

WESTSIDE

2020 Prayer and Fasting Guide

The Mission of the Westside Baptist Church is to serve God by sharing Christ and loving people.

Matthew 22: 35-40 and Matthew 28:16-20

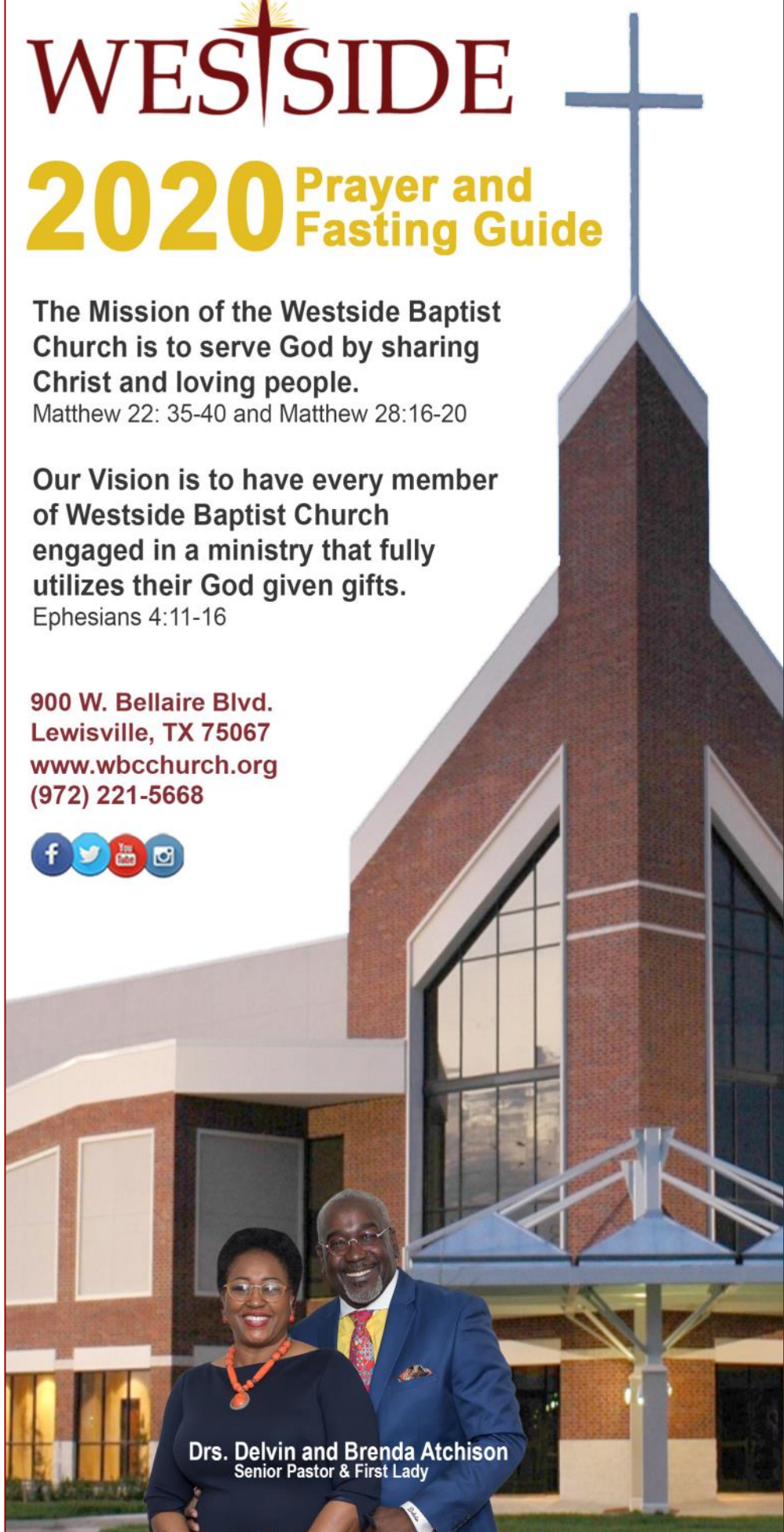
Our Vision is to have every member of Westside Baptist Church engaged in a ministry that fully utilizes their God given gifts.

Ephesians 4:11-16

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Drs. Delvin and Brenda Atchison
Senior Pastor & First Lady



Let us consecrate ourselves January 1 through January 31 dedicating to prayer and fasting so we are found to be faithful stewards. **Allow Matthew 28:10-20 to be your guiding light scripture text throughout this 31-Day Journey of Faith.**

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 us agree to the following during the 31 Days of Prayer and Fasting. **We will:**

1	2	3	4	5
Dedicate 10 minutes per day to reading God’s Word.	Dedicate 5 minutes per day to Prayer.	Attend Sweet Hour of Prayer (S.H.O.P) 7 - 8 p.m. every Monday.	Attend Wednesday Bible Study Noon - 1 p.m. or 7 - 8 p.m.	Attend Sunday Morning Bible Study from 8:30 - 9:30 a.m. followed by Worship at 9:45 a.m.

