

**40 DAYS
OF PRAYER
& FASTING
PRAYER
GUIDE
1ST WEEK**



**40 DAYS OF
POWER**
WITH PASTOR MENSA OTABIL

JUNE 26 - AUGUST 4

5AM - 6PM



@MensaOtabil @icgcchrist & MyICGC App



We thank God for another opportunity given to us to embark on this year's **40 Days of Power**. Our annual season of fasting, prayer and consecration continues to grow in scope and stature with many practical life changing testimonies of people being shared from all over the world.

Last year, amid a global pandemic, 40 Days of Power underwent a total transformation as the prayer services were fully conducted online every day. ICGC churches on various continents and Christians all over the globe were united as we offered intercession to God and waited upon Him for His direction and strength.

Not surprisingly, many shared testimonies about receiving comfort and strength to forge ahead in the face of COVID-19 and its attendant disruptions. Here we are, still standing firm in His sure word of prophesy. To Him alone be all honour and glory.

This year, 40 Days of Power comes off from Saturday 26th June to Wednesday 3rd August 2021. Once again, ICGC churches and Christians all over the world will come together in this spiritual adventure of daily fasting and prayer for spiritual renewal and strength as well as for our personal, family, church, national and global issues.

There will be online prayers every weekday from 5am to 6pm. This prayer guide is carefully put together to provide us with scripture-based prayer points to cover various areas of need. This year's guide has weekly themes and daily sub-themes with scriptures to anchor our prayers. There are also scriptures for morning and evening reflections. The prayers sections are divided into personal, global missions and nation building and lastly, personal needs. Each section of prayer ends with a declaration. We believe that this guide will enrich your fasting and prayer experience.

When we fast, let us be mindful to do so wisely and healthily for physical and spiritual benefits. Included are some helpful tips on effective fasting that you will find helpful.

I pray that this prayer guide will be a useful companion for the 40 days. I also pray for God's supernatural visitation and for the benefits of this fast to be evident in your entire life afterwards.

May the Lord hear your prayers and answer them speedily!

Shalom!

HELPFUL HINTS FOR FASTING

*The practice of regular fasting is a normal Christian behaviour taught by Jesus. In **Matthew 6:16–18**, Jesus provided guidelines for fasting. Fasting was also practiced by the early church as evidenced in **Acts 13:2**. It has been the regular discipline of believers throughout church history.*

Fasting has physical as well as spiritual benefits. It must be embarked on with spiritual commitment and wisdom. Everything should be done to the glory of God.

Do's Of Fasting

1. Prepare your body for the fast; cut back on food portions and eat smaller meals a few days prior to the fast.
2. Prevent constipation during and after the fast by eating fresh fruit and raw vegetables, fruit or vegetable juices, oatmeal, etc.
3. Drink lots of water when fasting.
4. Seek medical advice before the fast if you have any existing health conditions.
5. You can fast in many different ways. For example, a Daniel fast is one in which you consume only vegetables and water throughout. Pray and ask God what He will give you faith for the duration of the fast.
6. Have a clear target as your prayer focus. Without a vision or clear goal, the people perish. Write down your vision for the fast so you can run with it (**Habakkuk 2:2**).
7. Take time to pray and read the word. This may seem obvious, but busyness and distractions can keep you from daily devotions. Expect to hear God's voice in the word, dreams, visions, and revelations. Daniel prepared himself to receive revelation through fasting (**Daniel 10:1–2**).
8. Break your fast gradually. At this point you will need to exercise watchful self-control. Break your fast on a meal that is light and easy to digest (i.e., broth, a shredded apple, watermelon, or steamed vegetables).
9. Prepare for opposition. Satan tempted Jesus on the fast, and we must expect the same. Discouragement may come but take your stand on the victory of Christ.

Don'ts Of Fasting

1. Avoid high-fat and sugary foods before the fast.
2. Abstain from strong stimulants such as caffeinated and sugary drinks during a fast, including the artificial sweeteners found in diet drinks.
3. It is important after a fast to control your cravings and avoid overeating and nullifying the gains made during the fast.

