

TLC ARDMORE

10 DAYS OF  
FASTING +  
PRAYER

OCT 17TH-26TH

Welcome on this 10 Day Fasting and Prayer journey as we seek God as a TLC family for an outpouring of His Spirit!

The Bible says in 2 Chronicles 7:14 (NLT) Then if my people who are called by my name will humble themselves and pray and seek my face and turn from their wicked ways, I will hear from heaven and will forgive their sins and restore their land.

This scripture tells us that ...“If” we will pray. “If” we will seek God’s face. “If” we choose to humble ourselves before God in prayer He will bring revival. This scripture also tells us that these following things usher in revival: unity, humbleness, prayer, an earnest seeking of God’s face and repentance.

Revival doesn’t happen by pointing out the world’s sins.

Revival happens by getting the logs out of our own eyes!

**REVIVAL IS THE CULMINATION OF A GROUP COMING TOGETHER - COLLECTIVELY - AND REALIZING THEIR OWN SIN - INDIVIDUALLY.**

So, as you commit to the next 10 days to fast and pray, I am asking that you make this very personal. Don’t let your focus be outside yourself, but let it be internal. Ask God to humble you and show you any areas that you may need to repent and lay down, and be sensitive to the Holy Spirit to point out any areas where you need to strive for unity so we can be in one mind and one accord.

If you are new to the spiritual practice of fasting, please read through the Biblical instruction about fasting and then pray and seek God about what type of fast He wants you to do.

Be ready for an explosion of God’s presence within you!

Revival is here! Revival is now! And Revival is ready to be birthed in You!



Praying with you,  
Pastor Rhonda

A handwritten signature in black ink that reads "Rhonda Howard". The signature is written in a cursive style and is located on the right side of the lower half of the page, below the typed name.

# CREATING A LIFESTYLE OF PRAYER

Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where He prayed.

MARK 1:35

Prayer is most effective when it isn't something we do every now and then, but when it's a lifestyle we cultivate. To understand how to have a lifestyle of prayer, we can look at the example Jesus gave during His life on earth.

## HAVE A CERTAIN TIME.

Jesus got up early in the morning to spend time with His Heavenly Father. Make a daily appointment with God - whether it's first thing in the morning, at lunch, or in the evening- and faithfully keep it.

## HAVE A CERTAIN PLACE.

Jesus had a specific place He went to pray. Having a designated place to pray helps us remove distractions and frees us to worship and pray out loud.

## HAVE A CERTAIN PLAN.

When Jesus taught His disciples how to pray, He gave them a prayer outline. We call it "The Lord's Prayer." As we pray every day, our plans for our prayer time can vary, maybe including worship music, Bible reading, and quiet time to listen to God. It doesn't always have to look the same; it just helps when we have a plan for connecting regularly with God.

# CREATING A LIFESTYLE OF FASTING

Fasting helps us draw near to God and eliminates distractions for a spiritual purpose. In committing to a fast for the next 10 days, here are some things you should consider before starting your fast.

## WHAT TYPE OF FAST SHOULD YOU DO?

You could fast a certain food item, a specific meal each day, or a common activity such as television or social media. Here are some types of fasts you could choose to do for the 10 Days:

**COMPLETE FAST** - In this type of fast, you drink only liquids, typically water with light juices as an option.

**SELECTIVE FAST** - This type of fast involves removing certain elements from your diet. One example of a selective fast is the Daniel Fast, during which you remove meats, sweets, and bread from your diet and consume water and juice for fluids and fruits and vegetables for food.

**PARTIAL FAST** - This fast, sometimes called the "Jewish Fast" involves abstaining from eating any type of food in the morning and afternoon. This can either correlate to specific times, such as 6:00 am to 3:00 pm, or from sunup to sundown.

**SOUL FAST** - This fast is a great option if you have health issues that prevent you from fasting food, or if you wish to refocus certain areas of your life that are out of balance. For example, you might choose to stop using social media or watching television for the duration of the fast and then carefully bring that element back into your life in healthy doses at the conclusion of the fast.

## BEGIN AND END THE FAST WELL.

If you have any health concerns, consult your physician before beginning a food fast. If you are fasting food, begin and end the fast gradually by slowly removing/returning regular foods back into your diet. It is important to know your body and make smart, healthy decisions when fasting.

# HOW TO USE THIS BOOK

We don't have to follow a specific formula to talk with God, but practicing different ways to pray can help us find deeper purpose and connection to Him through our prayer time.

