

# East Washington Heights Baptist Church

2220 Branch Avenue, SE - Washington, DC 20020

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

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Rev. Kip B. Banks, Sr., Pastor



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

### **Week Three**



## ***Happy New Year Greetings to you and yours!***

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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).

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**Peace and Blessings!**  
**Pastor Kip Banks, Sr.**



# DAY 15

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**Monday, January 25, 2016 - Unity vs. Division**  
**Read Col. 3:14**

United prayer is powerful and this is why removing bitterness toward others and choosing to forgive is so crucial. In fact, any pride or selfishness should be seen as an enemy of unified prayer. In John 17, Jesus prayed a beautiful prayer, asking God to unify believers into one body that the world would know He was sent by God to bring salvation to the world. Psalm 133:12 echoes the same theme: "Behold, how good and pleasant it is for brothers to dwell together in unity!" God loves and blesses unity. It speaks volumes about the body of Christ when we worship together and love one another as God intended. In order for a home to flourish, unity must dwell there, with no bitterness between husband and wife. In order for a church to flourish, unity must dwell there, with no selfish motives, bitterness or pride. In order for a nation to flourish, unity must dwell among the people.

***Prayer – Lord, I've seen the damage that can result from being in conflict with others, when we're keeping our distance, especially among fellow believers. I've felt the hypocrisy of it all. I've kept seeing the same names and faces when convicted about people I struggle to get along with. But it's hindering me, Lord, in my prayer and in my freedom. Help me take whatever steps necessary to bring healing to any broken relationships, and to desire unity with everyone who claims the name of Christ Jesus...so that together we can work for your kingdom and the glory of Your name. In Jesus' name, I pray, amen.***

# DAY 16

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**Tuesday, January 26 – Faith vs. Doubt**  
**Read James 1:6-7**



When you pray, you should rest in the fact that God is Not unaware, unable, uncaring, unwilling or unlikely to answer. That's why He keeps prompting you to ask in faith. Your heart can be right with God and with others, and yet your doubts during prayer can create road blocks. Peter, for example, unnecessarily denied Jesus three times. Sometimes we too, might quietly deny God's faithfulness, goodness or ability in our hearts when we approach Him. This lack of faith will clog up our prayer life. We'll quit wanting to come close to God if we don't trust Him or believe that He is good.

***Prayer – Lord, I believe in Your perfect knowledge and understanding of me. I believe in your total, unlimited ability to accomplish Your holy will. I believe You care and are willing to help me, that I can be certain that You will take the best, most loving and appropriate actions toward me and my needs So keep me coming to You, Lord, where all my hopes are safe and secure. In Jesus' name, amen.***

# DAY 17



**Wednesday, January 27 – Secret vs. Show**

*Read Deut. 29:29*

Scripture reveals that the primary way Jesus prayed was in secret. His routine was to rise early to be alone in prayer (Mark 1:35), send everyone away in the afternoon and escape to a solitary place (Mark 6:46), and to stay up late and pray after the others had gone to sleep (Luke 6:12). Secret prayer puts you in a situation where you can remove distractions, focusing all your attention on adoring God, confessing sins to Him, thanking Him for His blessings and guidance, presenting your needs and request to Him. It helps you stay humble, be real, and to seek no other reward for your time with Him other than knowing, loving, and glorifying Him more. “He who dwells in the secret place of the Most High shall abide under the shadow of the Almighty” (Ps. 91:1). The secret to success will come from your secret place. And the secret to your failure will come from your failure in the secret place. So go there. Abide there. Escape there. Worship there. Pray there. And keep it a secret!

***Prayer –Thank You Lord, for being so near to me, and for inviting me to spend time alone with You, just the two of us. Help me to die to my pride and then delight in spending time alone with You. In Jesus’ name, amen.***

# DAY 18

**Thursday, January 28 – The Word of God**

*Read Psalm 19:8*

If your heart is right with God and others and you are ready to pray, then what should guide your praying? True, prayer can and should flow directly from your heart. No script is necessary. Not prescribed or recited. Prayer is personal. Prayer is completely unique. Yet even with this much freedom involved, God does provide powerful resources to help us pray strategically and specially. Perhaps the first and most comprehensive guide of all is to pray to God using the very words He’s already spoken in His word. You may think, “Well I don’t know the Bible well enough.” But that’s not a problem. Because what you find as you begin devoting yourself to reading, studying, and meditating on the Word is that the Holy Spirit quickly begins causing Scripture to be “implanted” in your heart (James 1:21). Jesus tells us to “abide” in Him and to let his words “abide” in us. These are the conditions through which we can “ask whatever you wish, and it will be done for you” (John 15:7). ***Prayer –Thank you Lord for your word. Help me to live in your word, to mediate upon it daily and to use it as a guide for my prayers. In Jesus’ name. amen.***

# DAY 19



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**Friday, January 29 – *The Ways of God's Spirit***  
***Read 1 Cor. 2:10***

Every believer in Jesus Christ has the Holy Spirit within them (Eph. 1:13-14). But we must be filled with, submit to and walk in the Spirit, as opposed to following our sinful flesh. The command to “be filled with the Spirit” (Eph. 5:18) is not just for Christians in charismatic leaning congregations. It is an imperative for every follower of Jesus Christ. Every morning we should be asking God to fill us with His Spirit as we worship Him and surrender all that we are and have to His loving lordship for the day. The secret to victory in the Christian life is the indwelling Holy Spirit. The Holy Spirit not only reveals God and His word to us (John 14:17) but he also prays for us. Paul said, the “Spirit Himself intercedes for us with groaning too deep for word” (Rom. 8:26) – what we can’t pray the Holy Spirit can. Furthermore the Holy Spirit guides our prayers (Rom 8:15) and thus we are encouraged to “pray in the Spirit” yielding totally to His control!

***Prayer – Fill me Lord with your Spirit. Teach me to walk in Your Spirit and pray in the Spirit. Everywhere I go. With everyone I encounter. In everyplace be glorified in me. In Jesus’ name, Amen.***

**.DAY 20– *Review Previous Days’ Devotions***

**DAY 21– End Fast!**