



SAGE HILLS

CHURCH

**BUILDING ON OUR
FAITHFUL FOUNDATION**
with DECLARATIONS OF
UNITY

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(To be prayed out loud and with family or friends when possible).

Forming a Plan:

- Set aside time each day to follow the prayers and Scripture readings.
- You may want to find an accountability partner or make an agreement with your Life Group.
- Be firm with your plans and decisions.
- Be wise with your plan for fasting.
- Teach children by having them cut out snacks. And explain the challenge of sticking with a decision. (Abstaining from broccoli doesn't count).
- If you require a specific diet or medication for health reasons then cut out TV or talk radio or something else.
- Drink plenty of water every day.

About Fasting:

Fasting is a spiritual discipline. You will choose to deny yourself by abstaining from habits, patterns, and cravings in order to bring your thought life, attitudes, and physical desires under the submission of your own will and spirit. When the demands of your thoughts, moods and cravings are under control then your spirit can hear more easily from the Holy Spirit.

For example, if you typically eat whatever you want, whenever you want, then breaking that pattern will make you aware of how strongly you are controlled or led by your own desires. Hunger pains, cravings of your mouth, or the simple suggestion of food that you cannot turn down are indicators of a weakened will. Likewise, satisfying your moods by watching TV, the internet, or talk radio, may keep you from being productive in other important or useful ways.

Use these 7 days to gain self-control, and focus on the life and health of our church in this season of new growth.

New to Fasting?:

- Try skipping one or two meals each day.
- If you can, try a 24 hour fast, skipping all three meals in one day.
- Always drink water, and juices or yogurt are fine. (You decide about coffee).
- Plan a menu; it will help you stay on track.

Other Fasting Options:

- Try eating vegetarian for the week. (This is a modified Daniel fast).
- If you are in good health, work up to a 3 – day, no-food fast.

Other Spiritual Disciplines:

- Keep a journal of what you pray, learn, and what you hear God saying.

- Write letters of affirmation and appreciation to family, friends, or anyone you need to.

How to Hear God's Voice:

- "My sheep listen to my voice; I know them, and they follow me." John 10:27
- The purpose of this prayer focus and fast is to quiet your thoughts, soul and spirit on a regular basis.
- Listen through the Scriptures. Let them be wisdom and guidance (2 Tim. 3:16-17).
- Listen with your spirit (Col. 3:15 and Eph. 1:17-18).
- Ask for wisdom and clarity (James 1:5-6).
- Spend time in God's presence without an agenda. This means to express worship and thankfulness in prayer and then listen. No requests, no burdens, just listen and let your heart be filled with the peace of the presence of Christ (Psalm 46:10).

Day 1

A Day of Rejoicing with Thanksgiving and Feasting:

Psalm 100

Shout for joy to the Lord, all the earth. Worship the Lord with gladness;
come before him with joyful songs.

Know that the Lord is God. It is he who made us, and we are his; we are his people, the sheep of his pasture.

Enter his gates with thanksgiving and his courts with praise;
give thanks to him and praise his name.

For the Lord is good and his love endures forever; his faithfulness
continues through all generations.

Prayers of Thanksgiving:

- Father God, we thank you for a new day in the life of our church.
- Thank you for our rich heritage and faithful foundation of biblical truth.
- Bless our vision of risking, reaching, and releasing Your love into our community.
- We confess and repent for any fear, self-centeredness, and control that has hindered our obedience to Your Spirit.

Revelation 19:5-8

Then a voice came from the throne, saying: "Praise our God, all you his servants, you who fear him, both great and small!"

Then I heard what sounded like a great multitude, like the roar of rushing waters and like loud peals of thunder, shouting:

"Hallelujah! For our Lord God Almighty reigns.

Let us rejoice and be glad and give him glory!

For the wedding of the Lamb has come, and his bride has made herself ready.

Fine linen, bright and clean, was given her to wear.”

Prayers of Praise:

- Jesus, I praise You for the amazing victory of the cross and Your desire to save us.
- Your salvation brings us into the great multitude who shout, “Hallelujah, worthy is the Lamb!”
- Praise Him from your heart.

