



Each day we will have specific themes to pray for. We will also include scripture readings to reflect on and pray over. Prayer meetings are scheduled for the entire week. We also encourage you to form prayer groups at work, home, at coffee shops and with friends.

To help people in their prayer week experience, there are provided below two strategies to guide your time of prayer. These are only meant to be a guide, and by **no means** are intended to be a law or rule of prayer. If you find them helpful, feel free to put them into practice. But if you do not feel the need, please feel free to pray any (Biblical) way that is beneficial to you.

WHAT IS FASTING?

Fasting is voluntarily going without food or any other regularly enjoyed activities for the purpose of seeking God. Fasting allows us to prioritize prayer and listening to God's voice. There are several types of fasting. The one you choose is between you and God.

FULL FAST: Drink only liquids (you establish the number of days).

THE DANIEL FAST: Eat no meat, no sweets, and no bread. Drink water and juice. Eat fruits and vegetables. This fast was done by Daniel for 21 days and comes from Daniel 10:3.

3-DAY FAST: This fast can be a Full Fast, Daniel Fast or give up at least one item of food.

PARTIAL FAST: A partial fast is from 6:00 am to 6:00 pm, or from sunup to sundown. You can select from three types of fasting —a Full Fast, Daniel Fast or give up at least one item of food.

MEDIA FAST: A media fast is a fast from all forms of media... Facebook, television, movies, computer based games, tablets, smartphones.

HERE ARE A FEW PRACTICAL TIPS:

- If you have health issues, please check with your doctor before attempting a fast to make sure it is medically safe.
- While you are fasting, limit your physical activity.
- **Plan** what you're going to do when you're not eating such as prayer, Bible reading, write in your prayer journal.
- Consider how fasting will affect others such as regular lunches with friends and let them know ahead of time your normal plans will change for a few days.
- Prepare yourself mentally for emotional discomfort and mood swings such as impatience, crankiness, and anxiety.
- The first two or three days are the hardest. They can be accompanied by headaches, tiredness, weakness, cravings for food, sleeplessness, dizziness.
- Break an extended fast gradually with fruit such as watermelon, soups, and salads.
- Make sure you spend this time in prayer. Remember, if you're not praying and seeking the Lord, you're not fasting; you're just going hungry.

Strategy #1 for Prayer

HOW TO PRAY FOR ONE HOUR (Spend 6 minutes on each area)

1. WORSHIP... sing 2 songs of worship
2. PRAY FOR AWAKENING... pray for revival in Grady County
3. PRAY FOR GOD'S WILL TO BE DONE... pray specifically for work, home, relationships
4. PRAY FOR NEEDS
5. ASK FOR FORGIVENESS ask God on behalf of yourself and others
6. PRAY FOR MINISTRIES... at church and around the world
7. PRAY FOR FREEDOM... pray for those who are addicted
8. PRAY FOR SALVATION... pray for friends and loved ones

9. PRAISE GOD FOR WHAT HE IS DOING... Changed lives, renewed marriages, restored families
10. WRITE DOWN WHAT GOD SPEAKS... keep a journal to write down thoughts, scriptures, prophetic words that God gives you during your time of prayer

Strategy #2 for Prayer

A-C-T-S MODEL OF PRAYER (Spend 15 minutes on each area)

A - ADORATION – This happens when we praise Him, from our hearts, for how wonderful He is. The book of Psalms mentions praise 125 times. We all like to be praised because we are all created in God's image. God loves it when we praise Him.

Psalms 150:6 "Let everything that has breath praise the Lord. Praise the Lord!"

C - CONFESSION – Take one minute of quiet prayer in your heart to confess your sins and start off your prayer time with a clean slate.

1 John 1:9 "If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness."

T - THANKSGIVING – Spend at least one minute in prayer thanking the Lord for at least 3 things in your life. Again, we like to be thanked for good things we have done and so does God.

Psalms 95:2 "Let us come before His presence with thanksgiving."

S - SUPPLICATION – This is a time of making requests before God. He loves it when we ask Him for things according to His will. He longs to bless us.

Philippians 4:6-7 "Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus."

