

# *Kingdom Life Church*

*40 Days of Prayer & Fasting*



**RHYTHM**



**EXPERIENCE**  
**GOD**  
**LIKE NEVER BEFORE**

**Kingdom Life Church**  
**40 DAYS OF PRAYER & FASTING**

Starts: Sunday, January 7, 2019  
Ends: Friday, February 15, 2019

**Let's Start 2019 off in Rhythm!** [www.KLChurch.org](http://www.KLChurch.org)

A promotional banner for Kingdom Life Church's 40 Days of Prayer & Fasting. The banner features a dark background with a glowing, textured border. On the left, the text "EXPERIENCE GOD LIKE NEVER BEFORE" is displayed in a stylized, glowing font. On the right, the text "Kingdom Life Church 40 DAYS OF PRAYER & FASTING" is displayed in a bold, yellow font. Below this, the dates "Starts: Sunday, January 7, 2019" and "Ends: Friday, February 15, 2019" are listed. At the bottom, the text "Let's Start 2019 off in Rhythm!" and the website "www.KLChurch.org" are displayed in a yellow font.

**“Delight yourself also in the LORD, and He shall give you the desires of your heart.” – Psalm 37:4**

**Why 40 days? The Bible tells of several significant events that took this specific span of time:**

- **Rain fell for 40 days during the Flood.**
- **Moses was on Mount Sinai with God for 40 days.**
- **Israelite spies took 40 days to explore the Promised Land.**
- **Jonah warned Nineveh for 40 days.**
- **Jesus spent 40 days in the wilderness after His baptism.**
- **Jesus spent 40 days with the disciples after His resurrection.**

**God wants to do something significant in your life, too. Not only does He long to draw you into closer fellowship with Him, He also wants to minister to others through you.**

**This 40 Days of Prayer and Fasting will challenge us to adjust the Rhythm of our lives. When we are in Rhythm, life is consistent and effective. Although challenges may come, that Rhythm gives us Confidence in the God we serve!**

**Keys for Prayer:**

- 1) Put a Daily Plan together to make this effort a success. Choose a time and place for these times of Prayer that will keep you focused on getting the most out of this time with your Creator!**
- 2) Commit to challenging yourself to do something in your life that will deepen your relationship with God.**
- 3) Make a list of family and friends you will pray for on each of these 40 days. Add to this list as the 40 days progress. Use this as an opportunity to invade Heaven on behalf of those you love, those who are hurting and others you become aware of during these 40 days. As God leads, invite them to encounter Christ through one of our weekly Church Services.**
- 4) Ask God to give you insight into your life and make the changes necessary so you can begin to live a pure life by His grace. Use this time to Challenge your own Purity and Righteousness.**
- 5) Pray each day for an outpouring of God's Presence and His Holy Spirit in your life, the life of those on your Prayer list, your neighbors, community, State and Nation. Build a Partnership with God to bring His revival and transformation to America.**

***Be very careful, then, how you live—not as unwise but as wise***

**– Ephesians 5:15**

## **What is the focus for 40 days of prayer and fasting in 2019?**

RHYTHM! Everything in life has a Rhythm to it. How well our Rhythm lines up with God's Will determines the condition of our Heart and the effectiveness we have in the lives of those around us! Let's use this time to get our lives in the Right RHYTHM!

## **Why pray & fast for 40 days?**

40 Days of Sacrifice will draw us closer to Him. Fasting draws us closer to Who matters most rather than What usually matters to us. Fasting focuses us on God rather than our physical and cultural realm. It changes our priorities and dependency, leading us to put our trust in God rather than our own strength and comfort. 40 days of intentional time apart abiding in God can deepen our love for Him and our ability to rest in and carry Jesus' presence!

40 Days of prayer and fasting can increase the effectiveness of our prayers by sharpening the way we pray - so we pray according to our Father's heart; His will not ours!

40 Days of prayer and fasting can help us learn how to overflow loving encouragement and support to those who need to feel God's presence— those who don't know Jesus, are ill, frail, or captive by sin.

These 40 Days can impact the life of others forever. We expect abundant life to flow to those we love most and pray for daily! We expect God to move by the power of His Holy Spirit!

## **Will You join us?**

## **How can I fast for 40 days?**

You can fast as it seems right to you. It isn't necessarily 40 days without food. For 40 days you might go without food on one meal a day or one day a week. You might fast from meat and rich foods – like Daniel, or from desserts, coffee, negativity, TV, Social Media or something else you may like. Pray and whatever way God shows you is the area you need to give Him authority in during your fast! What you choose to Fast should represent a noticeable Sacrifice in your personal life.