Declare His Praises:

Lord, You are gracious and compassionate, slow to anger and rich in love.

Lord You are good to all; You have compassion on all You have made.

All Your works praise You, Lord; We, Your faithful people, extol You.

We tell of the glory of Your Kingdom and speak of Your might, so that all people may know of Your mighty acts and the glorious splendor of Your Kingdom.

Your Kingdom is an everlasting Kingdom, and your dominion endures through all generations. (Psalm 145)

Day 2

A Day of Fasting and Declaring our Identity in Christ:

Deuteronomy 28:9-11

The Lord will establish you as his holy people, as he promised you on oath, if you keep the commands of the Lord your God and walk in obedience to him. Then all the peoples on earth will see that you are called by the name of the Lord, and they will fear you. The Lord will grant you abundant prosperity—in the fruit of your womb, the young of your livestock and the crops of your ground—in the land he swore to your ancestors to give you.

Prayers of Commitment:

- Lord God, You have called us into the inheritance of the Covenant through our faith in Christ. We will honor You with faithfulness and obedience.
- We commit to loving one another so that the world will know that we are disciples of the Living God.
- We commit to uniting our hearts in the vision of risking, reaching and releasing.

1 Peter 2:9-10

But you are a chosen people, a royal priesthood, a holy nation, God's special possession, that you may declare the praises of him who called you out of darkness into his wonderful light. Once you were not a people, but now you are the people of God; once you had not received mercy, but now you have received mercy.

Prayers of Receiving:

- I am a holy priest, even though I may not feel like it. Lord, please reveal this to my spirit and my mind so that I serve well.
- I receive Your counsel and guidance to believe I can bless all my relationships with Your light.
- Please fill me in a fresh way with Your Holy Spirit so that I trust You in every circumstance.

Boldly Declare:

We have inherited Great Love.

We have been blessed with every spiritual blessing in Christ. We have been adopted by Father God. We are no longer foreigners but citizens of His Kingdom. We are given the inheritance of incomparably great power and seated with Christ in the heavenly realm. We are His workmanship, living stones of the Holy Temple. Our spirits are empowered by Heaven. We live in a love that surpasses knowledge. We will discover together the far reaches of the love of Christ for this valley and every person living here. We will give away the riches of our inheritance because He will do more than we can ask or imagine. (Ephesians 1 – 3)

Day 3

A Day of Fasting and Surrender

Psalm 86:10-13, 15

Teach me your way, Lord, that I may rely on your faithfulness; give me an undivided heart, that I may fear your name.

I will praise you, Lord my God, with all my heart; I will glorify your name forever.

For great is your love toward me; you have delivered me from the depths, from the realm of the dead.

But you, Lord, are a compassionate and gracious God, slow to anger, abounding in love and faithfulness.

Prayers of Commitment:

- Father, please unite my heart with Yours. I will let You lead me.
- Thank You for extending so much love that we can never find the end of it.
- I commit to reflecting Your love in my relationships.

Colossians 3:12-14

Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience. Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you. And over all these virtues put on love, which binds them all together in perfect unity.

Prayers of Receiving:

- Lord Jesus, I see that there is no easy way to love others except by forgiving their offenses, even the terrible ones.
- I forgive them and I receive Your forgiveness.

- I receive the freedom You offer as I forgive and actively love others.
- (Please be honest with yourself in forgiving others).

Boldly Declare:

We are unstoppable.

We are sons and daughters of the Most High God. We do not fear. We serve the God of Shadrach, Meshach, and Abednego who proclaimed in faith that God would rescue them from the fiery furnace. We serve the God of Joshua and Caleb who were ready to face giants knowing that the Lord was with them. Like them, our love and confidence in God is greater than the doubters, critics, scoffers and intimidations of the world. The Lord Jesus Christ is our Commander, he is tenacious, determined, focused, and a fierce warrior. He is accurate with compassion, stunning with wisdom, and overwhelming with righteousness and justice. In Him, we are unstoppable.

