



2024 PRAYER & FASTING GUIDE

POSTURING  
FOR  
*Growth*

NEW COVENANT  
CHRISTIAN MINISTRIES



## A WORD FROM OUR PASTORS

*Dear New Covenant family,*

*As you may remember, our focus for the year 2023 was R.E.S.E.T. (Returning, Engaging, Serving, Empowering, and Transforming). God spoke to us in a variety of ways throughout the year, and we experienced a reset not only in the life of the church but in our individual lives. As we began getting closer to year-end, the Lord spoke the following: “The reset is over; now POSTURE FOR GROWTH!” While we do not know all that is to come, we are confident in the Lord’s leadership, and it is from that clear directive that we begin the year in consecration.*

*We are trusting God to grow us in multiple areas—spiritually, emotionally, physically, relationally, financially, and more. During this time of fasting and prayer, our goal is to give God room to make the needed adjustments to ensure that our hearts are the type of soil that consistently yields exponential growth in righteousness and godly influence.*

*As our church family, we thank you in advance for joining us in this special time of prayer and fasting. As you read, pray, and meditate each day, know that you do so with a host of others who are committed to posturing for the kind of growth that will bring God glory and be for our good.*

*Blessings,*

*Pastor Bill & Dr. D*

## GUIDELINES FOR THE FAST

To fast is to abstain from food and/or drink for a specified period. A biblical fast is conducted for a spiritual purpose and is designed to shift one's focus from the physical to the divine. As a result, fasting for the believer should always be coupled with prayer and meditation on God's Word. There are several types of fasts that one can use: *absolute* (eliminating all food and drink), *normal* (refraining from food for a specified period each day), or *partial* (eating only specific foods and/or drinks). A biblical example of the latter can be found in Daniel 1:1-16 and 10:1-3.

**Beginning at 12:01 am on Wednesday, January 3rd, and ending at 11:59 pm on Tuesday, January 23rd**, we will follow the Daniel model of fasting for twenty-one full days. There are several resources available for allowable foods, one of which can be found at this link: <http://www.ultimatedanielfast.com/ultimate-daniel-fast-food-guidelines>.

## GUIDELINES FOR PRAYER

Prayer is the believer's lifeline in that it is our communication with God. It is in prayer that we honor and appreciate God, make our requests known to Him, and, most importantly, hear Him speak into our everyday life. During the time of a church-wide fast, we also use the opportunity to spend time in prayer on corporate issues—the entire church body directing its petitions to our Father as a unit. The words that we each use may be different; however, we know that each day we will be a family of many talking to God about the same thing and listening for His direction on how He wants to manifest the answer through each one of us.

In addition to our personal times of prayer each day, we will come together at **7:00 am each Wednesday morning in January for Corporate Prayer**. To join the prayer line, **dial (425) 436-6373** and enter Participant Access Code **859138#**. You will not have to identify yourself; just mute your phone, hear the day's devotional thoughts, and then add your faith and prayers.

## OUR DAILY PRAYER FOCUS

### Prayer Focus: Growing in the Love of God

*Wednesday, January 3*

**Prayer:** Lord, I love You. I love You because I have experienced Your boundless love for me. You demonstrated Your infinite, relentless love when You sent Your Son to die for my sins and raised Him again that I too may have eternal life. Through this sacrificial act I am changed. My old being is created brand-new, free, no longer a slave to the sin that once had me bound. As I walk in the light of Your love, I continue to change; I continue to grow into Your likeness. Thank You for a transforming, life-altering, life-giving love.

**Scriptures:** John 3:16; Romans 6:6; Hebrews 12:1-2; 1 John 1:5

**Songs:** Reckless Love (Hillsong); Changed (Tramaine Hawkins); Change me (Tamela Mann)

*Thursday, January 4*

**Prayer:** Father, thank You for change. I praise You for the growth that You have begun in me, and I know that You are not done. Show me how to wait on You to do Your perfect work. Change is uncomfortable, inconvenient, and frightening but I trust Your plan for me. Thank You for not giving up on me in those times when I wanted to do things my way. Help me to endure.