I am excited that you are joining me on this fast. Commit to staying the course and fasting from the beginning to the end. I believe that God's glory will envelope our nation in a supernatural way as we wait upon the Lord.



A SACRED ASSEMBLY

Blow the trumpet in Zion, Consecrate a fast, Call a sacred assembly; 16 Gather the people, Sanctify the congregation, Assemble the elders, Gather the children and nursing babes; Let the bridegroom go out from his chamber, And the bride from her dressing room. (Joel 2:15-16)

DAY 1 - JUNE 26

Morning Reflection (5am - 11am)

Joel 2:12-17

Now, therefore, says the Lord, Turn to Me with all your heart, With fasting, with weeping, and with mourning. So rend your heart, and not your garments; Return to the Lord your God, For He is gracious and merciful, Slow to anger, and of great kindness; And He relents from doing harm. Who knows if He will turn and relent, And leave a blessing behind Him A grain offering and a drink offering For the Lord your God? Blow the trumpet in Zion, Consecrate a fast, Call a sacred assembly; Gather the people, Sanctify the congregation, Assemble the elders, Gather the children and nursing babes; Let the bridegroom go out from his chamber, And the bride from her dressing room. Let the priests, who minister to the Lord, Weep between the porch and the altar; Let them say, Spare Your people, O Lord, And do not give Your heritage to reproach, That the nations should rule over them. Why should they say among the peoples, Where is their God?

Personal

1. Thank God for the gift of salvation and the privilege of a covenant relationship with Him.
2. Humble yourself before the Lord and confess your faults to Him; ask for His forgiveness and the release of His amazing love in your life.
3. Surrender your spirit, soul and body to the Lord and ask Him to sanctify you and use you for His glory.
4. Ask the Holy Spirit to lead you on the path of righteousness and help you to persevere in holiness in our season of consecration.
5. Declare that your love for the Lord will abound more and more, and your knowledge of Him will increase as you seek Him every day.
6. Thank God that as you spend time in His presence, you will experience His Power in a very significant way.

Guidance

7. Welcome the Holy Spirit into your life in this moment of intercession; ask Him to give you a revelation of God's word, His power and His presence.
8. Thank the Lord for making His word a lamp to your feet and a light to your path; proclaim that your daily steps are ordered by the Lord according to His purpose.
9. Commit your ways to the Lord and ask Him to establish you in your going out and your coming in; receive wisdom to avoid wrong choices and ungodly association.
10. Pray for the constant guidance of God in all your endeavours; ask Him to lead you with the Pillar of cloud by day and a Pillar of fire by night.
11. Declare that in these 40 Days of Power your faith will grow to overcome your doubts and anxieties as you follow the guidance of the Holy Spirit.
12. Ask the Lord to lead you to the opportunities He has prepared for you; declare that in our season of consecration you will not miss your open doors.

Protection

13. Thank God for His power to deliver you from evil and to protect you and your family from all attacks.
14. Confess that you are clothed in the full armour of God to overcome the wiles of the wicked one.
15. Ask God to arise and defend you; declare that no weapon fashioned against your health, career and ministry will work.
16. By faith, silence the storms of accusations, conspiracies and contrary voices against God's promises for your life.
17. Command every power fighting against you and your household to be removed by the power of the Holy Spirit.
18. Claim God's promises of glory and honour for your household; Declare that there will be no more pain and reproach in your life and family.

Declaration

The mercy and grace of the Lord is upon me. My spirit, soul and body is sanctified and consecrated to the Lord. He leads me in the path of righteousness and preserves me under the shadow of His wings. By faith, I declare Christ's victory in my life and His blessings over my endeavours in Jesus name. Amen!

Global Missions (11am - 5pm)

19. Ask the Lord of the harvest to send more labourers into His vineyard with the good news of salvation.
20. Come against every philosophy and ideology opposing the gospel and the salvation of people in Jesus name.
21. Pray that in this season of fasting and prayer, God will confirm every Christian activity and outreach program with signs, miracles and wonders.
22. Ask God to fill His people with a hunger for His Word as we fast and pray.
23. Pray for the church in your neighbourhood; ask God for a renewed commitment and passion for the work of the ministry.
24. Pray for God's continued protection over missionaries; declare that no harm shall come near them.

