

**“The Blood Prayer and Fasting Guide”
2016**

**Twenty- One (21) Day Fast
February 15, 2016 – March 6, 2016**

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“The Blood of Jesus” Prayer and Fasting Guide 2016

Introduction: The purpose of this 21-day guide is to enrich our time of prayer and fasting, establish understanding of the overwhelming mercy and grace of Jesus (His death and shed blood) for us. The 21 days is in 3-day increments. Each 3-day increment will focus on one of seven things that Jesus’ death and His blood provides for us. Study and meditate on the provided scriptures. Use the space provided to write the impact, change and mind renewal the Holy Spirit will speak to you. Remember, the abstinence of food is dependent on three things: your health, God’s leading and common sense.

Deliverance

Day 1

Scriptures: Exodus 11: 1, Exodus 12: 1-13, Exodus 12: 29-33

1. What happened in houses not covered by the blood? _____

 2. What determined life or death? _____

 3. In what way(s) has the blood of Jesus on your “door” delivered you?

- Pray Psalm 116 as a thanksgiving for deliverance.

Other Notes, Prayer Requests & Answered Prayers: _____

Day 2

Scriptures: 1 Peter 1: 13-21, Revelation 1: 4-6

1. What do we learn about God? _____

2. What was necessary for us to be redeemed (purchased back)? _____

3. What should our response(s) be in light of both #1& 2? _____

- Pray Psalm 138 in honor of God's goodness and faithfulness.

Other Notes, Prayer Requests & Answered Prayers: _____

Day 3

Scripture: Isaiah Chapter 53 (foreshadow of the suffering Messiah):

1. Verses 4-5 and 11-12 cite benefits that Jesus' death and shed blood provides for us. Write them down with the specific thing Jesus endured to make it available. _____

2. Memorize and meditate on verses 5-6 throughout the day?

- Pray Psalm 30 in thanksgiving to the "Healing Savior."

Other Notes, Prayer Requests & Answered Prayers: _____

Forgiveness

Day 4

Scriptures: Leviticus 16: 29-34; Hebrews 9: 19-22

These passages refer to the Day of Atonement and Covenant Ceremony outlined in the Old Testament.

1. According to these passages, what was required for forgiveness?

2. Why should we rejoice with gratitude every time the LORD forgives us?

3. Write down some things that God has forgiven you. _____

- Read aloud Psalm 32 with Joy for God's forgiveness.

Other Notes, Prayer Requests & Answered Prayers:

Day 5

Scriptures: Matthew 26: 26-30; Luke 22:14-20

These passages record Jesus's institution of a new blood covenant.

1. In Matthew 26: 26-30, what promises does Jesus make?

2. Is there anything that you need forgiveness? Write it down and ask the LORD for it (1 John 1:7- 9). _____

- Pray Psalm 130 in gratitude for God hearing your prayer.

Other Notes, Prayer Requests & Answered Prayers:

Day 6

Scriptures: Luke 6: 27-31, Matthew 6: 14-15, Ephesians 1: 3-8

1. Write down people that you need to forgive. _____

2. Forgiving can be demanding. Where is the help you need to forgive?

- Read and meditate on Hebrews 4:14-16 and receive strength to forgive.

Other Notes, Prayer Requests & Answered Prayers:

Covering and Cleansing

Day 7

Scriptures: Leviticus 17: 11, Leviticus 16: 29-31, Hebrews 9: 19-22

These scriptures refer to atonement, which literally means “to cover.”

1. How would you summarize the above scriptures regarding atonement? _____
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2. According to Leviticus 16: 31a, atonement being made for us should result in experiencing a humble rest. Humility, because you recognize your sins and the cost paid to purify you. Rest, because you have been cleansed.
- **Pray and ask the Holy Spirit to help you reflect and rest in the cleansing power of the blood of Jesus.**

Other Notes, Prayer Requests and Answered Prayers: _____

Day 8

Scriptures: 1 John 1: 7-9, Hebrews 9: 11-14, Romans 5: 9, Hebrews 10: 17

1. According to these passages, the blood of Jesus cleanses us from _____ (1 John 1: 7) and our _____ (Heb. 9: 14).
2. We learned on day 7, we are covered (atoned) with the blood of Jesus. Based on Romans 5: 9, we are also _____!
3. Based on the truths of these verses, guilt over *repented* sin is a “no-no” for Christians. Has your mind, other people, and/or the devil accused you of repented sins to make you feel guilty? If so, deal with this guilt once and for all based on God’s word.
 - Write the forgiven sin(s) on a sheet of paper. Then lay your hands on the paper and “plead the blood of Jesus.”
 - Consider doing something ceremonial with the paper: burying it, burning or throwing it into the garbage, etc.
 - Praise the Lord according to Psalm 103. Meditate on verse v12.