DAY 1: MONDAY

12 Noon Prayer

6:30 Evening Prayer

THEME: SALVATION

WHAT TO PRAY FOR:

1. Friends, co-workers, neighbors or loved ones who do not know Jesus
2. The Spirit of blindness to be bound
3. The revelation of God's love to be released on people
4. Growth of the church through evangelism
5. New believers to join the church
6. Discipleship to help people grow in Jesus

PRAYER REQUESTS

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SCRIPTURES

2 Thessalonians 3:1–2 – Finally, brethren, pray for us, that the word of the Lord may run swiftly and be glorified, just as it is with you, and that we may be delivered from unreasonable and wicked men; for not all have faith.

Colossians 4:2–4 – Continue earnestly in prayer, being vigilant in it with thanksgiving; meanwhile praying also for us, that God would open to us a door for the word, to speak the mystery of Christ, for which I am also in chains, that I may make it manifest, as I ought to speak.

Isaiah 45:8 (NKJV) “Rain down, you heavens, from above, And let the skies pour down righteousness; Let the earth open, let them bring forth salvation, And let righteousness spring up together. I, the LORD, have created it.

Acts 4:27–31 – “For truly against Your holy Servant Jesus, whom You anointed, both Herod and Pontius Pilate, with the Gentiles and the people of Israel, were gathered together to do whatever Your hand and Your purpose determined before to be done. Now, Lord, look on their threats, and grant to Your servants that with all boldness they may speak Your word, by stretching out Your hand to heal, and that signs and wonders may be done through the name of Your holy Servant Jesus.” And when they had prayed, the place where they were assembled together was shaken; and they were all filled with the Holy Spirit, and they spoke the word of God with boldness.

DAY 2: TUESDAY

12 Noon Prayer

6:30 Evening Prayer

THEME: GOVERNMENT

WHO TO PRAY FOR:

1. President Donald Trump
2. Vice President JD Vance
3. Governor Kevin Stitt
4. U.S. Senator James Lankford, Markwayne Mullin
5. U.S. Congressman Tom Cole
6. Chickasha City Council,
7. Chickasha Mayor Zachary Grayson
8. U.S. Supreme Court
9. Wisdom/insight for our political leaders
10. Protection for our leaders, both physically and spiritually

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SCRIPTURES

1 Timothy 2:1-2 – Therefore I exhort first of all that supplications, prayers, intercessions, and giving of thanks be made for all men, for kings and all who are in authority, that we may lead a quiet and peaceable life in all godliness and reverence.

Jeremiah 29:7 – And seek the peace of the city where I have caused you to be carried away captive, and pray to the LORD for it; for in its peace you will have peace.

Romans 13:1 – Let every soul be subject to the governing authorities. For there is no authority except from God, and the authorities that exist are appointed by God.

2 Chronicles 7:14-15 – 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 will forgive their sin and heal their land. Now My eyes will be open and My ears attentive to prayer made in this place.

Deuteronomy 16:18-20 – “You shall appoint judges and officers in all your gates, which the Lord your God gives you, according to your tribes, and they shall judge the people with just judgment. You shall not pervert justice; you shall not show partiality, nor take a bribe, for a bribe blinds the eyes of the wise and twists the words of the righteous. You shall follow what is altogether just, that you may live and inherit the land which the Lord your God is giving you.

DAY 3: WEDNESDAY

12 Noon Prayer

6:30 Evening Prayer

THEME: HEALING

WHAT TO PRAY FOR:

1. Those who need physical healing
2. Those who struggle with addiction
3. Those who struggle with mental illness
4. The homeless
5. The oppressed poor
6. Those who have experienced emotionally traumatic events
7. A heavenly perspective on illness and death

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SCRIPTURES

James 5:14-15 – Is anyone among you sick? Let him call for the elders of the church, and let them pray over him, anointing him with oil in the name of the Lord. And the prayer of faith will save the sick, and the Lord will raise him up. And if he has committed sins, he will be forgiven.

Psalms 107:19-20 – Then they cried out to the Lord in their trouble, and He saved them out of their distresses. He sent His word and healed them, and delivered them from their destructions.

