

AWAKE MY SOUL – 30 DAYS OF PRAYER AND FASTING

ALL SCRIPTURE IS FROM THE MESSAGE

“Wash me clean and make a fresh start in me, shape a Genesis week from the chaos of my life.” Psalm 51 MSG

Fasting is abstaining. It's going without food and drink or something else in your life that you'll miss. However, it's not only going without. The goal of Christian fasting is breakthrough in your life which requires prayer. Prayer and fasting go together. Abstaining always serves some greater end and purpose. Christian fasting is abstaining for the sake of some specific Christian purpose. Without a spiritual purpose, it's not Christian fasting. It's just going hungry or without. So why should we fast?

STEP 1: THE WHY (P.S. THIS IS NOT A DIET PLAN)

Why are we fasting? We are hungry for spiritual renewal. We all need a fresh revelation of who God is and when that happens collectively, we experience revival. Ask the Holy Spirit to clarify the specifics of this fast as it applies to your life and our Movement family.

Through fasting and prayer we humble ourselves before God so the Holy Spirit will awaken our soul, awaken our church and heal our land according to 2 Chronicles 7:14. Make this a priority in your fasting.

Fasting requires reasonable precautions. Consult your physician first if you're doing an intense food fast, especially if you take prescription medication or have a chronic problem. Some people should never fast without professional supervision.

STEP 2: THE WHAT

Pray about the kind of fast you should undertake. Jesus implied that all of His followers should fast (Matthew 6:16-18; 9:14,15). For Him it's a matter of when believers would fast, not if they will do it. Before you fast, decide the following up front:

- One meal, two meals, 3 meals a day, a week?
- The type of fast God wants you to undertake. Just liquids? Daniel Fast? Social Media fast? sugar fast? junk food fast? meat fast? entertainment fast?

- How much time each day you will devote to prayer and God's Word. This goes with fasting.

Making these commitments ahead of time will help you stick with your fast when physical temptations and life's pressures push you to abandon it.

STEP 3: THE HOW

The very foundation of fasting and prayer is repentance. Here are several things you can do to prepare your heart:

- Ask God to help you make a list of your sins.
- Confess every sin that the Holy Spirit brings to your mind and accept God's forgiveness (1 John 1:9).
- Seek forgiveness from all whom you have offended, and forgive all who have hurt you (Mark 11:25; Luke 11:4; 17:3,4).
- Make things right as the Holy Spirit leads you.
- Ask God to fill you with His Holy Spirit according to His command in Ephesians 5:18 and His promise in 1 John 5:14,15.
- Surrender your life fully to Jesus as your Lord and Master; refuse to obey your flesh (Romans 12:1,2).
- Meditate on the attributes of God - His love, sovereignty, power, wisdom, faithfulness, grace, compassion, and others (Psalm 48:9,10; 103:1-8, 11-13).
- Begin your time of fasting and prayer with an expectant heart (Hebrews 11:6).
- Do not underestimate spiritual opposition. Satan sometimes intensifies the natural battle between body and spirit (Galatians 5:16,17).

EVERY DAY ASK YOURSELF:

What did I learn, what must I do, what did I pray today? What is happening in my life? List the miracles.

Food fasts require the following:

- A doctor's approval if you have a medical condition.
- Limit your activity.
- Exercise only moderately.
- Rest as much as your schedule will permit.
- Prepare yourself for temporary mental discomforts such as impatience, crankiness, and anxiety. You may get hangry.

- Expect some physical discomforts, especially on the second day. You may have fleeting hunger pains, dizziness, or the “blahs.” Withdrawal from caffeine and sugar may cause headaches. Physical annoyances may also include weakness, tiredness, or sleeplessness.

The first two or three days are usually the hardest. As you continue to fast, you will likely experience a sense of well-being both physically and spiritually. However, should you feel hunger pains, increase your liquid intake.

30 DAYS – LET’S GO!

Day 1 January 10th - Awakening – Acts 19:1-20

A spiritual awakening is a time when many people are changed by coming to faith in Jesus. The results of this awakening are that culture and society are radically transformed. Paul’s preaching and demonstration of the power of the gospel in Ephesus lead to major change in many people’s lives. In the last part of Acts 19 a riot breaks out. The silversmiths are angry because so many people are turning to Christ that their business of making and selling false gods is suffering. That’s spiritual awakening. Do you believe you or your university or workplace or neighbourhood or church needs a spiritual awakening? That’s what we’re fasting and praying for.

