

2023 New Year

# PRAYER & FASTING

**01.05-13**

9 Days of Fasting  
7 Days of Corporate Prayer



# Corporate Fasting

FAST*		DATE	PASSAGE	PRAYER TOPIC
MEDIA FAST	Soup, Salad, Diluted Juice	Jan 5	Psalm 1	AMI Churches
		Jan 6	Psalm 23	AMI Missionaries
		Jan 7	Psalm 37	Pastor Keith, Pastor Sung, and Elders
	Salad & Diluted Juice	Jan 8	Psalm 63	AMI Church Plants (Seattle, Dallas, Montreal)
		Jan 9	Psalm 73	Church Health & Building Plan
		Jan 10	Psalm 84	Government Leaders
	Diluted Juice & Water	Jan 11	Psalm 90	God's Protection from Spiritual Warfare
		Jan 12	Psalm 100	Cell Groups
		Jan 13	Psalm 103	Church Pastors, Staff, and Leaders

\* These are the guidelines for the REGULAR fast.  
See next page for BASIC or MODIFIED fast guidelines.

## CORPORATE EVENING PRAYER SCHEDULE

- Thu Jan 5      8-9 PM
- Fri Jan 6      7:30 PM (Friday Night Praise & Prayer)
- Mon Jan 9      8-9 PM
- Tue Jan 10     8-9 PM
- Wed Jan 11    8-9 PM
- Thu Jan 12    8-9 PM
- Fri Jan 13     7:30 PM (Breaking the Fast)

On January 13, we will break the fast together at 7:30 PM.

# Types of Fast

## **BASIC FAST TRACK:**

Media (tv, movies, video games, internet surfing, etc.)

Partial food fasting (coffee & tea, sweets, junk food, etc.)

## **REGULAR:**

### **BASIC fast track +**

January 5-7      Soup, Salad & Diluted Juice

January 8-10     Salad & Diluted Juice

January 11-13    Diluted Juice & Water

## **MODIFIED:**

*For those with a physical condition, nursing mother, etc.*

### **BASIC fast track +**

January 5-13      Soup, Salad, Carbs, & Fish

## **ISAIAH 58:6**

Is this not the fast that I choose: to release the bonds of wickedness, to undo the ropes of the yoke, and to let the oppressed go free, and break every yoke?

day one

THURSDAY JANUARY 5

today's passage:

Psalm 1

Read today's passage and meditate on the words.

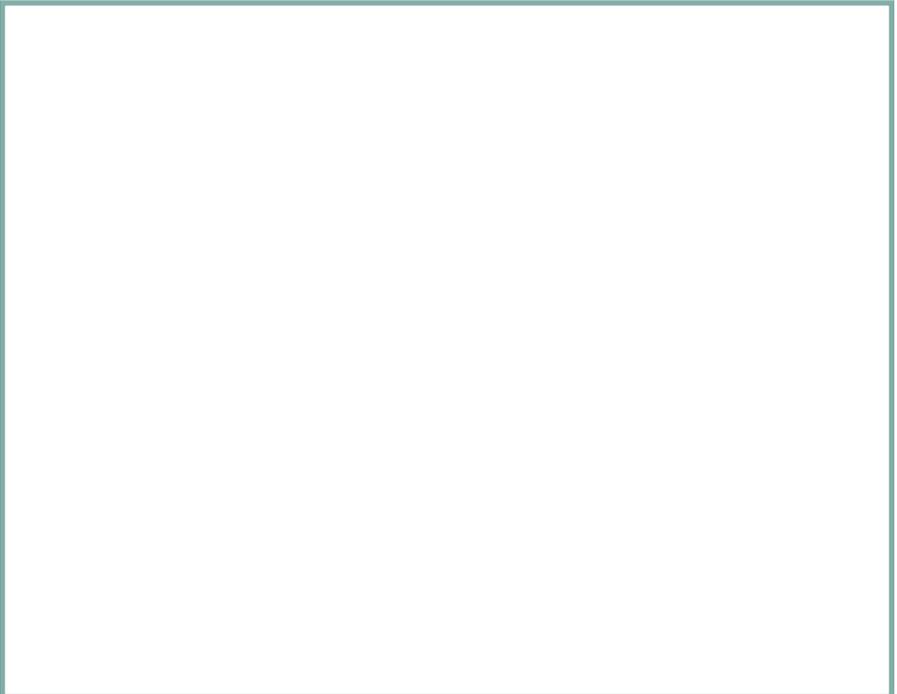
What would you like to say to God in prayer?