(Daniel 3:16-18, Numbers 14:5-9, Luke 4:36, Revelation 1:12-16)

Day 4

A day of Fasting and Seeking

Proverbs 4:10-13, 23

Listen, my son, accept what I say, and the years of your life will be many.

I instruct you in the way of wisdom and lead you along straight paths.

When you walk, your steps will not be hampered; when you run, you will not stumble.

Hold on to instruction, do not let it go; guard it well, for it is your life.

Above all else, guard your heart, for everything you do flows from it.

Prayers of Commitment:

- Lord, I commit my heart today to seek Your wisdom for my relationships and work involvement.
- I need Your wisdom and I will cling to Your words and make them my life.
- I choose to guard my heart daily so that I speak life-giving words along with life-giving actions.

James 3:17-18; 1:5

But the wisdom that comes from heaven is first of all pure; then peace-loving, considerate, submissive, full of mercy and good fruit, impartial and sincere. Peacemakers who sow in peace reap a harvest of righteousness.

If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you.

Prayers of Receiving:

- Lord Jesus, I receive Your wisdom and the love which makes it powerful for decisions I make and for helping others.
- I receive wisdom that will develop me as a peacemaker.
- Lord, connect me with other peacemakers and guide us to influence this community.

Boldly Declare:

We have immediate access to Divine Wisdom.

We are not orphans, but children of the Heavenly Father-Who-Loves-Us-Deeply. He is the Provider of wisdom, understanding, help, hope, truth and direction. We will seek Wisdom in prayer and through the Word of truth. We will seek Wisdom on behalf of others. We will become providers of wisdom as we spend time in the Father's presence. We will be still and know that He is God. In His presence we will receive the Peace that produces wisdom and guides our prayers. In His presence worry, doubt and fear are weakened. When we are at the throne we see His love and the image of Christ is formed in us.

(James 1:5, Proverbs 4:7, Ecclesiastes 7:12, Hebrews 4:16, Ephesians 3:12)

Day 5

A day of Fasting and Worship

Psalm 85:10-13

Love and faithfulness meet together; righteousness and peace kiss each other.

Faithfulness springs forth from the earth, and righteousness looks down from heaven.

The Lord will indeed give what is good, and our land will yield its harvest.

Righteousness goes before him and prepares the way for his steps.

Prayers of Commitment:

- Father, thank you for being the Provider for this world, this valley, and for us personally.
- I declare my faithfulness to You and to You alone, my Lord.
- I can only be righteous because Your Holy Spirit dwells within me. Fill me with a new desire for worship and a new song to praise You.

Luke 7:36-38, 50

When one of the Pharisees invited Jesus to have dinner with him, he went to the Pharisee's house and reclined at the table. A woman in that town who lived a sinful life learned that Jesus was eating at the Pharisee's house, so she came there with an alabaster jar of perfume. As she stood behind him at his feet

weeping, she began to wet his feet with her tears. Then she wiped them with her hair, kissed them and poured perfume on them.

Jesus said to the woman, "Your faith has saved you; go in peace."

Prayers of Receiving:

- Lord Jesus, I worship You. I want to experience Your embrace of assurance and affirmation.
- I receive courage and faith to worship You boldly and without holding back.
- I want to know the peace of freedom and thankfulness.

Boldly Declare:

We walk in transformational power.

We have moved from the darkness to the light. This gracious transformation is not only for our redemption, but it continues leading us into mature obedience. God's transforming power renews our minds, heals our wounded emotions, and strengthens our spirit. We are empowered to walk in faith in the supernatural love and power of Christ. We will encourage, build up, and comfort others. We will let faith arise to heal the brokenhearted and the sick. We walk in transformational power for ourselves and for others.

(1 Corinthians 2:4-5, 2 Corinthians 3:17-18, Romans 12:2, Acts 9:32-43, 1 Thessalonians 5:23)

Day 6

A day of Fasting and Serving

Psalm 77:10-14

Then I thought, "To this I will appeal: the years when the Most High stretched out his right hand.

I will remember the deeds of the Lord; yes, I will remember your miracles of long ago.

I will consider all your works and meditate on all your mighty deeds."