Day 2 January 11th - Get ready for something new - Isaiah 43:16-21

Jesus is the same yesterday, today and forever. God is longing to move in our lives, longing to be close to us and He does things in a new way – He came from a throne of endless worship to a cradle in the dirt, He dines with a sinner who is despised by his community – He forgives instead of condemning the woman caught having sex, He talks to the heartbreaker woman at the well, He appears at the resurrection to woman whose testimony at the time wasn’t valid at the tomb and tells them go and tell, He spits in the dirt and makes clay and heals a blind man, He walks on water, He tells Peter to put his nets on the other side of the boat – Mary, Martha and Lazarus who were wealthy didn’t have to sell everything to follow him but the rich young ruler does. None of what He does is the same, it’s all new. He’s the most creative one so He’s not confined to a box of operation or confined to a box of our understanding.

Day 3 January 12th - The Starting Line - 2 Chronicles 7:13-14

There’s a connection between revival and spiritual awakening. When God disciplines us and we repent and return to Him, He revives us and then can work through us to draw others to Jesus.

It starts when we cry out to Him for help, we humble ourselves and we pray and turn away from our sin. Revival doesn't happen apart from these steps. Ask God to reveal to you where you are in your walk with Him. Examine your heart, and begin to pray!

Day 4 January 13th - Personal Revival - Psalm 51: 7-12

Revival starts with us. Ask God to:

“wash you clean and, make a fresh start in me, shape a Genesis week from the chaos of my life.”

Ask yourself:

Is there anything in which you've failed to put God first?

Have your decisions been made after your own wisdom and desires rather than seeking and following God's will?

Do any of the following in any way interfere with your surrender and service to God: ambition, pleasures, loved ones, friendships, desire for recognition, money, your own plans?

If you answered yes to any of the above confess it to God and make it right. Ask for a fresh revelation of who He is. This is the start of personal revival.

Day 5 January 14th – Repentant Heart - Revelation 3:1-3

A repentant heart is necessary for fellowship with God and revival among God's people. The church of Sardis was told to “Remember what you have received and heard; hold it fast, and repent. Remember and repent.” So ask God, like the Psalmist, to search your heart, try me, and know my thoughts. A clean heart is the beginning of freedom and revival.

Day 6 January 15th – Confess Sin - Colossians 3:1-11

A clean heart and clear conscience places us in a position to receive from God. Sin hinders the work of God in our lives. No matter what other do, or do not do, leave nothing undone on your part. God wants to work through you to bring about a spiritual awakening. Confession of sin is necessary for relationship with God and revival among God's people (1 John 1:9). If we confess our sins, He is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness. Be sure to name your sin to God. Confess and walk in forgiveness.

Day 7 January 16th – Deal with Strongholds - 2 Corinthians 10:3-6

Strongholds historically, were cities and points of operation which were hard to defeat because of their design, walls and location along with the defensive capabilities of an army within. Spiritually speaking, Paul defines strongholds as an “argument or high thing that exalts itself against the knowledge of God” (2 Corinthians 10:3-5). **So a stronghold is an idea or belief that doesn’t line up with the Word of God.** A stronghold is a point of operation from where Satan can keep the unbeliever captive or the believer incapacitated by incorrect thinking. He can also makes us think our dysfunctional life is normal or special. As soon as you start getting your identity in thinking you aren’t like everyone else you’re probably believing a lie that is designed to keep you isolated and perhaps eventually making you feel you are more special or unique than others. So a stronghold can be like a collection of thoughts that disagree with God. It’s like a place in your heart or mind that becomes protected or fortified- a dwelling place for wrong thinking. What are some examples of this?

1. God is far away.
2. God doesn’t love me.
3. I’m stupid, ugly and unloved.
4. People aren’t trustworthy.
5. I won’t succeed.
6. I need attention.
7. God can’t use me like other people.
8. I’m different.
9. There must be something wrong with me.
10. I’m better than others.
11. I will always be this way.
12. It's a family thing.

Paul says in Colossians 3:10 that we have put on the new self, which is being **renewed** in knowledge and in the image of our Creator. Put on a new self – it’s a process of being renewed. Ask the Holy Spirit to reveal the things in your mind that aren’t based on truth. Pray and stay in the word so your mind is renewed. The truth sets you free from strongholds.

