



The Worship Center Int'l Ministries

BREAKING THE CYCLE

PRAYER & FASTING

Seeking God Together

ITINERARY FOR OUR FASTING AND PRAYING

1/2/2020. - 1/15/2020

As we enter into this season of prayer and fasting, it is all about giving God more of your heart. We fast to focus our hearts on God. We don't fast to earn God's love, but to remove all obstacles for a short season in order to experience more of Him.

DAY 1: THURSDAY-CONFESSION AND CLEANSING

Praying asking God for forgiveness and committing ourselves anew unto the Lord. Pray and ask God to reveal anything that is hindering our spiritual growth or the numerical growth of the church. Also, that God would help you to remove all obstacles so that you can focus solely on Him.

[Matthew 6:16-18,](#) [Matthew 15:8-9, 19,](#) [Matthew 22:34-38](#)

DAY 2: FRIDAY- VISION for MIRACLES

Our God is a miracle working God. All he asks of us is for us to have faith as small as a mustard seed. Ask God for greater faith and believe him for greater things this year. Pray and ask the Lord to give us clear vision for the expansion of the church . Ask for wisdom and guidance in order for us to go in the right direction in which the Lord wants us to go. Pray that the Lord provide the funds for the addition and improvement of the church building.

[Matthew 17:20,](#) [Hebrews 11:6,](#) [Mark 9:23-24](#)

DAY 3: SATURDAY- UNITY IN MARRIAGES & THE CHURCH (PRAYING FROM 6 AM- 7AM IN THE SANCTUARY)

Marriage can be such a powerful picture of God's love. God wants your marriage to be great. Pray for health, healing and protection over your marriage today and throughout this year. Pray that the Lord helps us to grow together in unity as we seek to do His will. Pray we love each other as husbands and wives and in this family of God and have a sense of responsibility for each other as brothers and sisters in the Lord. Pray that we work together in this church in building and growing the ministry.

[Ephesians 5:31-32,](#) [Proverbs 18:22,](#) [Proverbs 20:6-7](#)

DAY 4: SUNDAY-THANKSGIVING FOR FAMILY

There is no better time than now to focus on your family. Make a commitment to build a God-first family in 2020. Building a God-first family begins with your heart and your commitment to put God first in all areas of your life. This can include prioritizing His word, time in His presence and making a commitment to be faithful to His house. Give thanks to the Lord for what He has already done and for what He is about to do for our families and this ministry.

[Psalm 127,](#) [Joshua 24:15](#)

DAY 5: MONDAY-SPIRITUAL GROWTH & FREEDOM

Make it your goal in 2020 to grow spiritually like you have never grown before. Growing spiritually begins with putting God first in every area of your life and being willing to lay things down that may hinder you from putting God first. What is something that you feel like God is asking you to lay down so that you can put Him first?

God has greater things for you; things that you can't even fathom! He wants to free you from things that hold you down so that you can give Him more glory. Wherever you struggle, stand secure in knowing that Jesus already secured victory over that struggle on the cross. Pray for spiritual growth and freedom as we deepen our relationship with the Lord by praying and living the Word.

Matthew 6:33, 2 Peter 1:3-4, Galatians 5:1, 13, 2 Corinthians 3:17, Colossians 2:13-15

DAY 6: TUESDAY-REVIVAL

Pray for REVIVAL! Pray and ask God for a revival and a renewal in the atmosphere of the church. Pray for creativity for fresh and innovative ideas for ministries that will build the church and promote evangelism and discipleship. Pray for the future of the church. Pray for the next generation that we may wisely prepare and trust God for providing the resources we need to thrive spiritually.

James 4:8 2 Chronicles 7:14 Psalms 80:19

DAY 7: WEDNESDAY- STRENGTH, ENDURANCE & HOPE

You can give God your dreams and trust Him with your difficulties. Our hope is built on the person and promises of Jesus. He will not disappoint! We have not cease to pray for you to be strengthened with all power ; according to his glorious might, for all endurance and patience with joy.

Col 1:11, Eph 3:16, Romans 5:5, Psalm 25:3, 20-21, 1 Chronicles 16:11-12

DAY 8. THURSDAY-GOD'S POWER and PURPOSE

God created you with purpose. You are his masterpiece made for great things. Ask Him to reveal his purposes for you in 2020.

