

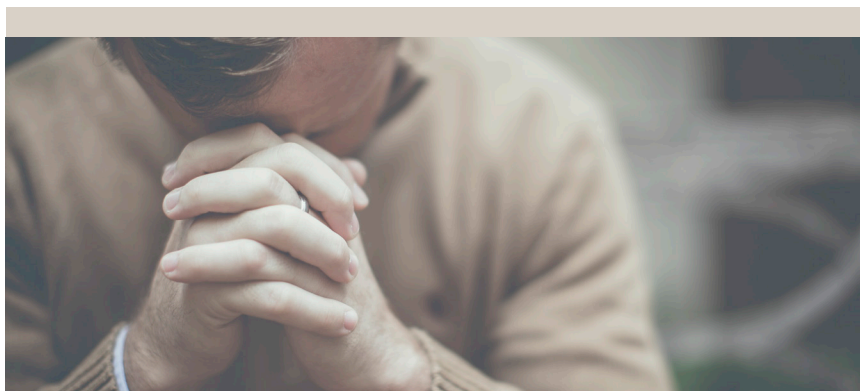


7 DAYS

OF PRAYER & FASTING

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7 DAYS OF PRAYER & FASTING

HOW TO USE THIS GUIDE

Welcome to 7 Days of Prayer and Fasting. As we prepare ourselves to experience spiritual breakthroughs in our lives, we encourage you to take these next seven days and commit to seeking God like never before. Each day we'll focus on a truth that we believe, if applied, can significantly impact the rest of your year, and even the rest of your life! Each day has a reflection, Scripture, and prayer prompt to help you as you apply these biblical principles to your life.

Fasting is an incredible discipline that can help you kick off a new season of your life with a greater amount of strength, clarity, and peace. By combining prayer, fasting, and Scripture, we believe you can experience God's presence and power in a new and tangible way.

Most importantly—Don't give up! Make a solid decision right now to seek God fervently over the next 7 Days. Carve out time to sit with Him in prayer and ask Him to prepare your heart for all He has in store for you.

REFLECTION

After reading the daily reflection, this is a great opportunity to journal or maybe write down some notes on your phone about how you feel God speaking to you. What feelings came up as you were reading? What thoughts started going through your mind?

SCRIPTURE

After taking some time to reflect, read the scriptures for the day, and maybe even take some time to go deeper through study. A simple way to do this is to journal using the SOAP method.

Scripture—Write out the Scripture that stood out to you.

Observation—What stands out to you in this Scripture?

Application—How do you want to apply this Scripture?

Prayer—Take some time to pray through what was revealed to you.

PRAYER

As you transition into a time of prayer, find a posture that allows you to get still and focus your thoughts on God.

There are prayer prompts for each daily focus that you can use to help you get started. Maybe you choose to pray for 10 minutes, or maybe you challenge yourself to pray longer. We encourage you to pray out loud if you can or write your prayers down to help you stay focused.

A Note on Fasting

When deciding on a fast, we encourage you to seek God in prayer and follow what the Holy Spirit leads you to do.



HOW TO FAST

(Matthew 6:17-18) But when you fast, put oil on your head and wash your face, so that it will not be obvious to others that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you.

WHAT IS FASTING?

Fasting is a spiritual discipline that connects us to God and helps us disconnect from the noise of the world around us. It's a practice that releases God's supernatural power into our lives as we humble ourselves and express dependence on Him.

WHY SHOULD I FAST?

When we combine prayer and fasting, we practice biblical values that Jesus first modeled for us throughout the Bible. Fasting is an act of intimacy with the Father. When we choose to fast, we are sacrificing one of our most essential daily routines. We are trusting that God will meet us in our hunger, and that we will be nourished by His Word. We do not fast to get something from God, but to know Him in a new and deeper way.



TYPES OF FASTS

Before starting your fast, take time to pray through which type is best for you!

Complete Fast

In this kind of fast, you abstain from all food and consume liquids only.

Selective Fast

Removing certain elements from your diet, like bread, sugar, meat, etc. Another example is the Daniel's Fast.

Partial Fast

Only eating in a certain window of time. Another term for this is intermittent fasting.