## **Is praying and fasting for 40 days scriptural?**

Scripture tells us many Biblical leaders prayed and fasted for extended periods— Ezra and the returning exiles, Nehemiah, David, Daniel and the disciples. Jesus and Moses did it for 40 days. (Luke 4:1-2, Exodus 34:28, Deuteronomy 9:18)

## **Do all churches back praying and fasting for 40 days?**

Some traditions observe praying and fasting each year before Easter. Others adopt seasons of prayer and fasting as led by God. We choose to hold the 40 Days of Prayer & Fasting now so we can stand as one and at the beginning of the New Year to draw close to God for direction and get our lives aligned with the Rhythm of His Will!

# **40 Day Schedule:**

## **Day 1 (January 7, 2019) Topic: Salvation**

**Scripture:** Romans 10:9-10 - 9 If you declare with your mouth, “Jesus is Lord,” and believe in your heart that God raised him from the dead, you will be saved. 10 For it is with your heart that you believe and are justified, and it is with your mouth that you profess your faith and are saved.

**Focus on:** The Lost

**Rhythm:** The only way our lives can be in Spiritual Rhythm is if we are Saved and then allow God to use us to reach others!

**Go Deeper:** Acts 4:12, Ephesians 2:8-9 and 2 Peter 3:9

**Question #1 to consider before Praying:** Have you chosen Christ and said Yes to Him?

**Call to Action #1:**

If not, Repent and Pray this: “Father God, I admit that I am a Sinner in desperate need of a Savior! I Receive and Confess Jesus as my Lord and Savior today! I believe that He died for my sins and rose from the dead. Help me to live my days for this point forward in a way that gives You Glory! Thank you for Saving me... In Jesus’ name, AMEN!

If you already have, Praise Him for Saving you!

**Question #2 to consider before Praying:** Do you know THREE people right now that are NOT heading to Heaven and DO NOT believe in Christ as their Savior?

**Call to Action #1:** Add those THREE names to your list and Pray for them!

## **Day 2 (January 8, 2019) Topic: God’s Will**

**Scripture:** Psalm 143:10- Teach me to do your will, for you are my God; may your good Spirit lead me on level ground.

**Focus on:** Surrendering your will and doing God’s Will

**Rhythm:** The only way our lives can be in Spiritual Rhythm is if we are focused on doing God’s Will in our life and in the lives of those around us!

**Go Deeper:** Luke 22:42, John 16:13 and Psalm 25:5

**Question to consider before Praying:** Are there areas of my life where God is not being allowed to have control?

**Call to Action:** Surrender to His Will

### **Day 3 (January 9, 2019) Topic: Love**

**Scripture:** I Peter 4:8- Above all, love each other deeply, because love covers over a multitude of sins.

**Focus on:** Loving those you struggle to hate

**Rhythm:** Our lives require us to Love everyone in order to stay in Spiritual Rhythm!

**Go Deeper:** 1 John 4:7-12, Romans 5:8 and John 3:16

**Question to consider before Praying:** Who do I carry hate towards?

**Call to Action:** Repent, add them to your list and Pray for them

### **Day 4 (January 10, 2019) Topic: Joy**

**Scripture:** Nehemiah 8:10 - Nehemiah said, “Go and enjoy choice food and sweet drinks, and send some to those who have nothing prepared. This day is holy to our Lord. Do not grieve, for the joy of the Lord is your strength.”

**Focus on:** Keeping your Joy through all things

**Rhythm:** Our Joy is a great measure of our Spiritual Rhythm!

**Go Deeper:** Proverbs 17:22, Romans 15:13 and James 1:2-4

**Question to consider before Praying:** Have I allowed something or someone to Steal my Joy?

**Call to Action:** Bless that Something or Someone and then ask God to Restore your JOY!

### **Day 5 (January 11, 2019) Topic: Home**

**Scripture:** Proverbs 24:3-4 - 3 By wisdom a house is built, and through understanding it is established; 4 through knowledge its rooms are filled with rare and beautiful treasures.

