

**2019**



**WESTSIDE**  
**31 DAYS OF PRAYER**

# WESTSIDE

January 1<sup>st</sup> – January 31<sup>st</sup>, 2019



**Theme Scripture:** Phillipian 3: 13-14 (NKJV)

Brethren, I do not count myself to have apprehended; but one thing I do, forgetting those things which are behind and reaching forward to those things which are ahead, I press toward to those things which are ahead; I press toward the goal for the prize of the upward call of God in Christ Jesus.

2 Corinthians 5:17-18 states: Therefore, if anyone is in Christ, he is a new creation; old things have passed away; behold, all things have become new. Now all things are of God, who has reconciled us to Himself through Jesus Christ, and has given us the ministry of reconciliation.

Let us consecrate ourselves for 31 days, starting on January 1 through January 31, 2019, being dedicated to fasting and praying that we are found to be faithful stewards. Allow Phillipian 3: 13-14 to be your guiding light Scripture text throughout this 31-day journey of faith.

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Print and sign the last page. Hang or post it in a place where it will be a constant reminder of your commitment to begin consecrated to God for the next 31 days.

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## What does it mean to be “Consecrated”?

Consecration refers to persons or things being separated, or belonging to God, for His purposes. They are holy and set apart for the service of God. Leviticus 19:2 says...  
“You shall be holy, for the Lord your God is holy.”

Servants of God let’s agree to the following during the 31 Days of Fasting and Prayer

1. We will dedicate at least 10 minutes (per day) to reading God’s Word.
2. We will dedicate at least 5 minutes (per day) in prayer.
3. We will strive to attend **S.H.O.P.** (Sweet Hour of Prayer) 7:00 PM – 8:00 PM each Monday during the 31 days of fasting and prayer.
4. We will strive to attend weekly, Re-fuel (Bible Study) for the following services during the 31 Days of fasting and prayer.
  - Wednesday **“Re-fuel”** (Bible study) 12:00 Noon – 1:00 PM
  - Wednesday Night **“Re-fuel”** (Bible Study) 7:00 PM – 8:15 PM
5. We will strive to attend **“Kingdom Connection Hour”** (Sunday Morning Bible Study) 9:30AM – 10:30AM during the 31 Days of fasting and prayer.

## Personal Inspection

**Unconfessed sin is one of the biggest hindrances or barriers to our prayers.** If we regard iniquity in our hearts, the Lord will not hear us (Psalm 66:18). However, if we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness (1 John 1:9).

- Is my greatest affection more for material things on earth, rather than spiritual growth and serving God?
- Is my home a testimony for Jesus?
- Am I stunting my spiritual growth by not consistently having a quiet time with God (reading the Word, praying, listening to God, meditating on what I have read, and being obedient to what God is calling me to do or stop doing)?
- When one desires to receive the best from the Lord, one must totally surrender to God. Seek the Lord and ask, **“Lord am I willing...”**
  - **to receive what You give me?**
  - **to lack what You withhold from me?**
  - **to relinquish what You take from me?**
  - **to be what You require of me?**
  - **to suffer what You ordain for me?**
  - **to do what You command of me?**
- Have I failed to center my thoughts and actions on reaching the lost and unchurched?
- Do I tend to worry and fret more than believe and trust God?
- Am I failing to claim God’s promises and cast my cares upon Him?
- Am I robbing God by not tithing/grace giving?

- Am I willing and ready to forgive any wrong against me or against my family? Have I forgiven everyone?
- Do I know what my spiritual gifts are and am I using them to glorify God? (If you don't know what your gifts are, pray that God reveals them to you).
- Do I have a right attitude toward my fellow church members? Am I jealous of other members' spiritual gift(s)?
- Do I have any relationships that do not honor God – that are questionable or have the “appearance of evil”?
- Do I engage in any conversations or meetings that do not please or honor God (in body, on internet, text messages, or telephone)?