Day 8 January 17th - Deal with Idols - Exodus 20:1-2

An idol is any person, object or activity you give a higher priority in your life than your relationship with God. An idol can be your school work, your job, a vehicle, a relationship, or even your family. An idol can be a pet, a computer, or what you look at on that computer. An idol can be alcohol, drugs, sex, or any sin. An idol can be the thing you do that consumes all your energy and time. There is no space in the heart of a believer to serve God and something else.

One of those things becomes prominent and as the saying goes, “what you feed becomes dominant in your life.” Ask God to show you if you have any thing in your life that is more important than He is. If He does, write it down, pray, confess the sin and begin to change how you live.

Day 9 January 18th – Forgive - Matthew 6:14-15

Forgiveness is one of the essential keys to whole, revived living.

Is there anyone against whom you hold a grudge?

Is there anyone you haven't forgiven?

Is there anyone you hate?

Is there anyone you don't love?

Are there any misunderstandings that you're unwilling to forget?

Is there anyone you dislike to hear praised or well spoken of?

Forgive them.

When we don't forgive we place a barrier in our hearts to experiencing the presence of God. Forgiveness doesn't mean a wrong hasn't been done, it means we are free from the prison that the wrong has attempted to put us in.

Day 10 January 19th - Make things Right – Matthew 5:23,24

Your life is a channel through which the Holy Spirit flows. Once you forgive others you may have to make things right. Remember they don't have to ask for forgiveness or even understand that you need to forgive them. This is something you're doing to make your relationship with God healthy. If you have a broken relationship with a person, that person may not be willing to listen to you or receive anything from your life. Two kinds of broken relationships may be present in your relationships with others. In one case you may have sinned against the other person or group. In that case, Jesus commands you to go and be reconciled. Seek forgiveness and make restitution if necessary. The other kind of broken relationship is where you have been offended (or sinned against) by the other person. If you are withholding forgiveness, your life begins to shrivel up. In this case you must forgive, no matter how serious the offence. Have coffee with them, write a letter and set your heart free.

Day 11 January 20th - Hungry Spirit - Psalm 63;1 Matthew 5:6

A hungry spirit or heart is one God responds to! If you don't have a hungry heart ask God to give you one. Ask until you receive. Sometimes we aren't hungry for God because we've filled our lives with other loves (see day 8).

Push all the things out of your life that are filling you up with insignificant things and let God take His rightful place in your life. He's not part of our lives, He is EVERYTHING.

Day 12 January 21st - Evaluate your time - Ephesians 5:15-17

Many people believe they don't have time to spend with God in prayer or reading the Bible. But all of us have time for the things that matter most to us. Being alone with God is rarely an issue of time – it's an issue of the heart. Take a look at how you spend your day. Check your social media usage on your phone – that shock should free up some time, or how much you spend watching Netflix. We all have time for what's important. Take a hard look at your life and reprioritize your faith then you will always have time for Jesus.

Day 13 January 22nd - Be baptized in the Holy Spirit - Acts 1:4-8, and Ephesians 5:18

Before Jesus returned to His throne in heaven He told His followers to wait for the infilling of the Holy Spirit. That infilling occurred 40 days later on the Day of Pentecost. However, all of us also need to be filled with the Holy Spirit. The Holy Spirit empowers us to tell others about Jesus. When you're baptized in the Holy Spirit you receive a prayer language that you can't understand but God does. It's a prayer language between you and God and the Bible says when you speak in tongues you build up your spirit. The goal is to be filled with the Holy Spirit and the first physical evidence is speaking in tongues. The result is boldness and the fruit of the Spirit become more evident in your life. Pray and ask Jesus to baptize you in the Holy Spirit and begin to worship Him out loud. In a few minutes that language will change. If you're already baptized in the Holy Spirit – pray in tongues throughout the day and watch how God will build you up with power and strength.

Day 14 January 23rd - Depend on the Holy Spirit - Romans 8:5,6

Ask the Holy Spirit to help you today. Don't do everything in your day without asking Him for help, strength, wisdom and insight. This helps us go from flesh dominated living to supernatural living. There's nothing like a life that's depending on the Holy Spirit. Miracles happen when you ask God for daily input.

Day 15 January 24th – Walk in the Spirit – Galatians 5:16-21

When your heart is revived you begin to live a different way. You're more interested in pleasing God than pleasing yourself. Our new God-given desire to follow Him stands against our fleshly desires which look for instant gratification. It's a conflict familiar to everyone: Spirit verses flesh!

When you allow God to take over your life and be your Lord and master you begin to be aware of the Holy Spirit's conviction when things feel wrong or you're tempted to sin. This is a huge benefit! You don't have to sin, God gives you a way to stand strong when you learn to walk with the Spirit – realizing you're never alone and you have power to overcome every temptation.