How is God calling you to be fruitful to Him this year?

**Corporate Prayer Topic:** AMI Churches

Please join us for Corporate Evening Prayer at 8-9 PM in the sanctuary.

*Feel free to write in your reflections and/or thoughts in the box below.*



day two

FRIDAY JANUARY 6

today's passage:  
Psalm 23

Read today's passage and meditate on the words.

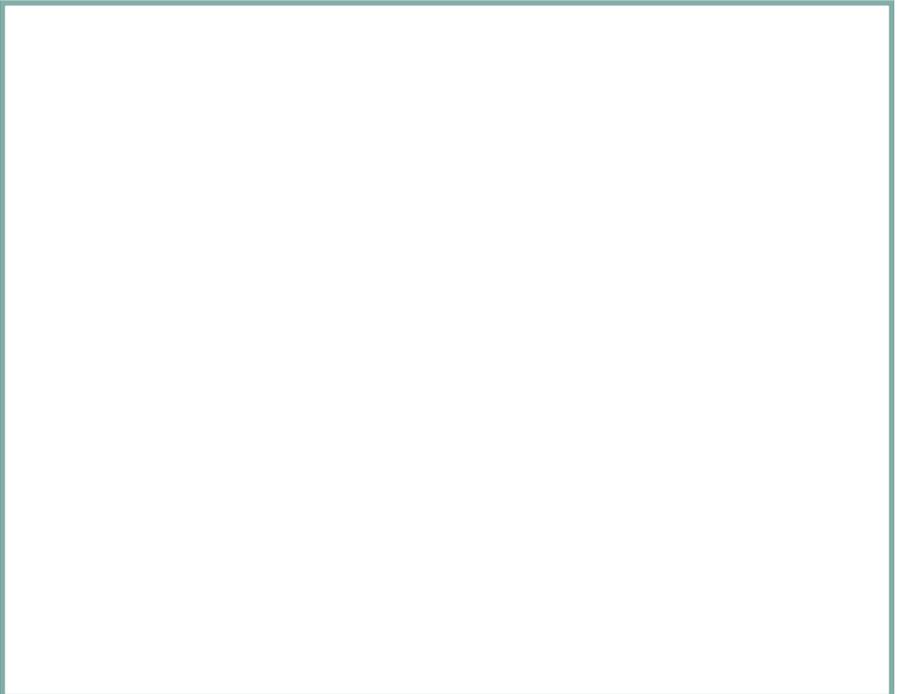
What would you like to say to God in prayer?

What are some things to thank God for last year?

**Corporate Prayer Topic:** AMI Missionaries

Please join us for Friday Night Praise and Prayer at 7:30 PM.

*Feel free to write in your reflections and/or thoughts in the box below.*



day three

SATURDAY JANUARY 7

today's passage:

Psalm 37

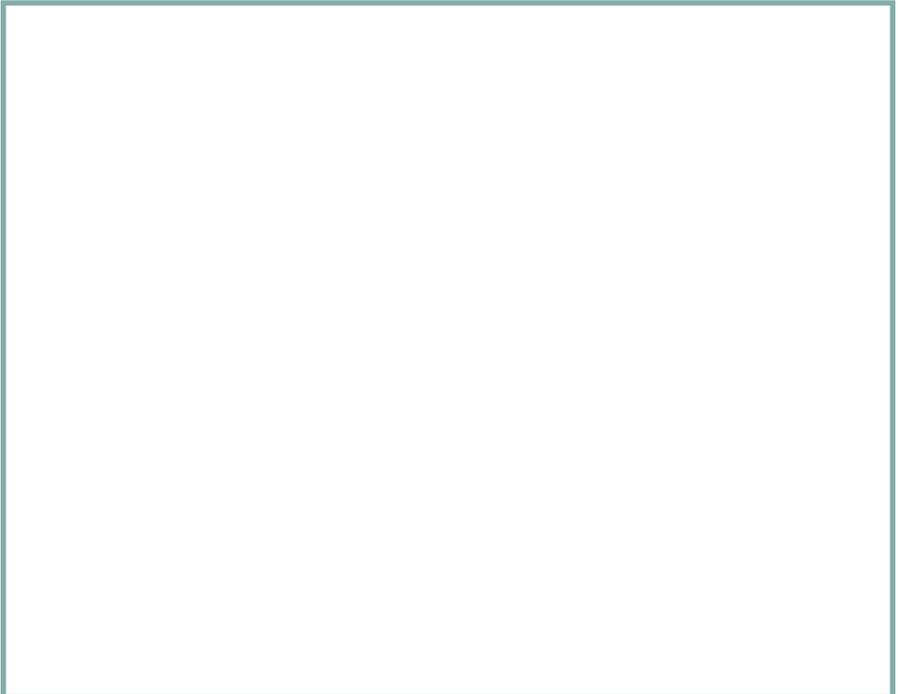
Read today's passage and meditate on the words.

What would you like to say to God in prayer?

Trust, Dwell, Delight, Commit... what speaks to you?

**Corporate Prayer Topics:** Pastor Keith Park, Pastor Sung Chung, and Elders

*Feel free to write in your reflections and/or thoughts in the box below.*



day four

SUNDAY JANUARY 8

today's passage:

Psalm 63

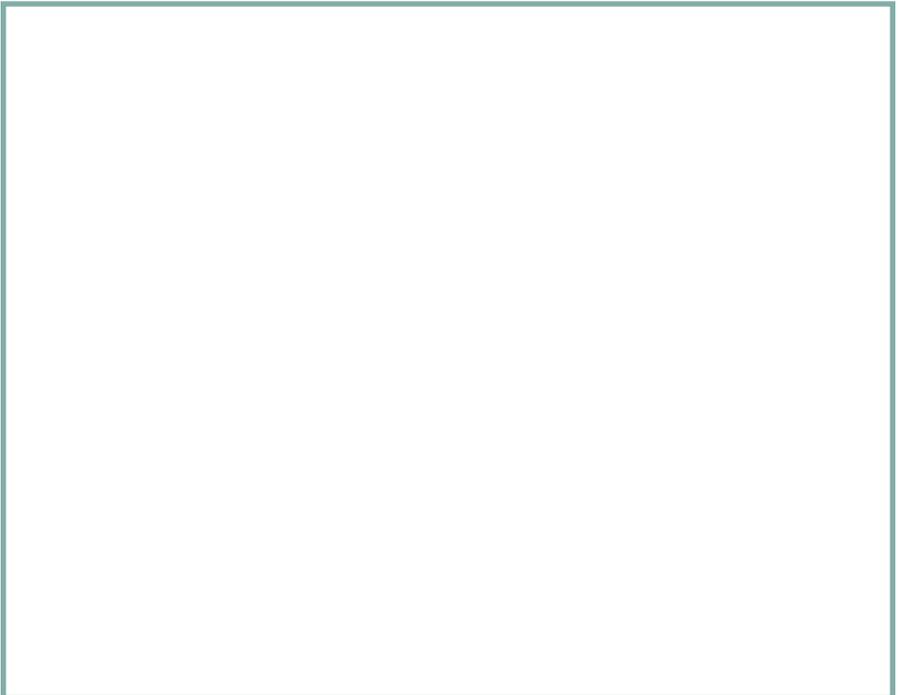
Read today's passage and meditate on the words.

What would you like to say to God in prayer?

How does God want us to seek after Him?

**Corporate Prayer Topic:** AMI Church Plants in Seattle, Dallas, and Montreal

*Feel free to write in your reflections and/or thoughts in the box below.*



day five

MONDAY JANUARY 9

today's passage:  
Psalm 73

Read today's passage and meditate on the words.

