

## Prepare

1. Spend time preparing for the week of prayer by asking God for focus, and discipline.
2. Decide on a time each day when you will pray. Set an alarm on your cell phone or watch.
3. Decide on a place where you will pray each day.
4. Each day at 10:02 am or pm pray for laborers, workers and those that God would bring to New Seasons Church.
5. Spend time reading prayer scriptures below.
6. Make notes of anything God reveals to you in the scripture reading or during prayer.
7. Decide on when, and what kind of fast you will do on the 5<sup>th</sup> and plan on attending the special Wednesday Night Prayer.



Philippians 4:6  
Mark 11:24  
Romans 8:26  
Matthew 6:6-7

James 5:16  
Matthew 26:41  
Colossians 4:2  
1 Thessalonians 5:16-18

# Week of Prayer

February 26 – March 5th

Followed by a time of fellowship and refreshments

### **2 Chronicles 7:14**

*14 if my people, who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then I will hear from heaven, and I will forgive their sin and will heal their land.*

Prayer is intimate communication with the One who passionately loves you and lives in you. Prayer is not an action—it is an interaction—and that interaction takes place in and through the Holy Spirit.

### Acts

When you pray, pour out your soul. Be natural and honest with God. Tell Him how you feel. Pray out loud. It keeps your mind on track and enables you to stay focused. Include all types of prayer

A-C-T-S. (Adoration/Praise, Confession, Thanksgiving and Supplication)

**Adoration/Praise** is closely related to thanksgiving, but there is a difference. Praise is adoring God for who He is. Thanksgiving is thanking God for what He has done. Praise is showing love to God; thanksgiving is expressing gratitude. Use your body. Sing or listen to Worship and Praise Music

**Confession** Ask the Lord to make you aware of any sins that are hurting your fellowship with Him; thoughts and attitudes, sins of speech, relationship sins, sins of omission and commission. Confess each sin individually. Agree with God that the sin is wrong. Express your desire to avoid these sins. Claim by faith His forgiveness and cleansing I John 1:9. Right whatever wrongs you can

**Thanksgiving** is thanking God for what He has done

**Supplication** is praying for needs for yourself and others

### What Is Fasting?

- Fasting is voluntarily abstaining from eating or drinking, or anything that is holding you back from God.
- Fasting is essentially giving up food (or something else) for a period of time in order to focus your thoughts on God.
- Fasting is taking your focus off of the things of this world in order to focus more on the things of God.
- Fasting is found over 50 times throughout the Old and New Testaments.
- There are different kinds of fast.

### Purpose

In the Bible people fasted & prayed because they wanted something specific to happen. They wanted God to change them, to change their circumstances, or to reveal something to them.

## Week of Prayer February 26 -March 5

<b>World Wednesday</b>	Pray for our nation, its leaders, and our world. Pray for government leaders, your local community, and the spread of the gospel throughout the world.
<b>Throne Thursday</b>	Pray that God reigns over your life and you walk following His leading. Ask God to show you areas and help you where He needs to be moved to His proper place in your life.
<b>Family &amp; Friends Friday</b>	Use this day to focus on your family and friends. Pray for your spouse, your children, parents, siblings, friendships, and relationships. Pray for their specific prayer requests or how the Lord prompts you to pray for them.
<b>Salvation Saturday</b>	Pray for those you know that are unbelievers or for those that are seeking God. Pray for the unsaved and for boldness to share the Lord with those you encounter.
<b>Surrender Sunday</b>	Pray that your life is daily surrendered to the Lord. Ask God to search your heart and confess any sins that you may find yourself entangled in. Pray for forgiveness and God's mercy.
<b>Mission Monday</b>	Pray for your church, missions, missionaries, or any venues you serve in or ministries that you are involved in.
<b>Thanksgiving Tuesday</b>	Spend time thanking God and praising Him for who He is and what He's done and is doing in your life. Ask Him to reveal to you ways He's working around you and in you. Give Him praise and honor for all things.