The goal of using this guide is not to add pressure or overwhelm you. The goal is simply to get comfortable with prayer and for your prayer life to become more natural, effective, and enjoyable. To make your prayer time even more meaningful, you can write notes and prayer requests and play worship music. The important step is committing to regularly entering God's presence through prayer.

The heart of this guide is to help you find a new level of purpose, effectiveness, and enjoyment in your prayer life. While prayer does take commitment and can require discipline to develop into a daily habit, we also want to remember that it's a "get to" not a "got to." It's a privilege to be able to come to God in prayer.

Over the next ten days, we encourage you to read the scripture for each day, meditate on it, and let it speak to you. The Word of God is one of the most valuable tools we have to build a dynamic daily prayer life. It brings power, truth, and encouragement to our prayer time.

# 10 DAYS OF FASTING AND PRAYER

Fasting has become a much forgotten practice in the church today, seen by many as a religious ritual best left to Old Testament times. And yet, when we turn to the New Testament, not only do we find our Savior fasting, we also see him speaking to his disciples with words that clearly convey the expectation that they too will engage in this spiritual discipline.

In Matthew 9:15-17, when a group comes to Jesus questioning why the Pharisees fast and the disciples of John the Baptist fast, but his disciples are not fasting, Jesus responds by saying, “The days will come when the bridegroom is taken away from them, and then they will fast. No one puts a piece of unshrunk cloth on an old garment, for the patch tears away from the garment, and a worse tear is made. Neither is new wine put into old wineskins. If it is, the skins burst and the wine is spilled and the skins are destroyed. But new wine is put into fresh wineskins, so both are preserved.” Translation: There will come a time when Jesus’ disciples will fast, but this old practice will be carried out with a renewed purpose. What had deteriorated into an empty ritual, performed with an eye toward manipulating God or impressing people, would be restored to its original intent - a gracious means of experiencing the power and the presence of God more fully.

God did not design fasting as a burden to be borne or a rule to be followed in an attempt to earn divine favor; rather, the intent was that in denying ourselves that which usually satisfies our appetites, we might turn instead to God - expressing our dependence on him, our desire for him, and our delight in him. In fasting, we deny physical food to the body that we might obtain spiritual food for the soul. It is a way to proclaim, “More than my flesh longs for food, my soul longs for you, O God!” Physical fasting is meant to be a pathway to spiritual feasting.

The following pages are designed to accompany a ten day fast, providing spiritual food to chew on during this undertaking. As you suppress your appetite for the things of earth, and prayerfully find nourishment in his life giving Word, may God be pleased to draw you closer, grow you deeper, and give you glimpses of his glory that truly satisfy your soul.

# PRAYER FOCUS

## AS A CHURCH

We are praying for revival in our house and in our community. Specifically praying for obedience in our part, as pastors, as leaders and as a church in:

HUMILITY + UNITY

1.

REPENTANCE + HOLINESS

2.

A DEVOTION TO PRAYER

3.

A DEVOTION TO  
SEEKING GOD'S FACE

4.

# PRAYER FOCUS

## PERSONAL

1.

2.

3.

DAY 1

# DEVELOPING A LIFE OF PRAYER

PASTOR RHONDA HOWARD

“But seek first his kingdom and his righteousness, and all these things will be given to you as well.” Matthew 6:33 NIV

So much of life seems to be about striving. Striving to make enough money to keep the bills paid and your family fed. Striving to get everything done that needs to be attended to. Striving to have enough time to do it all and then going to bed and waking up to strive all over again. And then the worry sets in and you wonder if all your striving will be enough. Will that situation ever turn around? Is my marriage going to make it? Is my child going to turn back to God? Is the sickness going to destroy me? Is the conflict going to crush me? Will the sorrow consume me? Are “all these things” going to work out? One of the greatest lies of Satan is that we just don’t have enough time to pray. But, all of us have enough time to sleep, eat and breathe. As soon as we realize that prayer is as important as sleeping, eating and breathing we will be amazed at how much time will be available to us for prayer. WHEN WE CHOOSE TO SEEK GOD IN PRAYER, THEN “ALL THESE THINGS” ARE GIVEN TO US. I know for my own life, as I seek God first, I don’t have to rely on my own resources, but I can rely on His unlimited resources for me. As I seek the Lord in prayer, He gives me His mind about a situation I am facing, or the answers to a problem that needs to be resolved. As I seek His face, His peace and assurance floods my heart and the stress of “all these things” leaves me. I don’t have to react to life’s situations, because I have taken action in prayer. Let’s face it, it is a spiritual principle. If you want more time give God the first of the time you have. As Jesus said to the disciples, “Could you not pray with me for just an hour?” Matthew 26:40

