

MARCH MADNESS

March 1—March 31, 2015

CORPORATE PRAYER & FASTING



"If you believe,
you will receive
whatever you
ask for in
prayer."
Matthew 21:22

Promiseland Church Ministries

Building Forward

by

Face-down & Fasting



Hello Church Family,

We are calling on everyone to join our annual March Madness, a time of prayer and fasting. This is the time of year when we corporately consecrate ourselves, our families, and ministries to God. Believe God for victories and breakthroughs in every area of your life this year.

*And remember that 2015 has been declared the year of manifestation. And we have vowed as well to change the culture of our ministry by **Building Forward** which simply put is having a strong focus on **Biblical Stewardship**. And most of all by practicing true **Agape Love** for God, others and our ministry.*

In the following pages of this guide there is information on prayer and fasting that I hope you will find informative and useful now and in the days and months ahead. In the section titled a "Practical Guide to Prayer & Fasting" pay close attention to the sections on dietary tips, choosing the right fast and fasting safely.

At the end of this guide you will also find suggestions on formats to use for recording your goals as well as daily menus giving consideration to personal needs, health, etc. Remember prayer and fasting is about having a sincere motive and making a sincere sacrifice towards God the Father.

Sincerely,

Much Love



Pastor Antoine Scruggs, Sr.

A Practical Guide to Prayer and Fasting

... “Consecrate yourselves, for tomorrow the LORD will do amazing things among you.” Joshua 3:5
Throughout history, God has called on His people to humble themselves through fasting and prayer. Fasting is a spiritual weapon God uses to advance His kingdom, change the destiny of nations, spark revival, and bring victory in people’s lives.

There is something powerful that happens when we voluntarily humble ourselves. It is our way of humbling ourselves before God and consecrating ourselves to Him. Over the years, as a result of this time of prayer, we have seen people receive healing, salvation, promotion, direction, family restoration, miraculous provision, and tremendous growth in their discipleship groups and churches. One of the highlights is always seeing and hearing testimonies of how God answers over and beyond what people ask.

As you begin your fast this year, believe in your heart, by faith, that this is your year of miracles and manifestation.

EXAMPLES AND BENEFITS OF FASTING

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. When a man is willing to set aside the legitimate appetites of the body to concentrate on the work of praying, he is demonstrating that he means business, that he is seeking with all his heart, and will not let God go unless He answers.

1. Jesus fasted.

Then Jesus was led by the Spirit into the desert to be tempted by the devil. After fasting forty days and forty nights, he was hungry. Matthew 4:1,2 Jesus returned to Galilee in the power of the Spirit, and news about him spread through the whole countryside. Luke 4:14 Before He began His ministry, Jesus fasted forty days. He knew He was going to but spiritually strong and prepares us to do God’s work.

2. Fasting is an act of humility and consecration.

... I put on sackcloth and humbled myself with fasting. ... Psalm 35:13 Humility results in the grace of God. When we humble ourselves in prayer, we have instant access to the heart of God. As we deny ourselves as an act of consecration, we are better able to exercise self-control. We can keep our emotions and desires under control.

3. Fasting helps us become sensitive to the Holy Spirit.

While they were worshiping the Lord and fasting, the Holy Spirit said, “Set apart for me Barnabas and Saul for the work to which I have called them.” Acts 13:2

When we deny ourselves of our natural cravings, our spiritual antennas become sharper. We become more sensitive to His voice as we divest ourselves of worldly distractions. We are better able to focus on God and submit to His will. This opens the door for the Holy Spirit into our lives.

4. Fasting brings revival.

² in the first year of his reign, I, Daniel, understood from the Scriptures, according to the word of the LORD given to Jeremiah the prophet, that the desolation of Jerusalem would last seventy years. ³ So I turned to the Lord God and pleaded with him in prayer and petition, in fasting, and in sackcloth and ashes.. Daniel 9:2,3

Fasting helps us prevail in prayer and intercession. Daniel understood that Israel was headed for destruction. He also knew that in times like these, there is only one recourse—intercession through praying and fasting. Throughout human history, God has brought revival and delivered nations from destruction in response to prayer and fasting.

5. Fasting is healthy.

Fasting cleanses your digestive system from toxins. Doctors consider fasting a cure for certain allergies and diseases. By learning to deny ourselves and exercising discipline, fasting breaks unhealthy addictions in our lives.

PREPARING TO FAST

“Go, gather together all the Jews who are in Susa, and fast for me. Do not eat or drink for three days, night or day. I and my maids will fast as you do. When this is done, I will go to the king, even though it is against the law. And if I perish, I perish.” Esther 4:16

Fasting reduces the power of self so that the Holy Spirit can do a more intense work within us. Bill Bright

1. Be in faith!

God for during the fast and the entire year. Expect God to answer. Maintain a thankful heart throughout and after the fast.