Nation Building

25. Pray for divine wisdom for leaders in Africa to maximize their national resources for economic growth and expansion.
26. By faith, come against every agenda of the enemy against the peace, growth and development of the nations.
27. Intercede for every nation experiencing civil unrest, war and instability; declare peace in Jesus name.
28. Pray for entrepreneurs and the business community in your nation; ask God for creative ideas and wealth creation opportunities for each one.
29. Pray that God's purpose will be established in your nation; declare that economic policies will work together for the good of your nation.
30. Pray that the name of the Lord will be exalted in the world; declare that righteousness and godliness will prevail in your nation.

Nations and Presidents

31. Ask the Lord for His covering and protection over the leaders of the following nations; ask Him to deliver them from harm and evil against their lives and families.
32. Ask God to establish peace, stability and calm over these nations; pray that God's rule will prevail and there will be peace in Jesus' name.
33. Intercede for the resolution of every long standing problem and negative conditions that prevails in the following nations.
34. Pray for progress and expansion of the church in these nations; declare that there shall be no hindrance to the growth of the church.
35. Intercede for the economic transformation and wealth creation for these nations; declare prosperity for the people.
36. Pray against a resurgence of the COVID-19 and also new strands of it; ask God for divine intervention to overcome the negative impact of the pandemic.
 - a. **Afghanistan: Capital Kabul**
 - President Mohammad Ashraf Ghani
 - b. **Albania: Capital Tirana**
 - President Ilir Meta
 - Prime Minister Edi Rama
 - c. **Algeria: Capital Algiers**
 - President Abdelmajid Tebboune
 - Prime Minister Abdelaziz Djerad
 - d. **Angola: Capital Luanda**
 - President Joao Manuel Goncalves Lourenco
 - e. **Antigua and Barbuda: Capital St. John's**
 - Governor General Rodney Williams
 - Prime Minister Gaston Browne

Declaration

*Blessed be the God and Father of our Saviour Jesus Christ, for the gift of salvation through Christ. I declare that every knee shall bow and every tongue confess to the Lordship of Christ across the nations. The peace and blessings of God shall rest upon the nations and the power of the gospel shall liberate many from the shackles of the enemy in Jesus' name. **Amen!***

Personal Needs (5pm - 6pm)

37. Confess that you will find yourself in the right places, at the right time, at all times and shall not miss your day of visitation.
38. Pull down every image of failure and defeat in your mind; confess your victory over every battle you are engaged in.
39. Ask God to roll away the shame and reproach in your family; proclaim that the reproach will be turned into a great testimony in Jesus' name.
40. Ask the Lord to give you access to the corridors of power and open your eyes to see hidden treasures in secret places.

Thanksgiving

41. Thank God for filling you with the Holy Spirit and with power; thank Him for the grace to please Him with your choices and decisions.
42. Give praise and thanks to God for His guidance, presence and protection throughout your day's activities.

43. Thank God for His promise to bless the work of your hands and to make you a lender not a borrower.
44. Celebrate the Lord for His mercies that endures forever; exalt Him for His love and faithfulness towards you and your family.

Scripture for Reflection

2 Chronicles 6:26-31

When the heavens are shut up and there is no rain because they have sinned against You, when they pray toward this place and confess Your name, and turn from their sin because You afflict them, then hear in heaven, and forgive the sin of Your servants, Your people Israel, that You may teach them the good way in which they should walk; and send rain on Your land which You have given to Your people as an inheritance."When there is famine in the land, pestilence or blight or mildew, locusts or grasshoppers; when their enemies besiege them in the land of their cities; whatever plague or whatever sickness there is; whatever prayer, whatever supplication is made by anyone, or by all Your people Israel, when each one knows his own burden and his own grief, and spreads out his hands to this temple: then hear from heaven Your dwelling place, and forgive, and give to everyone according to all his ways, whose heart You know (for You alone know the hearts of the sons of men), that they may fear You, to walk in Your ways as long as they live in the land which You gave to our fathers.

