

PRAYER GUIDE

WEEK OF PRAYER & FASTING
16 - 22 OCTOBER 2023

**DO AS YOU HAVE
SPOKEN**

PENTECOST INTERNATIONAL
PINGSTKYRKAN LUND

HOW TO USE THE PRAYER GUIDE

Dear friends, welcome to our week of prayer and fasting, taking place from October 16th to 22nd. Our theme is "Do as you have spoken," inspired by 2 Samuel 7:25. God's promises, as revealed in His Word, are a profound source of strength, comfort, and hope. These promises also infuse our prayers with passion, boldness, and confidence. Together, we seek to pray and fast, anticipating God's faithfulness in fulfilling His promises for us, our church, and the world.

This Prayer Guide will guide our prayer sessions, allowing us to pray along the same lines. Each day, you will find a prayer theme, an associated scripture, and hourly prayer topics.

We will kickstart each Monday to Friday with a half-hour online prayer session on Zoom, from 6:00 am to 6:30 am. In the evenings of Monday to Thursday, we will come together for in-person prayer services at the church, 6:30 pm to 7:30 pm. On Friday, we have a special evening of worship and prayer from 6:30 pm to 8:00 pm. The evening services will also be livestreamed on our YouTube channel. Additionally, I invite you to reach out to fellow church members for prayer partnerships during the day, via phone calls etc.

While we won't be hosting a formal prayer service on Saturday, I ask you to join in the spirit of fasting and prayer in line with the day's theme. To bring our week of prayer to a close, we will gather for a Communion Service on Sunday at 2 pm. For more specific details, please refer to the information at the back of this prayer booklet.

May this spiritual journey strengthen our hearts, renew our faith, and deepen our trust in God's Word.

Grace and Peace to you!

Prince Young Aboagye

PASTOR



A NOTE ON FASTING

Fasting is a temporary abstinence from something that is in itself good, such as food to deepen our expression of need for something greater—namely God and His work in our lives. Fasting was taught by our Lord Jesus Christ (Matthew 6:16-18) and practiced by God’s people in the Old Testament and in the early church (2 Chronicles 20:3; Acts 13:2).

Fasting puts us in a place where we become utterly dependent on God, to receive from Him and to respond to His word for us.

Leaders of the early church engaged in fasting for God’s guidance in missionary breakthroughs (Acts 13:1-3), and in connection with the appointment of elders (Acts 14:23).

TYPES OF FASTING

Personal Fast: This is the type of fast initiated and performed by an individual or small group: Ezra 10:6; 2 Samuel 12:15-16.

Corporate Fast: This fast is proclaimed for and performed by a large group: 2 Chronicles 20:3-4; 1 Samuel 7:5-6; Nehemiah 9:1-3.

METHODS OF FASTING

Normal Fast: This involves total abstinence from food but not from liquids: Luke 4:2.

Partial Fast: This is abstinence from certain types of food. We see this in Daniel 10:3, where for three weeks Daniel ate “no delicacies, no meat, or wine”.

Absolute Fast: This involves total abstinence from food and liquids: Ezra 10:6; Esther 4:16; Acts 9:9. Given the potential negative health repercussions, a prolonged absolute fast is usually not recommended.

THE PROMISES OF GOD

"For all the promises of God find their Yes in him. That is why it is through him that we utter our Amen to God for his glory." (2 Corinthians 1:20)

MORNING PRAYER ON ZOOM – 6AM TO 6.30AM

- See the last pages of this booklet to connect on Zoom.

PERSONAL- 6AM TO 9AM

1. Thank God for His exceedingly great and precious promises concerning your salvation, sanctification, and eternal hope.
2. Pray for a deeper understanding of God's promises, that your heart may be opened to them, and you may walk in the confidence that He will fulfil His Word.
3. Ask God to enable you to trust Him and to persevere even when the fulfilment of His promises appears distant. Pray that in waiting, you may grow in faith and intimacy with Him.

