

So He said to them, "This kind can come out by nothing but prayer and fasting." Mark 9:29 NKJV

40 Days

Praying & Fasting

“Prayer is the opening of the heart to God as to a friend. Not that it is necessary in order to make known to God what we are, but in order to enable us to receive Him. Prayer does not bring God down to us, but brings us up to Him”

“When Jesus was upon the earth, He taught His disciples how to pray. He directed them to present their daily needs before God, and to cast all their care upon Him. And the assurance He gave them that their petitions should be heard, is assurance also to us.”

Steps to Christ, p. 93

Caution: Any fast may have side effects or complications for people with medical conditions, pregnant, nursing and/or taking medicine. Please consult your doctor and/or pharmacist before starting this fast.

What a privilege we have been given in prayer; the fact that we can approach God with our thoughts, desires, difficulties, and challenges is an undeserved blessing. As you embark on this “40-day” journey of prayer and fasting, it is my prayer that you will use this opportunity to draw closer to God, and that His spirit will permeate your life and you will be transformed.

Prior to Jesus beginning His earthly ministry, He was led by the spirit into the wilderness where He fasted and prayed for forty-days. Jesus received power from God to carry-out what would be the most difficult mission ever attempted, dying for all the sins of mankind. My prayer is that after this period of fasting and prayer, you would be similarly empowered by God to be a witness for Him, and to live in such a way that you would be ready for the kingdom of God.

May God bless you and empower you throughout this “40-day” journey and beyond.

Pastor Andre McCloud



- Choose a prayer partner (or, two); this person should be someone who will be consistent in your daily prayer time and help you be accountable.
- Pray 2 -3 times per day, at least one of the times should be with your prayer partner/s, make this time the same each day
- Include in at least one of your prayer times, the Jabez Prayer, which reads.... And Jabez called on the God of Israel saying, "Oh, that You would bless me indeed, and enlarge my territory, that your hand would be with me, and that You would keep me from evil, that I may not cause pain!" So, God granted him what he requested. 1 Chronicles 4:10 (NKJV)
- Make notes/journal every day. The notes you jot down may express thoughts, feelings, experiences, your exercise times (20 minutes of movement is a good amount to get the oxygen going throughout your body), menus/meals eaten that day. *Be honest and truthful, it can serve to help you get through the hurdles posted by this new way of life.*
- It is a good idea to keep track of your weight, whether or not you write it in your journal is your choice. *However, accountability is one of the keys to success.*
- Planning ahead is key! Keep healthy snacks on hand.

"Plead for the Holy Spirit. God stands back of every promise He has made. With your Bible in your hands say, I have done as Thou hast said. I present Thy promise, "Ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you." {COL 147}

"All that Christ received from God we too may have. Then ask and receive. With the persevering faith of Jacob, with the unyielding persistence of Elijah, claim for yourself all that God has promised." {COL 149}

Christ's Object Lessons, Ellen G. White

FAST: DRINK ONLY WATER

Do you know up to 60% of your body is composed of water? How much water do you drink every day?

During the next 10 days, let water be your beverage of choice. Whenever you are thirsty or need something to drink, reach for water. Water is the elixir of life.



WATER IN THE HUMAN BODY

Brain	75% Water
Blood	83% Water
Heart	79% Water
Bones	22% Water
Muscles	75% Water
Liver	85% Water
Kidneys	83% Water

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PRAYER TOPICS: HUMBLE AND SURRENDERED

James 4:10 KJV

Humble yourselves in the sight of the Lord, and He will lift you up.

Proverbs 3:5-6

Trust in the Lord with all your heart and lean not on your own understanding; In all your ways acknowledge Him, And He shall direct your paths.




Prayer Journal


Date _____


My Prayers


Scripture Verse

Thankful For









Prayers For Others

People to Encourage

Date

Reflection Notes

Ruled area for notes with horizontal lines and a dotted line for the date.

Date

Reflection

Notes

Lined area for writing reflection notes.

Date

Reflection Notes

Date

Reflection

Notes

FAST: LOW SUGAR/NO ADDED SUGAR

During the next 10 days, go low sugar or no added sugar. The goal is to reduce the amount of sugar we intake every day. Some products are naturally sweetened, and others have sugar added. Sugar has many different names. Please read your labels!

