



## Daily Guidelines – Sept. 13<sup>th</sup>-18<sup>th</sup>

### DAY 1 — SANCTIFY YOURSELVES

**Scripture: Joshua 3:5**

*“Sanctify yourselves: for to morrow the LORD will do wonders among you.”*

As we begin this week of prayer and fasting, our first assignment is simple: **sanctify yourselves.**

Sanctification is first a **work of God’s grace**. We cannot make ourselves holy through human effort. God is the One who cleanses us, changes us, and makes us holy. Yet Scripture also teaches that we have a responsibility to **participate in the sanctifying work God is doing in us.**

Joshua did not tell Israel, “Sanctify God.” He said, **“Sanctify yourselves.”** There are some things God does for us, and there are some things God calls us to do in response to what He has done.

Sometimes sanctification looks like **removing yourself from certain spaces.**

There are environments that may not necessarily be sinful, but they are noisy. There are conversations that consume your attention. There are habits that keep your mind occupied. There are people, places, entertainment, social media, and routines that can make it difficult to recognize the voice of God.

During consecration, we intentionally step away from some things so we can draw closer to Him.

**Sometimes you have to change what surrounds you to become more sensitive to what is within you.**

This is one of the purposes of fasting. We are saying, *“For these days, I am willing to deny myself something I normally enjoy because I want my spirit to become more attentive to God.”*

But there is an important difference between **sanctification and isolation**.

Isolation says, **“I don’t want to be around anybody.”**

Sanctification says, **“I need to be alone with God.”**

Isolation disconnects without purpose. Sanctification separates **for a purpose**.

Jesus Himself withdrew from crowds to pray. He was not rejecting people; He was protecting time with His Father. Sometimes spiritual growth requires you to temporarily step away from what constantly demands your attention.

This week, we are not disappearing from life. **We are creating room for God.**

We are lowering the volume of everything else so we can hear Him more clearly.

So ask yourself today:

**What do I need to step away from this week?**

What has been occupying space that belongs to God? What have I been listening to too much? What has been distracting my spirit? What needs to become quieter so that His voice can become louder?

Joshua told the people to sanctify themselves because **God was preparing to do wonders among them**.

Consecration prepares us for what God wants to reveal, say, and do.

**This week, we sanctify ourselves so that our hearts, minds, ears, and spirits may be open to hear the Lord.**

### **Prayer of Sanctification**

Father, in the name of Jesus, thank You for Your grace that saves us, cleanses us, and makes us holy. As we begin this week of prayer and fasting, we willingly set ourselves apart for You.

Search our hearts and reveal anything that has distracted us from Your presence. Give us the strength to step away from anything that competes for our attention. Quiet the noise around us and the noise within us.

Sanctify our thoughts, our desires, our conversations, our habits, and our hearts. Make us sensitive to Your Spirit.

We do not separate ourselves simply to be alone; **we separate ourselves so that we can be with You.**

As we consecrate ourselves these days, open our ears to hear You, our eyes to see what You are showing us, and our hearts to receive what You are saying.

Prepare us for the wonders You desire to do among us.

**Sanctify us wholly, and let our lives belong completely to You.**

In Jesus' name, Amen.

Day 1 No food until after morning service

## **DAY 2 — A DAY OF REPENTANCE**

**Scripture: Acts 3:19**

*“Repent ye therefore, and be converted, that your sins may be blotted out...”*

Yesterday, we began our consecration by **sanctifying ourselves**—intentionally making room to hear from God. Today, as the noise becomes quieter, we ask God to show us **ourselves**.

Today is **a day of repentance**.

Repentance is more than saying, “**I’m sorry.**” Repentance means a **change of mind that produces a change of direction**.

Sometimes we want God to change our circumstances when God is trying to change **us**.

True repentance requires honesty. We cannot repent of what we refuse to acknowledge. David prayed:

**“Search me, O God, and know my heart...” — Psalm 139:23**

There are things we easily recognize as sin, but there are also attitudes, motives, habits, reactions, and patterns that can quietly develop in us. Pride. Unforgiveness. Jealousy. Bitterness. Gossip. Selfish ambition. Disobedience. Prayerlessness. Things we have justified because we have lived with them for so long.

Consecration gives us an opportunity to bring all of it before God.

But repentance is not just about **feeling bad**.

Judas felt remorse, but Peter experienced restoration. God does not merely want us to experience guilt over what we have done. **He wants us to turn.**

Repentance says:

**I recognize it.**

**I confess it.**

**I turn from it.**

**And I turn toward God.**

That last part is important. Biblical repentance is not simply turning **away from sin**; it is turning **back to God**.

And repentance is not something reserved for people who have walked away from God. **Believers need repentance too.** In Revelation, Jesus repeatedly spoke to His churches and told them to repent. Sometimes the greatest obstacle to revival is not the sin outside the church but what we have become comfortable tolerating within ourselves.

Today, don't spend your prayer time examining everybody else.

**Let God examine you.**

There is freedom in repentance because we do not confess our sins to a God who is looking for an opportunity to destroy us. We confess to a Father who has already provided mercy through Jesus Christ.

**"If we confess our sins, he is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness." — 1 John 1:9**

So today, don't hide.

Don't defend.

Don't justify.

**Repent.**

Because sometimes before God fills our hands with something new, He asks us to release what we should no longer be carrying.

## **GUIDED SELF-EXAMINATION**

**“Let us search and try our ways, and turn again to the LORD.” — Lamentations 3:40**

Before we pray, take a few moments in silence. Don't rush through these questions. This is not an examination of someone else's life. Ask the Holy Spirit to shine His light on **you**.

### **1. My Relationship With God**

- Has God truly been first in my life?
- Have I neglected prayer, Scripture, worship, or fellowship with God?
- Have I become spiritually distracted or complacent?
- Is there something God has told me to do that I have delayed or refused to do?
- Have I been seeking God's presence, or mainly seeking what God can do for me?