**Focus on:** The Atmosphere of your Home

**Rhythm:** The Rhythm of your Home affects everyone who lives and visits there!

**Go Deeper:** Matthew 10:12-14, Joshua 24:15 and Proverbs 17:1

**Question to consider before Praying:** Is your Home filled with Love and Laughter or Strife and Bitterness?

**Call to Action:** Pray that God will make your home a Refuge for everyone who lives and visits there!

## **Day 6 (January 12, 2019) Topic: Healing**

**Scripture:** Isaiah 53:5 - But he was pierced for our transgressions, he was crushed for our iniquities; the punishment that brought us peace was on him, and by his wounds we are healed.

**Focus on:** Those you know who need Physical, Spiritual, Mental and Emotional Healing

**Rhythm:** Illness distracts us from our Spiritual Rhythm!

**Go Deeper:** James 5:15-16, Psalm 41:3 and 1 Peter 2:24

**Question to consider before Praying:** Do you know someone who is currently Struggling due to Illness?

**Call to Action:** Add them to your Prayer List and Pray for them now. Help them in other ways, if you can.

## **Day 7 (January 13, 2019) Topic: Parents**

**Scripture:** Proverbs 22:6 - Start children off on the way they should go, and even when they are old they will not turn from it.

**Focus on:** The Parents you know and the everyday struggle of raising children

**Rhythm:** Parents have a direct influence on the Rhythm of Society!

**Go Deeper:** Ephesians 6:4, Psalm 127:3 and Proverbs 13:24

**Question to consider before Praying:** Are you aware of a struggling parent?

**Call to Action:** Add them to your Prayer List and Pray for them now.

## **Day 8 (January 14, 2019) Topic: Prayer**

**Scripture:** Matthew 6:9-13 - 9 In this manner, therefore, pray: Our Father in heaven, Hallowed be Your name. 10 Your kingdom come. Your will be done On earth as it is in heaven. 11 Give us this day our daily bread. 12 And forgive us our debts, As we forgive our debtors. 13 And do not lead us into temptation, But deliver us from the evil one. For Yours is the kingdom and the power and the glory forever. Amen.

**Focus on:** Your Prayer Life

**Rhythm:** Prayer is the Voice of our Spiritual Rhythm!

**Go Deeper:** John 15:7, Matthew 6:6-7 and Jeremiah 33:3

**Question to consider before Praying:** How often do you Pray, and do you need to Pray more?

**Call to Action:** Make a Commitment to God regarding your Pray Life and begin by Praying now.

## **Day 9 (January 15, 2019) Topic: Your Family**

**Scripture:** Acts 10:2 - He and all his family were devout and God-fearing; he gave generously to those in need and prayed to God regularly.

**Focus on:** The Importance of Family

**Rhythm:** Only Family and God knows your True Spiritual Rhythm!

**Go Deeper:** John 8:35, Proverbs 11:29 and Ephesians 3:14-15

**Question to consider before Praying:** How Healthy is your Family?

**Call to Action:** Pray that God will touch your family with His Mighty Power, Save them all for His Kingdom and Restore everything the devil has stolen from them.

## **Day 10 (January 16, 2019) Topic: Your Neighbor**

**Scripture:** Luke 10:25-37 - 25 On one occasion an expert in the law stood up to test Jesus. “Teacher,” he asked, “what must I do to inherit eternal life?” 26 “What is written in the Law?” he replied. “How do you read it?” 27 He answered, “‘Love the Lord your God with all your heart and with all your soul and with all your strength and with all your mind’; and, ‘Love your neighbor as yourself.’” 28 “You have answered correctly,” Jesus replied. “Do this and you will live.” 29 But he wanted to justify himself, so he asked Jesus, “And who is my neighbor?” 30 In reply Jesus said: “A man was going down from Jerusalem to Jericho, when he was attacked by robbers. They stripped him of his clothes, beat him and went away, leaving him half dead. 31 A priest happened to be going down the same road, and when he saw the man, he passed by on the other side. 32 So too, a Levite, when he came to the place and saw him, passed by on the other side. 33 But a Samaritan, as he traveled, came where the man was; and when he saw him, he took pity on him. 34 He went to him and bandaged his wounds, pouring on oil and wine. Then he put the man on his own donkey, brought him to an inn and took care of him. 35 The next day he took out two denarii[e] and gave them to the innkeeper. ‘Look after him,’ he said, ‘and when I return, I will reimburse you for any extra expense you may have.’ 36 “Which of these three do you think was a neighbor to the man who fell into the hands of robbers?” 37 The expert in the law replied, “The one who had mercy on him.” Jesus told him, “Go and do likewise.”