Declaration

*I give You thanks O Lord for my salvation and celebrate your faithfulness in granting my requests. I am led by the Holy Spirit at all times to the right people and places. The reproach of my life is now a testimony. I share in Christ's precious kingdom and the inheritance of the saints in the light in Jesus name. **Amen!***



DRAW NEAR TO GOD

Therefore submit to God. Resist the devil and he will flee from you. 8 Draw near to God and He will draw near to you. Cleanse your hands, you sinners; and purify your hearts, you double-minded. (James 4:7-8)

DAY 2 - JUNE 27

Morning Reflection (5am - 11am)

James 4:1-8

Where do wars and fights come from among you? Do they not come from your desires for pleasure that war in your members? You lust and do not have. You murder and covet and cannot obtain. You fight and war. Yet you do not have because you do not ask. You ask and do not receive, because you ask amiss, that you may spend it on your pleasures. Adulterers and adulteresses! Do you not know that friendship with the world is enmity with God? Whoever therefore wants to be a friend of the world makes himself an enemy of God. Or do you think that the Scripture says in vain, The Spirit who dwells in us yearns jealously? But He gives more grace. Therefore He says: God resists the proud, But gives grace to the humble. Therefore submit to God. Resist the devil and he will flee from you. 8 Draw near to God and He will draw near to you. Cleanse your hands, you sinners; and purify your hearts, you double-minded.

Personal

1. Bless God for the blood of Jesus which has the power to redeem, sanctify and cleanse you from all unrighteousness.
2. Thank God for his grace that is sufficient for you; ask Him to strengthen you to overcome every sin that hinders you from walking in righteousness.
3. Ask God for the patience to trust Him and His word as you wait on Him today in fasting and prayer.
4. Dedicate your Spirit, soul and body to God; ask Him to renew your strength and help you develop the desire to be in His presence.
5. Ask God to renew your mind, thoughts and ideas and help you live to please Him.
6. Consecrate your life to the Lord and ask Him to manifest His love through you to the World

Guidance

7. Ask the Holy Spirit to make you sensitive to His leading and help you recognize opportunities He presents to you for your blessing.
8. Ask the Lord to lead you in the paths of righteousness so you can draw near to Him.
9. Surrender your life unto the Lord; pray that your actions will manifest the nature and character of Christ.
10. Humble yourself before God and ask Him to guide your thoughts with His word; declare that your confession will be full of faith in God.
11. Consecrate your life to God; pray that He will guide your choices, actions and decisions into His perfect will for your life.
12. Intercede for your children and loved ones; declare that God will guide them with His wisdom and make them excel in all their pursuits.

Protection

13. Thank God for His protection over your life, family and your household; thank Him for His mighty arm that has preserved you.
14. Confess that the Lord is your fortress and refuge; declare that every scheme of the enemy will not prosper.
15. Ask the Lord to hide you and your family in His secret place and cover you with His mighty wings against the storms of the pandemic.
16. Stand on the promise of God and declare that, though many may fall around you, you will only see it but it will not come near you.
17. Thank God because He is able to protect what you commit to Him; declare that your life, investment and possessions are secured in Jesus name.
18. Commit your day to the Lord and ask him to deliver you from any evil counsel or desire that will cause you to sin.

Declaration

*I declare I am sanctified for the Master's use. I separate myself unto His Holy purposes and receive His grace to walk in His ways. I am guided by the Holy Spirit to take the right steps and make the right decisions in every area of my life. The presence of the Lord surrounds me and no weapon fashioned against me shall prosper in Jesus name. **Amen!***

Global Missions (11am - 5pm)

19. Thank God for the body of Christ worldwide; pray that the church shall continue to be a beacon of light and hope to the World.
20. Present Christians across the world to God and ask for a renewed passion and the burden for the unsaved.
21. Pray that the gospel of Salvation will breakthrough every tradition and cultural barrier; declare that in every nation, people will surrender to the Lordship of Christ.
22. Commit every missionary activity and outreach program to God; ask God to confirm His word with signs and miracles.
23. Pray for the manifestation of spiritual gifts in the church; declare that the power and the presence of the Holy Spirit will be evident in the church.
24. Pray for financial favour for the body of Christ; declare wealth transfer and prosperity for the work of the ministry.

