time today to thank God for what He has done for us in all creation. God loves it when we brag on Him and about Him.

Watch how He will begin to fill your heart with joy!

### **Prayer**

Father God, who is like You? There is none in heaven or on earth like our Mighty and Awesome God. O Lord, You have created all things and by You all things exist.

Heaven is Your throne and the earth is Your footstool. God we your children cannot build anything large enough to contain You and Your glory, the heaven and heaven of heavens can't contain You, yet You have chosen to have Your Holy Spirit live inside of us. Thank You Father for all the things You have done for us. Thank You for the wonderful creation of life we partake in each day God. Lord, we acknowledge that You are God of every living thing. We say that You are God of all flesh, the Creator, the Great I Am, The Ancient of Day, and we bless Your Holy and righteous ways. Thank You Father for Your Creation.

**Scriptures** to Meditate on 1 Kings 8:22-23, 27; Psalm 103:1; Psalm 148, Isaiah 66:1; 2 Timothy 1:14.

## **DAY 1 JANUARY 6 (Evening)**

### **For Our Nation**

#### **Devotion**

Today in our society we have become passive about how and what people do, especially our own children. We now look at the wrong people do and call it right, and the good that people do and call it bad. The Word of God tells us in Psalms 33:12, “that blessed is the nation whose God is the Lord.”

If we continue to go silent and watch as our families, children, homes, schools, and yes government become a bunch of modern day pagan worshipers how can we be called one nation under God. I challenge you to stand for what is right even when you are the only one standing, remember with God there is more with you than there is against you (see 2 Kings 6:17). God is watching (see Pro.15:3) us to see what we will do in these times when He has given us a voice to make a difference. You might think that you are just one person and how can one person make a difference, well all God needs is just one person; ask Daniel, Jeremiah, and Moses. One person’s actions could help God save a whole nation from destruction. Will you be that one?

### **Prayer**

Father, first forgive me for silently standing by while watching people make bad decisions and not sharing the Gospel of Jesus Christ with them. Help me to not be afraid to share Your goodness to the world around me. Father I have a desire to see my home, city, state, and country be changed by You. We want You Lord Jesus to rule in our nation. We want what You want for our Nation so that we can continue to be blessed by You to be a blessing to other Countries. Help us dear Lord to be a Nation who calls You our God.

**Scriptures** to Meditate on Psalm 33:12-15, Psalm 52:4, Job 24:1-25.

### **DAY 2 JANUARY 7 (Morning)**

#### **Guidance for the President and Leaders of our country.**

#### **Devotion**

The President and Vice President has been chosen by majority vote. It is our job as believers to keep them lifted up in prayer, whether you like the choice or not we are told in scripture to pray for them. God is the one who lifts some up and sits some down. We must understand that God has the last word and whatever decisions these two

people make our God is STILL in control of them also. The Bible tells us that He is the God of all flesh. So, let us make a decision to pray for guidance for all our leaders of these United States of America. Let us purpose in our hearts that we will ask the Father to lead and guide every plan, purpose, thought, and decision they make. Remember our Leaders have a huge load to carry with the state of our economy, healthcare, and our soldiers in harms, and other war-torn countries. Let us also remember that they need people they can trust to help them in the decision making. Like all of us one of the most important things we can ask God for is guidance. Can you imagine what the White House would be like if you knew that the President asked our Lord and Savior each day for guidance in all actions, motives and plans, WOW! Well we know that we can ask for them and that is just as good.

### **Prayer**

Lord God we pray (President Trump and Vice President Pence) will trust in You, Lord, with all their hearts; and that they will not lean on their own understanding. We pray that in all their ways they will acknowledge You, and You will make their paths straight. For You, Father, lead the

humble in justice, and teach the humble Your way. A man's way is not in himself; nor is it in a man who walks to direct his steps. The steps of (President Trump and Vice President Pence and Congress and Senate) are ordered by You. Father, and You delight in their way. Make them to know Your ways, Father; teach them Your paths. Lead them in Your truths and teach them, for You are the God of their salvation; for You they wait all day. Thank You Father for surrounding all our leaders with people who will serve them with pure motives and help them make the best decisions for our Country. Thank You Lord for leading them and guiding them with Your right eye.

