

# Fasting and Prayer Calendar

## Scripture and Prayer Focus

1. Seek to take this journey with a prayer partner. Accountability will help you to remain committed.
2. Tuesdays will be a complete food fast for 24 hours.
  - a. Consult physician where applicable
3. Seek to only drink water or herbal teas.
4. During this fast make every effort to avoid
  - a. Sweets (**cakes, candy, pies, etc.**)
  - b. Meats (**clean and unclean**)
  - c. Sugary Drinks
  - d. Media except the news
  - e. Social Media

### What To Eat?

- Self-improvement often requires willpower, a word the dictionary defines as “energetic determination,” but in modern times has come to mean “the ability not to inhale a donut every time you see one.”
- All fruits. These can be fresh, frozen, dried, juiced or canned.  
All vegetables. These can be fresh, frozen, dried, juiced or canned.
- All whole grains, including but not limited to whole wheat, brown rice, millet, quinoa, oats, barley, grits, whole wheat pasta, whole wheat tortillas, rice cakes and popcorn.
- All nuts and seeds, including but not limited to sunflower seeds, cashews, peanuts, sesame.
- Also nut butters including peanut butter.
- All legumes. These can be canned or dried. Legumes include but are not limited to dried beans, pinto beans, split peas, lentils, black eyed peas, kidney beans, black beans, cannellini beans, white beans.

- All quality oils including but not limited to olive, canola, grape seed, peanut, and sesame. Beverages: spring water, distilled water or other pure waters. Other: tofu, soy products, vinegar, seasonings, salt, herbs and spices.

<u>Day</u>	<u>Prayer Focus</u>	<u>Scripture</u>
March 12	Pray to know the responsibility of the Holy Spirit	<b>John 14:16-17</b>
March 13	Receiving Holy Spirit baptism after Pentecost	<b>Acts 1:4-48, Psalm 25:6</b>
March 14	For Christ to manifest the changes in your life necessary for you to reflect him fully	<b>Psalm 33:18-22</b>
March 15	For Christ to live in you fully, and manifest His character and works	<b>Psalm 34:17</b>
March 16	For God to write His law on your heart	<b>Psalm 51:10-12</b>
March 17	For God to forgive you if you have grieved the Holy Spirit in any way and for God to give you the desire to the Spirit's promptings in your life	<b>2 Chronicles 16:9</b>
March 18	For God to prepare you to receive the latter rain of the Holy Spirit	<b>Psalm 34:7</b>
March 19	For God to continue to baptize you for earth's final crisis and Christ's return	<b>Psalm 145:18</b>
March 20	For God to give you a greater desire to pray	<b>2 Chronicles 7:14</b>
March 21	For God to lead you to become a prayer warrior as were Jesus and the disciples	<b>Psalm 119:27</b>

March 22	For God to give a clear understanding of the necessity of prayer	<b>Psalm 119:29</b>
March 23	For God to direct your prayers by the Holy Spirit	<b>Psalm 90:14</b>
March 24	For God to lead you to unite more often with fellow believers in prayer	<b>Psalm 119:37</b>
March 25	For God to lead you to learn how to persevere in prayer	<b>Isaiah 62:57</b>
March 26	For God to lead you to become an effective prayer intercessor for others	<b>Ezekiel 36:25-27</b>
March 27	For God to lead you to learn how to pray His promises rather than focusing on the problems you face.	<b>Psalm 119:34</b>
March 28	For God to lead you to learn how you can become an effective witness for Jesus	<b>Habakkuk 3:2</b>
March 29	For God to witness through you by His Spirit, as He did through Noah	<b>Psalm 119:35</b>
March 30	For God to witness through you in the power of the Holy Spirit. <b>Psalm 119:25</b>	
March 31	For God to lead His people and church to become Spirit filled	<b>Psalm 119:36</b>
April 1	For God to bring His church out of her lukewarm, Laodicean condition	<b>Psalm 25:16-18</b>
April 2	For God to bring revival into your life and his church	<b>Psalm 85:6</b>
April 3	For God to lead you to become a true warrior for the lost	<b>Psalm 90:17</b>
April 4	For God to lead you to witness as Christ witnessed to others	<b>Isaiah 55:11</b>
April 5	For God to open your understanding of the biblical truth of abiding in Christ	<b>Isaiah 60:2-3</b>

April 6	For God to lead you to experience genuine abiding in Christ for victory over sin	<b>Ephesians 1:17-19</b>
April 7	For God to give you a revelation of how you are to let Jesus live out His life of victory in and through you	<b>Ephesians 3:16-19</b>
April 8	For God to lead you to let Jesus live out His victorious life in you when you are tempted to sin.	<b>Ephesians 3:30</b>
April 9	For God to lead you to let Jesus manifest Himself fully in your life so that you truly experience righteousness by faith in Christ alone	<b>Isaiah 44:3-4</b>
April 10	For God to write His Ten Commandment law in your heart and lead you to let Jesus live out His obedience to the Ten Commandments in your life.	<b>Psalms 119:126</b>
April 11	For God to remind you to look to Jesus and to trust Him when the next opportunity comes to serve Christ or a trial comes into your life	<b>Psalms 34:8</b>
April 12	For God to lead you to enter into the true meaning of Sabbath rest	<b>Isaiah 55:6-7</b>
April 13	For God to open your understanding as to why Christian fellowship is important	<b>Isaiah 54:7-10</b>
April 14	For God to lead you to become part of a fellowship group	<b>Isaiah 62:5-7</b>
April 15	For God to bless your efforts to become part of a fellowship group	<b>Psalms 119:28</b>
April 16	For God to bless your efforts to become part of a koinonia fellowship group, or to bless	<b>Psalms 34:9</b>

	your fellowship group if you are in one.	
April 17	For God to lead you into the kind of church family experience He desires you to have.	<b>Psalm 34:19</b>
April 18	For God to manifest the fruits of the Spirit in your life and to lead you to a Spirit-filled fellowship group	<b>Isaiah 55:12-13</b>
April 19	For God to manifest the gifts of the Spirit in your life that He has chosen for you, and to use you to minister to others through these gifts	<b>Joel 2:15-19</b>
April 20	For God to lead you to become part of a growing fellowship group and be used by Him to bring others to Christ	<b>Joel 2:23-28</b>

