

# Prayer and Fasting 2024

## PRAYER POINTS

### **Healing (physical, emotional, spiritual, mental)**

- Pray for deliverance and immunity from sickness, lack, pain, wrong thinking, unhelpful habits, and ungodly desires (Obadiah 1:17; Psalm 50:15; Jeremiah 15:21)

### **Forgiveness (ourselves and others)**

- Pray for forgiveness of our personal and collective sin; for cleansing from all unrighteousness (2 Chronicles 7:14; Psalm 24:3-4; 1 John 1:7-10; Psalm 66:19)
- Pray against the spirit of hatred and violence; for God to root out evil, and for God's love to fill the hearts of all people (Proverbs 10:12; John 13:34-35; 1 Corinthians 13:13)

### **Consecration (fully surrendered and set apart to God)**

- Pray for supernatural knowledge, divine wisdom, and revelation — for spiritual eyes, ears, and hearts to fully comprehend the things God has for us (1 Corinthians 2:9-12)

### **Peace & Unity (individuals, families and our nation)**

- Pray for God's Kingdom to come and His will to be done on earth — in the nations, communities, our church, and our individual lives (Matthew 6:10, 33)
- Pray for our political leaders - that their decisions are guided by biblical principles (2 Timothy 2:1-4)

### **Salvation For The Lost (loved ones, neighbors, co-workers, community members, and the world)**

- Pray for hearts to be turned towards Jesus and to accept Christ as Lord (Ezekiel 11:19-20; John 1:12-13; John 3:16-17)

### **Faith over Fear and Worry**

- Pray for hope in seemingly hopeless situations (Jeremiah 29:11; Philippians 4:13; Luke 1:37)

### **Wisdom, Favor & Blessing (Godly wisdom for decisions, favor in every area of our lives — promotion, increase, bonuses, raises, healthy body, mind, spirit)**

- Pray for pastors and church leadership — that they will be led by God to contend for the faith (Jude 3-4)
- Pray for God to elevate, glorify, and release favor on the lives of Christ followers and the outreach of the Church (Isaiah 2:23)

**Additional resources available at:  
[BuildingChurch.tv/Prayer-and-Fasting](https://BuildingChurch.tv/Prayer-and-Fasting)**

## TWO WAYS TO PRAY:

### THE ACTS MODEL

#### A — ADORATION

*Tell God how much you appreciate Him.*

This is a great way to begin your prayer time.

Express your love for Him. Praise His power and majesty. You should never run out of praise.

#### C — CONFESSION

*Tell God where you have fallen short.*

Be specific.

Thank Him for the forgiveness you have in Christ and ask for help and strength to turn away from future temptations.

#### T — THANKSGIVING

*Express gratitude for what He's doing in your life.*

We have so much to be thankful for.

Thank God for His love, His faithfulness, His patience.

Express gratitude for what He's doing in your life.

#### S — SUPPLICATION

*Share your desires with God.*

Nothing is too big or too small for God.

He cares about every detail of your life.

Pray for your own needs and for the needs of others.

### THE PRAY MODEL

#### P — PAUSE

Pausing means giving yourself space to slow your mind down and reflect on God's goodness. Take a moment to shift your posture from the busyness of life to stillness in His presence.

#### R — REJOICE

Rejoicing means taking time to thank God for who He is and all He has done. Express to God what you are grateful for, such as your friends, family, church, health, and salvation. Think about all the answers to prayer you are living in today, and thank God for how far He's brought you. If you are facing challenges, thank God for His faithfulness and that He's still the same God who works miracles today.

#### A — ASK

Take time to present your requests to God in faith. Presenting our requests is bringing God what we can't do to make space for what He can do. God cares about your needs and desires. God might not always answer your prayers the way you want to on your timetable, but He wants you to continue to come to Him in faith.

#### Y — YIELD

God wants us to trust Him and His way. Take time to surrender to Him. Follow God's leading in prayer and listen for His direction and clarity. Remove distractions and write down any thoughts or verses that come to mind during this time.

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