

DEVOTIONAL // *Prayer Guide*

FOURTEEN

*days of*

PRAYER  
& FASTING

2022

# CONTENTS

- 1 Gratitude is Gold
- 2 Your Father Sees You
- 3 Brand New Day
- 4 Get Ready to Hear God Speak
- 5 When You Pray
- 6 When You Fast
- 7 We Are In This Together
- 8 Whatever it Takes
- 9 Truth Trumps Lies
- 10 The Mystery of Fasting
- 11 Faith Cannot Fail
- 12 Third Day Victory
- 13 Put On the Robe and Rule
- 14 Dare to Ask
- 15 Appendix - The Premise of Faith & Prayer Points

# DAY ONE: *Gratitude is Gold*

*1 Thessalonians 5:17*

*Never stop praying. Be thankful in all circumstances...*

How very blessed we are to be part of something so wonderful, as to be standing together, *praying and believing* to see impossible things break into our world. As we ready ourselves for these days of prayer and fasting, let's take a moment first, to be grateful. When Jesus famously fed the five thousand, there was a poignant moment right before the miracle where He, The King of Heaven, *looked up* and gave thanks.

*Luke 9:16 Taking the five loaves and the two fish and looking up to heaven, he gave thanks and broke them. Then he gave them to the disciples to distribute to the people. They all ate and were satisfied, and the disciples picked up twelve basketfuls of broken pieces that were left over.*

As we embark on this Prayer and Fasting adventure, let's also, first, still our hearts and give thanks. Could we each look around our lives and see the blessings we may have become accustomed to? Is there evidence of His goodness already in your life? Take a moment and be thankful for what God has already done.

The Psalmist knew how easy it was to 'forget' and exhorts us also to be grateful. *Psalm 103 Let all that I am praise the Lord; with my whole heart, I will praise his holy name. Let all that I am praise the Lord; may I never forget the good things he does for me.*

**PRAY** *Father in heaven, may Your name be honoured in my life.  
I take this moment to say 'Thank You' for...*

# DAY TWO: *Your Father Sees You*

Jesus told a parable about a young man who dishonoured his family by wandering off into sin. When life threw him on the scrapheap, his thoughts turned toward home.

*Luke 15:20*

*“So he returned home to his father. And while he was still a long way off, his father saw him coming. Filled with love and compassion, he ran to his son, embraced him, and kissed him. ... his father said to the servants, ‘Quick! Bring the finest robe in the house and put it on him. Get a ring for his finger and sandals for his feet.’*

This story is usually called; ‘The Prodigal Son’, but Jesus tells the story so we would know that God our Father, is kind and generous. He sees us as sons and daughters, heirs of all He owns. The robe He puts on the son shows His absolute forgiveness. Then a ring is placed on his hand to demonstrate restored authority. So right now, honour that gift of righteousness and put away all condemnation and enjoy the love of your Father. Touch the metaphorical *ring on your finger* as you bring your request to Your Father today.

**PRAY**

*Father in heaven, thank You for being the kindest and most generous Father. I stand up tall in my status as Your beloved child today and ...*

# DAY THREE: *Brand New Day*

No matter how good or how bad the last year has been, God is always ready to do something new. The prophet Isaiah wrote:

*Isiah 43:18 "But forget all that— it is nothing compared to what I am going to do. For I am about to do something new. See, I have already begun!"*

It's a New Season! The rhythm of the seasons is one of the things that dictates our lives and our calendars. We plan an outdoor barbeque for our summer birthday party and pack up our winter coats as Spring and Summer return. Knowing what season we are in goes a long way towards our health and happiness. There is a sound calling us to pray and fast. The early church ushered in a whole new season and offers a supernatural precedent for us today. God spoke new things for their new season.

*Acts 13:2: One day as these men were worshiping the Lord and fasting, the Holy Spirit said, "Appoint Barnabas and Saul for the special work to which I have called them." So after more fasting and prayer, the men laid their hands on them and sent them on their way.*

**PRAY** *Father in heaven, thank You for loving me and leading me to this point in my life. In this New Season Lord...*

# DAY FOUR:

## *Get ready to hear God Speak*

The voice of God is easy to recognise. It is full of love and amazing grace. Even if the Lord admonishes you, He does it with kindness and hope. While in the Spirit, Zephaniah wrote:

*God will take delight in you with gladness. With his love, he will calm all your fears. He will rejoice over you with joyful songs.” (3:17)*

God spoke audibly at Jesus’ baptism and the whole crowd heard it to show that these words belong to all of us.