FAMILY AND CHURCH- 11AM TO 2PM

1. Thank God for His promises of guidance, protection, and unity for your family.
2. Pray for your family members that their faith will be anchored in God's promises and that they will experience His faithfulness in every aspect of their lives.
3. Pray for our church family that we will lay hold of the promises of God not merely for comfort and hope, but also as encouragement and an example to follow, as we seek to be faithful in our walk with Him.

WORLD- 3PM TO 6PM

1. Thank God for His promise that all who call on His name will be saved. Pray for the world that the saving grace of God may cause many hearts to turn to Him in faith.
2. Pray for courage for the Church worldwide to share the good news of salvation with the world that many will find hope and eternal life in Christ.
3. Pray for leaders and governments worldwide that they may lead with wisdom, compassion, and righteousness.

EVENING PRAYER SERVICE – 6:30PM TO 7:30PM

- Join in person or go the last page to connect online.

NOTES

FAITH

*"Without faith it is impossible to please him, for whoever would draw near to God must believe that he exists and that he rewards those who seek him."
(Hebrews 11:6)*

MORNING PRAYER ON ZOOM - 6AM TO 6.30AM

- See the last pages of this booklet to connect on Zoom.

PERSONAL- 6AM TO 9AM

1. Pray for unwavering trust in God, that He may help you to earnestly seek Him, and that you may consistently experience the rich rewards of His presence, grace, and guidance.
2. Ask God to enable you to identify and overcome any doubts or hindrances that may be undermining your faith.
3. Pray that God may bring to fruition your every desire for goodness and your every deed prompted by your faith.

FAMILY AND CHURCH- 11AM TO 2PM

1. Intercede for your family members that they will experience a profound and growing faith in God.
2. Ask for God's grace to help your family overcome any obstacles or trials that may be challenging your faith. Pray that your trust in Him may grow stronger together.
3. Pray for our church to be a place where faith flourishes. Pray that together we will walk in Christ, rooted, and built up in Him and established in the faith, firmly holding on to the truth of God's Word.

WORLD- 3PM TO 6PM

1. Intercede for the world, that faith may rise in the hearts of people from all nations, cultures, and backgrounds, through the proclamation of the gospel.
2. Pray for Christians who may be experiencing a crisis of faith. Ask God to strengthen their faith, provide clarity in times of doubt, and help them find assurance in the unchanging truths of His Word.
3. Ask God to open ears and hearts to His truth, that believers worldwide may be nourished, encouraged, and their faith strengthened through the power of His Word.

EVENING PRAYER SERVICE – 6:30PM TO 7:30PM

- Join in person or see the last page to connect online.

NOTES

REVIVAL

"Will you not revive us again, that your people may rejoice in you?" (Psalm 85:6)

MORNING PRAYER ON ZOOM - 6AM TO 6.30AM

- See the last pages of this booklet to connect on Zoom.

PERSONAL- 6AM TO 9AM

1. Ask God to renew your passion for Him and to awaken your zeal and love for His presence, His Word, and His mission.
2. Pray that God will bless you with a profound hunger and thirst for righteousness, a zeal for truth, a love for people and a desire to see many come to know and love Him.
3. Pray for a renewed commitment to daily prayer and Bible study, that your personal devotional time may be a means of spiritual revival and growth.

FAMILY AND CHURCH- 11AM TO 2PM

1. Pray for spiritual revival for friends and family members presently facing diverse challenges, feeling distant from God, or experiencing doubts. Ask that God's grace may ignite fresh faith in their hearts and draw them closer to Him.
2. Pray for the spiritual growth of your friends and family members, that they may be filled with a passion for God and a desire to serve Him faithfully.
3. Pray for a revival within our church community, a massive and unmistakable movement of the Spirit of God on the people of God. Ask God to shake us with fresh evidence of His power and manifest His love in and through us.

WORLD- 3PM TO 5PM

1. Pray for a global revival and ask that hearts of people from all nations may be awakened to the truth of God's Word and the hope found in Christ.
2. Pray for an outpouring of the Holy Spirit worldwide. Ask God to transform lives, communities, and nations, and draw people back to Himself in faith and repentance.
3. Pray that God will stir the hearts of leaders and governments worldwide to seek His guidance and wisdom in their decisions so that they may govern in a manner that fosters peace and development.

