



NEW HILLS  
CHURCH

— A week of —  
**Prayer**  
and  
**Fasting**

## The Power of Prayer

Something powerful happens when God's people pray. It is one thing to pray individually, but God's heart is moved in special ways when His people unite to seek Him together.

We want to set a spiritual tone as a church. We want to seek God with a unified voice and believe He will respond in ways that are beyond anything we could ask or imagine. As we commit to sacrifice s o m e of our time and attention for t h e things of God together, we look forward with faith to everything He will do in the days ahead.

This guide is designed to be a tool to help all of us align o u r prayers each day.

Our hope and prayer is that this week would just be the beginning of igniting our church with a fresh passion for connecting with God through prayer and fasting. Let this commitment not end after a week but make it a part of your daily walk with God as we step into His purposes together.

## Guidelines for Effective Prayer

Most people understand what prayer is but struggle to make it a part of their daily life. We sleep in, forget, lose focus or don't see the results we were hoping for. God wants so much more for us when it comes to our prayer life.

Prayer is an opportunity to connect with the God of the universe. It is an opportunity to invite God's very presence and power into your life. It is also an opportunity to see God move in your life in ways you never imagined.

### A CERTAIN TIME

Block out a time each day for God.

### A CERTAIN PLACE

Pick a location that is comfortable, you enjoy, and where you will not be distracted or worried about other people interrupting.

### A CERTAIN PLAN

There are many helpful tools that can make your prayer time more productive. In addition to this handout, go to [newhills.church/prayer](http://newhills.church/prayer) for some great prayer guides.

## Fasting

There is a pattern throughout the Bible where people abstain from food for a period of time as a means of accessing greater spiritual nourishment and strength. You could say fasting is going without what you want to access what you need. God has interconnected our physical and spiritual lives in a way where the sacrifices and discomforts we embrace in our bodies can lead to spiritual breakthroughs.

Fasting has historically been a regular practice for Christians but has been lost by many in recent years. We want to reclaim this gift from God so we can access everything He has for us individually and for our church.

Fasting is meant to steer our desires and attention toward God. This is a great opportunity to use the extra time that would have been spent eating or enjoying entertainment to pray and be with God. Use this time to seek God with greater passion and intensity believing He will reward your commitment.

As you grow in the practice of fasting, you will see how effective it is at detoxing and cleansing your life. It will reinvigorate your spiritual appetite and help you get a fresh sense of clarity and conviction in your walk with God.

## Guidelines for Fasting

If you are new to fasting, you will feel hunger pains that may be very uncomfortable. Make sure you drink plenty of water and you may also need to decrease your daily activity to avoid too much fatigue.

Determine the Type of Fast

### LIQUID FAST

Water or juices only

### DANIEL FAST

Eating only fruits and vegetables

### MODIFIED FAST

Eliminating specific foods from your diet

## Determine the Length of the Fast

### FAST FOR A MEAL

You may consider fasting from a particular meal for one day or multiple days.

### FAST FOR A DAY

Choose a 24-hour period of time to perform your fast.

### EXTENDED FAST

Choose a specific period of time for longer than a day to fast.

## When you should not fast from food

You should not fast if you are pregnant, have an eating disorder, or you are navigating any other health situation.

If abstaining from food would be unhealthy for you, consider alternatives such as TV, social media, video games, or any other activity that takes time you could give to God.

**For more resources on prayer & fasting,  
go to [newhills.church/resources](https://newhills.church/resources)**

# SUNDAY

## Pray for Fresh Passion

"Light yourself on fire with passion and people will come from miles to watch you burn."  
John Wesley

Today's Scripture

Romans 12:11

*Never be lacking in zeal, but keep your spiritual fervor, serving the Lord.*

Personal Prayer

- Ask God to light a fresh fire in your soul
- Pray for God's direction for the year

Pray for New Hills

- Ask God to light a fresh spiritual fire across our entire church
- Pray for God to guide and provide for New Hills this year

# MONDAY

## Pray for Cleansing

"The blood of Jesus has opened the way for our cleansing; the more we walk in the light, the more that cleansing becomes our daily experience." Andrew Murray

Today's Scripture

1 Corinthians 6:11

*But you were cleansed; you were made holy; you were made right with God by calling on the name of the Lord Jesus Christ and by the Spirit of our God.*

Personal Prayer

- Confess any sin in your life and ask God to wash you clean
- Ask God to help you recognize anything in your life that is not honoring Him
- Declare that you are a new creation in Christ

Pray for New Hills

- Ask God to cleanse our community of anything that is not pleasing to Him
- Ask God that He would use New Hills to help many more people experience His grace and love

# TUESDAY

## Pray for Others

"The church is the church only when it exists for others." Dietrich Bonhoeffer

Today's Scripture

Hebrews 10:24-25

*And let us consider how we may spur one another on toward love and good deeds, not giving up meeting together, as some are in the habit of doing, but encouraging one another—and all the more as you see the Day approaching.*

Personal Prayer

- Pray for someone in your life who is not saved to find Jesus
- Pray for a family member
- Pray for God to use you in the lives of the people you will encounter today

Pray for New Hills

- Ask God to help us all grow in our ability to encourage one another
- Ask God to give our church an even greater urgency for reaching the lost

# WEDNESDAY

## Pray for Needs

"God will supply not what you think you need, but what He knows you need."  
Charles Spurgeon

Today's Scripture

Philippians 4:19

*And my God will meet all your needs according to the riches of his glory in Christ Jesus.*

Personal Prayer

- Present some of your personal needs to God and ask Him to provide
- Ask God to help you trust Him to meet all of your needs

Pray for New Hills

- Pray that God would provide for all of New Hills' needs this year
- Pray that God would use our church to meet the needs of people in extraordinary ways

# THURSDAY

## Pray for Joy

"God's joy is not the absence of suffering but the presence of God."  
Elisabeth Elliot.

Today's Scripture

Nehemiah 8:10

"... the joy of the Lord is your strength."

Personal Prayer

- Ask God to fill your life with fresh joy
- Thank God for the blessings He has brought into your life

Pray for New Hills

- Pray that God would fill our church with overflowing joy
- Pray for God to use our community to encourage and lift up those who are struggling

# FRIDAY

## Pray for the Impossible

"God is looking for people through whom He can do the impossible—what a pity we plan only the things we can do by ourselves." A.W. Tozer

Today's Scripture

Mark 10:27

*"...all things are possible with God."*

Personal Prayer

- Think of something impossible for you and ask God to do it.
- Ask God to increase your faith to believe Him for greater things

Pray for New Hills

- Ask God to move in historic ways through New Hills
- Pray that God would make us a people who are willing to step out in faith and trust Him for the impossible

# SATURDAY

## Pray for Power

"The same power that raised Christ from the dead now lives in you.  
Think of what that means."  
Billy Graham

### Today's Scripture

Acts 1:8

*But you will receive power when the Holy Spirit comes on you; and you will be my witnesses in Jerusalem, and in all Judea and Samaria, and to the ends of the earth.*

### Personal Prayer

- Ask God to fill you to even greater levels of His presence and power
- Pray for greater strength and perseverance

### Pray for New Hills

- Pray that God would give our church MORE of his presence and power
- Pray that we would truly become a people who "Run to Win."