DAY 2

# GOD IS GOOD

PASTOR BRENDON LEE

“This, then, is how you should pray: ‘Our Father in heaven, hallowed be Your name, Your kingdom come, Your will be done, on earth as it is in heaven. Give us today our daily bread. And forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from the evil one.’ ”

Matthew 6:9-13

A great way to begin each day is by focusing on who God is! Today, focus on the goodness, the greatness, and glory of God. Focusing daily on these three attributes of God gives us a complete picture, or filter, of grace. The Lord’s Prayer is a great prayer to help us think about the goodness, the greatness, and glory of God.

When we call God our Father, it reminds us that we are His children. He loves, cares for us, and provides for us, His children. He is a great dad. But, that’s not enough, is it? You can know that you are loved, and that God is good, but you still can be going through hard times. So, we not only need to focus on God’s goodness, but we also need to set focus on how great God is. Our great God is in heaven. When we think about our God in heaven, it reminds us that He reigns and rules and is in control. He has all the power that we need to make it through tough times. Lastly, we need to give God glory. When you “hallow” God’s name (or make it holy), it is a helpful reminder that life is not all about us.

When you get up in the morning, your number one priority should be to get in the right mindset for your day. First things first – simply focus on who God is! Focus on His goodness, greatness, glory, and ask Him to help you see everything else through that filter. Remember, it’s not about what you do, it’s about who God is.

DAY 3

# HIS FACE

PASTOR HEATHER LOVING

When You said, “Seek My face,” My heart said to You,  
“Your face, LORD, I will seek.” Psalm 27:8 NKJV

We make appointments for meetings, calls and things of importance. One can set a reminder, mark the date and time on a planner and not allow other things to occupy that time. We set apart time for the important things.

In Psalm 27, David was in desperate need of help. In the middle of his trials he prioritized times of seeking God. Psalm 27:8 says that he sought the Lord, and his heart announced, “Your face, Lord, I will seek.” He turned his face away from the chaos surrounding him, and turned to the Lord his Salvation, the strength of his life. David cried out and asked the Lord to teach and lead him. Notice that David did not seek God with words alone, not for show, or according to some ritual, but from the heart. The heart with all its frailty and David’s raw honesty.

The chorus from a popular Hymn by Author and Composer Helen Howarth Lemmel says, “Turn your eyes on Jesus, look full in His wonderful face, and the things of the Earth will grow strangely dim, in the light of His glory and grace.” When we take our gaze off the dark complexity of our problems and fix our eyes on Him, He meets us there with the light and peace of His presence. The beauty and grace of His face captures us far beyond the weight of circumstances.

Jeremiah 29:13 says, “You will seek me and find me when you seek me with all your heart.” Be encouraged in knowing that our Heavenly Father never misses an appointment that His sons and daughters set aside to spend time with Him!

Lord, I thank You that You hear me when I call to you! As I set time aside to meet with You and seek Your Face, through prayer and fasting, I am not alone, because You meet me here. Your Word says that when I seek You, I find You. Nothing compares to knowing You Lord. During this time I want to draw closer to You than ever before. I am here to meet with You. I am here because I want to be.

DAY 4

# HERE I AM

PASTOR LANDON LEE

“During the first year of his reign, I, Daniel, learned from reading the word of the Lord, as revealed to Jeremiah the prophet, that Jerusalem must lie desolate for seventy years. So I turned to the Lord God and pleaded with him in prayer and fasting. I also wore rough burlap and sprinkled myself with ashes.”

Daniel 9:2-3 NLT

Many people and Christians alike struggle with their purpose. You might know that you are made for a reason, “For I know the plans I have for you,” says the Lord. “They are plans for good and not for disaster, to give you a future and a hope.” Jeremiah 29:11 NLT, but even when you know you are made for something great, that you have a future, it’s hard to know exactly what that is. How do you know that what you want is also what God wants for you? This is where fasting comes in. Fasting and prayer bring clarity and build trust with God. In the passage, Daniel faced a problem he could not face alone. When his nation faced crisis, he pleaded with God through fasting and prayer for answers, and God came through. Does that mean fasting gives you all the answers to life’s problems showing you exactly what you are suppose to do in life? No, but it does build your trust in God. It reminds us that we fight from a place of victory. We have victory in our work, our relationships, our family, our bodies, and especially in our life choices. Fasting and prayer builds boldness and confidence even when we don’t know what to do in our lives. When God speaks to us, we can say “Here I Am” or as stated in the Bible, “Hineni” which means, “Here I am. I’m ready.” What makes ‘hineni’ such a powerful statement? It is an offer of complete availability, of total readiness to serve. When we utter ‘hineni,’ we make ourselves fully available to whatever it is God might ask of us, even without knowing what that will be. The answer of ‘hineni’ is one of faith; like Moses, Abraham, Isaiah and Daniel. They didn’t know exactly what God was doing, but they knew He was with them. Fasting builds that relationship with God where we trust Him even when we are lost in life. We can have confidence in His goodness to say, “Here I am God. Send me!”

