PRAYER & FASTING GUIDE
A MESSAGE FROM PASTOR STEVE

Prayer is a high priority here at Church of the King. This workbook has been developed with you in mind. Let it serve as a resource to aid you in your prayer time and Scripture reading. Allow this to become a daily “go-to” and enrich your walk with Jesus Christ as you seek Him on a regular basis!

You will also find a fasting reference guide. Fasting was a regular part of the believer’s life in the New Testament and can be a life-giving practice in ours as well. Fasting helps us rise above the noise and hear God’s voice.

Starting on page 8, you will find biblical declarations and easy-to-memorize Scripture verses that speak to life’s most challenging issues. There is power in the Word of God as you digest it and confess it.

Let’s grow in Christ...together!

Pastor Steve Robinson
Fundamentally, prayer is having a conversation with God, which implies we both speak to Him and hear from Him. We have put this guide together to help you do just that. Our prayer is that each of us seize the opportunity of knowing God more deeply through the privilege of communicating with him personally.

This booklet is designed to be used as a reference for prayer. As a tool, we have provided prayer points you can use throughout the year. Together, as a church family, we will be praying and seeking God and invite you to engage with us.

As you pray, focus on God's word and give yourself time to hear from God intentionally. The goal of using this guide is not to add pressure or overwhelm you. It is simply to provide a tool for all of us to partner in prayer and create a space to write down personal prayer points we are believing God for this year. This guide is intended to help our prayer life remain focused, effective, and enjoyable.

In an effort to make our prayer times even more meaningful, we encourage you to follow these steps:

- Pray intentionally for yourself and others
- Write down what God is speaking to you
- Enjoy your favorite worship music

The key is committing to regularly entering God’s presence through prayer.

While prayer takes commitment and requires discipline to develop into a daily habit, we also want to remember that it’s a “get to” and not a “have to.” It’s an honor to be able to come to God in prayer.
Prayer is most effective when it isn’t an activity we engage in every now and then, but when it’s a lifestyle we cultivate. To understand how to have a lifestyle of prayer, we can look at the example Jesus gave during His life on earth. The key to a powerful personal prayer life is consistency. Be consistent with a:

**TIME**

Jesus often got up early in the morning to spend time with His Father. Make a daily appointment with God, whether it’s first thing in the morning, at lunch, or in the evening, and faithfully keep it. (Mark 1:35)

**PLACE**

Jesus had a specific place He went to pray. Committing to a designated place to pray helps us remove distractions and permits us to worship and pray. (Luke 22:39)

**PLAN**

When Jesus taught His disciples how to pray, He gave them a prayer outline. We call it “The Lord’s Prayer.” Visit our website at churchoftheking.com/prayer to utilize this tool as you pray. There are also bible reading plans on this subject at www.youversion.com. (Matthew 6:9-13)
Fasting is the willingness to abstain from food for a period of time for the purpose of drawing closer to God.

It is a deliberate abstinence from physical satisfaction to believe a greater spiritual goal.

Your personal fast should present a level of challenge, but it is important to know your own body and your options. Then, follow what the Holy Spirit leads you to do. Also noteworthy is this - fasting is designed to be coupled with prayer.

NORMAL FAST
A normal or biblical fast is when only water is consumed. This would be the type practiced by Elijah (1 Kings 19:8) and Jesus (Matthew 4). They abstained from food for 40 days.

PARTIAL FAST
A partial fast is when some foods are restricted. Two of the most common partial fasts are:

- DANIEL FAST is based on the fasting principles of the prophet in Daniel 1 and 10. Daniel 1 states that he ate only vegetables and water. Daniel 10 states that he ate no rich (or choice) foods, as well as no meat or wine. The foundation of the Daniel fast is fruits and vegetables. For more information, visit daniel-fast.com.

- JUICE FAST involves the consumption of vegetable juices, fruit juices, and water instead of solid food. Some include whey protein in their liquid plan as well. This is a popular and effective fast. Substituting liquids for one or two meals is another alternative.

Remember, the power of fasting has less to do with food than with setting yourself apart for a specific period of time to focus more on the Lord, prayer, and worship.
Our hope is that you will join with us in praying over the following areas. These prayer points highlight areas of need in our church body that we believe God is going to move through in a powerful way. On the next page, you will find an overview of each prayer point and a general description of the importance of each prayer point.
DECISIONS & BAPTISMS
Pray the focus of our ministry environments will result in salvations, baptisms, and equipped lives. Pray for the Lord to empower you and use you to influence your homes, workplaces, schools, and community so we can be a light in a darkened world.