**Focus on:** Being a Good Neighbor according to God’s Word

**Rhythm:** Our ability to be a Good Neighbor to those around us enhances our Spiritual Rhythm!

**Go Deeper:** James 2:8, Romans 12:18 and Romans 13:10

**Question to consider before Praying:** Do you show Care and Concern for Your Neighbors?

**Call to Action:** Pray that God will radically impact everyone of your neighbors by name in 2019!

## **Day 11 (January 17, 2019) Topic: Worry**

**Scripture:** Matthew 6:25-27 - 25 “Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes? 26 Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? 27 Can any one of you by worrying add a single hour to your life?”

**Focus on:** The Impact Worry has on our lives

**Rhythm:** Worry causes our Spiritual Rhythm to skip a beat!

**Go Deeper:** Matthew 6:28-34, Psalm 94:19 and Psalm 56:3-4

**Question to consider before Praying:** How much do you Worry?

**Call to Action:** Train yourself to Trust God! Pray that He will help Remove your Worry and Replace it with His Peace!

## **Day 12 (January 18, 2019) Topic: Trust**

**Scripture:** Proverbs 3:5-6 - 5 Trust in the Lord with all your heart and lean not on your own understanding; 6 in all your ways submit to him, and he will make your paths straight.

**Focus on:** Any Trust Issues you may have

**Rhythm:** It is hard to not Trust and have a Spiritual Rhythm!

**Go Deeper:** 1 Peter 5:7, Proverbs 12:25 and Matthew 11:28-30

**Question to consider before Praying:** Is there someone who Betrayed your Trust and now is the Cause of your lack of Trust?

**Call to Action:** Start by Trusting God and Pray that God will Heal that Betrayal and Allow you to Trust once again!



## **Day 13 (January 19, 2019) Topic: Persevere**

**Scripture:** Romans 5:1-5 - 1 Therefore, since we have been justified through faith, we[a] have peace with God through our Lord Jesus Christ, 2 through whom we have gained access by faith into this grace in which we now stand. And we boast in the hope of the glory of God. 3 Not only so, but we also glory in our sufferings, because we know that suffering produces perseverance; 4 perseverance, character; and character, hope. 5 And hope does not put us to shame, because God's love has been poured out into our hearts through the Holy Spirit, who has been given to us.

**Focus on:** Stay True to God and DO NOT GIVE UP!

**Rhythm:** The Fight we have within us to Keep on Keeping on Sustains our Spiritual Rhythm!

**Go Deeper:** 1 Peter 5:7, Proverbs 12:25 and Matthew 11:28-30

**Question to consider before Praying:** Have you considered Giving Up or Know someone else who has?

**Call to Action:** Hang in there and bathe the circumstances in Prayer!

## **Day 14 (January 20, 2019) Topic: Reach**

**Scripture:** Matthew 22:8-10 - 8 “Then he said to his servants, ‘The wedding banquet is ready, but those I invited did not deserve to come. 9 So go to the street corners and invite to the banquet anyone you find.’ 10 So the servants went out into the streets and gathered all the people they could find, the bad as well as the good, and the wedding hall was filled with guests.

**Focus on:** The Broken and the Outcast

**Rhythm:** A Spiritual Rhythm will bring us to those who need to be Reached!

**Go Deeper:** Luke 19:10, Psalm 34:18 and Psalm 22:24

**Question to consider before Praying:** Is there someone you know that needs you to reach out to them and show them that someone cares?

**Call to Action:** Pray for that person and ask God to give you an avenue to Reach out to them!

## **Day 15 (January 21, 2019) Topic: Comfort**

**Scripture:** 2 Corinthians 1:3-4 - 3 Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, 4 who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God.

**Focus on:** Providing Comfort for those who are Hurting

**Rhythm:** Our Spiritual Rhythm requires us to help those who hurt!

**Go Deeper:** Psalm 23:4, Matthew 5:4 and 2 Corinthians 1:7

**Question to consider before Praying:** Is there someone you know that needs Comfort right now due to Loss or difficulty?

**Call to Action:** Pray for that person and Reach out to them!

## **Day 16 (January 22, 2019) Topic: Sowing**

**Scripture:** Matthew 13:3-9 - 3 Then he told them many things in parables, saying: “A farmer went out to sow his seed. 4 As he was scattering the seed, some fell along the path, and the birds came and ate it up. 5 Some fell on rocky places, where it did not have much soil. It sprang up quickly, because the soil was shallow. 6 But when the sun came up, the plants were scorched, and they withered because they had no root. 7 Other seed fell among thorns, which grew up and choked the plants. 8 Still other seed fell on good soil, where it produced a crop—a hundred, sixty or thirty times what was sown. 9 Whoever has ears, let them hear.”

