

# CHURCHWIDE FAST

PRAYER GUIDE

## PRAYER AT ACTION CHURCH

From its inception, Action Church has made it a priority to seek God first in prayer. From monthly morning prayer to Encounter and Sunday services, prayer anchors our church. Twice a year we come together to pray collectively as a church, each January with the Churchwide Fast, and each August with 21 Days of Prayer. These two months are intentional as they begin new seasons of the year. Together, we faithfully seek God first, trusting in His power alone to create lasting impact in our lives, our church, and the world. This year, the prayer theme for our Churchwide Fast, Restore & Rebuild, will be guiding our corporate prayer gatherings.

### Prayer & Fasting

The goal of fasting is to draw nearer to God. Biblical fasting always has to do with eliminating distractions for a spiritual purpose. By intentionally abstaining from something that comforts us for a period of time (typically food) we focus on expressing need for the only One who can truly comfort us. However, fasting without prayer is simply a diet. When coupled with prayer, fasting becomes a powerful discipline that nourishes our spirit and draws us closer to God. The focus of fasting is not the lack of food, but rather on what we are gaining: the revelation and presence of God.

Remember, your personal fast should present a level of challenge, but it is very important to know your body, your options, and most importantly, to seek God in prayer and follow what the Holy Spirit leads you to do.

### Why a Churchwide Fast?

Throughout the Old and New Testaments, the men and women of God fasted and prayed in order to draw near to God. As a church, fasting and praying express our deep desire to humble ourselves before God and allow Him to guide us as we enter a new year.

**Visit [theactionchurch.com/fast](https://theactionchurch.com/fast) for more information on Fasting + Prayer.**

## YOUR FAST

During the next seven days, set aside intentional time alone with God to pray, feast on His Word, worship Him, and listen to His leading.

We invite you to attend Prayer Gatherings, Monday-Friday at 6:30AM & Saturday at 9AM to begin your day. If you can't join us in person, visit [theactionchurch.com/fast](http://theactionchurch.com/fast) for resources to join us in prayer. Each morning will focus on the theme with a devotional related to the day's scripture and will provide prayer points to guide your prayers (included in this guide).

Use this Prayer Guide to journal what God is teaching and showing you. Reflection questions are provided in this guide to prompt your personal prayer time and help you discern what God is saying to you each day.

### STAYING FOCUSED

Setting aside intentional time to focus on God throughout the day can be difficult if you don't plan ahead! Here are some ideas and resources to help you fill your time with worship and The Word.

- Read the Bible. Use the YouVersion app to complete a reading plan on Fasting or another topic relevant to you.
- Take a prayer walk around your neighborhood.
- Find a friend from Action Church who can keep you accountable this week. Check in with one another throughout the week to ask what God is speaking to each of you and take the time to encourage one another.
- Turn on worship music and spend some time worshipping God.
- Return to this Guide to reflect on what God is saying to you each day.
- Search for Action Church on YouTube and watch previous messages series that you may have missed.
- Download the Messenger X app for hundreds of free resources: Bible studies, courses, audiobooks, and more!
- Don't forget to set your alarm for tomorrow's Prayer Gathering.

# DAILY PRAYER FOCUS

**Day 1** - Restore & Rebuild

**Day 2** - Gratitude

**Day 3** - Multiply

**Day 4** - A People of Honor

**Day 5** - Restored, Blessed, Protected

**Day 6** - Because of Jesus

**Day 7** - Being God's People

# DAY 1 - RESTORE & REBUILD

## MONDAY, JANUARY 8

*This is what the Lord says: "When I bring Israel home again from captivity and restore their fortunes, Jerusalem will be rebuilt on its ruins, and the palace reconstructed as before. There will be joy and songs of thanksgiving, and I will multiply my people, not diminish them; I will honor them, not despise them. Their children will prosper as they did long ago. I will establish them as a nation before me, and I will punish anyone who hurts them. They will have their own ruler again, and he will come from their own people. I will invite him to approach me," says the Lord, "for who would dare to come unless invited? You will be my people, and I will be your God."*

**JEREMIAH 30:18-22 NLT**

### **PRAYER POINTS:**

- Pray for our church, our leaders, our A-Team, and members to commit to actively pursuing God's mission for Action Church to Reach and Connect People.
- Invite the Holy Spirit to show you how you can be a part of this vision for our church.
- Pray that God would sustain us during this fast, speak to us this week, and give us an excitement to be used by Him in 2024.
- Invite the Holy Spirit to show you the areas of your life that need to be restored and rebuilt in order for you to be used by Him effectively.