*Matthew 3:17-4:4 And a voice from heaven said, “This is my dearly loved Son, who brings me great joy.” Then Jesus was led by the Spirit into the wilderness to be tempted there by the devil. For forty days and forty nights he fasted and became very hungry. During that time the devil came and said to him, “If you are the Son of God, tell these stones to become loaves of bread.” But Jesus told him, “No! The Scriptures say, ‘People do not live by bread alone, but by every word that comes from the mouth of God.*

Jesus had very recently heard His Father’s voice and His heart was filled with love and gratitude. His Father’s words were more than enough to drown out the whiney call of temptation that came to Him in His time of prayer and fasting. It is in remembering God’s love for us that our spirit stays strong. In this season of fasting, tune in to the frequency of heaven. “You are my beloved child, and you bring me real joy”

**PRAY** *Father in heaven, thank You for Your Word. Let me hear Your voice afresh ...*

# DAY FIVE: *When You Pray*

*Matthew 6:7-8*

*When you pray, don't babble on and on as the Gentiles do. They think their prayers are answered merely by repeating their words again and again. Don't be like them, for your Father knows exactly what you need even before you ask him!*

Our prayers are not about using fancy words and impressing God or other people. When we pray, we attune to our Father in Heaven. This verse says *He knows exactly what you need even before you ask Him!* So why bother to ask? We ask because it's our heartfelt words that connect us to Him. It's like when we dial the number and talk to a loved one. The relationship is always there but it's good to connect through conversation.

When we pray, we activate our agreement and heaven gets access into our lives. James wrote, *we have not because we ask not.* So, although Jesus warns the disciples not to babble, He does encourage them to ask. So today, ask with confidence, believing that your miracle can break through into your life. Remember, when you pray God is hearing your voice in unity with His plan for you which releases the power of heaven on earth.

**PRAY**

*Father in heaven, thank You for Your voice in my life these last few days. I know You love me and hear me when I pray, so today I ask...*

# DAY SIX: *When You Fast*

*Matthew 6:17*

*But when you fast, comb your hair and wash your face. 18 Then no one will notice that you are fasting, except your Father, who knows what you do in private. And your Father, who sees everything, will reward you.*

These verses suggest that we, as followers of Jesus will fast. Jesus does not say, 'if you fast', but rather He says; '*when you fast*'. It is therefore reasonable to assume that those who are led by His Spirit will fast periodically. He also suggests that the details of that fast should not be used to elevate oneself through displays of self-denial. The weakness of our character as human beings is always vulnerable to pride and / or condemnation when we start comparing ourselves.

But let's not miss the endgame of this verse which is that Your Father in heaven loves to reward you when you fast with a pure heart. Fasting in the scriptures typically refers to refraining from eating for a period of time. Its purpose is to narrow our focus onto spiritual things. Missing a meal is also a good way to create some extra time for praying. The scriptures encourage us here to look forward to reward as you have set your heart to pray and fast. So, as we create this extra space for God to work in our lives, let's raise our expectation for something wonderful to happen.

**PRAY** *Father in heaven, thank You for Your voice in my life these last few days. I know You love me and hear me when I pray, so today I ask...*

# DAY SEVEN:

## *We are in this together*

It is a powerful thing when the Church prays together. Prayer meetings in the book of Acts show that a supernatural portal is opened when believers pray. Jesus' friend, Peter has been imprisoned ...