**Scriptures:** Philippians 1:6; Proverbs 3:5-6; Isaiah 40:30-31

**Songs:** Have Thine Own Way/Spirit of the Living God (E. Dewey Smith); That's When He Steps In (Alvin Slaughter)

*Friday, January 5*

**Prayer:** Thank You, Lord, for what You are doing in me. You are shaping me to be who You want me to be. I'm amazed by the ways You express Your love for me. Through the lens of Your love, my perspective is changing. Just knowing that You are for me allows me to see not only the change in my own life but in the way I see the world. I realize this transformation is not just for me, but it is to take into the world. Show me how to share this transformative love with other people.

**Scriptures:**  
Lamentations 3:22-23;  
1 John 3:2; 2  
Corinthians 3:17-18;  
Matthew 28:19

**Songs:** Carry On  
(Tauren Wells); I Will  
Run to You (Alvin  
Slaughter); I Will Trust  
(Fred Hammond)

**Prayer Focus: Growing in My Heart, Thoughts,  
Emotions, and Will**

*Saturday, January 6*

**Prayer:** Lord God, You sent your Spirit to help me to walk in truth. I bow my heart in adoration, humility, and gratitude. Father, You know what's in my heart. You are the Gardener. Tend and till my heart so that it is ready for the seeds that You are sowing from Your Word. It is being sown on good ground, so I'm expecting a bountiful harvest in my life. Thank You for doing a complete work in my heart so that I can grow into the person You want me to be.

**Scriptures:** John  
14:16-17; Psalm 51:10;  
Proverbs 4:23; Luke  
8:4-8, 11-15; I Peter  
3:18

**Songs:** Alabaster Box  
(CeCe Winans); Here I  
Am to Worship  
(William McDowell)

***Sunday, January 7***

**Prayer:** Almighty God, thank You for the power of the Holy Spirit. By that power, I bring every one of my thoughts under subjection to the obedience of Christ. I thank You for renewing my mind so that my thoughts align with Your will for my life. I set my mind on the things that are above, that are spiritual. I have the mind of Christ and my thoughts are postured for the growth You have ordained for me in this season.

**Scriptures:** John 16:13; Romans 8:5-6; 2 Corinthians 10:3-6; Colossians 3:2; Philippians 2:5

**Songs:** Oceans by Hillsong United; Believe for It (CeCe Winans)

***Monday, January 8***

**Prayer:** Lord, I thank You for giving me emotions. Emotions allow me to express my love and gratitude to You and others. But there are times when my emotions want to rule. As I prepare myself for what You are doing in my life, I submit my emotions to You. I do not have to be anxious about anything, but I can pray about everything. I will walk in the Spirit. Because I am led by the Spirit, the fruit of the Spirit is evident in my life. I thank You for the opportunity to continue to grow and mature in You.

**Scriptures:** Matthew 22:37-40; Philippians 4:6-7; Galatians 5:16-18, 22-23

**Songs:** Lord Prepare Me to be a Sanctuary (West Angeles COGIC Mass Choir); My Anchor (Christy Nockels)

***Tuesday, January 9***

**Prayer:** Almighty God, I'm thankful for the plans and purposes You have for my life. I know they are good. I realign my will, dreams, and plans to Your will for my life. I surrender to You. I acknowledge that sometimes I think I know best. Forgive me. I want to grow by yielding to You in every aspect of my life.

**Scriptures:** Jeremiah 29:11; Romans 12:2; Matthew 16:24-25

**Songs:** Take My Life (Micah Stampley); I Surrender All (CeCeWinans)

## Prayer Focus: Growing through the Word

### *Wednesday, January 10*

**Prayer:** Father, the entrance of Your Word brings light. I ask You to give me a desire for your Word that I may see You, see myself, and see others. Will You please increase my understanding? May Your Word assure me of Your power and Your love.

