

2025

40 DAYS OF PRAYER & FASTING

1. Daily Two Minute Prayer Prompt Videos to guide us in ways to pray.

These Daily Prayer Prompts are accessible in several ways. One, through a link that is automatically texted to you daily. Two, by texting the phrase “prayer2025” to 55498 (no space between prayer and 2025), and then completing the Registration Form. Three, by scanning a QR Code designated for registration, and then completing the Registration Form. This QR Code will be located in the 40 Days of Prayer & Fasting Prayer Guide, the Sunday Bulletin, and other literature regarding Prayer at Charisma Life Church.

2. On Friday, Jan. 17th, we will have a sacred evening of prayer and reflection as we return to our First Love - Jesus Christ. This night will be an opportunity to renew our commitment, refocus our devotion, and rekindle the passion we once had for Him. It will start at 7pm at the main sanctuary.

3. A 2025 40 Days of Prayer & Fasting Prayer Focus Calendar with daily scriptures and themes to guide us in praying together will be provided.

4. On Friday, February 14th, we will conclude our 40 Days of Prayer and Fasting.

Following our 40 Day period, Charisma will continue to provide the Daily Two Minute Video Prayer Prompts Monday through Friday, and the Limitless Prayer Calendar for the entirety of 2025.

PRAYER & FASTING GUIDE

Christian fasting is the act of abstaining from food for a period of time for a certain spiritual purpose. Fasting is mentioned in the Bible over 70 times, and is usually connected with prayer.

Fasting shifts our attention from temporal things to the things of the Spirit, and is an act of surrender to the Lord. Fasts are unique to you, so pray about what the Lord wants you to do, or not do, during your fast. When you fast, replace the time you'd normally spend eating and spend that time dedicated to the Lord instead. Use our 2025 40 Days of Prayer Calendar as a guide for bible reading, meditation and prayer. This will enable us to be unified in our corporate focus. Of course, you may include other prayer requests as well.

Biblical fasting is a method for growing into deeper communion with God and being more in tune with His Spirit. Here are some helpful guidelines:

1. FAST FOR THE RIGHT MOTIVES.

- a. To deny yourself and deepen your spiritual relationship with God.
- b. For God's intervention or wisdom.

2. MEDITATE ON SCRIPTURE

Use your 2025 40 Days of Prayer Calendar as a guide to focus on a daily scripture.

3. SPEND TIME IN PRAYER

Prayer strengthens us spiritually, emotionally, and even physically. It puts us into alignment with God, and allows our spirit to be in tune with His. Prayer opens us to be receptive to God and His perspective on things.

4. CONSULT YOUR DOCTOR.

If you have previously or are currently struggling with an eating disorder, have any dietary restrictions, or are on prescription medication, please consult your doctor before beginning a food fast. Be prepared to fast from something other than food.

5. PHYSICALLY PREPARE YOURSELF.

When fasting from food, it's crucial to prepare your body and eat smaller meals a few days prior to your fast and to avoid high-fat and sugary foods before the fast. Make sure you're also drinking plenty of water. Stay away from sugary drinks immediately before and during the fast. You may also consider weaning yourself from caffeine.

6. IDENTIFY THE PURPOSE

Be intentional about determining the purpose for your fast before you begin your fast. Are you fasting for clarity on a decision? Are you fasting for God's intervention? Are you fasting to go deeper in your relationship with God? Clarifying the purpose for your fast creates a frame for it. It also helps your activity during your fast be in alignment with the purpose of it. The more intentional you are before your fast, the more fruitful your fast will be.

7. DETERMINE THE LENGTH OF THE FAST

Don't go into it playing it by ear, but determine the length of the fast before it begins. Will you be fasting from one meal a day, or one day per week, or three days per week, or for a full week, a month, etc.? If you're just beginning, fasting from one meal a day is a good place to start. Ask the Lord to reveal to you how long your fast should be! You are encouraged to go into your fast committed to a specific time period for it. (See #10 below for more info.)

8. PLAN WHAT YOU'LL DO INSTEAD

Before you begin your fast, make sure to plan what you'll do in the time period that you'll normally spend doing the thing you're fasting from. Have the resources with you such as the Prayer Calendar, Bible, writing material, etc. that you'll need for your devotional time.

9. CONNECT THE PLAN WITH YOUR PURPOSE FOR THE FAST.

If you're fasting because you need to make a big decision, spend that time praying about the decision. Whatever it may be, it'll be the most beneficial, if you find a way to connect the plan for your fast to the purpose for your fast. "Without a purpose and plan, it's not Christian fasting; it's just going hungry."

John Piper

10. START SMALL

When fasting from food, starting small can be helpful because our bodies need to grow accustomed to the lack of supply. You can then work your way up to larger fasts. As an example, you can start with giving up one meal a day, then after fasting one meal for a couple weeks, try two meals, or extend your one meal a day fast for another or two. You can apply the same principle to all day fasting.

This information was edited and taken from

<https://bloggersforthe kingdom.com/fasting-and-prayer-scriptures/>

2025

40 DAYS OF PRAYER FOCUS

“STRONGER TOGETHER”

Week 1: Preparing Our Hearts

Day 1: Repentance

- Verse: Psalm 51:10
- Prayer Focus: Ask God to create a clean heart and renew a right spirit within you.
- Reflection: What areas of your life need God’s cleansing?

Day 2: Humility

- Verse: 2 Chronicles 7:14
- Prayer Focus: Humble yourself before God and seek His face.
- Reflection: What does humility before God look like in your daily life?

Day 3: Surrender

- Verse: Romans 12:1
- Prayer Focus: Offer your life as a living sacrifice to God.
- Reflection: What parts of your life are hardest to surrender to God?

