



# 7 days of HEAVEN

*That He might present to Himself a radiant Church, without stain or wrinkle or any such blemish, but holy and blameless.*

*- Eph 5:27*



Dear Saints,

We invite you to join us in kicking off 2024 with a time of consecrated heavenly pursuit—including personal prayer, corporate prayer, fasting, and worship. This devoted time is vitally important not only to your personal life, but also to the lives of your loved ones, the life of Ashford, *and the Kingdom at large!*

We believe that if all of Ashford goes “all in” toward this heavenly pursuit together in unity, then our hunger and obedience, coupled with and empowered by the weighty presence of the Holy Spirit, will have an *immeasurable impact* that reaches further than any of us could imagine—both in your lives and in the lives of countless others.

Wherever you are in your faith walk, we invite you to commit to participating wholeheartedly. It will be a time of tremendous spiritual growth for you.

Our purpose is to focus this time on the building up of Christ followers who are equipped to take their place and stand fully in what the Lord has uniquely called each person to. For each of the days of prayer, the Holy Spirit has highlighted a unique aspect of what makes a whole, mature, balanced Church. These prayer topics will aid us walking in the fullness of what Jesus died to make available to His people. They help make a vibrant local church Body that looks like the radiant Eph 5:27 church that Jesus is worthy of!

***Ultimately, our desire is for each of these aspects of the Christian life to be UNTO JESUS and MOTIVATED BY LOVE.***

**We're believing for a supernatural saturation and fresh baptism in each area! And for this to reach every part of our body (including our kids, youth, young adults, men, and women)**

We're excited for what God has in store for you and for Ashford. We love you and are believing the best for you. May God's grace go before you!

*Ashford Pastors & Elders*

*Pray in the Spirit at all times, with every kind of prayer and petition.  
Stay alert in all perseverance in your prayers for all the saints. - Eph 6:18*

# Prayer GUIDE

## **JAN. 7 FEAR OF THE LORD** *Jhn 4:23-24; Rev 14:7; Acts 19:17; Rom 12:1-2; Ps 111:10*

**SUN**  
**6:00 PM**  
Main Sanc

Our lives & worship to be filled with the fear of the Lord; worship continues to be the womb of the supernatural (signs, wonders, healings, miracles, deliverances); that we would be a righteous people who live in holiness and worship in spirit & truth; for people to have divine encounters with God that ignite transformation; people set free from bondage of sin

## **JAN. 8 LOVE & WITNESSING** *Jhn 13:34-35; Mk 16:15; Rom 1:16; Mth 9:37-38; Rom 12:9-18; 1 Ptr 3:15; Acts 1:8; Mth 5:16; 1 Cor 13*

**MON\***  
**7:00 PM**

For many souls to come to Christ; that our people would have hearts to care about the lost; for love to be the motive for everything we do as we are the hands and feet of Jesus; for generosity to flourish amongst us; that we would be moved with compassion for people; that we would be a people of service, supporting local and international missions

## **JAN. 9 THE WORD** *Eph 3:17-18; Jhn 8:31-32; Josh 1:8; Prov 4:6-7; 2 Tim 2:15; Ps 119; Heb 4:12; Prov 3:1-2*

**TUE\***  
**7:00 PM**

That our people would fall in love with the Word of God and have a hunger to feed on it more than ever before; that we would be strong in the Word, rightly dividing the Truth and finding Jesus in it; that the Holy Spirit would open the eyes and give each one a spirit of wisdom & understanding, growing in the knowledge of God

## **JAN. 10 PRAYER** *Mth 21:22; Jhn 15:7; Jam 1:6-8; Jam 5:16; Jhn 9:31; 1 Jhn 5:14; Jhn 14:13, 16:24; 1 Thes 5:17; Rom 8:26*

**WED\***  
**7:00 PM**

For each one to live with a rich and active prayer life that's fueled by intimacy with Jesus; that we're full of faith and believe He'll do what He said He'll do

