



7 Days of Prayer & Fasting and Feasting

**Adapted from Transformation Church's
original 7 Day Devotion
"7 Days of Prayer & Fasting"**

How To Pray

Adoration

Worship God and acknowledge who he is. Then thank Him for what He has done in your life over the last 24 hours. (Hallowed be your name)

Confession

Confess your sins and ask God for forgiveness and strength to not repeat. Forgive others that have sinned against you (Forgive us our trespasses as we forgive those who trespass against us)

Thanksgiving

Thank God for what He has done. Be specific with little & big things.

Supplication

Make requests for your own needs and the needs of others. Be specific. (Give us this day our daily bread)

Surrender

Surrender your will and align with God's plan (Your will be done on earth as it is in Heaven)





"Fasting is the spiritual discipline of denying ourselves something to feast on the things of God."

FEASTING on the Word of God

- Replacing what you chose to abstain from with time in God's Presence & Word
- Daily Devotional Plan in this booklet or on Dwell
- Daily Journal Reflection
- Optional Daily communion with video guide or guide from this booklet
- **Feasting at the Table: An Invitation to Communion**
 - Wednesday, November 19th, 6:30 - 7:30 p.m.
 - Deep teaching on Communion from Pastor Jenn
 - Optional corporate communion
- **Night of Worship & Praise**

Sunday **November 23rd**, 6-7pm

Day 1



Pause and pray, inviting the Holy Spirit to meet you where you are and speak to you as you devote this time to prayer and fasting.

Open your bibles or follow along in the Dwell App.

Exodus 9:16

Jeremiah 29:11

Habakkuk 2:2

PURPOSE, VISION, DIRECTION

The Lord calls us to consecrate ourselves to Him to receive purpose, vision, and direction. This is exactly what we do during times of prayer and fasting. Consecration simply means “the action of making or declaring something sacred, set apart, or holy.” We know that God has called us as believers to be holy and set apart from the world for His glory.

During the next seven days, we will choose to be set apart by spending time in prayer and fasting, standing on the Word of God to grow closer in our relationship with Him. It can be difficult at times to see or understand God’s purpose, vision, and direction for our lives. However, when we choose to acknowledge God in all our ways by seeking His presence, He will reveal His purpose to us. God speaks through the intimacy we share in our relationship with Him.

The Bible says we can trust the Lord to give us a vision for our future and to lead our steps with divine direction. Today, we are allowing God to transform us as we are made new in His image. Although we may have plans for our lives, ultimately, God is faithful in directing our path and giving us purpose and vision. As we hear from God today, we humble ourselves to ask for purpose, vision, and direction in our lives.

Reflection:

Which of these passages did God most draw you to?

What did the Holy Spirit reveal to you through it?

What does it mean to be set apart or holy in your life?

Where do you need to humble yourself before God and ask for guidance in the areas of purpose, vision, and direction?

Adoration

Confession

Thanksgiving

Supplication & Surrender

Action:

What will you do in response to today's reading?

Day 2



Pause and pray, inviting the Holy Spirit to meet you where you are and speak to you as you devote this time to prayer and fasting.

Open your bibles or follow along in the Dwell App.

Hebrews 11:1

Romans 10:17

Mark 11:22-25

Mark 9:23

FAITH FOR ALL THINGS

We cannot have faith for all things without placing our trust in God. There are times when our confidence in someone or something is shaken, and we may find ourselves limiting the expectations or responsibility we give that person or those things. It can be tempting to do the very same thing when it comes to our faith and our relationship with God. The Bible says that faith is trust, confidence, and assurance in God. Faith is what we hope for, that we cannot see but know to be true!

To have faith in all things means to have confidence and place our trust in God with everything in our lives. From the small details to the major milestones, when we trust in God to provide and place our confidence in Him, we see our faith move mountains. Our level of faith can be demonstrated by our level of trust and surrender to God's authority. We have faith in the Word of God, in Jesus Christ our Savior, but our faith is not confined to our salvation alone.

Having faith and trust in God affects every area of our lives. As we surrender and put our confidence in Him to be the provider for all our needs, we release control and put our faith in God above all else.

Reflection:

Which of these passages did God most draw you to?

What did the Holy Spirit reveal to you through it?

How has God been faithful in your life?

What areas of your life do you need to trust God with?

How can you surrender control today to choose to have faith in all things?

Adoration

Confession

Thanksgiving

Supplication & Surrender

Action:

What will you do in response to today's reading?

Day 3



Pause and pray, inviting the Holy Spirit to meet you where you are and speak to you as you devote this time to prayer and fasting.

Open your bibles or follow along in the Dwell App.