SMALL GROUPS
Pray for the Small Group Hosts who are serving and ministering to the individuals and families of the community. They are investing time and energy to see people connect with God and build spiritual family. Small Groups are the ministry environment best suited to connect people to do life together with others.

MISSIONAL IMPACT
Our mandate is *Reaching People, Building Lives*. Our global and local reach impact our neighborhoods, affects our city, and positions us to reach the ends of the earth. At Church of the King, there are many ways to live on mission through local outreaches, mission trips, and our Serve Team. We have great anticipation and expectancy for God to reach people with the Gospel.

DISCIPLESHIP
As we reach people and build lives, personal discipleship is the key to each person walking in all God has for them. Pray to the Lord of the harvest to send laborers to step out and host small groups, join the Dream Team, and make disciples.

THE NEXT GENERATION
Pray for our children (Kings Kids), Jr. High and High School Students (Limitless), and college students (The District), to have real encounters with Jesus that lead to salvation and begin to live for Him now. Pray they begin to influence their peers and families. Also, pray for our leaders who invest time and energy to see the next generation live out the mission of the Gospel.

GROWTH & EXPANSION
Pray for wisdom and direction as we hear from God regarding campus expansions and global impact. It’s our heart to have a lasting impact as we seek God for future locations.

LEADERSHIP
Pray for Pastor Steve and the Lead Team as God directs them to lead us as a congregation. Pray for their personal needs, marriages, families, and protection.
THE POWER OF THE CONFESSED WORD

At Church of the King, we believe in the power of personal prayer. But Jesus takes it a step further and teaches us to confess His word in Mark 11:23 which states, “For assuredly, I say to you, whoever says to this mountain, ‘Be removed and be cast into the sea,’ and does not doubt in his heart, but believes that those things He says will be done, he will have whatever he says.” As you confess God’s Word, you will train your thoughts, your emotions, and your attitudes to agree with what God has spoken in His Word. This resource will add to your regular reading of Scripture and help you better understand God’s heart as you know and love Him deeply.

NOTE: All declarations above the scriptures are paraphrased, amplified, and/or worded from the New King James Version of the Bible.
I WILL BE ANXIOUS FOR NOTHING, BUT IN PRAYER AND THANKSGIVING, I WILL PRESENT MY REQUEST.
Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God.  PHILIPPIANS 4:6

I WILL ASK IN JESUS’ NAME AND IN RECEIVING, MY JOY WILL BE MADE FULL.
“Until now you have asked nothing in My name. Ask, and you will receive, that your joy may be full.”  JOHN 16:24

I AM FULLY CONVINCED THAT GOD IS ABLE TO FULFILL YOUR PROMISES.
And being fully convinced that what He had promised He was also able to perform.  ROMANS 4:21

I WILL ASK IN FAITH, WITHOUT DOUBTING.
But let him ask in faith, with no doubting, for he who doubts is like a wave of the sea driven and tossed by the wind.  JAMES 1:6

I WILL DELIGHT MYSELF IN THE LORD, AND HE WILL GIVE ME THE DESIRES OF MY HEART.
Delight yourself also in the Lord, And He shall give you the desires of your heart.  PSALMS 37:4

I WILL WATCH AND PRAY, SO THAT I DO NOT ENTER INTO TEMPTATION.
“Watch and pray, lest you enter into temptation. The spirit indeed is willing, but the flesh is weak.”  MATTHEW 26:41

IN ALL MY WAYS, I WILL ACKNOWLEDGE HIM, AND HE WILL DIRECT MY PATH.
In all your ways acknowledge Him, And He shall direct your paths.  PROVERBS 3:6

I WILL SEEK HIM AND FIND HIM WHEN I SEARCH FOR HIM WITH ALL MY HEART.
“And you will seek Me and find Me, when you search for Me with all your heart.”  JEREMIAH 29:13
I HAVE HIDDEN GOD’S WORD IN MY HEART, THAT I MIGHT NOT SIN AGAINST HIM.
Your word I have hidden in my heart, That I might not sin against You.  PSALMS 119:11

HEAVEN AND EARTH WILL PASS AWAY, BUT HIS WORD STANDS FOREVER.
“Heaven and earth will pass away, but My words will by no means pass away.”  MATTHEW 24:35

THE WORD IS LIVING AND ACTIVE.
For the word of God is living and powerful, and sharper than any two-edged sword, piercing even to the division of soul and spirit, and of joints and marrow, and is a discerner of the thoughts and intents of the heart.  HEBREWS 4:12

