

# 10 Day Guide for Prayer and Fasting

It is so good that you have set aside these **10 days for prayer and fasting**. This guide is meant to help give direction to our prayers. Be open to God's guidance in your praying. And then fast whatever and whenever the Lord puts it on your heart to fast.

*After his suffering, he presented himself to them and gave many convincing proofs that he was alive. He appeared to them over a period of forty days and spoke about the kingdom of God. On one occasion, while he was eating with them, he gave them this command: "Do not leave Jerusalem, but **wait for the gift my Father promised**, which you have heard me speak about. **For John baptized with water, but in a few days you will be baptized with<sup>[b]</sup> the Holy Spirit.**" (Acts 1:3-5)*

## day 1 baptize us

**Scripture:** (Jesus said:) "You will be baptized with the Holy Spirit" Acts 1:5

**Action Step:** Wait for the promise

**Pray: *Come Holy Spirit***

- For Christians to join together in united and persevering prayer to again wait on God for the fulfillment of His promise
- For a fresh outpouring of Holy Spirit in our generation, on all peoples and cultures, men and women, children and youth
- For the church in the Greater Vancouver area to repent of the times where we have quenched or disobeyed the Spirit through unbelief
- For Hillside to experience a breakthrough in our experience of God's life, presence, and power

**Additional Scriptures:** Isaiah 40:31; Psalm 18:32-39

**Focus:** While on the road to Pentecost Sunday we discard old wineskins (habits) and begin preparing to receive new ones. As we enter into ten days of prayer before God, we anticipate renewed connection with Him, with each other, fresh experience of God, deeper passion and compassion, and power to effectively carry out our God given assignments.

**GO Worker of the Day:** Ken & Carolyn Benson (their work in preparing global workers)

**Local Ministry:** Pregnancy Concerns in their work with women with at-risk pregnancies

**Hillside Ministry:** Building With A Mission project (construction protection, provision)

## day 2 empower us

**Scripture:** (Jesus said:) “You will receive power...” Acts 1:8

**Action Step:** Be my witness

**Pray: *Come Holy Spirit***

- For Jesus followers to become living testimonies of God’s salvation, forgiveness and deliverance in a very broken and needy world
- For the restoration of the gifts of the Holy Spirit to the church so that every Jesus follower can partner with God to minister God’s love and power to a hurting world
- For Hillside to be empowered to bring the healing, hope and compassion of Jesus to our surrounding communities and the world beyond
- For a Spirit-empowered army of Christian witnesses

**Additional Scripture:** 1 John 4:4

**Focus:** Faith causes you to speak. After his conversion Paul was a passionate witness for Jesus. He preached with passion fervour because he believed. Pray that Holy Spirit will come upon you and fill you with power to speak about your faith so that others will be open and be drawn to faith.

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**GO Worker of the Day:** R & G as they share the Gospel with an unreached people.

**Local Ministry:** Rochester Elementary School (their work with vulnerable students)

**Hillside Ministry:** Lift up our ongoing Alpha Course ministry.

## day 3 sanctify us

**Scripture:** (Jesus Said: ) “I chose you and appointed you so that you might go and bear fruit—fruit that will last—and so that whatever you ask in my name the Father will give you.” John 15:16

**Action Step:** Be Holy as Jesus is Holy

**Pray: *Come Holy Spirit***

- For the church to grow in maturity
- For Christians to grow in their sense of identity and calling to serve and give like Jesus
- For the Holy Spirit to bring revival and renewal in the church
- For the world to see more of Jesus in our lives, through our words, thoughts and deeds
- For the Holy Spirit to do His cleansing and refining work in the Tri-Cities and beyond

**Additional Scripture:** Romans 12:1-2

**Focus:** Offer yourself as a sacrifice to God today. Give Him your whole life, everything. When we follow Jesus, we can expect resistance and opposition. Be encouraged! God has overcome the world, and will help you. Allow Him to control your entire life by His Spirit.