### **REFLECTION:**

1. What are you fasting from this week?  
Why did you choose this specific thing?
2. What thoughts or feelings come to you as you reflect on your role in Action Church's mission to Reach and Connect people?
3. What parts of your life need restoration and rebuilding?



# DAY 2 - GRATITUDE

## TUESDAY, JANUARY 9

*There will be joy and songs of thanksgiving.*

**JEREMIAH 30:19A**

### **PRAYER POINTS:**

- Pray that we would be known as a church that joyfully praises God as we stand in awe of His mighty power, grateful for all He has done in and through us and what is yet to come.
- Reflect on 2023, give God thanks for every blessing of His love, protection, and provision towards you.
- Praise and worship God for who He is - declare the many ways He has shown Himself faithful and trustworthy. Let joy overflow!
- Commit to live a life of gratitude towards God and invite the Holy Spirit to guide you daily in doing so.

### **REFLECTION:**

1. How has God loved, provided for, and protected you in the past year? How would that be useful to reaching people for Jesus?
2. Reflect on your level of gratitude. Would others define you as someone who is thankful and full of joy? Do they recognize that as flowing from your relationship with God? Why or why not?
3. Spend time during the remainder of worship thanking God and praising Him.





# DAY 3 - MULTIPLY

## WEDNESDAY, JANUARY 10

...and I will multiply my people, not diminish them...

### JEREMIAH 30:19

*When they had finished eating, Jesus said to Simon Peter, "Simon son of John, do you love me more than these?" "Yes, Lord," he said, "you know that I love you." Jesus said, "Feed my lambs." Again Jesus said, "Simon son of John, do you love me?" He answered, "Yes, Lord, you know that I love you." Jesus said, "Take care of my sheep." The third time he said to him, "Simon son of John, do you love me?" Peter was hurt because Jesus asked him the third time, "Do you love me?" He said, "Lord, you know all things; you know that I love you." Jesus said, "Feed my sheep..."*

### JOHN 21:15-17 NIV

#### PRAYER POINTS:

- Pray for our pastors as they shepherd our church, that they would care for us with a heart like Jesus, and not grow weary in doing so.
- Commit this year to being a true disciple of Jesus who seeks opportunities to make new disciples.
- Invite the Holy Spirit to search your heart and show you areas He wants to access for growth, and commit to taking the next steps necessary for Him to do so.
- Invite the Holy Spirit to empower you with gifts and abilities to reach people for Jesus.

#### REFLECTION:

1. What are some gifts and abilities you have been given that could be used to reach people for Jesus?
2. What does it mean to YOU when Jesus asks you to "Take care of (His) sheep"?
3. Invite the Holy Spirit to search your heart and show you areas He wants to access for spiritual growth. What is He showing you? What next steps do you need to take to grow as a disciple of Jesus?



# DAY 4 - A PEOPLE OF HONOR

## THURSDAY, JANUARY 11

*I will honor them, not despise them.*

**JEREMIAH 30:19**

*But God's truth stands firm like a foundation stone with this inscription: "The Lord knows those who are his," and "All who belong to the Lord must turn away from evil." In a wealthy home some utensils are made of gold and silver, and some are made of wood and clay. The expensive utensils are used for special occasions, and the cheap ones are for everyday use. If you keep yourself pure, you will be a special utensil for honorable use. Your life will be clean, and you will be ready for the Master to use you for every good work.*

**2 TIMOTHY 2:19-21 NLT**

### **PRAYER POINTS:**

- Pray that God would give our church favor as we seek to reach our communities by meeting needs and pointing people to the life-changer, Jesus Christ.
- Pray that our church would be known by the way we honor God, honor people, and honor the Word of God.
- Invite the Holy Spirit to search your heart and repent of ways preventing you from being a pure and holy vessel useful to God.
- Give God thanks that His Word was given to us as a gift to teach us how to walk in holiness.

