



# Foundations for the Valley

## 40 Days of Prayer and Fasting— Participant's Guide

### WHAT IS THIS?

This is an invitation for you to commit to 40 days of prayer and fasting for God to move powerfully in:

- your personal life (10 Days)
- our local church (10 Days)
- our city, state and country (20 Days)

### HOW TO USE THIS DAILY PRAYER GUIDE:

This *Daily Prayer Guide* has been created to help you join in the 40 Days of Prayer & Fasting with guided daily themes and Scriptures to ground and inspire your prayers. This is intended to be a guide not a burden, as soon as you sense the Holy Spirit direct you in additional ways follow the prompting of the Lord in prayer.

### HOW SHOULD I PRAY?

This “season” of prayer and fasting covers 40 days, and it might be helpful to have some structure—like a scaffolding—to hang your prayers on as you go.

We suggest that, each day as you come to prayer, you may want to follow a simple, 4-step process inspired by Jeremiah 6:16a based on the words *stand*, *look*, *ask*, and *walk*:

*This is what the Lord says: “**Stand** at the crossroads and **look**; **ask** for the ancient paths, **ask** where the good way is, and **walk** in it, and you will find **rest** for your souls”*(Jeremiah 6:16a). Remember as you pray to **stand**, **look**, **ask**, and **walk**—these are our guide words throughout this prayer adventure.

1. **STAND**—Take 30 seconds of silence or worship to become aware of the presence of Jesus.
2. **LOOK**—Pray the prayer, “Come, Holy Spirit” and read the daily Scripture.
3. **ASK**—Pray the Prayer Prompts for each day with confidence.
4. **WALK**—Read the Responding to God section, act as led, and say “Thank You, Holy Spirit” for guiding your time.

# PRAYER FOR YOUR PERSONAL LIFE

## Day 8–10/2/23–Hope for Now and the Future–Romans 8:23

### **Romans 8:23 (NLT)**

*And we believers also groan, even though we have the Holy Spirit within us as a foretaste of future glory, for we long for our bodies to be released from sin and suffering. We, too, wait with eager hope for the day when God will give us our full rights as his adopted children, including the new bodies he has promised us.*

### **Prayer Directive**

Pray for the Kingdom of God to break in with a gift of hope, for you and your loved ones today.

### **Responding to God**

What would the Lord invite you to “eagerly hope” for in Him today?

## Day 9–10/3/23–Perseverance through Difficulty– 2 Corinthians 1:8-11

### **2 Corinthians 1:8-11 (NLT)**

*We think you ought to know, dear brothers and sisters, about the trouble we went through in the province of Asia. We were crushed and overwhelmed beyond our ability to endure, and we thought we would never live through it. In fact, we expected to die. But as a result, we stopped relying on ourselves and learned to rely only on God, who raises the dead. And he did rescue us from mortal danger, and he will rescue us again. We have placed our confidence in him, and he will continue to rescue us. And you are helping us by praying for us. Then many people will give thanks because God has graciously answered so many prayers for our safety.*

### **Prayer Directive**

Pray that God would deliver you or someone you know from difficulty, despair, danger, or depression. Ask God to help you or someone you know to stop relying on self and learn to rely only on Him.

### **Responding to God**

If you prayed for someone else, write them a short note and let them know you prayed for them.

## **Day 10–10/4/23–Joy in the Holy Spirit–Romans 14:17**

### **Romans 14:17 (NLT)**

*For the Kingdom of God is not a matter of what we eat or drink, but of living a life of goodness and peace and joy in the Holy Spirit.*

### **Prayer Directive**

Ask your heavenly Father for the joy of the Holy Spirit to saturate you today.

### **Responding to God**

Begin to list the blessings and provisions that God has poured into your life.

## **PRAYER FOR RIVERBEND COMMUNITY CHURCH**

## **Day 11–10/5/23–Devoted to Prayer–Colossians 4:2**

### **Colossians 4:2 (NIV)**

*Devote yourselves to prayer, being watchful and thankful.*

### **Prayer Directive**

Pray that our church would be deeply committed to seeking God in prayer.

“Jesus, twice You cleared the Temple in righteous anger, because Your house was to be a house of prayer. Help us not to take that lightly. Lord, direct us to our knees, and seal our commitment and desire to be devoted to communing with You in prayer. Let our church be known as a house of prayer. Keep us awake, alert. Fill our hearts with joy, no matter the circumstances as we come to You as a church body in prayer. Amen.”

### **Responding to God**

Ask the Lord how you can encourage another brother or sister in our church to join you in seeking God in prayer. Write down what you sense He brings to your mind.

## **Day 12–10/6/23–Cling to our First Love–Revelation 2:4-5**

### **Revelation 2:4-5 (NLT)**

*But I have this complaint against you. You don't love me or each other as you did at first! Look how far you have fallen! Turn back to me, and do the works you did at first. If you don't repent, I will come and remove your lampstand from its place among the churches.*

### **Prayer Directive**

Pray that we will cling to our first love.

"Jesus, we can only love because You first loved us. You gave Yourself for us. We are Your body. We are nothing without You. Do not allow us as a church to take You or Your message of redemption for granted. Deepen our love. Show us how to love. We proclaim as a church that we love You! You are our God! We want no one but You! Show us where we have failed. Bring us to repentance. Forgive us! You are our first, and only love, dear Jesus."

### **Responding to God**

Ask the Lord to reveal to you anything, or anyone, you have put a higher priority on than Him. What is the Lord revealing to you about your priorities?

## **Day 13–10/7/23–Discipleship of all Ages–Colossians 1:28-29**

### **Colossians 1:28-29 (NLT)**

*So we tell others about Christ, warning everyone and teaching everyone with all the wisdom God has given us. We want to present them to God, perfect in their relationship to Christ.*

### **Prayer Directive**

Pray for the church's dedication and perseverance to lead believers on to maturity in discipleship, total obedience to Jesus.

### **Responding to God**

Who are you discipling (simply saying, "Come, obey Jesus with me")?

Who is discipling you (they are simply saying, "Come, obey Jesus with me")?

## **Day 14—10/8/23 - The Vulnerable and Marginalized— Matthew 25:37-40**

### **Matthew 25:37-40 (NIV)**

*Then the righteous will answer him, "Lord, when did we see you hungry and feed you, or thirsty and give you something to drink? When did we see you a stranger and invite you in, or needing clothes and clothe you? When did we see you sick or in prison and go to visit you?"*

*The King will reply, "I tell you the truth, whatever you did for one of the least of these brothers of mine, you did for me."*

### **Prayer Directive**

Pray that God would show you how you can personally engage with the poor and the marginalized in your own city. Ask God to show you how to invite others in our church to join you.

### **Responding to God**

Look for opportunities to volunteer and serve others in need in your city. Write down who you could invite to join with you.