**Scriptures** to Meditate on Psalm 1:1-3, Romans 13:1-7, 1 Timothy 2:1-4.

## **DAY 2 JANUARY 7 (Evening)**

### **Our Church**

#### **Devotion**

Have you ever heard the saying “Elephant in the Room”? I’m sure you have. Around the office, with friends, or even at the dinner table, it’s an old English idiom that many of us use to describe an obvious truth that is either being ignored, or at times, rarely

being addressed. We all have seen elephants at the zoo or maybe on TV and we know how impossible it is for an elephant to be ignored. They are the largest land animals in the world, weighing anywhere between 9,000-12,000 pounds. So, you would think that if you and I were in a room with an elephant, we would probably know it! While doing some soul searching this week, began to ask yourself this question; as Christians, what are the elephants you and I have in the room today? What are the biggest elephants we have in the church today? I'm sure, depending on whom you ask, the answers to that question would differ greatly, money, divorce, racism, homosexuality, politics, and sexism. The list is endless. There is however one "elephant" in particular that we as Christians rarely seem to uncover enough. Despite its size and ability to frighten all in its path, this elephant has been chained to the rooms (and hearts) of every believer by God Himself. It simply cannot be avoided. That elephant is ACCOUNTABILITY. Romans 12:16 says, "Be of the same mind toward one another. Do not set your mind on high things but associate with the humble. Do not be wise in your own opinion." If we are really honest with one another we can all say at one point or another that we have a hard

time asking for help. Whether it was from a family member, friend, or even fellow

believer, for some reason we equate a need for help as a sign of weakness. Nothing like figuring things out on your own, or so we think until our “elephants of accountability” grow bigger than the rooms we hide them in. As Christians, there is nothing more important than seeking out and embracing the accountability of the friends and loved ones God has placed around us. More often than not, many of us can fall victim to a dangerous belief system that our relationship with Christ (and no one else) is all that we need to be successful in our daily walk with Him. Without accountability, the voice of God can sound a lot like your own. I encourage you today to become a person of accountability.

### **Prayer**

Dear Lord, I humble myself before You and ask You to forgive me of thinking that I am wise in my own opinion. I ask You Father to help me see when I need to be held accountable for wrong actions or thoughts. Father take away the shame and help me to see that my need for help is not a sign of weakness. Father I want to please You in all that I do and say, I want to be a true Ambassador for Christ sharing Your Gospel

without any issues that will hold me back from being who You want me to be. Amen.

**Scriptures** to Meditate on Romans 12:16, Matthew 12:33-37.

### **DAY 3 JANUARY 8 (Morning)**

**God wants to use you!**

#### **Devotion**

It absolutely thrills me when I think that the God of Heaven can actually use me! We all should be very grateful to know that we can be an instrument to accomplish His will here on earth. Faithful Christians are the tools God uses to do great things that have eternal value. He uses His followers as witnesses to the entire earth to tell everyone about Him and His love. When you stop to think about it, you and I can truly alter the course of history and the world. Unfortunately, some people are not being used by God because they are either unwilling or unfaithful. It is said that Leon Trotsky, who was a key part of the Communist revolution in Russia, actually attended a Sunday school class one day during a visit to America. But the teacher of the class was absent that morning and did not bother to get a substitute. So, no one taught the Bible that morning, and as far

as anyone knows, Trotsky never attended church again. What if someone had been faithful enough to show up that morning? It may have **helped** to alter history! All that God asks of us is to make ourselves available to Him. Tell the Lord today that you want to faithfully serve Him, who knows what wonderful things might happen when you are faithful to the Lord.

### **Prayer**

Dear Lord, forgive me for not being available for Your use in the Kingdom. Lord I want to be used by You to bring about change in my community. I yield myself to You Lord, to do whatever You want me to do. In Jesus name, Amen.

**Scripture** to Meditate on 2 Timothy 2:20-21

## **DAY 3 JANUARY 8 (Evening)**

### **What is Freedom?**

#### **Devotion**

The concept of freedom is one that most Americans would claim to comprehend. But after generations of living free, do we really understand what would be lost if just a piece of our freedom were taken away?