Before Praying...Pause for Personal Inspection

Unconfessed sin is one of the biggest hindrances or barriers to our prayers. Consider these scriptures and the points below in your preparation: *If I regard iniquity in my heart, the Lord will not hear (Psalm 66:18). 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 life a testimony for Jesus?
- Am I stunting my spiritual growth by not consistently having a quiet time with God?
- If you desire to receive the best from the Lord, are you totally surrendering to Him?
- Have I failed to center my thoughts and actions on reaching the lost and unchurched?
- Am I robbing God by not consistently bringing forward my tithes and offerings?
- Do I have a right attitude toward my fellow church members?
- Do I have any relationships or engage in conversations that do not honor God – that are questionable or have the “appearance of evil”?

Prayer and Fasting 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 is just a diet. There is something about fasting that sharpens the edge of our intercessions and gives passion to our supplications.

Many great saints of the Bible fasted. Moses (Deut. 9:9), Ezra (8:21-23), Elijah (1 Kings 19:8), Daniel (Daniel 9:3), Anna the Prophetess (Luke 2:36-37) and Paul (2 Corinthians 11:27) 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 prayer and fasting is that God responds and brings deliverance and blessings.

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 prayer and fasting. The Scripture says, *“So we fasted and entreated our God for this, and He answered our prayer.”* (Ezra 8:23)

Tips for Fasting

1. Pray for strength and focus before you begin this 31-Day Prayer and Fasting Initiative.
2. Make a list of specific things to include in your prayer.
3. ***At a minimum, fast from 5:00 a.m. – 5:00 p.m.***
4. When fasting from eating do not jeopardize your health.
5. If you must break your food abstinence due to health reasons, substitute refraining from a desired activity (Internet, social media, golf, TV, video games, shopping, etc.).
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 5:00 a.m. – 5:00 p.m.***
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 and pray for each other.



Join the **Daily Morning Prayer Conference Call - Monday through Friday (no weekends)**

6:00 - 6:30 a.m.

Dial in number: (425) 436-6200

Access Code: 719714 followed by hash/pound sign (#)

Please mute your phone after log in.

Week 1 Daily Focus - Prayer

January 1 - 4

Definition: The conversational part of the most important love relationship in a believer's life which encompasses our relationship with the Triune God: Father, Son and Holy Spirit. Practice patterning your daily prayers after the Model Prayer (Matthew 6:5-15).

Read Scriptures: Psalm 66:18-19, Mark 11:22-24, 1 John 3:21-22, John 16:24, Luke 18:1, Hebrews 4:16

- **Day 1, Wednesday** – Pray for the universal church and Westside specifically that we would be a unified body as we live out our Mission Statement.
- **Day 2, Thursday** – Pray for Pastor Atchison, First Lady Atchison and their family that the wisdom of God would flow through them and they will be protected from all hurt, harm or danger and any/all temptations from the evil one.
- **Day 3, Friday** – Pray for the Deacon Council, their spouses, Ministers, their spouses, all Servant Leaders, their spouses that they will lead with divine purpose in submission to the Holy Spirit.
- **Day 4, Saturday** – Pray for the church family/congregation that we will love one another as the body of Christ, asking the Lord to purify us by the obeying of the Truth of His Word; help us to have good communication with our deacons and other leaders.

Week 2 Daily Focus - Evangelism

January 5 - 11

Definition: Evangelism comes from a Greek word meaning “to proclaim the good news”, i.e. Jesus’ death, burial and resurrection. (1 Cor. 15:1-4)

Read Scriptures: Mark 16:15, Psalm 105:1, Romans 10:17, John 13:35, Matthew 28:19-20

- **Day 5, Sunday** – Pray for boldness, courage and wisdom to share the Gospel/the Good News.
- **Day 6, Monday** – Pray that God will open the hearts of family members, co-workers and neighbors to receive Jesus as their Lord and Savior.
- **Day 7, Tuesday** – Pray that God will give you a burden for the lost/unbelievers and help you to share the Gospel.
- **Day 8, Wednesday** – Pray for our politicians that spiritual blinders will be removed from their eyes.
- **Day 9, Thursday** – Pray that our politicians/elected officials will be drawn into a saving knowledge of Jesus the Christ.
- **Day 10, Friday** – Pray for divine appointment(s) to share the Gospel as you go along your daily journey.
- **Day 11, Saturday** – Pray asking God to reveal to you any sin that may keep you from sharing or winning souls to Jesus...repent!

Week 3 Daily Focus - Discipleship

January 12 - 18

Definition: A disciple of Christ is one who follows Jesus and lives in obedience to His commands thus committing to following Christ and living out the kind of devotion that Jesus describes in His teaching.