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**GO Worker of the Day:** G & S (as they work in translating the Bible for unreached peoples)

**Local Ministry:** C.A.B.E. High School (their work with high-risk youth)

**Hillside Ministry:** Lift up our ministry to children. (Children flourishing, staff, volunteers)

# day 4 guide us

**Scripture:** (Jesus said: ) “He [the Spirit of Truth] will guide you into all the truth.”  
John 16:13

**Action Step:** Know the Truth

**Pray: *Come Holy Spirit***

- For the church to proclaim with both love and boldness the good news of Jesus
- For Jesus followers to be strengthened in their knowledge of Jesus, for lies to be exposed and for ignorance to be removed
- For spiritually blinded eyes to be opened to the reality of Jesus, through a loving church, the testimony of Christians, and the truth of the Gospel message

**Additional Scripture:** Isaiah 58:6-14

**Focus:** Today is day four of our ten days of fasting and prayer. As we move closer to Pentecost, posture yourself to hear and receive new insights and instruction from God.

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**GO Work of the Day:** Joy Fellowship (their ministry to individuals with disabilities)

**Local Ministry:** Centennial High School (their outreach to vulnerable students)

**Hillside Ministry:** Lift up our ministry to youth and young adults. (Youth flourishing, staff, volunteers)

# day 5 convict us

**Scripture:** [Jesus said:] “When He [the Holy Spirit] comes, He will convict the world concerning sin and righteousness and judgment.” John 16:8

**Action Step:** Repent and Believe

**Pray: *Come Holy Spirit***

- For teaching and preaching that is anointed by the Spirit to reach and draw people to a restored and renewed relationship to Jesus
- For a growing passion and heart in God’s people for what matters to God
- For the world to experience God’s kindness through a church who loves unconditionally and humbly, without judgment, criticism or arrogance
- For followers of Jesus to embody self-sacrificing love, to deny themselves, to submit and obey the voice of Holy Spirit

**Additional Scriptures:** Psalm 118:24; Isaiah 55:12; Nehemiah 8:10; James 1:2-4

**Focus:** Do not let the enemy steal your joy! There will be attempts to distract, overwhelm, frustrate, stir up worry, and cause strife. Just say “no”...don’t let him win!

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**GO Work of the Day:** Duhok Outreach (outreach to refugees in Iraq)

**Local Ministry:** Mountain View Elementary (outreach to vulnerable students)

**Hillside Ministry:** Lift up our Life Groups (Groups flourishing, community, leaders)

# day 6 comfort us

**Scripture:** [Jesus said:] “I will ask the Father, and He will give you another Helper / Comforter.” John 14:16

**Action Step:** Take Heart, Jesus has overcome

**Pray: Come Holy Spirit**

- For strength, perseverance, grace and joy for Christians who are experiencing opposition for their faith in Jesus
- For brothers and sisters in Christ impacted by conflict, war, famine, or trouble
- For believers to stand firm and persevere when subjected to suffering for the sake of Christ and His kingdom

**Additional Scriptures:** Psalm 37:4-5, 7a

**Focus:** Delight yourself in the Lord today, meditate on his Word. Rest in Him.

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**GO Work of the Day:** HFL – Lauri Alward, Adam Hansen (their ministry of compassion to needy communities around the world)

**Local Ministry:** Share Family and Community Services (their outreach to vulnerable people in our community)

**Hillside Ministry:** Lift up our weekly Food Bank Outreach

# day 7 unite us

**Scripture:** [Jesus prayed:] “...that they may all be one, just as You, Father, are in Me, and I in You, that they also may be in us, so that the world may believe that You have sent Me.” John 17:21

**Action Step:** Be one, so the world may believe

## **Pray: Come Holy Spirit**

- For a deep work of the Spirit to join and reconcile the hearts of believers across races, languages and cultures; to become united in Christ
- For the church to bear with one another in love, to eagerly maintain unity and to really become one body, one in Spirit, one in hope and one in faith with one Father and one Lord
- For the church to unite in finishing the task of world evangelism, to share resources and to appreciate the different callings and gifts God placed in the body of Christ

**Additional Scriptures:** Acts 2:5-12, Acts 4:32

**Focus:** As we get closer to Pentecost Sunday, may we anticipate and expect the kind of unity that happened on that first Pentecost when the Spirit was poured out.