2. Commit to a type of fast.

Generally we are suggesting the Daniel Fast as our corporate endeavor. However, each person should pray about the kind of fast you will undertake and commit to it. Do not decide on a day-to-day basis. Commit before the fast and be determined. Ask God for grace.

3. Plan your calendar.

Limit your physical and social activities during this period. You need to conserve physical energy and devote more time to prayer and reading the Bible.

4. Prepare spiritually.

More than anything, our annual fast is a time when we believe God for a fresh area in your life that needs to change. Repentance is the foundation of prayer and fasting. Be ready to repent and change, and be transformed. Surrender everything to Him. Be completely open.

5. Prepare physically.

The week of the fast, hoping to stock up on food in your body. The key is to gradually prepare your body. Start eating smaller portions and meals seven days before you begin your fast. Avoid food that is high in sugar and fat. Two days prior to the fast, eat raw fruit and vegetables only. Consult a physician if you need to.

“Go, gather together all the Jews who are in Susa, and fast for me. Do not eat or drink for three days, night or day. I and my maids will fast as you do. When this is done, I will go to the king, even though it is against the law. And if I perish, I perish.” Esther 4:16

DURING THE FAST

¹⁶ “When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show others they are fasting. Truly I tell you, they have received their reward in full. ¹⁷ But when you fast, put oil on your head and wash your face, ¹⁸ so that it will not be obvious to others 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. Matthew 6:16-18

1. Seek the lord.

Commit to prayer and Bible reading the times you usually allocate for meals.

Join at least one prayer meeting in the church. Call the church for the scheduled prayer meetings during the fast. Be ready to respond when you hear from God.

2. Commit to change.

If you need to make restitution, immediately contact people you have broken relationships with. If there are habits that need to change, make the adjustment immediately. Ask a trusted leader or friend from your church to hold you accountable.

3. Practical tips

- a. Avoid medical and even natural herbal drugs. However, if you are under medication, these should only be withdrawn upon the advice of your doctor.
- b. Limit your physical activity and exercise. If you have a workout routine, maximum amount of exercise during an extended fast.
- c. Rest as much as you can.
- d. Maintain an attitude of prayer throughout the day. Intercede for your family, pastors, church, nation, our missionaries, world missions, etc.
- e. Drink plenty of clean water.
- f. As your body adjusts, be prepared for temporary bouts of physical weakness as well as mental annoyances like impatience, irritability, and anxiety.

BREAKING THE FAST

1. Reintroduce solid food gradually.

You should break your fast the same way you prepared for it. It will take your body just as many days you fasted to adjust to a normal diet. Begin eating gradually. Don't eat solid food immediately after your fast. Start with fruits, juices, and salad. Then, you can begin adding vegetables and boiled potato. Take it slowly from there. Eat small portions spread throughout the day.

2. Continue praying.

Don't lose momentum you gained during the fast. Let it transform your prayer and devotional life. Carry the newfound passion with you throughout the year.

3. Be expectant.

Be in faith and believe God to answer your prayers soon! Don't give up, persevere in prayer even if you don't see the answers immediately. Make sure you keep the copy of your prayer points. You can check it at the end of the year and see how God has answered your prayers. It can be your thanksgiving list at the end of the year.

Paul and Barnabas appointed elders for them in each church and, with prayer and fasting, committed them to the Lord, in whom they had put their trust. Acts 14:23

CONCLUSION

Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us

Our annual March Madness - prayer and fasting gives us the opportunity to realign our lives according to His will and consecrate the coming year to Him. As we humble ourselves corporately to Him in prayer, we can expect Him to move mightily in our midst. God's will is for all of us to experience breakthrough and victory in our lives. Be in faith for God to move miraculously in your life this year beyond what you can ask or imagine. You have a fresh mandate. Be ready to accomplish greater things for God this year!

The Bible Recounts Primarily Two Types of Fasts

A partial fast is described in the book of Daniel. Although the water fast seemed to be the custom of the prophet, there was a three-week period in which he only abstained from "delicacies," meat, and wine (Daniel 10:3).

The two primary types mentioned in the Bible are the "**absolute**" and "**supernatural absolute**" fasts. These are total fasts-no food (solid or liquid) and no water. Paul went on an absolute fast for three days following his encounter with Jesus on the road to Damascus (Acts 9:9). Moses and Elijah engaged in what must be considered a supernatural absolute fast of forty days (Deuteronomy 9:9; I Kings 19:8).

So, I strongly advice you to drink plenty of liquids. Obviously, if God leads you to undertake an absolute fast, you should obey. If so, be certain, without doubt, that God is leading you.

Water-only fasts that last for more than several days need to be undertaken with complete rest and under medical supervision because of the extreme danger of over-toxicification, breakdown of vital body tissues, and loss of electrolytes. I personally recommend and practice water and juice fasting, especially if you are going to fast for an extended period of time. This type of fast will provide you with more energy than absolute or water-only fasts and still lead you into the humbling experience of denying your desire for solid food that you can chew.

