



31 Days of  
**PRAYER**  
And **FASTING**

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**FASTING TO GO DEEPER WITH  
GOD**





## **CAMP HILL SEVENTH-DAY**

### **ADVENTIST CHURCH 31 DAYS OF PRAYER AND FASTING**

#### ***Fasting To Go DEEPER With God***

#### **KEY TEXT**

“However, this kind does not go out except by prayer and fasting.” Matthew 17: 21

#### **31 Days of Fasting**

God may be leading you to fast from additional things on top of the suggestions listed below. As our Pastor has been following the prompting of the Lord, he is encouraging us in this manner:

1. For the full 31 days, you are encouraged to fast from the following:

- Sweets (cakes, pastries, pies, biscuits, fizzy and sweet drinks.)
- All meats (chicken, fish, beef, etc.)
- Secular TV programming with the exception of the news
- Theater movies and forms of similar entertainment
- DVD/Blue-ray entertainment

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**Many of the things that you will sacrifice during the fast will allow your mind and body to be cleared and purified in order to give yourself more fully to this season of intensely seeking the face of God.**



## **GOING DEEPER WITH GOD**

### **ONCE PER WEEK 24-HOUR FOOD FAST**

**Tuesday 6:00 a.m. - Wednesday 6:00 a.m.**

2. Full 24-hour food fast from 6:00 a.m. on Tuesday until 6:00 a.m. on Wednesday.

- For 24 hours you are encouraged to abstain from food
- Water, juice, herbal teas and limited amounts of fruit may be partaken if you choose
- No fizzy drinks or pre-processed sweet fruit treats.

**NOTE:** If you are sick and/or under medical care, taking medications, have a diagnosed medical condition or disease, pregnant or breast feeding, or younger than 18 years of age, please consult with a doctor or parental authority (as the case may be) before fasting.

#### **Children's Fast (With Parental Guidance) (Ages 6 – 12)**

6:00 a.m. – 6:00 p.m. No fizzy drinks, No sweets (desserts)

6: 00 p.m. – 6:00 a.m. No TV (with the exceptions of school assignments) no video games/secular music



## **DAY 1**

(1<sup>st</sup> January)

**What To Pray For:** Deeper Walk With God

**Scripture:** 2 Chronicles 7: 14 (NIV) – 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 I will forgive their sin and will heal their land. Now my eyes will be open and my ears attentive to the prayers offered in this place.

**Focus Prayer:** You are asking God to take you DEEPER in your walk with him. Let him know that you are not content to stay where you are, you want God to take you further!

**NOTES:** (What is God saying to you)



## **DAY TWO**

(2<sup>nd</sup> January)

**What to Pray For:** Deeper Repentance

**Scripture:** 2 Corinthians 7:10 (NIV) – Godly sorrow produces repentance leading to salvation.

**Prayer Focus:** You are asking the Holy Spirit to lead you to full conviction and repentance of all sin in your life. Repentance is remorse or contrition for one's past actions or sins.

**NOTES:** (What is God saying to you)



## **DAY THREE**

(3<sup>rd</sup> January)

**What to Pray For:** Deeper Prayer Life

**Scripture:** Psalm 5:3 (NIV) – In the morning, Lord, you hear my voice; in the morning I lay my requests before you and wait expectantly.

**Prayer Focus:** You are asking God to lead you into a deepening conversation where you talk to God as you would a friend. You're also asking for "sacred ears" so that you come to know His voice when He's speaking to you.

**NOTES:** (What is God saying to you)



## **DAY FOUR**

(4<sup>th</sup> January)

**What To Pray For:** Deeper Pastors

**Scripture:** Mark 1: 35 (NIV) – Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed.

**Prayer Focus:** You are asking God to keep before our Pastors the practice of seeking solitude and silence where He can speak clearly to their hearts and minds.

**NOTES:** (What is God saying to you)



## **DAY FIVE**

(5<sup>th</sup> January)

**What to Pray For:** Deeper Marriages

**Scripture:** Ephesians 5:33 (MSG) - What is clearest to me is the way Christ treats the church. And this provides a good picture of how each husband is to treat his wife, loving himself in loving her, and how each wife is to honor her husband.

