

40 DAYS OF PRAYER AND FASTING CALENDAR

| Plan your fasting week | SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|--|---|---|---|--|---|--|
| Personal Purity | Day 1 Isaiah 59:1-2 Ask God to reveal sins to confess and repent of Fast: Internet | Day 2 Psalm 51:1-17 Pray for personal purity and holiness Fast: Coffee/Tea/Soda | Day 3 Psalm 66:16-20 Ask God to reveal things displeasing to Him Fast: 1 meal | Day 4 James 4:1-10 Ask God for right motives Fast: TV | Day 5 Ezekiel 14:1-8 Ask God to reveal any "idols" of your heart Fast: desserts/sweets | Day 6 Proverbs 21:13 Ask God to reveal needs of others you can meet Fast: going out/movies | Day 7 Mark 11:25 Ask God who you need to forgive Fast: radio/CDs/iPod |
| God's Will for His People | Day 8 Jeremiah 29:1-14 Ask God to reveal His will for our church Fast: 1 meal | Day 9 Acts 1:12-26 Ask God for wisdom to choose our leaders Fast: Any reading other than the Bible | Day 10 Luke 11:9-13 Ask God for the gifts He wants to give His church Fast: TV | Day 11 Philippians 4:10-19 Ask God to supply the needs of the church Fast: Lunch | Day 12 1 John 5:13-15 Ask God to reveal His will so we pray His will Fast: radio/CDs/iPod | Day 13 Romans 8:26-27 Wait on the Holy Spirit to guide your prayer Fast: Internet | Day 14 Jeremiah 33:3 Pray as God leads you for His church Fast: recreational activity |
| My Brothers and Sisters in Christ | Day 15 Eph. 6:10-20 Pray for spiritual protection for you and other Christians Fast: coffee/tea/sodas | Day 16 Romans 10:8-10 Ask God to make us bold in our witness Fast: 2 meals | Day 17 Hebrews 10:19-25 Ask God how you can encourage others Fast: desserts/sweets | Day 18 Romans 15:22-33 Ask God to show how to give generously Fast: going out | Day 19 Daniel 9:1-19 Ask God to reveal our collective sins Fast: TV | Day 20 Acts 14:23 Pray for our elders Fast: desserts/sweet | Day 21 Acts 13:2-3 Ask God to "set apart" his chosen leader(s) Fast: 1 meal |
| My Personal Fasting Plan: (List here what <i>additional</i> foods or activities you will be fasting) <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> | | | | During this fast, I am praying and believing God for: <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> | | | |

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| Leaders | Day 22 Matthew 9:36-38 Pray for God's choice on our pastoral staff Fast: coffee/tea/sodas | Day 23 Romans 10:14-15 Pray that God would send His choice to us Fast: All meals* | Day 24 Acts 12:1-19 Pray for protection of pastors from the enemy Fast: Any reading other than the Bible | Day 25 Isaiah 40:28-31 Pray for renewal of energy for our pastors Fast: 1 meal | Day 26 John 13:35 Ask Go to help you love those who lead you Fast: music/radio/iPod | Day 27 2 Corinthians 4:1-16 Pray that your leaders do not "lose heart" so that more may be reached Fast: desserts/sweets | Day 28 1 Corinthians 1:17 Pray for the effective preaching of the Gospel Fast: Internet | |
| Revival and Renewal | Day 29 Psalm 85:1-9 Pray for a return of God's people to Him Fast: Physical Intimacy | Day 30 Psalm 119:121-136 Ask God to make us obedient to His Law Fast: Internet | Day 31 Zechariah 8:20-22 Pray for spreading revival Fast: lunch | Day 32 2 Corinthians 7:10 Ask God for genuine brokenness over sin Fast: 1 meal | Day 33 Matthew 18:19-20 Ask God to give us unity and agreement Fast: TV | Day 34 2 Chronicles 7:14 Ask God to give us humility and repentance Fast: going out | Day 35 Romans 9:1-3 Ask God to give us a passion to see people saved. Fast: spending any \$ | |
| Obedience and Action | Day 36 John 9:31 Ask God for His will that you may do it Fast: desserts/sweets | Day 37 Psalm 81:7-8 Pray, listening to God's admonishment Fast: 1 meal | Day 38 Psalm 119:1-8 Pray for personal purity and holiness Fast: going out | Day 39 Psalm 18:20-30 Ask God to show you how to be blameless Fast: TV | Day 40 1 John 3:22 Ask God to show you what He wants you 2 do Fast: all meals* | | | |

Specific answers I believe God is showing me as I pray and fast:

What God is leading me to *do* as a result of praying and fasting:
