

**10 DAYS  
OF PRAYER  
& FASTING**

**LESSONS OF  
ENCOURAGEMENT**



# 10 DAYS OF POWER

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**6:00 PM EST NIGHTLY**

**A VIRTUAL CALL TO PRAY**



**MEETING ID: 844 4182 7437  
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**10 DAYS OF POWER: A VIRTUAL CALL FOR PRAYER & FASTING**  
**DAY ONE TEACHING: WEDNESDAY, NOVEMBER 13, 2024**

**AN ACTIVE PRAYER LIFE IS A LIFE FILLED WITH THE POWER OF GOD**

**Text:** Luke 18:1, “And he spake a parable unto them to this end, that men ought always to pray, and not to faint;”

The endeavor to cultivate a consistent prayer life is paramount for every believer who seeks a profound, intimate relationship with God. However, the establishment of steadfast prayer habits may pose challenges amidst the demands of daily life.

Prayer is a wonderful way to connect with our caring heavenly Father. In those heartfelt conversations with God, we truly feel His presence, receive His guidance, and discover our purpose.

However, nurturing a vibrant prayer life is all about commitment and being intentional. Distractions often sneak in and easily interrupt our prayer time. While we start with good intentions, our prayers can become a bit inconsistent. It's perfectly okay to seek support in staying committed to our prayer journey!

**IN THIS LESSON, WE WANT TO EMPOWER EACH READER IN THE KNOWLEDGE OF THE TRUTH THAT MAINTAINING A PRAYER LIFE DOES MAKE A DIFFERENCE.**

1. **God desires to fellowship with us.** Communication involves dialogue, not just monologue. God delights in the prayer of the upright. We talk to Him and He talks to us. When we talk, He listens. When He talks, we listen. Read, Psalm 116:1-2; Proverbs 15:8; Jeremiah 33:2-3.
2. **We receive supernatural help.** Our prayers can produce the supernatural power to help us above and beyond our capacity. Christ relates to our weaknesses. Read, Hebrews 4:14-16.
3. **The Word of God (The Holy Bible) commands us to pray.** Jesus gives a parable to establish the importance and the need to persist in prayer. Without a consistent prayer life, we are prone to lose heart—give up when faced with challenges and opposition in life. Read, Luke 18:1; Ephesians 6:18; 1 Thessalonians 5:17; and 1 Timothy 2:1.
4. **Christ prayed regularly.** We follow Christ’s example by praying regularly on all occasions (Mark 1:35, 6:46; Matthew 26:39-44; Luke 5:16, 6:12. We also follow others in Scripture who prayed, for example, Moses. Read, Numbers 11:2, 21:7 and Elijah 1 Kings 18:36-37; James 5:17-18.
5. **Praying appropriates God’s supernatural power in and for our lives.** When we pray in faith, God allows us to partner with Him in accomplishing His purposes in our lives and by showing His power. Read, John 15:5-8; Acts 4:31; and Colossians 4:2-4.
6. **Prayer makes a genuine difference.** A consistent prayer life transforms us. God uses prayer to change people and to shape history. Read, Luke 11:9-10; and James 5:16-18).
7. **Maintaining a consistent prayer life increases our knowledge of God.** Prayer helps develop our understanding of God’s will and way of doing things. The more we persist in prayer we demonstrate our faith in God and our dependence upon Him for all our needs—spiritual, physical, emotional, and intellectual. We learn to trust Him in everything as He answers our prayers. Read, Psalm 37:3-6, 63:1-8; and Ephesians 1:16-19.

8. **We receive joy and peace in our heart and mind.** I know the joy and peace of mind when God answers my prayers. Apostle Paul wanted the Philippians to experience the joy and peace that supersedes all understanding when they pray. He admonished them to pray about everything and to have no anxiety about anything. John 16:23-24; Philippians 4:6-7.
9. **A consistent prayer life helps us understand how to carry out the specific assignments.** God gives us wisdom and understanding that helps us accomplish His purpose. Paul prayed for the Colossians to live in a manner that pleases the Lord, be productive and patient, and be strengthened by the Holy Spirit. Read, Colossians 1:9-11.
10. **Prayer changes our attitudes and desires.** The more we commune with the Lord in prayer, we acknowledge His greatness by praising and worshipping Him. We desire to be conformed to the image of Christ. His wisdom causes all things to work for our good. 2 Corinthians 12:7-9; and Romans 8:28.

**SPIRITUAL NUGGET:** Anyone devoted to living out their faith as a follower of Jesus Christ should maintain a consistent prayer life for the reasons listed above, primarily because God desires to talk to you. The Creator of the Universe delights in the prayers of His people. You want to experience the glory of God as Moses did, communicate with God through prayer, and watch things happen for your good.

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**10 DAYS OF POWER: A VIRTUAL CALL FOR PRAYER & FASTING**  
**DAY TWO TEACHING: THURSDAY, NOVEMBER 14, 2024**

**MOVING THE MOUNTAINS OF LIFE, THROUGH PRAYER.**

**Text:** Romans 4:17, “(As it is written, I have made thee a father of many nations,) before him whom he believed, even God, who quickeneth the dead, and calleth those things which be not as though they were.”

Prayer that moves mountains is a powerful weapon we have as believers that can radically transform our lives. Sometimes we, as Christians, don’t realize the power we have in Christ through prayer and often miss out on opportunities for God to move on our behalf.

Sometimes we view prayer like the old childhood game “telephone”. Do you remember playing that game in elementary school? Everyone sits in a circle and a special “secret” is whispered into a child’s ear. The secret is passed around the circle, one whisper at a time, until everyone has heard the message. By the time the message has made it around the circle, usually the secret has been so distorted that it is hardly recognized by the person who started the game!

If we’re honest with ourselves, we sometimes feel like our prayers are similar to the telephone game. We call on God in prayer, but sometimes we feel that God must not have heard our request correctly. We question whether God heard us because the outcome of our prayers may not always be what we’ve hoped for. We wonder to ourselves: Did God hear me correctly? Why hasn’t he answered? Does he really care?

I am convinced that contrary to our thoughts, feelings, or the state of the circumstances around us, God

hears our prayers. Not a single word or tear goes unnoticed by our El Roi—the God who sees. Read, 2 Chronicles 16:9. Our prayers don't operate like the telephone game. Thankfully, we have the Holy Spirit who knows our every vain and idle thought; therefore, we can be confident that our prayers reach heaven.

God knows our hearts. He hears us—and he answers our prayers. Let's consider what it means to cultivate a prayer life that moves mountains.