*12:6 Herod intended to bring Peter out for public trial after the Passover. But while Peter was in prison, the church prayed very earnestly for him. Suddenly, there was a bright light in the cell, and an angel of the Lord stood before Peter. The angel struck him on the side to awaken him and said, "Quick! Get up!" And the chains fell off his wrists. ...*

*Peter went to the home of Mary where many were gathered for prayer. He knocked at the door in the gate, and a servant girl named Rhoda came to open it. When she recognized Peter's voice, she was so overjoyed that, instead of opening the door, she ran back inside and told everyone, "Peter is standing at the door!" "You're out of your mind!" they said. Meanwhile, Peter continued knocking. When they finally opened the door and saw him, they were amazed.*

In the same way that Peter was supernaturally released from prison, we believe things are being unlocked in our lives as we pray. Do not measure the impact of your prayer by how you feel. This story demonstrates that those who prayed had no clue of the power being released in the spirit realm until Peter arrived at the door. Don't give up, you are not alone, miracles happen!

**PRAY** *Father, I thank You for this opportunity to pray. I thank You for what is happening in the spirit realm when I pray...*

# DAY EIGHT: *Whatever it takes*

A True Story of a people who fasted for their freedom.

Back Story:

Esther is a young Jew who has been adopted by her older cousin Mordecai, who is a Jewish elder of some standing. Her story is one of courage born of prayer and fasting and is set in the Persian Empire approx 500 yrs BC. Xerxes, the pagan king, finds himself in need of a queen. Potential women are brought to the palace and Esther is chosen. Soon after, a corrupt official, Haman, entices the King to enact a genocide against Esther's people who were descendants of Abraham, the people of God. At this stage Esther's identity as a Jew is unknown to the King and his officials. When Mordecai learns of the plan, he strongly suggests that Esther should ask the King for protection for the Jews. Esther explains to Mordecai that unless the King calls for her it is mortally dangerous to seek an audience. Let's pick up the story in chapter 4:13

*13 Mordecai sent this reply to Esther: "Don't think for a moment that because you're in the palace you will escape when all other Jews are killed. If you keep quiet at a time like this ... you and your relatives will die. Who knows if perhaps you were made queen for such a time as this?" Then Esther sent this reply to Mordecai: "Go and gather together all the Jews of Susa and fast for me, do not eat or drink for three days ... My maids and I will do the same. And then, though it is against the law, I will go in to see the king. If I must die, I must die."*

*5 On the third day of the fast, Esther put on her royal robes and entered the inner court of the palace ... When the King saw Queen Esther, he welcomed her and held out the gold sceptre to her. So Esther approached and touched the end of the sceptre. Then the king asked her, "What do you want, Queen Esther? What is your request? I will give it to you, even if it is half the kingdom!"*

**PRAY** *Father in heaven I thank You for the hope we find in Your Word.  
Give me an understanding heart as I read...*

## DAY NINE: *Truth Trumps Lies*

When you are confronted with ‘facts’ that are the opposite to the promise of blessing, you have a choice to make. Who will you believe. Our enemy the devil is on his mission to ‘*kill, steal and destroy*’. As God’s children we have not been left helpless but are armed with promises and Truth to defend ourselves. In our story Mordecai is the first to stand up against the lie.

He carried the promises of God for His people in his heart. His first response in verse 1 was to wail and carry on. Afterwards, he gathered himself and recognised that God’s plan for the Jews would prevail and declared it as fact! He knew God could save them and invited Esther on to the side of Truth.

*Esther 4:14 If you keep quiet at a time like this, deliverance and relief for the Jews will arise from some other place but you and your relatives will die. Who knows if perhaps you were made queen for just such a time as this?”*

It is at this precise moment that Esther’s heart is encouraged, and she does an about face and agrees with that Truth. You have been chosen. *Surely goodness and mercy will follow you all the days of your life!* Throw your shoulders back and say that out loud. ‘Facts’ that defy God’s Words are flimsy in front of a person willing to declare the Truth. Sometimes it takes a little longer than we would choose, but our job is to believe and to say so.

**PRAY** *Father today I thank You for Your promises to me ...*

# DAY TEN: *The Mystery of Fasting*

*Esther 4:15*

*Then Esther sent this reply to Mordecai: “Go and gather together all the Jews of Susa and fast for me. Do not eat or drink for three days, night or day. My maids and I will do the same. And then, though it is against the law, I will go in to see the king.*

There are some concepts in the scriptures that we must just choose to believe. Science has now discovered a multitude of benefits for our bodies when we fast. All of these benefits were designed by and known by our Creator. However, there will always be a faith element to our spiritual disciplines, including fasting.