## **Fast & Prayer Guidelines**

A biblical definition of fasting is a Christian's voluntary abstinence from food for spiritual purposes. Fasting is a spiritual discipline and one that goes so radically against the flesh and the mainstream of our culture. Fasting is a purifying discipline that helps us draw closer to Jesus Christ and surrender our will to his ways. Without a spiritual purpose for your fast it's just a diet. There is something about fasting that sharpens the edge of our intercessions and gives passion to our supplications. Fasting is one of the best friends we can introduce to prayer.

The great saints of the bible fasted. Moses (Deut. 9:9, 18, 25-29), Ezra (8:21-23), Elijah (1 Kings 19:8), Daniel (Daniel 9:3), and Paul (2 Corinthians 6:5 and 11:27) were men of faith and action who fasted for spiritual growth. The greatest example for any of us to follow, Jesus Christ, fasted – Matthew 4:2. When we separate ourselves from the daily routine of food and its preparation, eating, or

whatever desired activity (watching TV, playing video games, golf, etc.) in our lives, then we can devote the extra time to prayer and reading/studying/meditating on God's Holy word. The hunger pangs or refraining from your designated activity will re-enforce our human frailty and our dependence on God. When we take time to put God first in any endeavor, we are preparing well for whatever lies ahead. The result of sincere fasting and praying is that God responds and brings deliverance and blessings.

## **Tips for Fasting**

1. Do not jeopardize your health.
2. Only do as many days as you feel you can – if you must break your food abstinence substitute refraining from a desired activity (golf, TV, video games, etc.).
3. Pray for strength and focus before you start.
4. Make a list of specific things to include in your prayer.
5. Increase your prayer time, especially in the early mornings when you have the most time to pray and/or can create the most time to pray.
6. Establish a regular quiet time and location to pray.
7. During this fast we are abstaining from food on Wednesdays, consuming only water or liquid (juice, milk, water, broth, malts, etc.) from 5 AM – 5 PM.
8. If your flesh weakens pray to the Lord for strength and perseverance. It's a good idea to have a "fast partner" – you can encourage each other and pray for each other. This is not a competition or test – there is no failing – trust and pray unto God through this endeavor – follow your heart.
9. Remember Jesus' teaching about fasting – it should be a normal part of a Christian's life and need only to be seen by God. Jesus wants his people to adopt spiritual disciplines for the right reason; not from a selfish desire for praise. Matthew 6:16-18 says: "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).”

Finally, reading Isaiah chapter 58 is highly recommended prior to starting your fast. This chapter will feature fasting that pleases God. Ezra chapter 8 and Nehemiah chapter 1 are other chapters regarding fasting and praying. The Scripture says, “So we fasted and entreated our God for this, and He answered our prayer.” (Ezra 8:23)

## **Day 1 – Tuesday, January 1<sup>st</sup>**

- Read Luke 16:1-13. Meditate on Luke 16:10 and 1 John 4:4
- Pray for at least 5 minutes for your spouse, significant other, family or other love ones. Pray that Christians will be bold witnesses for Christ and that the Lord of the Harvest will send out more laborers into His harvest. Pray for wisdom in the use of time, talent and treasures, and that the Holy Spirit would provide insight on how to be a more accountable steward.
- Confess to God the sin that you struggle with the most and ask God to give you strength to overcome it.
- Fast from the Internet – only use it for work, stewardship education or key communication needs, nothing recreational.

## **Day 2 – Wednesday, January 2<sup>nd</sup>**

- Read Proverbs 21:1-8. Meditate on Proverbs 21:15
- Pray at least 5 minutes for our local officials (police, fireman, emergency workers, etc.). Pray that children and youth will hear the word of God

and accept Jesus as their Savior. Pray for unity in the church and recognition of Jesus as the Lord of your life.

- Attend “**Re-fuel**” (Bible study) Noon-day or 7:00 PM.
- Fast from all solid foods from 5:00 AM – 5:00 PM (if you cannot fast from food due to health reasons then fast 5:00 AM – 5:00 PM from a favorite food, dessert, or TV programming).