### **HERE ARE A FEW SCRIPTURES THAT SHOULD RENDER CONFIDENCE THAT WITH PRAYER, THE MOUNTAINS IN OUR LIFE CAN BE MOVED FOREVER.**

1. **I called upon the Lord in my time of trouble, and he responded.** Psalm 46:1-3, “God is our refuge and strength, a **very present help in trouble**. “Therefore will not we fear, though the earth be removed, and though the mountains be carried into the midst of the sea; **(3)** Though the waters thereof roar and be troubled, though the mountains shake with the swelling thereof. Selah.”
2. **Regardless of my situation, the impossible becomes possible if I consult the Lord and do not doubt.** 1 Timothy 2:8, “I will therefore that men pray everywhere, lifting up holy hands, without wrath and doubting.” Read also, Matthew 19:26, “But Jesus beheld them, and said unto them, With men this is impossible; but with God all things are possible.”
3. **If there is anything blocking my prayer, I need to deal with it before God can deal with my concern.** Matthew 5:24, “Leave there thy gift before the altar, and go thy way; first be reconciled to thy brother, and then come and offer thy gift.”
4. **Pray the Word of God and not the word of culture.** Matthew 4:4, “But he answered and said, It is written, “**Man shall not live by bread alone, but by every word that proceedeth out of the mouth of God.**”

(i) Pray the request straight from the Bible— the Lord's Prayer, Psalm 23 and Psalm 51 are all prayers that can be prayed word for word from Scripture.

(ii) Personalize the prayer with scriptures— for example, using Colossians 2:10, you could pray like this: “Lord Jesus, I claim the completeness that is available through you.”

(iii) Begin by praying a Scripture that prepares your heart for connecting intimately with God. Some possible examples include: “Gracious God, I come boldly to your throne. I need your mercy and grace in my life.” Read, Hebrews 4:16. “Lord, I need you. Please open my eyes to see the wonderful truths in your instructions.” Read, Psalm 119:18.

**SPIRITUAL NUGGET:** The boldness spoken by the people of God, through faith can change any situation. It is written, Mark 5:35-42, “While he yet spake, there came from the ruler of the synagogue's house certain which said, **Thy daughter is dead:** why troublest thou the Master any further? **(36)** As soon as Jesus heard the word that was spoken, he saith unto the ruler of the synagogue, Be not afraid, only believe. **(37)** And he suffered no man to follow him, save Peter, and James, and John the brother of James. **(38)** And he cometh to the house of the ruler of the synagogue, and seeth the tumult, and them that wept and wailed greatly. **(39)** And when he was come in, he saith unto them, Why make ye this ado, and weep? the damsel is not dead, but sleepeth. **(40)** And they laughed him to scorn. But when he had put them all out, he taketh the father and the mother of the damsel, and them that were with him, and entereth in where

the damsel was lying. (41) **And he took the damsel by the hand, and said unto her, Talitha cumi; which is, being interpreted, Damsel, I say unto thee, arise. (42) And straightway the damsel arose, and walked; for she was of the age of twelve years. And they were astonished with a great astonishment.**”

Your prayers can make a difference in the name of Jesus.

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**10 DAYS OF POWER: A VIRTUAL CALL FOR PRAYER & FASTING**  
**DAY THREE TEACHING: FRIDAY, NOVEMBER 15, 2024**

**TO PRAY OR NOT TO PRAY, THAT IS THE QUESTION**

**Text:** Luke 18:1, “And he spake a parable unto them to this end, that men ought always to pray, and not to faint;”

For every believer in the cross of Jesus Christ, praying is supposed to be like breathing easier to do than not to do. We all pray for a variety of reasons. Nevertheless, prayer is a Christians’ principal weapon in any fight. The Late Bishop Rebecca W. Fletcher, 5<sup>th</sup> Chief Overseer of The House of God Church, Inc., constantly taught that “***prayer is not a form, but a force.***” For one thing, prayer is a form of serving God (Luke 2:36-38) and obeying Him. We pray because God commands us to pray (Philippians 4:6-7). Prayer is exemplified for us by Christ and the early church (Mark 1:35; Acts 1:14; 2:42; 3:1; 4:23-31; 6:4; 13:1-3). If Jesus thought it was worthwhile to pray, we should also.

We come to God with our specific requests, and we have God’s promise that our prayers are not in vain, even if we do not receive specifically what we asked for (Matthew 6:6; Romans 8:26-27). He has promised that when we ask for things that are in accordance with His will, He will give us what we ask for (1 John 5:14-15). Sometimes, the Almighty God delays His answers according to His wisdom and for our benefit. In these situations, we are to be diligent and persistent in prayer (Matthew 7:7; Luke 18:1-8). Prayer should not be seen as our means of getting God to do our will on earth but rather as a means of getting God’s will done on earth. God’s wisdom far exceeds our own. It is written, in Jeremiah 29:11, “For I know the thoughts that I think toward you, saith the Lord, thoughts of peace, and not of evil, to give you an expected end.”

For situations in which we do not know God’s will specifically, prayer is a means of discerning His will (James 1:5). Prayer was instrumental in the Spirit’s sending of Paul and Barnabas on the first missionary journey (Acts 13:1-3). Solomon asked for “wisdom and knowledge,” and God gave him that and much more (2 Chronicles 1:10-12).

Prayers un-prayed will be prayers unanswered! If the Syrian woman with the demon-influenced daughter had not prayed to Christ, her daughter would not have been made whole (Mark 7:26-30). If the blind man outside Jericho had not called out to Christ, he would have remained blind (Luke 18:35-43). God has said that we often go without because we do not ask (James 4:2). In one sense, prayer is like sharing the gospel with people. We do not know who will respond to the message of the gospel until we share it. In the same way, we will never see the results of answered prayer unless we pray.

A lack of prayer demonstrates a lack of faith and a lack of trust in God’s Word. We pray to demonstrate our faith in God, that He will do as He has promised in His Word and bless our lives abundantly more

than we could ask or hope for (Ephesians 3:20). Prayer is our primary means of seeing God work in the life of others.

Because it is our means of “plugging into” God’s power, it is also our means of defeating Satan and his army that we are powerless to overcome by ourselves. Therefore, may God find us often before His throne, for we have a high priest in heaven who can identify with all that we go through (Hebrews 4:15-16). We have His promise that the fervent prayer of a righteous man accomplishes much (James 5:16-18). May God glorify His name in our lives as we believe in Him enough to come to Him often in prayer.

## **IN THIS LESSON, LET’S LOOK AT A FEW REASONS WHY WE SHOULD PRAY AND THE RESULTS OF NOT PRAYING.**

1. **Just as the physical body needs oxygen, a spirit man should always begin with prayer.** Prayer reflects the true longing of the soul; it’s the natural atmosphere for Christians. Jesus, the Ascended LORD, said of Paul, “behold, he prayeth.” Read, Acts 9:11.
2. **Due to the existence of a personal devil.** 1 Peter 5:8, “Be sober, be vigilant; because your adversary the devil, as a roaring lion, walketh about, seeking whom he may devour.”
3. **God has a wealth of provisions prepared specifically for you. Just ask, and ye shall receive.** Matthew 7:7-8, “Ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you: **(8)** For every one that asketh receiveth; and he that seeketh findeth; and to him that knocketh it shall be opened.”

The sole legitimate means of obtaining blessings and all good things is through prayer to God, who is our Provider. Remember, as John Newton once said, “Thou art coming to a King; Large petitions with thee bring. For His grace and power are such; That none can ever ask too much.”

4. **While there may not be a single place that's completely safe in the world, in the arms of the Almighty God, you can find total serenity.** It is written, in Psalm 17:8, “Keep me as the apple of the eye, hide me under the shadow of thy wings.” Always remember Psalm 91:1, “He that dwelleth in the secret place of the most High shall abide under the shadow of the Almighty.”
5. **In the middle of prayer, you will experience the best that God has to offer.** Disney World and Universal Studios claim to be the happiest locations on earth. God’s Word says, in Psalm 16:11, “Thou wilt show me the path of life: in THY PRESENCE is FULLNESS OF JOY, at Thy right hand there are pleasures for evermore.”
6. **In the prayer room you will experience the power needed to find whatever it is you need.** The place of prayer is also the place of power. Leonard Ravenhill says, “When they have prayed the place is shaken but when we have paid the place is taken.”
7. **Because you can experience a direct connection to the realm of God.** Psalm 17:15, “As for me, I will behold thy face in righteousness: I shall be satisfied, when I awake, with thy likeness.”

**SPIRITUAL NUGGET:** When a bar of iron is placed in the fire, one may assert that the iron resides within the fire. As the fire penetrates and permeates the iron, it can be stated that the fire is now within the iron. Similarly, as we navigate our daily lives in the presence of Christ, we should permit the very Presence

of Christ to permeate our entire being until His image and likeness is fully formed within us. Truly, that will be an extraordinary manifestation of glory! Read, John 15:7.

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**10 DAYS OF POWER: A VIRTUAL CALL FOR PRAYER & FASTING**  
**DAY FOUR TEACHING: SATURDAY, NOVEMBER 16, 2024**

**THE WONDER-WORKING POWER OF PRAYER**  
**CAN STILL PRODUCE MIRACLES, SIGNS AND WONDERS**

**Text:** Acts 12:11-16, “And when Peter was come to himself, he said, **Now I know of a surety, that the Lord hath sent his angel, and hath delivered me out of the hand of Herod,** and from all the expectation of the people of the Jews. **(12)** And when he had considered the thing, he came to the house of Mary the mother of John, whose surname was Mark; **where many were gathered together praying. (13)** And as Peter knocked at the door of the gate, a damsel came to hearken, named Rhoda. **(14)** And when she knew Peter's voice, she opened not the gate for gladness, but ran in, and told how Peter stood before the gate. **(15)** And they said unto her, Thou art mad. But she constantly affirmed that it was even so. Then said they, It is his angel. **(16)** But Peter continued knocking: and when they had opened the door, and saw him, they were astonished.”

Oh, what joy it is to experience the movement of God in the midst of a situation that your thinking said that it could not happen. Things change when we pray with a pure heart towards God. The wonder-working power of the Almighty God can instantly change the dynamics of any situation.

**LET'S TAKE A LOOK AT A FEW TIMES WHEN THE POWER OF PRAYER PRODUCED MIRACLES, SIGNS AND WONDERS.**

1. **The situation has taken a turn for the worse, and all hope is lost. Call on Jesus, He will answer prayer.** Mark 4:37-39, “And there arose a great storm of wind, and the waves beat into the ship, so that it was now full. **(38)** And he was in the hinder part of the ship, asleep on a pillow: **and they awake him, and say unto him, Master, carest thou not that we perish? (39)** And he arose, and rebuked the wind, and said unto the sea, Peace, be still. And the wind ceased, and there was a great calm.”
2. **Regardless of how dark the night, Jesus has the kind of night vision that allows Him to find you and deliver you. Prayer still works at any time of the day or night.** Acts 16:25-26, “And at midnight Paul and Silas prayed, and sang praises unto God: and the prisoners heard them. **(26)** And suddenly there was a great earthquake, so that the foundations of the prison were shaken: **and immediately all the doors were opened, and every one's bands were loosed.**”
3. **What you consider dead, God can resuscitate it and make you whole again. There is nothing too hard for God.** John 11:40-44, “ Jesus saith unto her, Said I not unto thee, that, if thou wouldest believe, thou shouldest see the glory of God? **(41)** Then they took away the stone *from the place* where the dead was laid. And Jesus lifted up *his* eyes, and said, **Father, I thank thee that thou hast heard me. (42)** And I knew that thou hearest me always: but because of the people which stand

by I said *it*, that they may believe that thou hast sent me. **(43)** And when he thus had spoken, he cried with a loud voice, Lazarus, come forth. **(44) And he that was dead came forth**, bound hand and foot with graveclothes: and his face was bound about with a napkin. **Jesus saith unto them, Loose him, and let him go.**

**SPIRITUAL NUGGET: Prayer can change the dynamics of any situation, we must believe in what the Word of God has for us. Then, we can say nothing is too hard for God. Is it not written,** 1 Corinthians 2:9 “But as it is written, Eye hath not seen, nor ear heard, neither have entered into the heart of man, the things which God hath prepared for them that love him.”

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**10 DAYS OF POWER: A VIRTUAL CALL FOR PRAYER & FASTING**  
**DAY FIVE TEACHING: SUNDAY, NOVEMBER 17, 2024**

**NEED CHANGE IN YOUR LIFE? PRAY!**

**Text:** Philippians 4:13, “I can do all things through Christ which strengtheneth me.”

Many of us are looking to change the momentum of our life. We are constantly on the move, trying new things that we hope will catch on and prosper us spiritually, emotionally, and even financially. However, if you need real change in your life, the kind of change that is not moved by the current state of the world, don't look for the quick fix; do as David said in Psalm 121: 1-2, “I will **lift up mine eyes unto the hills, from whence cometh my help.** **(2)** My help cometh from the Lord, which made heaven and earth.”

How can you effectuate real change that doesn't switch up on you as the changing times and “...where moths and vermin destroy, and where thieves break in and steal,” Matthew 6:19. The answer is to PRAY. Prayer can change your life in an instant. Prayer travels faster than the speed of light and sound. Prayer can lift where the weights of life are too heavy. **Prayer can:**

1. **Open doors that were previously shut.** Deuteronomy 28:12, “The LORD shall open unto thee his good treasure, the heaven to give the rain unto thy land in his season, and to bless all the work of thine hand: and thou shalt lend unto many nations, and thou shalt not borrow.” Read, Proverbs 10:22; 2 Corinthians 9:8, Isaiah 45:3 and Psalm 112:3.
2. **Close doors that are open.** Jeremiah 10:21-24, “For the pastors are become brutish, and have not sought the LORD: therefore they shall not prosper, and all their flocks shall be scattered. **(22)** Behold, the noise of the bruit is come, and a great commotion out of the north country, to make the cities of Judah desolate, *and* a den of dragons. **(23)** O LORD, I know that the way of man *is* not in himself: *it is* not in man that walketh to direct his steps. **(24)** O LORD, correct me, but with judgment; not in thine anger, lest thou bring me to nothing.”



A clear path doesn't always mean it's the one God wants us to take. There are moments when we might lack the information needed to make the best choice, and that's when He redirects us. O LORD, order our steps in your word. The Holy Spirit has the complete road map for our lives, guiding us every step of the way, so let's follow Him with trust and faith!

3. **Heal the sick and raise the dead.** James 5:14-15, "Is anyone among you sick? Let them call the elders of the church to pray over them and anoint them with oil in the name of the Lord. And the prayer offered in faith will make the sick person well; the Lord will raise them up. If they have sinned, they will be forgiven." Read, Luke 7:14.
4. **Do the impossible.** Psalm 18:6, "In my distress I called upon the LORD, and cried unto my God: he heard my voice out of his temple, and my cry came before him, even into his ears.

Are you facing a seemingly impossible situation in your life right now? Are you feeling overwhelmed and unsure of how to move forward? Or maybe you know someone who is going through a challenging time. Whatever the case may be, sometimes we need a little bit of extra help, guidance, and support. We encourage you to pray and watch God change things.

**SPIRITUAL NUGGET:** Prayer still changes things! Let's unite in prayer, "Father God, help us to have a heart that is dedicated to prayer. Help us to become the instruments of your glory so that we may be the lights in the darkness that can bring others to you through our daily living. In Jesus name, we pray. Amen.

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## **10 DAYS OF POWER: A VIRTUAL CALL FOR PRAYER & FASTING** **DAY SIX TEACHING: MONDAY, NOVEMBER 18, 2024**

### **USE THE KEYS THAT GOD GAVE YOU TO UNLOCK A SUCCESSFUL PRAYER LIFE**

**Text:** Philippians 4:6, "Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God."

Many of us have so many keys on our key rings that we sometimes have to shake the ring to untangle the bundle so that we can get the right key to open the door. Here we want to show you ways that you can get to the key you need to unlock the doors without taking time to use the wrong key.

Oftentimes, we desire to have a life dedicated to prayer, but every time we turn around, something is always going on that keeps us from operating more fluently in prayer. If it's not the family, it's the job; if it's not the job, it's the church, the community, the financial infrastructure; regardless of what it may be, something or, at times, someone gets in our way.

**DURING THIS LESSON, WE WANT TO DIVE INTO SEVERAL KEY FACTORS THAT CAN RECHARGE YOUR SPIRIT TO UNLOCK THE DOORS OF A SUCCESSFUL PRAYER LIFE:**

1. **Be true to yourself and the issue(s) that you are encountering.** Matthew 6:7, “But when ye pray, use not vain repetitions, as the heathen do: for they think that they shall be heard for their much speaking.”

God is always listening to you. He doesn't need fancy words. He just wants to talk to you. So talk to God in the way that you talk to other people. You may not be a person of many words, so when you talk to God, just speak to Him in the best way you can.

2. **Pray with all sincerity; God is waiting to hear from you in the most natural form possible.** Ephesians 6:18-20, “Praying always with all prayer and supplication in the Spirit, and watching thereunto with all perseverance and supplication for all saints; **(19)** And for me, that utterance may be given unto me, that I may open my mouth boldly, to make known the mystery of the gospel, **(20)** For which I am an ambassador in bonds: that therein I may speak boldly, as I ought to speak.”

Put aside any masks (or pretenses) you think you need to wear, and just share your genuine self with God in prayer. There's no need for fancy words or strict answers—just come as you are, right in this moment. Open your heart to God and speak your truth, even if it includes your doubts, disappointments, struggles, and grief. It's all apart of being honest and sincere with Him.

3. **Pray with sensibility that God will respond according to His word.** James 1:5, “If any of you lack wisdom, let him ask of God, that giveth to all men liberally, and upbraideth not; and it shall be given him.”

Prayer is not asking God for every whim and fantasy. Our prayers and petitions should be aligned with God's will for our lives and in measure with what we need.

4. **Pray with the affectionate nature that God will pour out His spirit upon your life.** Acts 4:31, “After they prayed, the place where they were meeting was shaken. And they were all filled with the Holy Spirit and spoke the word of God boldly.”

Prayer is the development of our relationship with God, sharing our lives with the One who created us. It's the conversation with our Father, words spoken with deepest love and affection, sharing the inmost feelings – joy and sadness alike – with the one who loves us most.

5. **When we pray effectively, it's truly through the strength and support of the Holy Spirit guiding us.** 1 Peter 3:12, “For the eyes of the Lord are over the righteous, and his ears are open unto their prayers: but the face of the Lord is against them that do evil.”

The Holy Spirit is the indwelling of God within each of us. The Holy Spirit is our source of strength and inner guidance. He knows our prayers and even prays on our behalf when we cannot summon the words on our own. He equips and enables us to step forward in faith. So, we lean on the Holy Spirit in our prayers, calling upon his strength and assistance to find the right words, to pray the right prayers, and to bring forth the power of God in this world.

6. **Prayer should be for such things as God has promised, according to His Word (the Bible).** Matthew 7:7, “Ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you:”

Our prayers should always be in line with the Word of God. What are the promises God gives us in the Bible? What are the gifts and desires he has for our lives? Is what you’re praying for aligned with God’s Word? If you pray according to the will, way, and Word of God, we can ask what we will, and it shall be done. Read, John 15:7.

7. **Prayer should not be selfish but should always be focused on the good of the Church and others.** Philippians 2:3-7 New Living Translation, “Don’t be selfish; don’t try to impress others. Be humble, thinking of others as better than yourselves. (4) Don’t look out only for your own interests, but take an interest in others, too. (5) You must have the same attitude that Christ Jesus had. (6) Though he was God, he did not think of equality with God as something to cling to. (7) Instead, he gave up his divine privileges, he took the humble position of a slave and was born as a human being. When he appeared in human form,”

The essence of prayer is to pray for God’s will to be done here on earth in our lives and in the lives of others around us. We need to pray through the lens of God’s will, which may run counter to our selfish human desires.

8. **Prayer should be done in faith and with submission to the will of God.** Hebrews 11:6, “But without faith *it is* impossible to please *him*: for he that cometh to God must believe that he is, and *that* he is a rewarder of them that diligently seek him.”

Prayer isn’t like taking a wish list to Santa and hoping to get all your desires answered. It’s more about entering into a relationship with God, such that your heart is brought into alignment with his and you allow God to do his will through you. It’s about building your faith in God and partnering to release his power in the world. It’s less about the words you say and more about developing a receptive heart, willing to submit to God’s plans for your life.

**SPIRITUAL NUGGET:** In order to access the promises of God, we must use the right keys to unlock the doors that we need to open and lock the doors that need to be closed. Use the keys of prayer, praise, fasting, and the Word of God, and watch victory become your name. Is it not written, Mark 11:24, “Therefore I tell you, whatever you ask in prayer, believe that you have received it, and it will be yours.” Read also Matthew 16:18, “And I tell you, you are Peter, and on this rock I will build my church, and the gates of hell shall not prevail against it.”

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**10 DAYS OF POWER: A VIRTUAL CALL FOR PRAYER & FASTING**  
**DAY SEVEN TEACHING: TUESDAY, NOVEMBER 19, 2024**

**CLIMATE CHANGE IS REAL: PRAYER CHANGES THE SITUATIONS WE FACE**

Text: Ephesians 6:12, “For we wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high places.”

Climate change is a topic of conversation around the globe. Climate change is a long-term change in the average weather patterns that have come to define Earth’s local, regional and global climates. These changes have a broad range of observed effects that are synonymous with the term.

Spiritual climate change refers to a prolonged alteration within the spiritual realm that is poised to disrupt the original design of God's order. It was the plan of God that we live in peace and victory daily. Is it not written, Genesis 1:26-28, “And God said, Let us make man in our image, after our likeness: and let them have dominion over the fish of the sea, and over the fowl of the air, and over the cattle, and over all the earth, and over every creeping thing that creepeth upon the earth. (27) So God created man in his own image, in the image of God created he him; male and female created he them. (28) And God blessed them, and God said unto them, Be fruitful, and multiply, and replenish the earth, and subdue it: and have dominion over the fish of the sea, and over the fowl of the air, and over every living thing that moveth upon the earth.” Read Luke 10:9.

When sin entered the world, our relationship with God transformed. This brought about a separation that disrupted His original plan. Thanks to the blood of Jesus Christ, we can now be fully aligned with Him. How do we maintain that connection of peace, joy and favor – pray. Prayer can change the climate of any situation.

Revelation 8:2-4, And I saw the seven angels which stood before God; and to them were given seven trumpets. And another angel came and stood at the altar, having a golden censer; and there was given unto him much incense, that he should offer it with the prayers of all saints upon the golden altar which was before the throne. And the smoke of the incense, which came with the prayers of the saints, ascended up before God out of the angel's hand.

The prayer of faith brings about miraculous changes, overcoming Satan’s influence and lifting heavy burdens of all sorts. It supports those who feel oppressed, brings healing to the sick and suffering, empowers those who are weary, and offers wisdom and understanding for obtaining what is needed—spiritually, naturally, and financially.

Prayer has a wonderful impact on our well-being. It brings us deep peace and courage, while also inviting in positive thoughts and ideas. Remember what it says: “Set your affection on things above, not on things on the earth. For you are dead, and your life is hidden with Christ in God. When Christ, who is our life, appears, then you also will appear with him in glory” (Colossians 3:2-4).

## **PRAYER SERVES AS A DIVINE INSTRUMENT THAT ACTIVATES AND ENGAGES GOD'S SPIRIT AND BLESSINGS.**

1. **God inspires men to pray.** Luke 18:1, “And he spake a parable unto them to this end, that men ought always to pray, and not to faint.”
2. **God Almighty has bound Himself to the church’s prayers to give the saints newfound victories daily.** Lamentations 3:22-23, “It is of the LORD's mercies that we are not consumed, because his compassions fail not. They are new every morning: great is thy faithfulness.”

3. **When Elijah prayed, God held back rain on earth for 3½ years.** I Kings 17:1, It is written: “And Elijah the Tishbite, who was of the inhabitants of Gilead, said unto Ahab, As the LORD God of Israel liveth, before whom I stand, there shall not be dew nor rain these years, but according to my word.”
4. **Prayer is God’s capital stock by which He carries on His great work upon the earth.** Daniel 10:12, “Then said he unto me, Fear not, Daniel: for from the first day that thou didst set thine heart to understand, and to chasten thyself before thy God, thy words were heard, and I am come for thy words.”
5. **Faith is the positive contact through prayer that releases God’s blessings.** Hebrews 11:6. “But without faith it is impossible to please him : for he that cometh to God must believe that he is, and that he is a rewarder of them that diligently seek him”
6. **God is always ready to lend a helping hand to His people when they are in need.** Isaiah 65:24, “And it shall come to pass, that before they call, I will answer; and while they are yet speaking, I will hear.”

**SPIRITUAL NUGGET:** It is written: “Is any among you afflicted? let him pray. Is any merry? let him sing psalms. Is any sick among you? let him call for the elders of the church; and let them pray over him, anointing him with oil in the name of the Lord: And the prayer of faith shall save the sick, and the Lord shall raise him up; and if he have committed sins, they shall be forgiven him” (James 5:13-15).

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**10 DAYS OF POWER: A VIRTUAL CALL FOR PRAYER & FASTING**  
**DAY EIGHT TEACHING: WEDNESDAY, NOVEMBER 20, 2024**

**PRAYER AND FASTING: THE PERFECT COMBINATION**

**Text:** Matthew 6:16-18, “Moreover when ye fast, be not, as the hypocrites, of a sad countenance: for they disfigure their faces, that they may appear unto men to fast. Verily I say unto you, They have their reward. (17) But thou, when thou fastest, anoint thine head, and wash thy face; (18) That thou appear not unto men to fast, but unto thy Father which is in secret: and thy Father, which seeth in secret, shall reward thee openly.”

Fasting is the way that the saints of God receive a breakthrough to direct them and help them deal with a crisis in their lives. What exactly is fasting? Fasting is a deliberate abstinence from physical gratification—usually going without food for a period of time—to achieve a greater spiritual goal.

As Paul describes so well in Romans 7, there is a perpetual battle between the flesh and the spirit, and our mind moderates by making decisions about which call to obey. As human beings, we are mind, body and spirit, but spiritually dead without God. We tend to be pushed around by our fleshly desires. Our flesh is all about our relationship with ourselves and our natural physical cravings, which can become selfish and even destructive when left unchecked. Our mind can overrule our body and give us the capacity to meaningfully relate to others and the world, while our spirit communes directly with God.

As we fast, we deliberately weaken the powerful bond with our flesh and strengthen our relationship with God, spirit to Spirit.

**DURING THIS STUDY PORTION OF THE LESSON, WE WILL TAKE A GLIMPSE INTO THE IMPORTANCE OF AND RESULTS OF THE REWARDS OF PRAYER AND FASTING:**

1. Some things cannot be accomplished by prayer alone. “Howbeit this kind goeth not out but by prayer and fasting.” Matthew 17:21. What do you suppose that Christ meant when He used the term, “this kind”? \_\_\_\_\_  
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2. True fasting brings about a change in every situation. “Is not this the fast that I have chosen? to loose the bands of wickedness, to undo the heavy burdens, and to let the oppressed go free, and that ye break every yoke?.” Isaiah 58:6.

Discuss the difference between TRUE fasting and FALSE fasting.

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3. When you fast and pray in private, God will reward you openly. “Moreover when ye fast, be not, as the hypocrites, of a sad countenance: for they disfigure their faces, that they may appear unto men to fast. Verily I say unto you, They have their reward.” Matthew 6:16. Discuss the comparison of Matthew 6:16 and Matthew 6:4.

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4. When we fast, God wants us to give our total man (mind, body and spirit) to Him. “Therefore also now, saith the Lord, turn ye even to me with all your heart, and with fasting, and with weeping, and with mourning.” Joel 2:12. What are the benefits to turning ourselves over to fasting and praying? \_\_\_\_\_  
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5. You cannot be on the Lord’s fast and also operate in the world, as usual, and expect Godly results. “I ate no pleasant bread, neither came flesh nor wine in my mouth, neither did I anoint myself at all, till three whole weeks were fulfilled.” Daniel 10:3. What does, “I ate no pleasant bread” represent? \_\_\_\_\_  
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6. There are several different combinations one can use to get results. If you want to hear from God, learn to fast and pray. “As they ministered to the Lord, and fasted, the Holy Ghost said, Separate me Barnabas and Saul for the work whereunto I have called them.” Acts 13:2.

7. “Sanctify ye a fast, call a solemn assembly, gather the elders and all the inhabitants of the land into the house of the LORD your God, and cry unto the LORD,” Joel 1:14. Why were these directives given unto Joel? \_\_\_\_\_
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**SPIRITUAL NUGGET:** While we may not fully grasp how everything in life works, we can trust in the power of faith. When we unite prayer with fasting, we open ourselves up to a deeper understanding and connection. Romans 8:28 says, “**And we know that all things work together for good** to them that love God, to them who are the called according to his purpose.” Fast and pray and watch the power of God respond with your breakthrough.

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**10 DAYS OF POWER: A VIRTUAL CALL FOR PRAYER & FASTING**  
**DAY NINE TEACHING: THURSDAY, NOVEMBER 21, 2024**

**GOD CAN WORK THROUGH ANY SITUATION; PRAY AND SEE THE RESULTS**

**Text:** Genesis 18:14, “Is any thing too hard for the Lord? At the time appointed I will return unto thee, according to the time of life, and Sarah shall have a son.”

Imagine that you are not qualified, lacking the experience or degree for the position. Imagine being told that you will never be able to make it in life because of your past. Imagine being told that you are too old for a job or task. Imagine feeling that what you desire is out of reach, and then someone comes along to reinforce your thoughts, saying that you will not make it. You are going to look at that person as if they are insane, or you will look at them as if they have supported your thoughts all along.

The reality is that Sarah belonged to this category; she was 90 years old when she gave birth to Isaac, her only child who was considered a child of promise (Genesis 17:15-22, 18:9-15, 21:1-7). Despite being barren until her advanced age, she exhibited qualities of patience, kindness, and love, while remaining faithful to her husband. She passed away at the age of 127.

Many of us have been praying for years, seeking God’s guidance in the challenges we face. It’s completely natural to feel discouraged at times and to wonder about the promises God has for us—promises that remind us of the success we’re meant to achieve, the graduation waiting ahead, the loving partner we’ll find, and the dreams we’re destined to fulfill. Remember, you are not alone in this journey, and the promise is still within reach! How confident are we that the promise is in reach? Numbers 23:20 reminds us, “Behold, I have received commandment to bless: And he hath blessed, and I cannot reverse it.”

**LET’S LOOK AT SOME PIVOTAL POINTS THAT CAN GIVE US STRENGTH DURING THE DAYS OF OUR LIVES.**

1. **Regardless of the lack that is within your house today, pray and watch God work with nothing and produce something.** Philippians 4:19, “But my God shall supply all your need according to his riches in glory by Christ Jesus.” Read, 1 Kings 17:10-16 and Genesis 1:3.

2. **When the burdens of life become overwhelming, God always has a refuge available where one can seek solace.** Proverbs 18:10, “The name of the LORD is a strong tower: the righteous runneth into it, and is safe.”
3. **I called on the Lord for strength during some of the weakest times in life and He heard me and delivered me.** Psalm 18:6, “In my distress I called upon the LORD, and cried unto my God: he heard my voice out of his temple, and my cry came before him, even into his ears.” Read, Lamentations 3:58-66 and Daniel 3.
4. **When the enemies of life try to tear me down, God will strengthen me, settle me, and make me stronger, wiser, and better than before.** Psalm 27:2-3, “When the wicked, even mine enemies and my foes, came upon me to eat up my flesh, they stumbled and fell. **(3)** Though an host should encamp against me, my heart shall not fear: though war should rise against me, in this will I be confident.” Read, Psalm 27:11-14; Isaiah 41:10; Colossians 1:11-20 and 1 Peter 5:10.
5. **I prayed and God answered.** Isaiah 43:2 says, “When thou passest through the waters, I *will be* with thee; and through the rivers, they shall not overflow thee: when thou walkest through the fire, thou shalt not be burned; neither shall the flame kindle upon thee.” Read, 1 Kings 18:21-39.
6. **I will continue using what I have: prayer and fasting, for I am guaranteed to see results.** “But lift thou up thy rod, and stretch out thine hand over the sea, and divide it: and the children of Israel shall go on dry *ground* through the midst of the sea.” Exodus 14:16.

**SPIRITUAL NUGGET:** God Can Work Through Any Situation; Pray and See The Results! Psalm 18:2-6, “The Lord is my rock, and my fortress, and my deliverer; my God, my strength, in whom I will trust; my buckler, and the horn of my salvation, and my high tower. **(3)** I will call upon the Lord, who is worthy to be praised: so shall I be saved from mine enemies. **(4)** The sorrows of death compassed me, and the floods of ungodly men made me afraid. **(5)** The sorrows of hell compassed me about: the snares of death prevented me. **(6)** In my distress I called upon the Lord, and cried unto my God: he heard my voice out of his temple, and my cry came before him, even into his ears.”

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**10 DAYS OF POWER: A VIRTUAL CALL FOR PRAYER & FASTING**  
**DAY TEN TEACHING: FRIDAY, NOVEMBER 22, 2024**

**FACT OR FICTION: DOES PRAYER REALLY WORK?**

**Text:** 2 Corinthians 3:17, “Now the Lord is that Spirit: and where the Spirit of the Lord is, there is liberty.”

When you pray for something that truly matters to you, and it feels like those prayers go unanswered, it's natural to wonder, “Does prayer really work?” You might start questioning where the results are that you were hoping for. Were you perhaps praying in the wrong way, or did it feel like God wasn't listening?



Thinking about the effectiveness of your prayers is really important because prayer plays a vital role in your relationship with God. So, does prayer truly work? Let's explore the incredible power of prayer together!

- 1. Is there a right and wrong way to pray?** If your prayers don't seem to work as you desire, it could be helpful to think about whether you're approaching them in a way that feels right for you. It's important to remember that there isn't a one-size-fits-all method for prayer. As 2 Corinthians 3:17 tells us, "... where the Spirit of the Lord is, there is liberty." This beautiful verse reminds us of the freedom God gives us to communicate with Him in ways that resonate with our hearts. So, there's no need to cling to traditional ways such as sitting still, closing your eyes, or using formal language. Feel free to express your prayers through creative outlets like singing, dancing, drawing, or writing! You can pray at a specific time and place, or weave it into your daily activities through working, cooking, driving, or walking. God is always there to listen to any kind of prayer, as His presence never leaves us. In Joshua 1:9, God encourages us, saying, "Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go."

When we engage in heartfelt prayer, rather than adhering to set formulas, we open ourselves up to experiencing the deep love and compassion that God has for us. It's essential to recognize that what God desires is genuine communication, not just memorized phrases. From God's perspective, prayer is about building a relationship, not merely going through the motions of religious rituals. In Isaiah chapter 29, God shares His disappointment with the way people have turned their prayers into mere routines. He intends to capture their attention through incredible acts of wonder, as it beautifully states in verse 14, "Therefore once more I will astound these people with wonder upon wonder; the wisdom of the wise will perish, the intelligence of the intelligent will vanish."

- 2. Does prayer work?** In the stress of living with uncertainty day by day, you can rely with certainty on the power of prayer. Prayer does indeed work. However, that doesn't mean that prayer works by convincing God to answer your prayers in a certain way and timing. Prayer works by welcoming more of God's power to flow through your life.

