

RENEWED

31 DAYS

OF PRAYER & FASTING

Guide



GETTING STARTED

Renewed

WE'RE EXCITED TO JUMP INTO OUR 31 DAYS OF PRAYER & FASTING WITH YOU! AS WE READ THROUGH THE BOOK OF PROVERBS DURING THIS TIME OF PRAYER & FASTING, OUR HOPE IS THAT YOU HAVE RENEWED WISDOM AND A RENEWED DESIRE TO FOLLOW GOD!

WHAT IS FASTING?

FASTING IS A SPIRITUAL DISCIPLINE DESIGNED TO REPLACE PHYSICAL OR EARTHLY NEEDS WITH A DESIRE FOR CLOSENESS TO GOD. BY ABSTAINING FROM FOOD OR OTHER DISTRACTIONS, WE DEEPEN OUR SPIRITUAL FOCUS AND RENEW OUR HUNGER FOR GOD.

WE ARE SO GLAD YOU DECIDED TO PARTNER WITH US IN THIS AND WE LOOK FORWARD TO SEEING WHAT GOD HAS IN STORE FOR YOU!

A GUIDE TO

Fasting

▶▶ WHY FAST

1. **Intimacy with God:** Fasting helps rekindle, develop, or strengthen a close relationship with God.
2. **Breakthroughs in Prayer:** Some spiritual breakthroughs come only through fasting.
3. **Freedom from Distractions:** Fasting breaks patterns of dependence on worldly things, showing us what may control us.

Focus: Keep God as the center of your fast. While there may be physical and spiritual benefits, the goal is communion with God.

▶▶ TYPES OF FASTS THAT ARE SCRIPTURAL

1. **Partial Fast:** Restricting certain foods or meals, like the Daniel Fast.
2. **Absolute Fast:** No food or water for a short period (e.g., 3 days, like Paul).
3. **Supernatural Fast:** Extended abstinence without food, such as Moses and Elijah's 40-day fasts.

Since we will be fasting for the whole month of January, we suggest the partial fast. For example, you could fast one meal a day or decide to fast from specific types of food.

Alternative Fasts: If food isn't feasible, consider fasting from anything that pulls you away from God. *Examples could be media, social activities, or non-essential habits.*





▶▶ PREPARING FOR A FAST

1. **Choose What to Abstain From:** Focus on what has taken priority over God in your life.
2. **Set a Time Frame:** Decide how long you'll fast, keeping in mind that the type and duration are secondary to your heart's intentions.
3. **Replace with Time with God:** In those times you are fasting, replace what is missing with time spent in prayer, scripture, and reflection to draw closer to God.

▶▶ WHEN TO FAST

Referencing Isaiah 58, consider fasting when you:

- Feel stuck in sin (vs. 6a)
- Carry a heavy burden (vs. 6b)
- Pray for others (vs. 7)
- Want to give sacrificially (vs. 7)
- Need encouragement (vs. 8)
- Seek answers to prayer (vs. 9)
- Need self-examination (vs. 10)
- Seek spiritual direction or restoration (vs. 11)
- Long for revival (vs. 12)

▶▶ CHALLENGE

Fasting can be a powerful tool for spiritual growth. Approach it with a sincere heart and intention to glorify God, allowing it to cultivate a deeper, more intimate relationship with Him.

WE'RE ALL IN THIS TOGETHER

Day
1

▶▶ PROVERBS 1

Key Theme: The fear of the Lord is the beginning of wisdom.

Prayer Focus: Ask God for a teachable heart and wisdom to navigate life.

Action Step: Reflect on areas where you need wisdom and journal your thoughts or share them with a friend or your spouse.

Day
2

▶▶ PROVERBS 2

Key Theme: Seeking wisdom protects your path.

Prayer Focus: Pray for discernment to choose what pleases God.

Action Step: Identify distractions in your life and decide how to address them.

Day
3

▶▶ PROVERBS 3

Key Theme: Trusting God brings guidance and peace.

Prayer Focus: Surrender your plans to God and trust Him for direction.

Action Step: Write down a current challenge and pray for God's guidance.

Day
4

▶▶ PROVERBS 4

Key Theme: Guard your heart and pursue integrity.

Prayer Focus: Ask God to keep your heart pure and to lead you in His truth.

Action Step: Commit to avoiding gossip or negativity today.

Day
5

▶▶ PROVERBS 5

Key Theme: Avoiding temptation in relationships.

Prayer Focus: Pray for faithfulness and purity in all relationships.

Action Step: Set boundaries to guard your relationships.