Remember the days just after September 11, 2001? The airlines were shut down, and air travel suffered for months. Professional

football games were postponed. Large events were canceled. The security measures implemented since then have cost billions of dollars and demanded countless hours. Imagine what life would be like if we suffered a barrage of suicide bombers, truck bombs and armed assaults similar to what happens in places like Iraq and Israel. An old saying warns that you don't know what you have until it is gone. Truly, we take so much for granted in this country that it is easy to lose sight of how much is at stake. We must not allow terrorist to shut us down and isolate us from the rest of the world. Our soldiers are risking (and some losing) their lives to protect our freedom. The rest of us must do our part to secure the future for our children and grandchildren, not only for the sake of our loved ones, but also for the sake of freedom. This is where our prayers for freedom and protection, not just for America, but for all those other countries like Darfur, and Israel etc. that suffer through terror every day, become very important. We must pray for the protection of this Country. God is waiting to hear from us about everything that concerns us. Not just about achieving the house with the two-car garage and the six figure a year job, but also about our safety and if we don't pray to

the King of the Universe, Jesus Christ to protect us then we are in trouble.

### **Prayer**

Thank You, Lord for the freedom we enjoy in this country. You have blessed us beyond what we deserve. Thank you for the gifts of transportation, recreation, financial security and so much more. We are guilty of taking Your blessings for granted. Remind us continually of how You protect us and cause us to prosper. Help us not to squander the freedom You have bestowed upon us. Help us to protect it as the treasure that it is.

**Scriptures** to Meditate on Psalm 91 and Psalm 100

## **DAY 4 JANUARY 9 (Morning)**

### **Redemption for the Lost**

#### **Devotion**

Do you know of someone who does not know Jesus Christ as their personal Lord and Savior? Chances are you do, it may be a co-worker, a friend, a neighbor, and even your own mother or father. The fact is almost every born-again believer knows at least one person who is not saved. Why then do you think that God has placed you in their life? Is it to witness to them or to let your light shine before them so that they will desire to

know your God? Today take time out to pray for someone specifically you know who is not saved. Ask God to show and tell you exactly how to witness to this person or people He has for you to share your faith with. God desires for everyone to be saved not just a select few but EVERYONE!

Prayer Heavenly Father, I come to You now in the name of my Lord and Savior Jesus Christ. Heavenly Father I pray for (\_\_\_\_\_), and the lost of the world this day and that every man, woman, and child from here to the farthest corners of the earth be saved. As I intercede, I use my faith, believing that thousands this day have the opportunity to make Jesus Christ their Lord and Savior. I ask the Lord of the harvest to thrust the perfect laborers across these lives this day to share the good news of the Gospel in a special way so that they will listen and understand it, that it will touch their hearts. In the name of Jesus I pray with thanksgiving. Amen.

**Scripture** to meditate on Isaiah 52:10.

## **DAY 4 JANUARY 9 (Evening)**

### **Your Destiny**

#### **Devotion**

This life is but a grain of sand on eternity's

beach. Your ultimate destiny is more magnificent than you can possibly imagine. However, God wants to give you a taste of it right here in this life. He has a plan for you to accomplish. He has set you on a prearranged path with an intended destination. Has God told you to do something that looks totally impossible to your natural eyes and understanding? Do you here God calling you to go to the left instead of the right? Are you saying to God how, who, what, when or I can't do that? Step onto that path that God is calling you to and stay on it. Every step on this path is covered in God's wisdom. Follow the flow of the favor He gives you. Listen and watch as He guides you past every obstacle and distraction. Know that your Heavenly Father is always guiding you with His right hand. Your destiny of greatness is inevitable. You have your Father's word on it.

### **Prayer**

Dear Lord, in my heart I have determined the direction that I will take, making plans and setting all of my goals in accordance with the will of God. When my dream is made plain and I am focused on my destiny, You Lord direct my every step to fulfill it. Help me Father to accomplish every plan and purpose You have already set for my life, even when I don't understand it or can't

comprehend Your predestined plans for my destiny. In Jesus name, Amen.

**Scriptures** to Meditate on Proverbs 19:21; 20:24, John 5:20, Romans 12:2.

## **DAY 5 JANUARY 10 (Morning)**

### **Waiting on God**

#### **Devotion**

As children of God we often find it hard to wait on God to answer our prayers. For some reason we think God needs our help in answering our prayers so we might tend to do things our own way instead of waiting on God. God's word tells us that His ways are not our ways and His thoughts are not our thoughts, so why is it hard for us to wait on God? Maybe it is because of our impatience, immaturity, or lack of trust that will cause us to jump ahead of God instead of waiting and listening for His voice. Do we really trust God to answer us when we call on Him? Well He did say that He will answer us when we call and sometimes it may not be the way we were thinking He should answer. Are you willing to wait on the Lord to answer all your prayers, even if it takes longer than expected?

