



# ALL SAINTS' GOODMAYES PARISH PRAYER & FASTING DEVOTIONAL GUIDE 2016



## PRAYER AND FASTING

Prayer is the communication between God and the believer. It is two-way communication that requires listening, speaking and trusting. A simple way to pray to God is to use the **ACTS** of prayer:

**A** – Adore. Address and acknowledge God for the great God that He is (i.e. God my Father, Wonderful Counsellor, Awesome God, My God, etc.)

**C** – Confess your sins. 1 John 1:9 states “that if we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.” This is the believer’s assurance that God will not hold our sins against us if we confess them to Him and ask for His forgiveness.

**T** – Thank God for what He has already done in your life! Enter into the Lord’s presence with thanksgiving in your heart, knowing that He hears and answers your prayers.

**S** – Make your Supplications/requests known to God. After you have adored, confessed and thanked God, you are now in a position to petition God on your behalf. Fasting is the greatest spiritual discipline for seeking God’s intervention.

The normal fast is going without food for a definite period, during which you ingest only liquids (water, and/or juice).

An absolute fast allows no food or water at all, and should be for a short period of time.

A partial fast is one that omits certain foods or is on a schedule that includes limited eating. It may consist of omitting one meal a day.

Eating only fresh vegetables for several days is also a good fast.

Always seek the guidance of the Holy Spirit before you begin your fast!

Be blessed.

## SUMMARY

### Week One

Day 1: Be More...Prayerful

Day 2: Be More...Willing

Day 3: Be More...Trusting

Day 4: Be More...Purposeful

Day 5: Be More...Disciplined

### Week Two – Strength for the Journey

Day 6: Be More...Forgiving

Day 7: Be More...Joyful

Day 8: Be More...Truthful & Honest

Day 9: Be More...Kind-Hearted

Day 10: Be More...Enlightened

### Week Three - Attitude for the Journey

Day 11: Be More...Peaceful

Day 12: Be More...Loving

Day 13: Be More...Hopeful

Day 14: Be More...Positive

Day 15: Be More...Giving

### Week Four – Commitment to the Journey

Day 16: Be More...Courageous

Day 17: Be More...Patient

Day 18: Be More...Faithful

Day 19: Be More...Obedient

Day 20: Be More...Encouraging

# DAY ONE

## BE MORE...PRAYERFUL

Scripture: "And he spake a parable unto them to this end, that men ought always to pray, and not to faint;" ~ Luke 18:1 KJV

From the time that we were old enough to repeat what we were told, our parents, grandparents, Sunday school teachers and/or day-care providers taught us to communicate with God. When we repeated words like "God is great; God is good" before we ate our meals and "Now I lay me down to sleep" before we went to bed, they were actually teaching us to pray; even if, at the time, we really didn't understand what we were saying or doing.

Many of us thought that prayer was something that could only be done at the side of the bed, while on our knees. However, as we have grown older and matured in the Lord, we now know that prayer can be done anywhere and at any time during the day.

In the Bible we have read many accounts of how prayer changed people and/or situations, which was the result of God's Word being spoken back to Him. Basically, praying Scripture gives you the same authority over Satan as when Christ prayed against him, making this method of prayer helpful in creating an intimate relationship with the Creator. So, in whatever situation you find yourself, whether you need healing, strength, wisdom, a financial blessing or a desire to simply pray for someone else, remember that God admonishes us to come boldly before the throne of grace.

Meditation: Prayer is the best way to make your requests known unto the LORD. So, remember to P.U.S.H - Pray Until Something Happens!

My prayer request for today is

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## DAY TWO

### BE MORE...WILLING

Scripture: "Also I heard the voice of the Lord, saying, Whom shall I send, and who will go for us? Then said I, Here am I; send me." Isaiah 6:8

Have you ever found something you enjoy doing? Perhaps, you learned how to cook, sew, or draw. Maybe you delight in baking, writing or reading, or taking pictures. Because you love doing those things, if ever you were asked to bake a cake, or draw a picture, you were willing to do so. No one had to push you or plead with you to do it; you just did it. You even rearranged your schedule to accommodate your interests.

That is how God wants us to be with Him. He desires us to be willing to do, go and say anything for Him. Be willing to spend some time with Him, study His word and sit in His presence. He will never push Himself on us. He is always there for us: willing to hear us, comfort us, protect us, love us, provide for us, guide us and more. In fact, He was willing to die for us. In the scripture, the prophet Isaiah came to a clearer understanding of who God was in his life.