Psalms 139:13-16, Ephesians 2:10, Ephesians 3:20,

Pray for a deeper sense of God's power within you. I do not cease to give thanks for you, remembering you in my prayers....that you may know ...what is the immeasurable greatness of his power towards us who believe

Eph 1:16,18-19

DAY 9: FRIDAY-FINANCES

Pray that we as a church remain faithful and be good stewards , so the financial needs are met.

Psalms 91:15-16 Phil 4:19

DAY 10: SATURDAY-DISCERNMENT & FORGIVENESS (PRAYING FROM 6 AM-7AM IN THE SANCTUARY)

Pray for discernment in exposing any plans of the enemy against our church or attacking our Pastors and staff. Ask Christ to protect us as we wage spiritual warfare against the enemy on behalf of our church .

Eph 6:11-12, 16 Col 2:6-8, 1 Peter 3:12

Relationships with family, friends, spouses, children, and co-workers are not easy to manage at times. There can be frictions, fights and disunity. Who do you need to forgive today? Ask God to give you wisdom, power and compassion to make things right. Sometimes it may take you to make the first move, but you can do it with God's help.

[Matthew 6:14-15](#)

[Ephesians 4:26-27](#)

[Matthew 5:23-24](#)

DAY 11: SUNDAY-HOLINESS

Pray for our pastors, leaders and church family that we all might fulfill the mission of making disciples and helping as many people as possible to lead a God-first life. Pray that we all draw near to Christ and seek holiness and His presence with more prayer.

[Hebrews 10:24-25](#)

[Acts 2:42-47](#)

[Ephesians 1:22-23](#)

[Act 1:14,](#)

[1 Thess. 5:17](#)

DAY 12: MONDAY-OUTREACH

It is so easy to become self-absorbed with the pace and pressures of lives. Ask God to slow you down, to open your eyes to needs of the world around you and to help you to become sensitive to those who are far from Him. Pray that the Lord give us a heart to reach out to others. Pray for boldness to speak to an unsaved person and witness for the Lord. Pray that we invite people to the church. Pray that we show genuine interest in the person who the Lord brings our way by listening to and praying for that person. Pray for a heart of strong concern for out of touch members, and unbelieving neighbors and family members and that we reach out to them and let them know that we care for them.

[1 Chronicles 16:24](#)

[Romans 9:2-4](#)

[Romans 10:1, 14-15](#)

DAY 13: TUESDAY-HEALING

There is so much division and discord in our world. More than ever, the world needs to see us love one another just as God has loved us. Loving others despite their faults builds bridges and brings unity. Ask God to help you be a bridge builder and peace maker in your world starting today. Pray for healing, forgiveness and reconciliation for any misplaced expectations, criticism, attitudes, flawed, thinking, grief, hurt and abuse.

[Isa 61:3,](#)

[Mark 11:22-24,](#)

[2 Cor 10:3-5,](#)

[Malachi 2:10,](#)

[John 13:34-35,](#)

[Galatians 3:28,](#)

[1 John 3:11-15](#)

DAY 14: WEDNESDAY-

CONTINUING YOUR SPIRITUAL GROWTH By PRAYER AND PRAISE

As your 14 days of prayer and fasting comes to an end, ask God to continue to help you experience greater clarity in hearing His voice daily throughout this year. In quietness and solitude, allow Him to speak to your heart. Ask Him how you can continue to grow spiritually in and through Him this year. The thoughts that come into your mind as you quiet yourself may just be His calling for you in 2020. Trust God that this will be your best year yet as you allow Him to make it your best year spiritually

Pray that our church family will give Christ real authentic adoration, impassioned worship and glory privately and collectively as a church. That worship is never to be a show, entertainment of talent focused, rather God is the audience to our praise

[Gal 6:14,](#)

[Colossians 4:17,](#)

[Colossians 1:28-29,](#)

[Matthew 5:13-16](#)

PREPARING FOR YOUR TIME OF PRAYER & FASTING

1. SET YOUR OBJECTIVE

Begin by deciding why you are fasting. Is it for spiritual renewal, for healing, for wisdom in a particular area, or the resolution of a specific issue? Pick the top 1-3 prayer requests or things you would like to seek God on. Don't overwhelm yourself and make a laundry list of items. Ask the Holy Spirit to lead in deciding and clarifying your goals for fasting.