**Scriptures:** Psalm 119:130; 1 John 2:5; Romans 12:2

**Songs:** Wonderful Words of Life Hymn (Bill and Gloria Gaither); Word of God Speak (Mercy Me)

### *Thursday, January 11*

**Prayer:** God, thank You for Your Word. It is quick (life-giving) and powerful (operative and effective) to help separate my feelings and the truth. Your Word judges my intentions and my heart. Father, please purify, cleanse, and transform me with Your Word. Make me a living epistle for Your Glory.

**Scriptures:** Hebrews 4:12; 2 Timothy 3:16-17; 2 Corinthians 3:2-3

**Songs:** You are the Living Word (Fred Hammond); Give Me a Clean Heart (Fred Hammond)

### *Friday, January 12*

**Prayer:** Father, I ask that Your Word guide my way, transform me, and aid me in bringing glory to Your name. Direct my footsteps according to Your Word so that no sin rules over me. I seek to please You. With Your Word as my light, I can walk the path of life with hope of living with You for all eternity.

**Scriptures:** Psalm 119:105, 133

**Songs:** Thy Word (Amy Grant); Your Word (Hillsong); Order My Steps in Your Word (GMWA Women of Worship)

## Prayer Focus: Growing through Worship

### *Saturday, January 13*

**Prayer:** Father, I repent for allowing other things to capture my attention and pull me away from You. Please forgive me for making myself (my goals, desires, insecurities, etc.) the priority. Today, I refocus my heart and my mind on You. I choose to draw near to You in worship, for You are the Worthy One. Help me to grow as I am in Your Presence.

**Scriptures:** James 4:8; Luke 4:8

**Songs:** I Worship You Almighty God (Don Moen); Have My Heart (Maverick City Music)

### *Sunday, January 14*

**Prayer:** Lord, I want my worship to be pleasing and acceptable in Your sight, so I bow my will to Yours. I align my mind to Your mind and my heart to Your heart. I want to revere and honor You in every area of my life. As I come before Your throne each day, teach me how to worship You in Spirit and in truth.

**Scriptures:** John 4:23-24; Hebrews 12:28-29; Psalm 95:6

**Songs:** Bow Down and Worship Him (Paul S. Morton); I Stand in Awe of You (Hillsong)

### *Monday, January 15*

**Prayer:** God, You are amazing. I stand in awe of Your goodness, faithfulness, mercy, and love. You alone are worthy of my praise, adoration, and worship. You are the true and living God, the creator of heaven and earth, the giver and sustainer of life. You are my everything. I exalt You above all else. Change me from the inside out as I worship You. I desire to reflect Your glory every day of my life.

**Scriptures:** Psalm 99:5; Psalm 29:1-2; Psalm 145:2

**Songs:** I Exalt Thee (Jesus Culture); Glory to the Lamb (Micah Stampley); Indescribable (Kierra Sheard)

***Tuesday, January 16***

**Prayer:** Great Jehovah (YHWH), I bow before Your throne and declare that You are holy, sovereign, true, and just. You are the great and mighty God. I bless Your Name. I join with the heavenly host proclaiming that You are worthy, O Lord, to receive glory, honor, and power. As I draw close to You, my heart invites You in to change and abide in me.

**Scriptures:** Revelation 4:8-11; Revelation 19:1

**Songs:** Revelation Song (Phillips, Craig, and Dean); In Your Presence (Elevation Worship); Revelation 19:1 (Stephen Hurd)

**Prayer Focus: Growing through Prayer**

***Wednesday, January 17***

**Prayer:** Heavenly Father, thank You for giving us an outline for how to pray. I confess that I do not always honor and worship You or confess my sins before asking for what I want. I repent. God, as I apply Your Word in my prayers, help me to better communicate with You, not just my heart's desires but to tap into what is Your heart's desires.