Nation Building

25. Thank God for being the Lord of all flesh; praise Him because He rules in the affairs of all nations.
26. Intercede for the leadership of governments and policy makers in the world; ask God to influence their policies with divine wisdom.
27. Pray for the business community in your nation; ask God for the spirit of creativity and prosperous ideas as they seek to rebuild after the COVID-19 pandemic.
28. Declare massive economic transformation for your nation; ask God for restoration in the sectors that experience huge setback.
29. Declare that righteousness shall be exalted in your nation; declare that there shall be no reproach over your nation.
30. Thank God for sustaining the world with His power in the midst of the pandemic; thank Him for His grace and faithfulness to all nations.

Nations and Presidents

31. Pray for the Spirit of wisdom and sound counsel for the leaders of the following nations; declare that God's purposes will be established as they lead their countries.
32. Commit all heads of states, traditional leaders and people in authority to God; ask God to save them and use them as influencers of righteousness in their nations.
33. Ask God to make His grace and favour abound to these nations; pray for divine wisdom to overcome the challenges that confronts them.
34. Pray for the continued growth and increase of the church in these nations; declare that the church will be a force of transformation and influence in their land.
35. Pray that every untapped human and natural resource will be unearthed to create prosperity and a fruitful life for the people.
36. Ask God for His favour for these nations as they make efforts to contain the spread of COVID-19; pray for increased effective vaccination programs and a reduction in new cases.
 - a. **Argentina: Capital Buenos Aires**
 - President Alberto Fernandez
 - b. **Armenia: Capital Yerevan**
 - President Armen Sargsyan
 - Prime Minister Nikol Pashinyan
 - c. **Aruba: Capital Oranjestad**
 - Governor Alfonso Boekhoudt
 - Prime Minister Evelyn Wever-Croes
 - d. **Australia: Capital Canberra**
 - Governor General David Hurley
 - Prime Minister Scott Morrison
 - e. **Austria: Capital Vienna**
 - President Alexander Van der Bellen
 - Chancellor Brigitte Bierlein

Declaration

*I commit all nations of the earth to the Lord and declare that God's will shall come to pass in these nations. The gospel shall be preached across the world and bring liberation to many. The Kingdom of light shall expand and the kingdom of darkness shall decline. The blessing of the Lord that makes rich and adds no sorrow shall rest upon the nations in Jesus name. **Amen!***

Personal Needs (5pm - 6pm)

37. By faith separate yourself from any habit that causes you to sin; declare that you are redeemed and delivered.
38. Surrender your life to the Lord and ask him to help you grow to manifest the character of Christ.
39. Ask the Lord for an encounter with the Holy Spirit as you set yourself apart to seek His face.
40. Dedicate the work of your hands to the Lord and ask Him to establish you all your work.

Thanksgiving

41. Thank God for the victory you have in Christ Jesus to overcome every scheme of the devil.
42. Bless God for his divine presence and power in your life and your family.
43. Celebrate the Lord for His good plans for your life; thank Him for delivering you from evil and giving you victory over every limitation.
44. Praise the Lord for all the miracles, signs and wonders He has prepared for you throughout this year's 40 Days of Power.

Scripture for Reflection **Jeremiah 29:10-14**

For thus says the Lord: After seventy years are completed at Babylon, I will visit you and perform My good word toward you, and cause you to return to this place. For I know the thoughts that I think toward you, says the Lord, thoughts of peace and not of evil, to give you a future and a hope. Then you will call upon Me and go and pray to Me, and I will listen to you. And you will seek Me and find Me, when you search for Me with all your heart. 14 I will be found by you, says the Lord, and I will bring you back from your captivity; I will gather you from all the nations and from all the places where I have driven you, says the Lord, and I will bring you to the place from which I cause you to be carried away captive.

Declaration

*I declare that I am more than a conqueror. Today, I boldly confess that I am the righteousness of God and I am set apart for God's purposes. I will walk in truth and uprightness and I will wait on the Lord and my strength will be renewed. I declare that He is my salvation in Jesus name. **Amen!***



@MensaOtabil @icgcchrist & MyICGC App