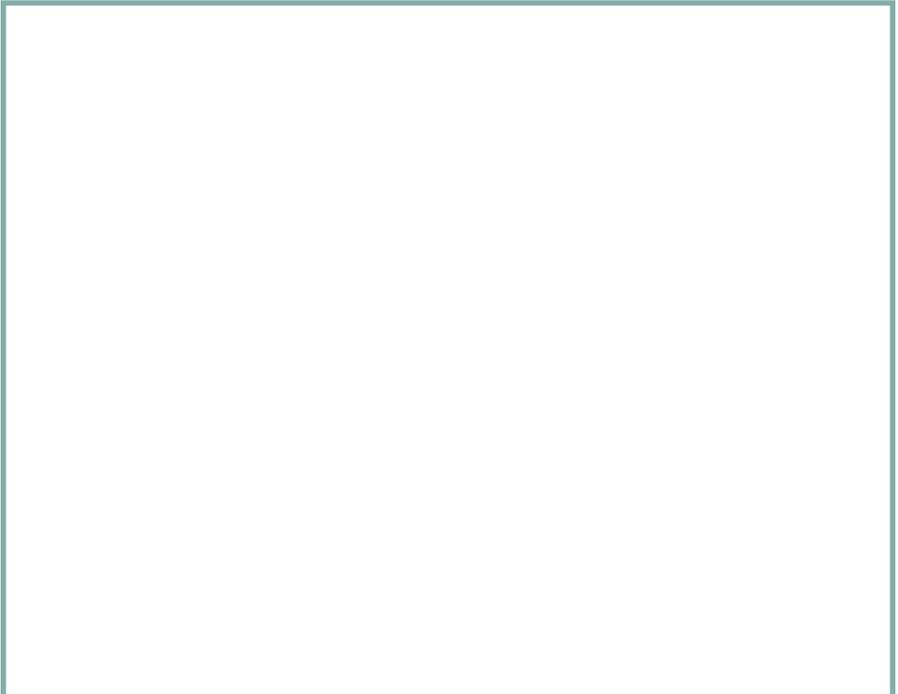
What would you like to say to God in prayer?

How are the righteous more blessed than the wicked?

**Corporate Prayer Topics:** Church Health and Building Plan

Please join us for Corporate Evening Prayer at 8-9 PM in the sanctuary.

*Feel free to write in your reflections and/or thoughts in the box below.*

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day six

TUESDAY JANUARY 10

today's passage:

Psalm 84

Read today's passage and meditate on the words.

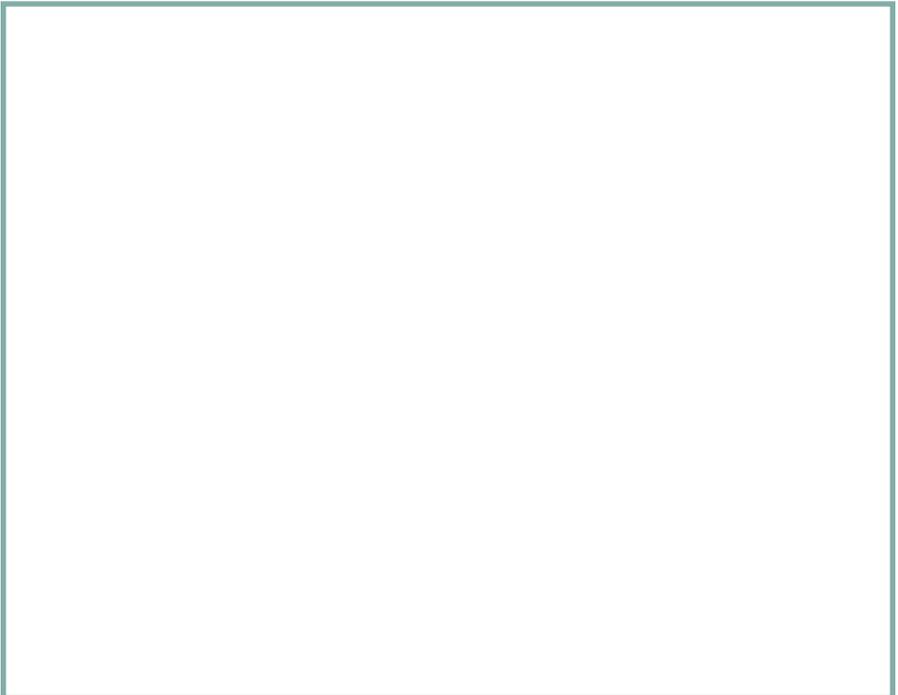
What would you like to say to God in prayer?