Day 16 January 25th – Ask for the Gifts of the Holy Spirit - 1 Corinthians 12:1-11

A revived heart longs for all God has for them. God not only gave us the gift of salvation which is huge. There are also a number of gifts of the Spirit available to believers to help us live an extraordinary life. Ask and seek the gifts of the Holy Spirit.

The Gift of Wisdom - the gift to make choices and give leadership that is according to God's will.

The Gift of Knowledge - the gift to have a comprehensive understanding of a spiritual issue or circumstance.

The Gift of Faith - the gift to trust God and inspire others to trust God, no matter the conditions.

The Gift of Healing - the wondrous gift to use God's healing power to cure a person who is ill, wounded or suffering.

The Gift of Miracles - the gift to display signs and miracles that give credibility to God's Word and the Gospel message.

The Gift of Prophecy - the gift to declare a message from God.

The Gift of Discerning Spirits - the gift to recognize whether or not something is truly from God and in accordance with righteousness.

The Gift of Tongues – the gift to speak in an unknown language in the body of Christ for the purpose of encouragement and instruction.

The Gift of Interpreting Tongues - the gift to interpret the public use of tongues to bring a prophetic word to the body of Christ.

Day 17 January 26th – What are my fruit? - Galatians 5:22-26

Fruit happens. A revived heart has a life marked with love, joy, peace, goodness, faith, patience, meekness and self control. If anger and frustration, complaining or misery mark your life – it's time for personal revival! Take a look at what you're producing in your daily life. Fruit is for everyone else to see Jesus in your life.

Day 18 January 27th - Listen to the voice of the Spirit - 1 Corinthians 2:6-16

What you need to believe about hearing God's voice.

1. You can hear the voice of God
2. You can hear WELL
3. It's in your new nature to hear His voice
4. He speaks so that you can hear
5. He speaks in a way that you can relate to
6. His voice is designed for your ears
7. God wants to communicate with you and the world around you.

So how does God speak? What is the Language of the Spirit?

1. The Scriptures
2. The language of the audible voice.
3. The language of the still small voice.
4. The language of visions & dreams.
5. Unusual circumstances
6. Prophecy

Day 19 January 28th – The Power of the Love - John 13:34, 35 & John 15:9-17

Faith comes from hearing the Word – so we have to tell the story. However, people are drawn to Jesus through love first. Love is the marker of faith and the marker of a revived life. Ask God today to give you a baptism of love and compassion for everyone in your world. Go out of your way to love someone today! A word, a hug, an encouragement, buying their lunch and listening makes all the difference.

Day 20 January 29th – The Power of the Word - Psalm 1 and Hebrews 4:12

The Word of God is truth. Everything else you hear is an opinion. Opinions never trump the Word of God. The Bible tells us in Romans 12 that the Word renews our minds. It gets the junk of opinions out. It helps us not to sin when we understand the Word of God so it's essential in your life. If you don't know the Word you believe opinions. A revived heart loves the word of God, desires to know the word of God and lives by the word of God. Let the word wash out the voices and give you clarity today. Ask yourself in your daily routines when you hear opinions, "I wonder what God says about this?" Then go to the Bible and find out.

Day 21 January 30th - The Power of your Words – Proverbs 18

Life and death is in the tongue. Today, watch your words. The Bible tells us that out of the abundance of what's in our hearts our mouth speaks. It shows a revived heart or a self absorbed heart. Take note of what you say because it's an indicator of where you are in your faith with Jesus. Speak life, bring life to yourself to and others and watch your heart come alive.

Day 22 January 31st – Church Revival – Revelation 3:14-22

With 74% of evangelical churches in decline or stagnating there is no question that we need church-wide revival. Bethel isn't in that statistic but unless we keep fresh in faith we could be. Today pray for **all churches** to return to their first love.

Day 23 February 1st – Surrendered – Matthew 16-24-26

“Anyone who intends to come with Me has to let Me lead. You're not in the driver's seat; I am. Don't run from suffering; embrace it. Follow me and I'll show you how. Self-help is no help at all. Self-sacrifice is the way, My way, to finding yourself, your true self. What kind of deal is it to get everything you want but lose yourself? What could you ever trade your soul for?” Surrendering every part of your life to Jesus is the only way. Picture a tug of war. The Christian life is meant to be whole hearted – and wholly surrendered. If you feel frustration in your life it may be because Jesus is in your life but you haven't given Him control. The flesh and the spirit are at war and unless you surrender you'll always feel conflicted. A life sold out to Jesus is the most exciting life. A life just giving Him a little is disappointing and full of turmoil. Give Him everything today. Let Him rule your life and you'll experience the miraculous.