**Focus on:** Scattering Seeds in the Lives of everyone you come in contact with

**Rhythm:** Our Spiritual Rhythm requires us to sow seeds in others!

**Go Deeper:** Matthew 13:18-23, Matthew 13:24-30 and Matthew 13:36-43

**Question to consider before Praying:** Do you need to increase the number of seeds you are sowing in the people around you?

**Call to Action:** Pray that God will inspire you to get up every morning with a hand full of seeds looking for someone to share them with!

## **Day 17 (January 23, 2019) Topic: Harvest**

**Scripture:** Matthew 9:35-38 - 35 Jesus went through all the towns and villages, teaching in their synagogues, proclaiming the good news of the kingdom and healing every disease and sickness. 36 When he saw the crowds, he had compassion on them, because they were harassed and helpless, like sheep without a shepherd. 37 Then he said to his disciples, "The harvest is plentiful but the workers are few. 38 Ask the Lord of the harvest, therefore, to send out workers into his harvest field."

**Focus on:** Being a Part of Bringing in the Harvest

**Rhythm:** Our Spiritual Rhythm succeeds when we are impacting God's Kingdom with the Harvest

**Go Deeper:** Galatians 6:7-9, Proverbs 20:4 and Proverbs 14:4

**Question to consider before Praying:** What are you doing personally or through your church to bring in the Harvest?

**Call to Action:** Pray that God will challenge you to become more involved as a laborer for the Harvest!

## **Day 18 (January 24, 2019) Topic: Peacemaker**

**Scripture:** Matthew 5:9 - Blessed are the peacemakers, for they will be called children of God.

**Focus on:** Being a Peacemaker in all Situations

**Rhythm:** A Peacemaker feeds a Good Spiritual Rhythm to others

**Go Deeper:** James 3:18

**Question to consider before Praying:** Are you a Good Peacemaker to those around you?

**Call to Action:** Pray that everywhere you go, you will bring Peace!

## **Day 19 (January 25, 2019) Topic: Forgiveness**

**Scripture:** 1 John 1:9 - If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.

**Focus on:** Confessing our Sins and Forgiving others as we have been forgiven

**Rhythm:** Receiving and Offering Forgiveness is a requirement for Spiritual Rhythm

**Go Deeper:** 2 Corinthians 2:5-11, Ephesians 1:7 and Colossians 3:13

**Question to consider before Praying:** Do you need to be forgiven or do you need to forgive someone else?

**Call to Action:** Pray for Forgiveness and tell those you need to Forgive!

## **Day 20 (January 26, 2019) Topic: Unity**

**Scripture:** Psalm 133:1 - How good and pleasant it is when God's people live together in unity!

**Focus on:** Live in Unity and Harmony with one another

**Rhythm:** Our level of Unity defines our Spiritual Rhythm

**Go Deeper:** 2 Chronicles 30:12, Ephesians 4:1-6 and Colossians 3:14

**Question to consider before Praying:** Do you make an effort to be in Unity with others?

**Call to Action:** Pray for Unity in your life, your family, your Church, the Community and the Nation!

## **Day 21 (January 27, 2019) Topic: God's Power**

**Scripture:** Ephesians 1:18-21 - 18 I pray that the eyes of your heart may be enlightened in order that you may know the hope to which he has called you, the riches of his glorious inheritance in his holy people, 19 and his incomparably great power for us who believe. That power is the same as the mighty strength 20 he exerted when he raised Christ from the dead and seated him at his right hand in the heavenly realms, 21 far above all rule and authority, power and dominion, and every name that is invoked, not only in the present age but also in the one to come.

**Focus on:** Trusting that God's Power is still available to us today

**Rhythm:** The Power of God is the tuning fork of Spiritual Rhythm

**Go Deeper:** 1 Corinthians 1:18, Romans 1:20 and 2 Corinthians 13:4

**Question to consider before Praying:** Do you believe in God's Power?

**Call to Action:** Pray for His Power to impact and are of your life and someone else you know that needs Him to perform a Miracle!

## **Day 22 (January 28, 2019) Topic: Protection**

**Scripture:** Psalm 140:4 - Keep me safe, Lord, from the hands of the wicked; protect me from the violent, who devise ways to trip my feet.