Is a day in God's court better than a thousand outside?

**Corporate Prayer Topics:** Government Leaders

Please join us for Corporate Evening Prayer at 8-9 PM in the sanctuary.

*Feel free to write in your reflections and/or thoughts in the box below.*



day seven

WEDNESDAY JANUARY 11

today's passage:

Psalm 90

Read today's passage and meditate on the words.

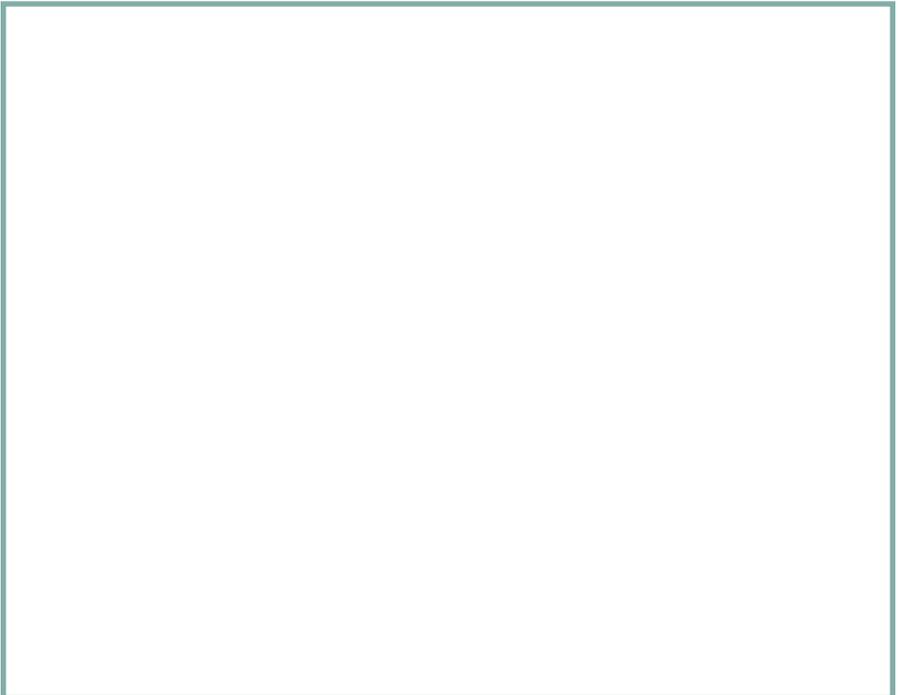
What would you like to say to God in prayer?

Have we been numbering our days?

**Corporate Prayer Topics:** God's Protection from Spiritual Warfare

Please join us for Corporate Evening Prayer at 8-9 PM in the sanctuary.

*Feel free to write in your reflections and/or thoughts in the box below.*

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day eight

THURSDAY JANUARY 12

today's passage:

Psalm 100

Read today's passage and meditate on the words.