**Pause and pray:**

*Lord, show me where I have drifted from You.*

### **2. My Heart**

- Am I carrying bitterness, resentment, jealousy, envy, or anger?
- Is there anyone I have refused to forgive?
- Have I secretly celebrated someone else's failure?

- Have pride or selfish ambition influenced my decisions?
- Have I become judgmental toward others while ignoring my own weaknesses?
- Are my motives pure?

**Pause and pray:**

*Lord, reveal what I have allowed to live in my heart.*

**3. My Words**

- Have my words wounded someone?
- Have I participated in gossip or unnecessary conversations about others?
- Have I lied, exaggerated, misrepresented, or intentionally withheld truth?
- Have I spoken negatively about people I should have been praying for?
- Do my private conversations reflect the Christ I publicly profess?

**Pause and pray:**

*Lord, sanctify my mouth and forgive me for words that have not honored You.*

**4. My Private Life**

- Is there anything I do privately that I would be ashamed for others to know?
- What have I been watching, listening to, reading, or entertaining?
- Have I been feeding desires that I should be starving?
- Have I repeatedly ignored the conviction of the Holy Spirit?
- Is there a habit I keep asking God to forgive while refusing to take steps to change?

**Pause and pray:**

*Lord, give me courage to confront what I have been hiding.*

**5. My Relationships**

- Is there someone I need to apologize to?
- Is there a relationship I need to repair?
- Have I mistreated, dishonored, ignored, or taken someone for granted?

- Have I demanded grace from others while refusing to extend grace to them?
- Is there someone I need to release from an offense?

**Pause and pray:**

*Lord, show me what I need to make right.*

**6. My Obedience**

Finally, ask yourself:

**What has God already spoken to me about that I have not obeyed?**

Sometimes we are asking God for another word while we have not responded to the last one.

Sit quietly before the Lord and pray:

**“Search me, O God.”**

If He reveals something, don’t argue with Him.

If He convicts you, don’t explain it away.

If someone comes to your mind whom you have wronged, make a commitment to make it right.

If something needs to be surrendered, surrender it.

If something needs to stop, let today be the day it stops.

**Repentance is not complete when God shows it to us. Repentance bears fruit when we respond to what He has shown us.**

## **Prayer of Repentance**

Father, in the name of Jesus, today we humble ourselves before You.

Search us and know our hearts. Reveal anything within us that is displeasing to You. Forgive us for every sin we have committed knowingly and unknowingly. Forgive us for our disobedience, pride, unforgiveness, wrong motives, careless words, neglected prayer, and every place where we have resisted Your will.

We refuse to justify what You are calling us to surrender.

Give us more than sorrow—**give us true repentance.**

Change our minds, change our hearts, and change our direction. Give us the grace to turn away from everything that separates us from Your will and to turn completely toward You.

Create in us clean hearts, O God, and renew right spirits within us.

Wash us. Cleanse us. Restore us. And as we continue this week of consecration, remove anything within us that would hinder us from clearly hearing Your voice.

**We repent, we return, and we surrender ourselves again to You.**

In Jesus' name, Amen.

Day 2 No food until 3:00 pm

### **DAY 3 — INTERCESSION FOR OUR FAMILIES**

**Scripture: Nehemiah 4:14**

*“...fight for your brethren, your sons, and your daughters, your wives, and your houses.”*

Day 1, we sanctified ourselves.

Day 2, we searched our hearts and repented.

Today, **we pray for our families.**

There are some battles in our families that cannot be won through arguments, lectures, manipulation, or worrying. **Some things have to be fought in prayer.**

Intercession means **standing before God on behalf of someone else.** It is taking someone else's situation into the presence of God and praying for them when they may not be praying for themselves.

Abraham interceded for Lot.

Moses interceded for Israel.

Job prayed for his children.

A father came to Jesus concerning his son.

A mother cried out to Jesus concerning her daughter.

The Bible repeatedly shows us people bringing their families before God.

#### **Your Family Is Worth Fighting For**

Every family has something.

There are no perfect families. Behind every last name are stories of victories and struggles, healed places and wounded places, strong relationships and broken relationships.

Some families are dealing with sickness.

Some are dealing with financial pressure.

Some are dealing with addiction.

Some are dealing with broken marriages.

Some are dealing with children who have walked away from God.

Some are dealing with generational patterns that have continued for years.

Some families simply need **peace.**

But today, instead of talking about what's wrong with our families, **we are going to pray for them.**

Nehemiah told the people:

**“Fight for...your sons, and your daughters... and your houses.”**

Today, our weapon is prayer.

### **Pray Beyond What You Can See**

One of the challenges of praying for family is that we know them so well.

We know their mistakes.

We know their history.

We know their personalities.

We remember what they did.

We know how long they have been struggling.

But intercession requires us to stop looking only at **who they are right now** and begin praying according to **what God can do in their lives**.

Don't let familiarity destroy your faith.

The person you've almost given up on is still reachable by God.

The child who isn't listening to you can still hear God.

The marriage that looks impossible can still experience healing.

The family member who has wandered away can still come home.

**God can reach places in your family that you cannot reach.**

### **Pray, Don't Control**

There is an important difference between **intercession and control**.

Intercession says, **“God, I put them in Your hands.”**

Control says, **“God, make them do what I want them to do.”**

Sometimes our prayers for family are really attempts to get God to make everybody agree with us.

Today, don't pray your will over your family.

### **Pray God's will.**

Ask God to save them, protect them, heal them, guide them, deliver them, provide for them, and reveal Himself to them.

Then trust God with how He chooses to answer.

### **Don't Only Pray About What's Wrong**

It is easy for intercession to become a list of family problems.

But today, thank God for your family too.

Thank Him for the people who raised you.

Thank Him for your children and grandchildren.

Thank Him for your spouse.

Thank Him for the people who stood beside you.

Thank Him for the family members who are already walking with God.

And even if your family relationships are complicated, thank God that **He is still writing your family's story.**

### **GUIDED FAMILY INTERCESSION**

Take some time today and intentionally call your family members **by name** before God.