Your ways, God, are holy. What god is as great as our God?

You are the God who performs miracles; you display your power among the peoples.

Prayers of Commitment:

- Lord, I believe You are the God of miracles, and that You desire for many more to come into Your Kingdom of love and hope.
- I commit to stretching my faith and discovering new aspects of the revelation of Your Word so that I am counted among the bold believers who make an impact.
- I commit to beginning where I am and stepping into new faith territory for the sake of bringing Your love into this community.

Romans 12:9-13

Love must be sincere. Hate what is evil; cling to what is good. Be devoted to one another in love. Honor one another above yourselves. Never be lacking in zeal, but keep your spiritual fervor, serving the Lord. Be joyful in hope, patient in affliction, faithful in prayer. Share with the Lord's people who are in need. Practice hospitality.

Prayers of Receiving:

- Lord, I lay down my fears with a repentant heart. Forgive me for keeping Your love a secret and not sharing it with those around me.
- I receive Your boldness so that I will take risks of loving people, even the annoying ones, and the ones who do not believe the way I do.
- I choose to make the necessary changes in my attitude so that I can be an effective minister of reconciliation.
- I will be Your representative to bless those in my circles of influence.

Boldly Declare:

We are the light and hope for this generation.

Our God has called us and empowered us to be the light as He is the Light. We will rely on His strength and not our own. The Lord has positioned us in this place and time to be ambassadors of hope. This valley will be changed because we are His light. We can love one another to the point of stunning the world into believing. We are ministers of reconciliation, a royal priesthood of the peace of Christ, and co-laborers with Christ. We will hold firmly to the Word of life. We are in our place so the Holy Spirit

can work in our community through our activated faith. God's face will shine on this generation.

(Matthew 5:14, Proverbs 4:18, John 12:36, Philippians 2:14-16, Revelation 1:5-8)

Day 7

A day of Fasting and Victory

Psalm 51:10-13

Create in me a pure heart, O God, and renew a steadfast spirit within me.

Do not cast me from your presence or take your Holy Spirit from me.

Restore to me the joy of your salvation and grant me a willing spirit, to sustain me.

Then I will teach transgressors your ways, so that sinners will turn back to you.

Prayers of Commitment:

- Lord Jesus, thank You for all that You have done to set me free and to empower me for life in Your Kingdom.

- I will guard the steadfast Spirit You have sealed in my heart.
- I will follow You to release faith and freedom to my community.

2 Corinthians 5:17-21

Therefore, if anyone is in Christ, the new creation has come. The old has gone, the new is here! All this is from God, who reconciled us to himself through Christ and gave us the ministry of reconciliation: that God was reconciling the world to himself in Christ, not counting people's sins against them. And he has committed to us the message of reconciliation. We are therefore Christ's ambassadors, as though God were making his appeal through us. We implore you on Christ's behalf: Be reconciled to God. God made him who had no sin to be sin for us, so that in him we might become the righteousness of God.

Prayers of Receiving:

- Lord Jesus, I repent of restraining my faith because of fear of what others may think.
- You are my Lord and I will follow You, not those who hold to appearances and control.
- I receive Your Spirit of powerful and bold love.
- I choose to be a vital element in Your Kingdom, and to be dangerous to the kingdom of darkness.

Boldly Declare:

The world will know Christ because of our Love.

We will obey your command, Lord Jesus, to love one another. We will be focused in the same vision, intentional in the same mission, and joyful to encourage one another. We will commit to praying in our homes, schools, business and church. We will be overcomers for the sake of our children. We will undo the work of the devil. We come into your presence to receive more of your Spirit of wisdom and of understanding, the Spirit of counsel and of might, the Spirit of the knowledge and fear of the LORD. Christ is in us the hope of glory. We will forgive all offenses. We will release anger and vengeful thoughts. We will bless our neighbors, because Jesus has done this for us. Our love, mutual respect, affirmation, and spiritual gifts are the hope of the Valley. May Jesus Christ be praised.

(John 13:34-35, John 14:23, John 15, John 17:23, Acts 4:29-32, Psalm 46:10, Isaiah 11:2)

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