When it comes to making your final decision about what type of fast is right for you, the best advise I can give you is to follow the leading of the Holy Spirit. He will guide your heart and mind as to what is best for you. Remember, the most important consideration in fasting is your motive. Why are you fasting? To seek something personally from God's hand or to seek His face in worship, praise and thanksgiving?

Expectations: Our expectation during this fast is for all of us to have a clear vision and order for 2k15! In addition, we should grow spiritually through the "March Madness campaign (see below for more details).

Each week of the month will have a specific focus. Here is the breakdown for the month:

Week 1 ~ Personal Vision: Write your personal vision for the upcoming year. If you have a family, all of you should write individual visions and share them with one another. In addition to individual goals, your family should have a common vision that all have contributed to and agreed on. You and your family should spend some time putting together a VISION board. This board will demonstrate your vision!

Week 2 ~ PLCM Vision: Pray for PLCM's focus for 2k15. Each of you will receive clear ministry ideas and valuable input during this month that will enhance our ministry and outreach opportunities. Please capture them and send them to Pastor Scruggs (apromise1@aol.com). I will make sure they get to the appropriate leader. Also, please take advantage of the classes and information that is being offered on "Biblical Stewardship", which are mandatory for all Leaders.

Week 3 ~ City: We are believing God to "Save the City" this year. There are over 197,367 people living in the Little Rock Metro Area . There are 30,000 people in a 1-5 mile radius of our current location! Let's believe God for 10%! He is able you know! We are praying for 12 solid new families this year.

Week 4 ~ Country: We will pray for all of our leaders, local, city, state and national leadership.

Fasting

Fasting is the most powerful spiritual discipline of all the Christian disciplines. Through fasting and prayer, the Holy Spirit can transform your life. Fasting and prayer can also work on a much grander scale. According to Scripture, personal experience and observation, **I am convinced that when God's people fast with a proper Biblical motive-seeking God's face not His hand-with a broken, repentant, and contrite spirit**, God will hear from heaven and heal our lives, our churches, our communities, our nation and world. Fasting and prayer can bring about revival - a change in the direction of our nation, the nations of earth and the fulfillment of the Great Commission.

The awesome power can be released through you as you fast through the enabling of the Holy Spirit.

Fasting is one of the most neglected spiritual admonitions.

Fasting can result in a dynamic personal revival in your own life-and make you a channel of revival to others.

Fasting and prayer are the only disciplines that fulfill the requirements of II Chronicles 7:14:

"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 will I hear from heaven and will forgive their sin and will heal their land."

How to Fast Safely

As you begin your fast, you may hear from concerned loved ones and friends who urge you to protect your health. And they are right. You should protect your health. But I assure you, if done properly, fasting will not only prove to be a spiritual blessing, but physical blessing as well.

By all means, consult your doctor before you begin your fast. But, be aware that many doctors have not been trained in this area and so their understanding is limited. Even so, it would be wise to ask your doctor for a physical exam to make sure you are in good health. You may have a physical problem that would make fasting unwise or dangerous. Also, if you are under any type of medication, make sure you talk to your doctor before changing your regime. Prudence and caution are in order.

When you are assured that you are in good health, you are ready to begin your fast. Follow the guidelines in the Physical Preparations and Maintaining Nutritional Balance and Health parts of this website.

In spite of the absolute safety and benefits of fasting, there are certain persons who should NEVER fast without professional supervision. For example:

- Persons who are physically too thin or emaciated.
 - Persons who are prone to anorexia, bulimia, or other behavioral disorders.
 - Those who suffer weakness or anemia.
 - Persons who have tumors, bleeding ulcers, cancer, blood diseases, or who have heart disease.
 - Those who suffer chronic problems with kidneys, liver, lungs, heart, or other important organs.
 - individuals who take insulin for diabetes, or suffer any other blood sugar problem such as hyperglycemia.
- Women who are pregnant or nursing.

How Long and What Type of Fast Is Right for You By Dr. Bill Bright

If you have never fasted before, I applaud your present interest! Fasting has been a major emphasis in the lives of many of the great spiritual leaders throughout history. John Wesley, the founder of the Methodist denomination, fasted every Wednesday and Friday and required all of his clergy to do the same. Effective ministers of God from the apostle Paul to Martin Luther to John Calvin made it a continual part of their walks with God.

None of those men had a "formula fast" that was the only "right" way. **Fasting is about the condition of the heart, not the number of days.** Each time that I have fasted for forty days, it was because I felt impressed by God to do so.

So, start slowly. Fast for one meal a day, or one day a week, or one week a month. Build up your spiritual muscles so that you will be prepared in a period of several months to fast for an extended 40 day period.