## **JAN. 11 FELLOWSHIP** *Heb 10:24-25; Acts 2; 1 Ptr 4:8-11; Ps 133:1*

**THU\***  
**7:00 PM**

For each one to find where they belong within our fellowship; living in community with one another consistently and with commitment and accountability; that we would dwell together in unity, caring for & sharpening one another

## **JAN. 12 DISCIPLESHIP** *1 Cor 12:12-20; Mth 28:18-20; Lk 9:23; Gal 5:22-23, 6:9-10; Mk 10:45; Phil 2:3-4; Rom 12:12; Heb 12:1-2; 1 Pt 5:8-9*

**FRI\***  
**7:00 PM**

For our House Churches to flourish; many more water & Holy Spirit baptisms; for each one to experience pronounced spiritual growth here; for each one to be an effective disciple maker

## **JAN. 13 NIGHT OF WORSHIP! AND PRAYER FOR THE NATIONS**

**SAT**  
**6:00 PM**  
Main Sanc

Conclude the week of prayer with a night of praise & *worship!* Include prayer for the nations (government, the US, Jerusalem, and the Middle East at large). Break fast together with light meal after service @ 8:00pm.

\*Mon-Fri Jan 8-12, Corporate Prayer will be at 7:00 PM in the Upper Sanctuary  
Mon-Fri Jan 8-12, Worship Sanctuary open in mornings from 6:00-8:00 AM for personal prayer; may come & go

# Fasting GUIDE

## WHAT IS FASTING?

Fasting is a powerful spiritual discipline that helps you connect with God on a deeper level. It's a dedicated short period of time when we passionately desire more of the Spirit led life (through prayer, Bible reading, and worship) while starving the appetites of the flesh. It means "to voluntarily abstain from food".

## WHY DO WE FAST?

Ultimately, fasting helps free us from the desires of the flesh and when coupled with prayer, elevates our spiritual life. Prayer and fasting together are a spiritual accelerator that draws us closer to the Lord and can mature us spiritually. Fasting can help heighten our ability to hear from the Lord. It helps pull us away from the normality of daily life and consecrate time to seeking and hearing from God. We don't fast to impress God or others nor to prove our spiritual maturity, but to draw near to God.

## WHAT DOES FASTING DO?

Can help us: get victory over the enemy; focus on God and not our problems; get breakthrough; dedicate time to meditating with God, be still and listen to Him; break emptiness; empower us. It changes us, not God, giving Him more capacity to move in our lives. It flushes out everything that is keeping us from receiving from God and helps quiet our minds.

## HOW SHOULD I FAST?

***If you are able to do a 3-day Full Fast (water only) or Liquid Fast, we invite you to do so on Thurs-Sat. If you're able to do so for longer, please do so! If not, select the type of fasting as the Holy Spirit leads you for the rest of the days.***

Determine what foods you will be restricting yourself from. You may choose which of these types of fasts you commit to. If you are not able to fast food for health reasons, you may fast something else (screens, social media, etc.) Options for this 7-day Fast are:

- FULL FAST: Water only
- LIQUID FAST: Liquids only (juices and broths allowed)
- MIXED FAST: 7 days may be a long time to do a water or liquid fast for some. If so, you could do a Daniel fast for the first 4 days and a Liquid or Full fast for the final 3 days.
- DANIEL FAST: No animal products, sugar, leavened bread, or drinks other than water
- INTERMITTENT FAST: Skip one meal per day OR have no foods during a certain period of time, like 10 AM-6 PM

## A FEW PRACTICAL TIPS

- ***Drink lots of water!***
- *The Word of God is the most important food during your fast.* Don't fill your normal mealtimes with other activities; rather, fill them with reading the Bible.
- *Starting your fast:* Sometimes it's easier to ease into it rather than go cold turkey. You can prepare your body by beginning to limit certain foods in the couple days leading up to it (meats/breads/sugar).
- *Breaking your fast:* At the end, break your fast *gradually* (with something light versus something greasy or heavy). Your digestion has slowed down, so fatty, sugary, processed foods may cause discomfort.
- If you're taking medications, consult your doctor. Don't do a more restrictive fast if you have health needs.
- If you have a weak moment and cave in, you haven't failed! Pick up where you left off & keep going!