

## **PRAYER GUIDE**

### **WEEK 1 | REMAIN IN ME**

I am the vine; you are the branches. **Whoever abides in me and I in him**, he it is that bears much fruit, for apart from me you can do nothing. | John 15:5

**Focus:** Eliminating noise and distraction

**Fast:** Media (news, social media, streaming, unnecessary screen time)

This week is about **attention**. We cannot remain in Christ if our attention is constantly elsewhere, and our mind is constantly crowded. Before fruit, before power, there must be presence. "Abiding" begins by removing the noise that crowds out awareness of God. We are not trying to do more for God, but to **be more present with God**.

#### **Scriptures**

- Abide in Me, and I in you. As the branch cannot bear fruit of itself, unless it abides in the vine, neither can you, unless you abide in Me. | **John 15:4**
- Be still, and know that I am God. | **Psalms 46:10**
- Martha, Martha, you are worried and troubled about many things.
- But one thing is needed... | **Luke 10:41–42**
- Jesus withdrew to a solitary place to pray. | **Mark 1:35**
- In quietness and confidence shall be your strength. | **Isaiah 30:15**

#### **Meditate & Consider**

- What most competes for my attention each day?
- When external noise is removed, what internal noise do I notice
- How aware am I of God's presence throughout a normal day
- What rhythms help me remain with Jesus?

#### **Personal Prayer**

*Jesus, my life is loud and my mind is crowded. I confess that distraction has dulled my awareness of You. As I remove unnecessary noise this week, help me become present again. Teach me to remain with You, not just visit You. I want my inner life shaped by attentiveness, not hurry. I choose stillness over stimulation. Renew my desire for you. Amen*

## WEEK 2 | NOTHING APART FROM HIM

I am the vine; you are the branches. Whoever abides in me and I in him, he it is that bears much fruit, for **apart from me you can do nothing**. | John 15:5

**Focus:** God's power as the source of success in every area

**Fast:** Food (meals, full or partial fast)

This week is about the **source of our power**. Fasting food confronts the illusion of self-sufficiency. Apart from Him, we replace His supernatural power with our effort, which leads to an overwhelmed and increasingly thin life. Hunger reminds us that **God is the source of strength, wisdom, provision, and progress** in every area of life...our mind, relationships, calling and future.

### Scriptures

- Apart from Me you can do nothing. | **John 15:5**
- Trust in the Lord with all your heart... He shall direct your paths. | **Proverbs 3:5–6**
- Not by might nor by power, but by My Spirit. | **Zechariah 4:6**
- Unless the Lord builds the house, they labor in vain. | **Psalms 127:1**
- Not that we are sufficient of ourselves... but our sufficiency is from God. | **2 Corinthians 3:5**
- God gives wisdom generously to those who ask. | **James 1:5**

### Meditate & Consider

- Where am I relying most heavily on my own ability right now?
- What areas of life feel strained, forced, or heavy?
- How would my decisions change if I truly trusted God as my source?
- What does surrender and trust look like this week?

### Personal Prayer

*Father, I confess how easily I rely on myself. I trust my thinking, planning, experience, and strength more than Your power. As my body feels hunger, remind me that You are the source of life and success in every area. I surrender my mind, relationships, future, and goals to You. Apart from You I can do nothing. Amen.*

## WEEK 3 | FRUITFUL LIFE

**Focus:** A life focused and spent on what truly matters

**Fast:** One thing you can't go a day without. (examples: coffee, energy drinks, social media, sweets, shopping, entertainment)

This week is about **purpose**. A fruitful life is not measured by what it accumulates, but by what it gives. **Fruit is not for us....**it is not simply personal success, but **impact, nourishment and support for others**. Jesus calls us to lives that matter, lives poured out for God's glory, the building of the Church, and the good of people.

Fruit looks like:

- Lives changed
- Prayers answered
- Needs met
- People healed
- Souls saved
- Generations impacted

### Supporting Scriptures

- By this My Father is glorified, that you bear much fruit. | **John 15:8**
- That you should go and bear fruit, and that your fruit should remain. | **John 15:16**
- You will know them by their fruits. | **Matthew 7:16–20**
- The fruit of the Spirit. | **Galatians 5:22–23**
- Being fruitful in every good work. | **Colossians 1:10**
- A life planted by God bears fruit in season. | **Psalms 1:1–3**

### Meditate & Consider

- What kind of fruit do I want my life to be known for?
- Who might God want to bless through my obedience?
- Where am I investing energy in things that won't last?
- What prayers am I believing God to answer for the sake of others?

### Personal Prayer

*Jesus, I offer You my life again. I don't want to live distracted or self-focused. Produce fruit through me that blesses others and glorifies the Father. Let my prayers be effective, my obedience fruitful, and my life spent on what matters most. I want fruit that remains, endures and lasts for generations. Amen.*

## Fasting Guide

### WHAT IS FASTING?

Fasting is simply going without all or some foods for a specified length of time, while using the time and focus normally given to eating for Scripture reading, meditation and prayer. There are several fasts outlined in Scripture - typically believers will choose one of the following;

**Traditional Fast:** The most common type of fast is simply refraining from all food, drinking only water. (Acts 9:9) This fast is generally 1, 3 or 7 days, but may go much longer with proper preparation.

**Daniel Fast:** The Daniel Fast is a partial fast that involves eating only certain vegetables and drinking water. (Daniel 10:3) It is often used to help sustain those desiring a longer fast.

**Partial Fast:** This usually refers to giving up a certain food or food group for a long period of time. The partial fast is generally used by those who are unable to participate in the traditional fast for physical reasons, such as diabetes, pregnancy or nursing. Those with these or similar conditions should consult a doctor before attempting to fast.

### HOW TO FAST

You will probably need to make physical adjustments, as well as modify your schedule to accommodate your fast.

**Mental Considerations:** Particularly at the beginning, your body will undergo discomfort as it detoxifies and rids itself of poisons. You can prepare for this somewhat by stopping intake of caffeine, sugar and other addictive substances before you begin fasting. The key to remember is that a healthy adult can comfortably go many days without eating and not suffer lasting ill-effects. Much of the struggle is in your mind. Use this to increase your awareness of your need for Jesus, the Bread of Life.

**Physical Considerations:** Your body will weaken somewhat the longer your fast goes. You may need to modify your working schedule, rest more often, and generally be aware of your physical limits.

**Spiritual Considerations:** Don't let the act of fasting itself be the focus of your fast. Dedicate time to prayer, Scripture reading and worship. The point is to exchange physical considerations for spiritual ones.

**What to Expect** Fasting is a sacrificial act of worship to God - it glorifies Him. When you fast, you will draw nearer to God and become more spiritually sensitive, as well receive the blessings God reserves for those that pursue Him. Remember Satan will try anything to distract or discourage you. You may encounter problems at work, discord at home - even spiritual attack. Stay the course, and God will faithfully guide you to Himself.

*But he answered, "It is written, "'Man shall not live by bread alone, but by every word that comes from the mouth of God.'" **Matthew 4:4***