

PRAYER WEEK



CALVARY CHAPEL
SAN CLEMENTE

When we pray as the Scriptures teach us to pray, we learn that prayer is a relationship of dependence. It is a child communicating with his or her heavenly Father.

JUDSON CORNWALL

HOW TO USE THIS GUIDE

EACH DAY we will have specific *themes* to pray

for. We will also include scripture readings to reflect on and pray over.

Prayer meetings are scheduled for the entire week. Visit events.calvarysancllemente.org for a list of times and locations of prayer meetings. We also encourage you to form prayer groups at work, home, at coffee shops and with friends.

For those who are being led to fast during this time, a section on fasting has been provided.

I've also included some helpful models to help you structure your times of prayer.

HOW TO PRAY FOR ONE HOUR

(Spend 6 minutes on each area)

1. **WORSHIP...** sing 2 songs of worship
2. **PRAY FOR AWAKENING...**
pray for revival in South Orange County
3. **PRAY FOR GOD'S WILL TO BE DONE...**
pray specifically for work, home, relationships
4. **PRAY FOR NEEDS**
5. **ASK FOR FORGIVENESS**
ask God on behalf of yourself and others
6. **PRAY FOR MINISTRIES...**
at church and around the world
7. **PRAY FOR FREEDOM...**
pray for those who are addicted
8. **PRAY FOR SALVATION...**
pray for friends and loved ones
9. **PRAISE GOD FOR WHAT HE IS DOING...**
Changed lives, renewed marriages, restored families
10. **WRITE DOWN WHAT GOD SPEAKS**
keep a journal to write down thoughts, scriptures, prophetic words that God gives you during your time of prayer

The boundaries of our personal prayer lives often have less to do with biblical restrictions and more to do with the limitations we place on them. Limitations such as guilt, or perhaps dwelling on the kinds of prayers we feel God is interested in answering, often shackle our prayers or cause us to abandon praying altogether.

ADAM STADTMILLER

ACTS MODEL OF PRAYER

(Spend 15 minutes on each area)

A-ADORATION. This happens when we praise Him, from our hearts, for how wonderful He is. The book of Psalms mentions praise 125 times. We all like to be praised because we are all created in God's image. God loves it when we praise Him.

Psalm 150:6 Let everything that has breath praise the Lord. Praise the Lord!

C-CONFESSION. Take one minute of quiet prayer in your heart to confess your sins and start off your prayer time with a clean slate.

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.

T-THANKSGIVING. Spend at least one minute in prayer thanking the Lord for at least 3 things in your life. Again, we like to be thanked for good things we have done and so does God.

Psalm 95:2 Let us come before His presence with thanksgiving.

S-SUPPLICATION. This is a time of making requests before God. He loves it when we ask Him for things according to His will. He longs to bless us.

Philippians 4:6-7 Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.

DAY 2

THEME: MISSIONS

WHAT TO PRAY FOR:

- 1. Pray for MISSIONARIES:
- 2. Pray for GLOBAL missions:
- 3. Pray for LOCAL missions:

PRAYER REQUESTS

Acts 1:8 (NKJV)

But you shall receive power when the Holy Spirit has come upon you; and you shall be witnesses to Me in Jerusalem, and in all Judea and Samaria, and to the end of the earth.”

Matthew 28:18–20 (NKJV)

And Jesus came and spoke to them, saying, “All authority has been given to Me in heaven and on earth. Go therefore and make disciples of all the nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, teaching them to observe all things that I have commanded you; and lo, I am with you always, even to the end of the age.” Amen.

1 Chronicles 16:23–24 (NKJV)

Sing to the LORD, all the earth; Proclaim the good news of His salvation from day to day. Declare His glory among the nations, His wonders among all peoples.

Isaiah 52:7 (NKJV)

How beautiful upon the mountains Are the feet of him who brings good news, Who proclaims peace, Who brings glad tidings of good things, Who proclaims salvation, Who says to Zion, “Your God reigns!”

