PRAYER & READING GUIDE

2019 CORPORATE PRAYER & FASTING (20 DAYS)

This Prayer & Reading Guide is designed to be your companion throughout your 20-day journey of corporate prayer and fasting with your Hillendale church family.  There is something for each day to help direct your thoughts and heart toward God, and to help prepare yourself for God's purposes in 2019.

The scripture readings are from The Gospel of John. At the end of the fast you will have read the entirety of John’s gospel. It is recommended that you use a translation that allows for extended, easy reading (e.g. The Message, New International Version, Good News Version, New Living Translation, etc.)

A Few Tips on Fasting:

*“Experiencing hunger (for food or media/entertainment) is normal during fasting, take that as a cue to turn your heart toward God in prayer and/or reading. Your fasting will have maximum impact if you practice this simple habit.”*

— Pastor Gareth

* Pray however you feel comfortable - the important thing is that your heart is turned toward God.  Be yourself in prayer.
* Make sure you read in a place where you can focus and reflect on what you're reading.  Some people think better in complete silence, others like to read in public (e.g. at a coffee shop).  Read where you are going to give yourself the best chance to absorb and chew on what you're reading.
* To learn more about fasting, visit our “Resources on Fasting” page online: HillendaleChurch.org/fasting.

**Fasting Overview**

(Prayer & Reading guide begins on next page)

**Food/Beverages (6am – 6pm)\***

* **Fruits & Vegetables**
* **Salads (no meat)**
* **Juice & Water**
* **Duration: 6 am – 6pm daily**

\*Consult your doctor to make sure this restricted diet is safe for you.

**Media (24/7)**

* **No Television, Netflix, YouTube, etc.**
* **No social media (Facebook, Twitter, Instagram, Snapchat, LinkedIn, etc.)**
* **Duration: 24/7 until the end of the fast**

**PRAYER & READING GUIDE**

*Together, we'll be fasting and praying for God to shape our lives, families, and church more fully around the life and message of Jesus. We will do this while reading through the Gospel of John.*

**WEEK 1 – CENTER OUR LIVES AROUND JESUS**

**Weekly Corporate Prayer**:  Pray for Hillendale's people.  Pray that we all, as individuals, would grow in surrendering and shaping our lives according to the life and teachings of Jesus.

**JANUARY 1ST**

**Personal Prayer/Reflection**:  (Spiritual)

Am I closer to God today than I was this time last year?

**Bible Reading**:  John 1

**JANUARY 2ND**

**Personal Prayer/Reflection**:  (Spiritual)

What is my spiritual growth plan for 2019?

**Bible Reading**:  John 2

**JANUARY 3RD**

**Personal Prayer/Reflection**:  (Spiritual)

Have I scheduled my Sabbaths (days of rest) for January?  All of 2019?

**Bible Reading**:  John 3

**JANUARY 4TH**

**Personal Prayer/Reflection**:  (Emotional)

What drained me emotionally last year?  What fills me emotionally?

**Bible Reading**:  John 4

**JANUARY 5TH**

**Personal Prayer/Reflection**:  (Emotional)

Is there anyone whose forgiveness I need to seek or anyone that I need to forgive?

**Bible** **Reading**:  John 5

**JANUARY 6TH**

**Personal Prayer/Reflection**:  (Personal)

Where is the clutter / disorder in my life?

**Bible** **Reading**:  John 6

**JANUARY 7TH**

**Personal Prayer/Reflection**:  (Personal)

How can I correct the clutter / disorder in my life?

**Bible** **Reading**:  John 7

**WEEK 2 – CENTER OUR FAMILIES AROUND JESUS**

**Weekly Corporate Prayer**:  Pray for Hillendale's families, that we would all place Jesus - his life and teachings - at the center of our daily rhythms of home life.

**JANUARY 8TH**

**Personal Prayer/Reflection**: (Relational)

*Single Person:*  Rate yourself on maximizing your singleness for kingdom impact.  Would I rate my singleness a 10?  Would my closest friends?  If it's not a 10 ask this question, "What would it take in 2019 to make it a 10?"

*Married Person:*  Would I rate my marriage a 10?  Would my spouse (you might want to ask over a nice dinner)?  If it’s not a 10 ask this question, “What would it take in 2019 to make it a 10?”

**Bible Reading**:  John 8

**JANUARY 9TH**

**Personal Prayer/Reflection**: (Relational)

*Single Person:*  Who are the children in my life (natural or spiritual)?  Would I rate my parenting a 10 for each child?  If it's not a 10 ask this question, "What would it take in 2019 to make it a 10?"

*Married Person:*  Who are the children in my life (natural or spiritual)?  Would I rate my parenting a 10 for each child?  If it's not a 10 ask this question, "What would it take in 2019 to make it a 10?"

**Bible Reading**:  John 9

**JANUARY 10TH**

**Personal Prayer/Reflection**:  (Relational)

*Single Person:*  Have I scheduled my time away for recreation and spiritual retreat in January?  For 2019?

*Married Person:*  Have I scheduled my date nights for January?  For 2019?

**Bible Reading**:  John 10

**JANUARY 11TH**

**Personal Prayer/Reflection**:  (Physical)

How much do I weigh?  Is that OK?

**Bible Reading**:  John 11

**JANUARY 12TH**

**Personal Prayer/Reflection**:  (Physical)

Do I have a Physical scheduled between now and March 31?

**Bible Reading**:  John 12

**JANUARY 13TH**

**Personal Prayer/Reflection**:  (Physical)

What’s my major physical focus area for 2019?

**Bible** **Reading**:  John 13

**JANUARY 14TH**

**Personal Prayer/Reflection**:  (Financial)

Are my finances in order?

**Bible** **Reading**:  John 14

**WEEK 3 – CENTER OUR CHURCH AROUND JESUS**

**Weekly Corporate Prayer**:  Pray for Hillendale to center it's life and mission around the person and priorities of Jesus.  Pray that we represent Jesus in how we live and in what we value as a ministry.

**JANUARY 15TH**

**Personal Prayer/Reflection**:  (Financial)

Are my personal spending preferences being prioritized above my tithes and offerings?

**Bible Reading**:  John 15

**JANUARY 16TH**

**Personal Prayer/Reflection**:  (Financial)

Should I make a new year's sacrificial offering to my church?

**Bible Reading**:  John 16

**JANUARY 17TH**

**Personal Prayer/Reflection**:  (Intellectual)

How am I growing as a thinking Christian?

**Bible Reading**:  John 17

**JANUARY 18TH**

**Personal Prayer/Reflection**:  (Intellectual)

What are my reading goals for 2019?

**Bible Reading**:  John 18

**JANUARY 19TH**

**Personal Prayer/Reflection**:  (Calling)

What aspect of my calling caused me the most stress last year?  
How am I going to fix that in 2019?

**Bible** **Reading**:  John 19

**JANUARY 20TH**

**Personal Prayer/Reflection**:  (Calling)

What is my calling?

**Bible** **Reading**:  John 20-21