**Focus on:** Ask God to Protect those who are important to you

**Rhythm:** God's Protection is a shield to our Spiritual Rhythm

**Go Deeper:** Psalm 12:5, 2 Thessalonians 3:3 and Psalm 11:1-4

**Question to consider before Praying:** Is there someone you know living in an evil way and risking their lives daily?

**Call to Action:** Pray for God to Protect their Lives until they come to their senses!

## **Day 23 (January 29, 2019) Topic: Marriages**

**Scripture:** Hebrews 13:4 - Marriage should be honored by all, and the marriage bed kept pure, for God will judge the adulterer and all the sexually immoral.

**Focus on:** The attack on Marriages and Families

**Rhythm:** The Institution of Marriage is an Image of Christ and the Church and a critical part of Society's Rhythm

**Go Deeper:** Ephesians 5:21-33, 1 Corinthians 7

**Question to consider before Praying:** Do you know of anyone who is currently considering a divorce?

**Call to Action:** Pray that God will bring them to Reconciliation and also pray for every marriage you can think of!

## **Day 24 (January 30, 2019) Topic: Children**

**Scripture:** Luke 18:15-17 - 15 People were also bringing babies to Jesus for him to place his hands on them. When the disciples saw this, they rebuked them. 16 But Jesus called the children to him and said, "Let the little children come to me, and do not hinder them, for the kingdom of God belongs to such as these. 17 Truly I tell you, anyone who will not receive the kingdom of God like a little child will never enter it."

**Focus on:** Praying for all the Children you know

**Rhythm:** Children were important to Christ and therefore should be important to us in order to keep our Spiritual Rhythm Healthy!

**Go Deeper:** Ephesians 6:1-3, Matthew 21:15-16 and Luke 17:1-2

**Question to consider before Praying:** Do you know of any Child in despair?

**Call to Action:** Pray that God will Protect and Restore every child you know from the evil in this world!

## **Day 25 (January 31, 2019) Topic: Elderly**

**Scripture:** Leviticus 19:32 - Stand up in the presence of the aged, show respect for the elderly and revere your God. I am the Lord.

**Focus on:** Praying for all the Elderly you know

**Rhythm:** Respecting our Elders is Important to God and therefore should be important to us in order to keep our Spiritual Rhythm Healthy!

**Go Deeper:** Isaiah 46:4

**Question to consider before Praying:** Do you know of any Elderly who are having Health or other issues?

**Call to Action:** Pray that God will Protect and Restore every elderly person you know.

## **Day 26 (February 1, 2019) Topic: Teenagers**

**Scripture:** 1 Timothy 4:12 - Don't let anyone look down on you because you are young, but set an example for the believers in speech, in conduct, in love, in faith and in purity.

**Focus on:** Praying for all the Teenagers you know

**Rhythm:** Teenagers are under incredible spiritual attacks in this world and therefore should be important to us in order to keep our Spiritual Rhythm Healthy!

**Go Deeper:** 2 Timothy 2:22, Psalm 71

**Question to consider before Praying:** Do you know of any Teenagers who need prayer?

**Call to Action:** Pray that God will Protect and give them Wisdom beyond their years and also a Love for God that makes the enemy take notice.

## **Day 27 (February 2, 2019) Topic: Faith**

**Scripture:** Hebrews 11:6 - And without faith it is impossible to please God, because anyone who comes to him must believe that he exists and that he rewards those who earnestly seek him.

**Focus on:** Sustaining our Faith

**Rhythm:** We begin to establish our Spiritual Rhythm through our initial Faith!

**Go Deeper:** Hebrews 11, Mark 11:22-24 and 2 Corinthians 5:7

**Question to consider before Praying:** Is there something in your life that you lack Faith for?

**Call to Action:** Pray that God will help your Unbelief!

## **Day 28 (February 3, 2019) Topic: Freedom**

**Scripture:** Romans 8:20-22 - 20 For the creation was subjected to frustration, not by its own choice, but by the will of the one who subjected it, in hope 21 that the creation itself will be liberated from its bondage to decay and brought into the freedom and glory of the children of God. 22 We know that the whole creation has been groaning as in the pains of childbirth right up to the present time.