**Prayer Focus:** Ask God to bless marriages at Camp Hill, and that every couple will reflect Jesus in their relationship. That where there is strife, peace will reign, and where there is division, unity will prevail. In addition, pray that the power of love will cover “a multitude of faults.”

**NOTES:** (What is God saying to you)





## **DAY 6**

(6<sup>th</sup> January)

### **What To Pray For:** Deeper Singles

**Scripture:** I Corinthians 7: 32 – 35 (MSG) – I want you to live as free of complications as possible. When you're unmarried, you're free to concentrate on simply pleasing the Master. Marriage involves you in all the nuts and bolts of domestic life and in wanting to please your spouse, leading to so many more demands on your attention. The time and energy that married people spend on caring for and nurturing each other, the unmarried can spend in becoming whole and holy instruments of God.

**Prayer Focus:** Ask God to smile with favor over our single members, even as they are able to give themselves to the priority of the cause and work of God. Pray that they will go deeper with God, by wanting only what He has for them, and prepared to wait for God's timing and purposes with every other desire.

**NOTES** (What is God saying to you)



## **DAY 7**

(7<sup>th</sup> January)

### **What To Pray For:** Deeper Youth

**Scripture:** I Timothy 4: 12 (NIV) – Don't let anyone look down on you because you are young, but set an example for the believers in speech, in conduct, in love, in faith and in purity.

**Prayer Focus:** Ask God to take the youth of Camp Hill on a growth journey with Him. Pray that they will be giants of the faith, prepared to stand without compromise in this culture and generation where so many of their peers do not know God. Supremely, ask God to lead our youth into a personal relationship with Himself.

**NOTES** (What is God saying to you)



## **DAY 8**

(8<sup>th</sup> January)

**What to Pray For:** Deeper Seniors

**Scripture:** Psalm 71: 18 (ESV) – So even to old age and gray hairs, O God, do not forsake me, until I proclaim your might to another generation.

**Prayer Focus:** Ask God to place upon our senior's hearts that their greatest legacy will be in transferring their faith to the generations below them. Ask God to take them deeper in Him, so they model their "god-walk" before others.

**NOTES** (What is God saying to you)



## **DAY 9**

(9<sup>th</sup> January)

**What to Pray For:** Deeper Commitment to the Lost

**Scripture:** 2 Peter 3:9 – The Lord is not slow in keeping his promise, as some understand slowness. Instead he is patient with you, not wanting anyone to perish, but everyone to come to repentance.

**Prayer Focus:** Ask God to place upon your heart a burden for those who do not know or acknowledge God, that you will be a vessel in God's hand in bringing them to Christ.

**NOTES:** (What is God saying to you)



## **DAY 10**

(10<sup>th</sup> January)

**What To Pray For:** Deeper Relationship With the Holy Spirit

**Scripture:** John 14: 16, 17 (NIV) – And I will ask the Father, and he will give you another advocate to help you and be with you forever—the Spirit of truth. The world cannot accept him, because it neither sees him nor knows him. But you know him, for he lives with you and will be in you.

**Prayer Focus:** Pray to Holy Spirit that he will come and live in you, and that you will come to know him as your constant companion and friend, so much so, that your conversation with him is continual. That he becomes so real to you that you feel his presence at all times.

**NOTE** (What is God saying to you)



## **DAY 11**

(11<sup>th</sup> January)

**What To Pray For:** Deeper Understanding of the Scriptures

**Scripture:** Proverbs 2: 4-5 (ESV) – If you seek it like silver and search for it as for hidden treasures, then you will understand the fear of the Lord and find the knowledge of God.

**Prayer Focus:** Ask God to give you a hunger for God's Word, and keeping the main focus of reading the scripture is knowing Him.

**NOTES:** (What is God saying to you)



## **DAY 12**

(12<sup>th</sup> January)

**What To Pray For:** Deeper Commitment

**Scripture:** Deuteronomy 6: 5 (NIV) – Love the Lord your God with all our heart and with all your soul and with all your strength

**Prayer Focus:** Ask God to help you love him stronger than you’ve ever love him before, and that you will go “All In” with Him with every part of your life—holding nothing back.