DAY 5

# TASTE AND SEE

PASTOR CHERYL ANDREWS

“Taste and see that the Lord is  
good...” Psalm 34:8 (NIV)

When we fast to subject our will to God's, He will reveal His Will to us. Because fasting prepares us for the work God has positioned us for and opens our eyes of understanding. We sharpen our spiritual eyes when we fast and pray. It will help us grow a more intimate relationship with Jesus and show us what He wants to teach us. We seek God's guidance, not to change God, but to make us more receptive to his guidance. We hear Him better when we declutter and come away from the normal to be still and listen. Let's choose to sacrifice the food of the flesh in return for the much-needed spiritual food we crave from the Lord. We will surely, “Taste and see that the Lord is SO GOOD!”

Lord, please forgive us for craving food more than you. Forgive us for craving anything more than you. Lord, redirect our hunger and open our eyes to the benefits of fasting. Open our hearts to you like never before. May we have the desire to turn to you with all our heart, all our soul and all our strength. Teach us to fast that we might hold fast to you. Amen

# WHEN YOU PRAY

PASTOR JARED HOWARD

“And when you pray, do not be like the hypocrites, for they love to pray standing in the synagogues and on the street corners to be seen by others. Truly I tell you, they have received their reward in full. But when you pray, go into your room, close the door and pray to your Father, who is unseen. Then your Father, who sees what is done in secret, will reward you. And when you pray, do not keep on babbling like pagans, for they think they will be heard because of their many words. 8 Do not be like them, for your Father knows what you need before you ask him...Matthew 6:5-15 (NIV)

In this Passage Jesus is talking to us directly as Christians how we should pray. He tells us to mean every word and to speak not just from our mouth but from our heart, mind and spirit. He is telling us this is our DAILY bread, that means this is something we should be doing daily. Yesterdays bread (prayer) does not cover us today meaning we should look to God each day for the bread (the help and sustenance) we require for that particular day. He tells us to not speak these words in vain and to do so in a place that is just you and God in relationship with him. As you read this passage and speak the prayer really dive deep into every word you are praying to God and let it be intimate between you and him.

“This, then, is how you should pray: “Our Father in heaven, hallowed be your name, your kingdom come, your will be done, on earth as it is in heaven. Give us today our daily bread. And forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from the evil one. For if you forgive other people when they sin against you, your heavenly Father will also forgive you. But if you do not forgive others their sins, your Father will not forgive your sins.

DAY 7

# TEAR YOUR HEART

PASTOR HAILEY LEE

“Even now — this is the Lord’s declaration — turn to Me with all your heart, with fasting, weeping, and mourning. Tear your hearts, not just your clothes, and return to the Lord your God. For He is gracious and compassionate, slow to anger, abounding in faithful love, and He relents from sending disaster.”

Joel 2:12-13 HCSB (I encourage you to read all of chapter two)

Have you ever found yourself doing something without any real thought behind it? We call these habits, and if we are not intentional during these 10 days, fasting can become just that; an empty, powerless habit. You see, fasting goes beyond skipping a meal or a daily sacrifice. Fasting is our desperate response to God’s call for repentance. Even so, it is easy to appear like we are fasting without truly seeking God. We can resemble the part without fixing our hearts. In the book of Joel, God urges us to do more than just look like we are pursuing Him. He tells us to tear our hearts, not just our clothes and return to the Lord our God. Tearing one’s clothes was a tangible expression of anger and deep grief. Similarly, fasting is a tangible expression of a larger spiritual purpose. God does not separate fasting from prayer. If we are only physically participating in this fast, we are just engaging in a group routine. However, if you repent turning your heart and prayers to the Lord while fasting, true lasting change will come. Use this time to press into God, returning Him to His rightful place in the forefront of your life. James 4:8 (NLT) calls us to this through the promise that God will respond. “Come close to God, and God will come close to you. Wash your hands, you sinners; purify your hearts, for your loyalty is divided between God and the world.” Tear you hearts, dear friends. This is what God desires. This is what brings life to dead places.