SUGAR COATING
43 DIFFERENT NAMES FOR 'ADDED SUGAR'

1. AGAVE NECTAR/SYRUP	16. EVAPORATED CANE JUICE	29. WHITE SUGAR
2. BARLEY MALT	17. FRUCTOSE	30. MALTOSE
3. BEET SUGAR	18. FRUIT JUICE	31. MAPLE SYRUP
4. BLACKSTRAP MOLASSES	19. FRUIT JUICE CONCENTRATE	32. MOLASSES
5. BROWN SUGAR	20. GLUCOSE	33. MUSCOVADO
6. CANE SUGAR	21. GOLDEN SYRUP	34. PALM SUGAR
7. CAROB SYRUP	22. GRAPE SUGAR/SYRUP	35. PANELA
8. CASTER SUGAR	23. HONEY	36. POWDERED SUGAR
9. COCONUT SUGAR	24. HIGH-FRUCTOSE CORN SYRUP	37. RAPADURA
10. COFFEE SUGAR CRYSTALS	25. ICING SUGAR	38. RAW SUGAR
11. CONFECTIONER'S SUGAR	26. INVERT SUGAR	39. RICE SYRUP
12. CORN SYRUP	27. LACTOSE	40. SUCROSE
13. DATE SUGAR/SYRUP	28. MALT	41. SUGAR
14. DEMERARA		42. TREACLE
15. DEXTROSE		43. TURBINADO

choice
CHOICE.COM.AU

PRAYER TOPICS: GENTLE & FORGIVING

Proverbs 15:1 NIV

A gentle answer turns away wrath, but a harsh word stirs up anger.

Ephesians 4:32 ESV

Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.



Date

Prayer

Journal

My Prayers

Prayers For Others

Scripture Verse

Thankful For

People to Encourage

Date _____

Reflection

Notes

Lined writing area with horizontal lines.

Date

Reflection Notes

Lined writing area for reflection notes, consisting of 21 horizontal lines.

Date

Reflection Notes

Lined area for writing notes, consisting of multiple horizontal lines.

Date

Reflection

Notes

Date

Reflection

Notes

PHASE 3: NO JUNK FOOD

"Junk food" generally refers to foods that have lots of calories but little nutritional value. Most "junk food" falls into the categories of either "snack food" or "fast food." During the next 10 days, DO NOT eat any "junk food" or reduce the amount of junk food you eat. You can do this! Make the Swap! 😊



PRAYER TOPICS: PATIENT & COMPASSIONATE



Hebrews 6:15 NKJV

And so, after he had patiently endured, he obtained the promise.

Colossians 3:12 ESV

Put on then, as God's chosen ones, holy and beloved, compassionate hearts, kindness, humility, meekness, and patience.

Date

Prayer Journal

My Prayers

Prayers For Others

Scripture Verse

Thankful For

People to Encourage

Date

Reflection

Notes

Lined writing area consisting of multiple horizontal lines for notes.

Date

Reflection

Notes

Handwriting practice lines for 'Reflection Notes', consisting of a dotted line and multiple solid horizontal lines.

Date

Reflection Notes



A series of 20 horizontal solid lines for writing reflection notes.

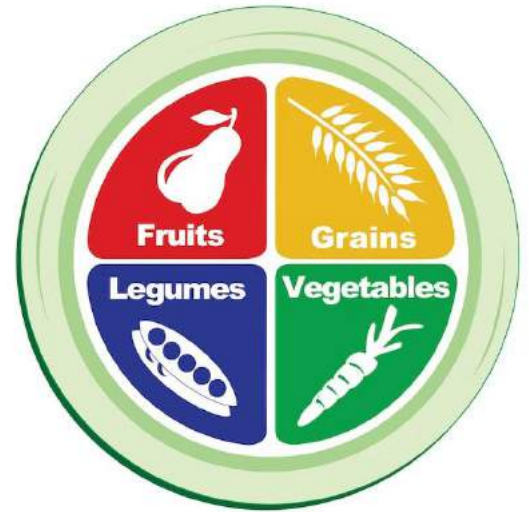
Date

Reflection

Notes

PHASE 4: VEGETARIAN,
VEGAN OR RAW

We saved the best challenge for last! The goal is for everyone to elevate their diet. If you still like fried chicken and roast beef, go VEGETARIAN. If you are vegetarian, go VEGAN and if you are vegan, go RAW!



PRAYER TOPICS:

FAITHFUL SERVANT & EVANGELISM

MATTHEW 25:21 NKJV

His master said to him, 'Well done, good and faithful servant. You have been faithful over a little; I will set you over much. Enter into the joy of your master.'

MATTHEW 24:14 NKJV

And this gospel of the kingdom will be preached in all the world as a witness to all the nations, and then the end will come.



Date

Prayer

Journal

My Prayers

Prayers For Others

Scripture Verse

Thankful For

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People to Encourage

Date

Reflection

Notes

Date _____

Reflection

Notes

Date

Reflection

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Reflection

Date

Notes

1. "Christ's Object Lessons" by Ellen G. White; Review and Herald Publishing Association 1900
2. "Steps to Christ" by Ellen G. White; Mountain View, CA: Pacific Press Publishing Association 1892
3. The Holy Bible