### **Day 3 – Thursday, January 3<sup>rd</sup>**

- Read John 1: 6-13. Meditate on John 1:12
- Pray for at least 5 minutes that Christians will seek God’s will for their lives, that they will seek boldness to witness to the lost, and that men will become spiritual leaders of their homes and communities. Pray that Christians would exercise more patience in all areas.
- Refrain from making any negative or destructive comments.
- Fast from television, streaming or any other visual entertainment.

### **Day 4 – Friday, January 4<sup>th</sup>**

- Read Proverbs 22:1-16. Meditate on Proverbs 22:10-11
- Pray for at least 5 minutes for deliverance from debt or addiction and for those suffering from injustice such as human trafficking, legal misrepresentation, child abuse, etc. Pray for divine appointment(s) to minister to someone and that WBC members will seek opportunities to serve.
- Review the Prayer Journal/Log entry you made on Monday and record answers or wisdom God may have revealed to you.



- Spiritual leader of the home bring the family together prior to bedtime and pray for one another.
- Fast from using credit cards.

## **Day 5 – Saturday, January 5<sup>th</sup>**

- Read Romans 13:8-10. Meditate on Romans 13:8.
- Pray for at least 5 minutes that God will bless all WBC ministries and for salvation for family and friends who are not saved.
- Reflect the love of God to friends, family and others met during divine appointments.
- Read/Review your “**Kingdom Connection Hour**” (Sunday Morning Bible Study) lesson.
- Get plenty of rest and get ready for a powerful worship service.
- Fast from shopping at the mall and on the Internet.

## **Day 6 – Sunday, January 6<sup>th</sup>**

- Read Acts 20:17-21. Meditate on Acts 20:35.
- Pray for at least 5 minutes that the sermon is preached with accuracy and clarity. Pray for salvation for those who are lost and encouragement for Believers. Pray that the Ministry staff and leadership team will ask the Lord daily for wisdom and discernment. Pray for the financial stability of our church.
- Attend and participate in “**Kingdom Connection Hour**” (Sunday Morning Bible Study) and attend Worship services giving God praise.
- Reflect on this day – thank God for the Powerful movement of the Holy Spirit and for answered prayers.

## **Day 7 – Monday, January 7<sup>th</sup>**

- Read Colossians 3:18-4:1. Meditate on Colossians 3:23-24.
- Pray for at least 5 minutes that Christians will work as unto the Lord, and seek God's will for their lives.
- Attend **"S.H.O.P"** (Sweet Hour of Prayer). If you cannot attend then pray whenever you can during the 7:00 PM – 8:00 PM time frame.
- Fast from TV programming.

## **Day 8 – Tuesday, January 8<sup>th</sup>**

- Read Philippians 4:10-20. Meditate on Philippians 4:11-13.
- Pray for at least 5 minutes for your spouse, significant other, family or other love ones. Pray that Christians will be bold witnesses for Christ and that the Lord of the Harvest will send out more laborers into His harvest. Pray your desire for an eternal perspective and contentment with your current blessings.
- Confess to God the sin(s) that you struggle with most and ask God to give you strength to overcome it.
- Conduct a random act of kindness.
- Fast from listening to secular music.

## **Day 9 – Wednesday, January 9<sup>th</sup>**

- Read Luke 12:22-31. Meditate on Luke 12:31
- Pray for at least 5 minutes pray for the Deacon Council, Pastoral Search, Nominating, Pulpit Supply and other supporting committees that will lead and serve with divine purpose, individually and collectively submitting to the Holy Spirit.
- Read the "Fast & Prayer Guidelines"

- Attend **“Re-fuel”** (Bible study) Noon-day or 7:00 PM.
- Fast from all solid foods from 5:00 AM – 5:00 PM (if you cannot fast from food due to health reasons then fast 5:00 AM – 5:00 PM from a favorite food, dessert, or TV programming).