Live by the Spirit

So I say, live by the Spirit, and you will not gratify the desires of the sinful nature. Galatians 5:16

"Live by the Spirit!" This exhortation is both inspiring and challenging to us today. We all desire to grow in our relationship with God and live a life of victory over sin. Yet, how exactly can we do this? The Apostle Paul addresses this very issue in his letter to the Galatians.

Paul had just found out that there were false teachers who had infiltrated the church, questioned Paul's authority as an apostle, and were teaching that the Galatians needed to adhere to certain Jewish laws and traditions in order to ensure their salvation. This teaching was totally contrary to the gospel that Paul and the other apostles preached. Paul wrote to oppose the false teaching and appeal to them to keep their relationship with God centered on Christ alone, trusting in his finished work.

Paul's deep concern over the state of the young church, as well as his frustration over their lack of discernment, permeates his words. This false "gospel," if left unchecked, threatened the very life of the young church. The Galatian issue is still significant to us today. What does it mean to be a Christian today? And how do we live out our Christianity? Is it a matter of observing laws and regulations or receiving His power to live righteously? As we seek God in this season of prayer and fasting, may we grasp the liberating message of the gospel of Christ, learn what it means to live by the Spirit, and bear the fruit of true freedom and grace in our lives.

REFLECT

The same matter that Paul wrote about in Galatians was addressed at the Jerusalem Council and recorded in Acts 15:1-35. Read the chapter and consider the following:

1. What teaching was Paul disputing (v.1,5)?
2. According to Peter, how are we saved (v.7-11)?
3. How did James and the other apostles describe the effects of false teaching (v.19,24)

RESPOND

Get a prayer partner.

Pray for God's Word to illuminate your hearts and minds. Believe that God will enable you to walk in His ways.

POWER OF PRAYER

STRENGTH
COURAGE
MERCY
ENCOUNTER
FORGIVENESS
LEAD
LEARN
FILL
RECOVERY
PEACE
GROWTH
INSPIRED
SALVATION
RECEIVE
TRUTH
LOVE
REVIVAL
JOY
TRUST
GLORY
UNDERSTANDING
OVERCOME
WORSHIP
WISDOM
RESTORED
SAFETY
KNOWLEDGE
PATIENCE
POWER
GRACE
WIN
FAITH
BLESSING
PROTECTION
RELATIONSHIP
MIRACLE
HEAL
REVELATION
PURPOSE
HEALTH
CONFESSION
SUPPORT
REFRESH
LIFE
REST
TRANSFORM
PLEASURE
HOPE
BREAKTHROUGH
VALUABLE
FOCUS

Sincere prayer along with the sacrifice of fasting yields astounding results

Prayer and Fasting - A Definition

Prayer and fasting is defined as voluntarily going without food in order to focus on prayer and fellowship with God. Prayer and fasting often go hand in hand, but this is not always the case. You can pray without fasting, and fast without prayer. It is when these two activities are combined and dedicated to God's glory that they reach their full effectiveness. Having a dedicated time of prayer and fasting is not a way of manipulating God into doing what you desire. Rather, it is simply forcing yourself to focus and rely on God for the strength, provision, and wisdom you need.

Prayer and Fasting - What the Bible Says

The Old Testament law specifically *required* prayer and fasting for only one occasion, which was the Day of Atonement. This custom became known as "the day of fasting" (Jeremiah 36:6) or "the Fast" (Acts 27:9). Moses fasted during the 40 days and 40 nights he was on Mount Sinai receiving the law from God (Exodus 34:28). King Jehoshaphat called for a fast in all Israel when they were about to be attacked by the Moabites and Ammonites (2 Chronicles 20:3). In response to Jonah's preaching, the men of Nineveh fasted and put on sackcloth (Jonah 3:5). Prayer and fasting was often done in times of distress or trouble. David fasted when he learned that Saul and Jonathan had been killed (2 Samuel 1:12). Nehemiah had a time of prayer and fasting upon learning that Jerusalem was still in ruins (Nehemiah 1:4). Darius, the king of Persia, fasted all night after he was forced to put Daniel in the den of lions (Daniel 6:18).

Prayer and fasting also occurs in the New Testament. Anna "worshipped night and day, fasting and praying" at the Temple (Luke 2:37). John the Baptist taught his disciples to fast (Mark 2:18). Jesus fasted for 40 days and 40 nights before His temptation by Satan (Matthew 4:2). The church of Antioch fasted (Acts 13:2) and sent Paul and Barnabas off on their first missionary journey (Acts 13:3). Paul and Barnabas spent time in prayer and fasting for the appointment of elders in the churches (Acts 14:23).

Prayer and Fasting - Required or Recommended?

