



Mount Helm  
Baptist Church

Deeper, Higher, Wiser:  
31 Days of Prayer and Fasting



A Resource Guide

*Then the disciples came to Jesus privately and said, "Why could we not cast it out?" So Jesus said to them, "Because of your unbelief; for assuredly, I say to you, if you have faith as a mustard seed, you will say to this mountain, 'Move from here to there,' and it will move; and nothing will be impossible for you. However, this kind does not go out except by prayer and fasting."*

Matthew 17:19-21 (NKJV)

I invite the congregation to join me in 31 days of intentional prayer and fasting beginning January 1. This will be a special time set aside to seek God's renewing and reviving power for our lives, our congregation, and for our city. This season of consecration will prepare us for greater faith and works in 2013. Maximizing our ability to dream, we'll commit our way to the God with whom nothing is impossible!

Reformer John Calvin said that any great matter attempted by the Church must be done by coupling prayer with fasting. Dedicating the first month to both exhibits our desire to seek God and his kingdom above all else, and to set the rest of the year on the right spiritual course. I believe that God wants to give us Ephesians 3:20 experiences in 2013. Through 31 Days we will make ourselves humbly available for life-changing, earthshaking, supernatural moments. God has great things in store for us and those great things demand great faith and faithfulness.

### **What is Fasting?**

Some of you may be wondering what is "fasting". As Pastor Tony Evans defines, fasting "is the deliberate abstinence from some form of physical gratification, for a period of time, in order to achieve a spiritual goal." In most instances this means abstaining from food, either entirely or partially. Some have included other distractions like TV, social media, or certain activities. The times that we would normally be preoccupied with physical gratification is instead devoted to God for prayerful communion.

The 31 Day fast will be a partial fast, which means a *modified* and *moderate* intake of food. Thus you'll consume food for breakfast, lunch, and dinner but what you eat may be radically different from your present diet. (\*\*I want to caution those who are taking prescribed medication for chronic diseases and illnesses like diabetes or cholesterol **must** consult with your physician before initiating this fast.\*\*)

The type of fast we'll participate in is called *flexitarian* because it is mostly vegetarian with limited fish and poultry intake. This means that the majority of foods you eat daily will be fruits and vegetables. Foods like eggs, chicken, and fish can be eaten but indulged. Pure fruit juices and smoothies, fresh fruits, green

salads, steamed or grilled garden vegetables, and the like are all delicious and nutritional options for the fast.

The following foods are **not** allowed during the fast: fast food, fried foods, foods containing bleached flour and sugar, foods containing synthetic coloring and flavoring, sodas, coffee, pastries and other dessert sweets. Consider the fast as a time to treat your body as a temple, a time to nourish it with vitamin and mineral rich foods that will positively impact your overall health. French fries, doughnuts, pork skins, etc., are not good for you (even if they taste good to you). By the end of January will you notice weight loss, increased energy levels, and overall improvements to your skin and organs.

But the greatest results are not physical...*they are spiritual*. The point of praying and fasting isn't to lose physical weight, but to lay aside every weight and sin that holds us back from glorifying God with our whole beings (Hebrews 12:1-2). It's a time to get closer to God, hear His voice more clearly, let go of toxic emotions and unforgiveness. It's a time to gain supernatural wisdom and insights, spiritual empowerment, a holy boldness for the things that break God's heart.

### **Pray, Pray, Pray**

During your fast, commit to praying at least 30 minutes a day, either at one sitting or morning, noon, and night for 10 minutes each time. Seek God's direction for your life, your family. Pray that God will do awesome wonders among us as a church. Pray that God's will is done in our city and state. Pray for others and ask God how you may be a blessing to friends and strangers. Don't be afraid to ask anything in His name and in His will. This won't be a time to be shy. Go boldly before God's gracious throne asking, seeking, and knocking.

As God answers your prayers, keep note of every Yes and No in a prayer journal. It can be an official journal you purchase wherever fine books are sold; it can be a legal pad or notebook. But be sure to document God's movement in your prayer life as you may need to revisit those moments at a later time. As you write, you may want to ask yourself the following questions:

1. What has God revealed to you about Himself?
2. What has God revealed to you about His purposes?
3. What has God done in your life or through your life that has caused you to experience His presence?
4. What particular person or concern has God given you a burden to pray for? What has He guided you to pray for in this situation?
5. What has God done through circumstances that have given you a sense of His timing or direction concerning any aspect of His will?
6. What word of guidance or truth do you sense God has spoken to you through another believer?

7. What adjustment is God leading you to make in your life?

Also, every Wednesday morning at 6 A.M. I will be hosting an intercessory prayer conference call named **Life Line**. It will be a time that you can pray with your Pastor and with fellow believers.

The conference call dial-in number is <b>(605) 475-4700</b> and the participant code is <b>44883#</b>
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**“In Thy Precious Holy Word”**

Your praying and fasting must be grounded in biblical truth. Commit to reading God’s written Word daily. A study Bible and an excellent devotional can ground your time with God. You should desire to go deeper in God’s precious holy Word. A 365-day Bible reading plan is provided in order to make your reading easier and guided.