**Scriptures:** Luke 11:2-4; Matthew 6:9-13

**Songs:** The Lord's Prayer (Sandi Patty); The Prayer (Donnie McClurkin and Yolanda Adams)

***Thursday, January 18***

**Prayer:** Heavenly Father, I posture my heart for change each time I run to the secret place to meet with You. I pray that You awaken my ears to Your voice and make my spirit sensitive to Your presence. Open my eyes so that I may see You. Holy Spirit, thank You for teaching me how to be still and lean into Your whispers.

**Scriptures:** John 15:7; 1 John 5:14-15

**Songs:** Word of God Speak (Casting Crowns); Here's My Heart (Casting Crowns)

***Friday, January 19***

**Prayer:** Holy God, You have all power and can do anything. Forgive me for limiting Your ability and willingness to answer my prayers. Father, help me to consistently pray with unwavering faith and believe that You will answer. I remain confident of this: I will see the goodness of the Lord in the land of the living.

**Scriptures:** James 1:5-6; Mark 11:23-24; Psalm 27:13-14

**Songs:** Believe For It (CeCe Winans); Speak to the Mountains (Joe L. Barnes)

***Saturday, January 20***

**Prayer:** Father God, thank You, for encouraging me to bring my supplications, petitions, and thanksgivings before You. As I continuously seek You for answers, help me to be sensitive to Your instructions. God of hope, please fill me with all joy and peace as I trust in You. Help me to be strong and take heart as I wait with great expectation for the manifestation of Your precious promises for me.

**Scriptures :** Luke 11:8-10; Philippians 4:6-7; Psalm 27:13-14; Romans 15:13

**Songs:** Turning Around for Me (VaShawn Mitchell); Promises (Maverick City Worship)

**Prayer Focus: Growing in My Actions**

***Sunday, January 21***

**Prayer:** Lord, I am grateful for Your love for me. Let my gratitude be evident in how I love and serve others. Help me to first seek Your kingdom's purposes and righteousness before anything else. Make it my heart's desire to fulfill Your kingdom mandate to minister to the needs of others willingly and faithfully by following Jesus' example of sacrificial love.

**Scriptures:** Luke 9:23; Colossians 2:15; Matthew 6:33; Galatians 6:14

**Songs:** Love God, Love People (Israel & New Breed), Give Us Your Heart (William McDowell); Give Me Your Eyes (Brandon Heath)

*Monday, January 22*

**Prayer:** Father, please transform any area of my life that doesn't please You. I desire to become more like Jesus. Lord, please forgive me for the excuses that I have made that have caused me to be stagnant in my spiritual growth. Holy Spirit, help me to take advantage of opportunities to learn about God and grow by utilizing tools such as studying the Word, attending church, or being involved in small groups. Lord, thank You for Your Holy Spirit who assists me to live a Christ-centered life.

**Scriptures:** 5:22,23; Matt 10:37; John 13:35; John 15:7-8

**Songs:** I Give Myself Away/Yes (William McDowell); Take My Life (Micah Stampley)

*Tuesday, January 23*

**Prayer:** Heavenly Father, I want a lasting transformation that's not dependent on whether I'm on the mountain or in the valley of life. I want to remain so connected to You, the True Vine, so that I bear fruit no matter what season of life I'm in. Enable me to remain in fellowship with other Christians so that we can be like iron sharpening iron, so that we will continue to grow. Give me opportunities and courage to share the Good News of Jesus with those around me so that they too can be transformed.

**Scriptures:** Matt. 6:33; Matt. 4:19, Mark 4:20; John 15:16

**Songs:** Pour Me Out (Brandon Lake); Others (Israel Houghton); Give Us Your Heart (William McDowell)

# Save the Date

## **JANUARY 3**

21 Days of Fasting & Prayer Begins

## **JANUARY 3**

Wednesday Worship & The Word Begins

## **JANUARY 7**

Communion & Consecration

## **FEBRUARY 4**

Churchwide Spiritual Growth Campaign Begins

## **NEW COVENANT CHRISTIAN MINISTRIES**

Billy R. Johnson, Senior Pastor  
Dr. D'Ann V. Johnson, Executive Pastor

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