**NOTES** (What is God saying to you)



## **DAY 13**

(13<sup>th</sup> January)

### **What To Pray For:** Deeper Worship

**Scripture:** John 4:23 (AMP) – A time will come, however, indeed it is already here, when the true (genuine) worshipers will worship the Father in spirit and in truth; for the Father is seeking just such people as these as His Worshipers.

**Prayer Focus:** Petition God to help you understand the above text. Be open to God making you a true Worshipper. Ask God what that means, and then take you deeper both in your personal worship and your public worship with other believers. “God, make me a Worshipper!”

**NOTES:** (What is God saying to you)





## **DAY 14**

(14<sup>th</sup> January)

**What To Pray For:** Deeper Praise

**Scripture:** Exodus 15:2 (NIV) – The Lord is my strength and my defense; he has become my salvation. He is my God, and I will praise him, my father’s God, and I will exalt him.

**Prayer Focus:** Today, ask God to open your eyes to see all the things around you to praise him for. But not only today, ask God to keep praise continuously in your mouth, realizing that God “inhabits” praise. Let not one word of complaint come from your lips today, and then the next day, and then the next . . .

**NOTES:** (What is God saying to you)

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## **DAY 15**

(15<sup>th</sup> January)

**What To Pray For:** Deeper Embrace of God's Promises

**Scripture:** 2 Peter 1:4 (NIV) – Through these he has given us his very great and precious promises, so that through them you may participate in the divine nature . . .

**Prayer Focus:** Ask God to help you discover, learn and commit to memory many of the promises of God found in the Bible. And when you face storms or trials, you pray the Word of God--standing on His promises. This is your strength.

**NOTES:** (What is God saying to you)

**YOU ARE AT THE HALFWAY MARK OF THE FAST. AT THIS POINT, YOU SHOULD BE HEARING MORE CLEARLY FROM GOD, AND YOUR EARS MORE ATTUNED TO HIS VOICE. TAKE THIS LAST HALF OF THE FAST EVEN MORE SERIOUS AND WATCH HOW GOD TAKES YOU “DEEPER.” I’M PRAYING FOR YOU.**

**Pastor Herbert**



## **DAY 16**

(16<sup>th</sup> January)

**What to Pray for:** Deeper Physical Health

**Scripture:** I Corinthians 6: 19, 20 (MSG) – Or do you not know that your body is a temple of the Holy Spirit within you, whom you have from God? You are not your own, for you were brought with a price. So glorify God in your body.

**Prayer Focus:** Your prayer is that you will pursue maximum physical health in your body. That the convictions that God is laying on your heart during this fast about diet and physical activity (based on what is best for you), that you will be obedient. Thank God for his Word when he says that he wants you to prosper and be in health.

**NOTES:** (What is God saying to you)

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## **DAY 17**

(17<sup>th</sup> January)

**What to Pray For:** Deeper Commitment To Walk In The Ways of God

**Scripture:** Mark 12: 31, 32 (MSG) – And loving [God] with all passion and intelligence and energy, and loving others as well as you love yourself. Why, that's better than all offerings and sacrifices put together.

**Prayer Focus:** You want your love for God to be so strong and so passionate, that it brings forth a total, daily commitment to walk in His ways! That is your prayer.

**NOTES:** (What is God saying to you)



## **DAY 18**

(18<sup>th</sup> January)

**What To Pray For:** Deeper Bible Study

**Scripture:** Acts 17: 11(ESV) – Now these Jews were more noble than those in Thessalonica; they received the word with all eagerness, examining the Scriptures daily to see if these things were so.

**Prayer Focus:** Ask God to move you from being just a casual reader of the word, to being a diligent student of the Word. Let the Holy Spirit know that you desire a deeper understanding into the things of God found in the scriptures.

**NOTES:** (What is God saying to you)



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## **DAY 19**

(19<sup>th</sup> January)

### **What To Pray For:** Deeper Family Life

**Scripture:** Joshua 24: 15 (NLT) – But if you refuse to serve the Lord, then choose today whom you will serve. Would you prefer the gods your ancestors served beyond the Euphrates? Or will it be the gods of the Amorites in whose land you now live? But as for me and my family, we will serve the Lord.