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**GO Work of the Day:** Silas Odour (his outreach ministry in Seje, Kenya)

**Local Ministry:** Tri-City Ministerial (ministry connecting and supporting Tri-City pastors)

**Hillside Ministry:** Lift up our weekly services that we might experience true worship

## day 8 deliver us

**Scripture:** [Jesus said:] “I am sending you to open their eyes, so that they may turn from darkness to light and from the power of Satan to God; that they may receive forgiveness of sins and a place among those who are sanctified by faith in Me.” Acts 26:18

**Actions Step:** Be obedient to Holy Spirit

**Pray: Come Holy Spirit**

- For Christ’s victory on the cross over all the power of Satan, demonic principalities and spirits, to be boldly and fearlessly proclaimed to all people groups, languages and nations
- For people to be delivered from spiritual bondage and for lies to be exposed
- For revelation from God of the truth concerning Jesus Christ to those who are in any form of idolatry, secularism, atheism or deception

**Additional Scripture:** 1 John 5:19-20; Ephesians 6:10-18

**Focus:** We can break personal strongholds in our lives during this time of fasting and prayer. Also we are called to pray and seek justice on behalf of others. We see much evil and we can make a difference by exercising our authority, and allowing God to change things on the earth through us! Ask God to use you to repair broken walls and bring healing change to our communities.

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**GO Work of the Day:** Laura Petrillo (Youth training ministry called Youth Unlimited)

**Local Ministry:** Journey Home Community (Refugee settlement ministry in the Metro Vancouver area)

**Hillside Ministry:** Lift up Hillside’s ministry to refugees and refugee sponsorship assistance



## day 9 teach us to pray

**Scripture:** (Jesus said:) “Again, truly I tell you that if two of you on earth agree about anything they ask for, it will be done for them by my Father in heaven. For where two or three gather in my name, there am I with them.” Matthew 18:19-20

**Action Step:** Partner with God through prayer

### **Prayer: Come Holy Spirit**

- For the church to believe that we have a God who answers prayer
- For the church to persevere in both seeking God and thank Him
- For understanding of how to wait on God for His counsel and how to unite in prayer with the Holy Spirit in His prayers for us
- For the church to set aside distractions and hindrances and to confidently draw near to the throne of grace to ask for grace and mercy for ourselves, our communities and the nations of our world

**Additional Scriptures:** Philippians 4:6-7; 1Peter 5:6-7

**Focus:** Tell God about everything that’s in your heart. Lay all cares and concerns at His feet. As you empty out He will pour back into you, strength, courage, peace and more.

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**GO Work of the Day:** Charis Camp (outreach camping ministry in Chilliwack, BC)

**Local Ministry:** Tri-City Prayer Breakfast (Prayer gathering for community leaders in our cities, October 1, 2022)

**Hillside Ministry:** Lift up our prayer ministry

# day 10 bring us joy

**Scripture:** “For the kingdom of God is not a matter of eating and drinking but of righteousness and peace and joy in the Holy Spirit.” Romans 14:17

**Action Step:** Take joy in God

**Pray: Come Holy Spirit**

- For followers of Jesus to be filled with the Holy Spirit
- For the fruit of the Holy Spirit and the character of Jesus to grow and become more evident in the lives of God’s people
- For Jesus’ followers who are struggling to discover joy in the midst of their troubles.

**Additional scriptures:** Acts 13:52, Galatians 5:22, 1 Thessalonians 1:6-7

**Focus:** Celebrate! Rejoice! Pentecost is here! “May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.” Romans 15:13

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**GO Work of the Day:** Doug and Jill (GO worker care ministry), Olly (France outreach)

**Local Ministry:** For Hillsiders showing God’s love in their workplaces, neighbourhoods, and community organizations

**Hillside Ministry:** Lift up our Serve ministry, as we seek to care for vulnerable members of our congregation