



FAST 40

**CALLING GOD'S
PEOPLE TO UNITY**

A Forty Day Fast &
Prayer Journal | 2019



This 40 Day Journal Belongs To:



FAST 40

UNITY

*"How good and pleasant
it is when God's people
live together in unity!
It is like precious oil poured
out on the head, running
down on the beard,
running down on Aaron's
beard, down on the collar
of his robe. It is as if the
dew of Hermon were falling
on Mount Zion. For there the
Lord bestows His blessing,
even life forevermore."*

Psalm 133



Dear Reader

Dear Reader,

Please use this prayer journal to reflect upon the verses for each day as you ask God to bring unity to your family, friends, work relationships, and church. The importance of fellowship, friendship, and joining hands in Jesus' Name strengthens our faith and makes life better. It also builds unity in the church. In unity, we are devoted to Jesus and His church, in a divine commitment, and an answer to His prayer for us, "that they all may be one" (John 17). May you draw near to the Lord as you pray for unity among believers. May this time be a wonderful revelation of God's love and power in all our lives!

A Note About Fasting:

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.



Note From Pastor Ray

UNITY!

“How good and pleasant it is when God’s people live together in unity!” —Psalm 133:1

Our world is troubled by division on every front. Political contention, financial pressures, family tension causing break-downs, and churches criticizing each other—our enemy works hard to divide and conquer. We need to fight back.

Every year the Lord gives me a word for my personal life and ministry. It is a word that motivates, inspires, and reflects what God is doing in our lives; a word that imparts vision for the New Year.

The word for this year, which I believe is a word for the Church from the heart of God, is UNITY.

There is no greater joy than to live in harmony with God’s people. If you can receive this message, you will discover more joy, peace, and fulfillment in your church, family, friends, neighbors and co-workers—even in your marriage or dating relationships.

Strife among God’s people is not new. Cain murdered Abel. Lot quarreled with Abraham. Joseph’s brothers hated him and sold him into slavery. King David’s sons rebelled against him. Jesus’ own disciples argued about who would be the greatest, Paul and Barnabas argued and separated—the list goes on.

As believers, our battle is not against each other! Our true enemy is not the person sitting next to you in church, or your spouse, your children, co-workers or another church.

“For we do not wrestle against flesh and blood, but against



Note From Pastor Ray

(continued)

principalities, against powers, against the rulers of the darkness of this age, against spiritual hosts of wickedness in the heavenly places”(Ephesians 6).

No wonder Jesus prayed, *“I do not pray for these alone, but also for those who will believe in Me through their word, that they all may be one, as You, Father, are in Me, and I in You; that they also may be one in Us, that the world may believe that You sent Me”* (John 17:20-21).

Jesus prayed for unity!

We don't have to agree on the details of styles of worship, traditions, or even nuances of interpretation.

God asks for unity not uniformity.

We can be an answer to Jesus' prayer, united by His Spirit, His blood, and our faith in Him.

We can begin with this Forty Day Fast as we pray for unity in the Body of Christ, that as believers we will love and serve one another, united as the family of God.



Day 1

"How good and pleasant it is when God's people live together in unity!" PSALM 133:1



Day 2

Unity *"is like precious oil poured on the head..."*
PSALM 133:2



Day 3

Unity *“is as if the dew of Hermon were falling on Mount Zion. For there the Lord bestows His blessing, even life forevermore.”* PSALM 133:3



Day 4

“I appeal to you, brothers and sisters, in the name of our Lord Jesus Christ, that all of you agree with one another in what you say and that there be no divisions among you, but that you be perfectly united in mind and thought.”

1 CORINTHIANS 1:10



Day 5

“God has now revealed to us His mysterious will regarding Christ—which is to fulfill His own good plan. And this is the plan: At the right time He will bring everything together under the authority of Christ—everything in heaven and on earth.” EPHESIANS 1:9-10



Day 6

“So Christ Himself gave the apostles, the prophets, the evangelists, the pastors and teachers, to equip His people ... so that the body of Christ may be built up until we all reach unity in the faith and in the knowledge of the Son of God.”

EPHESIANS 4:11-13



Day 7

“From Him the whole body, joined and held together by every supporting ligament, grows and builds itself up in love, as each part does its work.” EPHESIANS 4:16



Day 8

“Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you. And over all these virtues put on love, which binds them all together in perfect unity.”

COLOSSIANS 3:13-14



Day 9

“Let the peace of Christ rule in your hearts, since as members of one body you were called to peace.

And be thankful.” COLOSSIANS 3:15



Day 10

“I in them and You in Me—so that they may be brought to complete unity. Then the world will know that You sent me and have loved them even as You have loved Me.”

JOHN 17:23 (Jesus praying to His Father)



Day 11

"Finally, all of you, be like-minded, be sympathetic, love one another, be compassionate and humble."

1 PETER 3:8



Day 12

"Make every effort to keep the unity of the Spirit through the bond of peace." EPHESIANS 4:3



Day 13

“Live in harmony with each other. Don’t be too proud to enjoy the company of ordinary people. And don’t think you know it all!” ROMANS 12:16



Day 14

“If you have any encouragement from being united with Christ, if any comfort from His love, if any common sharing in the Spirit, if any tenderness and compassion, then make my joy complete by being like-minded, having the same love, being one in spirit and of one mind.” PHILIPPIANS 2:1-2



Day 15

“Also in Judah the hand of God was on the people to give them unity of mind to carry out what the king and his officials had ordered, following the word of the Lord.”

