

40 DAYS

OF PRAYER & FASTING GUIDE

AUGUST 9TH - SEPTEMBER 17TH

encounter
CHURCH

Welcome to the Encounter Church's 40-day journey of prayer and fasting. This guide is designed to lead you on a profound and purposeful exploration of your relationship with God. As we commit to this period of spiritual discipline, we seek to draw closer to God, aligning our hearts, minds, and souls with His divine presence.

Our main goal over the next 40 days is drawn from James 4:8: "Come near to God and he will come near to you. Wash your hands, you sinners, and purify your hearts, you double-minded." NIV

The purpose of this 40-day prayer and fasting journey is to create a sacred space in your life where you can encounter God in a deeper and more meaningful way. By setting aside daily time for prayer, reflection, and fasting, we aim to cultivate a spirit of humility, dependence, and hunger for God.

Over the next 40 days, engage in daily prayer, reflection, and fasting. Each day explores themes rooted in scripture guiding you to examine your heart, express gratitude, and seek growth.

We can begin our 40-day journey by seeking God as Jesus taught the disciples to in Matthew 6.

6 But when you pray, go into your room, close the door, and pray to your Father, who is unseen. Then your Father, who sees what is done in secret, will reward you. 7 And when you pray, do not keep on babbling like pagans, for they think they will be heard because of their many words. 8 Do not be like them, for your Father knows what you need before you ask him. 9 "This, then, is how you should pray: "Our Father in heaven, hallowed be your name, 10 your kingdom come, your will be done, on earth as it is in heaven. 11 Give us today our daily bread. 12 And forgive us our debts, as we also have forgiven our debtors. 13 And lead us not into temptation, but deliver us from the evil one.'

August 9th: As we begin our 40 days of prayer and fasting, let us focus on God in all things. Today we start by opening ourselves up to God, for him to transform us

deeper, and for us to draw nearer to Him. Whatever it is you choose to fast over the next 40 days, we can be reminded that we are making room in our lives for what God can do and will do.

Scripture Reading: Ephesians 1:18-21, Isaiah 40:28-31

August 10th: God has given each of us who believe, the gift of forgiveness. Living in a world that is broken and full of sin & evil, it is easy to allow the beauty of God's grace and forgiveness to be taken for granted. Focus today on the forgiveness God has given us. Take time today to openly confess any sins before God and surrender to Him.

Scripture Reading: Psalm 86:1-7, 1 John 2:1-2

August 11th: Apostle Paul in Romans 12 talks about being transformed by the renewing of our minds. As we grow in our faith, and we grow in trust with God, we begin to open up ourselves more and more to allow Him to transform our lives(our minds being part of that). Today let us take a step in renewing our minds by thinking, acting, and living through a Godly lens.

Scripture Reading: Romans 12:1-2

August 12th: When we enter into a relationship with God, we come to a place where we realize the need we have for a savior. Take some time today to contemplate not only your need for Jesus as your savior but the way you rely on Him. This may open the door to an opportunity for you to depend on God more.

Scripture Reading: Psalm 121

August 13th: Yesterday we took time to contemplate and pray about depending on God. Today we will take that a step further into a place of desperation for God. When we think of desperation, there may be a negative thought that follows but with this idea, being desperate means without God there is no hope, and there is no satisfaction. But with Him, there is fullness of joy, a sense of completeness. Our focus as we pray today is to come to a place where our greatest want/need is God.

Scripture Reading: Psalm 31

August 14th: The longer you are in fellowship with God, the more you learn about Him. Today we are focusing on the gift of simply knowing God and how that transforms our lives. Take a moment of silence today and rejoice over the beauty

and power that is knowing God. Let us join in prayer today seeking his face to KNOW Him more. Ask God to reveal more parts of His character to you.

Scripture Reading: Philippians 3:8-11

August 15th: There is great encouragement in hearing the testimony of fellow believers. As we have spent time focusing on growing a deep want/need for God. Let us open our hearts and minds to share with those around us the way our deep hunger for God has drawn us closer to Him.

Scripture Reading: Matthew 5:6

August 16th: In a variety of places, in scripture, the analogy of a race is used to describe the Christian life. Some many obstacles and trials come our way in this life we live with Christ. However, the joy and motivation that pushes us on is Christ! Keeping in my the struggles we face while also taking note of the victories that come and the victory that has been won, let us pray today for Endurance & Perseverance that is rooted in the ultimate victor, Jesus Christ!

Scripture Reading: Hebrews 12:1-3

August 17th: Prayer is communion with the Father. When we pray we are opening up to God. Take time today to bring every worry, fear, or doubt before the Father.

Scripture Reading: John 16:33

August 18th: As we press forward let us put on the strength of God to take on whatever the Lord has for us. Focus your prayer today on asking God to give you the strength that helps you stand tall, the boldness, and courage that comes from shifting your eyes away from the world & onto God.