It can be disappointing and frustrating to pray about something important to you and not see any answers from God in response. But keep in mind that God works from a higher perspective than human beings, and what God knows is best for you doesn't always align with your own desires. As Isaiah 55:8-9 says, 'For my thoughts are not your thoughts, neither are your ways my ways,' declares the LORD. 'For as the heavens are higher than the earth, so My ways are higher than your ways and My thoughts than your thoughts.'" So, when God's responses to your prayers don't reflect your own desires, challenge yourself to trust how God chooses to respond. Remind yourself that God can see each situation in your life from the perspective of the highest good. While your human perspective is limited, God's love for you is unlimited, and you can trust him to answer your prayers according to what is truly best. Even when God's answers to your prayers aren't what you expect, prayer works.

Prayer also helps you focus your attention on God, which strengthens your well-being. In *Wake Up to Wonder*, I explain research studies on the well-being benefits of prayer. Praying activates key

brain areas related to concentration and language. When you pray, you're more likely to notice the wonder around you than you would be otherwise, and feel awe as a result. Experiencing awe during prayer can strengthen your faith in God and help you see how events in your life have God-given purposes. These well-being benefits show another aspect of the power of prayer at work.

Finally, prayer works for good in your life by drawing you into a closer relationship with God. The more you communicate with God, the more wonder you can discover, and enjoying that wonder will inspire you to keep praying. God intends prayer to be an ongoing conversation between you and him. Philippians 4:6 urges: "Don't worry about anything; instead, pray about everything..." and you can "pray about everything" by focusing your mind on God's constant presence with you and welcoming his work in your life moment by moment.

- 3. Rest assured; the Almighty God hears your prayers.** The Bible encourages us to be confident that God hears our prayers: "This is the confidence we have in approaching God: that if we ask anything according to his will, he hears us. And if we know that he hears us – whatever we ask – we know that we have what we asked of him" (1 John 5:14-15). This verse emphasizes the importance of praying according to God's will. We can discover how to do so by asking God to show us. James 1:5 urges, "If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you." The Holy Spirit will provide all the guidance you need about how to pray, and even intercede during your prayers to align them with God's will: "... the Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit himself intercedes for us through wordless groans. And he who searches our hearts knows the mind of the Spirit, because the Spirit intercedes for God's people in accordance with the will of God" (Romans 8:26-27).

God wants to hear your prayers! God longs to listen to you when you seek him wholeheartedly, he says in Jeremiah 29:12-14: "... you will call on me and come and pray to me, and I will listen to you. You will seek me and find me when you seek me with all your heart. I will be found by you," declares the LORD...". Prayer isn't an obligation; it's an opportunity. When you start prayer habits you enjoy, you'll naturally be motivated to keep your conversations with God going.

As you communicate with God, your relationship with him will grow closer, and you'll grow spiritually in the process. "The prayer of a righteous person is powerful and effective," James 5:16 reveals. You'll discover that prayer does indeed work, because no matter how God answers your prayers, you'll be blessed in your conversations with your Heavenly Father.

## **HERE ARE A FEW SCRIPTURES THAT WILL HELP YOU TO BE EMPOWERED IN YOUR BELIEF THAT YOUR PRAYERS DO WORK:**

- 4.** Philippians 4:6 – "Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God."

5. Mark 11:24 – “Therefore I say unto you, What things soever ye desire, when ye pray, believe that ye receive them, and ye shall have them.”
6. Romans 8:26 – “Likewise the Spirit also helpeth our infirmities: for we know not what we should pray for as we ought: but the Spirit itself maketh intercession for us with groanings which cannot be uttered.”
7. Matthew 6:6 – “But thou, when thou prayest, enter into thy closet, and when thou hast shut thy door, pray to thy Father which is in secret; and thy Father which seeth in secret shall reward thee openly.”
8. James 5:16 – “Confess your faults one to another, and pray one for another, that ye may be healed. The effectual fervent prayer of a righteous man availeth much.”
9. Matthew 26:41 – “Watch and pray, that ye enter not into temptation: the spirit indeed is willing, but the flesh is weak.”
10. Colossians 4:2 – “Continue in prayer, and watch in the same with thanksgiving;”
- 11.1 Thessalonians 5:16-18 – “Rejoice evermore. (17) Pray without ceasing. (18) In every thing give thanks: for this is the will of God in Christ Jesus concerning you.”

**SPIRITUAL NUGGET:** Despite popular belief, prayer is an essential tool for the growth of the total man. In order for our lives to operate effectively, we must keep in communication to God and watch Him show that prayer still works.

All lessons within this unit of study are presented by **Bishop Charlene M. Jamison** – All Rights Reserved  
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## A FEW FINAL WORDS ON BEHALF OF THE NORTH CAROLINA DIOCESE DEPARTMENT OF EVANGELISM

Greetings Brothers and Sisters,

We express our enthusiasm for collaborating with the Office of our newly appointed Jurisdictional Prelate, Bishop Charlene M. Jamison. Her vision encompasses the unification of individuals from diverse nationalities and cultural backgrounds to serve one God, free from animosity or doubt.

Evangelism is all about sharing the message of the gospel and our journey of salvation! It's about joyfully proclaiming that Jesus Christ, the Son of God, lovingly sacrificed His life for our sins. It is written in John 3:16-17, “For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him

should not perish, but have everlasting life. (17) For God sent not his Son into the world to condemn the world; but that the world through him might be saved.” Through this incredible act, He opens the door to eternal life for everyone who believes!

As we persevere through life's various challenges, encompassing both natural and spiritual dimensions, the North Carolina Evangelistic Department seeks to extend the compassion and love of Jesus Christ to all humanity, ensuring that this outreach is conducted in the spirit of excellence, doing so in accordance with the teachings of Jesus, as stated in Luke 14:23, “And the Lord said unto the servant, Go out into the highways and hedges, and compel them to come in, that my house may be filled.”

Our objective is to populate the House of the Lord with those who need solace from life's adversities. We do believe and stand upon the principles that:

**God will meet you wherever you are in life.** Matthew 11:28-29, “Come to Me, all the ones being weary and having been burdened [*that is, loaded down with burdens too heavy to carry, and too heavy to deal with*], and I will give you rest. (29) Take My yoke upon you and learn from Me, because I am gentle and humble *in* heart, and you will find rest *for* your souls.” Disciples’ Literal New Testament.

**You matter!** Zephaniah 3:17, “The LORD thy God in the midst of thee is mighty; he will save, he will rejoice over thee with joy; he will rest in his love, he will joy over thee with singing.”

- i.) “For you formed my inward parts; you knitted me together in my mother’s womb. I praise you, for I am fearfully and wonderfully made.” (Psalm 139:13-14, ESV)
- ii.) “He who touches you touches the apple of his eye.” (Zechariah 2:8, ESV)
- iii.) “God created man in His own image, in the image of God He created him; male and female He created them.” (Genesis 1:27, KJV)
- vi.) “But to all who believed him and accepted him, he gave the right to become children of God.” (John 1:12, KJV).
- v.) “It is God who directs the lives of his creatures; everyone’s life is in his power” (Job 12:10, KJV).

Let’s stay empowered. Let’s stay encouraged. Let’s stay connected. When we stay united, nothing can defeat us because we are united for the cause of better.