2 CHRONICLES 30:12



Day 16

“For He Himself is our peace, who has made the two groups one and has destroyed the barrier, the dividing wall of hostility.”

EPHESIANS 2:14



Day 17

“He came and preached peace to you who were far away and peace to those who were near. For through Him we both have access to the Father by one Spirit. Consequently, you are no longer foreigners and strangers, but fellow citizens with God’s people and also members of His household.”

EPHESIANS 2:17-19



Day 18

“So in Christ Jesus you are all children of God through faith... there is neither Jew nor Gentile, neither slave nor free, nor is there male and female, for you are all one in Christ Jesus.”

GALATIANS 3:26-28



Day 19

*“By this everyone will know that you are My disciples,
if you love one another.” JOHN 13:35*



Day 20

*“All the believers were one in heart and mind. No one claimed
that any of their possessions was their own, but they shared
everything they had.” ACTS 4:32*



Day 21

*"No one has ever seen God; but if we love one another,
God lives in us and His love is made complete in us."*

1 JOHN 4:12



Day 22

*"Be devoted to one another in love. Honor one another
above yourselves."* ROMANS 12:10



Day 23

“Just as our bodies have many parts and each part has a special function, so it is with Christ’s body. We are many parts of one body, and we all belong to each other.”

ROMANS 12:4-5



Day 24

“Just as a body, though one, has many parts, but all its many parts form one body, so it is with Christ. For we were all baptized by one Spirit so as to form one body—whether Jews or Gentiles, slave or free— and we were all given the one Spirit to drink.” 1 CORINTHIANS 12:12-13



Day 25

“That there may be no division in the body, but that the members may have the same care for one another. If one member suffers, all suffer together; if one member is honored, all rejoice together.” 1 CORINTHIANS 12:25-26



Day 26

“Are we not all children of the same Father? Are we not all created by the same God?” MALACHI 2:10



Day 27

“So 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.’ For His Spirit joins with our spirit to affirm that we are God’s children.” ROMANS 8:15-16



Day 28

“But you are a chosen people, a royal priesthood, a holy nation, God’s special possession, that you may declare the praises of Him who called you out of darkness into His wonderful light. Once you were not a people, but now you are the people of God; once you had not received mercy, but now you have received mercy.” 1 PETER 2:9-10



Day 29

“There is one body and one Spirit, just as you were called to one hope when you were called; one Lord, one faith, one baptism; one God and Father of all, who is over all and through all and in all.” EPHESIANS 4:4-6



Day 30

“And be kind to one another, tenderhearted, forgiving one another, even as God in Christ forgave you.”

EPHESIANS 4:32



Day 31

“In this new life, it doesn’t matter if you are a Jew or a Gentile, circumcised or uncircumcised, barbaric, uncivilized, slave, or free. Christ is all that matters, and He lives in all of us.” COLOSSIANS 3:11



Day 32

“That which was from the beginning, which we have heard, which we have seen with our eyes, which we have looked at and our hands have touched—this we proclaim concerning the Word of life. The life appeared; we have seen it and testify to it, and we proclaim to you the eternal life, which was with the Father and has appeared to us. We proclaim to you what we have seen and heard, so that you also may have fellowship with us. And our fellowship is with the Father and with His Son, Jesus Christ.” 1 JOHN 1:1-3



Day 33

“So, affectionately longing for you, we were well pleased to impart to you not only the gospel of God, but also our own lives, because you had become dear to us.”

1 THESSALONIANS 2:8



Day 34

“And let us consider how we may spur one another on toward love and good deeds, not giving up meeting together, as some are in the habit of doing, but encouraging one another—and all the more as you see the Day approaching.” HEBREWS 10:24-25



Day 35

"Salt is good, but if the salt loses its flavor, how will you season it? Have salt in yourselves, and have peace with one another." MARK 9:50



Day 36

"Whatever happens, conduct yourselves in a manner worthy of the gospel of Christ. Then, whether I come and see you or only hear about you in my absence, I will know that you stand firm in the one Spirit, striving together as one for the faith of the gospel." PHILIPPIANS 1:27



Day 37

“Again I say to you that if two of you agree on earth concerning anything that they ask, it will be done for them by My Father in heaven. For where two or three are gathered together in My name, I am there in the midst of them.”

MATTHEW 18:19-20



Day 38

“And I pray that you, being rooted and established in love, may have power, together with all the Lord’s holy people, to grasp how wide and long and high and deep is the love of Christ.”

EPHESIANS 3:17-18



Day 39

“When the day of Pentecost came, they were all together in one place. Suddenly a sound like the blowing of a violent wind came from heaven and filled the whole house where they were sitting. They saw what seemed to be tongues of fire that separated and came to rest on each of them. All of them were filled with the Holy Spirit and began to speak in other tongues as the Spirit enabled them. Now there were staying in Jerusalem God-fearing Jews from every nation under heaven.” ACTS 2:1-5



Day 40

“In the last days, God says, ‘I will pour out my Spirit on all people. Your sons and daughters will prophesy, your young men will see visions, your old men will dream dreams... And everyone who calls on the name of the Lord will be saved.’” ACTS 2:17, 21



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