He recognized that this Holy God wanted a real relationship with this sinful man. Realizing the magnitude of God's power, when the Lord needed someone to go to "make the heart of the people fat," Isaiah said immediately, "...here I am, send me."

Meditation: Today, listen to the leading of the Holy Spirit.

What am I prayerfully willing to do for God?

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## DAY THREE

### BE MORE...TRUSTING

Scripture: "Trust in the LORD with all thine heart; and lean not unto thine own understanding. In all thy ways acknowledge him, and he shall direct thy paths."  
~Proverbs 3:5-6 KJV

Why is it so difficult for us to completely trust the Lord? He promised us that he would take care of us and supply all of our needs. No one else has ever made such promises. God wants us to trust Him without doubt, hesitation or worry. Whatever you need from Him, put it in the hands of our Lord. He can handle it.

Meditation: What things have you asked God to handle? If He did it before, then He will do it again.

In what areas do I need to trust God?

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## DAY FOUR

### BE MORE...PURPOSEFUL

Scripture: "Happy is the man that findeth wisdom, and the man that getteth understanding." ~ Proverbs 3:13 KJV

Several years ago a story appeared in a well-known devotional about a man who wrapped his wife's 3.5 carat diamond ring in a napkin and mistakenly threw it in the rubbish bin. Upon realizing his mistake, he chased the rubbish truck to its transfer station and proceeded to weed through the rubbish to find the ring. It took him about an hour to accomplish this task. His mind was on that one thing: finding the ring.

As children of God, we have to purposely seek Him every day. We have to find God in every situation. We have to get the understanding of who God is and what He is trying to accomplish through us.

See God as that precious jewel that you do not want to lose under any circumstance. Always keep him in sight!

Meditation: I will worship the Lord in the beauty of holiness as I strive for a deeper understanding of Him.

Am I living my life on purpose?

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# DAY FIVE

## BE MORE...DISCIPLINED

Scripture: "I press toward the mark for the prize of the high calling of God in Christ Jesus." ~Philippians 3:14 KJV

Have you ever wondered what is so different about the person that makes a determination to excel? Have you noticed how runners in a race all run like they have already won? Some start out fast; some pace themselves at a slower rate, and then there are those who seem to take it in stride, confident that they will accomplish what they set out to do. They never give up before the race is over.

"Practice makes perfect" is a true saying and runners adopt this attitude by disciplining themselves to be ready for whatever challenge lies ahead.

They can run in the heat, the rain, and even cold weather. Their bodies have been disciplined to withstand the elements.

So, too, the Apostle Paul reminds us to discipline ourselves by the Word of God so that we can not only stay in the race, but also complete it in a way that brings glory to God. Discipline for the believer is achieved when we read and obey the Word, and allow the Holy Spirit to lead and guide us.

Discipline yourself today to let God's Will for your life be your will and act on it daily.

Meditation: Lord, teach me how to submit myself every day to your Will.

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What will I do today to be more disciplined?

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## DAY SIX

### BE MORE...FORGIVING

Scripture: "And forgive us our debts, as we also have forgiven our debtors." "For if you forgive others their trespasses, your heavenly Father will also forgive you;"  
~Matthew 6:12, 14 NRSV

How often do we utter the words, "Lord, forgive me" or "God forgive me for ...?" Do we really understand what we are saying? When we request forgiveness from God, we are actually positioning ourselves to forgive others, that we ourselves may obtain forgiveness. The forgiveness that we request from God is relational meaning that we get what we give.

In the prayer that Jesus taught His disciples, He says, "Forgive our debts as we forgive our debtors" which translates to "As often as I forgive others, please Lord, forgive me!" If we are honest, how many times would we really gain forgiveness? In verse 14, Jesus simply assures us that forgiveness, no matter what we have done, thought or said, is guaranteed if we allow for weakness in others.

Today, remember the golden rule and 'do unto others as you would have others do unto you'; forgive.

Meditation: Resolve in yourself to forgive.

Whom do I need to forgive?

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## DAY SEVEN

### BE MORE... JOYFUL

Scripture: "Rejoice evermore." I Thessalonians 5:16 KJV

Some time ago there was a service at a men's jail in which seven preachers spoke on seven sayings of Jesus. One of the preachers was led to speak on the word joy. The preacher then asked himself, "how can one talk about joy to those who are incarcerated?"