The Word of God does not specifically command believers to spend time in prayer and fasting. At the same time, prayer and fasting is definitely something we should be doing. Far too often, though, the focus of prayer and fasting is on abstaining from food. Instead, the purpose of Christian fasting should be to take our eyes off the things of this world and focus our thoughts on God. Fasting should always be limited to a set time because not eating for extended periods can be damaging to the body. Fasting is not a method of punishing our bodies and it is not to be used as a "dieting method" either. We are not to spend time in prayer and fasting in order to lose weight, but rather to gain a deeper fellowship with God.

By taking our eyes off the things of this world through prayer and biblical fasting, we can focus better on Christ. Matthew 6:16-18 declares, "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."

Prayer and Fasting - What Does it Accomplish?

Spending time in prayer and fasting is not automatically effective in accomplishing the desires of those who fast. Fasting or no fasting, God only promises to answer our prayers when we ask according to His will. 1 John 5:14-15 tells us, "This is the confidence we have in approaching God: that if we ask anything according to his will, he hears us. And if we know that he hears us - whatever we ask - we know that we have what we asked of him." In the prophet Isaiah's time, the people grumbled that they had fasted, yet God did not answer in the way they wanted (Isaiah 58:3-4). Isaiah responded by proclaiming that the external show of fasting and prayer, without the proper heart attitude, was futile (Isaiah 58:5-9).

How can you know if you are praying and fasting according to God's will? Are you praying and fasting for things that honor and glorify God? Does the Bible clearly reveal that it is God's will for you? If we are asking for something that is not honoring to God or not God's will for our lives, God will not give what we ask for, whether we fast or not. How can we know God's will? God promises to give us wisdom when we ask. James 1:5 tells us, "If any of you lacks wisdom, he should ask God, who gives generously to all without finding fault, and it will be given to him."

Intercessory Prayer

Intercessory Prayer - What is it?

Intercessory prayer is prayer for others. An intercessor is one who takes the place of another or pleads another's case. One study Bible defines intercession as "holy, believing, persevering prayer whereby someone pleads with God on behalf of another or others who desperately need God's intervention."

Intercessory Prayer - The Biblical Foundation

The Biblical basis for the New Testament believer's ministry of intercessory prayer is our calling as priests unto God. The Word of God declares that we are a holy priesthood (1 Peter 2:4), a royal priesthood (1 Peter 2:8), and a kingdom of priests (Revelation 1:5).

The background for understanding this calling to priestly intercession is found in the Old Testament example of the Levitical priesthood. The priest's responsibility was to stand before and between. He stood before God to minister to Him with sacrifices and offerings. The priests also stood between a righteous God and sinful man bringing them together at the place of the blood sacrifice.

Hebrews 7:11-19 explains the difference between the Old and New Testament ministries of the priest. The Old Testament Levitical priesthood was passed on from generation to generation through the descendants of the tribe of Levi. "The Melchizedek priesthood" spoken of in this passage, is the "new order" of spiritual priests of whom the Lord Jesus is the High Priest. It is passed on to us through His blood and our spiritual birth as new creatures in Christ.

Intercessory Prayer - Our Model Intercessor

Jesus Christ is our model for intercessory prayer. Jesus stands before God and between Him and sinful man, just as the Old Testament priests did: For there is one God, and one mediator (intercessor) between God and men, the man Christ Jesus (1 Timothy 2:5). It is Christ who died, and furthermore is also risen, who is even at the right hand of God, who also makes intercession for us (Romans 8:34). Therefore He is also able to save to the uttermost those who come to God through Him, since He always lives to make intercession for them (Hebrews 7:25).

Jesus brings sinful man and a righteous God together at the place of the blood sacrifice for sin. No longer is the blood of animals necessary as it was in the Old Testament. We can now approach God on the basis of the blood of Jesus that was shed on the cross of Calvary for the remission of sins. Because of the blood of Jesus, we can approach God boldly without timidity (Hebrews 4:14-16).

Jesus was an intercessor while He was here on earth. He prayed for those who were sick and possessed by demons. He prayed for His disciples. He even prayed for you and me when He interceded for all those who would believe on Him. Jesus continued His ministry of intercession after His death and resurrection when He returned to Heaven. He now serves as our intercessor in Heaven.

Intercessory Prayer - Effective Intercession

In intercessory prayer, we follow the Old Testament priestly function and the New Testament pattern of Jesus - standing before God and between a righteous God and sinful man. In order to be effective standing "between" we must first stand "before" God to develop the intimacy necessary to fulfill this role. Numbers 14 is one of the greatest accounts of intercessory prayer recorded in the Bible. Moses was able to stand between God and sinful man because he had stood "before" Him and had developed intimacy of communication. Numbers 12:8 records that God spoke with Moses as friend to friend and not through visions and dreams as He did with other prophets.

As New Testament believers, we no longer sacrifice animals as in Old Testament times. We stand before the Lord to offer up spiritual sacrifices of praise (Hebrews 13:15) and the sacrifice of our own lives (Romans 12:1). It is on the basis of this intimate relationship with God that we can then stand "between" Him and others, serving as an advocate and intercessor in their behalf.