Bishop Charlene M. Jamison,  
NCD Jurisdictional Prelate

General Elder Charlotte Sims,  
NCD Evangelism President



## THE INFORMATIONAL

Britannica defines the word fasting as, “abstinence from food or drink or both for health, ritualistic, religious, or ethical purposes. The abstention may be complete or partial, lengthy, of short duration, or intermittent.

When Moses ascended Mount Sinai to receive the Ten Commandments, he fasted for forty days and forty nights as a sign of dedication. Read, Exodus 34. This act of faith demonstrated his willingness to submit to God’s will and seek divine guidance through abstinence from food. In his book “Hunger for God,” John Piper writes: “Christian fasting regardless of how many days or nights, at its root, is the hunger of a homesickness for God. Christian fasting is not only the spontaneous effect of superior satisfaction in God, it is also a chosen weapon against every force in the world that would take that satisfaction away.

Many Christians embrace the idea of a “fast” not just from food but from other pleasures too, like TV, the internet, or even for married couples, intimacy. You may have encountered friends or family members who have chosen to embark on a “social media fast” or a “screen fast” for spiritual growth. Regardless of the purpose of your fast, it is definitely a time when you and God can communicate more clearly.

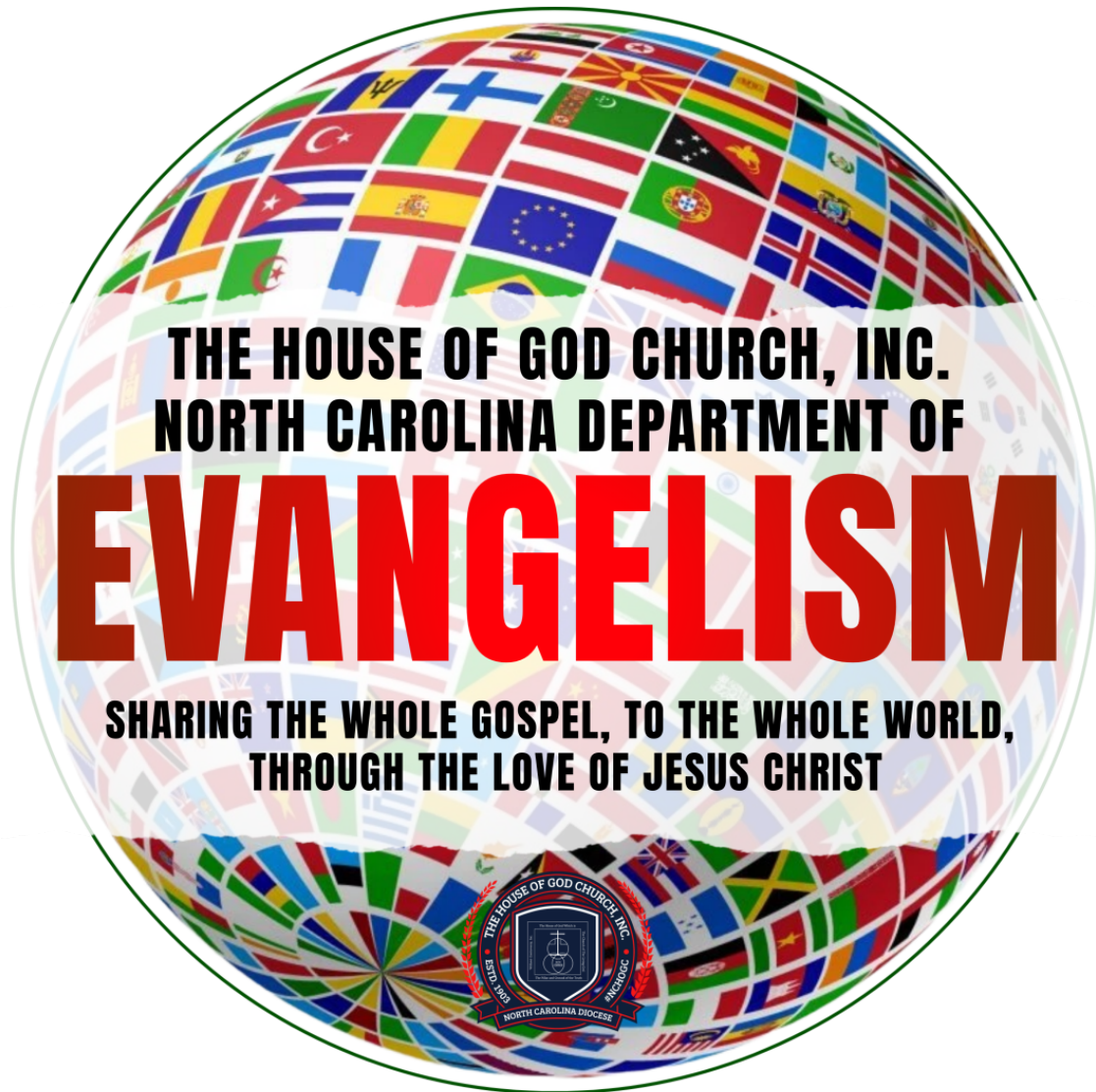
While Jesus was here on Earth, His followers didn’t practice fasting. However, He expected that they would start fasting after He returned to the Father (Luke 5:33–34). In His Sermon on the Mount, Jesus guided His followers on how to fast, encouraging them not to draw attention to themselves while doing it, unlike some in their culture (Matthew 6:16–18). Jesus may not have commanded his followers to fast, but He expected them to.

Fasting is a topic that appears throughout the Bible, intertwining both the Old Testament, which was written before Jesus’ ministry, death, and resurrection, and the New Testament, which came after. When Christians talk about fasting, two significant passages often arise: one from the insightful prophet Isaiah in the Old Testament and another from Jesus himself. Interestingly, while these passages are frequently referenced, they don’t provide detailed instructions on how to abstain from food. Instead, they emphasize the heart and intentions of the person who is fasting, inviting us to reflect on our motivations and connection with God.

During these 10 Days of Power, we challenge each believer to enter into this time of spiritual rejuvenation with their mind focused on communicating with God and hearing back from Him, experiencing an abundance of miracles, signs, and the overflow of His power in our everyday lives.

As we dedicate ourselves to daily fasting and prayer, let’s have faith in God’s mighty power and witness the wonderful changes unfold. Remember what it says in Matthew 17:21, “Howbeit this kind goeth not out but by prayer and fasting.” Whatever you’re seeking, God holds the answer, and all He asks of you is to follow Matthew 7:7-8: “Ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you: For every one that asketh receiveth; and he that seeketh findeth; and to him that knocketh it shall be opened.” We can rejoice in God for revealing that when we commit to Him, all His promises will surely come to pass. Let’s keep in mind Numbers 23:19, “God is not a man, that he should lie; neither the son of man, that he should repent: hath he said, and shall he not do it? or hath he spoken, and shall he not make it good?”

Finally, we encourage everyone to fast from midnight to 6:00 PM each day, eating and drinking nothing. For those who are fasting and praying with health challenges, you are encouraged to set aside some time that you and God can commune (you are also encouraged to consult with your medical provider, where applicable). Study the prepared lesson and join us nightly for a detailed teaching and prayer.



IF WE CAN HELP, JUST LET US KNOW:

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