#### **1. Pray for Salvation and Spiritual Growth**

Think about the members of your family who do not know Christ or who have drifted away from Him.

Pray:

*Lord, draw my family to You.*

*Save those who are lost.*

*Restore those who have wandered.*

*Give my family a hunger for Your Word and Your presence.*

*Let our family serve the Lord.*

**“As for me and my house, we will serve the LORD.” — Joshua 24:15**

#### **2. Pray for Your Children and Future Generations**

Pray not only for where your children are now, but for **who they are becoming.**

Pray for their minds.

Their friendships.

Their education.

Their decisions.

Their relationships.

Their purpose.

Their protection.

Their future spouses and families.

And pray for generations you may never live to see.

**Don't just pray for God to bless your family today. Pray for a legacy that will outlive you.**

### **3. Pray for Marriages and Relationships**

Pray for marriages within your family.

Ask God to restore communication.

Heal wounds.

Break cycles of hostility.

Restore affection.

Give husbands and wives wisdom and patience.

Pray for relationships between parents and children, siblings, and extended family.

Where there has been division, pray for reconciliation.

Where there has been misunderstanding, pray for clarity.

Where there has been offense, pray for forgiveness.

**Lord, let peace live in our house.**

### **4. Pray for Healing and Deliverance**

Call before God every family member who needs healing—physically, emotionally, mentally, or spiritually.

Pray against destructive patterns that have repeated themselves through generations.

Ask God to break cycles of addiction, abuse, abandonment, dysfunction, financial instability, anger, and broken relationships.

We do not have to repeat everything that happened before us.

**By the grace of God, a new story can begin with us.**

### **5. Pray for Protection**

Pray over your family's homes.

Pray over their travel.

Pray over their health.

Pray over your children when they are away from you.

Pray over family members whose jobs place them in difficult environments.

Ask God to give them wisdom concerning people, relationships, and decisions.

**Lord, keep our family when we cannot keep one another.**

## **6. Pray for the Person You're Most Concerned About**

Now think about **one person in your family who has been especially heavy on your heart.**

Don't rush through this part.

Call their name before God.

You may have talked to them.

You may have argued with them.

You may have warned them.

You may have cried over them.

You may have done everything you know how to do.

**Now intercede for them.**

Say:

*Lord, go where I cannot go.*

*Speak where I cannot speak.*

*Touch what I cannot touch.*

*Change what I cannot change.*

*And give me grace to trust You with them.*

## **7. Pray for Your Entire Bloodline**

Finally, pray beyond individual problems.

Ask God:

**Let revival come to my family.**

Let salvation run through our family.

Let healing run through our family.

Let healthy marriages run through our family.

Let wisdom run through our family.

Let generosity run through our family.

Let prayer run through our family.

Let purpose run through our family.

Let the generations after us inherit something spiritually stronger than what was handed to us.

**We are not only praying for our family as it is. We are interceding for the family that is still to come.**

### **Prayer for Our Families**

Father, in the name of Jesus, today we bring our families before You.

Thank You for every person You have connected to us. We pray for our parents, spouses, children, grandchildren, siblings, relatives, and every generation connected to our family.

Save those who need salvation. Restore those who have wandered. Heal those who are hurting. Deliver those who are bound. Strengthen marriages, restore relationships, and bring reconciliation wherever there has been division.

Protect our children. Guard their minds, their bodies, their relationships, and their futures. Order their steps and let Your purpose be fulfilled in their lives.

Break every destructive cycle that has attempted to repeat itself from generation to generation. Let unhealthy patterns end and let a new legacy of faith, prayer, holiness, wisdom, love, and obedience begin.

Lord, go into the places we cannot go. Speak to the hearts we cannot reach. Work in situations we cannot fix.

We release our families from our control and place them into **Your hands**.

Let our homes be filled with Your presence. Let peace dwell within our walls. Let our families know You, love You, and serve You.

And let the testimony of our families be:

**“As for me and my house, we will serve the LORD.”**

In Jesus’ name, Amen.

No eating until after 3:00 pm

## **DAY 4 — PRAY FOR OUR NATION**

### **Scripture: 1 Timothy 2:1–2**

*“I exhort therefore, that, first of all, supplications, prayers, intercessions, and giving of thanks, be made for all men; For kings, and for all that are in authority...”*

Day 1, we sanctified ourselves.

Day 2, we repented.

Day 3, we interceded for our families.

Today, **we pray for our nation.**

Prayer for our nation is not a political assignment. **It is a biblical assignment.**

Paul instructed the church to pray for kings and all who are in authority. What makes this instruction powerful is that the early Christians were not living under a government that shared their faith or always treated them favorably.

Yet the command remained:

**Pray.**

We don't only pray for leaders we voted for.

We don't only pray for leaders we agree with.

We don't only pray when our preferred political party is in power.

**The Church prays because Scripture commands us to pray.**

**Pray Before You Criticize**

It is easy to discuss everything that is wrong with a nation.

We can talk about the government.

We can talk about the economy.

We can talk about crime.

We can talk about injustice.

We can talk about morality.

We can talk about division.

But the question for believers is not simply, **"What have you said about your nation?"**

The question is:

**"Have you prayed for it?"**

Prayer does not mean we ignore injustice or remain silent about what is wrong. Prayer means that while we work for what is right, **we recognize that our ultimate help comes from God.**

**Pray Beyond Political Parties**

During today's consecration, resist the temptation to turn prayer into partisan warfare.

We are not asking God to become a Republican.

We are not asking God to become a Democrat.

**We are asking our nation to come under the righteous will of God.**

The Church must be able to pray beyond party, race, region, class, and personal preference.

Our allegiance to Christ must always be greater than our allegiance to a political identity.

When we pray, **the Kingdom comes first.**

### **Pray for Those in Authority**

Paul specifically tells us to pray for those in authority.

Our leaders carry decisions that affect millions of people. They need wisdom beyond themselves.

