

Bible Verses About Fasting And Prayer

God's intervention

2 Samuel 12:16 David pleaded with God for the child. He fasted and spent the nights lying in sackcloth on the ground.

Repentance

Daniel 9:3-5 So I turned to the Lord God and pleaded with him in prayer and petition, in fasting, and in sackcloth and ashes. I prayed to the LORD my God and confessed: "Lord, the great and awesome God, who keeps his covenant of love with those who love him and **keep his commandments**, we have sinned and done wrong. We have been wicked and have rebelled; we have turned away from your commands and laws."

Guidance

Acts 13:2-4 While they were worshipping the Lord and fasting, the Holy Spirit said, "Set apart for me Barnabas and Saul for the work to which I have called them." So after they had fasted and prayed, they placed their hands on them and sent them off. The two of them, sent on their way by the Holy Spirit, went down to Seleucia and sailed from there to Cyprus.

Worshipping

Luke 2:37 Then she lived as a widow to the age of eighty-four. She never left the Temple but stayed there day and night, worshipping God with fasting and prayer.

Strengthen prayers

Matthew 17:20-21 And He said to them, "Because of the littleness of your faith; for truly I say to you, if you have faith the size of a mustard seed, you will say to this mountain, 'Move from here to there,' and it will move; and nothing will be impossible to you. "But this kind does not go out except by prayer and fasting."

Mourning

Nehemiah 1:4 When I heard these things, I sat down and wept. For some days I mourned and fasted and prayed before the God of heaven.

Humility

Psalms 35:13-14 Yet when they were ill, I put on sackcloth and humbled myself with fasting. **When my prayers** returned to me unanswered, I went about mourning as though for my friend or brother. I bowed my head in grief as though weeping for my mother.



FAST FORWARD
Accelerate the timetable of your destiny!!

**New Church of Faith
Covenant Fast 2019**

January 7-28, 2019

"Is this not the fast I have chosen" Isaiah 58:6

The goal of fasting is to draw nearer to God. Biblical fasting always has to do with eliminating distractions for a spiritual purpose; it hits the reset button of our soul and renews us from the inside out. It also enables us to celebrate the goodness and mercy of God and prepares our hearts for all the good things God desires to bring into our lives. 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.

Prayer for a Heavy Heart

Lord, I want to lay before you all that weighs heavy on my heart. Reveal even the sin I am not aware of, Lord. I lay these at your feet and pray your forgiveness on me. I believe you when you say that you wash us whiter than snow. Thank you, Lord for your unending love for me! Help me start fresh right now to make choices that honor you. In Jesus' Name, Amen.

Prayer for Hope and Trust

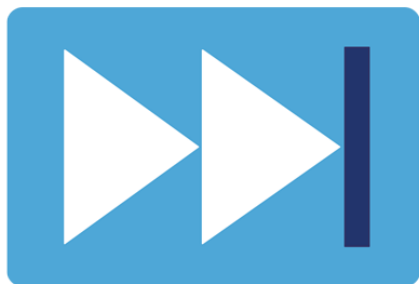
Father, sometimes it does feel that you have left us in the battle. We know that you are with us, but so are our feelings of aloneness. The Enemy seems to be taking ground. Our crying out to you seems to go unanswered. We know you are at work, but help us trust you in the midst of our questions. In Jesus' Name, Amen

Prayer for Thankfulness

God, sometimes life gets me down and I find it hard to see things to be thankful for. Open my eyes to see the gifts you've given me in my life. I'm going to start by thanking you for loving me enough to come to earth and die so we can live together forever. Amen.

Prayer for Restored Relationships

Father God, open my eyes to see the ways I'm like [Cain](#). What conflicts am I allowing to brew in my family? What anger is bubbling into murderous rage in my relationships? Thank You for the clarity to see how hatred kills relationships. I choose instead the way of love. Love protects. Help me to protect those I love by loving them. Your way is always best, Father. I pray in Jesus' Name, Amen.



Help us abide instead of strive, living peacefully and joyfully as heirs to Your Kingdom and co-heirs with Christ. In Jesus' Name, Amen.

Prayer for Being Grateful

Father, I am so sorry for the way I complain about my circumstances. Please forgive me for my bad attitude when things don't go my way. I want to see Your hand in every part of everyday - good or bad. Help me learn how to face every storm with confidence, knowing that You really are in control even though I cannot hear Your voice or see Your hand at work. In Jesus Name, Amen.