Then, the answer came by the Holy Spirit, saying, "don't focus on the environment but focus on the Word that produces joy."

We as Christians must be confident in the joy we have through Christ Jesus. Regardless of the circumstances in which we find ourselves, the Word of God holds for us treasures of joy. Treasures that remind us that, "the joy of the Lord is our strength"; ~Nehemiah 8:10 "in His presence is the fullness of joy"; ~Psalm 16:11 and to, "rejoice evermore." ~I Thessalonians 5:16

Meditation: Purpose to be joyful no matter what life brings.

BE MORE JOYFUL!

How can I remain joyful?

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## DAY EIGHT

### BE MORE...TRUTHFUL & HONEST

Scripture: "Whoever can be trusted with very little can also be trusted with much, and whoever is dishonest with very little will also be dishonest with much. So if you have not been trustworthy in handling worldly wealth, who will trust you with true riches? And if you have not been trustworthy with someone else's property, who will give you property of your own?" ~Luke 16:10-12 NIV

In this season God is building character and holding us accountable for our actions. When we think about the financial crises of the past which caused many people to lose jobs and to give up things we enjoyed to maintain a stable life, it is very easy to resort to dishonesty and unethical behaviour. If we continue being truthful and honest with God, ourselves, and others in our season of lack, God will honour our faithfulness and bless us with a great recovery. Truth and honesty enables us to have peace of mind, maintain self-respect and allows us to serve God and others. When we are truthful and honest with God, who knows all things, He will trust us with more.

Meditation: Today purpose to Be More truthful and honest with God, self, and others.

How can I can be more truthful and honest?

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## DAY NINE

### BE MORE...KIND-HEARTED

Scripture: “And become useful and helpful and kind to one another, tender hearted (compassionate, understanding, loving-hearted), forgiving one another [readily and freely], as God in Christ forgave you.” ~ Ephesians 4:32 Amplified Bible

Various media such as the news, newspaper, and the internet show us there are many unkind people in the world. In addition, there are those who ignore the less fortunate and treat them as if they do not exist. Some never have a kind word to say about others. Sadly, sometimes we find unkind people in the Christian community, but that is not the behaviour that God expects from His children.

Kindness is a command from God and is the fifth virtue listed in the fruit of the Spirit (Galatians 5:22). It is a sympathetic kindness or sweetness of temper that puts others at ease, and shrinks from giving pain. Simply stated, it demands that one consider another’s feelings and seeks to enhance one’s joy, rather than to make one unhappy. As Christians, we should desire to help, and not hurt

The Bible admonishes us not only to treat others as we want to be treated, but to show yourself friendly if you want to gain a friend.

The key, however, is that we need God’s kindness and compassion in our lives in order to be a blessing, and not a curse to someone else. So show kindness to a neighbour, colleague, stranger or friend because you never know what a person might be going through.

Meditation: The cost of kindness is free! When we are kind to others, God will be kind to us.

Today, I will show kindness by doing the following

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# DAY TEN

## BE MORE...ENLIGHTENED

Scripture: “Moreover, brethren, I would not that you should be ignorant, how that all our fathers were under the cloud, and all passed through the see; ~I Corinthians 10:1  
KJV

Many times have we heard people say, “They are always walking around with their head in the clouds.” Ever wondered what they meant by this statement? This statement suggests the person with their “head in the clouds” presumably is not aware of what is going on around him. That person has no knowledge of current events or what is happening at that particular time. God does not want us ignorant. He wants us aware of what He is doing in our lives for our good. The Bible encourages us to “watch as well as pray,” or in other words, to be aware of what is going on in our space. We know that the devil is always busy and he works to distract and get the attention of God’s people so he can get us off focus.

Let’s not get caught with our “head in the clouds.” Pay attention to what God is doing and be confident that He is working all things for our good!

Meditation: Be aware of your surroundings and the people in your space.

What is God saying to me?

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# DAY ELEVEN

## BE MORE...PEACEFUL

Scripture: "Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee." ~Isaiah 26:3 KJV

A minister once shared many years ago about being peaceful. He talked about a raging storm...the strong winds, the pelting rains, and the flashing thunder and lightning! This storm was of hurricane force. He went on to say that right in the midst of this storm, perched on a branch in a big old oak tree, was a bird's nest and in that nest were several eggs.

The amazing thing about the story was that sitting on the eggs was the mother bird. Even though the storm tossed her about, she remained perched on her nest determined to protect her eggs. This mother bird had peace in the midst of the storm because her mind was on something greater than the storm.