**Focus on:** Our Freedom in Christ

**Rhythm:** The Freedom we have in Christ is what can turn the volume up to our Spiritual Rhythm!

**Go Deeper:** John 8:34-36, Psalm 119:45 and Galatians 5:1

**Question to consider before Praying:** Are you Truly Free?

**Call to Action:** Pray that God will allow you to experience a complete Freedom through Christ!

## **Day 29 (February 4, 2019) Topic: Repentance**

**Scripture:** 2 Chronicles 7:14 - if my people, who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then I will hear from heaven, and I will forgive their sin and will heal their land.

**Focus on:** Our Wickedness

**Rhythm:** Our need to Repent due to the Wickedness in our flesh keeps us in Spiritual Rhythm!

**Go Deeper:** Proverbs 28:13

**Question to consider before Praying:** Have you forgotten to admit your need for a Redeemer?

**Call to Action:** Pray and acknowledge to God your need and this Nation's need for His Redemption!

## **Day 30 (February 5, 2019) Topic: Finances**

**Scripture:** 1 Timothy 6:6-8 - 6 But godliness with contentment is great gain. 7 For we brought nothing into the world, and we can take nothing out of it. 8 But if we have food and clothing, we will be content with that

**Focus on:** Our Money and Possessions

**Rhythm:** Money can throw us out of Spiritual Rhythm!

**Go Deeper:** 1 Timothy 6:10, Matthew 6:24 and Hebrews 13:5

**Question to consider before Praying:** Are you handling your Finances in a Holy way?

**Call to Action:** Pray that God would Guard your heart and never allow what you have to become an idol!

## **Day 31 (February 6, 2019) Topic: Government**

**Scripture:** 1 Timothy 2:1-4 – 1 I urge, then, first of all, that petitions, prayers, intercession and thanksgiving be made for all people— 2 for kings and all those in authority, that we may live peaceful and quiet lives in all godliness and holiness. 3 This is good, and pleases God our Savior, 4 who wants all people to be saved and to come to a knowledge of the truth.

**Focus on:** Interceding for all those who Govern over us

**Rhythm:** Politicians must be prayed for to stay in a Healthy Spiritual Rhythm!

**Go Deeper:** Romans 13:1

**Question to consider before Praying:** Are you Praying for all those in Governmental Authority?

**Call to Action:** Pray that God would check their hearts and agendas and that those who are lost would be saved!

## **Day 32 (February 7, 2019) Topic: Praise**

**Scripture:** Psalm 100:1-5 – 1 Shout for joy to the Lord, all the earth. 2 Worship the Lord with gladness; come before him with joyful songs. 3 Know that the Lord is God. It is he who made us, and we are his; we are his people, the sheep of his pasture. 4 Enter his gates with thanksgiving and his courts with praise; give thanks to him and praise his name. 5 For the Lord is good and his love endures forever; his faithfulness continues through all generations.

**Focus on:** Praising God in all Things

**Rhythm:** Praise awakens our Spiritual Rhythm!

**Go Deeper:** Psalm 150, Psalm 33:1-3 and Psalm 68

**Question to consider before Praying:** Are you Praising God in all things?

**Call to Action:** Pray that God awaken your Praise of His Goodness!



### **Day 33 (February 8, 2019) Topic: Salt and Light of the Earth**

**Scripture:** Matthew 5:13-16 – 13 “You are the salt of the earth. But if the salt loses its saltiness, how can it be made salty again? It is no longer good for anything, except to be thrown out and trampled underfoot. 14 “You are the light of the world. A town built on a hill cannot be hidden. 15 Neither do people light a lamp and put it under a bowl. Instead they put it on its stand, and it gives light to everyone in the house. 16 In the same way, let your light shine before others, that they may see your good deeds and glorify your Father in heaven.

**Focus on:** Bringing God’s Flavor and Light to the World

**Rhythm:** Being the Salt and Light of the Earth puts flavor and Focus on our Spiritual Rhythm!

**Go Deeper:** Colossians 4:6, Proverbs 4:18

**Question to consider before Praying:** Are you still Salty and Glowing?

**Call to Action:** Pray that God would restore your Saltiness and Trim your Lamp!

### **Day 34 (February 9, 2019) Topic: Purpose**

**Scripture:** Jeremiah 29:11 – For I know the plans I have for you,” declares the Lord, “plans to prosper you and not to harm you, plans to give you hope and a future.