Scripture Reading: 1 Corinthians 16:13, Joshua 1:1-9

August 19th: You are not supposed to figure out your path through this life alone. God will guide you through all the twists and turns of life. He will protect you and take care of you. Allowing God to be your guide begins with a commitment to trust. God cannot lead you where you will not follow. We must grow our desire for God's instruction and guidance.

Scripture Reading: Proverbs 3:5-6

August 20th: When we find our identity in Christ and Christ alone, we are rid of any societal standards or expectations. We are loved by the greatest love the world has ever known and accepted by the only one who will ever care for us despite all of our flaws and failures. Focus your prayer today on the life you now live in Christ. He has made us new and given us new life, what a joy!

Scripture Reading: John 14:1-4, Galatians 2:20

August 21st: Living a life with Christ looks like many things. Today as we pray let us pray that we each day not only become more like Christ but that we would live a life of abiding in Him. Ask God today to help you in understanding what it looks like to be united with Christ in all things. John 17 is a prayer that Jesus prays, use this as your guide today as you pray.

Scripture Reading: John 17

August 22nd: Jesus summed up our purpose with two statements: love God and love people. We have been given the amazing chance to partner with God in the work He is doing all around us. Our focus today is praying through the Great Commission! Let us pray for ourselves as we go and share, let us pray for disciple-makers as they walk with those who are new believers, and pray for those who will come to know Jesus!

Scripture Reading: Matthew 28:16-20

August 23rd: Jesus sent His Holy Spirit to be with us, In Acts 2 we see the incredible power of the Spirit at work. Today let us thank God for the gift of the Spirit. As we grow in faith let us become more open to the ways the Spirit can work in us and through us. Pray to your Father that you learn to walk by the Spirit.

Scripture Reading: John 14:25-27

August 24th: When we decided to have a personal relationship with Jesus Christ, we choose to make Christ the savior and Lord of our lives. Today take a moment to dwell on the truth that Jesus Christ is Lord. As we pray today, may we pray that our view of Christ is based upon truth and that He is Lord of all.

Scripture Reading: Philippians 2:5-11, Romans 6:22-23

August 25th: A.W Tozer said "What comes into our minds when we think about God is the most important thing about us" The challenge today is to think about how we view God. Bring your view of God before God himself today, ask Him to correct any wrong thoughts or perspectives that you may hold, and draw you nearer to Him in the truth!

Scripture Reading: Romans 1:20

August 26th: Insecurity is found everywhere we look in this world. Today let us bring not only our insecurity to God but our whole selves before God. God's great love for us is all-consuming and seen throughout scripture. As we pray today, let us lift to God our most inward fears and seek God's view of us rather than that of the world. Think of the story of King David, he was seen as small, young, and even weak but in the eyes of the Lord, he was enough.

Scripture Reading: 1 Samuel 16:7

August 27th: One of the most important things we can do in life is to pray for holiness and righteousness. This involves asking God to help us become more like Him, to grow in our understanding of His ways, and to be obedient to His commandments.

Scripture Reading: 2 Timothy 1:9

August 28th: The beauty of God surrounds us in the way he loves us, in the grace He gives even in the sun that sets on the horizon. Join your heart in prayer today seeking God's beauty in everything. Let us ask god to continue to restore our vision and redeem our hearts to see His beauty in the people, places, and opportunities that face us every day.

Scripture Reading: Psalm 27:4

August 29th: The God we serve is greater than anything we can imagine. Today dwell in the fact that the Creator of this world loves you, created you, and is moving in our midst. God is good- join today with hearts of thankfulness in despite being a Big God, He has created a way for each of us to have a personal intimate relationship with Him.

Scripture Reading: Psalm 139

August 30th: God desires us to seek Him, to pursue being in a relationship with Him. Sometimes we feel near and sometimes we feel far from God, today be reminded that God is near to you and wants to hear from you in any way.

Meditate on the story of the prodigal son in Luke. Come before God today seeking closeness in a time of prayer!

Scripture Reading: Luke 15:11-32

August 31st: Many of us have probably heard about the importance of having a strong relationship with God. When our heart is pointed toward God and our relationship with Him is right, this will overflow into other relationships in our lives and impact how we treat others. Let us seek a deeper connection with Him.

Today let our prayer time be focused on placing at the center of our life and seeking Him first.

Scripture Reading: Psalm 23

September 1st: As believers, we are so fortunate to be adopted into the family of God. The body of Christ is extended all across the globe. Let us focus our prayers today on a deep hunger and fervor for God. Let us pray for our fellow brothers and sisters that as we all know Christ that we would long to experience Him.

Scripture Reading: James 5:13-16

September 2nd: The first important thing to understand about the fruit of the Spirit is that it is the fruit of the Spirit. Living by the Spirit of God as opposed to our flesh is where the "fruit" will be produced. Focus your mind this morning on seeking the Holy Spirit for inspiration, direction, and possibly correction on how to live and walk in the Spirit more today!