Pray for the President and Vice President.

Pray for Congress.

Pray for governors and state legislatures.

Pray for mayors and local officials.

Pray for judges.

Pray for law enforcement.

Pray for military leaders and those serving our country.

Whether you agree with them or disagree with them, **pray that God gives them wisdom to do what is just and right.**

### **Pray for Righteousness and Justice**

**Proverbs 14:34 says, “Righteousness exalteth a nation...”**

We should pray for righteousness in our nation—but righteousness is bigger than the sins we personally like to talk about.

Righteousness requires us to care about **truth, integrity, justice, compassion, morality, the poor, the vulnerable, the stranger, and the dignity of human life.**

We cannot ask God to expose corruption in the people we oppose while ignoring corruption among the people we support.

Our prayer should be:

**“Lord, let righteousness prevail—wherever unrighteousness is found.”**

### **Pray for Healing**

Our nation is deeply divided.

Political division.

Racial tension.

Economic division.

Generational division.

Cultural division.

Sometimes we no longer simply disagree with one another—we have learned to **despise one another**.

But hatred cannot heal a nation.

Today, pray that God heals what has been broken.

Pray that we learn to disagree without dehumanizing one another.

Pray for reconciliation where there has been hatred.

Pray for understanding where there has been suspicion.

Pray for peace where there has been violence.

**Lord, heal our land.**

### **The Church Must Examine Itself Too**

When we pray for the nation, we must resist the temptation to pray as though **everybody else is the problem**.

2 Chronicles 7:14 begins:

**“If my people, which are called by my name...”**

Before God talks about healing the land, He talks about His people humbling themselves, praying, seeking His face, and turning from their wicked ways.

National transformation must include **spiritual transformation in the Church**.

So today we pray:

**Lord, revive Your Church.**

Give us courage without cruelty.

Conviction without hatred.

Truth without arrogance.

Compassion without compromise.

Make the Church salt and light again.

### **GUIDED INTERCESSION FOR OUR NATION**

Take time today to intentionally pray through these areas.

#### **1. Pray for Our Leaders**

Pray for wisdom, integrity, discernment, humility, and courage for those entrusted with authority.

**Lord, surround our leaders with wise counsel. Expose corruption. Restrain evil. Give them wisdom to make decisions that protect people and promote justice.**

## **2. Pray for Peace and Unity**

Pray against hatred, political violence, racial hostility, and every force that profits from keeping people divided.

Ask God to teach us how to listen to one another again.

**Lord, make us peacemakers in a divided nation.**

## **3. Pray for Justice**

Pray for fair courts.

Pray for law enforcement and the communities they serve.

Pray for victims of violence.

Pray for those who have been treated unjustly.

Pray for the poor, the vulnerable, immigrants, children, the elderly, and those whose voices are easily ignored.

**Lord, let justice and righteousness prevail in our land.**

## **4. Pray for Our Communities**

Pray for your own city.

Pray for your neighborhood.

Pray for schools and teachers.

Pray for hospitals and healthcare workers.

Pray for first responders.

Pray for businesses and employers.

Pray for families struggling financially.

Pray for communities affected by violence and addiction.

Don't only pray for Washington.

**Revival can begin on your street.**

## **5. Pray for the Next Generation**

Pray for America's children and young people.

Pray for their minds.

Pray for their safety.

Pray for their schools.

Pray for their emotional and spiritual well-being.

Pray that God raises up a generation that loves truth, walks in wisdom, values people, and refuses to inherit the hatred of previous generations.

## **6. Pray for the Church in America**

Ask God to awaken His Church.

Pray that churches become houses of prayer.

Pray for pastors and spiritual leaders.

Pray for unity among believers.

Pray for boldness to preach Jesus.

Pray for genuine repentance.

Pray for salvation.

Pray for revival.

**Before we ask God to change America, we must be willing to say, “Lord, change Your Church.”**

## **7. Pray for Spiritual Awakening**

Finally, pray beyond better politics and better policies.

### **Pray for changed hearts.**

Government can pass laws, but government cannot regenerate the human heart.

Education can inform us, but education cannot save us.

Economics can improve our circumstances, but prosperity cannot transform our souls.

### **We need God.**

Pray that people who have never known Jesus encounter Him.

Pray for prodigals to return.

Pray for conviction and repentance.

Pray for churches to experience renewal.

Pray that cities experience awakening.

**Lord, send revival to our nation—and let it begin with us.**

## **Prayer for Our Nation**

Father, in the name of Jesus, today we lift our nation before You.

We pray for all who are in authority. Give our leaders wisdom, integrity, courage, humility, and discernment. Surround them with wise counsel and guide their decisions toward what is righteous and just.

Where there is corruption, expose it. Where there is injustice, correct it. Where there is hatred, bring healing. Where there is violence, bring peace. Where there is division, raise up peacemakers.

Protect our children. Strengthen our families. Bless our communities. Remember the poor, the vulnerable, the forgotten, and those who are suffering.

And Lord, **revive Your Church.**

Forgive us where we have allowed politics to divide what the blood of Jesus united. Forgive us where we have been louder about political personalities than we have been about Jesus.

Make us salt and light.

Give us clean hands, pure hearts, courageous voices, and compassionate spirits.

We pray for a spiritual awakening across this nation. Let people turn to You. Let prodigals come home. Let churches become houses of prayer. Let righteousness and justice flow through our communities.

We do not place our ultimate confidence in presidents, political parties, governments, or institutions.

**Our hope is in You.**

Heal our land.

Revive Your Church.

Save the lost.

And let Your Kingdom come and Your will be done in our nation.

**In Jesus' name, Amen.**

Day 4 Only fruits and vegetables (24 hour period)

## **DAY 5 — PRAY FOR THE BODY OF CHRIST**

**Scripture: John 17:20–21**

*“Neither pray I for these alone, but for them also which shall believe on me through their word;  
That they all may be one...”*

Day 1, we sanctified ourselves.

Day 2, we repented.

