

# 40 *days of*

## PRAYER & FASTING

JAN 16 - FEB 24, 2017

We invite the **Community Bible Church** family to join us in a new experience: 40 Days of Prayer and Fasting. Seasons of prayer and fasting are found throughout the Bible in both the Old Testament and New Testament. Many men and women in the Bible participated in prayer and fasting including Moses, Nehemiah, Esther, Anna, Jesus and the Acts Church.

The discipline of prayer and fasting is an opportunity to take everyday things that we eat or participate in and, for a season, turn them into opportunities to spend focused time praying to God. As we do this we are also able to pursue a deeper relationship with Jesus Christ, through the power of the Holy Spirit.

An example would be to fast (not participate in) watching your favorite TV show. Instead, take that time to read the Bible, pray, journal and focus on a closer walk with Jesus, asking God to do something in your life or in the life of someone else.

For some, this may be the first time hearing about prayer and fasting. For others it has been a regular practice in your Christian walk. Wherever you may land, we want to encourage everyone to pick just one thing from which to fast (examples: candy, caffeine, sodas, TV show, phone game/application, etc.) for the 40 days between January 16th and February 24th. Then, during the time that you would have spent with that thing, read, pray, journal and meditate on His Word and the prayer requests that you are bringing to Him.

To help guide us through this time of prayer and fasting, Pastor Ed Newton will speak about what it means to fast and why it matters on January 7th & 8th. Then, starting the weekend of January 14th & 15th, Pastor Ed Newton will be walking us through a series on the Lord's Prayer. As individuals, as families and as a church family, we will then use the Lord's Prayer as a daily prayer guide for our 40 Days of Prayer & Fasting.

### BELOW YOU WILL FIND SEVERAL ITEMS TO HELP YOU AS WE WALK THROUGH THIS SEASON:

- 1 A place where you and each member of your family can write down the item in your life from which you will be fasting during this time.
- 2 A calendar that you can use to mark the days as we reach our goal together.
- 3 The phrases of the Lord's Prayer to read and pray through each day.
- 4 A place to write down the things you want to be praying for—ways you want God to move and make a difference in your life and in the lives of others.
- 5 Several supplemental verses about prayer and fasting.

Our prayer is that you will see Jesus Christ move in a powerful way in your own life, in the life of your family, in the life of our Church, in our community and in our world. We want to encourage you to share your stories of how you see God move on social media using [#cbcsocial](#) and [#cbc40days](#)



COMMUNITY BIBLE CHURCH



[cbc40days.com](http://cbc40days.com)

LORD, WE INVITE YOU INTO OUR LIVES, OUR HOMES, OUR COMMUNITY, AND INTO A WORLD. WOULD YOU MOVE IN SUCH A MIGHTY WAY THROUGH OUR LIVES THAT THERE IS NO OTHER EXPLANATION OTHER THAN THE LOVE AND POWER OF JESUS CHRIST! *Amen.*

1 ITEM THAT I WILL FAST FROM FOR 40 DAYS: \_\_\_\_\_

2 CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<i>Jan 16<sup>th</sup></i>	<i>Jan 17<sup>th</sup></i>	<i>Jan 18<sup>th</sup></i>	<i>Jan 19<sup>th</sup></i>	<i>Jan 20<sup>th</sup></i>	<i>Jan 21<sup>st</sup></i>
<i>Jan 22<sup>nd</sup></i>	<i>Jan 23<sup>rd</sup></i>	<i>Jan 24<sup>th</sup></i>	<i>Jan 25<sup>th</sup></i>	<i>Jan 26<sup>th</sup></i>	<i>Jan 27<sup>th</sup></i>	<i>Jan 28<sup>th</sup></i>
<i>Jan 29<sup>th</sup></i>	<i>Jan 30<sup>th</sup></i>	<i>Jan 31<sup>st</sup></i>	<i>Feb 1<sup>st</sup></i>	<i>Feb 2<sup>nd</sup></i>	<i>Feb 3<sup>rd</sup></i>	<i>Feb 4<sup>th</sup></i>
<i>Feb 5<sup>th</sup></i>	<i>Feb 6<sup>th</sup></i>	<i>Feb 7<sup>th</sup></i>	<i>Feb 8<sup>th</sup></i>	<i>Feb 9<sup>th</sup></i>	<i>Feb 10<sup>th</sup></i>	<i>Feb 11<sup>th</sup></i>
<i>Feb 12<sup>th</sup></i>	<i>Feb 13<sup>th</sup></i>	<i>Feb 14<sup>th</sup></i>	<i>Feb 15<sup>th</sup></i>	<i>Feb 16<sup>th</sup></i>	<i>Feb 17<sup>th</sup></i>	<i>Feb 18<sup>th</sup></i>
<i>Feb 19<sup>th</sup></i>	<i>Feb 20<sup>th</sup></i>	<i>Feb 21<sup>st</sup></i>	<i>Feb 22<sup>nd</sup></i>	<i>Feb 23<sup>rd</sup></i>	<i>Feb 24<sup>th</sup></i>	

3 THE LORD'S PRAYER  
*Matthew 6:9-13 English Standard Version (ESV)*

**MONDAY:** “Our Father who art in heaven, hallowed be your name.  
**TUESDAY:** Your kingdom come, Your will be done, on earth as it is in heaven.  
**WEDNESDAY:** Give us this day our daily bread,  
**THURSDAY:** and forgive us our debts, as we also have forgiven our debtors.  
**FRIDAY:** And lead us not into temptation, but deliver us from evil.”  
**SATURDAY:** For Thine is the Kingdom, the power, and the glory, forever and ever, Amen.  
**SUNDAY:** Pray through the entire Lord’s Prayer.

4 PRAYER REQUEST:  
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5 VERSES:  
*English Standard Version (ESV)*

Exodus 34:28	Luke 4:1-2
Nehemiah 1:3-4	Acts 13:1-3
Matthew 6:16-18	Acts 14:21-23
Luke 2:36-38	