Soul Fast

This is when you remove things other than food that have become distractions (Social media, TV, etc.)



7 DAYS OF PRAYER & FASTING

Please read Joshua 5:13—Joshua 6:27.

The story of Joshua leading the Israelites to bring down the walls of Jericho is a powerful demonstration of the faithfulness and power of God. This story is part of the fulfillment of the greater promise that God made to the Israelites that they would enter the Promised Land.

Before Moses died, he declared that Joshua would be his successor and lead the Israelites into the Promised Land. Upon crossing the Jordan, Jericho is the first city the Israelites conquer with Joshua as their leader.

God had given Joshua very specific instructions on what to do to cause the walls of Jericho to collapse, so that the Israelites would defeat Jericho and claim the city.

“On the seventh day, march around the city seven times, with the priests blowing the trumpets. When you hear them sound a long blast on the trumpets, have the whole army give a loud shout; then the wall of the city will collapse and the army will go up, everyone straight in” (Joshua 6:4-5).

Joshua gathered the army and priests just as God instructed. For the first six days, the armed men marched around the city once while the priests had trumpets and carried the ark of the covenant. They did this for six days. On the seventh day, as God instructed, they marched around the city seven times, the priests blew their trumpets, and the army gave a loud shout.

“When the trumpets sounded, the army shouted, and at the sound of the trumpet, when the men gave a loud shout, the wall collapsed; so everyone charged straight in, and they took the city” (Joshua 6:20).

To Joshua, the army, and the priests, this may have seemed like an extremely unconventional approach (to say the least) to overthrowing the city of Jericho. However, Joshua led the Israelites to do what God had instructed.

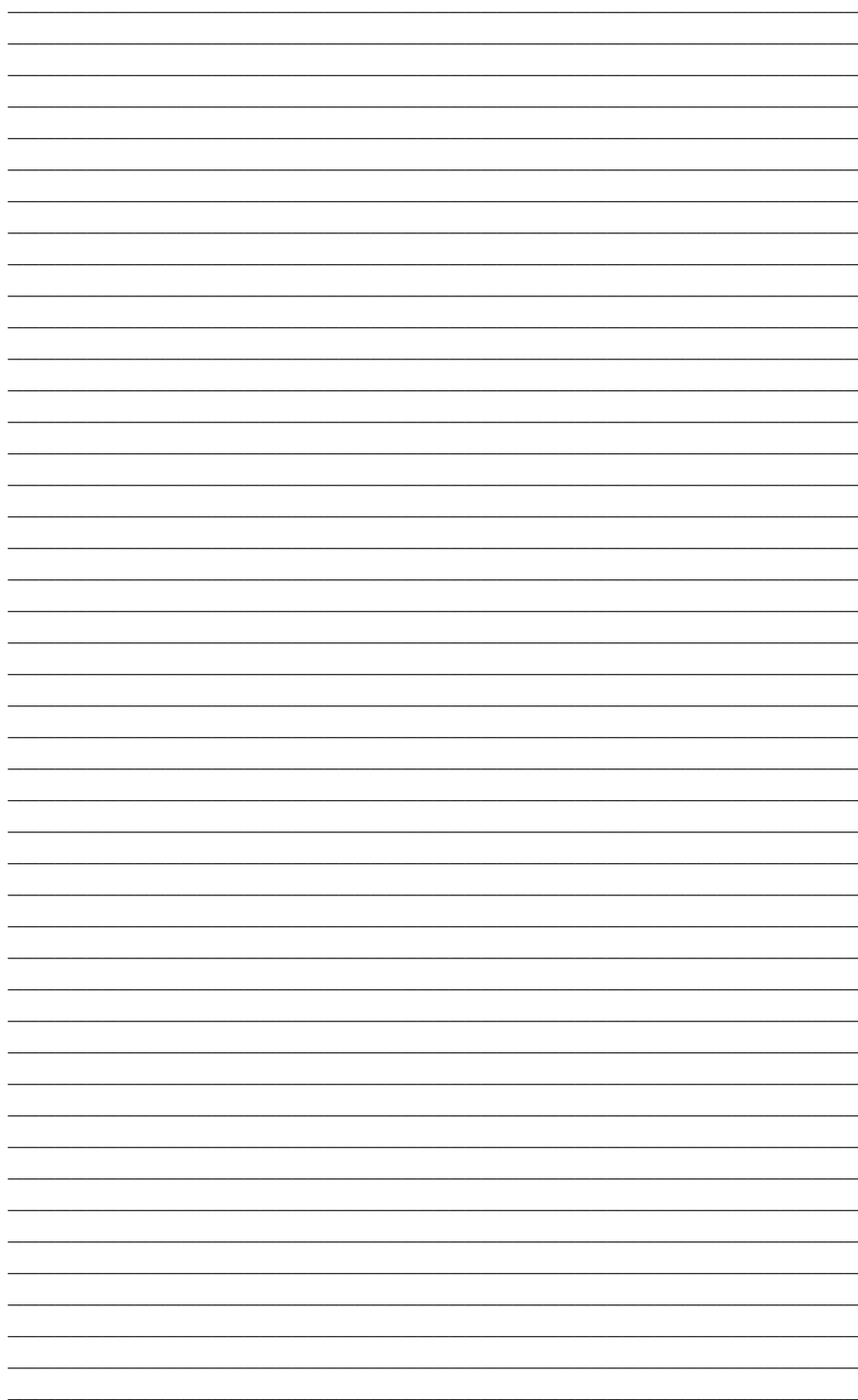
According to the Lord's promise, and the Israelites being obedient to what God instructed, on the seventh day the walls of Jericho fell in an amazing victory for the Israelites by the power of God.