### **REFLECTION:**

1. Reflect on God's goodness through His forgiveness of your sins. Invite the Holy Spirit to "Create in me a clean heart, O God; and renew a right spirit within me." (Psalm 51:10).
2. Invite the Holy Spirit to search your heart and repent of ways preventing you from being a pure and holy vessel useful to God. What did He show you?
3. What good works would you like the Master to prepare you for this year?



# DAY 5 - RESTORED, BLESSED, & PROTECTED

FRIDAY, JANUARY 12

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*Their children will prosper as they did long ago. I will establish them as a nation before me, and I will punish anyone who hurts them.*

## **JEREMIAH 30:20**

*In his kindness God called you to share in his eternal glory by means of Christ Jesus. So after you have suffered a little while, he will restore, support, and strengthen you, and he will place you on a firm foundation.*

## **1 PETER 5:10 NLT**

### **PRAYER POINTS:**

- Pray that God would bless Action Church with influence in the lives of many that would give us access to impact their lives with the Good News of Jesus.
- Pray against the schemes of the enemy against our church meant to prevent us from reaching people for Jesus.
- Invite the Holy Spirit to restore any area of your life that has turned away from His plan and purpose for your life.
- Pray that God would bless your life so you can be a blessing to others.

### **REFLECTION:**

1. What area of your life has turned away from God's plan and purpose for you?
2. What would it look like to have those areas of your life restored to the ways of God? What next step do you need to take?
3. In what ways do you want God to bless you so you can bless others?

**DAY 5 - RESTORED, BLESSED,  
& PROTECTED** FRIDAY, JANUARY 12



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# DAY 6 - BECAUSE OF JESUS

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## SATURDAY, JANUARY 13

*They will have their own ruler again, and he will come from their own people. I will invite him to approach me," says the Lord, "for who would dare to come unless invited?"*

**JEREMIAH 30:21 NLT**

*So then, since we have a great High Priest who has entered heaven, Jesus the Son of God, let us hold firmly to what we believe. This High Priest of ours understands our weaknesses, for he faced all of the same testings we do, yet he did not sin. So let us come boldly to the throne of our gracious God. There we will receive his mercy, and we will find grace to help us when we need it most.*

**HEBREWS 4:14-16 NLT**

### **PRAYER POINTS:**

- Pray for our pastors and leaders to lead our church with wisdom, grace, kindness, and the heart of Jesus for lost.
- Pray that our church would desire and pursue the presence of God and His love for the lost, the poor, and the hurting.
- Invite the Holy Spirit to show you any areas of your life that don't align with how Jesus calls us to live. Repent and receive His forgiveness.
- Pray with a grateful heart, thanking Jesus for his sacrifice through which we can receive forgiveness for all our sins.

### **REFLECTION:**

1. What has following Jesus meant to you? How has His love and mercy impacted your life?
2. List those in your life who need to know Jesus. What is God asking you to do for them?
3. Why would it be important to pursue the presence of God? What steps do you need to take in order to have His heart for the lost, the poor, and the hurting?





# DAY 7 - BEING GOD'S PEOPLE

## SUNDAY, JANUARY 14

*You will be my people, and I will be your God.*

**JEREMIAH 30:22 NLT**

*You have declared today that the Lord is your God. And you have promised to walk in his ways, and to obey his decrees, commands, and regulations, and to do everything he tells you. The Lord has declared today that you are his people, his own special treasure, just as he promised, and that you must obey all his commands.*

**DEUTERONOMY 26:17-18 NLT**

**We invite you to attend one of our locations this morning as we close out our fast together and commit to all God is calling us to as a church.**

**Reflect on the message.**

1. What is God saying to you and what steps do you need to take because of this?
2. What next steps is God asking you to take as you complete this fast?