Other Notes, Prayer Requests & Answered Prayers:

Day 9

Scriptures: Hebrews 13: 12, 1 John 1: 5-10, Hebrews 9: 13-14

1. Yesterday we focused on dealing with guilt from past sins. Today we turn our attention to any *present* sinful behavior or attitudes. Ask the LORD what “dead works” He wants you to address. Write them here. _____

2. According to 1 John 1: 7-9, what does God expect from us and what does He promise to give in return? _____

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- Pray Psalm 51, confess, repent and embrace the cleansing of the blood of Jesus. Pray for strength to walk in the light of your repentance.

Other Notes, Prayer Requests and Answered Prayers:

Life and Strength

Day 10

Scriptures: Leviticus 17: 10-12, Matthew 26: 26-28, John 6: 53-58

1. According to Lev. 17: 11, why is the blood so important? _____
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2. Based on these passages, why is the blood of Jesus so powerful?
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- Pray Psalm 27 and thank God for being your strength.

Other Notes, Prayer Requests and Answered Prayers:

Day 11

Scriptures: Exodus 12: 5-10, John 6: 53-58, Luke 22: 14-20

1. There is an interesting contrast between the Passover in Exodus and the Passover in Luke. The blood isn't over a physical house but in us by faith. _____

2. What does Jesus promise the person who eats His flesh and drinks His blood in John 6:54-57?

3. In what areas do you lack satisfaction and strength? Bring your hunger and weakness to the feet of Jesus and receive the food for your soul.

- Pray a thanksgiving prayer based on Acts 17:28.

Other Notes, Payer Requests & Answered Prayers: _____

Day 12

Scriptures: Exodus 12: 3-8; Luke 22: 14-20; 1 Corinthians 10: 16

- The life and strength that Jesus' body and blood provides is to be *shared* with others.

1. Spend the majority of time praying for others (make a list) and "plead the blood" of Jesus on their behalf.

2. Make a point today to share the life of Jesus with others through kind gestures, generosity, encouragement, etc. Consider giving to others time, money, or another resource that you would normally keep yourself.

- Pray according to II Timothy 2:1-4 and Galatians 6:10.

Other Notes, Prayer Requests and Answered Prayers: _____

Covenant

Covenant = an agreement or contract in which one or more parties make binding promises or commitments (Cp. “Covenant series,” tape #1 GLC, Jerry D. Fryar, 1998). In the Old Covenant, God remained faithful to His promises. Israel didn’t keep their promise to obey the Law. Therefore, God promised to make a new & everlasting covenant.

Day 13

Scriptures: Genesis 15: 1-21, Exodus 24: 1-8, Matthew 26: 26-28

1. *Blood was the basis of these covenant ceremonies.* God doesn’t deal on the basis of what we deserve but on the merits of Jesus’s blood. **God remains faithful and intensely committed to us based on the fact that we are covered and filled with the blood of Jesus. Praise Him!**

2. The covenant ceremonies of God with Abraham (Gen. 15) and Jesus with the disciples (Matt. 26: 26-28) differ from the ceremony of Moses and Israel (Ex. 24: 1-8). Ask the Holy Spirit to show you these differences, write them along with anything else He shows you. _____

3. Why is the New Covenant everlasting?

- Praise God according to Psalm 105 for being a covenant keeper.

Other Notes, Prayer Requests & Answered Prayers:

Day 14

Scriptures: Hebrews 9: 14-18, Mark 8: 31, Psalm 103

1. According to today's scriptures, what had to happen to Jesus?

2. The New Covenant established by Jesus' blood is one of tender mercies. What are some ways God has shown you His tender mercies? _____

3. The New Covenant is of faithful love and grace? How has God demonstrated His unwavering commitment by giving you what you could not earn? _____

- Sing Psalm 103 to the Lord. Make it personal.

Other Notes, Prayer Requests & Answered Prayers: _____

Day 15

Scriptures: Jeremiah 32: 37-41, Matthew 16: 24-25, Romans 5: 1-11

1. Though the New Covenant is based on grace through the life, blood, and sacrificial death of Jesus, there is a response required from us. What is it? _____

2. Our relationship with God should be of covenant love. However, we as Christians can fall into the trap of treating our relationship with

God like a *contract*. We may obey, serve, sing, pray, give, etc. in order to gain God's favor or acceptance. Ask God to show you any areas where you may be relating to Him this way.

3. According to Romans 5: 1-11, what are some things we have available to help us "take up our crosses" and follow Jesus with the right motive? _____

- Pray that God help you grow according to Romans 12:1-2.

Other Notes, Prayer Requests & Answered Prayers: _____

Access for Intimacy with God

Day 16

Scriptures: Genesis 1:26-27; Psalms 63; Hebrews 9: 6-8; Hebrews 10: 19-22; Ephesians 2: 13.

1. How did God design us to relate to Him? _____

2. Who provided and with what to restore access to God? _____

3. Do you have a yearning for God? If so, what are some things that seem to hinder fulfillment? _____

- Pray for God to make Psalm 63:1-8 a reality for you.