As we journey together through the next week, we will consider seven relevant truths that will hopefully encourage and inspire us. We'll be challenged to obey God, apply His Word to our personal situations, and grow in our trust in Him. And we'll experience the mighty power of God to bring down any walls in our lives that are keeping us from God's best.

What Walls Need To Fall In Your Life?

Please describe any challenges, obstacles, or hindrances you are currently facing in your life.

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DAY 1

FOLLOW GOD EVEN WHEN THE SITUATION SEEMS IMPOSSIBLE.

REFLECTION

The walls of Jericho should have been impenetrable. What Joshua and the Israelites were up against may have seemed impossible to overcome. But they followed God anyway with full trust and hope in His promise. They trusted in God's faithfulness, believing that He would indeed fight for them to claim the land that was promised to them.

All believers can rest assured that even if the path seems impossible, or is not what we expected, when we prayerfully look to God, He will make a way. When we choose to follow God's good plans for us, it will be worth every step of the way. This story reminds us how crucial it is to lean on God and put our trust in Him, because that is when the impossible can happen.

SCRIPTURE

(Luke 1:37) For no word from God will ever fail.

(Jeremiah 32:17) Ah, Sovereign Lord, you have made the heavens and the earth by your great power and outstretched arm. Nothing is too hard for you.

PRAYER

Father God, I thank You that You are the God of the impossible. Nothing is too difficult for you. I choose to trust in Your ability and not my own. Teach me to see difficulties in my life from Your perspective. Help me to focus on You and Your power. Today I bring before You this difficulty in my life [name the wall(s) you need to fall down]. Help me not to fear but to trust You in this situation. I declare my faith in Your ability to fulfill Your promises to me. You will fight for me and win the battles in my life. In Jesus' Name I pray, Amen.

DAY 2

TUNE IN TO THE GOD OF YOUR BREAKTHROUGH.

REFLECTION

One crucial element of this story is that God spoke to Joshua and Joshua listened. Because Joshua took the time to listen to God and seek His direction, he heard clearly from the Lord what steps to take. We can learn a valuable lesson here about the importance of making the space to hear from God. When we stop and take the time to listen – reading Scripture, spending time in prayer, being still, worshipping, and journaling – we may hear from God and discern how the Spirit is guiding our steps.

SCRIPTURE

(John 10:27) My sheep listen to my voice; I know them, and they follow me.

(Jeremiah 33:3) Call to me and I will answer you and tell you great and unsearchable things you do not know.