Luke 24:46–48 (NKJV)

Then He said to them, “Thus it is written, and thus it was necessary for the Christ to suffer and to rise from the dead the third day, and that repentance and remission of sins should be preached in His name to all nations, beginning at Jerusalem. And you are witnesses of these things.

Acts 13:47 (NKJV)

I have set you as a light to the Gentiles, That you should be for salvation to the ends of the earth.

DAY 3

THEME: HEALING

WHAT TO PRAY FOR :

1. Pray for those who need physical healing
2. Pray for those who struggle with addiction
3. Pray for those who struggle with mental illness
4. Pray for the homeless
5. Pray for the oppressed poor
6. Prayer for those who have experienced traumatic events

PRAYER REQUESTS

James 5:14, 15 (NKJV)

Is anyone among you sick? Let him call for the elders of the church, and let them pray over him, anointing him with oil in the name of the Lord. And the prayer of faith will save the sick, and the Lord will raise him up. And if he has committed sins, he will be forgiven.

Psalms 107:19-20 (NKJV)

Then they cried out to the Lord in their trouble, And He saved them out of their distresses. He sent His word and healed them, And delivered them from their destructions.

Exodus 23:25-26 (NKJV)

“So you shall serve the Lord your God, and He will bless your bread and your water. And I will take sickness away from the midst of you. No one shall suffer miscarriage or be barren in your land; I will fulfill the number of your days.

Isaiah 53:4-5 (NKJV)

Surely He has borne our griefs And carried our sorrows; Yet we esteemed Him stricken, Smit-ten by God, and afflicted. But He was wounded for our transgressions, He was bruised for our iniquities; The chastisement for our peace was upon Him, And by His stripes we are healed.

1 Peter 2:24-25 (NKJV)

Who Himself bore our sins in His own body on the tree, that we, having died to sins, might live for righteousness—by whose stripes you were healed. For you were like sheep going astray, but have now returned to the Shepherd and Overseer of your souls.

DAY 4

THEME: MARRIAGE AND FAMILY

WHAT TO PRAY FOR:

- 1. God's blessing on families and marriages
- 2. Families that are struggling due to divorce and separation
- 3. Families with special needs kids and loved ones with mental illness
- 4. Pray for loved ones to come to Christ
- 5. Pray for parents to have wisdom in how to raise their children to follow Jesus.

PRAYER REQUESTS

Ephesians 6:1-4 (NKJV)

Children, obey your parents in the Lord, for this is right. "Honor your father and mother," which is the first commandment with promise: "that it may be well with you and you may live long on the earth." And you, fathers, do not provoke your children to wrath, but bring them up in the training and admonition of the Lord.

Malachi 4:6 (NKJV)

And he will turn The hearts of the fathers to the children, And the hearts of the children to their fathers, Lest I come and strike the earth with a curse.

1 Peter 5:5 (NKJV)

Likewise you younger people, submit yourselves to your elders. Yes, all of you be submissive to one another, and be clothed with humility, for "God resists the proud, But gives grace to the humble."

Colossians 3:18-21 (NKJV)

Wives, submit to your own husbands, as is fitting in the Lord. Husbands, love your wives and do not be bitter toward them. Children, obey your parents in all things, for this is well pleasing to the Lord. Fathers, do not provoke your children, lest they become discouraged.

1 Timothy 5:8 (NKJV)

But if anyone does not provide for his own, and especially for those of his household, he has denied the faith and is worse than an unbeliever.

DAY 5

THEME: GOVERNMENT

WHO TO PRAY FOR :

1. President
2. Vice President
3. Govenor
4. U.S. SenatorS
5. U.S. Congresswoman
6. CA. Senator
5. Orange County Supervisor
6. San Clemente City Council
7. U.S. Supreme Court

PRAYER REQUESTS

1 Timothy 2:1-2 (NKJV)

Therefore I exhort first of all that supplications, prayers, intercessions, and giving of thanks be made for all men, for kings and all who are in authority, that we may lead a quiet and peaceable life in all godliness and reverence.