ALL SCRIPTURE IS PROFITABLE FOR TEACHING, REPROOF, CORRECTION, AND INSTRUCTION.
All Scripture is given by inspiration of God, and is profitable for doctrine, for reproof, for correction, for [a]instruction in righteousness, that the man of God may be complete, thoroughly equipped for every good work.  2 TIMOTHY 3:16-17

BY HIS WORDS, I CAN SEE WHERE I AM GOING.
Your word is a lamp to my feet and a light to my path.  PSALMS 119:105

I LOVE JESUS. THEREFORE, I KEEP HIS COMMANDMENTS.
“If you love Me, keep My commandments.”  JOHN 14:15
I CAN DO ALL THINGS THROUGH CHRIST WHO STRENGTHENS ME.
I can do all things through Christ who strengthens me. PHILIPPIANS 4:13

THE LORD IS MY LIGHT AND SALVATION; I WILL FEAR NO ONE.
The Lord is my light and my salvation; Whom shall I fear? The Lord is the strength of my life; of whom shall I be afraid? PSALMS 27:1

I HAVE AUTHORITY TO DEFEAT THE ENEMY AND NOTHING WILL HURT ME.
“Behold, I give you the authority to trample on serpents and scorpions, and over all the power of the enemy, and nothing shall by any means hurt you.” LUKE 10:19

I AM MORE THAN A CONQUEROR THROUGH JESUS CHRIST.
Yet in all these things we are more than conquerors through Him who loved us. ROMANS 8:37

HE WHO IS IN ME IS GREATER THAN HE WHO IS IN THE WORLD.
You are of God, little children, and have overcome them, because He who is in you is greater than he who is in the world. 1 JOHN 4:4

NO WEAPON FORMED AGAINST ME SHALL PROSPER.
“No weapon formed against you shall prosper, And every tongue which rises against you in judgment you shall condemn. This is the heritage of the servants of the Lord, and their righteousness is from Me, says the Lord.” ISAIAH 54:17

THE LORD IS MY REFUGE AND STRENGTH, A VERY PRESENT HELP IN TROUBLE.
God is our refuge and strength, a very present help in trouble. Therefore we will not fear, even though the earth be removed, and though the mountains be carried into the midst of the sea; Though its waters roar and be troubled, though the mountains shake with its swelling. Selah. PSALMS 46:1-3
I AM UNITED WITH MY SPOUSE, AND WE ARE “ONE.”
Therefore, a man shall leave his father and mother and hold fast to his wife, and the two shall become one flesh.  EPHESIANS 5:31

AS A HUSBAND, I WILL LOVE MY WIFE AS CHRIST LOVED THE CHURCH AND GAVE HIMSELF UP FOR HER.
Husbands love your wives, just as Christ loved the church and gave Himself up for her.  EPHESIANS 5:25

AS A HUSBAND, I WILL GIVE MY WIFE HONOR AND LIVE WITH HER IN AN UNDERSTANDING WAY.
Husbands, likewise, dwell with them with understanding, giving honor to the wife, as to the weaker vessel, and as being heirs together of the grace of life, that your prayers may not be hindered.  1 PETER 3:7

AS A WIFE, I WILL SUBMIT TO MY HUSBAND AS TO THE LORD.
Wives submit to your own husbands, as to the Lord.  EPHESIANS 5:22

I WILL HONOR MY FATHER AND MOTHER.
“Honor your father and your mother, that your days may be long in the land that the LORD your God is giving you.”  EXODUS 20:12

I WILL TEACH MY CHILDREN THE WORD OF GOD.
You shall teach them diligently to your children, and shall talk of them when you sit in your house, when you walk by the way, when you lie down, and when you rise up.  DEUTERONOMY 6:7
WITH GOD, ALL THINGS ARE POSSIBLE. 
But Jesus looked at them and said to them, “With men this is impossible, but with God all things are possible.”  
MATTHEW 19:26

I WALK BY FAITH, NOT BY SIGHT. 
For we walk by faith, not by sight.  
2 CORINTHIANS 5:7

FAITH COMES BY HEARING, AND HEARING BY THE WORD OF GOD. 
So, then faith comes by hearing, and hearing by the word of God.  
ROMANS 10:17

ALL THINGS ARE POSSIBLE FOR THOSE WHO BELIEVE. 
Jesus said to him, “If you can believe, all things are possible to him who believes.”  
MARK 9:23

I WILL HOLD TIGHTLY TO THE CONFESSION OF MY FAITH. 
Let us hold fast the confession of our hope without wavering, for He who promised is faithful  
HEBREWS 10:23

GOD IS ABLE TO DO FAR MORE THAN I ASK. 
Now to Him who is able to do exceedingly abundantly above all that we ask or think, according to the power that works in us.  
EPHESIANS 3:20

IN ALL CIRCUMSTANCES I WILL TAKE UP THE SHIELD OF FAITH. 
Above all, taking the shield of faith with which you will be able to quench all the fiery darts of the wicked one.  
EPHESIANS 6:16
MY FIRST FINANCIAL PRIORITY IS TO HONOR THE LORD.