Day 4: Forgiveness

- Verse: Matthew 6:14-15
- Prayer Focus: Forgive those who have hurt you and seek forgiveness where needed.
- Reflection: Who do you need to forgive, or from whom do you need to ask forgiveness?

Day 5: Faith

- Verse: Hebrews 11:6
- Prayer Focus: Pray for an increase in faith and trust in God’s promises.
- Reflection: How can you take a step of faith today?

Day 6: Gratitude

- Verse: 1 Thessalonians 5:18
- Prayer Focus: Thank God for His blessings in your life.
- Reflection: What specific blessings can you thank God for today?

Day 7: Renewal

- Verse: Isaiah 40:31
- Prayer Focus: Seek God’s renewal for your spirit and strength.
- Reflection: Where do you need God’s strength in your life right now?

Week 2: Drawing Near to God

Day 8: God's Presence

- Verse: James 4:8
- Prayer Focus: Draw near to God and experience His presence.
- Reflection: What practices help you feel close to God?

Day 9: Listening to God

- Verse: Psalm 46:10
- Prayer Focus: Be still and listen for God's voice.
- Reflection: How can you create space to listen to God today?

Day 10: Worship

- Verse: John 4:24
- Prayer Focus: Worship God in spirit and truth.
- Reflection: How can you cultivate a heart of worship?

Day 11: God's Love

- Verse: Romans 8:38-39
- Prayer Focus: Reflect on the depth of God's love for you.
- Reflection: How has God's love impacted your life?

Day 12: God's Peace

- Verse: Philippians 4:7
- Prayer Focus: Ask for God's peace to guard your heart and mind.
- Reflection: What anxieties can you release to God today?

Day 13: God's Joy

- Verse: Nehemiah 8:10
- Prayer Focus: Ask God to fill your heart with His joy.
- Reflection: Where have you seen God's joy in your life?

Day 14: God's Word

- Verse: Psalm 119:105
- Prayer Focus: Thank God for His Word and seek understanding as you read it.
- Reflection: How can you let God's Word guide your decisions?

Week 3: Praying for Personal Growth

Day 15: Holiness

- Verse: 1 Peter 1:16
- Prayer Focus: Ask God to help you live a holy life.
- Reflection: What does it mean to live set apart for God?

Day 16: Obedience

- Verse: John 14:15
- Prayer Focus: Commit to obeying God's commands.
- Reflection: Are there areas where you're resisting God's direction?

Day 17: Patience

- Verse: Galatians 5:22-23
- Prayer Focus: Pray for patience as a fruit of the Spirit.
- Reflection: In what situations do you struggle to show patience?

Day 18: Courage

- Verse: Joshua 1:9
- Prayer Focus: Ask God for boldness to follow Him.
- Reflection: Where do you need courage in your walk with God?

Day 19: Wisdom

- Verse: James 1:5
- Prayer Focus: Ask for wisdom in your decisions.
- Reflection: Where do you need God's guidance?

Day 20: Servanthood

- Verse: Mark 10:45
- Prayer Focus: Pray for a servant's heart to reflect Christ.
- Reflection: How can you serve someone today?

Day 21: Stewardship

- Verse: Matthew 25:21
- Prayer Focus: Pray to manage your time, talents, and treasures for God's glory.
- Reflection: Are you using your resources in a way that honors God?

Week 4: Interceding for Others

Day 22: Family

- Verse: Joshua 24:15
- Prayer Focus: Pray for the salvation and spiritual growth of your family.

Day 23: Church Leadership

- Verse: Hebrews 13:17
- Prayer Focus: Pray for your pastors, elders, and ministry leaders.

Day 24: Church Members

- Verse: Galatians 6:2
- Prayer Focus: Pray for unity and spiritual growth in your church family.

Day 25: Community

- Verse: Matthew 5:16
- Prayer Focus: Pray for opportunities to be a light in your local community.

Day 26: The Lost

- Verse: Luke 19:10
- Prayer Focus: Pray for those who don't know Christ.

Day 27: Missionaries

- Verse: Matthew 28:19-20
- Prayer Focus: Pray for missionaries around the world.

Day 28: The Nation

- Verse: 1 Timothy 2:1-2
- Prayer Focus: Pray for wisdom and righteousness in government leaders.

Week 5: Advancing God's Kingdom

Day 29: God's Glory

- Verse: Psalm 115:1
- Prayer Focus: Pray that God would be glorified in all things.

Day 30: Revival

- Verse: Habakkuk 3:2
- Prayer Focus: Pray for spiritual awakening in your church and community.

Day 31: Unity

- Verse: John 17:21
- Prayer Focus: Pray for unity in the body of Christ.

Day 32: Boldness in Evangelism

- Verse: Acts 1:8
- Prayer Focus: Pray for boldness to share the gospel.

Day 33: Compassion for the Poor

- Verse: Proverbs 19:17
- Prayer Focus: Pray for opportunities to care for the poor and needy.

Day 34: Healing

- Verse: James 5:16
- Prayer Focus: Pray for physical, emotional, and spiritual healing.

Day 35: God's Will

- Verse: Matthew 6:10
- Prayer Focus: Pray for God's will to be done in all areas of life.

Final Week: Celebration

Day 36: Victory in Christ

- Verse: 1 Corinthians 15:57
- Prayer Focus: Thank God for victory through Jesus.

Day 37: God's Promises

- Verse: 2 Corinthians 1:20
- Prayer Focus: Praise God for His faithful promises.

Day 38: God's Faithfulness

- Verse: Lamentations 3:22-23
- Prayer Focus: Thank God for His steadfast love.

Day 39: The Cross

- Verse: Galatians 6:14
- Prayer Focus: Reflect on the power and grace of the cross.

Day 40: Jesus' Return

- Verse: Revelation 22:20
- Prayer Focus: Pray with anticipation for Christ's return.