

DAILY PRAYER & FASTING GUIDE

2ND MILE CHURCH

2022



TYPES OF FASTING

1 CORINTHIANS 7:5

Do not deprive one another, except perhaps by agreement for a limited time, that you may devote yourselves to prayer; but then come together again.

- A. 40 Day Fast: water and juice only (Matthew 4:2)
- B. 21 Day Daniel Fast: vegetables, fruits and nuts (Daniel 10:2-3)
- C. 7 Day fast: water and juice only (Nehemiah 12:4)
- D. 3 Day fast: water and juice only (Esther 4:16)
- E. 1 Day or 2 Days a week fast: water and juice only (Luke 18:12)
- F. 1 meal a day fast
- G. Fasting from caffeine/sweets/desserts/soft drinks





SPIRITUAL GOALS

LUKE 5:35

The days will come when the bridegroom is taken away from them, and then they will fast in those days.

- Ask God to help you discover what it is that is keeping you from His very best!
- Ask God to help you discover what it is that is keeping 2nd Mile from His very best!
- To know God more intimately
- For God to send revival to you, your family, our church, our community
- Deliverance from addictions
- For God's wisdom
- Salvation for family and friends
- For God to unleash His power in you
- Any spiritual goal that brings God glory would be appropriate to fast for

PERSONAL SPIRITUAL INVENTORY



1 THESSALONIANS 5:18

"In everything give thanks for this is the will of God in Christ Jesus for you."
Have you thanked God for everything whether it is good or bad? Do you worry about anything? Do you neglect to thank God for His blessings of life, health, etc.?

EPHESIANS 3:20

"Now unto Him who is able to do exceedingly, abundantly, above all that we ask or think, according to the power that works within us."
Do you shy away from doing something great for God because of feelings of inferiority? When you do accomplish something for God, does He get the glory?

ACTS 1:8

"You shall receive power when the Holy Spirit has come upon you; and you shall be witnesses to Me in Jerusalem, and in Judea and Samaria, and to the ends of the earth."

Have you lived your life in a casual manner not sharing the good news of your deliverance from sin, death and the grave with others?

ROMANS 12:3

"I say ... to everyone who is among you, not to think of himself more highly than he ought to think."

Are you overly proud of your accomplishments, your talents, your family? Do you have difficulty putting the needs of others first? Do you have a rebellious spirit when God wants to rearrange and change your thinking?



EPHESIANS 4:31

"Let all bitterness, wrath, anger, clamor, and evil speaking be put away from you, with all malice."

Do you find fault, complain, and argue? Do you nurse a critical spirit? Do you tend to hold a grudge against a person, group, or denomination because they do not see Truth as you see it? Do you speak unkindly about people when they are not in your presence? Do you often find yourself angry with others? With God?

1 CORINTHIANS 6:19

"Do you not know that your body is the temple of the Holy Spirit who is in you, whom you have from God, and you are not your own?"

Are you honoring God with your lifestyle and your body?

EPHESIANS 4:29

"Let no corrupt word proceed out of your mouth."

Does your language fail to edify others? Do you tell dirty jokes or stories that demean another person's race, habits or culture? Do you listen to these types of comments or condone them? Do you participate in gossip and sowing discord among your church family?

EPHESIANS 4:26-27

"Do not....give place to the devil."

Do you open yourself up to Satan's tricks by participating in psychic predictions, occult literature, and horoscopes? Do you view sexually graphic movies, videos? Do you get your counsel from the Internet, self-help books or God's Word? Do you view pornography of any kind?

ROMANS 12:11

"Not slothful in business"

Are you chronically late in paying your bills? Do you charge more on your credit cards than you can afford to pay? Do you keep honest income tax records? Do you engage in shady business deals?



1 PETER 2:11

“Beloved....abstain from fleshly lusts which war against the soul.”

Are you guilty of a lustful eye toward the opposite sex? What television shows, internet sites, magazines do you look at when no one else is around? Are you engaging in any sexual immorality or perversion?

COLOSSIANS 3:13

“Bearing with one another, and forgiving one another, if anyone has a complaint against another; even as Christ forgave you, so you also must do”

Have you failed to forgive anyone that has hurt you? Have you written off anyone as not worthy of your friendship? Have you offended anyone?

MATTHEW 23:28

“Even so you also outwardly appear righteous to men, but inside you are full of hypocrisy and lawlessness.”

Do you know in your heart that you are not what people see? Are you one person on Sunday but another person on Monday-Saturday?

PHILIPPIANS 4:8

“Finally brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy ... meditate on these things.”

Do you allow God to speak to you in His Word daily? Do you possess a positive spirit? Or do you possess a negative spirit?

THINGS TO PRAY FOR – MORNING, NOON, AND NIGHT



1 THESSALONIANS 5:17

“Pray without ceasing.”

As you pray and fast, confess any and all sins that God convicts you about, personally and corporately as a church. As you pray, here are some requests you might make:

- Excitement about the Lord and what He is doing in our lives and church,
- Enthusiasm for God and the things of God,
- A passion for God’s Word,
- Service to God and involvement in ministry to and through our church,

- Greater love for people and the needs they have,
- A desire to see broken relationships healed,
- A great anointing to fall on the church services and our online presence,
- Attendance in Sunday school\Bible study and worship services,
- Greater response during Invitation times and altar calls,
- Burden to see Montgomery County saved and a mighty spiritual revival,
- A desire to see Christians being disciplined and for the church to grow,
- Desire to be a faithful witness,
- A passion to pray and attend Wednesday evening praise and prayer services,
- For God to call out men and women into ministry and missions,
- Ongoing church planting and church revitalization in the community, state and world,
- Lifting up an unreached people group (less than 2% evangelical),
- A Heaven-sent, Christ-honoring, Holy Spirit-led revival to occur in the lives of pastors and the churches of Montgomery County,
- That we would have a clear vision of how to carry out the Great Commission (Matthew 28:16-20),
- As the people of God, we would honor Him with tithes and offerings,
- That God would move on our hearts to get us out from under the slavery of debt,
- That financial strongholds would be broken among our people so that God could provide financial miracles to impact the future of 2nd Mile Church and Kenwood Campus, and
- That we might prosper as the people of God.

FINAL WORDS FROM BROTHER CAL



I would encourage you to set aside a specific time to pray (morning, noon and night). When the desire or craving to eat comes, get with God in prayer and His Word and allow Him to strengthen you. Thank God for the answers you will be getting to these and other prayers and please write them down in a journal or a notepad. You will be amazed at how God moves in your life this month! Blessings as we enter this season together. May God be glorified.