Day 24 February 2nd – Pre-Christian Friends – Luke 19:1-10

Jesus went for lunch with Zacchaeus and declared that He came to seek and save the lost. All around you every day are many people who don't know Jesus yet. No matter how they're living their life or what they say, every person on earth has a deep longing to know the Creator. Pray for your family and friends today. Pray for your colleagues, your classroom and be His presence wherever you go. It could be you that brings them to Jesus – and it's the reason you're on the earth. This is your purpose – to make disciples. Ask God to help you see people like He sees them!

Day 25 February 3rd – Live with Urgency – John 4:1-42

One of the dangers of living in an affluent society is that we forget that we're in a daily battle. Jesus told His disciples to look at the fields – to look right in front of them – the fields are ready – that people need to hear the gospel now and not in 4 months. Today remind yourself of the urgency of sharing the gospel. No one is promised tomorrow – today is the day we need to love and share the truth. Ask yourself – 'what am I waiting for?' Then respond by praying for and loving the people right in front of you.

Day 26 February 4th – Ask in Faith – James 5:13-18

Do you need a miracle in your life? Sometimes we strive and try to manipulate our circumstances and forget to ask God to intervene. Sometimes we don't see miracles happen because we've stopped asking or don't think to ask. Today, if you find yourself or a friend in a situation that needs a miracle – ask! On Sunday respond to the altar for prayer and let other's faith combine with yours for a miracle in your life.

Day 27 February 5th – Heart for the Broken - James 1:19-27

“True religion is keeping yourself unpolluted from the world and serving the widows and orphans.” One way you stay revived is to spend time among those who are really hurting. The Christian world can become a strange, insulated bubble of weirdness if you don't step away and serve and love those struggling most in life. Is it comfortable? No. Will you know what to do? Not necessarily – but then you have to depend on the Holy Spirit and that will cause you to go from natural to supernatural living. Ask the outreach teams about their experiences – think outside of your comfort zone and step out in faith and do something radical.

Day 28 February 6th – Risk - Matthew 14:22-33

Nothing important happens by playing it safe. No pro athlete accomplished greatness by staying in bed or by not training hard. Everyone who becomes someone took a risk or many risks. Peter walked on water – which was a huge risk just because he wanted to be with Jesus. Only when he looked around at the waves and wind did he begin to sink. Life can be comfortable or exciting. God never called any of us to comfort. Pray bold prayers, live a life of faith, do things others won't, expect a miracle and step out from the crowd and watch your life become fully and really alive.

Day 29 February 7th – Go and Tell – Romans 10:1-10

This generation is responsible for telling this generation about Jesus. People will never know His love unless someone tells them. Who have you told lately? Who have you told in the past year? Make 2020 different. Because your heart is revived you will have an inner compulsion to freely share the news of the greatest treasure in the world. Maybe God is asking you to not only tell people in your circle about Him. Maybe He's calling you to the mission field outside of our nation. Go my friend, go! There's no life better than following Jesus wherever He leads you. Heaven needs to be full – and it's up to us to make that happen.

Day 30 February 8th – Do something and be a conduit for revival – James 1:22-25

So what has God done in your life? How do you respond to a revived heart? There are a number of things you can do to keep fresh in your faith. First start by telling people all about it – and often!

1. Ask the Holy Spirit daily to reveal any sin in your life.
2. Seek forgiveness from all whom you have offended and forgive all who have hurt you. Make restitution where God leads.
3. Examine your motives in your words and actions. Ask the Lord to search and clean your heart daily.
4. Ask the Holy Spirit to show you if you become complacent and lazy.
5. Praise and give thanks to God continually in all ways on all days, regardless of your circumstances.
6. Hunger and thirst for God's presence in your daily life (Matthew 5:6).
7. Love God with all of your heart, soul, mind and strength (Matthew 22:37).
8. Daily give control to the Holy Spirit.
9. Read, study, meditate on and memorize God's Word daily (Colossians 3:16).
10. Pray without ceasing (1 Thessalonians 5:17).
11. Talk about Jesus every single day.
12. Join a small group, attend the prayer meetings at church, serve in the church, serve on one of the outreach teams.