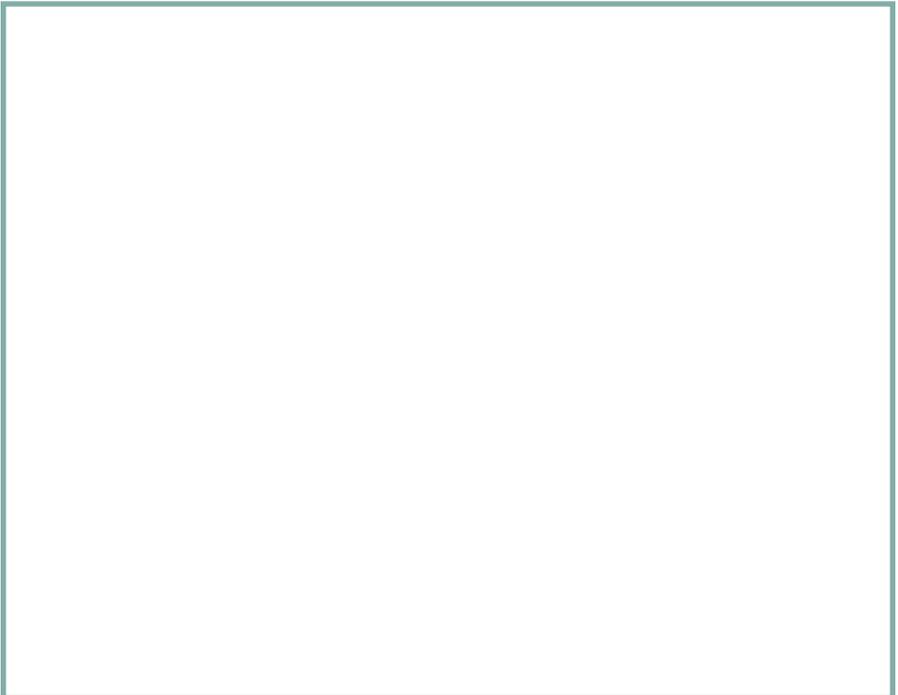
What would you like to say to God in prayer?

Do we know that God is our Creator and we are His people?

**Corporate Prayer Topics:** Cell Groups

Please join us for Corporate Evening Prayer at 8-9 PM in the sanctuary.

*Feel free to write in your reflections and/or thoughts in the box below.*



day nine

FRIDAY JANUARY 13

today's passage:

Psalm 103

Read today's passage and meditate on the words.

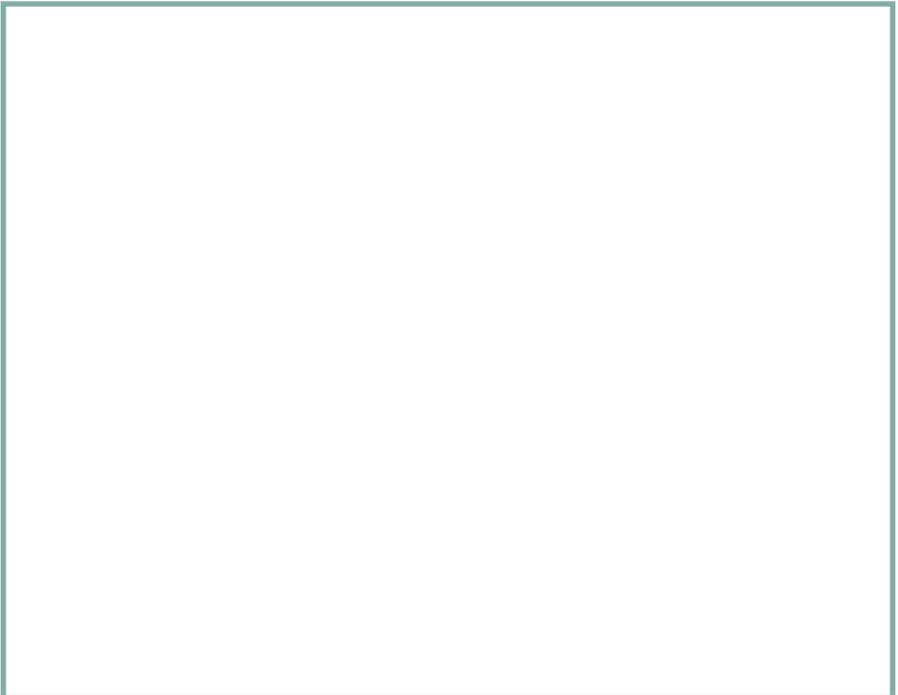
What would you like to say to God in prayer?

Remember the benefits and blessings of God this past year.

**Corporate Prayer Topics:** Church Pastors, Staff, and Leaders

Please join us to break fast together at 7:30 PM.

*Feel free to write in your reflections and/or thoughts in the box below.*

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