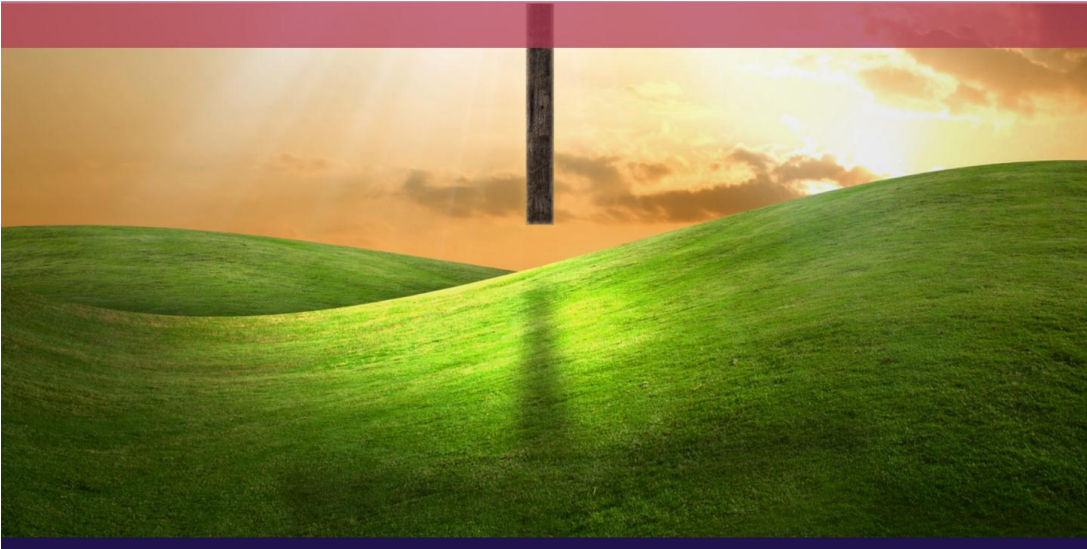




*"If you love Me, you will keep my commandments. John 14:15"*

# COMMITMENT

Through the first 31 days of the year, we are seeking to encourage you to become more committed to Christ, and His Work. To be committed means to be 'dedicated to a cause', so as we go through each day, let us pray we grow to be fully committed to the Lord.



**PRAY.**



**FAST.**



**COMMIT.**



## CAMP HILL SEVENTH-DAY

### ADVENTIST CHURCH 31 DAYS OF PRAYER AND FASTING

*Fasting to experience Commitment to God, His Church and His Work.*

#### 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:** That this year your daily steps will be ordered by God.

**Scripture:** Psalm 119:133 (KJV) Order my steps in thy word: and let not any iniquity have dominion over me.

**Prayer Focus:** You are asking God to direct your daily organization of your life.

**NOTES:**



## **DAY TWO**

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

**What to Pray For:** Recommitment to God

**Scripture: 1 Samuel 7:3** Then Samuel spoke to all the house of Israel, saying, "If you return to the LORD with all your heart, remove the foreign gods and the Ashtaroth from among you and direct your hearts to the LORD and serve Him alone; and He will deliver you from the hand of the Philistines."

**Prayer Focus:** You asking God to help you clear out the clutter in your mind and in your life so that you can start all over again in him.

**Notes:**



## **DAY THREE**

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

**What to Pray For:** New Opportunities in Christ Jesus

**Scripture:** Galatians 6:10 (KJV) As we have therefore opportunity, let us do good unto all men, especially unto them who are of the household of faith.

**Prayer Focus:** You are asking God to present you with new opportunities whereby your life will be a blessing to Him, to others and also yourself.

**Notes:**



## **DAY FOUR**

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

**What to Pray For:** Commitment to God

**Scripture:** Psalm 31:5 Into thine hand I commit my spirit. Thou hast redeemed me, O Lord of Truth.

**Prayer Focus:** You are seeking to have a more vibrant and deeper relationship with Jesus. Making Him the center of everything you do for 2016 and beyond.

**NOTES:** Make a list of your goals to achieve this.



## **DAY FIVE**

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

**What to Pray For:** Commitment to God's Church

**Scripture:** 1Timothy 3:15 But if I tarry long, that thou mayest know how thou ought to behave thyself in the house of God, which is the church of the living God, the pillar and ground of the truth.

**Prayer Focus:** We are asking our Heavenly father not to be caught in the web of trying to accumulate material gains and stuff. We want to dedicate all we have and are to Him.