#### **Prayer**

Father show me Your ways, Lord God, and teach me Your paths. Lead me in Your truth

and teach me. You are the God of my salvation. I wait before You with expectant hope all the day long. Let integrity and uprightness preserve me as I wait on You. Father God, help me to remember to wait on You at all times and to be of good courage, for I know that as I do these things, You will strengthen my heart. Thank You, Father, for this precious promise from Your word. In Jesus name. Amen.

**Scriptures** to Meditate on Psalm 25:1-5, 21; Psalm 27:14.

## **DAY 5 JANUARY 10 (Evening)**

### **Life Balance**

#### **Devotion**

When more time is spent at work than at home, there's a greater possibility of missing out on a rewarding personal life. However, when there is significant stress in the personal life, increased focus on the work life may sometimes serve as a coping mechanism. We should seek to bring glory to God in what we do and in how we spend our time. Neglecting ourselves or to avoid something at home isn't really God-honoring behavior. 1 Corinthians 6:19 says, "Do you not know that your body is a sanctuary of the Holy Spirit who is in you, whom you have from God?" The impact of

overwork on the body is physically destructive and harmful and can lead to hypertension, depression, fatigue, and exhaustion. To keep work and personal priorities in check, seek Godly advice from other believers and pray for God's guidance as you seek to honor Him with your time. Then, keep a log of how you spend your time. Remember God has given you a life to enjoy and not to overwork yourself until the point of sickness or maybe even death.

### **Prayer**

Father, please show me any areas where I need to reorder my priorities. Guide me to solutions that will help me live my life in a way that is pleasing to You. Jesus, I desire for my steps to be ordered in Your Word. I want to be faithful to the time You have given me on this earth. I want to please You Lord in all that I do. Help me Holy Spirit not to neglect my body in which You dwell, help me not to neglect my family by being too busy for them. Forgive me Lord for using my time unwisely. Thank You Lord for being faithful to me when I am unfaithful to the time You have given me. In Jesus name I pray, Amen.

**Scripture** to Meditate on Ecclesiastes 3:13.

## **DAY 6 JANUARY 11 (Morning)**

### **God Works through Families**

#### **Devotion**

Whether we know it or not our families are a classroom for God's character traits, including forgiveness, mercy, justice, grace, trust, loyalty, and love. God put us in families to teach us how to be more like Him. As we care for our aging parents, we learn to serve as He served us in the person of Jesus Christ. As we raise our children, we learn to love as He loves us as His own children. As we carry out our marriage vows, we learn to sacrifice self as He sacrificed Himself for our sins. As we stand by our brothers and sisters in trials, we learn to care for their needs as our Father cares for us. Through the family, God also teaches us about His covenant. God works through families. Over and over in scripture we see His hand touching generations to bring His plan to fulfillment; Noah, Abraham, Isaac, Jacob, and even through the genealogy of Jesus Christ. God also uses the family to teach us about community. In walking through life with our families, we share the good and the bad. We care for one another, pray for one another, and learn the value of standing together in tough times as well as rejoicing in good times. Scripture says, "All

have sinned and fall short of the glory of God” (Romans 3:23). So inevitably we will wound one another or let one another down in some way. But in our family, we can hold each other accountable and walk through forgiveness and repentance. No matter our family situation, God can use it to teach us more about who He is and to help us rely on Him.

### **Prayer**

Dear God, thank You for what You have taught and are teaching me through my family. Help me to continue to grow in love, joy, peace, forgiveness, self-control, kindness, and goodness. Help me and my family to glorify You in all that we do. Use us to teach another family about Your true love so that they may want You as their Lord and Savior. Help us Lord to love what You love and do what You would do.  
Amen.

