

## Day 13 | Saturday, April 19th

### Focus: Outreach prayer walk in Poway

Pray that churches in Poway can have faithful presence. Ask God to watch over and care for the many pastors, church leaders, etc. across the city. Pray for creative ways and new doors to open to reach people in nearby neighborhoods. Ask God for a burden for our community.

## Day 14 | Easter Sunday, April 20th

### Focus: New life in Christ (Luke 24:6-7)

Pray that God's Spirit will be poured out afresh on his church as we celebrate the meaning of the resurrection! Thank the Lord for all he has done, is doing, and will continue to do in 2025! Pray that our gatherings will have unhindered worship that draws us closer to Jesus. Ask the Lord to allow our fellowship to bring mutual encouragement to one another. Pray that every Sunday God blesses the preached Word, so it can bring life transformation, conviction, and edification.

## Tips and More Resources

If you've never fasted a meal, don't be intimidated! To find out practical suggestions on how to approach fasting a meal(s), what to consider, various types of fast, etc., check out some of these resources. If you've never fasted, it will take time for your body to get accustomed. Start off small. Remember, it is the Lord that sees your desire to draw near to him!

Fasting for Beginners (Desiring God ministry)	What is Biblical Fasting and Does It Work? (Cru Ministry)	Articles on fasting (Gospel Coalition Ministry)
		



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## 14 PRAYER AND FASTING GUIDE

Each day has a focus to help guide your prayer time, but don't feel restricted or confined. Pray as the Lord leads! If you give up a meal, if possible, try to pray during the time you'd be preparing or enjoy a meal. Pre-determine how you'll spend your time and when you'll resume eating.

A simple way to have a more structure time, consider following the steps in **A.C.T.S.:**

- **Adoration (2-3 mins):** Begin with praise for who God is, his attributes, his greatness! Read through a psalm that highlights these aspects of God. Or choose one verse to mediate on.
- **Confession: (2-3 mins):** Be still and let God search your heart; acknowledge any sin that needs to be confessed. Then be washed by his grace, mercy, and love.
- **Thanksgiving: (2-3 mins):** Express gratitude and thanksgiving for what God has done in your life and in others.
- **Supplication: (5 mins):** Start with the prayer focus and let God begin to direct you. Learn to listen and discern God's voice, "What is he saying to you?"

## Daily Prayer Focus

### Day 1 | Monday, April 7th

#### Focus: Greater surrender (James 4:7; Matt. 16:25; Eph 1:18)

Pray that God would reveal himself and his glory in a new way as we seek him over the next 14 days. Ask him to speak to you as you read his Word and to bring a new level of humility, renewed surrender to his lordship in your life. Pray that Christ will enlighten the eyes of your heart!

**Day 2 | Tuesday, April 8th**

*Focus: Easter season (John 14:6)*

Pray that our church and churches across San Diego will experience a new harvest this Easter and see a new work of God beginning! Ask that many people will come to Christ and discover he is the way, the truth, the life!

**Day 3 | Wednesday, April 9th**

*Focus: Making disciples (Matt 16:24; 28:18-20)*

Pray to keep growing in maturity as a disciple; pray for continued focused, effectiveness, and learning how to make disciples that reproduce and multiply. Pray that everyone can be involved in a discipling relationship. Pray that Great Commission work continues through our mission partners and in the global and persecuted church.

**Day 4 | Thursday, April 10th**

*Focus: Gospel conversations (1 Peter 3:15-16)*

Pray for boldness and courage share our faith; pray that every member, every week, can have at least one gospel conversation. Pray we will not give into the fear of man which easily can prevent us from sharing the hope within us. Ask for eyes to see where God is already moving so we can join him!

**Day 5 | Friday, April 11th**

*Focus: Conversions and baptisms (James 1:18; Acts 16:14-15)*

Pray that our church can celebrate five baptism this year! Pray that God will prompt those who are ready, but haven't taken the next step of baptism. Ask God to continue to soften and open the hearts of those resistant to the gospel.

**Day 6 | Saturday, April 12th**

*Focus: The lost, unchurched and de-churched*

Pray for our friends, family, etc. and those in San Diego who have left the church for various reason. Pray that our church and across the city, God's people can welcome those who've strayed away through personal invitation, relationship building and hospitality.

**Day 7 | Sunday, April 13th**

*Focus: personal holiness (2 Cor. 7:1; 1 Pet. 1:15-16; Rom. 12:1)*

Pray that we desire to live holy lives before Jesus; Ask that we crave greater fear of the Lord; a stronger hatred for sin and unrighteousness in our thoughts, behaviors, actions, and choices.

**Day 8 | Monday, April 14<sup>th</sup>**

*Focus: Gospel partnerships (Phil. 1:5)*

Pray that our church can support and network with other organizations, ministries, and churches to join in kingdom initiatives. Pray that God will direct us to the right places and people so we can serve and have greater impact in the community.

**Day 9 | Tuesday, April 15<sup>th</sup>**

*Focus: Children and Youth (Psalm 32:8; 145:8)*

Pray for our kids and youth across San Diego, that God will revive the next generation. Pray for the influence of Christian teachers on their campuses. Pray for the major youth rally, May 10<sup>th</sup> at Viejas Arena organized by the Rock Church; ask that thousands of young people will join and be touched by Christ.

**Day 10 | Wednesday, April 16<sup>th</sup>**

*Focus: Gospel-centered relationships (John 12:34; Rom. 12:10)*

Pray that our singles, married couples, and parents will strive to keep the gospel at the center of our relationships. Pray for healing and restoration in any ruptured relationships; ask that God's forgiveness and love to flow. Pray for wisdom and discernment as we make decisions caring for family members, kids, etc. so our relationships honor Christ.

**Day 11 | Thursday, April 17<sup>th</sup>**

*Focus: Faith in the workplace (Matt 5:13-16)*

Pray we can be a light in our workplaces; Ask for wisdom as we navigate challenges with grace and strength, while remaining true to biblical values. Pray that we learn to see our jobs as our mission field; God teach us how to be a witness and serve others in the workplace.

**Day 12 | Friday, April 18th**

*Focus: The Cross of Christ (1 Pet. 2:24; Mark 9:31; Rom. 5:6-10)*

Pray for the Community Good Friday service in Poway and other services in San Diego.