**NOTES:** Commit to build up and serve at every opportunity that may arise.





## **DAY 6**

(6th January)

**What to Pray For:** Commitment to God's Work

**Scripture:** Proverbs 16:3 Commit thy works unto the Lord and thy thoughts shall be established.

**Prayer Focus:** We ask God to remind us that we are citizens of heaven and pilgrims of this world. Therefore, let us discharge our duties for God with passion, and let that hope in Christ be reflected in everything we do.

**Notes:** Endeavour to unite our efforts and appreciate each other daily.



## **DAY 7**

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

**What to pray for:** commitment to working together

### **Scripture:**

Romans 12:4-5 (NIV)

4 For just as each of us has one body with many members, and these members do not all have the same function, 5 so in Christ we, though many, form one body, and each member belongs to all the others.

### **Prayer focus:**

You are asking God to help us to commit our service to teamwork. Teamwork happens when a group of individual people are brought together to achieve a common purpose or goal. The need of the group becomes more important than the needs of the individual. So for team work to work efficiently, each person needs to put aside their own individual needs so as to achieve the objective of the group. As a team we have been called not only to serve the Lord but to glorify him and witness his word to the world as we prepare for his second coming. This is our common purpose.

### **Notes:**



## **DAY 8**

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

**What to Pray For:** Commitment to service

### **Scripture:**

John 13:34-35(NIV)

34 “A new command I give you: Love one another. As I have loved you, so you must love one another. 35 By this everyone will know that you are my disciples, if you love one another.”

**Prayer focus:** You are asking God’s love to manifest itself in your life to enable commitment to His service. Commitment is following Jesus. Commitment demands a choice. Jesus wasted no time getting to the heart of commitment: either the disciples would be committed to him and deny their own desires, or they would be determined to go their own ways and deny Him. The choice to commit is the same for all believers - either deny ourselves or deny Him; either go His way or we pursue our way.

**Notes:**



## **DAY 9**

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

**What to Pray For:** Committed Families

**Scripture:** Joshua 24:15 (KJV)

And if it seem evil unto you to serve the Lord, choose you this day whom ye will serve; whether the gods which your fathers served that were on the other side of the flood, or the gods of the Amorites, in whose land ye dwell: but as for me and my house, we will serve the Lord.

**Prayer Focus:** You are asking God to Unify families so that they may be of one accord, serving you whilst generating a harmonious environment within the home.

**Notes:**



## **DAY 10**

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

**What to Pray For:** Committed Marriages

**Scripture:** Matthew 19:4-6 (NIV)

**4** “Haven’t you read,” he replied, “that at the beginning the Creator ‘made them male and female,’[a] **5** and said, ‘For this reason a man will leave his father and mother and be united to his wife, and the two will become one flesh’[b]? **6** So they are no longer two, but one flesh. Therefore what God has joined together, let no one separate.”

**Prayer Focus:** You are asking God to bless all of the marriages within Camp Hill Church. Where there are difficulties give husbands and wives a fresh desire to love each other and work together within their marriage. Manifest a fresh spirit of commitment within each marriage.

**Notes:**



## DAY 11

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

### **What to Pray For:** Committed Parents

**Scripture:** Deuteronomy 6:4-9 (NIV)

**4** Hear, O Israel: The Lord our God, the Lord is one.[a] **5** Love the Lord your God with all your heart and with all your soul and with all your strength. **6** These commandments that I give you today are to be on your hearts. **7** Impress them on your children. Talk about them when you sit at home and when you walk along the road, when you lie down and when you get up. **8** Tie them as symbols on your hands and bind them on your foreheads. **9** Write them on the doorframes of your houses and on your gates.

**Prayer Focus:** You are asking God to reveal to parents his will for them, and that he may teach them how to parent in this age in which it has become difficult to stand up and be counted as a parents. You are asking God to aid parents in there relationships with and influence of their children.

**Notes:**



## **DAY 12**

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

**What to Pray For:** Committed Children

**Scripture:** Matthew 18:2-6 (NIV)

**2** He called a little child to him, and placed the child among them.

**3** And he said: “Truly I tell you, unless you change and become like little children, you will never enter the kingdom of heaven.

**4** Therefore, whoever takes the lowly position of this child is the greatest in the kingdom of heaven. **5** And whoever welcomes one such child in my name welcomes me.

**6** “If anyone causes one of these little ones—those who believe in me—to stumble, it would be better for them to have a large millstone hung around their neck and to be drowned in the depths of the sea.

**Prayer Focus:** You are asking God to help Camp Hill Parents, and Camp Hill Church value its children. You are asking God to help parents help their children develop a relationship with Him. At the same time you are praying that each child will feel loved, cared for and protected.

**Notes:**



## **DAY 13**

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

**What to Pray For:** Committed Singles

**Scripture:** Hebrews 13:5 (KJV)

Let your conversation be without covetousness; and be content with such things as ye have: for he hath said, I will never leave thee, nor forsake thee.

