

East Washington Heights Baptist Church

2220 Branch Avenue, SE - Washington, DC 20020

(202) 582-4811 (church) ** (202) 582-2400 (fax)

Rev. Kip B. Banks, Sr., Pastor



Weekly Prayer & Meditation Guide (Based upon the War Room Battle Plan for Prayer

Week Two



Happy New Year Greetings to you and yours!

We're beginning the year with a "Daniel Fast." The Daniel fast is taken from the Old Testament book of Daniel and this book shows us how to live spiritual lives in the midst of a secular world. Daniel embarked upon a 21-day fast and we will do the same beginning today. The Daniel Fast is a biblically based partial fast based on the Prophet Daniel's fasting experiences in the Bible (See Daniel Chapters 1 and 10). The Daniel Fast is similar to a vegan diet which is comprised of eating primarily fruits and vegetables. A list of foods to include in the fast is enclosed in this guide.

As we embark upon the Daniel fast we are asking that you will pray several times a day, and that you spend time in devotion utilizing this 21-Day Daniel Fast Prayer and Meditation Guide on the Fundamentals of Prayer (which will be handed out weekly). What top three things do you want to pray about in 2016? The guide will help us to focus on these things and to further develop our prayer life. We also encourage you to participate in our Monday thru Friday 7:00 am. prayer conference calls (715-641-3272, code 732413).

Peace and Blessings!
Pastor Kip Banks, Sr.



DAY 8

Monday, January 18 - When: Scheduled Prayer
Read Mark 6:46

There are times in life when you will be motivated to pray. It may be because of a crisis, a hope, or a fear that feels all consuming. But prayer should also be something that's part of our daily schedule – and not just before meals or going to bed. We're talking about a daily time set aside solely to focus on the Lord and your relationship with Him. In 1 Thessalonians 5:17, we are encouraged to “pray without ceasing” This means never being far from the attitude or action of talking to God. Prayer should be a natural part of our thinking. Not just in our worship but in our work. Not just in our quiet moments, but also in our chaos. We pray because He's there. We pray because He's God. WE pray because He cares. So determine today that prayer will be the priority God wants it to be in your life. Chose to start each day in prayer, to end each day in prayer and even better, couple it with time in God's word. Whether it' an hour or just fifteen minutes, schedule time to be with the Lord, and what He does with it in your life.

Prayer - Lord, when I look at my average day, I see a lot of things that I never consider not doing or making time for. Each day. And yet prayer – why can I so easily decide not to block out a set time for something this essential? Help me to not continue to make this mistake. Thank you for always being here, ready to communicate with me. I commit, Lord, to being there to communicate with You. In Jesus' name, I pray, amen.

DAY 9

Tuesday, January 19 – When: Spontaneous Prayer
Read Psalm 32:6



When we commit to scheduled prayer on a daily basis, we position ourselves to seek and hear from God at a deeper level. But in addition to this priceless time each day, unplanned events give us an opportunity to respond to life with prayer at a moment's notice. As you engage in life, let these things prompt you to pray: **1) Newness.** Take time to pray whenever you begin something new. Pray at the start of each day, for example. Dedicate it to God, asking for His cleansing, protection, and guidance. Do the same at the start of each new year, new job, or new relationship; **2) Needs.** We serve a God who is in the need-meeting business. Whenever you discover a physical, emotional, or spiritual need, you should allow that need to prompt you to pray. The Lord is our Jehovah Jireh, the God who provides; **3) Blessings.** As God provides, protects, and guides you...thank Him! Don't let the routine blessings you receive each day be taken for granted; **4. Burdens.** They come in many forms, but al should be taken to the Lord. You may be carrying one yourself or know someone who is struggling with one. From cancer to divorce, burdens can crush the spirit, but call tells us to “carry one another's burdens; in this way you fulfill the law of Christ” (Gal. 6:2); **5) Crisis.** Every one of us will eventually faces times of crisis. These are not just small burdens, but life-changing

events and they should also be times when we immediately turn to prayer. **6) Worries.** When worry washes over you, turn it into prayer. Phil. 4:6-7 reminds us not to be anxious or worried about anything, but to go to the Lord in prayer. **7. Sin.** Anything related to sin should prompt us to pray. Whether we're being tempted or have already crossed the line, we should immediately turn to the Lord. So keep your spontaneous prayers at the ready, and launch them to the Father as much as possible. He's listening.