Read Scriptures: John 13:15, Matthew 28:18-20, Mark 1:17, Matthew 16:24, John 13:34-35

- **Day 12, Sunday** – Pray for God’s guidance and direction related to discipleship.
- **Day 13, Monday** – Contemplate the above scriptures and identify where you need to strengthen your walk to be a more effective disciple for Christ.
- **Day 14, Tuesday** – Identify those in your family who would benefit from receiving your discipleship and select a couple to share with.
- **Day 15, Wednesday** – Heighten your awareness of those you encounter daily, outside of family, who you can share the good news of Christ with.
- **Day 16, Thursday** – Reach out to your deacon and his wife and offer a word of encouragement for what they do to support discipleship in the Kingdom.
- **Day 17, Friday** – Research and select where in the church you can best serve to exemplify discipleship in action at Westside Baptist Church.
- **Day 18, Saturday** – Praise and thank God for providing a seven-day focus on discipleship and decide three ways in which your walk will be different as a result then share with your accountability partner.

Week 4 Daily Focus - Stewardship

January 19 - 25

Definition: Utilizing and managing all resources God provides for the glory of God and the betterment of His creation.

Read Scriptures: Deuteronomy 8:1-20, Matthew 25:1-46

- **Day 19, Sunday** – Pray for God’s guidance/direction related to Stewardship including that Westside will be a tithing church.
- **Day 20, Monday** – Make a list of the ways that God has blessed you today. Develop a prayer of thanksgiving for each blessing.
- **Day 21, Tuesday** – Name some things you typically spend money on that you could do without and give the money you save to God.
- **Day 22, Wednesday** – Make a list of the ways you might multiply what God has given you with at least half being non-financial.
- **Day 23, Thursday** – Do something to **Serve God, Share Christ or Love People** that takes you outside of your comfort zone and requires risk (see Mission and Vision Statement).
- **Day 24, Friday** – Refrain from using credit cards.
- **Day 25, Saturday** – Refrain from Internet shopping.

WEEK 5 Daily Focus - Worship

January 26 - 31

Definition: Worship is an act of devotion, reverence, love and homage for and towards the Triune God honoring Him audibly with words and song.

Read Scriptures: 1 Chron. 16:29, Psalm 95:6, Matt. 2:2, John 4:24, Romans 12:1, Psalm 100:2, Psalm 34:1

- **Day 26, Sunday** – Spend at least 30 minutes in quiet reflections recounting God’s holiness, i.e. worship Him.
- **Day 27, Monday** – Begin and end your day bowing down before God in personal one-on-one time.

- **Day 28, Tuesday** – Examine your personal relationship with Jesus who was born to become the Lamb of God.
- **Day 29, Wednesday** – Meditate on the Holy Spirit reminding yourself that He is always available to you.
- **Day 30, Thursday** – Remember that your body is God’s temple, the dwelling place of the Holy Spirit.
- **Day 31, Friday** – Dance and sing before the Lord recalling that it is not necessary that you be excellent at either.

Prayer Ministry Calendar 2020 Church-Wide Events

Sweet Hour of Prayer (S.H.O.P.)

Mondays, 7:00 - 8:00 p.m.

National Day of Prayer

Thursday, May 7, 6:00 p.m.

Prayer Chain

Saturday, March 28
7:00 a.m. - 7:00 p.m.

Community Drive-Thru Prayer

Saturday, September 26
10:30 a.m. - 12:30 p.m.

Community Drive-Thru Prayer

Saturday, April 25
10:30 a.m. - 12:30 p.m.

Prayer of Saturation

Saturday, December 5
11:00 a.m.

Email: prayerministry@wbcchurch.org

Scriptures, Mission and Vision

Matthew 22:35-40: ³⁵ Then one of them, a lawyer, asked Him a question, testing Him, and saying, ³⁶ “Teacher, which is the great commandment in the law?” ³⁷ Jesus said to him, “You shall love the Lord your God with all your heart, with all your soul, and with all your mind.’ ³⁸ This is the first and great commandment. ³⁹ And the second is like it: ‘You shall love your neighbor as yourself.’ ⁴⁰ On these two commandments hang all the Law and the Prophets.”

Matthew 28:16-20: ¹⁶ Then the eleven disciples went away into Galilee, to the mountain which Jesus had appointed for them. ¹⁷ When they saw Him, they worshiped Him; but some doubted. ¹⁸ And Jesus came and spoke to them, saying, “All authority has been given to Me in heaven and on earth. ¹⁹ Go [a]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, ²⁰ 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.”

Ephesians 4:11-16: ¹¹ And He Himself gave some to be apostles, some prophets, some evangelists, and some pastors and teachers, ¹² for the equipping of the saints for the work of ministry, for the edifying of the body of Christ, ¹³ till we all come to the unity of the faith and of the knowledge of the Son of God, to a perfect man, to the measure of the stature of the fullness of Christ; ¹⁴ that we should no longer be children, tossed to and fro and carried about with every wind of doctrine, by the trickery of men, in the cunning craftiness of deceitful plotting, ¹⁵ but, speaking the truth in love, may grow up in all things into Him who is the head—Christ— ¹⁶ from whom the whole body, joined and knit together by what every joint supplies, according to the effective working by which every part does its share, causes growth of the body for the edifying of itself in love.