**Scriptures** to Meditate on Genesis 17:7, Romans 3:23, Galatians 5:16.

## **DAY 6 JANUARY 11 (Evening)**

### **Restore Relationships**

#### **Devotion**

Today as you continue in this fast and prayer ask the Holy Spirit to help you restore any of your relationships that you know ended in an abrupt way. You may not be angry or hold any ill feeling towards the person but maybe you feel as if they are upset with you. Sometimes the enemy blinds us into thinking that someone is angry at us or you have done something wrong to them. Walk in boldness today and with help of the Holy Spirit go to that person and say “can we talk”. Don’t be tricked by your own thoughts, it may not be what you think. How many people do you know are not communicating with distant loved ones just because they think that the other person is mad at them when in fact it’s not that way at all? Maybe they are waiting on you to make the first move.

Prayer Father, today I ask you to help me take all of my thoughts captive to the obedience of Jesus Christ. Help me Lord to see all people the way you see them. Help me Lord to be a person of reconciliation, restoring all that may have been lost in the relationships with others you have place in my life. I ask You Father to restore a good

relationship between me and all of my family, friends, co-workers, and others.

**Scriptures** to Meditate on Proverbs 19:11, Ephesians 4:30-32, Romans 12:10.

## **DAY 7 JANUARY 12 (Morning)**

### **God's Provision and Protection**

#### **Devotion**

When we seek God and are thankful for all He has given us, we will not lack anything we need. And when we give to those less fortunate than ourselves, He will bless us (Ps. 41:12). But if we close our eyes to the needs of those around us, God will do the same with our needs. When we put all that we have, especially our finances in His hands and do with it what He is telling us to do He promises to bless us. Remember if you give nothing you get nothing, and if you give little you get little, “you reap what you sow”. Now for protection, we should never take for granted the protection of the Lord in our lives. We should not enter a plane, train, or automobile without praising God as our Protector. We should not enter a day without asking Him for His protection and then thanking Him for it in advance. How many times have we been protected and

spared from harm and disaster that we are not even aware of? God's word tells us that we are in His hands and no man can pluck us out.

### **Prayer #1**

Lord, I worship You as my Almighty God. You are my King and Lord over all my life. I surrender everything I have to You because I recognize that every good thing I have has been given by You as a sign of Your goodness, mercy, and love (James 1:17). Thank You that You are my Provider and You provide everything I need. Lord I praise You as my Protector. Thank You for hiding me under the shadow of Your wings". You have delivered my soul from death. Have You not kept my feet from falling, that I may walk before God in the light of the living. Thank You, Lord for providing and protecting me, my family, and all that I have in Jesus name, Amen.

## **Praying #2**

Ephesians 3:14-21 Father, In the name of Jesus, I praise and thank You that You saved me for a purpose, and that You have a plan for my life that exceeds my most imaginative hopes and dreams. For that reason, Father, I bow my knee to You, the God of heaven and earth from whom Your whole family receives our name. I pray that by Your glorious riches You would strengthen me on the inside through the power of Your Holy Spirit and that Christ would truly live in my heart and live through me by my faith in You. Help me to understand with all of the saints the breadth, length, depth, and height of Your love which surpass all knowledge. Fill me with all of Your fullness, Your wisdom, strength, and power, so that I would live constantly to Your glory! Now unto You, Father, who is able to do exceedingly far above all that I ask or can imagine, be the glory in the church through Christ Jesus throughout all the ages and forever. Amen!

### **Praying #3**

A prayer for Unity Praying Romans 15:5-6 for your Loved Ones, Our adults, our youth and our children. Heavenly Father, I know that it is by Your Spirit that we have the power to forgive, and that it is through the fruit of Your Spirit that we can overcome the challenges of life and become encouragers to others around us. I thank You that You have called us as Christians to be unifiers, reconcilers, and peacemakers on this earth as a display of Your love and grace in our everyday lives. I also thank You for giving us an example of true unity in Your relationship with Your Son, Jesus, as He walked upon this earth and that we can be one as You and He were one because of His prayers for us in John 17. For this reason, Father, I pray for unity for \_\_\_\_\_ . I pray that You would not only use \_\_\_\_\_ to be a unifier, reconciler, and peacemaker but that the Holy Spirit would also be present with \_\_\_\_\_ every day to help \_\_\_\_\_ overcome with Your joy and encourage others as \_\_\_\_\_ follows Jesus. I pray that in unity with one heart and one mouth \_\_\_\_\_ may glorify You, the Father of our Lord and Savior Jesus Christ. Amen.

**We did it! Give God the glory  
for the Victory.**

**Purpose in your heart to go  
forward and not backwards.**