## **Day 10 – Thursday, January 10<sup>th</sup>**

- Read Romans 14:19. Meditate on 1 Corinthians 12:25-26.
- Pray for at least 5 minutes for spiritual unity in the church and that the enemy will not be allowed to create divisions, strife, or misunderstanding among the church members.
- Fast from the use of social media.

## **Day 11 – Friday, January 11<sup>th</sup>**

- Read Matthew 6:19-24. Meditate on Matthew 6:21 & 24.
- Pray for at least 5 minutes for United States of America and that the President will be subjected to God’s will, that our Deacon Council and Leadership team will seek knowledge, wisdom, understanding and discernment as they lead the WBC family and God would remove anything in your life that may seek to rule you or prevent you from being totally committed to serving Him.
- Fast from eating out.

## **Day 12 – Saturday, January 12<sup>th</sup>**

- Read Mark 8:34-38. Meditate on Mark 8:36.
- Pray for at least 5 minutes for an eternal spiritual relationship with God the Father

through Christ Jesus, local officials (police, fireman, emergency workers, etc.), that children and youth will hear the word of God and accept Jesus as their savior; and unity in the church.

- Read/Review your **“Kingdom Connection Hour”** (Sunday Morning Bible Study) lesson.
- Reflect on this day and thank God for a mighty movement of the Holy Spirit, for answered prayers and deliverance from spiritual and financial bondage.
- Fast from shopping at the mall and on the Internet.

### **Day 13 – Sunday, January 13<sup>th</sup>**

- Read Matthew 20:26-28. Meditate on Matthew 20:28
- Pray for at least 5 minutes for someone in need of a financial breakthrough receives it. Confess to God the sin(s) that you struggle with the most and ask God to give you strength to overcome. Ask God to open your spiritual eyes regarding the management of time, talent and treasure. Thank God in advance for meeting the spiritual, physical, and material needs of WBC.
- Attend and participate in **“Kingdom Connection Hour”** (Sunday Morning Bible Study) and attend Worship services giving God praise.
- Reflect on God and His purpose for your life. Be still and know that He is God.

### **Day 14 – Monday, January 14<sup>th</sup>**

- Read Matthew 6:5-15. Mediate on Matthew 6:14-15.
- Pray for at least 5 minutes that God reveal our faults and shortcomings and that we are willingly transparent with one another.

- Attend **“S.H.O.P”** (Sweet Hour of Prayer). If you cannot attend then pray whenever you can during the 7:00 PM – 8:00 PM time frame.
- Call and apologize to someone you may have been at odds with and/or forgive someone who may have been at odds with you.
- Fast from TV programming.

## **Day 15 – Tuesday, January 15<sup>th</sup>**

- Read 1 Chronicles 29:10-14. Mediate on 1 Chronicles 29:11.
- Pray for at least 5 minutes that WBC members are freed from personal or spiritual bondage and God is glorified. Pray for peace in Israel and ask God for a breakthrough for a member of the church who is in a storm.
- Reflect on an answered prayer – remember that God is all-powerful and that everything belongs to Him.
- Fast from the Internet – only use it for work, stewardship education or key communication needs, nothing recreational.

## **Day 16 – Wednesday, January 16<sup>th</sup>**

- Read Matthew 6:16-18. Meditate on Matthew 6:17.
- Pray for at least 5 minutes praying for strength to continue to persevere in this 31-day fast. Pray for those in need of a breakthrough.
- Attend **“Re-fuel”** (Bible study) Noon-day or 7:00 PM.
- Read the Guide to Fasting.
- Fast from all solid foods from 5:00 AM – 5:00 PM. (If you cannot fast from food due to health reasons then fast 5:00 AM – 5:00 PM from a favorite food, dessert, or TV programming).

## **Day 17 – Thursday, January 17<sup>th</sup>**

- Read Luke 12:13-21. Meditate on Luke 12:15.
- Pray for at least 5 minutes for your co-workers, single parents and your parents reflecting on a positive time you had with them. Thank God for each blessing in your life.
- Listen to your favorite Christian song and think about the goodness of God.
- Hug a family member or friend and tell them how much you love them.
- Fast from all sweets and desserts.