Jeremiah 29:7 (NKJV)

And seek the peace of the city where I have caused you to be carried away captive, and pray to the LORD for it; for in its peace you will have peace.

Romans 13:1 (NKJV)

Let every soul be subject to the governing authorities. For there is no authority except from God, and the authorities that exist are appointed by God.

2 Chronicles 7:14-15 (NKJV)

if My people who are called by My name will humble themselves, and pray and seek My face, and turn from their wicked ways, then I will hear from heaven, and will forgive their sin and heal their land. Now My eyes will be open and My ears attentive to prayer made in this place.

Deuteronomy 16:18-20 (NKJV)

“You shall appoint judges and officers in all your gates, which the Lord your God gives you, according to your tribes, and they shall judge the people with just judgment. You shall not pervert justice; you shall not show partiality, nor take a bribe, for a bribe blinds the eyes of the wise and twists the words of the righteous. You shall follow what is altogether just, that you may live and inherit the land which the Lord your God is giving you.

DAY 6

THEME: THE CHURCH

WHAT TO PRAY FOR :

1. Pray for the Senior Pastor, wife and family
2. Pray for the Church Board and their families
3. Pray for the Volunteer Ministers and their families
4. Pray for Chaplains and their families
5. Pray for Assisting Pastors and their families
6. Pray for Local Churches and Pastors

PRAYER REQUESTS

1 Timothy 4:7 (NKJV)

Let the elders who rule well be counted worthy of double honor, especially those who labor in the word and doctrine

Hebrews 13:17 (NKJV)

Obey those who rule over you, and be submissive, for they watch out for your souls, as those who must give account. Let them do so with joy and not with grief, for that would be unprofitable for you.

1 Thessalonians 5:12-13 (NKJV)

And we urge you, bretheren, to recognize those who labor among you, and are over you in the Lord and admonish you, and to esteem them very highly in love for their work’s sake. Be at peace among yourselves.

Jeremiah 3:15 (NKJV)

And I will give you shepherds according to My heart, who will feed you with knowledge and understanding

1 Timothy 5:17–18 (NKJV)

Let the elders who rule well be counted worthy of double honor, especially those who labor in the word and doctrine. For the Scripture says, “You shall not muzzle an ox while it treads out the grain,” and, “The laborer is worthy of his wages.”

Acts 20:28 (NKJV)

Therefore take heed to yourselves and to all the flock, among which the Holy Spirit has made you overseers, to shepherd the church of God which He purchased with His own blood.

DAY 7

THEME: REVIVAL AND AWAKENING

WHAT TO PRAY FOR:

1. Pray for spiritual blindness to be bound
2. Pray for the revelation of God’s love and grace to be released in our nation
3. Pray for a fresh outpouring of God’s Spirit
4. Pray for supernatural encounters with Jesus
5. Pray for the prodigals to return to the Lord
6. Pray for Pastors to fall in love with Jesus and to teach God’s Word

PRAYER REQUESTS

Habakkuk 3:2 (NKJV)

O LORD, I have heard Your speech and was afraid; O LORD, revive Your work in the midst of the years! In the midst of the years make it known; In wrath remember mercy.

Psalms 51:12 (NKJV)

Restore to me the joy of Your salvation, And uphold me by Your generous Spirit.

Psalms 80:19 (NKJV)

Restore us, O LORD God of hosts; Cause Your face to shine, And we shall be saved!

Joel 2:25–26 (NKJV)

“So I will restore to you the years that the swarming locust has eaten, The crawling locust, The consuming locust, And the chewing locust, My great army which I sent among you. You shall eat in plenty and be satisfied, And praise the name of the LORD your God, Who has dealt wondrously with you; And My people shall never be put to shame.

Isaiah 57:15 (NKJV)

For thus says the High and Lofty One Who inhabits eternity, whose name is Holy: “I dwell in the high and holy place, With him who has a contrite and humble spirit, To revive the spirit of the humble, And to revive the heart of the contrite ones.