**Prayer Focus:** You are asking God to keep you focused on his plan for your life and also you are asking God to reveal his will with respect to your singleness.

**Notes:**





## **DAY 14**

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

**What to pray for:** Committed Seniors

**Scripture:** Matt 25:45 (ISV). Then He will say to them, "I tell you with certainty since you did not do it for one of the least important of these, you did not do it for me."

**Prayer Focus:** Ask God to help us to realise we need to be ready to assist the 'Seniors' when, due to the decline in their physical and mental capabilities, simple things turn into mammoth tasks. Ask God to help us to become their eyes, ears, hands and feet. Our response to their needs will help them to stay committed to their belief in God.

**Notes:**

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## **DAY 15**

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

**What to pray for:** Committed Special Needs

**Scripture:** 1 Samuel 16:7 (NIRV). But the Lord said to Samuel, "do not consider how handsome or tall he is. I have not chosen him. I do not look at the things people look at. Man looks at how someone appears on the outside. But I look at what is in the heart."

**Prayer Focus:** Ask God to continue to bless the Special Needs Group at Camp Hill and also to help each member of the Group to reflect Jesus in their relationships. Also ask God to help us to realise our similarities in Christ and the beauty and benefits of our differences. This will enable us to accept that everyone has something to contribute from which others can benefit.

**Notes:**

**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:** Committed Service to God

**Scripture:** Matthew 10:37-38 (KJV)

**37** He that loveth father or mother more than me is not worthy of me: and he that loveth son or daughter more than me is not worthy of me.

**38** And he that taketh not his cross, and followeth after me, is not worthy of me.

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**Prayer Focus:** Your asking God to help you put things in perspective, recognizing that our purpose is to serve God.

**Notes:**



## **DAY 17**

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

**What to Pray For:** Committed Officers in God's Church

**Scripture:** Luke 9:62 (KJV)

**62** And Jesus said unto him, No man, having put his hand to the plough, and looking back, is fit for the kingdom of God.

**Prayer Focus:** You are asking God to help you do your part well and you are asking God to give you the endurance to stick to your task until its done.

**Notes:**



## **DAY 18**

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

**What to pray for:** Committed Youth

**Scripture:** 1 Timothy 4:12

Let no man despise thy youth; but be thou an example of the believers in word, in conversation, in charity, in spirit, in faith, in purity.

**Prayer Focus:** You are asking God to help the youth to stay focused on Him. They should so live that others may follow their example and for them to be grounded in God's word and exercise faith in their daily lives. Let them maintain a pure mind and meditate daily on spiritual things.

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

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## **DAY 19**

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

**What to pray for:** Committed Teens

**Scripture:** Psalm 71:5

For You are my hope; O Lord God, You are my confidence from my youth.

**Prayer Focus:** You are asking God to remember the teens as they journey through this stage of life and for them to remain hopeful and put all their plans and trust in Him. Pray for them to boldly walk with God and have confidence in His words.

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



## **DAY 20**

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

### **What to Pray For:** Committed Women

**Scripture:** Proverbs 31:30 (KJV)

**30** Favour is deceitful, and beauty is vain: but a woman that feareth the Lord, she shall be praised.

**Prayer Focus:** You are praying for Married women, Mothers and Single woman, asking God to make them examples to all young ladies and girls. At the same time you are asking God to bless them with a double portion of his grace as they seek to be further committed to God.

**Notes:**



## **DAY 21**

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

**What to Pray For:** Committed Man

**Scripture:** 1 Corinthians 16:13 (ESV)

**13** Be watchful, stand firm in the faith, act like men, be strong.

**Prayer Focus:** You are asking God to help the men of Camp Hill, be the men that God would have them be. In a time when men are crumbling and not standing for anything, pray that our men stand courageous, being moral examples committed to the work of Jesus Christ.

**Notes:**





## **DAY 22**

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

**What to Pray for:** Committed health

### **Scripture:**

Daniel 1:12-14 Prove thy servants, I beseech thee, ten days; and let them give us pulse to eat, and water to drink. Then let our countenances be looked upon before thee, and the countenance of the children that eat of the portion of the king's meat: and as thou seest, deal with thy servants. So he consented to them in this matter, and proved them ten days.

**Prayer Focus:** You are asking God to lead you into a deepening understanding of optimising your health. You are in control of how you exercise the 8 pillars of health in your life. Why not start with one or two areas and move forward from where you are now? A recent survey in Camp Hill demonstrated that less than 2% of us follow our own health laws. The proof of a healthy lifestyle is in the outcomes. Not only physical health but also spiritual health will benefit.