Peter uses two words to describe this priestly ministry: "Holy" and "royal." Holiness is required to stand before the Lord (Hebrews 12:14). We are able to do this only on the basis of the righteousness of Christ, not our own righteousness. Royalty is descriptive of the kingly authority that is delegated to us as members of the "royal family," so to speak, with legitimate access to the throne room of God.

Intimacy Before Intercession

"Are you known at the throne?" There is an interesting event in the 19th chapter of the book of Acts. Paul is preaching in Ephesus, and God is doing great wonders among the spiritist people. Two Jews take it on themselves to cast out demons like Paul, using the name of Jesus as their magic words. It didn't work.

Jesus name is not a magic word, it represents a relationship. Without the relationship, there is no power in using his name. So the demons jumped all over these clever fellows, but before doing so they left us with a clear spiritual insight. They said, "Jesus we know, and Paul we know, but who are you?"

You see Jesus was known in heavenly places because of who he is. Even the demons knew him in his ministry as Son of David, who came to destroy them. He, Jesus, was mighty in prayer. Paul was a follower of Jesus, but he also developed intimacy with God in his closet of prayer, so that he was a familiar face before the throne of God, and evidently a terrifying spectacle to demons as well. Paul was known around the throne! Paul was known in spiritual realms as a friend of God, and therefore a force to be reckoned with. God fought for him. Are you known at the throne?

Jesus calls us to develop an intimate relationship with him and the Father by becoming frequent visitors before the throne. This is why Paul could say in Hebrews 4:12, "Therefore, (since we are intimate with the Son of God) let us come boldly to the throne of grace to find mercy and grace to help in the time of need." The secret was not some pretended, forced, or ad-libbed boldness of "name-it and claim-it" before the throne, but a natural result of intimacy with God developed over long hours, days, months, and years of being a regular worshipper around the throne.

The lesson is clear. We are not magicians before the throne, magically calling things into existence by using the mighty name of Jesus, but we are "friends of God" known at the throne, and therefore feared by demons. William Cowper said it rightly in his work, Exhortation to Prayer, "Satan trembles when he sees the weakest saint upon his knees."

God seeks such to worship him who would worship (pray) in spirit and in truth. (John 4:24)

Daniel also reminds us that prayer is a relationship, "but the people that do know their God shall be strong, and do exploits." (Daniel 11:32 KJV)

- **Worship comes before wishing, wanting, or wallowing. We are not beggars** before the throne. We are sons. Sons who only know their Father as Santa Claus are not sons.
- **True sons revel in the relationship of their loving Father. The "stuff" they get as an overflow from the relationship, not a manipulation of it.**
- **Prayer is not asking. Prayer is living in the presence of God.**
- **Prayer is loving God and letting ourselves be loved by Him.**

We must learn that prayer is a love relationship. If it is anything else it is no different than the prayers of all other religions – it becomes merely an attempt to manipulate God for our own benefit. Only when we see prayer as a relationship can we understand the exhortation, "Pray without ceasing." (I Thessalonians 5:17).

Strategic Areas of Prayer:

1. We should pray continually against the strongholds prevailing in our area of prayer. This is both in the area of the spirit as well as the flesh.
2. . Pray against the spiritual power resident in the high places. These are high places that must be conquered.
3. Pray against subtle religious forces that promote humanism and serve as gateways into spiritual wickedness and idolatry.
4. Pray against institutions of men that involve secret knowledge, have ungodly agendas etc.
5. Pray that territorial spirits and the surrounding areas be bound, broken and rendered powerless.
6. **Pray against the spirit of religion.** This is a subtle force that binds many in spiritual darkness. It is characterized by arrogance and cruelty. (Pharisees as an example)
7. Pray that witches, warlocks, familiar spirits be bound, confused and turned against one another. Pray against the “gateway” forces such as the Ouija Board, Satanic games, Satanic suggestion in movies and television etc. (psychic readings, Ghost hunting etc., practiced privately and publicly) Pray that the charms, spells, symbols and practices be bound and ineffective.
8. Pray against the demons that excite so much evil and filth among the people of Little Rock and the surrounding area. This would include the spirits of poverty, addiction, lust, anger, rebellion, disease, discouragement, filthiness of the flesh and spirit, etc. Repent and renounce the spirit and the effect of any of these things in your own life.

Do not engage in conversation with these spirits. Resist them and command them in the name of Jesus.

9. Pray against crime, wickedness and corruption in every segment of our society including learning institutions, government, places of entertainment as well as historic and traditional observances, festivals etc.