**Prayer Focus:** Pray that your family and the families of Camp Hill will not get trapped into serving the gods of this culture, but will decidedly declare that “our family will serve God.” That means that daily you will seek God as a family through prayer and devotions based on the Word, and being selective what you permit into your home via entertainment choices. Ask God to give you a spirit of discernment.

**NOTES:** (What is God saying to you)



## **DAY 20**

(20<sup>th</sup> January)

**What To Pray For:** Deeper “Community” in Camp Hill

**Scripture:** Acts 4: 32 – 33 (NIV) – All the believers were one in heart and mind. No one claimed that any of their possessions was their own, but they shared everything they had. With great power the apostles continued to testify to the resurrection of the Lord Jesus. And God’s grace was so powerfully at work in them all.

**Prayer Focus:** Pray that Camp Hill will not just be a large gathering of people, but that God will truly formed us into a “community.” Ask God to help us all to go beyond our comfort groups to reach out to a broader array of people all around us. That we will seek to “connect” with a new person at our church each week.

**NOTES:** (What is God saying to you)



## **DAY 21**

(21<sup>st</sup> January)

**What to Pray For:** Deeper Living

**Scripture:** Galatians 2: 20 (NLT) – My old self has been crucified with Christ. It is no longer I who live, but Christ lives in me. So I live in this earthly body by trusting in the Son of God, who loved me and gave himself for me.

**Prayer Focus:** Your cry to God is that you are no longer content to live a superficial life, but want live a life of substance and meaning. You want the life of Christ to be lived out through you. What a life!

**NOTES** (What is God saying to you)





## **DAY 22**

(22<sup>nd</sup> January)

**What To Pray For:** Deeper Wisdom

**Scripture:** Proverbs 4: 7 (NLT) – Getting wisdom is the wisest thing you can do! And whatever else you do, develop good judgment. If you prize wisdom, she will make you great. Embrace her, and she will honor you.

**Prayer Focus:** As the book of James says, ask God [daily] for wisdom. Let God know that you don't desire to be smart, you desire to be wise.

**NOTES:** (What is God saying to you)



## **DAY 23**

(23<sup>rd</sup> January)

**What To Pray For:** Deeper Desire For the Baptism of the Holy Spirit

**Scripture:** Acts 8: 14 – 17 (CEB) – When word reached the apostles in Jerusalem that Samaria had accepted God’s word, they commissioned Peter and John to go to Samaria. Peter and John went down to Samaria where they prayed that the new believers would receive the Holy Spirit. This was because the Holy Spirit had not yet fallen on any of them; they had only been baptized in the name of the Lord Jesus [water baptism]. So Peter and John laid their hands on them, and they received the Holy Spirit.

**Prayer Focus:** Call on the Name of the Lord that will daily receive the Baptism of the Holy Spirit. Let God know that you are standing on his promised to give to the Holy Spirit to those who ask.

**NOTES:** (What is God saying to you)



## **DAY 24**

(24<sup>th</sup> January)

**What To Pray For:** Deeper Witness

**Scripture:** Ephesians 6: 19, 20 (KJV) – And for me, that utterance may be given unto me, that I may open my mouth boldly, to make known the mystery of the gospel, for which I am an ambassador in bonds: that therein I may speak boldly, as I ought to speak.

**Prayer Focus:** Pray that God will make you bold and wise in your daily witness for him. That you will know that wherever you go, you are his representative. As God's representative, speak for him and about him.

**NOTES:** (What is God saying to you)



## **DAY 25**

(25<sup>th</sup> January)

**What To Pray For:** Deeper Congregation

**Scripture:** Proverbs 24: 3,4 (AMP) – Through skillful and godly wisdom is a house ( a life, a home, a family, a CHURCH) built, and by understanding it is established [on a sound and good foundation].

**Prayer Focus:** Let us all pray today that Camp Hill will go deeper with God, and that our church be built spiritually on a sure foundation.