PRAYER

Father God, so often my time spent in prayer becomes a one-sided conversation. I talk and talk, not giving You a chance to speak. I realize that I haven't intentionally taken time to listen to you, Lord. I confess my need for real change when it comes to my listening skills. Your Word says we should be "quick to listen" (James 1:19). I want to learn to listen well as I pray. Father, please help me become a better listener especially regarding [name your challenging situation]. I commit to setting aside time during prayer to just be still and listen. I pray as I embrace those quiet moments, I will hear from you in a fresh new way. In Jesus' Name I pray, Amen.

DAY 3

KNOW THAT THE LORD IS PURPOSEFUL, NEVER RANDOM.

REFLECTION

God did not instruct Joshua and his army to storm the city upon arrival. He had intentional steps for them to take to achieve the desired outcome of victory. God was very specific and purposeful in how He orchestrated the walls of Jericho falling. If God is that purposeful about helping the Israelites claim the city, we can be confident that God is also that purposeful in each of our lives. The ups and downs of life may feel unexpected and catch us off guard, but God knows what is coming and will make good out of all circumstances for those who love Him. Our lives are meaningful and significant because God is writing each of our stories purposefully.

SCRIPTURE

(Romans 8:28) And we know that in all things God works for the good of those who love him, who have been called according to his purpose.

(Proverbs 19:21) Many are the plans in a person's heart, but it is the Lord's purpose that prevails.

PRAYER

Father God, thank You that have a plan and purpose for our lives. I know I can trust You with everything, but I sometimes get anxious when I face difficult circumstances. Please help me to fully trust Your plan and Your power. Lord, strengthen me as I learn to trust You more. Your Word says that I don't have to fear. That even in the most difficult times, I can have peace in my heart knowing You are in charge. You created me, and You are able to bring breakthrough in [name your difficult circumstance]. So I am renewing my trust today and choosing Your ways above my own. Help me to walk in humble confidence because You are a good Father. In Jesus' name I pray, Amen.

DAY 4

WAIT ON GOD. THE OUTCOME MAY NOT BE INSTANT.

REFLECTION

The Israelites were not given permission by God to simply storm the city when they were ready. They had to wait seven days. They marched, they camped, and they waited on God to move. Perhaps some of the armed men wondered as they were marching around the walls if this was really the way to claim victory over Jericho. Maybe others thought it would be best to win the city with a proven military strategy.

We may find ourselves thinking similar thoughts when it comes to waiting on the Lord. But the answer is to keep waiting. Those who wait on the Lord will renew their strength. Waiting on the Lord deepens our faith, increases our trust in Him, and while we wait with faith, God will certainly transform and renew us. God will move in His time, in His way.

SCRIPTURE

(Isaiah 40:31) But those who wait on the Lord shall renew their strength; They shall mount up with wings like eagles, They shall run and not be weary, They shall walk and not faint.

(Psalm 27:14) Wait for the Lord; be strong and take heart and wait for the Lord.

PRAYER

Father God, I thank You that You will answer my prayers in Your perfect timing. Reveal what is in my heart, and make me ready to handle the answer in the right way when it comes. Help me to pray by faith consistently and long-term, to believe, wait, and then move forward in Your timing. Help me to be patient in prayer, not give up, and trust You even during moments when it's difficult. I thank You that You have all wisdom and will answer my prayers in the perfect way. In Jesus' name I pray, Amen.

DAY 5

DEPEND FULLY ON THE WISDOM AND POWER OF GOD.

REFLECTION

The Israelites could have marched around the walls of Jericho a million times, they could have blown a thousand horns, and shouted until they lost their voices, but without God's power, the walls of Jericho never would have fallen. We are not entirely self-sufficient; we truly need God. We need God to win our battles, to empower us to love others, to overcome obstacles, and to make a lasting impact in the world. We need God in our friendships, our careers, our marriages, and our families. We need God. When we are tempted to think otherwise, let us find wisdom from this story that we do indeed need God in all areas of our lives.

SCRIPTURE

(Psalm 28:7) The Lord is my strength and my shield; my heart trusts in him, and he helps me. My heart leaps for joy, and with my song I praise him.

(John 15:5) I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing.