Lamentations 5:21 (NKJV)

Turn us back to You, O LORD, and we will be restored; Renew our days as of old.

Zephaniah 3:9 (NKJV)

“For then I will restore to the peoples a pure language, That they all may call on the name of the LORD, To serve Him with one accord.

INSTRUCTIONS FOR FASTING

Those who have left the deepest impression on this sin-cursed earth have been men and women of prayer. You will find that PRAYER has been the mighty power that has moved not only God, but man.

D.L. MOODY

AT CALVARY CHAPEL, we give the first fruits of our year to the Lord through prayer and fasting. We call it PRAYER WEEK. I believe if we honor God, He will honor us. God gave us a pattern for Kingdom living in Matthew 6. Three areas that release God's blessing (rewards) into our lives are *giving, praying and fasting*. Jesus said when you give, when you pray and when you fast. He made it clear that this was what normal Christian life is. When you give in secret, the Lord rewards you openly. When you pray in secret, the Lord answers you openly. When you fast in secret, the Lord rewards you openly.

WHAT IS FASTING?

Fasting is voluntarily going without food or any other regularly enjoyed activities for the purpose of seeking God. Fasting allows us to prioritize prayer and listening to God's voice.

There are several types of fasting. The one you choose is between you and God.

FULL FAST: Drink only liquids (you establish the number of days).

THE DANIEL FAST: Eat no meat, no sweets and no bread. Drink water and juice. Eat fruits and vegetables. This fast was done by Daniel for 21 days and comes from Daniel 10:3.

3-DAY FAST: This fast can be a Full Fast, Daniel Fast or give up at least one item of food.

PARTIAL FAST: A partial fast is from 6:00 am to 3:00 pm or from sun up to sundown. You can select from three types of fasting —a Full Fast, Daniel Fast or give up at least one item of food.

MEDIA FAST: A media fast is a fast from all forms of media... facebook, television, movies, computer based games, tablets, smartphones.

HERE ARE A FEW PRACTICAL TIPS:

- If you have health issues, please check with your doctor before attempting a fast to make sure it is medically safe.
- While you are fasting, limit your physical activity
- Plan what you're going to do when you're not eating such as prayer, Bible reading, write in your prayer journal
- Consider how fasting will affect others such as regular lunches with friends and let them know ahead of time your normal plans will change for a number of days.
- Prepare yourself mentally for emotional discomfort and mood swings such as impatience, crankiness and anxiety.
- The first two or three days are the hardest. They can be accompanied by headaches, tiredness, weakness, cravings for food, sleeplessness, dizziness.
- Break an extended fast gradually with fruit such as watermelon, soups and salads.
- Make sure you spend this time in prayer. Remember, if you're not praying and seeking the Lord you're not fasting, you're just going hungry

SCRIPTURES ON FASTING

Matthew 6:16–18 (NKJV)

“Moreover, when you fast, do not be like the hypocrites, with a sad countenance. For they disfigure their faces that they may appear to men to be fasting. Assuredly, I say to you, they have their reward. But you, when you fast, anoint your head and wash your face, so that you do not appear to men to be fasting, but to your Father who is in the secret place; and your Father who sees in secret will reward you openly.”

Matthew 9:14–15 (NKJV)

Then the disciples of John came to Him, saying, “Why do we and the Pharisees fast often, but Your disciples do not fast?” And Jesus said to them, “Can the friends of the bridegroom mourn as long as the bridegroom is with them? But the days will come when the bridegroom will be taken away from them, and then they will fast.”

Isaiah 58:6–10 (NKJV)

“Is this not the fast that I have chosen: To loose the bonds of wickedness, To undo the heavy burdens, To let the oppressed go free, And that you break every yoke? Is it not to share your bread with the hungry, And that you bring to your house the poor who are cast out; When you see the naked, that you cover him, And not hide yourself from your own flesh? Then your light shall break forth like the morning, Your healing shall spring forth speedily, And your righteousness shall go before you; The glory of the LORD shall be your rear guard. Then you shall call, and the LORD will answer; You shall cry, and He will say, ‘Here I am.’ “If you take away the yoke from your midst, The pointing of the finger, and speaking wickedness, If you extend your soul to the hungry And satisfy the afflicted soul, Then your light shall dawn in the darkness, And your darkness shall be as the noonday.”

