

PREPARE

FOR THIS YEAR & BEYOND

40 Days of Prayer & Fasting

PREPARE

This 40-Day Journal Belongs To:



PRAY FAST & PREPARE

*“Eye has not seen,
nor ear heard,
nor have entered
into the
heart of man
the things which
God has prepared
for those who
love Him.”*

— 1 Corinthians 2:9



DEAR READER

Please use this prayer journal to reflect upon the Scripture for each day. Some verses focus on what we need to do to PREPARE for the future and whatever circumstances we face. Others give us a picture of the many wonderful ways God prepares us to live life abundantly as He prepares our hearts and directs our paths to be strong, courageous, and live victoriously in Him. May you draw near to the Lord as you fast and pray and experience all He has prepared for you!

A Note About Fasting:

We recognize that fasting is an individual, personal time between you and the Lord. Choose the fast that is best for you. While fasting means abstaining from food for most people, it can also be abstaining from something else to give you deeper time in prayer and fellowship with the Lord. Not everyone can fast from food, but if you give up something in order to focus on the Lord, that can be a meaningful fast.



A NOTE FROM **PASTOR RAY**

A NEW YEAR, A NEW DECADE. ARE YOU READY?

Every year the Lord gives me a word for my personal life and ministry. The word inspires, motivates, and reflects what God is doing in our lives. Last year, He called us to UNITY.

This year He is telling me it is time to PREPARE.

I realize that PREPARE often evokes thoughts of planning and getting ready, getting set up to face any circumstance. Sometimes being told to prepare feels like someone wagging a finger at you and telling you to get your act together.

Or we think of preppers. You know, the folks who run to the hills and bury money and store food and prepare to hide from catastrophe.

But God gave me a different approach to being prepared.

How do we get ready for what we will face in the year 2020 and beyond? How do we stand strong? How do we resist anxiety, worry, and fear?

How do we prepare?

By coming into a deeper relationship with God.

By experiencing and understanding our true identities as His sons and daughters. We will be ready for anything if we understand how much He loves us and wants us to lean on Him as a Father.

He wants us to realize that “God decided in advance to adopt

us into His own family by bringing us to Himself through Jesus Christ. This is what He wanted to do, and it gave Him great pleasure” (Ephesians 1:5, NLT).

He longs for us to understand, “You did not receive the spirit of bondage again to fear, but you received the Spirit of adoption by whom we cry out, ‘Abba, Father’” (Romans 8:15).

He “made us alive together with Christ (by grace you have been saved), and raised us up together, and made us sit together in the heavenly places in Christ Jesus” (Ephesians 2:5-6).

It’s all about Jesus!

Being prepared for the future—and anything that life throws at us—is about knowing Him more. Experiencing Him more. Hearing His voice, obeying Him, and trusting Him.

I think of my own kids and precious grandkids. All they have to do is call out “Papa!” as they run into my arms, and I long to give them anything their hearts desire.

We can’t even imagine all that God has for us! “Eye has not seen, nor ear heard, nor have entered into the heart of man the things which God has prepared for those who love Him” (1 Corinthians 2:9).

By calling on our heavenly Abba, Father, our papa, our dad, we can live a life without fear in complete confidence in His love. We can know Him and the power of His resurrection in our lives.

That is how to PREPARE for the coming year and decade.

DAY 1

“Eye has not seen, nor ear heard, nor have entered into the heart of man the things which God has prepared for those who love Him.” 1 CORINTHIANS 2:9

DAY 2

“And we know that all things work together for good to those who love God, to those who are the called according to His purpose.” ROMANS 8:28

DAY 3

“Since, then, you have been raised with Christ, set your hearts on things above, where Christ is, seated at the right hand of God. Set your minds on things above, not on earthly things.” COLOSSIANS 3:1-2

DAY 4

“Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.” PHILIPPIANS 4:6-7

DAY 5

“But in your hearts revere Christ as Lord. Always be prepared to give an answer to everyone who asks you to give the reason for the hope that you have. But do this with gentleness and respect.” 1 PETER 3:15

DAY 6

“In love He predestined us for adoption to sonship through Jesus Christ, in accordance with His pleasure and will.”

EPHESIANS 1:5

DAY 7

“You have not received a spirit that makes you fearful slaves. Instead, you received God’s Spirit when He adopted you as His own children. Now we call Him, ‘Abba, Father.’” ROMANS 8:15

DAY 8

“Because of His great love for us, God, who is rich in mercy, made us alive with Christ even when we were dead in transgressions—it is by grace you have been saved. And God raised us up with Christ and seated us with Him in the heavenly realms in Christ Jesus.”

EPHESIANS 2:4-6

DAY 9

“You will not have to fight this battle. Take up your positions; stand firm and see the deliverance the LORD will give you ... Do not be afraid; do not be discouraged.”

2 CHRONICLES 20:17

DAY 10

“If God is for us, who can be against us?”

ROMANS 8:31

DAY 11

"In all these things we are more than conquerors through Him who loved us." ROMANS 8:37

DAY 12

"Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion looking for someone to devour. Resist him, standing firm in the faith, because you know that the family of believers throughout the world is undergoing the same kind of sufferings." 1 PETER 5:8-9

DAY 13

"The LORD is my strength and my shield; my heart trusts in Him, and I am helped; therefore my heart exults, and with my song I shall thank Him." PSALM 28:7

DAY 14

"Now, brothers and sisters, about times and dates we do not need to write to you, for you know very well that the day of the Lord will come like a thief in the night ... But you, brothers and sisters, are not in darkness so that this day should surprise you like a thief. You are all children of the light and children of the day ... So then, let us not be like others, who are asleep, but let us be awake and sober."