Notes:



## **DAY 23**

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

**What to pray for:** Committed bodies

**Scripture:** 1 Cor 6:19-20 What? know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own? For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God's.

**Prayer Focus:** You are asking God to lead you into a deepening Awareness of how you manage your physical or corporeal body- the flesh - we are fearfully and wonderfully made but we are liable to sin. Pray for a stronger engagement of the Holy Spirit in your life.

Notes:



## **DAY 24**

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

**What to Pray For:** Committed minds

**Scripture:** Mark 6: 15-16 And they come to Jesus, and see him that was possessed with the devil, and had the legion, sitting, and clothed, and in his right mind: and they were afraid. And they that saw it told them how it befell to him that was possessed with the devil, and also concerning the swine.

**Prayer focus:** You are asking God to sustain your mental wellbeing. The range of mental illness and behavioural issues is wide ranging and disruptive. Influences in the workplace, media and society cause is to depart or rational minds. A stable, rested and prayer focused mind can enable human emotion and intelligence to serve and worship God as he intended.

**Notes:**



## DAY 25

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

**What to Pray For:** Committed to Bible Study

**Scripture:** 2 Timothy 3:14-17 ESV

But as for you, continue in what you have learned and have firmly believed, knowing from whom you learned it and how from childhood you have been acquainted with the sacred writings, which are able to make you wise for salvation through faith in Christ Jesus. All Scripture is breathed out by God and profitable for teaching, for reproof, for correction, and for training in righteousness, that the man of God may be competent, equipped for every good work.

**Prayer Focus:** You are asking God to create within you a desire to know more about his word. You are asking that God help you to commit quality time towards Bible Study.

**Notes:**



## **DAY 26**

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

**What to Pray For:** Committed to His Word

**Scripture:** Hebrews 4:12 ESV

For the word of God is living and active, sharper than any two-edged sword, piercing to the division of soul and of spirit, of joints and of marrow, and discerning the thoughts and intentions of the heart.

**Prayer Focus:** You are asking God to help you recognise on a daily basis, there is power in the word of God.

**Notes:**



## **DAY 27**

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

**What to Pray For:** Committed to His Word

**Scripture:** Psalm 119:11(KJV)

11 Thy word have I hid in mine heart, that I might not sin against thee.

**Prayer Focus:** You are asking God to help you memorise his word so that when you need to refer to it, His word is there to draw upon from memory.

**Notes:**



## **DAY 28**

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

**What To Pray For:** A deeper commitment to the study of the writings of Ellen G White who, we are confident, is the Lord's final prophet for the 'end time'.

**Scripture:** Numbers 12:6 (NLT) And the Lord said to them, 'Now listen to me! Even with prophets, I the Lord communicate by visions and dreams'.

2 Chron. 20:20 (RSV) ...and as they went out Jehoshaphat stood and said, 'Hear me Judah and inhabitants of Jerusalem! Believe in the Lord your God, and you will be established; believe his prophets and you will succeed.'

**Prayer Focus:** That God would Amplify His Word to your understanding through the 'Lesser Light' of His servant's writings.

**Notes:** What is God saying to you?



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

**What to Pray For:** Committed Stewards

**Scripture:** Psalm 24:1 (KJV)

24 The earth is the Lord's, and the fullness thereof; the world, and they that dwell therein.

**Prayer Focus:** Recognizing that everything you own and everything you are, and everything on this earth belongs to God. You are asking God to help you be the best Steward that you can be for his cause.

**Notes:**





## **DAY 30**

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

**What to Pray For:** Comment to continue what you have started this year, with Jesus as your companion.

**Scripture:** Galatians 6:9 (KJV)

9 And let us not be weary in well doing: for in due season we shall reap, if we faint not.

**Prayer Focus:** You are asking God for the power to endure so that you complete what you have started. Recognising that Heaven is your goal you are asking God to help your determination to endure to the end.

**Notes:**



## **DAY 31**

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

**What to Pray For:** Greater Commitment to God, To His work and To His Church.

**Scripture:** Hebrews 12:1-2 (KJV)

12 Wherefore seeing we also are compassed about with so great a cloud of witnesses, let us lay aside every weight, and the sin which doth so easily beset us, and let us run with patience the race that is set before us,

2 Looking unto Jesus the author and finisher of our faith; who for the joy that was set before him endured the cross, despising the shame, and is set down at the right hand of the throne of God.

**Prayer: Dear God, Thank you for the assurance given over the past 31 days. Help us to demonstrate our commitment to you by the way we live our lives. May our Church experience true revival shown by our commitment to you and to your work. May our lives reflect the fact that we have had a refreshing experience with**

**you?**

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.