Other Notes, Prayer Requests & Answered Prayers: _____

Day 17

Scripture: Psalm 63:1-8

In revisiting this Psalm, pray and reiterate on life application according to David's demonstration of passion for God. Meditate on each. Ask God to:

1. Help you develop a yearning for Him-v1.
2. Awaken and sharpen your spiritual senses-v2.
3. Give you new values and priorities-vv.3-4.
4. Help you experience new levels of satisfaction and fulfillment in Him-vv.5-6.
5. Help you experience growth in trust and dependence-vv.7-8

List things the Holy Spirit revealed to you regarding above statements (use more paper if needed).

Other Notes, Prayer Requests & Answered Prayers:

Day 18

Scriptures: Psalm 63:1-8

The blood of Jesus gives us access to God. Day 17 emphasized David's pattern of developing intimacy in Psalm 63. To maximize the benefits of the blood, we need to understand building intimacy requires the following:

1. Time with God.
 2. Two-way communication.
 3. Vulnerability-transparency determines the depth of intimacy.
 4. Shared interest-not self centered prayers. Share God's interests.
 - Pray to God for growth in the above statements.
 - List things revealed by the Holy Spirit for enhancement in all the areas. _____
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Other Notes, Prayer Requests & Answered Prayers: _____

Community

Day 19

Scriptures: Colossians 1: 19-20 (comprehensive peace), **Ephesians 2: 11-16** (the blood has ended all hostility and unifies us), **Exodus 12: 3-8**, **Luke 22: 14-20** (Passover and Communion are community celebrations), **1 Corinthians 10: 16**

It's important how we view relationships within the church community. Our understanding determines the shape of our lives. The New Testament Greek word for church-community is **ekklēsia**, means "the called out ones." Like Israel the church community is a covenant community. We share a commonality.

1. We share the same history-redeemed by the blood of Jesus.
2. We share responsibilities-support each other and a witness to the world.
3. We aren't perfect but growing in maturity.

4. We are responsible.

Pray:

- Ask God to help you see others as valuable based on the blood of Jesus.
- For God to cleanse you of any influence from the world's culture that places emphasis on *individualism* and not the collective *community*.
- For God to give you a fresh sense of calling for the body/community as depicted in I Corinthians 12:12-27.
- For God to help you grow as you value and serve His body-the covenant community.

List things the Holy Spirit revealed about community, its care and your uniqueness to serve.

Day 20

Deuteronomy Day

The Old Testament book of Deuteronomy means “this second law. It was a recapitulation of Israel’s forty years in the wilderness. It exhorted the people to observe the instructions that God gave Moses. It concludes with exclusive allegiance to the one true God, Jehovah and the importance of repentance.

In keeping with the pattern described in Deuteronomy, give application of this prayer and fasting time.

** Use a notepad

1. Start from the first day; review and reflect on instructions and insights revealed by the Holy Spirit.

2. Write additional insights as a result of the review, reflection and revelation from the Holy Spirit.
3. Write specific goals motivated by this time of prayer and fasting.
4. Decide what to share with others for support and accountability.
5. Write how the things identified will help you enhance your relationship in the covenant community.
 - Pray and ask God to deposit these deep in your heart.

Day 21

Scripture: Psalm 136

Make it a day of praise and celebration!

Give God the glory for the victory during this time of prayer and fasting.
Purpose to go forward with what the Holy Spirit has revealed.

JDF

*Thanks to Minister Michael Martin for formatting assistance.

12 Things Satan Does to Get Victory over Christians

Dr. David Jeremiah* shared this list during one of his teachings on his Turning Point Broadcast. Take time to assess your life against this list and make the needed adjustment.

Satan said to a convention of Demons, “As long as Christians stay close to God, we have no power over them. So here are 12 things you can do to get victory over Christians.”

- 1) Keep them busy with non-essentials.
- 2) Tempt them to overspend and go into debt.
- 3) Make them work long hours to maintain empty life styles.
- 4) Discourage them from spending family time together, for when their homes disintegrate there is no refuge from work.
- 5) Over stimulate their minds with television and computers, so they can't hear God speaking to them.
- 6) Fill their coffee tables and nightstands with newspapers and magazines so they have no time to read the Bible.
- 7) Flood their mailboxes with sweepstakes promotions and get rich quick schemes to keep them chasing material things.
- 8) Put glamour models on TV and on magazine covers to keep them focused on outward appearances. That way they will be dissatisfied with themselves and dissatisfied with their mates.
- 9) Make sure couples are too exhausted for physical intimacy so they will be tempted to look elsewhere.
- 10) Make Santa and the Easter bunny bigger than Jesus to divert them from remembering the real meaning of the holiday.
- 11) Involve them in good causes so they won't have time for eternal ones.
- 12) Make them self-satisfied. Keep them busy working in their own strength so they'll never know the joy of God's power working through them.

Remember my demons, keep them busy! Busy! Busy! Because we know what it stands for:

* **B=BEING**

* **U=UNDER**

* **S=SATANS**

* **Y=YOKE**

(Note: original author of this list is unknown)

Be wise and don't give him place during this time of fasting and prayer- Ephesians 4:26.

Sufficient strength and victory is made available to us through Christ Jesus.

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- **You may contact Gospel Lighthouse Church on:
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Twitter at GLC1_or www.twitter.com/glc_1;
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