

*Seek Ye First The  
Kingdom Of God  
-Matthew 6:33*



# Prayer & Fasting Guide

Looking to the God that made the heavens  
and the earth!

A 21 day guide for prayer, fasting, Bible reading,  
and personal time with the Lord.

## WHY PRAY AND FAST?

Some might ask, "Why should we pray and fast?" Prayer and fasting, throughout Bible history, was how many people connected with God. In our natural state, our spiritual awareness is sometimes limited because of the bombardments of physical stimulation, temptation, and demands, which make our spiritual discernment dull. But when we set aside time to deny the physical and begin to pray with fasting, a new sense of spiritual awakening will be birthed in us, making our ability to hear from God increase greatly.

The examples we see in scripture are those of the Old Testament patriarchs as well as the New Testament saints and the Son of God Himself. In the life of Jesus we read that He would often spend the night in prayer. He said to His disciples, "When you fast" and, asked them "Could you not tarry (in prayer) for an hour?" In the Old Testament we read of Godly prophets such as Daniel, who prayed, fasted, and sought God for answers. The result was that God showed up in the form of a messenger from heaven with the answers that Daniel was seeking. Jesus used terms like "when you pray", not "if you pray" (Matthew 6:5-7 and Luke 11:2) and "when you fast", not "if you fast" (Matthew 6:16, 17). Prayer and fasting is the norm for disciples of the Lord Jesus Christ. It is not extra credit for the super spiritual.

One more thing: if you step out in this commitment of prayer, fasting, and seeking God's face and direction, then in faith you must expect to hear from Him, both individually and corporately! As we know from this favorite scripture, Proverbs 3: 5,6, "Trust in the Lord with all your heart and lean not on your own understanding; in all your ways acknowledge Him and He will direct your paths".

### Here are some guidelines for seeking God with prayer and fasting.

1. Pick a spot free from distraction so that you can spend time focusing on God.
2. Pick a regular time when you can separate yourself from the business of the day. For some, this may be in the morning; for others, at night.
3. Make a commitment to God for your time of seeking Him. Even write it down to remind yourself. Example: I, \_\_\_\_\_, commit myself to prayer, fasting, and seeking God during the month of January and expect to hear from Him.
4. Make it a rededication time unto the Lord. Ask God to show you things that have separated you from Him.
  - Ask God to reveal sin.
  - Ask for forgiveness.
  - Repent.
  - Seek out peace with those in offense.
  - Ask God to bring deliverance to you from any bondage.

## Guidelines for Fasting:

1. **Take physical precautions** and if you have any health issues, please seek medical advice before beginning a fast.
  - Get extra rest.
  - Exercise moderately.
  - Set aside prayer time.
  - Remember, it's not how long you fast (it's not a contest) or exactly how. The "heart of the matter" is what matters most.
  - Gradually break a fast.

2. **Walk out** your plan.
  - Pray.
  - Read.
  - Seek God's answers, stop and listen.
  - Meditate on the Word.
  - Journal what God speaks and reveals to you.
  - Don't do anything displeasing to God. Walk in a God pleasing way.

3. **Expect Answers.**

Without faith it is impossible to please God. To please God, we must walk with Him in expectation. In James 1:6-7 we read, "But when you ask, you must believe and not doubt because he who doubts is like a wave of the sea blown and tossed by the wind. That man should not think he will receive anything from the Lord."

4. **Write down** the things that the Lord shows you. There are blank pages at the end of this devotional for your use.

**NOW...LET THE ADVENTURE BEGIN!**

## FASTING & THE DANIEL FAST

1. Many guides are written on fasting. Derrick Prince has a small guide that outlines its purpose and procedure.
2. A Daniel Fast is a fast of certain types of foods. The value is that it sets aside tasty things such as sweets, and focuses on what you need to live. (Like the way most of the rest of the world eats.)
  - Daniel ate only what grew from the ground
  - In Daniel chapter 10:2,3 he ate not pleasant food, meat, or wine
  - Pleasant = desirable, coveted, lusted for, delectable  
Meat= dedicated to idols  
Wine = dulling the senses

He was committed to focusing on God with alertness and a healthy vegetarian diet which included fruits, vegetables, beans, and grains. Keep it simple, and follow God's directions.

Don't worry about what others are doing for the fast. This is between you and God, and there is no reason to get religious or legalistic about it. For example, don't say to someone "You're not doing it right because you are doing it differently". Just follow what you believe God is asking you to do. The key is to be doing something and seeking God.