Day 3, we interceded for our families.

Day 4, we prayed for our nation.

Today, **we pray for the Body of Christ.**

Before Jesus went to the cross, He prayed for His Church. And one of the central requests in His prayer was **that we would be one.**

Today, we join that prayer.

We pray beyond our local church. Beyond our organization. Beyond our denomination. Beyond our tradition.

We pray for **every believer who belongs to Jesus Christ.**

### **WE ARE ONE BODY**

Paul writes in **1 Corinthians 12:27**, *“Now ye are the body of Christ, and members in particular.”*

The Church is called the **Body of Christ** because although there are many members, we belong to one Body and Christ is the Head.

Every part does not look alike.

Every part does not function alike.

Every congregation does not worship exactly alike.

Every Christian tradition does not express itself exactly alike.

But our differences do not automatically make us enemies.

**Uniformity means everybody has to look the same. Unity means we can be different and still belong to one another.**

We can have convictions without contempt.

We can disagree without becoming enemies.

And we can recognize that the Kingdom of God is bigger than our individual church, denomination, organization, or movement.

Today we pray:

**Lord, heal Your Body.**

## **WHEN ONE PART HURTS, WE ALL HURT**

**1 Corinthians 12:26** says, “**And whether one member suffer, all the members suffer with it...**”

When Christians are persecuted anywhere in the world, **our brothers and sisters are suffering.**

When a church experiences tragedy, we should care.

When a pastor falls, we should not celebrate.

When another ministry struggles, we should not secretly rejoice.

When another congregation experiences revival, we should be able to celebrate what God is doing even if our name is not attached to it.

### **Competition has no place in the Body of Christ.**

Another church is not our competition.

Another pastor is not our enemy.

Another ministry's success does not diminish what God has called us to do.

There is enough work in the harvest for all of us.

## **PRAY FOR THE PURITY OF THE CHURCH**

We must also pray that the Church remains holy.

The Church cannot effectively call the world to repentance while refusing to examine herself.

Pray against compromise, corruption, abuse, greed, pride, sexual immorality, manipulation, dishonesty, and anything that brings reproach upon the name of Jesus.

But don't pray this prayer self-righteously.

Remember Day 2.

### **We are part of the Body we are praying for.**

When we say, “*Lord, purify Your Church,*” we are also saying:

**“Lord, purify me.”**

## **PRAY FOR SPIRITUAL LEADERS**

Pastors, bishops, elders, missionaries, evangelists, teachers, and ministry leaders need prayer.

Leadership does not make someone immune to discouragement, temptation, exhaustion, grief, or spiritual warfare.

Sometimes the people who spend their lives pouring into others have very few people intentionally pouring into them.

Today, pray for those who carry the responsibility of spiritual leadership.

Pray that God protects their families.

Pray that He guards their minds.

Pray that He keeps their motives pure.

Pray that they do not become exhausted while doing good.

Pray that they remain humble when ministry succeeds and faithful when ministry becomes difficult.

**Don't just pray for your leaders when they are in trouble. Cover them while they are standing.**

## **PRAY FOR REVIVAL IN THE CHURCH**

We need more than successful churches.

We need **spiritual churches**.

We need churches where people are saved, healed, delivered, disciplined, baptized, restored, and transformed.

We need prayer again.

We need holiness again.

We need compassion again.

We need the Word again.

We need the power of the Holy Spirit.

Revival is not something we manufacture. **We prepare the altar, but God sends the fire.**

So our prayer today is:

**Lord, set Your Church on fire again.**

Not strange fire.

Not hype.

Not performance.

Not personality-driven Christianity.

But a genuine move of God that produces repentance, transformation, holiness, love, reconciliation, salvation, miracles, and changed lives.

## **GUIDED INTERCESSION FOR THE BODY OF CHRIST**

### **1. Pray for Unity**

**Psalm 133:1** says, *“Behold, how good and how pleasant it is for brethren to dwell together in unity!”*

Pray against unnecessary division, jealousy, competition, pride, denominational hostility, racial division, and personal agendas.

Pray:

*Lord, teach us to love one another.*

*Help us recognize Your grace upon people who may not look, worship, or minister exactly like us.*

**Make us one as You prayed that we would be one.**

## **2. Pray for Pastors and Spiritual Leaders**

Call your pastors and spiritual leaders **by name**.

Pray for their spiritual lives.

Their marriages.

Their children.

Their health.

Their minds.

Their finances.

Their integrity.

Their wisdom.

Their protection.

Their private walk with God.

Pray:

**Lord, keep those who watch for our souls.**

## **3. Pray for Local Churches**

Pray for churches in your city and community—not just your own congregation.

Pray that churches preach Jesus faithfully.

Pray for healthy congregations.

Pray for churches that are struggling.

Pray for churches experiencing transition.

Pray for congregations without pastors.

Pray for churches facing financial difficulties.

Pray for ministries working in difficult communities.

**Lord, strengthen every church that is sincerely lifting up the name of Jesus.**

#### **4. Pray for Persecuted Christians**

Around the world, many believers face hostility, imprisonment, displacement, violence, or death because of their faith.

Pray for courage.

Pray for protection.

Pray for their families.

Pray for imprisoned believers.

Pray for missionaries serving in dangerous places.

Pray that persecution does not extinguish their faith but that God gives them supernatural strength.

**Remember those who suffer for the name of Jesus.**

#### **5. Pray for Healing Within the Body**

The Church has wounded people.

Some have experienced spiritual abuse.

Some have experienced betrayal.

Some have been disappointed by leaders.

Some have walked away because of what happened inside a church.

Today, pray for healing.

Pray that wrongs are acknowledged and corrected.

Pray for accountability where accountability is needed.

Pray for restoration where restoration is possible.

Pray that wounded believers encounter the healing love of Jesus.

**Lord, heal the wounds within Your Body.**

#### **6. Pray for the Next Generation of the Church**

Pray for children, teenagers, and young adults.