Prayer – Heavenly Father, I do want prayer to be my first response to every situation that occurs in my life. Instead of worrying, instead of complaining, instead of taking credit, instead of celebrating without You, teach me to come to You before going anywhere or to anyone else. What a comfort to know I can never be in a place that You're not already there to hear me and help me. I intend to be in that place more often myself.

DAY 10



Wednesday, January 20 – The Postures of Prayer
Read Psalm 95:6

Prayer is not dependent on certain decibel levels or body positions. God's clear emphasis is not on externals, but on the heart. However, throughout the Bible we find references to several different "Postures of Prayer": **1) Bowing;** To bow, for example, is a physical expression of honor and allegiance. King Solomon bowed in his monumental prayer during the dedication of the temple while he "knelt down in front of the entire congregation of Israel (2 Chron. 6:13). And one day, we're told every knee shall bow before Christ (Phil. 2:10) **2) Lying Prostrate.** When Ezra the priest gave an all-morning, public reading of the law to the returned exiles in Jerusalem, "they bowed low and worshiped the Lord with their faces to the ground" (Neh. 8:6); **3) Lifted Hands.** Many prayer from Scripture were made with uplifted hands; **4) Lifted Eyes.** A common biblical expression was lifting the eyes toward heaven, like when Jesus "raised His eyes" before praying at the tomb of Lazarus (John 11:41); **5) Silence.** Sometimes the best thing we can do in prayer is be still and know that He is God...without saying a word (Psalm 46:10); **6) Lifted Voices.** Along with lifted hands and lifted eyes, the Bible also exhorts us to lift our voices to the Lord in prayer (Ps. 77:1); **7) Crying Out.** "Evening and morning and at noon I will pray and cry aloud (Ps. 55:17); Consider your own posture of prayer and see how they affect the nature and clarity of your praying.

Prayer – Lord, take all of me – my hands, my eyes, my feet, my voice. Use all of these gifts. You've forgive us for relying on our wisdom, strength, energy and ideas rather than abiding in You and seeking Your first. Help us lay aside anything that hinders us from pursuing Your best. Help us to prioritize prayer and devote ourselves to it in our personal lives, our families, and our churches. Make our churches truly houses of prayer for all people. Revive us again, O Lord. Help us walk by Your strength, and bring Your great glory in our generation. In Jesus' name, amen.

DAY 11

Thursday, January 21 – How: The Keys of Prayer
Read (Jer. 33:3)

They keys of prayer launch us forward into vibrant and effective praying. They help us live victoriously and know God in richer fuller ways. Here are the 10 keys to prayer: 1) **Praying Persistently by asking, seeking, and knocking** (Matt. 7:7-8); 2) **Praying in faith.** People who don't think they'll get what they pray for will likely not get what they pray for; 3) **Praying in Secret.** To pray for show is sowing to the flesh, but to pray in secret is to approach God with greater focus and humility; 4) **Praying According to God's will;** 5) **Praying in Jesus' name.** "If you ask Me anything in My name, that will I do, so that the Father may be glorified in the Son. (John 14:13-14). 6) **Praying in agreement with other believers.** "If two of you agree on earth about anything that they may ask, it shall be done for them by My Father who is in heaven. (Matt 18:19-20). 7. **Praying While Fasting.** Fasting opens up your spirit to God when you would otherwise be feeding your flesh. It clears the air of distraction and puts God above all your appetites; 8) **Praying from an obedient life;** 9) **Praying while abiding in Christ and His Word.** Jesus said, "If you abide in Me, and My words abide in you, ask whatever you wish, and it will be done for you" (John 15:7); 10) **Praying while delighting in the Lord.** "Delight yourself in the Lord," the Bible says, "and He will give you the desires of your heart" (Psalm 37:4).

Prayer – Lord, You are a good and loving God. You didn't need to allow us to know You and Pray to You, but You did. I thank You that through Jesus we can boldly approach Your throne of grace in our time of need. Make me a strong and effective prayer warrior. Help me walk closely with You, to pray in faith, in Jesus' name and in agreement with other believers. May I delight in You above all else. In Jesus' name, amen.