EVENING PRAYER SERVICE – 6:30PM TO 7:30PM

- Join in person or see the last page to connect online.

NOTES

OBEDIENCE

"Now may the God of peace...equip you with everything good that you may do his will, working in us that which is pleasing in his sight, through Jesus Christ, to whom be glory forever and ever. Amen." (Hebrews 13:20-21)

MORNING PRAYER ON ZOOM - 6AM TO 6.30AM

- See the last pages of this booklet to connect on Zoom

PERSONAL- 6AM TO 9AM

1. Pray that God will enable you to obey His Word willingly and joyfully even when the cost is high, or the path is challenging. Pray that you will find the strength to remain obedient and trust in His promises.
2. Ask God to enable you identify areas of disobedience in your life. Pray for the strength to align your actions with His will.
3. Pray for the wisdom to discern and follow God's will in your daily decisions so that you may always please Him and bring glory to His name.

FAMILY AND CHURCH- 11AM TO 2PM

1. Pray for your family's obedience to God's Word and a commitment to live in His ways.
2. Pray for your friends and family members that they will abide in Christ and bear fruits of good works so that God may be glorified in and through them.
3. Pray for members of our church family that God will incline our hearts to His truth and guide our steps as we seek to walk in all His ways and obey all His commandments.

WORLD- 3PM TO 6PM

1. Pray that the church worldwide will be faithful and fruitful in proclaiming the message of salvation. Ask God to pour out His blessings on our labors in His name.
2. Pray for peace in the world, that nations may turn to God in obedience, and His guidance may lead to reconciliation and restoration.
3. Pray that God will restrain the hand of evil in the world and bring conviction and transformation to the hearts of those who perpetrate harm.

EVENING PRAYER SERVICE – 6:30PM TO 7:30PM

- Join in person or see the last page to connect online.

NOTES

THE FAITHFULNESS OF GOD

"I will sing of the steadfast love of the Lord, forever; with my mouth I will make known your faithfulness to all generations." (Psalm 89:1)

MORNING PRAYER ON ZOOM - 6AM TO 6.30AM

- See the last pages of this booklet to connect on Zoom

PERSONAL- 6AM TO 9AM

1. Give thanks for God's unwavering faithfulness in your life. Recall his past and present acts of love, grace, and provision.
2. Pray for a deeper awareness of the faithfulness of God, that you may trust Him more fully in both the challenges and joys of life.
3. Reflect on areas where you may have doubted God's faithfulness. Ask for His forgiveness and the grace to walk in deeper confidence in His promises.

FAMILY AND CHURCH- 11AM TO 2PM

1. Thank God for His faithfulness in sustaining and blessing your household throughout the years.
2. Intercede for friends and family members who may be facing difficult circumstances, that they may experience the faithfulness of God as a source of strength and hope.
3. Pray for our church's ministries, missions, and outreach efforts, that they may bear witness to God's faithfulness and lead many to Him.

WORLD- 3PM TO 6PM

1. Pray for a global recognition of the faithfulness of God, that people from all nations may turn to Him and find hope in His promises.
2. Pray that God's name will be honored around the world, that people will worship and treasure God above all else.
3. Ask for God's protection and faithfulness to sustain Christians and missionaries being persecuted around the world. Pray that their testimony of God's faithfulness may shine brightly in the face of adversity, inspiring others to turn to Christ.

EVENING WORSHIP SERVICE – 6:30PM TO 8:00PM

- Join in person or see the last page to connect online.

NOTES

DIVINE GUIDANCE

"And your ears shall hear a word behind you, saying, "This is the way, walk in it," when you turn to the right or when you turn to the left." (Isaiah 30:21).

PERSONAL- 6AM TO 9AM

1. Seek God's guidance in areas where you may have uncertainty or confusion. Ask for His wisdom to make good choices.
2. Ask for the patience to wait on God's timing and the humility to accept His guidance, even when it differs from your plans.
3. Pray that God will guide you to the right relationships that will positively impact your life for His glory.