Pray that they have their own encounters with God and do not have to survive merely on the testimonies of previous generations.

Pray that God raises up the next generation of pastors, missionaries, worshippers, teachers, evangelists, intercessors, and faithful disciples.

Pray that we don't simply hand them our churches.

**Pray that we hand them our faith.**

## **7. Pray for Revival**

Finally, pray for the Church to experience a genuine move of God.

Pray:

**Lord, restore our hunger.**

Restore prayer.

Restore holiness.

Restore love.

Restore evangelism.

Restore compassion.

Restore unity.

Restore spiritual gifts.

Restore the burden for souls.

Restore our dependence upon the Holy Spirit.

And then make the prayer personal:

**Lord, whatever You want to do in Your Church, start with me.**

## **Prayer for the Body of Christ**

Father, in the name of Jesus, today we lift before You the Body of Christ throughout the world.

Thank You for Your Church. Thank You that across nations, languages, cultures, denominations, and generations, You have a people who belong to You.

Lord, **make us one.**

Heal unnecessary divisions among us. Deliver us from jealousy, competition, pride, arrogance, and the need to prove that our part of the Body is more important than another.

Strengthen pastors, bishops, elders, missionaries, evangelists, teachers, and ministry leaders. Protect their minds, families, integrity, health, and spiritual lives. Give strength to those who are weary and encouragement to those who are discouraged.

Remember our persecuted brothers and sisters. Protect them, strengthen them, provide for them, and give them courage to remain faithful.

Heal those who have been wounded within the Church. Bring accountability where there has been wrongdoing and restoration where there has been brokenness.

Raise up the next generation. Let our children know You for themselves. Give them a hunger for Your presence and courage to carry the Gospel into their generation.

And Father, **send revival to Your Church.**

Purify us.

Sanctify us.

Unify us.

Restore our hunger for prayer, Your Word, holiness, evangelism, and Your presence.

Let the Church become known not merely for our buildings, programs, personalities, or platforms, but for **our love, our witness, and the presence of Jesus among us.**

And before we ask You to do it somewhere else, **begin in us.**

Let Your Church arise in power, purity, unity, compassion, and truth.

**We are many members, but we are one Body—and Jesus Christ is our Head.**

In Jesus' name, Amen.

Diet: No meat

Day 6 can build naturally on everything from the previous five days. After sanctification, repentance, and intercession, we now ask: **What are we going to build when the consecration is over?** The goal is not to return to the same spiritual habits after the fast.

## **DAY 6 — LAYING A NEW FOUNDATION**

**Scripture: 1 Corinthians 3:11**

*“For other foundation can no man lay than that is laid, which is Jesus Christ.”*

We are nearing the end of our week of prayer and fasting.

Day 1, we sanctified ourselves.

Day 2, we repented.

Day 3, we interceded for our families.

Day 4, we prayed for our nation.

Day 5, we prayed for the Body of Christ.

Today, we turn our attention toward **what happens next.**

It is possible to have a powerful week of consecration and then return to the same habits, routines, distractions, and patterns we had before it began.

But consecration should not simply give us **a spiritual experience.**

**It should give us a new foundation.**

## **YOU CAN'T BUILD A NEW LIFE ON AN OLD FOUNDATION**

A foundation determines what can be built upon it.

Jesus said in Matthew 7 that two men built houses. One built on rock and the other built on sand. Both had houses. Both experienced storms.

The difference was underneath them.

**The storm revealed the foundation.**

Sometimes the problems we experience repeatedly are not problems with what we are trying to build. They are problems with **what we are building on.**

If you build your peace on circumstances, your peace will constantly change.

If you build your identity on people's opinions, your identity will constantly change.

If you build your joy on possessions, relationships, positions, titles, or success, eventually something will shake you.

But when your life is built on Jesus Christ, you have something underneath you that doesn't move when everything around you does.

## **SOMETIMES YOU HAVE TO REMOVE BEFORE YOU REBUILD**

Before laying a new foundation, sometimes the old material has to be cleared away.

That is part of what we have been doing this week.

Through sanctification, we removed distractions.

Through repentance, we confronted sin.

Through prayer, we shifted our attention back toward God.

But don't pick back up what you laid down.

**Don't rebuild what God helped you tear down.**

If God showed you during this fast that something was interfering with your spiritual life, don't automatically reintroduce it simply because the fast is ending.

Some things you gave up temporarily may need to stay gone permanently.

Ask yourself:

**Does this belong in the life I'm building now?**

## **BUILD NEW SPIRITUAL HABITS**

A new foundation requires new practices.

Maybe before this week you rarely prayed. **Build prayer into your life.**

Maybe you weren't consistently reading Scripture. **Build the Word into your life.**

Maybe worship only happened for you at church. **Build worship into your home.**

Maybe fasting was something you only did when the church announced it. **Develop a personal discipline of fasting.**

Maybe your schedule was so crowded that God received whatever time was left. **Give God the first and best part of your life.**

Don't wait until you feel spiritual.

**Build disciplines that will sustain you when you don't feel spiritual.**

Spiritual maturity is not built only through powerful moments. It is built through **consistent obedience.**

## **FOUNDATION WORK ISN'T GLAMOROUS**

When a building is being constructed, people get excited when they can finally see the walls going up.

Nobody drives past a construction site and gets excited about concrete underground.

But the part nobody sees is supporting everything everybody eventually sees.

Your private prayer life is foundation work.

Reading Scripture when nobody is watching is foundation work.

Forgiving people is foundation work.

Obedying God when nobody applauds is foundation work.

Character is foundation work.

Integrity is foundation work.

**What God develops in private will eventually support what He entrusts to you publicly.**

Don't become so concerned with building something people can see that you neglect what only God can see.

## **JESUS MUST REMAIN THE FOUNDATION**

Paul makes it clear:

**“For other foundation can no man lay than that is laid, which is Jesus Christ.”**

Our ultimate foundation is not our discipline.

It isn't our fasting.

It isn't our church.

It isn't our denomination.