John 14:12

Hebrews 2:4

Mark 16:17-20

MIRACLES, SIGNS & WONDERS

Building upon yesterday, faith in all things includes faith in the miraculous. We have all experienced things in our life that seem inexplicable. During Jesus's ministry, He performed miracles, signs, and wonders to demonstrate His love and compassion for people. Jesus healed others and walked on water and these miracles served as a testimony to those who witnessed Jesus' power and authority as the Son of God.

The Bible is clear that the power of the Holy Spirit lives within those who believe and know Jesus! Jesus commissioned us, as His followers, to extend His love and compassion to the world and to witness the power of Christ through miracles, signs, and wonders. We have faith that God can do the impossible and is behind inexplicable things. As we continue to pray for God to move in what the world may deem impossible, we ask for God to open our eyes to see His power at work. There is power in collective prayer and belief! As we see the miraculous take place, we will glorify the name of Jesus as the author of all things good. We join our faith for all things expecting Him to show up in our lives through miracles, signs, and wonders.

Reflection:

Which of these passages did God most draw you to?

What did the Holy Spirit reveal to you through it?

How can you increase your faith in God to show up miraculously in your life?

In what ways have you seen God work unexplainably before?

Who can you pray for who needs a miracle, sign, or wonder from God?

Adoration

Confession

Thanksgiving

Supplication & Surrender

Action:

What will you do in response to today's reading?

Day 4



Pause and pray, inviting the Holy Spirit to meet you where you are and speak to you as you devote this time to prayer and fasting.

Open your bibles or follow along in the Dwell App.

Psalms 5:12

Proverbs 3:1-4

Luke 2:52

1 Chronicles 4:10

Deuteronomy 12:20

BLESSINGS, FAVOR & INCREASE

Blessings, favor, and increase in our lives are found through the righteousness and grace of Jesus. Righteousness is a defining trait that we find in Jesus and that we can observe through the way Jesus lived His life. As we read the gospels, we see that Jesus lived a perfect life. Although we are far from perfect, we can inherit the trait of Jesus's righteousness through a relationship with Him. We are promised that when we receive salvation through accepting Jesus as our Lord and Savior, we inherit His perfect righteousness. We are set free from our sin to inherit eternal life.

In our positional righteousness through being in a relationship with Jesus, we have access to God's favor. Today, we pray for blessings, favor, and an increase in our lives. We pray for God's blessing so that we can be an extension of Him and bless those around us. We ask that God increase our influence to be able to increase our impact and spread the Word of God, representing Him to the lost and the found for transformation in Christ.

Reflection:

Which of these passages did God most draw you to?

What did the Holy Spirit reveal to you through it?

What is God saying to you about how to steward your increase and influence for His glory?

In what areas are you believing in God's blessings to glorify His name?

Adoration

Confession

Thanksgiving

Supplication & Surrender

Action:

What will you do in response to today's reading?

Day 5



Pause and pray, inviting the Holy Spirit to meet you where you are and speak to you as you devote this time to prayer and fasting.

Open your bibles or follow along in the Dwell App.

Ephesians 6:12

2 Corinthians 10:4-5

1 Peter 5:8

SPIRITUAL WARFARE

In Christ, we already have victory in every battle we face. Though our situations or circumstances may sometimes overwhelm us, we must remember that our challenges can be spiritual, not just tangible, mental, or emotional. Our emotions are very real, but they aren't our final say. Ephesians 6:12 reminds us, "For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this world's darkness, and the spiritual forces of evil in the heavenly realms." It's important to remember we're not just fighting against tangible things, so the way we fight looks different than how we would in the world.

Despite these challenges, we need not fear, as we walk in the victory of Jesus Christ, who conquered death through His resurrection! We exercise our authority in Christ through the power of prayer and worship to fight our spiritual battles. By surrendering our worries and fears to God, we place our confidence in Him. Prayer is our first response, not our last resort — we pray about everything! Equipped with the Holy Spirit, prayer, and the Word of God, we find scriptures of truth to fight back in the Spirit, pushing forward the will of God.

Reflection:

Which of these passages did God most draw you to?

What did the Holy Spirit reveal to you through it?

What battles are you facing now that you need to bring to God, and where have you already experienced victory?

How can you pray against spiritual warfare in the lives of those around you?

Adoration

Confession

Thanksgiving

Supplication & Surrender

Action:

What will you do in response to today's reading?

Day 6



Pause and pray, inviting the Holy Spirit to meet you where you are and speak to you as you devote this time to prayer and fasting.

Open your bibles or follow along in the Dwell App.

