

# 20

DAYS OF  
*Prayer + Fasting*  
AUGUST 12-31, 2024

*Unless the Lord builds the house,  
those who build it labor in vain.  
Psalm 127:1. ESV*



## Why Fast?

The Lord assumed that we would fast. In Matthew 6:16, Jesus said, "When you fast..." Our Lord indicates that fasting is a good practice that will be part of life for his followers. It is a way of saying, "There is something more important in life than food. I need food, but I need the Lord even more." That is why fasting includes focused prayer, often for a specific need.

As our church fasts and prays this month, we are acknowledging our need for the Lord going into this next season. We are dependent upon him even more than our physical bodies are dependent upon food. And because of our need, we are asking him for his grace in the days ahead. As great things continue to happen, we will rejoice and give him all the credit and all the glory.

## How to Fast

**F - Focus on God.** Fasting is between you and God. We don't fast so that others think we are spiritual but so we can focus our hearts and minds on God.

**A - Abstain from Something.** You may choose to abstain from a single meal or not eat for an entire day. You may also choose to abstain from certain foods for a period of time. You can choose what to abstain from and for how long based on your individual situation. Consider contacting your healthcare provider if you have a condition or take medication that could be affected by fasting. If your situation does not allow you to abstain from food, you may abstain from something else you typically consume, such as social media or television.

**S - Substitute Prayer.** Fasting is not just about not eating. Rather, as we abstain from a physical need (food), it encourages us to focus more on our spiritual needs. Fasting, then, is meant to be an occasion for concentrated prayer, typically related to a specific need.

**T - Taste the Lord's Goodness.** Psalm 34:8 says, "Oh, taste and see that the Lord is good! Blessed is the man who takes refuge in him!" As you abstain from food and spend additional time in prayer, plan to experience the Lord's goodness and provision. As good as food is, he is better!

## What to Pray

On the next few pages, you will find prayer topics for each day. You can pray alone, with friends, or with your group/class.

**August 12: Preeminence of Christ.** Pray that Christ will be proclaimed and his greatness and glory will be seen and celebrated.  
(Colossians 1:15-20)

**August 13: Salvations.** Pray that God will draw more and more people to Jesus; they might repent of their sins, believe in Jesus, and be saved.  
(John 3:16)

**August 14: Unity.** Pray that our church will remain committed to unity during a season of transition. Pray that God will use you to help prize and protect our unity. (Ephesians 4:1-3)

**August 15: Pastor Justin.** Pray that God will fill Justin with his Spirit and give him supernatural wisdom as he teaches and leads our church. Pray God will protect him and his family from attacks of the enemy.  
(Romans 15:30)

**August 16: The staff and their families.** Pray that God will give our staff all they need as they lead the ministries of our church. Pray that God will protect their families and give their families joy as they serve our church. (2 Thessalonians 3:1)

**August 17: Overseers.** Pray that God will fill our Overseers with wisdom, and they will lead our church according to biblical truth.  
(1 Timothy 3:1-7)

**August 18: Leaders of small groups, classes, and studies.** Pray that God will use our leaders to make disciples as they teach and provide care to groups in our church. (Ecclesiastes 4:9-12)

**August 19: Preschool Ministry.** Pray that our Preschool Ministry will be effective in ministering to preschoolers and their families. (Psalm 78:1-8)

**August 20: Children's Ministry.** Pray that our Children's Ministry will be effective in ministering to children and their families. Pray that boys and girls will respond to the gospel in repentance and faith.  
(Deuteronomy 6:1-9)

**August 21: Middle School Ministry.** Pray that our Middle School Ministry will be effective in ministering to middle school students and their families. Pray that God will use our students to make disciples in their schools and in our community. (Psalm 145:4)

**August 22: High School Ministry.** Pray that our High School Ministry will be effective in ministering to high school students and their families. Pray that God will use our students to make disciples in their schools and in our community. (Psalm 127:3-4)

**August 23: Young Adults.** Pray that our Young Adult Ministry will be effective in ministering to young adults. Pray for our young adults as they transition into college, the workplace, and start families. (1 Timothy 4:12)

**August 24: Senior Adults.** Pray that our Senior Adult Ministry will be effective in ministering to our seniors. Pray that God will use our seniors to make disciples, both within and beyond our church. (Titus 2:1-10)

**August 25: Men and Women.** Pray that the men in our church will be sober-minded, dignified, self-controlled, sound in faith, in love, and in steadfastness. Pray they will exercise benevolent leadership as God gives them opportunity. Pray that the women of our church will love their husbands and children, be self-controlled and pure, work at home, and be kind. (Titus 2:1-10)

**August 26: Marriages.** Pray for healthy marriages in our church. Pray that husbands will love their wives as Christ loves the church, and wives will respect their husbands. (Ephesians 5:22-33)

**August 27: Parents.** Pray that parents will raise their children in the discipline and instruction of the Lord and that disciples will be made in the home. (Ephesians 6:1-4)

**August 28: Missions.** Pray that God will give us opportunities to go with the gospel--here, there, and everywhere. Pray we will remain a church committed to the mission that God has given us. Pray that God will use you in that mission. (Acts 1:8)

**August 29: Macon.** Pray that our church will have a gospel impact on our community. Pray that people in Macon will hear the gospel, believe in Jesus, and join us in our mission. (Jeremiah 29:5-7)

**August 30: Members.** Every member is on a mission. Pray that God will use each member of our church, both as we gather and as we scatter, in order to make disciples. (Matthew 28:16-20)

**August 31: Worship Services.** Pray that our worship services will be Spirit-filled and Christ-exalting in the singing, teaching, praying, and everything else that happens. (Colossians 3:16-17)

**SIGN UP FOR A DAILY EMAIL WITH THESE PRAYER PROMPTS BY SCANNING THE QR CODE OR TEXTING "PRAY" TO 22828.**

**IF YOU ARE ALREADY SUBSCRIBED TO OUR WEEKLY NEWSLETTER, YOU WILL AUTOMATICALLY RECEIVE THE DAILY EMAIL WITH THE PRAYER PROMPTS.**