Prayer of God's Provision

Dear Father God, Thank You for Your unfailing love for me, Your blessings, and goodness. Thank You for Your faithfulness to guide me and see me through times of uncertainty, for lifting me up, and setting me on high. Thank You for Scripture that comforts and reminds me of Your promises, plan, and provision. Thank you for taking away my fears and worries, the what-ifs, and reminding me that my help comes from You. Help me be a good steward and to sow wisely. In Christ's Name, Amen

Prayer for Growing Faith

Dear Lord, help me - every single morning - to find faith in the midst of the chaos. Give me the desire and ability to see You, hear You, talk to You, and give thanks to You. And as I do, I pray that I will draw nearer and nearer to You, and that my faith will multiply exponentially as I understand in new, deeper ways that You are everything I ever hoped You would be. And so much more. Amen

Prayer for Confidence

Lord, help me let go of my fear of failure. I know Satan wants to use my fears to hold me back from living boldly for You. Forgive me for not living in faith and help me from this moment on to live with bold confidence in You. Lord, help me not compare myself to others around me. I pray instead that I can keep my eye on You and live a life that proclaims Your excellence. In Jesus' Name I pray, Amen.

Fasting Options

COMPLETE FAST

In this type of fast, you drink only liquids, typically water with light juices as an option.

SELECTIVE FAST

This type of fast involves removing certain elements from your diet. One example of a selective fast is the ***Daniel Fast***, during which you remove meat, sweets, and bread from your diet and consume water and juice for fluids and fruits and vegetables for food.

PARTIAL FAST

This fast is sometimes called the "Jewish Fast" and involves abstaining from eating any type of food in the morning and afternoon. This can either correlate to specific times of the day, such as **6:00 am to 6:00 pm**, or from **sunup to sundown**.

SOUL FAST

This fast is a great option if you have health issues that prevent you from fasting food, and if you wish to refocus certain areas of your life that are out of balance. For example, you might choose to stop using social media or watching television for the duration of the fast and then carefully bring that element back into your life in healthy doses at the conclusion of the fast.

TIMING OF OUR FAST

At New Church of Faith, we encourage fasting for 21 days each year in the month of January. This is part of 21 Days of Prayer and Fasting, a season of focused prayer as a church family. You may also choose to fast at other times during the year for your own spiritual development. It's very typical to fast a single meal, a whole day, or three days or more. The timing of your fast is not as important as the strength of your focus on God as you fast.

A Starting Place in Prayer

Whether you have had a personal relationship with God for years or you are only beginning to discover who Jesus is, we all need guidance sometimes when it comes to prayers. It's often hard to find the words to pray, that's why we put together this collection of short prayers. The following short prayers offer guiding words to use for praying over various topics including worry, anxiety, doubt, forgiveness, fear, and other areas of life where we need to ask for God's help. ***Please use these prayers and allow the Holy Spirit to guide you as you add some of your own words and personalize your petitions to God.***

Prayer for Peace

Father God, my heart is filled with chaos and confusion. I feel as if I am drowning in my circumstances and my heart is filled with fear and confusion. I really need the strength and peace that only You can give. Right now, I choose to rest in You. In Jesus' Name I pray, Amen.

Prayer for the Broken-Hearted

Lord, my heart is broken but You are near. My spirit is crushed, but You are my rescuer. Your Word is my hope. It revives me and comforts me in especially now. My soul faints, but you are the breath of life within me. You are my help, the One who sustains me. I am weak but You are strong. You bless those who mourn, and I trust You to bless me and my family with all that we need. You will rescue me from this dark cloud of despair because You delight in me. In Jesus' Name, Amen.

Prayer for Perseverance

Holy Lord, Thank You for grace. Please help me move beyond the hurdles that trip me up and give me the strength and wisdom to look up and see the hope I run toward in Christ. In Jesus' Name, Amen.

Prayer for Self-Control

Father, today I ask forgiveness of all the negative and harmful words I have spoken about myself. I do not want to abuse myself in such a way again. Transform my thoughts and let me understand how marvelously you made me. Change my habits so I use my tongue to speak hope and favor upon my life. In Jesus' name, Amen

Prayer for Loving Like Jesus

Father, I have to thank You for looking beyond my faults and for loving me unconditionally. Forgive me when I fail to love others in the same way. Give me eyes to see the needs of the difficult people in my life, and show me how to meet those needs in a way that pleases You. In Jesus' Name, Amen.

Prayer for God's Direction

Lord, help me not to lean on my own understanding but in everything acknowledge You so that You can direct my words, thoughts and actions. In Jesus' Name, Amen.

Prayer For Worry

Father, I am tempted to worry about so many things. Our world is a mess! Forgive me for focusing on anything or anyone but You. Thank You for the [Bible](#) that equips and empowers me to live each day. Right now, I declare that You are my only Hope. Please help me remember that You really are in control. In Jesus' Name, Amen

Prayer for God's Strength

Lord, thank you for your greatness. Thank you that when I am weak, you are strong. Lord, the Devil is scheming and I know he desires to keep me from spending time with you. Don't let him win! Give me a measure of your strength so that I might not give into discouragement, deception and doubt! Help me honor you in all my ways. In Jesus' Name, Amen.

Prayer When Feeling Inadequate

Dear Lord, Thank You for fearfully and wonderfully creating each of us. Thank You for giving us worth in Your eyes. Help us live as the one You uniquely intended us to be.