## **Day 18 – Friday, January 18<sup>th</sup>**

- Read Isaiah 43:18-19. Meditate on Isaiah 43:19
- Pray for at least 5 minutes for strength to continue to persevere in spiritual endeavors, breakthroughs and for all WBC members to commit to serve in at least one ministry.
- Fast from eating out.

## **Day 19 – Saturday, January 19<sup>th</sup>**

- Read Isaiah 40:28-31. Meditate on Isaiah 40:31.
- Pray for at least 5 minutes for singles to seek Godly mates, for missionaries and their families, peace and safety of Israel. Pray for your own power and strength to do God's will.
- Read/Review your “**Kingdom Connection Hour**” (Sunday Morning Bible Study) lesson.
- Reflect on this day – thank God for the mighty movement of the Holy Spirit, for answered prayers and from deliverance from spiritual and financial bondage.
- Fast from shopping at the mall and on the Internet.

## **Day 20 – Sunday, January 20<sup>th</sup>**

- Read Isaiah 55:6-11. Meditate on Isaiah 55:11.
- Pray for at least 5 minutes that the spirit of the living God moves powerfully during the worship experience, that lost people come to know Christ and saved people are encouraged to live out the great commission.
- Attend and participate in **“Kingdom Connection Hour”** (Sunday Morning Bible Study) and attend Worship services giving God praise.
- Reflect on God and His purpose for your life. Be still and know that He is God.

## **Day 21 – Monday, January 21<sup>st</sup>**

- Read Matthew 9:37-38; Luke 10:2-9. Meditate Luke 10:2.
- Pray for at least 5 minutes that the Lord of Harvest will raise up and send out laborers. Pray for spiritual renewal for all those participating in the 31-days of prayer and fasting, and that spiritual gifts are stirred up.
- Attend **“S.H.O.P”** (Sweet Hour of Prayer). If you cannot attend then pray whenever you can during the 7:00 PM – 8:00 PM time frame.
- Tell someone your Good News testimony!
- Fast from TV programming.

## **Day 22 – Tuesday, January 22<sup>nd</sup>**

- Read Psalms 33:12. Mediate on Philippians 4:19.
- Pray for at least 5 minutes for those suffering through depression, unemployment or underemployment. Pray for parents and their children. Pray for key local and national issues.

- Reflect on an answered prayer – remember that God is all-powerful and that everything belongs to Him; now ask God for a breakthrough for each WBC member.
- Fast from the Internet – only use it for work, stewardship education or key communication needs, nothing recreational.

## **Day 23 – Wednesday, January 23<sup>rd</sup>**

- Read 2 Chronicles 7:12-14. Meditate on 2 Chronicles 7:14.
- Pray for at least 5 minutes that God will send a spirit of repentance and revival over the church, our community and our nation. Pray for healing for the sick.
- Attend “**Re-fuel**” (Bible study) Noon-day or 7:00 PM.
- Read the Guide to Fasting.
- Fast from all solid foods from 5:00 AM – 5:00 PM. (If you cannot fast from food due to health reasons then fast 5:00 AM – 5:00 PM from a favorite food, dessert, or TV programming).

## **Day 24 – Thursday, January 24<sup>th</sup>**

- Read 2 Corinthians 10:3-6; Meditate on Ephesians 4:22-24
- Pray for at least 5 minutes for peace and direction related to thoughts and commitments. Seek Godly authority and spiritual tools to manage feelings, stress, and overwhelm. Pray that you will be equipped so these things do not infiltrate your Spiritual Home (Your Heart).
- Listen to your favorite Christian song and think about the goodness of God.
- Fast from eating out.



## **Day 25 – Friday, January 25<sup>th</sup>**

- Read Romans 13:1-2. Meditate on 2 Corinthians 13:5
- Pray for at least 5 minutes that our Deacons Council and ministry leaders will submit themselves to the power and guidance of God, and that they consistently seek Godly wisdom. Pray for yourself that God would remove anything in your life that may seek to rule over you or prevent you from being totally committed to serving Him.
- Examine your faithfulness to the disciplines of prayer, fasting & stewardship. Ask the Lord to help you in your areas of weakness.
- Fast from the use of credit cards.