God desires peace for His people. When storms come into our lives, He wants us to concentrate more on Him rather than what is going on around us. He has promised to give us peace in the middle of the storm, but we have to learn to keep our minds on Him and not our surroundings.

Meditation: I will look beyond my circumstances and concentrate on the peacefulness and calmness of knowing God.

How do I demonstrate peace in my life?

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## DAY TWELVE

### BE MORE...LOVING

Scripture: "The LORD hath appeared of old unto me, saying, Yea, I have loved thee with an everlasting love: therefore, with lovingkindness have I drawn thee."

~Jeremiah 31:3 KJV

"What the world needs now, is love sweet love. It's the only thing that there's just too little of". This song has become an all too common theme in our world today. As it is also said, "People are looking for love in all the wrong places." Both of these statements are unfortunate, but true. The world recognizes its need for love, but has not found it.

Although this is a worldly issue, we as Christians sometimes struggle to exhibit the "sweet love" that the world needs.

God knows this is a struggle for us, and in order to help us be more loving, He reminds us about the love that He has for us. He reminds us that this love has been with us for generations and this love is everlasting. Because of His love for us, he is affectionately kind to us. As we continue to recognize and accept His love for us, we can then transfer this love and affection to others. You may think that's easier said than done.

God gave us Jesus as the example of how we can be more loving. If we allow the Jesus in us to love the Jesus (or God) in others, then they will (and you will) be easy to love.

Meditation: Lord, help me to see you in others so that I can be more loving.

How can I be more loving?

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# DAY THIRTEEN

## BE MORE... HOPEFUL

Scripture: “The steadfast love of the Lord never ceases, His mercies never come to an end; they are new every morning; great is your faithfulness. “The Lord is my portion,” says my soul, “therefore I will hope in him.” ~Lamentations 3:22-24 NRSV

Repeat these words, “Everything I need is in God.” Do you believe it?

This passage of scripture was written at a time when Israel was under great suffering and anguish. Sound familiar? Maybe they were experiencing a recession, high unemployment, financial ruin, the disintegration of the family, sickness, homelessness, or elevated crime statistics. At this point, I’m sure that giving up was on the minds of all those who were affected, but the prophet did something that we are encouraged to do.

THINK! He thought back to his experience with God and decided that there was reason to expect with confidence for things to change for the better.

No matter what our present situation or circumstances, our God never changes. In the past, God has been there for us and seen us through some of the most difficult times in our lives. The scripture declares that God’s love never quits and that His mercies never run out. But every morning He sends new mercies to take over where yesterday’s mercies stopped. We don’t have a reason to give up because we have HOPE in God.

We have the assurance that God knows all about us and what we are going through and that He is making provision for us. He is our everything! He is all that we need! He is our portion!

So the next time you get in a tight place remember to HOPE in God.

Everything that we need is in God!

Meditation: “My hope is built on nothing less than Jesus’ blood and righteousness. I dare not trust the sweetest frame but wholly lean on Jesus’ name. On Christ the solid rock I stand; all other ground is sinking”

For what am I hopeful?

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# DAY FOURTEEN

## BE MORE...POSITIVE

Scripture: "Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things." ~Philippians 4:8-9 KJV

The state of being positive is one that brings with it a feeling of more rather than feeling less. It has been proven scientifically that the power of positive thinking can change structure of the cells in our bodies.

Some believe that the diagnosis of a life-threatening disease can be reversed because of positive thinking.

This principle also can be found in mathematics. A Plus (+) sign denotes positive while a minus (-) sign denotes negative. One adds, while the other subtracts. A positive number is always greater than a negative number.

As it is in the natural, so it is in the spiritual; thinking about the good versus the bad can change your view of any given situation. You may not have a new car, but with your old car, it is a blessing that you don't have a car payment. We may be experiencing a recession, but you have food on your table every night. We shouldn't deny that things are tough, but recognize that in spite of our situations, God is still good and is still providing good things for us.

In our equation of life God is greater, than any negative thing that we are experiencing.

Meditation: When negative things come your way, choose to think more about God.

Today, I choose to think on these positive things

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Meditation: Remember the promises God made to you.

What can you share that will encourage someone else?

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What is God saying to me?

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How will my response to God's instructions help me Be More?

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At the end of this fast, I will Be More in the following areas:

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What is God saying to me?

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