It isn't our pastor.

It isn't our spiritual gifts.

**Our foundation is Jesus Christ.**

Prayer keeps us connected to Him.

Scripture teaches us about Him.

Fasting disciplines our appetites so we can seek Him.

Worship turns our attention toward Him.

But Jesus remains the foundation underneath it all.

**DON'T JUST FINISH THE FAST — START SOMETHING**

Tomorrow may mark the conclusion of this week of consecration, but something should be **beginning in you.**

A new prayer life.

A new hunger for Scripture.

A new level of discipline.

A new commitment to holiness.

A healthier relationship.

A new boundary.

A new attitude.

A new consistency.

A deeper dependence upon God.

Don't measure the success of this consecration simply by whether you completed the fast.

Ask:

**What changed?**

Because the purpose of consecration isn't merely to prove that you can go without something.

**It is to discover whether you can live differently after it.**

## **GUIDED FOUNDATION EXAMINATION**

Take some time today and prayerfully consider these areas.

### **1. What Did God Show Me This Week?**

What did I learn about myself?

What did God expose?

What did He correct?

What did He confirm?

What have I heard more clearly because I became quieter?

Write it down.

**Don't lose the revelation when you leave the consecration.**

### **2. What Needs to Stay Gone?**

Think about what you stepped away from this week.

Ask:

*Was this simply something I fasted from, or is God showing me that my relationship with it needs to permanently change?*

Are there environments you should stop entering?

Relationships that need healthier boundaries?

Entertainment that weakens your spiritual sensitivity?

Habits that consume too much of your attention?

**Everything you can return to does not mean everything should return to you.**

### **3. What Needs to Become Consistent?**

Choose practical spiritual disciplines you can maintain.

Ask yourself:

- When will I pray?
- When will I read Scripture?
- How will I incorporate fasting into my life?
- How will I protect time with God?
- What will I do when I recognize myself drifting again?

Don't make unrealistic promises.

**Build something sustainable.**

#### **4. What Needs to Be Repaired?**

Not every foundation needs to be destroyed. Sometimes it needs to be repaired.

Is there a relationship that needs attention?

An apology you still need to make?

A responsibility you've neglected?

A commitment you abandoned?

Something God told you to finish?

Ask God for grace to repair what can be repaired.

#### **5. What Am I Building My Life On?**

This is the most important question.

If the job disappears, who am I?

If the relationship changes, who am I?

If people stop applauding, who am I?

If the position changes, who am I?

If circumstances don't go according to my plans, can I still trust God?

Strip everything else away and ask:

**Is Jesus really enough to be the foundation of my life?**

#### **6. Write Down Your New Foundation**

Before today ends, identify **three things you will carry beyond this week.**

Complete these statements:

**I am leaving behind:** \_\_\_\_\_

**I am beginning:** \_\_\_\_\_

**I am committing to:** \_\_\_\_\_

Then pray over what you have written.

This week of consecration will end.

**But the life God is building in you does not have to.**

#### **Prayer for a New Foundation**

Father, in the name of Jesus, thank You for everything You have done in us during these days of prayer and fasting.

Thank You for what You have revealed, what You have removed, what You have corrected, and what You have restored.

Now, Lord, help us to build.

We refuse to return carelessly to the same patterns You have called us out of. Give us wisdom to know what should return to our lives and what needs to remain behind.

Establish new disciplines within us. Give us consistency in prayer, hunger for Your Word, a life of worship, obedience to Your voice, and sensitivity to Your Spirit.

Strengthen the places in our lives that have been weak. Repair what has been broken. Tear down anything that cannot support where You are taking us.

And above everything else, **let Jesus Christ remain our foundation.**

When circumstances change, keep us grounded.

When storms come, keep us standing.

When emotions fluctuate, keep us faithful.

When nobody is watching, keep us obedient.

Don't allow this consecration to simply become something we completed.

**Let it become the beginning of something we continue.**

Build in us something that will remain long after this week is over.

Our lives belong to You.

Our future belongs to You.

And whatever You build in us, let it be built upon the solid foundation of Jesus Christ.

**In Jesus' name, Amen.**

Diet: No Food

## **DAY 7 — NEWNESS**

**Scripture: Romans 6:4**

*"...even so we also should walk in newness of life."*

We have reached the final day of our week of prayer and fasting.

Day 1, we sanctified ourselves.

Day 2, we repented.

Day 3, we interceded for our families.

Day 4, we prayed for our nation.

Day 5, we prayed for the Body of Christ.

Day 6, we laid a new foundation.

And today, **we embrace newness.**

We didn't spend this week seeking God just so we could return to exactly who we were seven days ago.

Something should be different.

Maybe every circumstance hasn't changed.

Maybe every prayer hasn't been answered.

Maybe every problem hasn't disappeared.

**But God has been doing something new in us.**

### **NEWNESS DOESN'T ALWAYS MEAN SOMETHING NEW AROUND YOU**

When we hear the word *new*, we often think about new opportunities, new relationships, new doors, new possessions, or new circumstances.

But sometimes God's greatest new work isn't around you.

**It's in you.**

The same situation can remain, but you approach it with a new attitude.

The same people can be around you, but you respond with new grace.

The same responsibility can remain, but you carry it with new strength.

The same battle can exist, but you fight it with new faith.

Before God changes your environment, sometimes **He changes the person standing in it.**

Paul says we should **"walk in newness of life."**

Newness is not only something God gives us.

**It is something we have to walk in.**

### **DON'T GO BACK JUST BECAUSE THE FAST IS OVER**

This is one of the most important moments of the consecration.

Tomorrow, many of the things you stopped doing become available again.

The question is:

**Should everything come back?**

During these seven days, you may have discovered that you didn't need some things as much as you thought you did.

Maybe you discovered how much time you were giving to social media.

Maybe you realized certain conversations were affecting your spirit.

Maybe you recognized that some entertainment was creating unnecessary noise.

Maybe God revealed a habit that was controlling more of you than you realized.

