

# 40 Day Fast Handbook

The object of prayer and fasting is to pursue what God is laying before us as a church family, as well as individually. Fasting is a discipline that is taught and displayed throughout the Bible and history. By definition, fasting is not just the abstinence from food, drinks, or other consumption, but taking time to turn our attention to God. Although the most common item for people to fast is food, it can be anything that takes up your time and attention, like sugar, drinks, social media, etc. The goal of a fast is to take time away from things that satisfy our flesh or take our attention away from God, and replace them with a time of prayer and connecting to God.

The 40 Day Fast stretches from Ash Wednesday to Easter Sunday. Each Sunday is designed to be a day of rest and reflection, along with a verse of the day. The 40 Day Fast will lead us into and through the Easter Season as we remember the Journey that Jesus took to the Cross. Our final week of the 40 Day fast is Holy Week. The questions and verses will revolve around the coinciding days of Holy Week and the actions that Jesus took in that week.

As we embark on these 40 days, we want to encourage you to fast from something that either fulfills you or takes up your time and to fill those moments with prayer and intentional time with God. While you take your day(s) to pray and fast, we encourage you to follow these *4 Steps to Victory* every day:

## 4 Steps to Victory

1. I pray that God would expose evil trying to deceive me and others around me.
2. I invite Jesus into those areas where evil is trying to attack.
3. I replace the lies and confusion of the enemy with the truth and clarity of Jesus and the Word of God.
4. I thank Jesus for the victory.

*Example: When praying for depression. (Step 1) "Spirit of depression I call you out in the name of Jesus. (Step 2) Jesus, come into this situation and bring your light that shines in the darkness; you are greater than this depression that is trying to overtake me. (Step 3): Your Word says that your yoke is easy and your burden is light. I pray that the hope and joy that come from you would replace the darkness and despair from the enemy. Your hope and joy is stronger than anything the enemy can try to take me down with. (Step 4): Thank you Jesus, for setting me free!"*

## Verses to Go with the 4 Steps to Victory

- "...in order that Satan might not outwit us. For we are not unaware of his schemes." **2 Corinthians 2:11** (NIV)
- "Put on the full armor of God, so that you can take your stand against the devil's schemes. For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms." **Ephesians 6:11-12** (NIV)
- "Submit yourselves, then, to God. Resist the devil, and he will flee from you." **James 4:7** (NIV)
- "Do not be overcome by evil, but overcome evil with good." **Romans 12:21** (NIV)

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- “Love does not delight in evil but rejoices with the truth.” **1 Corinthians 13:6** (NIV)
- “But thanks be to God! He gives us the victory through our Lord Jesus Christ.” **1 Corinthians 15:57** (NIV)
- “Rejoice always, pray continually, give thanks in all circumstances; for this is God’s will for you in Christ Jesus.” **1 Thessalonians 5:16-18** (NIV)

## Topics to pray provision, protection, favor & health for:

- Marriages and Families
- Friendships and Relationships (co-workers, teammates, etc.)
- New Song Church
- Bismarck, Mandan, and the Surrounding Areas
- North Dakota and the U.S.A.
- The World and Israel

## The Daily Handbook

The following pages of this handbook are designed to help us reflect on the Word of God with a daily devotional, while taking time to pray and fast throughout these next 40 days. Each day, you will find 3 sections: Verse of the Day, Question of the Day, and Reflection of the Day.

**Verse of the Day:** Each day, a passage in the Bible has been selected to help you not only pray, but also engage with the Word of God, which, according to Hebrews 4:12, is a weapon that God has given us. As you read, ask God how today’s verse can help you grow in your relationship with Him.

**Question of the Day:** These questions are asked to help you engage and reflect on the Word of God in a deeper way. As you ponder the question, ask God to show you what area of life this question may reveal to help you continue to move forward in life.

**Reflection of the Day:** This section is simply to allow room for you to write down things that stood out to you from the Verse of the Day, the Question of the Day, or your 40 Day Fasting and Prayer journey. Write down your experiences, what God has begun to show you, or what you are praying for that day. There are additional pages in the back of the handbook if you need more space.

Thank you for taking the time to participate in this year’s 40 Day Fast, as we seek the Lord for where He is leading the church, our families, and our nation.

# 40 Day Fast Handbook

## Day 1 - Wednesday

**Verse of the Day:** 1 Thessalonians 5:16-22

**Question of the Day:** *What does it mean to rejoice always and pray continually?*

## Day 2 - Thursday

**Verse of the Day:** 1 John 5:13-15

**Question of the Day:** *What does it mean to ask of something according to God's will?*

## Day 3 - Friday

**Verse of the Day:** 1 Chronicles 16:8-13

**Question of the Day:** *How can I do better at speaking about God's wonderful acts?*

## Day 4 - Saturday

**Verse of the Day:** 2 Chronicles 7:12-15

**Question of the Day:** *How can I be humble and turn from my ways and towards God?*

## Day of Rest #1 - Sunday

**Verse of the Day:** Isaiah 53:1-2

Reflect on the image displayed in these verses

## Day 5 - Monday

**Verse of the Day:** Ephesians 6:10-13

**Question of the Day:** *What ways can I apply the power that comes from God in my life?*

## Day 6 - Tuesday

**Verse of the Day:** Ephesians 6:14-18

**Question of the Day:** *What part of the Armor of God do I need to learn more about?*

## Day 7 - Wednesday

**Verse of the Day:** Jeremiah 29:11-14

**Question of the Day:** *What does it mean to seek God in my life?*

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## Day 8 - Thursday

Verse of the Day: John 17:9-19

Question of the Day: *Why would the world hate the disciples for knowing the Word of God?*