Ezra 8:23 (NKJV)

So we fasted and entreated our God for this, and He answered our prayer.

Joel 2:12–13 (NKJV)

“Now, therefore,” says the LORD, “Turn to Me with all your heart, With fasting, with weeping, and with mourning.” So rend your heart, and not your garments; Return to the LORD your God, For He is gracious and merciful, Slow to anger, and of great kindness; And He relents from doing harm.

1 Corinthians 7:5 (NKJV)

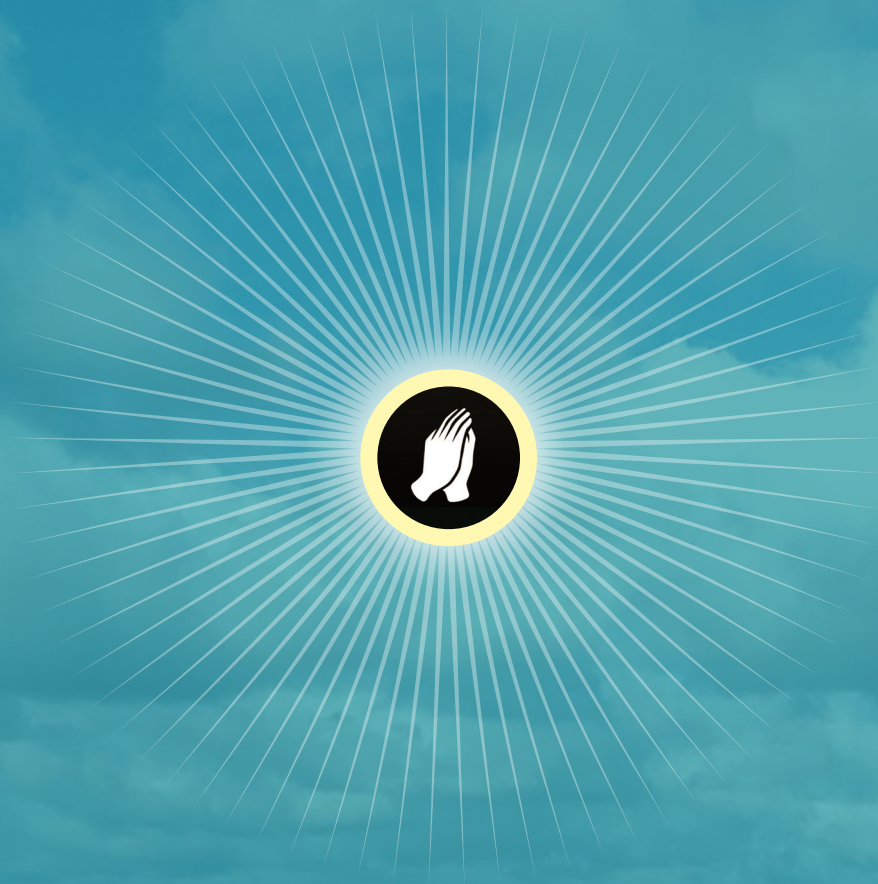
Do not deprive one another except with consent for a time, that you may give yourselves to fasting and prayer; and come together again so that Satan does not tempt you because of your lack of self-control.

Judges 20:26 (NKJV)

Then all the children of Israel, that is, all the people, went up and came to the house of God and wept. They sat there before the Lord and fasted that day until evening; and they offered burnt offerings and peace offerings before the Lord.

Joel 1:14 (NKJV)

Consecrate a fast, call a sacred assembly; Gather the elders and all the inhabitants of the land into the house of the Lord your God, and cry out to the Lord.



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