Honor the LORD with your possessions, And with the firstfruits of all your increase, So your barns will be filled with plenty, And your vats will overflow with new wine.  

PROVERBS 3:9-10

I WILL BE A TRUSTWORTHY AND HONEST STEWARD OF MY FINANCES.

“He who is faithful in what is least is faithful also in much; and he who is unjust in what is least is unjust also in much. Therefore, if you have not been faithful in the unrighteous mammon, who will commit to your trust the true riches?”  

LUKE 16:10-11

I WILL GIVE MONEY AS AN ACT OF WORSHIP.

“Give, and it will be given to you: good measure, pressed down, shaken together, and running over will be put into your bosom. For with the same measure that you use, it will be measured back to you.”  

LUKE 6:38

I WILL GIVE TEN PERCENT OF MY TOTAL HOUSEHOLD INCOME TO THE LOCAL CHURCH.

“Bring all the tithes into the storehouse, that there may be food in My house, and try Me now in this,” says the LORD of hosts, “If I will not open for you the windows of heaven and pour out for you such blessing that there will not be room enough to receive it.”  

MALACHI 3:10

GOD’S GENEROSITY WILL FLOW THROUGH ME.

As each one has received a gift, minister it to one another, as good stewards of the manifold grace of God.  

1 PETER 4:10

I WILL INVEST IN THE KINGDOM OF GOD.

“But lay up for yourselves treasures in heaven, where neither moth nor rust destroys and where thieves do not break in and steal. For where your treasure is, there your heart will be also.”  

MATTHEW 6:20-21

I WILL SAVE MONEY BY LIVING ON LESS THAN I EARN.

There is desirable treasure, and oil in the dwelling of the wise, But a foolish man squanders it.  

PROVERBS 21:20
I WILL LOVE THE LORD MY GOD WITH ALL MY HEART, SOUL, AND STRENGTH.
“You shall love the LORD your God with all your heart, with all your soul, and with all your strength.” DEUTERONOMY 6:5

I WILL WORSHIP THE LORD MY GOD AND SERVE HIM ONLY.
‘You shall worship the Lord your God, and Him only shall you serve.’ MATTHEW 4:10

GOD IS SPIRIT, AND I WILL WORSHIP IN SPIRIT AND TRUTH.
“God is Spirit, and those who worship Him must worship in Spirit and truth.” JOHN 4:24

I WILL WORSHIP GOD IN THE SPIRIT AND PUT NO CONFIDENCE IN THE FLESH.
For we are the circumcision, who worship God in the Spirit, rejoice in Christ Jesus, and have no confidence in the flesh. PHILIPPIANS 3:3

I WILL BLESS THE LORD.
Bless the LORD, O my soul, and all that is within me, bless His holy name! PSALMS 103:1

I WILL CLAP MY HANDS AND SHOUT A SONG OF JOY.
Oh, clap your hands, all you peoples! Shout to God with the voice of triumph! For the Lord Most High is awesome; He is a great King over all the earth. PSALMS 47:1-2

EVERY KNEE WILL BOW AND EVERY TONGUE CONFESS THAT JESUS CHRIST IS LORD.
That at the name of Jesus every knee should bow, of those in heaven, and of those on earth, and of those under the earth, and that every tongue should confess that Jesus Christ is Lord, to the glory of God the Father. PHILIPPIANS 2:10-11
THE HOLY SPIRIT LEADS ME INTO ALL TRUTH.
“However, when He, the Spirit of truth, has come, He will guide you into all truth; for He will not speak on His own authority, but whatever He hears He will speak; and He will tell you things to come.”  JOHN 16:13

I AM LED BY THE SPIRIT.
But if you are led by the Spirit, you are not under the law.  GALATIANS 5:18

THE HOLY SPIRIT IS MY COMFORTER AND HELPER.
“Nevertheless, I tell you the truth: it is to your advantage that I go away, for if I do not go away, the Helper will not come to you. But if I depart, I will send Him to you.”  JOHN 16:7