### **\*IMPORTANT\***

**IF YOU HAVE ANY HEALTH PROBLEMS, CONSULT YOUR PHYSICIAN BEFORE BEGINNING A FAST!**

## How To Use This Manual

Each day of the month there will be a scripture reference on seeking God, plus we will follow a daily Bible reading schedule.

Do the reading all at once, or break it up by doing half in the morning and half in the evening. Note: the “Seek Scripture” will challenge you to seek God more intensely to see what He is saying to you during this time. Remember, His Word says that we will find Him when we seek Him.

Then journal:

1. What God is speaking to you personally?
2. What God could be saying to us as a church?
3. Is there anything I need to repent of?

If you feel that God is giving you a word for the church or you would be willing to share a praise report with us about what God has done or is doing in your own life during this time of fasting and seeking Him, please email it to us at

[testimonies@dccim.com](mailto:testimonies@dccim.com)

Or write it down and drop it off at the church.

Also note, if you lose your copy of this Prayer and Fasting guide, you can also get it online at our church website under the “Resources” tab.

[www.dccim.com](http://www.dccim.com)

As you begin this time of fasting and prayer, it would be a good start to read Daniel 9:1 – 19, to get a background understanding of why we are doing this.

*1 In the first year of Darius son of Xerxes (a Mede by descent), who was made ruler over the Babylonian kingdom- 2 in the first year of his reign, 1, Daniel, understood from the Scriptures, according to the word of the LORD given to Jeremiah the prophet, that the desolation of Jerusalem would last seventy years. 3 So I turned to the Lord God and pleaded with him in prayer and petition, in fasting, and in sackcloth and ashes. 4 I prayed to the LORD my God and confessed: "O Lord, the great and awesome God, who keeps his covenant of love with all who love him and obey his commands, 5 we have sinned and done wrong. We have been wicked and have rebelled; we have turned away from your commands and laws. 6 We have not listened to your servants the prophets, who spoke in your name to our kings, our princes and our fathers, and to all the people of the land. 7 "Lord, you are righteous, but this day we are covered with shame-the men of Judah and people of Jerusalem and all Israel, both near and far, in all the countries where you have scattered us because of our unfaithfulness to you. 8 O LORD, we and our kings, our princes and our fathers are covered with shame because we have sinned against you. 9 The Lord our God is merciful and forgiving, even though we have rebelled against him; 10 we have not obeyed the LORD our God or kept the laws he gave us through his servants the prophets. 11 All Israel has transgressed your law and turned away, refusing to obey you. "Therefore the curses and sworn judgments written in the Law of Moses, the servant of God, have been poured out on us, because we have sinned against you. 12 You have fulfilled the words spoken against us and against our rulers by bringing upon us great disaster. Under the whole heaven nothing has ever been done like what has been done to Jerusalem. 13 Just as it is written in the Law of Moses, all this disaster has come upon us, yet we have not sought the favor of the LORD our God by turning from our sins and giving attention to your truth. 14 The LORD did not hesitate to bring the disaster upon us, for the LORD our God is righteous in everything he does; yet we have not obeyed him. 15 "Now, O Lord our God, who brought your people out of Egypt with a mighty hand and who made for yourself a name that endures to this day, we have sinned, we have done wrong. 16 O Lord, in keeping with all your righteous acts, turn away your anger and your wrath from Jerusalem, your city, your holy hill. Our sins and the iniquities of our fathers have made Jerusalem and your people an object of scorn to all those around us. 17 "Now, our God, hear the prayers and petitions of your servant. For your sake, O Lord, look with favor on your desolate sanctuary. 18 Give ear, O God, and hear; open your eyes and see the desolation of the city that bears your Name. We do not make requests of you because we are righteous, but because of your great mercy. 19 O Lord, listen! O Lord, forgive! O Lord, hear and act! For your sake, O my God, do not delay, because your city and your people bear your Name."*

This passage is one that typified an Old Testament saint looking at the world situation and the spiritual situation which caused him to call out to God in confession and repentance, pleading for mercy.

There is a great need for this in our nation today. This needs to be our model of desperation unto God. Let these scriptures impact your life as you begin this time of pressing into those things which God would have for us during this time set apart to seek Him.