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**WISDOM ISN'T JUST ABOUT
KNOWLEDGE—IT'S ABOUT
MAKING GOD-CENTERED
DECISIONS. WHAT WOULD
YOUR LIFE LOOK LIKE IF YOU**

*truly trusted Him
with everything?*

VERSES TO NOTE

**"The fear of the Lord is the
beginning of knowledge, but
fools despise wisdom and
instruction."**

Proverbs 1:7

**"Trust in the Lord with all
your heart and lean not on
your own understanding."**

Proverbs 3:5-6

Day 6

▶▶ PROVERBS 6

Key Theme: The importance of diligence.

Prayer Focus: Pray for a strong work ethic and motivation.

Action Step: Identify one task you've been procrastinating and complete it.

Day 7

▶▶ PROVERBS 7

Key Theme: Avoiding moral failure.

Prayer Focus: Ask God for strength to resist temptation at work, in your relationships, with your finances & spending, the movies you watch or music you listen to. Fill in the blank with your current struggle.

Action Step: Memorize a scripture that helps you stay strong in moments of weakness.

Day 8

▶▶ PROVERBS 8

Key Theme: Wisdom calls and rewards those who listen.

Prayer Focus: Pray for wisdom to align your life with God's will.

Action Step: Write down ways God has blessed you when you've acted wisely.

Day 9

▶▶ PROVERBS 9

Key Theme: The fear of the Lord is the foundation of wisdom.

Prayer Focus: Ask for a deeper reverence for God in your life.

Action Step: Spend 15 minutes in worship or quiet meditation.

Day 10

▶▶ PROVERBS 5

Key Theme: Wise words bring life; foolish words bring harm.

Prayer Focus: Pray for wisdom in your speech.

Action Step: Only speak words that encourage and build up others today.



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**YOUR HEART IS THE
WELLSPRING OF YOUR LIFE.
GUARDING IT DOESN'T
MEAN CLOSING IT OFF—IT
MEANS PROTECTING IT**

so it can thrive!

VERSES TO NOTE

"Above all else, guard your heart, for everything you do flows from it."

Proverbs 4:23

"For your ways are in full view of the Lord, and He examines all your paths."

Proverbs 5:21

Day 11

▶▶ PROVERBS 11

Key Theme: The rewards of righteousness.

Prayer Focus: Pray for the courage to live with integrity.

Action Step: Examine your habits—are they aligned with honesty and integrity?

Day 12

▶▶ PROVERBS 12

Key Theme: Seeking and heeding wise counsel.

Prayer Focus: Pray for godly mentors and wise advisors in your life.

Action Step: Reach out to a mentor or someone you trust for advice.

Day 13

▶▶ PROVERBS 13

Key Theme: Pride leads to conflict; wisdom comes with humility.

Prayer Focus: Pray for a humble heart.

Action Step: Apologize if you've wronged someone recently.

Day 14

▶▶ PROVERBS 14

Key Theme: Truthfulness brings security.

Prayer Focus: Pray for the courage to speak the truth in love.

Action Step: Commit to avoiding lies or half-truths today.

Day 15

▶▶ PROVERBS 15

Key Theme: Contentment and peace.

Prayer Focus: Ask God to help you be content in all circumstances.

Action Step: Identify and thank God for 5 blessings in your life.



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**YOUR WORDS AND ACTIONS
REFLECT YOUR FAITH. ARE
YOU BUILDING OTHERS UP**

*or tearing them
down?*

VERSES TO NOTE

**"The mouth of the righteous
is a fountain of life, but the
mouth of the wicked
conceals violence."**

Proverbs 10:11

**"The words of the reckless
pierce like swords, but the
tongue of the wise brings
healing."**

Proverbs 12:18

Day 16

▶▶ PROVERBS 16

Key Theme: Controlling anger and emotions.

Prayer Focus: Ask God for self-control in your words and actions.

Action Step: Practice patience in a challenging situation today.

Day 17

▶▶ PROVERBS 17

Key Theme: A generous and kind heart brings joy.

Prayer Focus: Pray for opportunities to show kindness.

Action Step: Perform an act of kindness for someone today.

Day 18

▶▶ PROVERBS 18

Key Theme: Words can give life or bring harm.

Prayer Focus: Ask God to help you use your words wisely.

Action Step: Write an encouraging note to someone.

Day 19

▶▶ PROVERBS 19

Key Theme: The benefits of discipline.

Prayer Focus: Pray for a heart open to God's correction.

Action Step: Reflect on an area where you need discipline and take a step to improve.

Day 20

▶▶ PROVERBS 20

Key Theme: God values honest leadership.

Prayer Focus: Pray for integrity in your role of influence.

Action Step: Commit to fairness and honesty in all your dealings.