Of course there are many areas of prayer that are positive:

1. We should pray for spiritual liberty and the light of God to be abundant.
2. We should pray for all in authority.
3. Pray for the spiritual gifts to be given freely and to be stirred up among us.
4. Pray for angels to attend our lives and be free to work the work that God gives them to do.
5. Pray for healing, miracles, signs and wonders to be done to the glory of God.
6. Pray for our children and families to be under the protecting hand of God. Pray that we be kept from evil and be found in the will of God.
7. Pray for prosperity and blessing upon Gods' people.
8. Pray for the enlargement of the Kingdom of God among us,

9. Pray for marriages to be blessed and families to be whole.

10. Pray for enlightenment and revelation from God to come to all people.

11. Pray for a spiritual awakening in our city.

12. Pray for oneness in the body of Christ.

13. Pray for deliverance from addictions, the effects of abuse of all kinds, the affect of the commandments of men in our churches.]

14. Pray for all the prodigals who have gone out from among us to come to their own mind and return to fellowship with God and with the body of Christ.

15. Pray for offense to be conquered through repentance and forgiveness.

16. Pray that we may exhibit humility and love to all men.

17. Pray that the power of God, the joy of the Lord, oneness, love, and anointing be present and active whenever we gather for worship.

18. Pray for those who minister in the word, in music and worship, in prayer, in giving, in hospitality, in mercy etc. to be anointed.

19. Pray for the revelation of truth to be poured out upon all people

20. Pray for peace in the world and the enlarging of the Kingdom of God.

21. Pray for provision from God in our individual lives, families and in the advancing of the church in Little Rock and the surrounding radius of fifty miles

Twelve Step Prayer Guide

Focus On God	INTIMACY 3 minutes on each Be Still for silence, slowing down and preparing for prayer. Be Worshipful for praise, exaltation of God's name, and worship. Be Thankful
INSPECTION 3 minutes each Confession for personal confession of sin, self examination and surrender to God. Clothe In Armor for reading & applying promises and principles of authority of the believer. Cast your Care for personal burdens to be laid down before the cross.	INSPECTION 3 minutes each Confession for personal confession of sin, self examination and surrender to God. Clothe In Armor for reading & applying promises and principles of authority of the believer. Cast your Care for personal burdens to be laid down before the cross.
Focus On Others	INTERCESSION - LOCAL 3 minutes on each Souls plead with God for your 10 most wanted list Saints for the body of Christ, the families by name Sicknesses
Focus On World	INTERCESSION - GLOBAL Ministers Ministers/servants - for leaders, pastors, S. School, outreach, etc. Missionaries for prayer for the world's peoples and missionaries. Magistrates . for our world and national leaders, president, senate, etc

God has already revealed to us what His heart is. We should seek to pray what is on the heart of God, and what we know is the will of God in Christ Jesus concerning us. If we pray anything according to his will he hears us. The following is a compilation of purposes for the church that have been gleaned from the Word over the years. Hopefully, these will be helpful to you as you pray for our church.

1. That we pursue lost people as Jesus did. (Luke 19:10)
2. That we evangelize our circles of influence. (Acts 1:18)
3. That we worship God in Spirit and Truth. (John 4:22-24)
4. That we love God with all our hearts, minds, souls, strength. (Deut 6:5/Lk 10:27)
5. That we all become more like Jesus (I Peter 2:21)
6. That we all be radical followers of Jesus (Luke 9:23-26, 57-62)
7. That we grow strong in faith believing God for great things. (Romans 4:20-21)
8. That we be disciplers, teaching all things that Jesus taught. (Mt 28:19-20)
9. That we learn to pray, fervently and effectively. (Heb 4:16, I Th 5:17, I Tim 2:1-2)
10. That we preach "the Word." (2 Tim. 4:2)
11. That we "admonish" one another daily. (Heb 10:25)
12. That we surrender our bodies as living sacrifices. (Romans 12:1-2)
13. That we henceforth be no longer children but grow up. (Heb 5:12-14)
14. That we henceforth live no longer unto ourselves but for Jesus. (2 Cor. 5:15)
15. That we cease loving the world. (I John 2:15-17)
16. That we be a glorious church w/o spot or wrinkle. (Eph 5:27)
17. That we be holy. (Mt 5:48, I Thes 4:3,7; I Peter 1:16)
18. That we be sexually pure. (I Cor 6:19-20)
19. That we share, break bread, have fellowship in homes. (Acts 2:42-46)
20. That we challenge, train, equip, send, support missionaries. (Acts 13:2-4; 16:5-10)
21. That we are filled with the Holy Spirit. (Eph 5:18)
22. That we bring our children up in nurture of the Lord. (Eph 6:4)
23. That we forsake not the assembling of ourselves together. (Heb 10:25)
24. That we aggressively minister to "little ones." (Mt 19:14)
25. That we identify and exercise our gifts. (I Cor 12, Romans 12, Eph 4)
26. That we sing to the Lord. (Eph 5:19, Col 3:16)
27. That we give thanks in everything, good or bad. (I Thes 5:18, Eph 6:20)
28. That we give to the Lord cheerfully and liberally. (2 Cor 9:6-10)
29. That we trust God to heal our bodies. (James 5:14-16)
30. That we confess our faults, failures, weaknesses, one to another. (James 5:16)
31. That we are able to give a reasoned answer to our faith. (I Peter 3:15)
32. That we resist the devil and he flees. (I Peter 5:8-10, Eph 6:10-18)
33. That we forgive one another and make restitution. (Mt 6:14-15, Eph 4:29-32)
34. That we partake of the Lord's table worthily. (I Cor 11:26-30)
35. That we follow the Lord in baptism. (Mt 3:14-17)
36. That we love one another so intensely the world sees and believes. (John 13:35)