We follow a perfect Saviour who chose to fast in His pursuit of God’s will and who invites us to do the same. During Jesus’ documented earthly fast, angels came and ministered to Him. Stir up an expectant heart for supernatural things to happen as you pray and fast in your pursuit of Him.

In our story, Esther calls the people of God to fast for her as she steps out to speak on their behalf. Immediately when Mordecai declared the Truth, courage was birthed in Esther. Her authority as God’s child was seeded as she called the people to purpose. She had made her choice to stand on the side of Truth ... to go in to see the King ... *‘though it is against the law’*.

**PRAY** *Father in heaven, I thank you for this life of following Jesus. I thank you for the power hidden in simple obedience ...*

# DAY ELEVEN: *Faith Cannot Fail*

*Esther 4:16 -17*

*I will go in to see the king If I must die, I must die.” So Mordecai went away and did everything as Esther had ordered him.*

With such a brave declaration from the young Esther, and the very real possibility of dire consequences, she may have preferred for Mordecai to at least hesitate in enacting the plan. It is easy to read this part of her story and just gloss over it but let’s take a moment and recognise what she just said. She was ‘all in’ regardless of the outcome. When she accepted her mandate, she did it unconditionally, wow!

Faith cannot fail. Jesus said to the disciples. *Jesus told them, “This is the only work God wants from you: Believe in the one he has sent.”* Esther’s faith here is remarkable in the way that she demonstrates a total trust in God. She realises somehow that her life belongs to God and no earthly King or temporary circumstance can change that. Not many of us are in the position where our very lives are at stake but even if they are, be confident of this, you belong to Him, and He will never fail.

As you stand in faith for your miracle, throw your hat over the wall and believe with all your heart. This is the kind of Faith that moves mountains and conquers kings!

**PRAY** *Father I trust in You. Thank You for courage in my spirit to believe...*

# DAY TWELVE: *Third Day Victory*

We are New Testament believers and our lives of Faith centre around the person of Jesus. His mission was and is to redeem people and restore their destiny. He does this by first bringing us into a relationship with our Father in Heaven. From Calvary, and with one of His final breaths, Jesus shouted; '*It is accomplished*'. On that day He defeated death, He took back the keys of eternity and delivered salvation to humanity as a gift to His Father. Then on the *third day* He rose again and the scriptures say; *He took captivity captive*. Ephesians 4 This means that we have victory because of Jesus' resurrection on that *third day*. It truly is a magnificent and cosmic story of Amazing Grace.

The stories of the Old Testament are filled with hints and shadows of the person and work of Jesus as Messiah. Here in our story, we see Esther come into her full authority as queen and initiate the deliverance of the entire nation of God's people on *the third day*.

Esther 5:1 *On the third day of the fast, Esther put on her royal robes and entered the inner court of the palace ...*

Today we remember the *third day* of Jesus' resurrection and celebrate that every victory was won that day. As we believe we draw the power and promise of that day into this day by faith.

**PRAY** *Father in heaven, I stand amazed in the Presence of Jesus, the Son of God who delivered me ...*

# DAY THIRTEEN:

## *Put on the Robe and Rule*

5 ... *Esther put on her royal robes and entered the inner court of the palace, just across from the king's hall. The king was sitting on his royal throne, facing the entrance. When he saw Queen Esther standing there in the inner court, he welcomed her and held out the gold sceptre to her. So Esther approached and touched the end of the sceptre.*

Even though Esther had been the King's wife for some time and lived in the palace, she appears to have become distracted with her lifestyle and forgotten who she was. It was Mordecai who challenged her and reminded her of her identity.

That is what I hope this story is doing in your heart. Reminding you that Jesus has given you authority and has promised you victory in His name. Esther first needed to believe and when she did the Bible records she *put on* her purple robes and went in to see the King.

Sometimes boldness needs to be put on like a robe. It must be a deliberate act of faith to stand in place and receive from heaven. This verse is the first time that the King calls her 'Queen' and their relationship was forever changed. He saw her as Queen that day, something was different. No one had entered the King's court uninvited and lived, but she now carried a power that transcended earthly rules and it moved the heart of the King. *He welcomed her.* Your courage to put on your royal robes and stand in your authority will defy the lesser reality and position you to receive all that heaven has for you.