PRAYER

Father God, I want to learn to trust You with my life and the situation I am facing right now [name the wall that you need God to bring down]. I give you this difficult situation and I lay it before You. I trust You to break through in Your way and in Your timing. Help me, Lord. I acknowledge my total dependence on You at this moment. All that I have is Yours and belongs to You. All my rights of ownership are Yours because You have purchased me with a great price. You are what I need and You are the One I desire. I am under Your leadership. You are mine and what is Yours becomes mine. I am Your child. Take my weakness and sustain me. I thank You that I am under Your protection. I thank you that You are my security. You are my rock and refuge. Thank You that You know how to manage my life perfectly. I am so blessed because of You. In Jesus name I pray, Amen.

DAY 6



REMEMBER THAT SMALL OBEDIENCE IS GREATER THAN BIG INTENTIONS.

REFLECTION

If the Israelites had resisted the instructions given by God to Joshua, the walls of Jericho would not have come down. The Israelites would have lost and been forced out of the Promised Land. Their obedience to God mattered. This is still true for believers today. Living righteously according to God's ways, rather than our own ways, makes a difference. We find encouragement from this story to be obedient to God and the assurance that obedience will result in blessing.

SCRIPTURE

(Luke 11:28) He replied, "Blessed rather are those who hear the word of God and obey it."

(John 14:15) If you love me, keep my commands.

PRAYER

Father God, please give me a humble heart to yield to Your instructions at all times, so that I can experience breakthrough. Help me to obey You and let me be flexible for Holy Spirit's guidance. Give me ears that are open to Your voice. Give me eyes that are ready to see the spiritual lessons that You desire to teach me. Give me a heart that is receptive to Your Word of truth. And give me the grace to daily say, "Your will, not mine, be done. In Jesus' Name I pray, Amen."

DAY 7

TRUST THAT WHAT GOD PROMISES, HE WILL ALWAYS FULFILL.

REFLECTION

God promised the Israelites this land. The fall of the walls of Jericho is a grand reminder that God fulfills what He promises. A huge amount of time passed between when God initially promised the land to the Israelites, and when they actually came to enter and claim that land. Regardless of how much time passes, God will always make good on His promises. We can trust that God is faithful to His promises and be at peace while we wait for a promise to come to pass.

SCRIPTURE

(Deuteronomy 32:4) He is the Rock, his works are perfect, and all his ways are just. A faithful God who does no wrong, upright and just is he.

(Joshua 21:45) Not one of all the Lord's good promises to Israel failed; every one was fulfilled.

PRAYER

Father God, You have shown Yourself faithful all throughout Scripture. Thank you for being faithful in my life, too. Forgive me for all those times I have doubted You in the past and at times, taken things into my own hands, and not trusted You with my situation. You love me and want the best for me. Lord, I trust You today because You are faithful, and I know Your faithfulness never runs dry. I love You and I remember You, I remember all that You are, and I remember all that You have done today. In Jesus' Name I pray, Amen.

WHAT HAS GOD DONE IN YOUR LIFE?

PLEASE DESCRIBE HOW GOD HAS MOVED IN YOUR LIFE DURING THESE SEVEN DAYS.

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This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

NEXT STEPS

THE IMPORTANCE OF ONGOING DISCIPLESHIP

A personal commitment to growing as a disciple of Jesus is key to experiencing all that God has for you. From a biblical perspective, a disciple is a learner, someone who is committed to being with a “master” in order to learn from them and take on their entire way of being.

First-century Jews had an expression they used to describe a disciple who followed their teacher closely: they were “covered in the dust” of their rabbi. Disciples are “apprentices” of a master, learning to do what the master knows how to do.

If Jesus is our rabbi, our “master”, what is it that He knows how to do? What is he “good at” that we learn from him? Jesus knows how to live abundantly in God’s kingdom. Jesus shows us what it looks like for a human to live in constant, loving communion and openness with God and others.

Discipleship is to commit oneself to being with Jesus to learn from Jesus how to be like Jesus in every aspect of one’s life.

TAKE THE NEXT STEP IN YOUR DISCIPLESHIP JOURNEY

- Weekend Services
- Generational Ministries
- Choose Christ
- Water Baptism
- Growth Track
- LifeGroups
- Serving Teams

If you have any questions about taking your next steps, please contact our Discipleship Pastor, Jerrod Fishback, at jerrodf@roseheights.org.

<https://www.roseheights.org/>



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