**Focus on:** God having a Purpose for everyone on Earth

**Rhythm:** Realizing we are here for a Reason ignites our Spiritual Rhythm!

**Go Deeper:** Romans 8:28, Proverbs 19:21 and Philippians 2:12-13

**Question to consider before Praying:** Do you believe God has a Purpose and Plan for you?

**Call to Action:** Pray that God will make your Purpose Clear and help you move into your Calling!

### **Day 35 (February 10, 2019) Topic: Weakness**

**Scripture:** 2 Corinthians 12:9-10 – 9 But he said to me, “My grace is sufficient for you, for my power is made perfect in weakness.” Therefore I will boast all the more gladly about my weaknesses, so that Christ’s power may rest on me. 10 That is why, for Christ’s sake, I delight in weaknesses, in insults, in hardships, in persecutions, in difficulties. For when I am weak, then I am strong.

**Focus on:** In our Weakness, God is made Strong

**Rhythm:** Realizing that when we operate in Weakness, it feeds our Spiritual Rhythm!

**Go Deeper:** 1 Corinthians 1:25-27, 1 Corinthians 4:10

**Question to consider before Praying:** Are you allowing God’s Strength to manifest in your Weakness?

**Call to Action:** Pray that God will make you Strong when you are Weak!

### **Day 36 (February 11, 2019) Topic: Dream**

**Scripture:** Genesis 37:17-20 – 17 “They have moved on from here,” the man answered. “I heard them say, ‘Let’s go to Dothan.’” So Joseph went after his brothers and found them near Dothan. 18 But they saw him in the distance, and before he reached them, they plotted to kill him. 19 “Here comes that dreamer!” they said to each other. 20 “Come now, let’s kill him and throw him into one of these cisterns and say that a ferocious animal devoured him. Then we’ll see what comes of his dreams.”

**Focus on:** Be a Dreamer that allows God to work in his/her life and do not let others kill your dreams

**Rhythm:** Our Dreams and Goals can be used by God to feed our Spiritual Rhythm!

**Go Deeper:** Acts 2:17

**Question to consider before Praying:** Are you Dreaming about what God is up to in your life?

**Call to Action:** Pray that God will give you a glimpse of what He has in store!

### **Day 37 (February 12, 2019) Topic: Finish Strong**

**Scripture:** 2 Timothy 4:7-8 – 7 I have fought the good fight, I have finished the race, I have kept the faith. 8 Now there is in store for me the crown of righteousness, which the Lord, the righteous Judge, will award to me on that day—and not only to me, but also to all who have longed for his appearing.

**Focus on:** Completing the Task and never Giving Up

**Rhythm:** Our Drive to Finish will enhance our Spiritual Rhythm!

**Go Deeper:** Philippians 1:6, 2 Corinthians 8:11

**Question to consider before Praying:** Are you Finishing everything Strong?

**Call to Action:** Pray that God will challenge you to Finish what you start!

### **Day 38 (February 13, 2019) Topic: Peace**

**Scripture:** Philippians 4:4-7 – 4 Rejoice in the Lord always. I will say it again: Rejoice! 5 Let your gentleness be evident to all. The Lord is near. 6 Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. 7 And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

**Focus on:** God will provide us an Unwavering Peace in our Difficulties

**Rhythm:** Peace will keep us focused on our Spiritual Rhythm!

**Go Deeper:** Colossians 3:15, Ephesians 6:15 and Isaiah 9:6

**Question to consider before Praying:** Are you in need of Peace in a certain Area of your Life?

**Call to Action:** Pray that God will provide you with that Peace that Surpasses all understanding!

### **Day 39 (February 14, 2019) Topic: Grace**

**Scripture:** Ephesians 2:8-9 – 8 For it is by grace you have been saved, through faith—and this is not from yourselves, it is the gift of God— 9 not by works, so that no one can boast. 10 For we are God’s handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do.

**Focus on:** God’s underserving Favor

**Rhythm:** Our Spiritual Rhythm is rooted in God’s Grace!

**Go Deeper:** Hebrews 4:16, James 4:6

**Question to consider before Praying:** Are you receiving and acknowledging His Grace Daily?

**Call to Action:** Pray that God will continue to pour His Grace out on this undeserving world!

### **Day 40 (February 15, 2019) Topic: Invest**

**Scripture:** Proverbs 27:17 – As iron sharpens iron, so one person sharpens another.

**Focus on:** Investing in Others

**Rhythm:** Our Spiritual Rhythm needs to be Shared!

**Go Deeper:** Psalm 1:1-6, 1 Timothy 6:7 and 2 Corinthians 9:7

**Question to consider before Praying:** Will you Invest in others in 2019?

**Call to Action:** Pray that God will provide opportunities for you to help others in 2019!