Some good topical books on prayer and fasting can be used in addition to reading your Bible and daily devotional. I recommend that you go to LifeWay Christian Bookstore (1057 East County Line Road Jackson, MS 39211) or Cokesbury Bookstore (1060 East County Line Road Ridgeland, MS 39157) in order to meet your unique discipleship needs.

**1 Days of Intentional Area Prayer**

For the first two weeks I invite you to pray for the following requests, as you are led:

**January 1: To Increase in Spiritual Hunger and Holiness**

As the New Year begins, ask the Lord to awaken your heart to His love. Pray for increased hunger to spend more time in prayer, worship, and God’s Word. Pray for a greater awe of God’s holiness and ask Him to give you the grace to honor Him in your every thought, word, and deed.

*Create in me a pure heart, O God, and renew a steadfast spirit within me. Do not cast me from your presence or take your Holy Spirit from me. Restore to me the joy of my salvation and grant me a willing spirit, to sustain me (Psalm 51: 10-12, NIV).*

**January 2: To Walk in Wisdom and Revelation**

Ask the Lord to open your eyes to see Him more clearly and your ears to hear anything He desires to speak. Pray for a spirit of wisdom and revelation that you might know Jesus more deeply and have a profound understanding of the authority He has given you in Christ Jesus.

*I keep asking that the God of our Lord Jesus Christ, the glorious Father, may give you the Spirit of wisdom and revelation, so that you may know him better. I pray also that the eyes of your heart may be enlightened in order that you may know the hope to which he has called you, the riches of his glorious inheritance in the saints, and the incomparably great power for us who believe (Ephesians 1:17-18, NIV)*

**January 3: To Be Filled with Power and Purpose**

Ask to be filled with and controlled by the Holy Spirit. Pray for the supernatural works of Jesus to be manifested in your life and that those around you will be transformed as they seek to know the powerful God that we serve. Pray that you would fulfill God's purpose in your generation and that the very course of history would be changed because you lived.

*May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit (Rom. 15:13, NIV). For when David had served God's purpose in his own generation, he fell asleep (Acts 13:36, NIV).*

#### **January 4: For Your Family To Experience Fresh Encounters**

Invite the Lord to visit your family in a fresh new way in 2013. Pray that this year, you and your family and your close friends will encounter God's transformation and sovereign power.

*Behold I am doing a new thing; now it springs forth; do you not perceive and know it, and will you not give heed to it? I will even make a way in the wilderness and rivers in the desert (Isaiah 43: 19, AMPL).*

#### **January 5: To be Saved and Delivered**

Pray for any loved ones by name who do not know the Lord or have fallen away from Him. Ask the Lord to reveal Himself to them as the awesome God that He is. If any are filled with hurt, shame, doubt or fear, pray that they will run to God and not away from Him. Pray a hedge of protection around your family from all deception, temptation, and any plans of the enemy that would thwart the good plans God has for them.

*...Believe in and on the Lord Jesus Christ—that is, give yourself up to Him, take yourself out of your own keeping and entrust yourself into His keeping, and you will be saved; [and this applies both to] you and your household as well (Acts 16:31, AMP).*

#### **January 6: To Serve God Together**

If you have never prayed, worshipped, or shared communion together as a family unit, or if you have gotten away from this habit, consider how you can begin this practice regularly. Set aside time today to pray with at least one other family member and declare,

*As for me and my house, we will serve the Lord (Joshua 24:15, NKJV).*

#### **January 7: To be Healed and Reconciled**

Pray for the healing of families across America. Ask God to send a revival to families, causing many in entire bloodlines to become born again. Ask God to restore any broken marriages for which you are aware. Pray for reconciliation between parents and children and to repair breeches among other family members.

*Turn the hearts of the fathers to the children, and the hearts of the children to their fathers... (Malachi 4:6, NKJV)*

#### **January 8: Prayer for Your Workplace To be a Habitation for God's Presence**

Lift your business or workplace before the Lord, asking for God's presence to fill the atmosphere, making it conducive for God to speak and work in the lives of all who are employed there. Pray for your employer and/or co-workers by name, asking God to reveal Himself to each one.

*I want men everywhere to lift up holy hands in prayer, without anger or disputing (1 Tim 2:8, AMPL).*

### **January 9: To Value Integrity**

Pray that leaders in your workplace would uphold a standard of godliness in business dealings and financial planning. Ask God to strengthen your co-workers against the temptation to compromise. Pray that those in your workplace would walk in God's ways and honor Him with their finances.

*...we have not stopped praying for you and asking God to fill you with the knowledge of his will through all spiritual wisdom and understanding. And we pray this in order that you may live a life worthy of the Lord and please him in every good work (Col 1:9-10, NIV).*

### **January 10: To Experience Revival**

Pray for revival to sweep the nation. Pray for revival to break out in your industry, whether you work in education, government, business, media, entertainment, or religion. Ask the Lord to raise up dedicated Christians who will become a voice to reform your specific industry. Pray for the President of our nation.