1 THESSALONIANS 5:1-7

DAY 15

"If I go and prepare a place for you, I will come again and receive you to Myself; that where I am, there you may be also." JOHN 14:3

DAY 16

"For we are His workmanship, created in Christ Jesus for good works, which God prepared beforehand so that we would walk in them." EPHESIANS 2:10

DAY 17

"You prepare a table before me in the presence of my enemies; You have anointed my head with oil; my cup overflows." PSALM 23:5

DAY 18

"By faith Noah, being warned by God about things not yet seen, in reverence prepared an ark for the salvation of his household, by which he condemned the world, and became an heir of the righteousness which is according to faith."

HEBREWS 11:7

DAY 19

“If you would prepare your heart, and stretch out your hands toward Him; if iniquity were in your hand, and you put it far away, and would not let wickedness dwell in your tents; then surely you could lift up your face without spot; yes, you could be steadfast, and not fear.” JOB 11:13-15

DAY 20

“There the angel of the Lord appeared to him in flames of fire from within a bush. Moses saw that though the bush was on fire it did not burn up. So Moses thought, ‘I will go over and see this strange sight—why the bush does not burn up’ ... ‘Do not come any closer,’ God said. ‘Take off your sandals, for the place where you are standing is holy ground.’”

EXODUS 3:2-5

DAY 21

“Behold, I send an Angel before you to keep you in the way and to bring you into the place which I have prepared.”

EXODUS 23:20

DAY 22

“He will also go before Him in the spirit and power of Elijah, ‘to turn the hearts of the fathers to the children,’ and the disobedient to the wisdom of the just, to make ready a people prepared for the Lord.” LUKE 1:17

DAY 23

“The voice of one crying in the wilderness: ‘Prepare the way of the Lord; make straight in the desert a highway for our God.’” ISAIAH 40:3, MATTHEW 3:3

DAY 24

“Then Samuel spoke to all the house of Israel, saying, “If you return to the Lord with all your hearts, then put away the foreign gods ... from among you, and prepare your hearts for the Lord, and serve Him only; and He will deliver you.”

1 SAMUEL 7:3

DAY 25

“Good things are found in you, in that you have removed the wooden images from the land, and have prepared your heart to seek God.” 2 CHRONICLES 19:3

DAY 26

“Jotham became mighty, because he prepared his ways before the Lord his God.” 2 CHRONICLES 27:6

DAY 27

“Oh, how great is Your goodness, which You have laid up for those who fear You, which You have prepared for those who trust in You!” PSALM 31:19

DAY 28

“So He said to them, ‘You will indeed drink My cup, and be baptized with the baptism that I am baptized with; but to sit on My right hand and on My left is not Mine to give, but it is for those for whom it is prepared by My Father.’”

MATTHEW 20:23

DAY 29

“While we live in these earthly bodies, we groan and sigh, but it’s not that we want to die and get rid of these bodies that clothe us. Rather, we want to put on our new bodies so that these dying bodies will be swallowed up by life. God Himself has prepared us for this, and as a guarantee He has given us His Holy Spirit.”

2 CORINTHIANS 5:4-5

DAY 30

“Therefore, preparing your minds for action, and being sober-minded, set your hope fully on the grace that will be brought to you at the revelation of Jesus Christ.”

1 PETER 1:13

DAY 31

“Be always on the watch, and pray that you may be able to escape all that is about to happen, and that you may be able to stand before the Son of Man.” LUKE 21:36

DAY 32

“For I know the plans I have for you,” declares the Lord, “plans to prosper you and not to harm you, plans to give you hope and a future.” JEREMIAH 29:11

DAY 33

“Commit to the Lord whatever you do, and He will establish your plans.” PROVERBS 16:3

DAY 34

“Be strong and courageous. Do not be afraid or terrified ... for the LORD your God goes with you; He will never leave you nor forsake you.” DEUTERONOMY 31:6

DAY 35

“Abide in Me, and I in you. As the branch cannot bear fruit of itself, unless it abides in the vine, neither can you, unless you abide in Me. I am the vine, you are the branches. He who abides in Me, and I in him, bears much fruit; for without Me you can do nothing.” JOHN 15:4-6

DAY 36

“No longer do I call you servants, for a servant does not know what his master is doing; but I have called you friends, for all things that I heard from My Father I have made known to you.” JOHN 15:15

DAY 37

Jesus said, "You shall love the Lord your God with all your heart, with all your soul, and with all your mind." This is the first and great commandment. And the second is like it: "You shall love your neighbor as yourself."

MATTHEW 22:37-39

DAY 38

"Go to the ant, you sluggard! Consider her ways and be wise ... The ants are a people not strong, yet they prepare their food in the summer." PROVERBS 6:6, 30:25

DAY 39

“Watch therefore, for you do not know what hour your Lord is coming ... Therefore you also be ready, for the Son of Man is coming at an hour you do not expect.”

MATTHEW 24:42-44

DAY 40

Prepare our hearts, O Lord: “Search me, God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting.”

PSALM 139:23-24



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