Scripture Reading: Galatians 5:16-26

September 3rd: All too often we let differences divide us. We tend to be afraid of other people or new situations, and we don't take the time to see each other as children of God who are created in his image. Let us seek God today to teach us how to lay aside the things that separate us and rejoice over that which unifies us and celebrates the differences.

Scripture Reading: Galatians 3:26-29

September 4th: Each week, we get to gather as a community and worship and spend time hearing a shared message. Our church family along with many other church bodies is led by pastors, teachers, and a crew of leaders. Let us today think of them, thanking God for their lives and leadership and lifting them as they serve not only God but our communities!

Scripture Reading: 1 Timothy 2:1-2

September 5th: Local and Global Mission: We are all vessels for Jesus Christ. Let us take time today to ask God how we can be used for His plan today./Pray that God would reveal to you where he can use you for the gospel today. Ask him to show you where he has planned for you to participate in his mission. Even when you feel inadequate, trust in his Spirit to be with you and speak for you.

Scripture Reading: Romans 10:13-14

September 6th: Thinking today of those who don't know God, lift those you know and even those you don't know who are far from God. Pray that the hearts and minds of the lost would be open to receiving the truth of the Gospel. Ask God to remove any spiritual blindness or barriers preventing them from recognizing their need for salvation.

Scripture Reading: Luke 15:4-7

September 7th: The remedy to our flesh is the Spirit and surrender. Today invite the Spirit of God to fill us with his love. The more the Holy Spirit gains ownership of my life, the more my heart will be filled with real, divine love.

Scripture Reading: Ephesians 5:1-10

September 8th: Ask your Father in heaven to help you to be a light to the world. Trust that he is renewing you day by day to look more like Jesus. Ask him that your good works would be seen not for your pride or success, but for his glory and mission.

Scripture Reading: Matthew 5:13-14

September 9th: In Ephesians 6 the apostle Paul uses battle armor as a metaphor to show that we can be equipped by God to be victorious and protected against evil. But our armor and weapons are very different from what the world would expect. The armor of God includes truth, righteousness, peace, faith, and the

salvation found in God's Word. As we pray today, let us frame our prayer as preparation with the armor of God.

Scripture Reading: Ephesians 6:10-17

September 10th: Look around today at the community you live in, the people you pass every day. Today let our hearts be thankful for the world God created in His image some time ago. Let us acknowledge God as the Creator of the world and express gratitude for the beauty, diversity, and intricacy of His creation.

Scripture Reading: Genesis 1:1-5,31

September 11th: Christ came to be among us and he gave us the ministry of reconciliation. There are many things in our world that need to be reconciled, let us pray today. Whether that be your own family, your neighborhood, or your life to God, the ministry of reconciliation is available and restorative!

Scripture Reading: 2 Corinthians 5:16-21

September 12th: Jesus not only sent His Spirit, died for our sins, and reconciles us to Himself but longs for us to be with Him in the truth that He has overcome the world. This world is full of many things and Jesus gave us His Spirit that reassures us of the truth and magnitude of Christ. Today let us be at peace knowing the great work He did and ask God to help us comprehend and receive it.

Scripture Reading: John 16:33

September 13th: Many days we spend asking of God but it is even more powerful to be silent in His presence. He offers His rest to us. Today take some time to be still and know that He is God. Ask God to help you trust in Jesus for true and lasting rest. Thank Him for the gift of Jesus who willingly carries your burdens and offers rest this world can never offer.

Scripture Reading: Matthew 11:28-30

September 14th: God has a purpose for each of our lives. Every purpose and plan is of great importance. Be encouraged today to ponder the life the Lord has given you, and take a heart position of surrender, as Isaiah does in Isaiah 6. Let us pray "Here I am Lord". Ask God for His guidance, His leading, and His grace

in the direction He has ahead. We are vessels in God's kingdom and he is prepared to use us for His greater purpose!

Scripture Reading: Isaiah 6:8

September 15th: Salvation is a gift that redeems and restores us and as God's chosen people we get to grow in this new life. The Spirit works in our hearts when we turn to our Lord and Savior in prayer, as we continue to turn to God he matures us in our Faith. Pray today that as you mature and grow spiritually the grace of God would cover you every step of your journey.

Scripture Reading: 2 Peter 3:18

September 16th: Let our faith spring to life through obedience, as we become doers of the Word, reflecting its truth in every step we take. Obedience does not always come easy and it often requires great faith- ask God for strength and faith as you take your steps of obedience.

Scripture Reading: James 1:22-25

September 17th: As we have prayed and even fasted over 40 days, there are changes of all kinds seen in us and around us. Let us continue to pray for God to move in our hearts and change our perspective and let us believe that His good work is not finished in us!

Scripture Reading: Philippians 1:1-6