## **Day 26 – Saturday, January 26<sup>th</sup>**

- Read Psalms 91:14-16. Meditate on Philippians 4:19.
- Pray for at least 5 minutes that we as a church family remain faithful, prayerful and good stewards so that financial needs are fully met.
- Read/Review your “**Kingdom Connection Hour**” (Sunday Morning Bible Study) lesson.
- Reflect on this day – thank God for the Mighty Movement of the Holy Spirit for answered prayers and deliverance from spiritual and financial bondage.
- Fast from shopping at the mall and on the Internet.

## **Day 27 – Sunday, January 27<sup>th</sup>**

- Read Psalms 133:1. Meditate on Romans 15:5.
- Pray for at least 5 minutes that unity infuses our church so that our congregation is bound to

Christ in love. Pray that the Holy Spirit leads and guides us as we vote for the new Pastor.

- Attend and participate in “**Kingdom Connection Hour**” (Sunday Morning Bible Study) and attend Worship services giving God praise.
- Reflect on God’s goodness, reconciliation, restoration and unity with Christ as we move forward by faith.

## **Day 28 – Monday, January 28<sup>th</sup>**

- Read Luke 12:22-31. Meditate on Luke 12:31
- Pray for at least 5 minutes for boldness to witness to the lost, that every Christian will develop consistent daily spiritual disciplines (reading the word, prayer, journaling, etc.). Pray for God’s plentiful provision for adequate jobs for the unemployed and underemployed.
- Reflect on your journey in life – go throughout all rooms in your home thanking God for all your many blessings.
- Attend “**S.H.O.P**” (Sweet Hour of Prayer). If you cannot attend then pray whenever you can during the 7:00 PM – 8:00 PM time frame.
- Tell someone your Good News testimony!
- Fast from shopping at the mall and on the Internet.

## **Day 29 – Tuesday, January 29<sup>th</sup>**

- Read Deuteronomy 6:5-6. Meditate on Matthew 6:33
- Pray for at least 5 minutes that you will love God with all your heart, soul, mind and strength. Pray that God’s Spirit will work in your heart with power and that you will strive to always follow biblical principles.

- Reflect on an answered prayer – remember that God is all-powerful and that everything belongs to Him. Now ask God for a breakthrough for each WBC member.
- Fast from the Internet – only use it for work or key communication needs, nothing recreational.

### **Day 30 – Wednesday, January 30<sup>th</sup>**

- Read Acts 6:3-4. Meditate on Matthew 6:22
- Pray for at least 5 minutes for the entire WBC body that we be obedient and actively use our spiritual gifts and resources in support of ministries doing God’s will at WBC.
- Attend “**Re-fuel**” (Bible study) Noon-day or 7:00 PM.
- Refrain from making any negative or destructive comments
- Fast from all solid foods from 5:00 AM – 5:00 PM. (If you cannot fast from food due to health reasons then fast 5:00 AM – 5:00 PM from a favorite food, dessert, or TV programming).

### **Day 31 – Thursday, January 31<sup>st</sup>**

- Read John 1: 6-13. Meditate on John 1:12
- Pray for at least 5 minutes that Christians will seek God’s will for their lives, that they will seek boldness to witness to the lost, and that men will become spiritual leaders of their homes and communities. Pray that Christians would exercise more patience in all areas.
- Praise God for who He is, what He has done, what He is doing and what He will do for YOU.
- Fast from television, streaming or any other visual entertainment.



31 Days of Prayer and Fasting, EXPECT God to show you great and mighty things ...things which you have never seen before.



January 1<sup>st</sup> – January 31<sup>st</sup>, 2019

*I Commit to Participating in the 31 Days of  
Prayer and Fasting January 1– January 31,  
2019.*

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*Sign here and date for your personal reference*

**WESTSIDE**

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