FAMILY AND CHURCH- 11AM TO 2PM

1. Pray for God's guidance and wisdom in family decisions and choices, that His will may be sought and followed in unity.
2. Intercede for friends and family members facing important life choices and ask that God's guidance may be evident in their decisions.
3. Pray for parents in our church family that God will guide them and give them the wisdom and grace to bring their children up in His ways.

WORLD- 3PM TO 6PM

1. Pray for world leaders and governments that they may seek the wisdom of God in their decision making and seek peace, justice, and the welfare of all.
2. Pray for children and young adults worldwide that they may seek God's guidance and wisdom in their life choices, education, and

relationships, and that they may grow in faith and obedience to His Word.

3. Ask for God's guidance, wisdom, and discernment for church leaders worldwide. Pray that they may lead with integrity, compassion, and a deep commitment to God's Word.

REFLECTIONS FROM THE PRAYER & FASTING WEEK

THE CHURCH AND ITS MISSION

*"I will build my church, and the gates of hell shall not prevail against it."
(Matthew 16:18)*

PERSONAL- 6AM TO 9AM

1. Pray for a deep personal commitment to the mission of the Church, that you may actively participate in sharing the gospel, making disciples, and extending God's love to those around you.
2. Ask God to enable you to know and effectively use your spiritual gifts in service to the Church and its mission for His glory.
3. Pray for a generous heart to contribute your time, gifts, and resources to support the welfare and growth of the Church.

FAMILY AND CHURCH- 11AM TO 2PM

1. Pray for our church that we may be unified in our mission to make Jesus known, believed, loved, and followed.
2. Pray for wisdom, guidance, strength, and protection for the leaders of our church and all churches around the world.
3. Pray for the spiritual growth and revival of our church, that it may be strengthened and effective in fulfilling the great commission.

WORLD- 3PM TO 6PM

1. Pray for areas where the Church faces challenges and persecution. Ask for God's protection, courage, and endurance for believers, and for the advancement of the gospel in these areas.
2. Pray for unity within the body of Christ, that we may stand together in love and purpose, proclaiming the gospel and being a beacon of hope and transformation in a divided world.

3. Pray against every plan of the devil against the church of God. Thank God that he is building his church and the gates of hell shall not overcome it.

NOTES

NOTES & RESOLUTIONS

REGISTER YOUR DECISION

Did you pray asking Christ Jesus to be your Lord and Saviour? Or did you recommit your life to Jesus? We would love to assist you know more about what it means to follow Him.

Please connect with us on any of our platforms.

Pentecost International, Pingstkyrkan Lund

- YouTube: [/pentecostinternational](#)
- Facebook: [/pentecostinternational](#)
- Instagram: [/pentecostinternational](#)
- Email: info@pentecostinternational.se

A. TO REQUEST PRAYER

You can request prayer by sending an email to prayer@pentecostinternational.se. Alternatively you can use the form on the church's website. You can scan or click the QR code below.



B. TO JOIN THE MORNING PRAYER ON ZOOM

The prayer on Zoom is from 6:00am to 6:30am, Monday to Friday. You can join the meeting using the link sent to your weekly email. Send a message to info@pentecostinternational.se if you don't have the link.

C. TO JOIN THE OTHER MEETINGS ON YOUTUBE

The evening prayer meeting is from 6:30pm to 7:30pm, Monday to Thursday but we end at 8pm on Friday. Sunday service is at 2:00pm to 4:00pm.

You can also join these services on YouTube if you can't join in person. Go to the church website or use the QR code below.



16 OCT - 22 OCT, 2023

PRAYER GUIDE

WEEK OF PRAYER & FASTING

THEME

DO AS YOU HAVE SPOKEN

- 1 MONDAY - FRIDAY**
Morning Prayer on Zoom
6am - 6.30am
- 2 MONDAY - THURSDAY**
Evening Prayer
6.30pm - 7.30pm
- 3 FRIDAY**
Worship Night
6.30pm - 8pm
- 4 SATURDAY**
Personal Prayer
No Meeting
- 5 SUNDAY**
Communion Service
2pm - 4pm



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