Take a little time to write down your personal goals concerning what you are believing God for.

This year, I am believing God for . . . Below are some examples. But list those that are most relevant to your own personal situation.

PERSONAL FAITH GOALS

Spiritual Revival *Physical Healing *Prosperity and Abundance *Rich Generosity

MY FAMILY

Restoration of Relationship * Household Salvation

MY SCHOOL/CAREER

Excellence * Promotion

MY MINISTRY

Small Group Growth * Salvation of Friends* Classmates* Bosses*Employees

MY JOB CAREER

OTHER

Dietary tips to consider during your fast

Foods to include during the Daniel Fast

All fruits. These can be fresh, frozen, dried, juiced or canned. Fruits include but are not limited to apples, apricots, bananas, blackberries, blueberries, boysenberries, cantaloupe, cherries, cranberries, figs, grapefruit, grapes, guava, honeydew melon, kiwi, lemons, limes, mangoes, nectarines, oranges, papayas, peaches, pears, pineapples, plums, prunes, raisins, raspberries, strawberries, tangelos, tangerines, watermelon and any other fruit you can think of.

All vegetables. These can be fresh, frozen, dried, juiced or canned. Vegetables include but are not limited to artichokes, asparagus, beets, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, celery, chili peppers, collard greens, corn, cucumbers, eggplant, garlic, ginger root, kale, leeks, lettuce, mushrooms, mustard greens, okra, onions, parsley, potatoes, radishes, rutabagas, scallions, spinach, sprouts, squashes, sweet potatoes, tomatoes, turnips, watercress, yams, zucchini, veggie burgers are an option if you are not allergic to soy.

All whole grains & nuts. These can be whole wheat, brown rice, millet, quinoa, oats, barley, grits, whole wheat pasta, whole wheat tortillas, rice cakes, popcorn, sunflower seeds, cashews, peanuts, sesame.

All legumes. These can be canned or dried. Legumes include but are not limited to dried beans, pinto beans, split peas, lentils, black eyed peas, kidney beans, black beans, cannellini beans, white beans.

Beverages. Spring water, distilled water or other pure waters (Vitamin waters are permissible if necessary)

Others. Tofu, soy products, vinegar, seasonings, salt, herbs and spices.

If you are looking for creative alternatives to spice up those green beans and corn, check out the website below! Enjoy!

<http://www.christ-web.com/missions/farho/daniel-fast-recipes>

Foods to avoid during the Daniel Fast

All meat and animal products including but not limited to beef, lamb, pork, poultry, and fish.

All dairy products including but not limited to milk, cheese, cream, butter, and eggs.

All sweeteners including but not limited to sugar, raw sugar, honey, syrups, molasses, and cane juice.

All leavened bread including Ezekiel Bread (it contains yeast and honey) and baked goods.

All refined and processed food products including but not limited to artificial flavorings, food additives, chemicals, white rice, white flour, and foods that contain artificial preservatives.

All deep fried foods including but not limited to potato chips, French fries, corn chips.

All solid fats including shortening, margarine, lard and foods high in fat.

Beverages including but not limited to coffee, tea, herbal teas, carbonated beverages, energy drinks, and alcohol.

Special note. If you have medical needs, please govern yourself accordingly.

Example of a Meal Plan for use with the Daniel Fast
(However, consider what's right for you. Just be consistent and sincere)

SCHEDULE WEEK 1 FASTING OPTIONS
Water fast
Liquid fast
Eat one meal only
Others:
Attend prayer

SCHEDULE WEEK 2 FASTING OPTIONS
Water fast
Liquid fast
Eat one meal only
Others:
Attend prayer

SCHEDULE WEEK 3 FASTING OPTIONS
Water fast
Liquid fast
Eat one meal only
Others:
Attend prayer

SCHEDULE WEEK 4 FASTING OPTIONS
Water fast
Liquid fast
Eat one meal only
Others:
Attend prayer

SCHEDULE WEEK 5 FASTING OPTIONS
Water fast
Liquid fast
Eat one meal only
Others:
Attend prayer

Notes

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



Loving God, Loving People and Loving You



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