*Will you not revive us again, that your people may rejoice in you? (Ps. 85:6, AMPL)*

### **January 11: Prayer for the Church To Receive a Fresh Outpouring of God's Spirit**

Ask God to prepare Mt. Helm and His Church in the city with a new wineskin in order to receive the new wine He wants to pour out upon His people this year. Invite the Lord to sweep "the house" clean of any impurities and welcome His Holy Spirit to come in a fresh new way.

*But new wine must be put into new wineskins (Mark 2:22 b, NIV).*

### **January 12: To be Served by Visionary Leaders**

Ask God to give your pastor and other church leadership prophetic vision for the New Year. Pray that the Lord would revitalize each leader and his or her family spiritually, physically, and mentally. Pray that the Lord would prepare "fresh bread" for them to serve God's people. Ask God to show church leaders how they can speak to the issues of the day with boldness and truth and as such become reformers for society's problems.

*I will stand my watch and set myself on the rampart, and watch to see what He will say to me (Habakkuk 2:1, NIV).*

### **January 13: To Experience God's Presence and Power**

Pray that corporate gatherings will be marked by the tangible presence of God and that every time the people gather in large or small groups they will have a supernatural life-changing encounter with God. Ask in faith for God's Spirit to manifest in awesome worship, powerful preaching of the Word, united fervent

prayer, liberal giving, acts of kindness, supernatural healings, miracles, and new births in Christ.

*...enable your servants to speak your word with great boldness. Stretch out your hand to heal and perform miraculous signs and wonders through the name of your holy servant Jesus. After they prayed the place where they were meeting was shaken. And they were all filled with the Holy Spirit and spoke the word of God boldly (Acts 4: 29-31, NIV).*

#### **January 14: To Prepare Her Members to be Agents of Transformation**

Pray that Mt. Helm and churches across Mississippi would equip the body of Christ to do the work of the ministry, transform their spheres of influence, and impact the world for Christ in publicly meaningful and tangible ways. Pray for a foundation in the Word of God to be laid again in the lives of Christians and for the restoration of a biblical worldview in God's people.

*His intention was the perfecting and full equipping of the saints (His consecrated people), that they should do the work of ministering toward building up Christ's body (the church) (Ephesians 4:12 AMPL).*

#### **January 15: Pray for Your City and State To be Cleansed of Sin**

Understand that a city or region cannot receive God's blessing if it is built on sin and bloodshed. That type of foundation causes the people to labor and gain nothing. Pray, and ask that God's mercy and forgiveness be poured out in Jackson and Mississippi for any sins that have been committed. Name any specific sins you are aware of such as injustices, racisms or covenant breaking.

*I confess the sins we Israelites, including myself and my father's house, have committed against you. We have acted very wickedly toward you. Remember the instruction you gave your servant Moses, saying, 'If you are unfaithful, I will scatter you among the nations, but if you return to me and obey my commands, then even if your exiled people are at the farthest horizon, I will gather them from there and bring them to the place I have chosen as a dwelling for my Name.' (Neh 1:6b, 8-9 NIV)*

#### **January 16: To Uphold Righteousness and Justice**

Seek the welfare of Jackson so there will be a spiritual climate for the gospel to expand rapidly. Pray for righteous leaders and just laws. Ask that governmental officials would gain God's perspective on any injustices occurring in your area and revelation of how to solve them. Pray for the media to be honest, truthful, and report accurately the news that really matters in your region.

*Righteousness and justice are the foundation of your throne; love and faithfulness go before you (Psalm 89:14, NIV).*

#### **January 17: To Attract God-Honoring Commerce**

Pray for businesses that promote unholy lifestyles to be exposed and shut down and their owners to find Jesus Christ. Ask God to bring in business, commerce, education, and entertainment to the community that would honor Him and bless the people.

*Live as children of light (for the fruit of light consists of all goodness, righteousness and truth) and find out what pleases the Lord. Have nothing to do with the fruitless deeds of darkness, but rather expose them (Eph. 5:8b-11, NIV).*

### **January 18: Prayer for the Nation To Uphold God's Laws**

Pray that Mt. Helm would be "salt and light" to our city, a congregation leading Gospel revolution. Pray that we would influence other churches with righteousness and bold leadership. Pray for greater fellowship, desire for missions and evangelism, public advocacy, and life-changing worship. Ask God to fill our church and city with His glory.

*For the earth will be filled with the knowledge of the glory of the LORD, as the waters cover the sea (Hab. 2:14, NKJV).*

### **Deeper...Still**

As we continue to go deeper in God's will, word, wonder, and way, allow this time of consecration to minister through you to God. We will conclude our congregation consecration with congregational celebration in the form of a three night revival.

Let deep call to deep during this time of worship. God will honor your sacrifice with miracles, signs, and wonders. We will be emboldened by His Spirit to see and do great things to His glory. Amen