



prayer journal

CREEKSTONE CHURCH

this journal belongs to: _____

Hello family and welcome to our church's January Fast! I'm inviting you to partner with our church during a time of corporate fasting and prayer that draws us closer to God as a church family as well as in our individual families. As we enter the New Year, my prayer is that you would draw closer to God as you strengthen your relationship with Him. God wants an intimate relationship with you! He wants you to meet Him daily during a time of devotion that allows you to hear His voice and for Him to hear yours. During this time of fasting and prayer, I encourage you to take the time to display true spiritual discipline as you read scripture, sing, pray, and meditate on Him. May you have an encounter with God like never before and may His face continually shine upon you as you seek Him wholeheartedly.

In His Grip,
Pastor Kason Branch

WHAT IS FASTING?

Fasting is voluntarily going without food — or any other regularly enjoyed, good gift from God — for the sake of some spiritual purpose. Fasting draws us into a closer relationship with God and sharpens our focus to seek His perfect will in our daily lives.

Sometimes a fast is needed in order to petition God and to seek his favor for others. The early New Testament church fasted and prayed for Paul and Barnabas' ministry (Acts 13). Early believers also fasted and prayed when choosing leaders in the church (Acts 14:23). David fasted for the life of his baby through Bathsheba after he had committed adultery with her and set up having her husband killed in battle (2 Samuel 12:15 - 16, 22). The people of Nineveh, a gentile nation, fasted for God's mercy (Jonah 3).

Fasting is meant to be a private act between us and God. We are warned by Jesus himself in Matthew 6:16-18 to not boast to others that we are fasting in order to be seen by men. It is also important to remember that fasting is not an end unto itself. It should, of course, draw us close to God and focus our minds to think like he does. But it should ultimately lead us to help those who are oppressed, feeding those who are hungry, providing shelter for those who have none, and giving clothes to those who are in grave need (Isaiah 58:6-7).

FASTING GUIDELINES FOR OUR CHURCH

- **Pick** your fast.
- **Prepare** for your fast.
- **Pray** 10 minutes per day alone and with family.
- **Pray together** as a church family. Wednesdays at 7pm | Creekstone Church

CHOICES FOR YOUR FAST

- **Food:** Abstain from eating meat; fried foods; and sweets.
- **Social Media:** Abstain from viewing all social media & unnecessary electronics.
- **Finance:** Only spend money on the bare necessities (bills; gas; groceries; etc).

PRAYER TIPS

- Choose a specific place to **pray away from distractions** so you can concentrate. Ringing phones and crying children will sabotage your “quiet time” before it gets started.
- **Pray at the same time every day**, if at all possible. Make it part of your regular routine and it will become habit. Write it into your schedule and then treat it just like a daily appointment.
- **Pray out loud**. Many people can pray under their breath or in their minds for long periods and still maintain intensity, but for most of us it’s a quick ticket to dreamland. When we pray out loud we have to form intelligent sentences. We have to concentrate more on what we’re praying about.
- Use the Prayer Journal provided or keep a notepad handy so you can **jot down different things that come to mind** while you’re before the Lord. Sometimes you’ll get great ideas totally unrelated to what you’ve been praying about. If you jot them down you can quickly get back to the topic at hand without being too distracted.
- Make a list to **keep track of your prayer needs** (use the journal provided). This can be done several ways. Prayer needs can be listed by category like “Church,” “Family,” or “Unsaved friends.” Or they may be listed by the days of the week. Each day you pray for a different set of needs.

CREEKSTONE CHURCH’S TOP 10 WORSHIP SONGS!

1. More Than Anything - Lamarr Campbell
2. Only You are Holy - Donnie McClurkin
3. None Like You - Marvin Sapp
4. I’m Grateful - J.J. Hairston
5. Lord Prepare Me - West Angeles COGIC Choir
6. I Need Thee - Bishop Paul Morton
7. You’re All I Need - Hezekiah Walker
8. Center of My Joy - Richard Smallwood
9. Give Me a Clean Heart - Fred Hammond
10. Alpha and Omega - Israel Houghton

SUGGESTED PRAYER MODEL: A.C.T.S.

A.C.T.S. is an easy way to remember key elements of prayer.

It's simply prayer in four parts:

adoration "Praise be to God!" -Psalms 68:35

Tell God how much you appreciate Him. Express your love for Him. Praise His power and majesty. This is a great way to begin your prayer time. Sometimes I watch the sun rise, and praise God for the beauty of His creation. You should never run out of praise. "How awesome are your deeds!"

confession "If we confess our sins" -1 John 1:9

"If we confess our sins, He is faithful and just, and will forgive us our sins and purify us from all unrighteousness." Tell Him where you have fallen short. Be specific. I thank Him for the forgiveness I have in Christ, and ask for help and strength to turn away from future temptations. 1 John 1:9

thanksgiving "Glorify him with Thanksgiving" -Psalms 69:30

You have plenty of reasons to be thankful. Thank God for His love, His faithfulness, His patience and a million other things. Express gratitude for what He's doing in your life. Thank Jesus for dying on the cross for you. Thank the Holy Spirit for indwelling you, and never leaving. Thank Him for being your conscience, your counselor and that "still small voice."

supplication "Make your requests known to God" -Philippians 4:6

Tell God what you want, no matter how small it seems to you. Do you really think any of your requests are big to God the Creator? You should have lots of intercessory prayer here. Remember: As a Promise Keeper, you are committed to pray for your pastor and your church every day.