DAY 12

Friday, January 22 -- Vertical: The Cross of Christ
Read 1 Peter 2:24

The primary reason why many religious people can never seem to show much evidence of answered prayers in their lives is because they've never truly entered into a personal, saving relationship with Jesus Christ. They have religion and know about God, but they don't truly have a relationship and know Him personally. With this in mind, it is important to make sure we submit to God's plan and are saved God's way through Jesus and not our own. Salvation comes from the Lord. It is a spiritual transformation God brings about within someone's heart and life. No individual or church can manufacture it. But God does it as we repent and trust Christ alone by faith. His word says, "If you confess with your mouth Jesus as Lord, and believe in your heart that God raised Him from the dead, you will be saved" (Rom. 10:9-10).

Prayer – Heavenly Father, I come to You by faith in Jesus Christ, Your Son, and through His shed blood on the cross as just payment for my sins. I confess that I am a sinner and that I believe Jesus Christ died for me and rose again from the grave proving that He’s the Son of God. I acknowledge my faith in You and confess Jesus now as my Lord and Savior forever. I thank You for reaching out to me in love and for providing a way for people to be forgiven and know You and spend eternity with You. IN Jesus’ name. Amen.

DAY 13



Saturday, January 23 – Vertical: Repentance vs. Pride
Read James 4:10

Jesus described two men who went to the temple to pray (Luke 18:9-15=4). One was an impressive, religious Pharisee and the other a sinful tax collector. The Pharisee stood and expressed thanks for what a great guy he was – unlike the wicked sinners around him. He boasted about the good things he had done and self-righteously assumed he didn’t need to repent of anything. But the tax collector stood off by himself, recognized his need for God and forgiveness, lowered his head in repentance, and begged the Lord for mercy in light of his sins. Jesus ended the story by saying the tax collector walked away justified and right with God, but the prideful Pharisee did not. To sum up, God hates pride and loves humility. It’s that simple.

Prayer – Lord, too often and in too many ways, I’ve put myself first – above my loyalty to You, above my recognition of sin, above my need for repentance, and above my humble reliance on You for everything. But where I’ve worked so hard to build myself up, I see now I’ve actually been tearing away at what my relationship with You can be. Lord, I come to You with nothing but gratitude, asking You to purge me of pride and help me see things as they really are. Your first. You always. In Jesus’ name, amen.

DAY 14 – Sabbath (Rest)





The Daniel Fast

Sunday, January 10 – January 30, 2016

Join us for our 2015 Daniel Fast to draw closer in your walk with the Lord!

Foods to Include in your Diet During the Daniel Fast

All Fruits. These can be fresh, frozen, dried, juiced or canned. Fruits include but are not limited to apples, apricots, bananas, blackberries, blueberries, boysenberries, cantaloupe, cherries, cranberries, figs, grapefruit, grapes, guava, honeydew melon, kiwi, lemons, limes, mangoes, nectarines, oranges, papayas, peaches, pears, pineapples, plums, prunes, raisins, raspberries, strawberries, tangelos, tangerines, watermelon.

All Vegetables. These can be fresh, frozen, dried, juiced or canned. Vegetables include but are not limited to artichokes, asparagus, beets, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, celery, chili peppers, collard greens, corn, cucumbers, eggplant, garlic, ginger root, kale, leeks, lettuce, mushrooms, mustard greens, okra, onions, parsley, potatoes, radishes, rutabagas, scallions, spinach, sprouts, squashes, sweet potatoes, tomatoes, turnips, watercress, yams, zucchini, veggie burgers are an option if you are not allergic to soy.

All whole grains, including but not limited to whole wheat, brown rice, millet, quinoa, oats, barley, grits, whole wheat pasta, whole wheat tortillas, rice cakes and popcorn.

All nuts and seeds, including but not limited to sunflower seeds, cashews, peanuts, sesame. Also nut butters including peanut butter.

All legumes. These can be canned or dried. Legumes include but are not limited to dried beans, pinto beans, split peas, lentils, black eyed peas, kidney beans, black beans, cannellini beans, white beans.

All quality oils including but not limited to olive, canola, grape seed, peanut, and sesame.

Beverages: spring water, distilled water or other pure waters.

Other suggested food items: tofu, soy products, vinegar, seasonings, salt, herbs and spices.