**PRAY** *Gracious Father, I thank You for the Cross that bought for me my freedom. Today I put on ...*

## DAY FOURTEEN: *Dare to Ask*

The simplicity of the question belies its difficulty for most of us. Jesus often asked people; ‘*what do you want?*’. When He spoke to the disciples during His last hours on earth, He reminded them that being in relationship with Him allowed them to, ‘*ask anything in His name...*’. John 14 I fully believe that Holy Spirit invites every child of God to ask. The Bible tells us that He is willing to give good gifts to His children. Matthew 7

Esther’s story concludes in a great victory for the people of God. They not only escape the genocide but are ridden of their enemies and inherit the wealth of those who hated them. But it all starts with a young woman who dared to put on her robes, go into the King and ask.

Esther 5:3 *Then the king asked her, “What do you want, Queen Esther? What is your request? I will give it to you, even if it is half the kingdom!”*

The King’s response hints at our inheritance in Jesus. I encourage you to look up into the face of the true King of Heaven and ask in Jesus’ name.

Ephesians 1:10 ... *At the right time God will bring everything together under the authority of Christ—everything in heaven and on earth. Furthermore, because we are united with Christ, we have received an inheritance from God, for he chose us in advance, and he makes everything work out according to his plan.*

**PRAY** *Father, I thank You for speaking life and blessing so that I can say Amen and see Your promises poured out in my life...*

# APPENDIX

## *Premise of our Faith*

For most of us, it takes a while for it to actually sink in that God loves us so absolutely and has promised to bless us. Jesus has made us holy and therefore we qualify for the inheritance He promises in His word. The process of believing this happens as we 'renew our minds' and allow Truth to become our default.

2 Corinthians 1:18 As surely as God is faithful, our word to you does not waver between "Yes" and "No." For Jesus Christ, the Son of God, does not waver between "Yes" and "No." He is the one whom Silas, Timothy, and I preached to you, and as God's ultimate "Yes," he always does what he says. For all of God's promises have been fulfilled in Christ with a resounding "Yes!" And through Christ, our "Amen" (which means "Yes") ascends to God for his glory. It is God who enables us, along with you, to stand firm for Christ. He has commissioned us, and he has identified us as his own by placing the Holy Spirit in our hearts as the first installment that guarantees everything he has promised us.

This verse begins with *'as surely as God is faithful'*. His promises are founded in His character, and He cannot lie. When God speaks something, then that thing is established as Truth and all lower realities must submit to it as we believe it in our heart and declare it with our words. This is how we say 'amen' to God's promises. These are the ingredients to see the reality of heaven manifest on earth.

Revelations 12 And they have defeated him (the devil) by the blood of the Lamb (the cross) and by their testimony (their spoken words). And (like Esther) they did not love their lives so much that they were afraid to die.

Prayer Points - Holy Spirit I ask that You help me in my commitment to pray especially over these next 14 days. I come into agreement with Your word over my life and ask for abundant life to flow into every area of lack, casting all my care upon You because You care for me. In Jesus' name, Amen.

Revelation - We agree together that every single week more people would come to a knowledge of God's Love. Eph 3:18

And may you have the power to understand, as all God's people should, how wide, how long, how high, and how deep his love is. May you experience the love of Christ, though it is too great to understand fully. Then you will be made complete with all the fullness of life and power that comes from God.

Favour - Ephesians says we have been blessed with every spiritual blessing in the heavenly realms, so we agree with the Word and declare favour and provision over our lives and our church.

Peace - Each time Paul wrote a letter to the Church he announced, 'Grace and Peace'. We speak Peace in Jesus' name over your life and family. We announce Peace over every person who calls iSee home. This peace that passes understanding includes protection and prosperity.

Healing - Jesus' death paid for our Healing. If there is infirmity in your body or someone you know is sick, I encourage you to consider the cross.

Miracles - The breakthrough you are believing for is easy for God. Let Him refine your desires as you worship Him, and He will lead you to receive all He has promised. We are thankful for miracles in our church and agree with heaven to see growth in every congregation.

Leaders - together we pray blessing on every leader who serves at iSEE. Wisdom for each one and blessing on their families.