**NOTES:** (What is God saying to you)



## **DAY 26**

(26<sup>th</sup> January)

**What To Pray For:** Deeper Appetite For The Things of God

**Scripture:** Philippians 3:10 (MSG) – I gave up all of that inferior stuff so I could know Christ personally, experience his resurrection power, be a partner in his suffering, and go all the way with him to death itself. If there was any way to get in on the resurrection from the dead, I wanted to do it.

**Prayer Focus:** Call upon the Lord by asking him give you an appetite for the things of God. To take away your appetite for the inferior things of this life. You want to experience this deepening appetite for God in the joyous power of His resurrection, and sharing in His suffering--and there will be both. It's the price you are willing to pay to know God.

**NOTES:** (What is God saying to you)



## **DAY 27**

(27<sup>th</sup> January)

**What To Pray For:** Deeper Desire To Be Released From Old Habits

**Scripture:** Ephesians 4: 20 – 24 (MSG) – You learned Christ. My Assumption is that you have paid careful attention to Him, being well instructed in the truth precisely as we have it in Jesus. Since, then, we do not have the excuse of ignorance, everything—and I do mean everything—connected with the old way of life has to go. It’s rotten through and through. Get rid of it! And then take on an entirely new way of life—a God- fashioned life, a life renewed from the inside and working itself into your conduct as God accurately reproduces His character in you.”

**Prayer Focus:** You are now at the point in the fast where you are asking God to take away any remaining parts of your old habits or life. During this fast you have “learned Christ.” Thank him for freeing you from those habits that have held you down for years.

**NOTES:** (What is God saying to you)



## **DAY 28**

(28<sup>th</sup> January)

**What To Pray For:** Deeper Desire to Detect God's Voice

**Scripture:** I Samuel 3: 8 – 10 (NIV) – A third time the Lord called, “Samuel!” And Samuel got up and went to Eli and said, “Here I am; you called me.” Then Eli realized that the Lord was calling the boy. So Eli told Samuel, “Go and lie down, and if he calls you, say, ‘Speak, Lord for your servant is listening.’” So Samuel went and lay down in his place. The Lord came and stood there, calling as at the other times, “Samuel! Samuel!” Then Samuel said, “Speak, for your servant is listening.”

**Prayer Focus:** Ask God to make you sensitive to His voice. And that you are always prepared to say, “Speak, for your servant is listening.”

**NOTES:** (What is God saying to you)



## **DAY 29**

(29<sup>th</sup> January)

**What To Pray For:** Deeper Desire To Go “All In” With God

**Scripture:** Philippians 3:14 (NIV) – I press toward the goal to win the prize for which God has called me heavenward in Christ Jesus.

**Prayer Focus:** As you prayed earlier in the fast, your prayer now is that you will hold nothing back with your going all the way with God. Fully surrendered, fully submitted and fully committed to being all you can be in Him.

**NOTES:** (What is God saying to you)





## **DAY 30**

(30<sup>th</sup> January)

### **What To Pray For:** Deeper Praying

**Scripture Praying:** Matthew 26: 40, 41 (ESV) – And he came to the disciples and found them sleeping. And he said to Peter, “So, could you not watch with me one hour? Watch and pray that you may not enter into temptation. The spirit is willing, but the flesh is weak.”

**Prayer Focus:** Your prayer in this season of the fast is that you will never again consider prayer as an inconvenience or optional, but as vital to everything you are, and everything you do. That your prayer communication with God becomes your highest priority

**NOTES:** (What is God saying to you)



## **DAY 31**

(31<sup>st</sup> January)

**What to Pray For:** DEEPER and Still DEEPER

**Scripture:** Read from your own version of the Bible **Hebrews 6: 1 – 3**

**Dear God:** My Prayer for every member of the Camp Hill Church is that you will take us Deeper and still Deeper, and from glory to glory! We thank you for all you have taught us about you over this past 31 days: The victories won, the insights gained, the habits dropped and the good habits formed. But most of all, we thank you that we know you. We leave this season stronger and wiser. We praise you forever!

And all the People said . . . AMEN!

**Note:** Many of you might want to start over on your own with another 31 Day Fast and Prayer Period using this booklet again. I encourage you to do so.