## Day 9 - Friday

Verse of the Day: John 17:20-26

Question of the Day: *How can I grow in my understanding that God loves me?*

## Day 10 - Saturday

Verse of the Day: James 5:13-16

Question of the Day: *How can I get better at praying for others?*

## Day of Rest #2 - Sunday

Verse of the Day: Isaiah 53:3-4

## Day 11 - Monday

Verse of the Day: Mark 11:22-26

Question of the Day: *What mountains in my life do I need to bring to God?*

## Day 12 - Tuesday

Verse of the Day: Matthew 5:43-45

Question of the Day: *How can I get better at praying for my enemies?*

## Day 13 - Wednesday

Verse of the Day: Matthew 26:36-46

Question of the Day: *When/How have I gone to God when I've felt pain and despair?*

## Day 14 - Thursday

Verse of the Day: Proverbs 15:8-9

Question of the Day: *How can I be better at pursuing righteousness?*

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## Day 15 - Friday

**Verse of the Day:** Romans 12:1-2

**Question of the Day:** *How can I not conform to the world?*

## Day 16 - Saturday

**Verse of the Day:** Romans 12:9-13

**Question of the Day:** *What does it mean to cling to what is good?*

## Day of Rest #3 - Sunday

**Verse of the Day:** Isaiah 53:5-6

## Day 17 - Monday

**Verse of the Day:** Luke 11:2-4

**Question of the Day:** *What can I learn about the way that Jesus taught his disciples to pray?*

## Day 18 - Tuesday

**Verse of the Day:** Matthew 7:7-12

**Question of the Day:** *How can I get better at treating others the way I want to be treated?*

## Day 19 - Wednesday

**Verse of the Day:** Luke 6:12

**Question of the Day:** *Why was it important for Jesus to go away and pray?*

## Day 20 - Thursday

**Verse of the Day:** Luke 18:1-8

**Question of the Day:** *How can I get better at leaving justice in God's hands?*

## Day 21 - Friday

**Verse of the Day:** Romans 8:26-27

**Question of the Day:** *What does it mean that the Spirit intercedes for me?*

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## Day 22 - Saturday

Verse of the Day: Philippians 4:4-7

Question of the Day: *How can I get better at rejoicing and giving my anxiety to God?*

## Day of Rest #4 - Sunday

Verse of the Day: Isaiah 53:7-8

## Day 23 - Monday

Verse of the Day: Philippians 4:8-9

Question of the Day: *How can I grow in meditating on the things listed in verse 8?*

## Day 24 - Tuesday

Verse of the Day: Colossians 4:2-6

Question of the Day: *How can I be more thankful in my life, specifically in prayer?*

## Day 25 - Wednesday

Verse of the Day: 1 John 1:8-10

Question of the Day: *How have I seen God be faithful and just in my life?*

## Day 26 - Thursday

Verse of the Day: 1 Timothy 2:1-4

Question of the Day: *How can I get better at praying for leaders?*

## Day 27 - Friday

Verse of the Day: Luke 4:1-4

Question of the Day: *Why did Jesus go into the wilderness to be tempted?*

## Day 28 - Saturday

Verse of the Day: Luke 4:5-8

Question of the Day: *What would be tempting about the devil's proposition to Jesus?*

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## **Day of Rest #5 - Sunday**

**Verse of the Day:** Isaiah 53:9-10

## **Day 29 - Monday**

**Verse of the Day:** Luke 4:9-13

**Question of the Day:** *What can I learn from Jesus' response to Satan?*

## **Day 30 - Tuesday**

**Verse of the Day:** Psalm 37:34-36

**Question of the Day:** *What does it look like to wait on the Lord and keep His way in my life?*

## **Day 31 - Wednesday**

**Verse of the Day:** Proverbs 3:5-6

**Question of the Day:** *How can I get better at trusting God?*

## **Day 32 - Thursday**

**Verse of the Day:** James 4:7-10

**Question of the Day:** *How can I draw closer to God in my personal life?*

## **Day 33 - Friday**

**Verse of the Day:** 1 Corinthians 13:1-3

**Question of the Day:** *How can I grow better in doing things in love?*

## **Day 34 - Saturday**

**Verse of the Day:** Psalm 46:10

**Question of the Day:** *How can I get better at stopping and trusting that God is in control?*

## **Day of Rest #6 – Palm Sunday**

**Verse of the Day:** Matthew 21:1-9

## **Day 35 – Holy Monday**

**Verse of the Day:** Luke 19:45-48

**Question of the Day:** *What parts of your life do you need God to cleanse?*

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## **Day 36 – Holy Tuesday**

Verse of the Day: Matthew 21:23-32

Question of the Day: *What traps do you feel drawn to? What traps are you trying to get out of today?*

## **Day 37 – Holy Wednesday**

Verse of the Day: Mark 14:1-11

Question of the Day: *What change has God brought to your heart this last year?*

## **Day 38 – Maundy Thursday**

Verse of the Day: Matthew 26:17-75

Question of the Day: *How have you viewed communion in the past? Along with communion, what are some other ways that we can fulfill God's command to love Him?*

## **Day 39 – Good Friday**

Verse of the Day: Matthew 27:11-56

Question of the Day: *Can you think of a time when you walked off of God's path, how did you recover the situation? When did you realize you needed to make some changes to re-route back to God?*

## **Day 40 – Holy Saturday**

Verse of the Day: John 19:38-42

Question of the Day: *What are some promises that God has given you that are yet unfulfilled and may seem hopeless to you?*