Don't automatically reopen every door you closed for consecration.

**Some things were removed temporarily so God could show you that you could live without them permanently.**

### **NEW WINE NEEDS NEW WINESKINS**

Jesus said in **Mark 2:22** that new wine must be put into new wineskins.

In other words, **you cannot always contain something new with an old structure.**

If God gives you a new hunger but you return to an old schedule, that hunger may disappear.

If God gives you new discipline but you return to old habits, that discipline will weaken.

If God gives you new peace but you return to environments that constantly disturb it, you will struggle to protect it.

If God gives you new revelation but you return to an old mindset, you may never walk in what He showed you.

Sometimes receiving something new from God requires creating a **new structure to sustain it.**

Don't just ask:

**"What did God give me?"**

Ask:

**"What needs to change in my life so I can carry what God gave me?"**

### **NEWNESS REQUIRES LETTING GO**

**Isaiah 43:18–19 says:**

*"Remember ye not the former things, neither consider the things of old. Behold, I will do a new thing..."*

You cannot fully embrace what is next while constantly reaching backward.

Some of us are trying to enter a new season while carrying old offenses.

Old disappointments.

Old labels.

Old failures.

Old relationships.

Old habits.

Old fears.

Old ways of thinking.

There are things that happened to you that are part of your story, but **they do not have to control your future.**

You can remember without returning.

You can learn without living there.

You can acknowledge what happened without allowing it to define what happens next.

**You cannot change yesterday, but by the grace of God, you do not have to repeat it.**

### **NEW MERCIES MEAN YOU CAN BEGIN AGAIN**

Lamentations 3:22–23 reminds us that God’s mercies are “**new every morning.**”

That means God is a God of new beginnings.

Maybe you haven’t done everything right.

Maybe you’ve wasted time.

Maybe you’ve made mistakes.

Maybe you have started before and stopped.

Maybe you’ve promised God things before and failed to follow through.

Grace says:

**Start again.**

Newness doesn’t mean pretending your past never happened.

Newness means **your past no longer has the authority to determine your future.**

God’s mercy gives you permission to begin again.

### **DON’T TRY TO BECOME THE OLD YOU AGAIN**

Sometimes after difficult seasons, we pray:

**“Lord, just help me get back to who I used to be.”**

But perhaps God doesn’t want you to go backward.

Maybe what you have survived, learned, endured, and experienced has produced something in you that wasn’t there before.

Don't ask God to make you who you were.

**Ask Him to make you who you are becoming.**

There is a version of you that has prayed more.

A version of you that has learned to surrender.

A version of you that has confronted some things.

A version of you that has forgiven.

A version of you that has become more sensitive to God's voice.

**Walk forward as that person.**

### **GUIDED REFLECTION — WHAT IS NEW?**

Before we conclude this consecration, spend some time reflecting on these questions.

#### **1. What Has Changed in Me?**

Don't begin by looking at your circumstances.

Look inward.

Am I more sensitive to God?

Has my prayer life changed?

Has my appetite for Scripture increased?

Have my priorities shifted?

Has God corrected an attitude?

Have I forgiven someone?

Have I gained clarity?

**What is different about me because of these seven days?**

#### **2. What Am I Not Taking Back With Me?**

Name it.

An offense.

A habit.

A distraction.

A relationship dynamic.

A mindset.

A fear.

A pattern.

A secret compromise.

Say:

**“This was part of my old season, but it will not become part of my new one.”**

### **3. What New Thing Am I Beginning?**

Maybe it's daily prayer.

Regular fasting.

Consistent Bible reading.

A healthier boundary.

Better stewardship.

Serving.

Rest.

Forgiveness.

Reconciliation.

Evangelism.

Whatever God has placed before you, don't wait for another consecration to begin.

**Start now.**

### **4. What Do I Need to Protect?**

Everything God starts in you must be stewarded.

Ask yourself:

**What threatens the work God has done in me this week?**

Identify it.

Then establish boundaries around what God has given you.

**Not everyone should have access to what God is developing in you.**

Protect your peace.

Protect your prayer life.

Protect your spiritual hunger.

Protect your convictions.

Protect what God has begun.

## **5. What Am I Believing God for Next?**

Finally, look forward.

What are you believing God to do in your life?

In your family?

In your church?

In your community?

Don't finish this week only looking backward at what God has done.

**Finish looking forward to what God will do.**

### **DECLARATION OF NEWNESS**

Today I declare:

**I will walk in newness of life.**

I will not return to everything God brought me out of.

I will not rebuild everything God helped me tear down.

I will not allow old thinking to govern a new season.

I release yesterday.

I receive today's mercy.

I embrace what God is doing in me.

Jesus Christ is my foundation.

The Word of God will guide me.

The Holy Spirit will lead me.

Prayer will remain part of my life.

And by the grace of God,

**I am moving forward.**

### **Prayer for Newness**

Father, in the name of Jesus, thank You for carrying us through these seven days of prayer and fasting.

Thank You for every prayer prayed, every tear shed, every sacrifice made, every conviction received, and every moment spent in Your presence.

Thank You for what You have removed.

Thank You for what You have revealed.

Thank You for what You have healed.

Thank You for what You have started.

Now give us grace to **walk in newness of life.**

We refuse to return carelessly to old habits, old thinking, old offenses, and old patterns.

Give us wisdom to recognize what belongs in our future and courage to leave behind what does not.

Give us new hunger.

New discipline.

New strength.

New vision.

New compassion.

New faith.

And a renewed desire for Your presence.

Let the end of this fast become **the beginning of a lifestyle.**

May the prayer we discovered this week continue.

May the hunger we experienced remain.

May the lessons You taught us take root.

May the foundation we laid become stronger.

We release the old and receive the new.

And we declare according to Your Word:

**“Behold, I will do a new thing; now it shall spring forth...”**

Lord, let it spring forth in us.

We are ready to walk forward.

**In Jesus' name, Amen.**

Diet: No Food until the Shut-In is over