MY BODY IS A TEMPLE OF THE HOLY SPIRIT.
Or do you not know that your body is the temple of the Holy Spirit who is in you, whom you have from God, and you are not your own?  1 CORINTHIANS 6:19

THE BAPTISM IN THE HOLY SPIRIT GIVES ME POWER TO WITNESS.
“But you shall receive power when the Holy Spirit has come upon you; and you shall be witnesses to Me in Jerusalem, and in all Judea and Samaria, and to the end of the earth.”  ACTS 1:8

I WILL WALK IN THE SPIRIT AND NOT FULFILL THE LUST OF THE FLESH.
I say then: Walk in the Spirit, and you shall not fulfill the lust of the flesh. For the flesh lusts against the Spirit, and the Spirit against the flesh; and these are contrary to one another, so that you do not do the things that you wish.  GALATIANS 5:16-17

THE HOLY SPIRIT INTERCEDES FOR ME ACCORDING TO GOD’S WILL.
Likewise the Spirit also helps in our weaknesses. For we do not know what we should pray for as we ought, but the Spirit Himself makes intercession for us with groanings which cannot be uttered. Now He who searches the hearts knows what the mind of the Spirit is, because He makes intercession for the saints according to the will of God.  ROMANS 8:26-27
JESUS CAN HEAL EVERY SICKNESS AND DISEASE.
Then Jesus went about all the cities and villages, teaching in their synagogues, preaching the gospel of the kingdom, and healing every sickness and every disease among the people.  

MATTHEW 9:35

GOD FORGIVES ALL MY INIQUITIES AND HEALS ALL MY DISEASES.
Who forgives all your iniquities, who heals all your diseases.  

PSALMS 103:3

THE PRAYER OF FAITH WILL SAVE THE SICK, AND THE LORD WILL RAISE THEM UP.
And the prayer of faith will save the sick, and the Lord will raise him up. And if he has committed sins, he will be forgiven.  

JAMES 5:15

BY HIS STRIPES, WE ARE HEALED.
But He was wounded for our transgressions, He was bruised for our iniquities; The chastisement for our peace was upon Him, and by His stripes we are healed.  

ISAIAH 53:5

JESUS TOOK OUR INFIRMITIES AND BORE OUR SICKNESS.
When evening had come, they brought to Him many who were demon-possessed. And He cast out the spirits with a word, and healed all who were sick, that it might be fulfilled which was spoken by Isaiah the prophet, saying: “He Himself took our infirmities and bore our sicknesses.”  

MATTHEW 8:16-17

IF TWO OR MORE AGREE IN PRAYER, IT WILL BE DONE.
“Again I say to you that if two of you agree on earth concerning anything that they ask, it will be done for them by My Father in heaven. For where two or three are gathered together in My name, I am there in the midst of them.”  

MATTHEW 18:19-20

HE LAID HIS HANDS ON EVERY ONE OF THEM AND HEALED THEM.
When the sun was setting, all those who had any that were sick with various diseases brought them to Him, and He laid His hands on every one of them and healed them.  

LUKE 4:40
I AM A CHILD OF GOD.
“But as many as received Him, to them He gave the right to become children of God, to those who believe in His name.”  JOHN 1:12

I AM A FRIEND OF GOD.
“No longer do I call you servants, for a servant does not know what his master is doing; but I have called you friends, for all things that I heard from My Father I have made known to you.”  JOHN 15:15

I AM CALLED AND CHOSEN BY GOD.
“You did not choose Me, but I chose you and appointed you that you should go and bear fruit, and that your fruit should remain, that whatever you ask the Father in My name He may give you.”  JOHN 15:16

I CANNOT BE SEPARATED FROM THE LOVE OF GOD.
Who shall separate us from the love of Christ? Shall tribulation, or distress, or persecution, or famine, or nakedness, or peril, or sword?  ROMANS 8:35

I DO NOT HAVE A SPIRIT OF FEAR, BUT OF POWER, LOVE, AND A SOUND MIND.
For God has not given us a spirit of fear, but of power and of love and of a sound mind.  2 TIMOTHY 1:7

I AM GOD’S TEMPLE.
Do you not know that you are the temple of God and that the Spirit of God dwells in you?  1 CORINTHIANS 3:16

I AM THE RIGHTEOUSNESS OF GOD IN CHRIST JESUS.
For He made Him who knew no sin to be sin for us, that we might become the righteousness of God in Him.  2 CORINTHIANS 5:21
DAY 7


DAY 8


“Therefore I say to you, whatever things you ask when you pray, believe that you receive them, and you will have them.”

**MARK 11:24**