*Pastor Harry D. Martens*



## January Daily Bible Reading Schedule

Jan. 1-----Gen. 1, 2 Luke 1	Jan. 16----Gen. 39, 40, 41 Luke 16
Jan. 2-----Gen. 3, 4, 5 Luke 2	Jan. 17----Gen. 42-43 Ps. 5 ---- Luke 17
Jan. 3-----Gen. 6, 7, 8 Luke 3	Jan. 18----Gen. 44, 45, 46 Luke 18
Jan. 4-----Gen. 9, 10, 11 Luke 4	Jan. 19----Gen. 47, 48 Ps. 10 -- Luke 19
Jan. 5-----Gen. 12, 13, 14 Luke 5	Jan. 20----Gen. 49, 50 Ps. 8 ---- Luke 20
Jan. 6-----Gen. 15, 16, 17 Luke 6	Jan. 21----Ex. 1, 2 Ps. 88 -- Luke 21
Jan. 7-----Gen. 18, 19 Ps. 3 ---- Luke 7	Jan. 22----Ex. 3, 4, 5 Luke 22
Jan. 8-----Gen. 20, 21, 22 Luke 8	Jan. 23----Ex. 6, 7, 8 Luke 23
Jan. 9-----Gen. 23, 24 Luke 9	Jan. 24----Ex. 9, 10, 11 Luke 24
Jan. 10----Gen. 25, 26 Ps. 6 ---- Luke 10	Jan. 25----Ex. 12, 13 Ps. 21 ---- Acts 1
Jan. 11----Gen. 27, 28 Ps. 4 ---- Luke 11	Jan. 26----Ex. 14, 15, 16 Acts 2
Jan. 12----Gen. 29, 30 Luke 12	Jan. 27----Ex. 17, 18, 19, 20 Acts 3
Jan. 13----Gen. 31, 32, 33 Luke 13	Jan. 28----Ex. 21, 22 Ps. 12 ---- Acts 4
Jan. 14----Gen. 34, 35, 36 Luke 14	Jan. 29----Ex. 23, 24 Ps. 14 ---- Acts 5
Jan. 15----Gen. 37, 38 Ps. 7 ---- Luke 15	Jan. 30----Ex. 25, 26, 27 Acts 6
	Jan. 31----Ex. 28, 29 Acts 7

## February Daily Bible Reading Schedule

Feb. 1-----Ex. 30, 31, 32  
Acts 8  
Feb. 2-----Ex. 33, 34  
Ps. 16 ---- Acts 9  
Feb. 3-----Ex. 35, 36  
Acts 10  
Feb. 4-----Ex. 37, 38  
Ps. 19 ---- Acts 11  
Feb. 5-----Ex. 39, 40  
Ps. 15 ---- Acts 12  
Feb. 6-----Lev. 1, 2, 3  
Acts 13  
Feb. 7-----Lev. 4, 5, 6  
Acts 14  
Feb. 8-----Lev. 7, 8, 9  
Acts 15  
Feb. 9-----Lev. 10, 11, 12  
Acts 16  
Feb. 10-----Lev. 13, 14  
Acts 17  
Feb. 11-----Lev. 15, 16, 17  
Acts 18  
Feb. 12-----Lev. 18, 19  
Ps. 13 ---- Acts 19  
Feb. 13-----Lev. 20, 21, 22  
Acts 20  
Feb. 14-----Lev. 23, 24  
Ps. 24 ---- Acts 21  
Feb. 15-----Lev. 25  
Ps. 25, 26 - Acts 22

Feb. 16-----Lev. 26, 27  
Acts 23  
Feb. 17-----Num. 1, 2  
Acts 24  
Feb. 18-----Num. 3, 4  
Acts 25  
Feb. 19-----Num. 5, 6  
Ps. 22 ---- Acts 26  
Feb. 20-----Num. 7  
Ps. 23 ---- Acts 27  
Feb. 21-----Num. 8, 9  
Acts 28  
Feb. 22-----Num. 10, 11  
Ps. 27 ---- Mark 1  
Feb. 23-----Num. 12, 13  
Ps. 90 ---- Mark 2  
Feb. 24-----Num. 14, 15, 16  
Mark 3  
Feb. 25-----Num. 17-18  
Ps. 29 ---- Mark 4  
Feb. 26-----Num. 19, 20  
Ps. 28 ---- Mark 5  
Feb. 27-----Num. 21, 22  
Mark 6  
Feb. 28-----Num. 23, 24  
Mark 7  
Feb. 29-----Num. 25, 26, 27  
I Cor. 13

On non-leap years split 29<sup>th</sup>  
between Feb. 28 & Mar. 1

For Continued Bible Reading Schedule go to our website  
[www.dccim.com](http://www.dccim.com) and click on the “Resources” tab













































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