2 Chronicles 7:14-15

Ephesians 1:17

Mark 4:11

Romans 13:11-13

GODLY WISDOM & KNOWLEDGE

As God speaks and we learn to listen, we receive godly wisdom and knowledge. Our lives are so fast-paced, with various sources of information and opinions all around us. Every day we face decisions, from significant consequential ones to everyday small ones. We need understanding and wisdom to proceed. However, it can be tempting to be self-reliant or turn to the world's information and opinions instead of seeking and patiently waiting for direction from the Lord.

God teaches us to seek, understand, and rely on the Holy Spirit in all things. This helps us grow in our spiritual discernment, enabling us to understand right from wrong, good from God, and truth from lies. God is the source of all wisdom and knowledge, and He speaks to us as we spend time in His presence. Today, we choose to seek God's voice first and prioritize His will for our lives.

It is crucial for us to meditate on scripture and spend intentional time getting familiar with His voice and actively pursue a relationship with Him. Today, as we acknowledge God as the ultimate source of wisdom, truth, and light, we pray that as He speaks to us, we are ready to listen.

Reflection:

Which of these passages did God most draw you to?

What did the Holy Spirit reveal to you through it?

In what areas of your life do you need Godly wisdom and knowledge?

How does God speak to you?

How can you seek wisdom and knowledge from God practically today?

Adoration

Confession

Thanksgiving

Supplication & Surrender

Action:

What will you do in response to today's reading?

Day 7



Pause and pray, inviting the Holy Spirit to meet you where you are and speak to you as you devote this time to prayer and fasting.

Open your bibles or follow along in the Dwell App.

Psalms 85:6

Isaiah 57:15

Hosea 6:2

REVIVAL

Transformation in Christ occurs as our hearts and spirits are revived and renewed! Sometimes we believe the lie that we need to fix all our issues and perfect our hearts and motives before coming to God. We may have let shame get in the way of building a relationship with Him. The truth is, as we draw near to God, we can bring Him all our brokenness and humanity. We will always fall short of perfection, which is why we need Jesus — to save and renew our lives. It's about progression, not perfection!

We become a new creation when we accept Christ and are revived as the dead things are stripped away. As we grow in our faith and are sanctified in Jesus, we turn from the things that aren't pleasing to Him. The Bible says His mercies are new every morning! We are invited into a continual renewal of our minds and spirits as we are transformed into the image of Christ.

Today, ask yourself, "What areas in my heart and mind can I surrender to the Lord and repent of, to renew and make me into His likeness?" As followers of Jesus, we are also called to contend for others by testifying of our transformation and spreading the good news of the Gospel. By doing so, we invite others into spiritual revival and salvation.

Reflection:

Which of these passages did God most draw you to?

What did the Holy Spirit reveal to you through it?

What areas of your life do you need God to revive and renew?

How is God continuing to renew your heart as you grow with Him?

Pray for someone in your life who needs the reviving power of salvation in Christ.

Adoration

Confession

Thanksgiving

Supplication & Surrender

Action:

What will you do in response to today's reading?



If you are a believer and would like to share in communion daily during our prayer, fasting, and feasting, you can follow a pastor-led communion here or use the guide below.

Communion at Home

Many have traditionally experienced communion in a church setting during a Sunday gathering. While this is biblical and beautiful, we can bring this celebration into our homes as well. When Jesus first modeled communion for us in the Gospels, it was in someone's home surrounded by his closest friends, the disciples, during the Jewish tradition of Passover, in what we know as the Last Supper. He then encouraged His disciples (and the ones to follow like us) to continue practicing this beautiful moment of remembrance.

Before taking or leading your home in communion for the first time, we encourage you to read about that first communion in [Matthew 26](#), [Luke 22](#) and [Mark 14](#).

TAKING COMMUNION AT HOME

- You can use the individual communion packages provided or use your own grape juice and crackers or bread. What's important is focusing on the meaning of this spiritual symbol and using it as a time to direct your heart's attention.
- Take a few minutes of silents to meditate on what Jesus has done for you.

Matthew 26:26

While they were eating, Jesus took bread, and when he had given thanks, he broke it and gave it to his disciples, saying, "Take and eat; this is my body."

- Eat the bread and linger on what you just heard, thanking God for his body and eternal life shared with us.

Matthew 26:27-28

Then he took a cup, and when he had given thanks, he gave it to them, saying, "Drink from it, all of you. This is my blood of the covenant, which is poured out for many for the forgiveness of sins."

- Drink the juice and linger on what you just heard, thanking God for his blood and love poured out for our forgiveness.

Pray, thanking God for his rescue and Jesus for His sacrifice.