2. CHOOSE YOUR FAST

Your personal fast should have a high level of challenge to it, but it's very important to know your own body, know your options, and most importantly, seek God in prayer and follow what the Holy Spirit leads you to do. Remember, the goal of fasting is not just to do without food. The goal is draw nearer to God.

3. FOLLOW THE DEVOTION GUIDE

Follow the 14 days of reading and prayer plan provided below. This will help remind you of why you are fasting and lead you closer to God during this two-week period of prayer and fasting.

4. BREAK THE FAST

Breaking Your Fast by Dr. Bill Bright

When your designated time for fasting is finished, you will begin to eat again. But how you break your fast is extremely important for your physical and spiritual well-being.

5. END YOUR FAST GRADUALLY

Begin eating gradually. Do not eat solid foods immediately after your fast. Suddenly reintroducing solid food to your stomach and digestive tract will likely have negative, even dangerous, consequences. Try several smaller meals or snacks each day. If you end your fast gradually, the beneficial physical and spiritual effects will result in continued good health. Here are some suggestions to help you end your fast properly:

Break an extended water fast with fruit such as watermelon. While continuing to drink fruit or vegetable juices, add the following:

- First day: Add a raw salad.
- Second day: Add baked or boiled potato, no butter or seasoning.
- Third day: Add a steamed vegetable.
- Thereafter: Begin to reintroduce your normal diet.
- Gradually return to regular eating with several small snacks during the first few days. Start with a little soup and fresh fruit such as watermelon and cantaloupe. Advance to a few tablespoons of solid foods such as raw fruits and vegetables or a raw salad and baked potato.

TYPES OF FASTS

While preparing for your fast, it is important to choose ahead of time what type of fast you will participate in. Not only will this help with making the necessary preparations to implement your plan, but as you commit to a specific fast ahead of time, and know how you're going to do it, you will position yourself to finish strong. Choosing your fasting plan is a very personal decision. We are all at different places in our walk with God and our spirituality should never be a cause for comparison or competition. There is nothing more "inherently spiritual" about one type of fast as opposed to another.

Your personal fast should present a level of challenge to it, but know your body, know your options, and most importantly, seek God in prayer about this and follow what the Holy Spirit leads you to do. It's also important to not let what you eat or do not eat become the focus of your fast. This is a time to disconnect enough with your regular patterns and habits in order to connect closer to God.

Listed below, are some options and variations of different types of fasts you can choose to engage in. As you read over the information provided here, please consider how it applies to your circumstances and convictions. Fasting does require reasonable precautions. If you have any health concerns, please consult your physician prior to beginning your fast – especially if you are taking medication, have a chronic condition, or if you are pregnant or nursing.

SPECIFIC FOOD OR ACTIVITY FAST

This type of fast refers to omitting a specific item(s), activity or habit from your time of prayer and fasting. For example, you may choose to eliminate red meat, processed or fast food, or sweets. It could also involve fasting from an activity or habit, such as television watching, or social media.

DANIEL FAST

The Daniel fast is a great model to follow that proves to be extremely effective for spiritual focus, bodily discipline and purification in the body and soul. It is probably one of the most commonly referred to types of fasts, however within the term "Daniel Fast", there is room for broad interpretation. In the book of Daniel, we find two different times where Daniel fasted, once in Daniel 1 and again in Daniel 10. Daniel 1 states that he ate vegetables and water, and in Daniel 10, while the passage does not give a specific list of foods that Daniel ate, it does state that Daniel ate no rich (or choice) foods as well as no meat or wine. So based on these two verses, we can see that either of these, or any variations in between constitutes a fast. Again, there is nothing "inherently spiritual" about one type of fast as opposed to another. It is important to seek God in prayer and follow what the Holy Spirit leads you to do. Here are some links that provide some suggestions of what a Daniel fast can look like as well as some recipe options.

