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**2022 Prayer and Fasting Guidelines**

For the next **22 days**, we invite you to join the Western Hills Church

family in a season of prayer and fasting.  Our overall aim is to humble

ourselves before the Lord seeking to align with His will.  We are calling

on God to move in a mighty way, to empower us for His purposes, and

to transform many lives.

We ask that you plan a time **each day to pray**. It may help you to pray out loud, journal your prayers, or to pray with someone.  But pray every day.

We also call you to **fast at least one day each week** to focus on prayer.  You might abstain from food (not water) for 24 hours, 12 hours, or 6 hours.  For example, you might eat breakfast and not eat again until supper, devoting lunchtime to prayer.  If you cannot fast from meals for health reasons, try abstaining from media for a day.  Your self-denial serves to prioritize the spiritual purposes of God and express your fervency to seek God’s will and power.

**January 9-15 prayer and fasting focus: Personal**

It begins with your own walk with the Lord.  Pray for your own spiritual health and development.  Pray that you would understand and be aligned with God’s will.  Ask Him to reveal the ways you need to change or improve.  Deny yourself before Him.  Commit to “He must increase, I must decrease.”  Confess sins and spiritual struggles seeking His power to overcome.  Seek oneness with Christ.  Ask God what He wants you to do next and commit to do it.

**January 16-22 prayer and fasting focus: Church**

Pray for one another’s devotion and testimony.  Confess that we have failed to do all that He has asked us to do.  Pray that we would keep the unity of the faith, that we’d overcome barriers, that we’d forgive as needed and love one another deeply.  Call on God to empower us for our mission, to lead us in gathering His harvest, to make us a light in our community, and through us to make disciples.  Pray for boldness for each of us to share the good news and stand for truth.  Request that our Life Groups multiply as points of light throughout Western Hills, multiplying disciples.  Ask that Jesus would be evident in us and that He’d purge evil from us.  Plead for God to lead us to whatever He wants us to be and do.

**January 23-30 prayer and fasting focus: Mission**

Ask God to change our neighborhoods with the gospel.  Entreat Him to break down the strongholds of evil in our city.  Pray that evils such as racism, poverty, division, the destruction of families, addiction, sexual immorality, greed, and selfishness will be overcome.  Pray for the abused, the grieving, the depressed and lonely, the poor, the prideful, the oppressors, and the immoral.  Call on God for revival.  Ask that He start a movement through us that can only be explained by His power.  Seek His grace to flow.  Call on God to empower our missionaries and raise up more who are willing to go.  Dare to ask for Him to add to our numbers every week.  Pray that we can start new churches where they are needed.  Ask Him to multiply our resources for the mission.  Ask Him to give us success.