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**GOD GIFTS AND EQUIPS YOU
IN ACCORDANCE TO WHAT HE
HAS CALLED YOU TO. HOW
CAN YOU TRUST HIM MORE**

in that calling?

VERSES TO NOTE

**"Commit to the Lord
whatever you do, and He will
establish your plans."**

Proverbs 16:3

**"By wisdom a house is built, and
through understanding it is
established; through knowledge
its rooms are filled with rare and
beautiful treasures."**

Proverbs 24:3-4

Day 21

▶▶ PROVERBS 21

Key Theme: God guides the wise planner.

Prayer Focus: Pray for wisdom in your future plans.

Action Step: Review your goals and pray over them.

Day 22

▶▶ PROVERBS 22

Key Theme: Words shape relationships and outcomes.

Prayer Focus: Pray for wisdom to speak less and listen more.

Action Step: Be intentional about truly listening in conversations with others today.

Day 23

▶▶ PROVERBS 23

Key Theme: Wisdom protects you from foolish decisions.

Prayer Focus: Pray for strength to avoid harmful habits.

Action Step: Identify one bad habit to work on breaking.

Day 24

▶▶ PROVERBS 24

Key Theme: Wisdom builds and sustains success.

Prayer Focus: Ask God to grow wisdom in your life.

Action Step: Write down 1 or 2 areas of your life that you will commit to leaning into God's wisdom as He presents opportunities.

Day 25

▶▶ PROVERBS 25

Key Theme: Leading with humility and wisdom.

Prayer Focus: Pray for wisdom in leadership or service.

Action Step: Serve someone selflessly today.



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**LEADERSHIP ISN'T ABOUT
POSITION; IT'S ABOUT
INFLUENCE. ARE YOU USING
YOUR INFLUENCE**

to build others up?

VERSES TO NOTE

**"A good name is more
desirable than great riches."**

Proverbs 22:1

**"When arguing with your neighbor,
don't betray another person's
secret. Others may accuse you of
gossip, and you will never regain
your good reputation."**

Proverbs 25:9-10

Day 26

▶▶ PROVERBS 26

Key Theme: Foolishness stirs up conflict; wisdom brings peace.

Prayer Focus: Pray for peace in your relationships.

Action Step: Resolve a lingering conflict if possible.

Day 27

▶▶ PROVERBS 27

Key Theme: Diligence builds wealth and character.

Prayer Focus: Pray for motivation and perseverance in your work.

Action Step: Organize your workspace for better productivity.

Day 28

▶▶ PROVERBS 28

Key Theme: Trusting God brings true wealth.

Prayer Focus: Pray for contentment with what God has provided.

Action Step: Give generously to someone in need today.

Day 29

▶▶ PROVERBS 29

Key Theme: The righteous are bold and steadfast.

Prayer Focus: Pray for courage to stand for what is right.

Action Step: Stand up for someone who needs support.

Day 30

▶▶ PROVERBS 30

Key Theme: Reverence for God leads to peace and trust.

Prayer Focus: Praise God for His wisdom and guidance.

Action Step: Write a prayer of gratitude for God's work in your life.



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**THE PURSUIT OF
EXCELLENCE IS
ABOUT CONSISTENCY.**

not perfection.

VERSES TO NOTE

**"As iron sharpens iron, so
one person sharpens
another."**

Proverbs 27:17

**"Those who trust in
themselves are fools, but
those who walk in wisdom
are kept safe."**

Proverbs 28:26

Day 31

▶▶ PROVERBS 31

Key Theme: Living a life of strength, wisdom, and purpose.

Prayer Focus: Pray to embody the values of diligence, kindness, and faith in your everyday life.

Action Step: Reflect on the qualities of the Proverbs 31 person and identify one trait you can actively work on (e.g., diligence, kindness, or generosity). Share this goal with someone for accountability.



WHAT NOW?

A Quick Story...

Pastor Scott told a story in his sermon during a recent series, about a trip a man was taking. He told his son that while he was gone, he had the task of taking out the trash. His son, excited about the responsibility given to him, grabbed his notebook and wrote it down. He even invited some friends over and they talked about what it would look like to take out the trash. He learned every word in several languages. His friend even wrote a song about taking out the trash. It was like an anthem for the task and how to do it well.

The man comes home and sees that the garage is filled with trash and goes to his son and asks what happened. His son passionately tells him all that he and his friends did with what his dad had told him to do. The man says, "That's great son - BUT YOU DIDN'T TAKE OUT THE TRASH!"

Do it!

- ✓ Commit to at least one ongoing habit that you learned from this time.
- ✓ Find someone to share your commitment with.
- ✓ Allow them to hold you accountable!