Exodus 23:25-26 – “So you shall serve the Lord your God, and He will bless your bread and your water. And I will take sickness away from the midst of you. No one shall suffer miscarriage or be barren in your land; I will fulfill the number of your days.

Isaiah 53:4-5 – Surely He has borne our griefs And carried our sorrows; Yet we esteemed Him stricken, Smitten by God, and afflicted. But He was wounded for our transgressions, He was bruised for our iniquities; The chastisement for our peace was upon Him, And by His stripes we are healed.

1 Peter 2:24-25 – Who Himself bore our sins in His own body on the tree, that we, having died to sins, might live for righteousness— by whose stripes you were healed. For you were like sheep going astray, but have now returned to the Shepherd and Overseer of your souls.

DAY 4: THURSDAY

12 Noon Prayer

6:30 Evening Prayer

THEME: MARRIAGE AND FAMILY

WHAT TO PRAY FOR:

1. God's blessing on families and marriages
2. Families that are struggling due to divorce and separation
3. Families with special needs kids and loved ones with mental illness
4. Loved ones to come to Christ
5. Parents to have wisdom in how to raise their children to follow Jesus.

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SCRIPTURES

Ephesians 6:1–4 – Children, obey your parents in the Lord, for this is right. “Honor your father and mother,” which is the first commandment with promise: “that it may be well with you and you may live long on the earth.” And you, fathers, do not provoke your children to wrath, but bring them up in the training and admonition of the Lord.

Malachi 4:6 – And he will turn the hearts of the fathers to the children, And the hearts of the children to their fathers, Lest I come and strike the earth with a curse.

1 Peter 5:5 – Likewise you younger people, submit yourselves to your elders. Yes, all of you be submissive to one another, and be clothed with humility, for “God resists the proud, but gives grace to the humble.”

Colossians 3:18–21 – Wives, submit to your own husbands, as is fitting in the Lord. Husbands, love your wives and do not be bitter toward them. Children, obey your parents in all things, for this is well pleasing to the Lord. Fathers, do not provoke your children, lest they become discouraged.

1 Timothy 5:8 – But if anyone does not provide for his own, and especially for those of his household, he has denied the faith and is worse than an unbeliever.

Day 5: FRIDAY
12 Noon Prayer

6:30 Evening Prayer

THEME: THE CHURCH AND REVIVAL

WHAT TO PRAY FOR:

1. The elders and leaders of the church
2. The revelation of God's love and grace to be released in our church
3. A fresh outpouring of God's Spirit
4. the prodigals to return to the Lord
5. Chickasha area churches and Pastors
6. Pastors/Ministers to fall in love with Jesus and to teach God's Word
7. Multitudes to be saved in our church, city and state

PRAYER REQUESTS

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SCRIPTURES

Habakkuk 3:2 – O LORD, I have heard Your speech and was afraid; O LORD, revive Your work in the midst of the years! In the midst of the years make it known; In wrath remember mercy.

Psalms 51:12 – Restore to me the joy of Your salvation, and uphold me by Your generous Spirit.

Psalms 80:19 – Restore us, O LORD God of hosts; Cause Your face to shine, and we shall be saved!

Joel 2:25–26 – “So I will restore to you the years that the swarming locust has eaten, the crawling locust, The consuming locust, And the chewing locust, My great army which I sent among you. You shall eat in plenty and be satisfied, and praise the name of the LORD your God, who has dealt wondrously with you; And My people shall never be put to shame.

Isaiah 57:15 – For thus says the High and Lofty One Who inhabits eternity, whose name is Holy: “I dwell in the high and holy place, with him who has a contrite and humble spirit, to revive the spirit of the humble, And to revive the heart of the contrite ones.

Lamentations 5:21 – Turn us back to You, O LORD, and we will be restored; Renew our days as of old

Zephaniah 3:9 – “For then I will restore to the peoples a pure language, that they all may call on the name of the LORD, to serve Him with one accord.



**REFUGE
CHURCH**

Week of Prayer and Fasting

Monday January 6th – Friday January 10th 2025