JUICE FAST

A juice fast is when no solid food is consumed and instead involves the intake of vegetable juices, fruit juices and water.
RebootWithJoe.com JuiceRecipes.com All-About-Juicing.com

WATER FAST

A water fast is eating no foods and drinking no liquids except water for a period of time. Extreme precautions should be taken with a water fast and should be done under the direction supervision and monitoring of your physician.

DURATION AND EXTENT OF YOUR FAST

As with choosing what type of fast you will be undertaking, it is important to also decide ahead of time how long you will be fasting and to what extent you will be fasting. Some people may choose to fast at one level all 14 days and then culminate with a special 3 day fast at the end. Others may choose to fast one week out of the 14 days, or even fast once or twice a week throughout the 14 day period. This is a personal decision and one that should be prayerfully considered.

Important Note: Fasting requires reasonable precautions. If you have any health concerns, please consult your physician prior to beginning your fast, especially if you are taking medications, have a chronic condition, or are pregnant or nursing a baby.

PRAYER & FASTING 14 DAYS

Corporate Prayer Times:

CORPORATE PRAYER SATURDAYS, Time: 6 a.m. – 7 a.m.

CORPORATE PRAYER WEDNESDAYS, Time: 6:30 p.m. – 7:30 p.m.

Fasting Recommendations (Optional)

Day 1 – Thursday	Day 2 – Friday	Day 3 – Saturday	Day 4 – Sunday	Day 5 – Monday	Day 6 – Tuesday	Day 7 Wednesday
<i>*Diabetics- eliminate meat & fish</i>	<i>Diabetics- eliminate dairy products</i>	<i>Diabetics- eliminate bread</i>	<i>Diabetics- consume raw vegetables & fruit only</i>	<i>Diabetics -add cook vegetables & fruit</i>	<i>Diabetics- add bread & dairy products</i>	<i>Diabetics- add m eat & fish</i>
Begins Thursday 8:00 am						
Eliminate caffeine(slowly to prevent withdrawal headaches), candy, chocolate, soft drinks, sweeteners, chips, cookies, fried foods, excessive salts, processed, and junk foods (canned meats, cold cuts, bacon, beef jerky, hot dogs, drive- thru foods, instant coffee	Eliminate: caffeine(slowly to prevent withdrawal headaches), candy, chocolate, soft drinks, sweeteners, chips, cookies, fried foods, excessive salts, processed, and junk foods (canned meats, cold cuts, bacon, beef jerky, hot dogs, drive-thru foods, instant coffee	Eliminate all flesh meat Eat vegetables, veggie burgers, proteins rich foods(fish, milk, egg whites, cheese, yogurt, beans, nuts, peanut butter, seeds, beans, legumes	Eliminate Fish and Shellfish and Dairy products, nuts, seeds, peanuts. Eat <u>Alte</u> rnatives: beans, vegetables, fruits, soy-based foods (butter, milk, yogurt, ice cream, cheese, burgers)	Eliminate breads (bagels, whole wheat, French, buns), grains (white rice, brown rice), starches (pasta, potatoes, sweet potatoes, green peas, lima beans, corn). Eat <u>Alternatives:</u> vegetables, protein, fruits	Eliminate beans and peas. Eat <u>Alternatives:</u> increase amount of green leafy vegetables (broccoli, collards, kale, spinach, dark green lettuce, turnip greens), fruits both Raw and/or Steamed	Eliminate all cooked foods. May only consume raw fruits and vegetables. Be careful of overindulgences of the raw foods as it may cause detox reactions.
Day 8 – Thursday	Day 9 – Friday	Day 10 – Saturday	Day 11 – Sunday	Day 12 – Monday	Day 13 Tuesday	Day 14 – Wednesday
				Ending Wednesday 8:00 am		
Consume only fruit and vegetable juices	Add raw fruits and vegetables	Add steamed vegetables, beans, and rice	Add starches, brown rice, whole wheat pastas	Add bread and cereals	Add shellfish, fish, dairy products	Add meat in small quantities

CONGRATULATIONS! You have cleansed your body and proven your ability to deny your flesh. Have confidence in this and build on it. Do not go back to old, unhealthy patterns.