God, we thank you that you alone are Holy and you invite us to connect with you again through repentance and salvation. Our hearts are torn by the condition of this world and of our own humanity. Heighten our convictions so that we can become more like you. Let us be honest with ourselves about the condition of our hearts so we can experience lasting change that reflects your glory to those who do not know you. Amen.

DAY 8

# UNLOCK THE DOOR THROUGH PRAYER

PASTOR RHONDA HOWARD

“And I will give you the keys of the Kingdom of Heaven. Whatever you forbid on earth will be forbidden in heaven, and whatever you permit on earth will be permitted in heaven.” Mathew 16:19 (NLT)

If you, or a member of your family was dying of cancer, and you knew that there was a cure, wouldn't you do whatever was necessary to obtain healing? If the cure for healing was behind a locked door, and you had the key to unlock the door to get it. Wouldn't you use the key to open the door? PRAYER IS THE KEY TO UNLOCK THE POWER OF GOD. YET, MANY OF US DON'T USE IT TO RELEASE HEAVENLY POWER.

In this scripture Jesus is talking to Peter about his role in the church and that He will be giving the church (His people) “keys to the Kingdom of Heaven”. Keys to unlock and release the power of heaven and other keys to lock and forbid the power of hell. These keys aren't physical, but spiritual. These keys are not held in our hands, but are manifested through our words in prayer as we pronounce healing and restoration power to be released from heaven.

Many are suffering from physical and spiritual cancer. The power of healing comes as we dedicate our lives to prayer. This world is waiting on the church to unlock the door to heavenly power! Prayer is the key to the revival we so desperately need! You have the power of heaven available to you. You are not powerless! Unlock the door! Pick up your keys and use them!

DAY 9

# CREATING SPACE FOR GOD

PASTOR BRENDON LEE

“But seek first His kingdom and His righteousness, and all these things will be given to you as well. Therefore, do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.” Matthew 6:33-34 (NIV)

Prayer and fasting is about creating space for God, clearing a runway in our lives for God to land. When you want something new and exciting to happen in your life, then you have to create some space.

Too often we spend so much time and energy trying to figure out every situation. We want God to do this; we want God to do that. But all the while God is saying, “Just create a little space for Me, and I’ll come in and fill it.” By seeking God, and by following Him fully, you are creating space for God to move. As you fast, and as you pray, you are making room for God to do what only He can do. He is a filler, not a forcer.

I want to encourage you to keep going. Don’t be discouraged by looking at the times you messed up. Be encouraged by this: when we draw near to God, He draws near to us.

DAY 10

# HUNGER PAINS

PASTOR HEATHER LOVING

“...Open your mouth wide, and I  
will fill it.” Psalm 81:10

Have you ever eaten breakfast and a few hours later experienced intense hunger pains that demand, “Feed Me!” You may think, “I just ate! Why am I so hungry?” It’s tempting to grab a candy bar as a quick fix but that won’t satisfy like an old fashioned country meal.

When God delivered the Israelites from Egypt, He heard their cries, delivered and led them. When they were hungry He fed them with manna that they were to gather each morning. He provided. They gathered and were filled. From witnessing the parting of the Sea to eating the manna, they became familiar with His acts but Moses knew His ways. (Psalms 103:7). Moses spent time talking with and seeking God (Exodus 33:11). He was not merely acquainted on the Sabbath day, but in daily relationship. We have a spiritual hunger that only He can fill. Our time together in a Church service through worship, prayer and the Word serves a great meal, but we need more than one meal a week to thrive. When we set aside time for prayer, fasting and reading His Word, our spirit is nourished. God satisfies the rumbling spiritual hunger pains when we seek Him. Lets open our mouths wide and allow Him to fill us!

Jesus, during this time of prayer and fasting, I praise You for filling my heart with Your Truth and creating in me a deeper hunger for You. Only You can satisfy the deep cravings of my heart and soul. I open my mouth wide and receive all that You have for me! I pray that You would pour out of Your love, Your wisdom and Presence. Show me how I can bless Your heart today Lord!

# NOTES

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# NOTES

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Adapted from the 21 Days Prayer & Fasting devotional by The Factory,  
Grace Church Fairview, and the 21-Day Prayer Journal 2020 by  
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