



*"An Awakening to an Higher
Sphere of Christian Living"*

January 2024 Prayer Focus & Fasting Calendar

Targeted Prayers for Spirit of Life Ministries

These biblical prayers are directed toward specific intercession that appeals to God's heart for the fullness of His Kingdom to be released in our congregation at Spirit of Life Ministries.

We invite and challenge you to join us in strategic prayers that will change the life of our church!

We have seen. We have experienced. We believe. We expect MORE!!
Miracles, Wonders, and Signs!
Acts 2:22

Fasting Dates: January 7th – 21st, 2024

<i>Day</i>	<i>Prayer Focus</i>	<i>Scripture Reference</i>
Preparation Fast Days: 1st thru 6th		
1st	New Year – Lord, I give You praise and honor in allowing me to see another year. This is year 2024 and the number 24 means priesthood. 24 is composed of a multiple of 12, it takes on some of 12's meaning which is God's power and authority, as well as symbolizing a perfect foundation, except in a higher form. 24 is also connected with the worship of God especially at Jerusalem's temple. I have seen and experienced so many miracles, signs and wonders last year. Father God thank you for a believing heart and increasing my faith. I expect more miracles, wonders, and signs in 2024.	Acts 2:22 Ezra 8:23
2nd	Our Community – Lord, I lift up Our Community, especially the surrounding neighborhood. Let us love these people as we love ourselves. May our concern for their needs override other things that take our time and focus. Rebuild and restore areas that have been devastated. Renew our community—send Your peace and prosperity into this place where You've planted us. Bless each individual home and family. Build each house from the inside out; watch over our city.	Gal. 5:14 Isa. 61:4 Ps. 127:1
3rd	Connectivity – Lord, I lift up Spirit of Life Ministries! Thank You for creating the body as one unit made up of many parts. Help us understand the value of each part as You have arranged them. We confess that we've minimized other parts. Forgive us, for we are all baptized by one Spirit into one body. Help us to work at being one: concerned about one another—suffering with and rejoicing with other congregations as appropriate.	1 Cor. 12:12-26
4th	Connectivity within Our Nation – Lord, I lift up the Church in Our Nation. We humbly unite and confess as one people—one Church called by Your name—that we have sinned. We've operated out of acquired wealth thinking we could do it on our own—but we are wretched, pitiful, poor, blind and naked. We seek Your face, O God! Thank You for hearing and forgiving us. We wait on You for the healing of our land!	2 Chron. 7:14 Rev. 3:17
5th	Connectivity around the World – Lord, I lift up the Church Universal. Father, we claim the power of Your name over us so that we will be one, as You and Your Son are one. We want Your joy in full measure just as Your Son, Jesus, prayed for us. Help us live as though we are not of this world; sanctify us by Your word. May we be brought to complete unity so that the world will know the truth of the gospel.	Jn. 17:11-23
6th	Love/Unity – Lord, I lift up our LOVE for one another as a body. Help us purify ourselves by obeying the truth so that our love for each other will be sincere, deep and from the heart. May our love for one another prove that we are Your disciples. Give us a spirit of unity so that we may glorify You with one heart and voice. Help us accept one another as we clothe ourselves in love.	1 Pet. 1:22 Jn. 13:34-35 Col. 3:14
Start of Fast – 15 Days		
7th	Apostle – Lord, I lift up our Apostle Jerome and Pastor Betty Nelson, Sr. to You. Thank You for their servant's heart. Keep them from losing heart when ministry gets tough. Help them prove faithful with the things you have entrusted to them. Teach them Your ways so that they know You and find favor with You as they leads us. Keep them open and honest before You and help them to represent the truth plainly.	2 Cor. 4:1 1 Cor. 4:1-3 Ex. 33:13
8th	Executive Board – Lord, I lift up our Executive Board to You. Help us respect and honor them as they direct the affairs of our church. May they wholeheartedly give their attention to prayer and ministry of the Word. Keep them above reproach, devoted to their families, temperate, self-controlled, respectable, hospitable, and impartial. May they be gentle and honest as they deal with Your people.	1 Tim. 5:17 Acts 6:4 1 Tim. 3:1-2 Titus 1:7
9th	Associate Pastors, Elders & Ministers – Lord, I lift up our Associate Pastors, Elders & Ministers to You. May they walk worthy of respect with sincere hearts. Keep them from indulgence and greed. Help them keep hold of truth. May they keep short accounts with You so that their conscience is clear. Bless their households with peace and respect. Fill them with Your Spirit and let them operate in wisdom as they carry out their responsibilities.	1 Tim. 3:8-9, 12 Acts 6:3
10th	Senior Saints – Lord, I lift up our Senior Saint Members of our congregation. Thank You for every gray hair attained by righteous living. We are blessed by their example and ability to train us. Help us to be humbly submissive as we benefit from their wisdom and understanding. Help them receive the strength and power You've promised to the weary and weak. May they put their hope in You and be renewed in the process.	1 Pet. 5:5 Job 12:12 Isa. 40:29, 31
11th	Adults – Lord, I lift up the Adults in our congregation to You. May we live worthy of Your call on our lives. As we respond to that call, fulfill every purpose, every faith-filled act of service by Your power. May we be clothed in righteousness with hearts that sing for joy and delight greatly in You. We want to walk with You, Jesus, dressed in white, adorned with jewels.	Eph. 4:1 Isa. 61:10 Rev. 3:4
12th	Children & Youth – Lord, I lift up the Children and Youth in our congregation to You. May the little ones remain humble examples of what we adults need to become in the kingdom. Let their conduct always be pure and right with reputations that show that they remember You, Creator God. Teach them to declare Your marvelous deeds. May they flee evil desires and pursue righteousness, faith, love and peace.	Prov. 20:11 Eccl. 12:1 Ps. 71:17 2 Tim. 2:22

13th	Worship Leaders – “One Voice, One Sound” -- Lord, I lift up our Worship Team and Leaders. Thank You for appointing people to these positions who understand the splendor of Your holiness and that will praise You out of that understanding. Help them lead us faithfully in thanks for Your enduring love. Use their praise to defeat the enemy. May they be the true worshipers You are looking for who worship in spirit and in truth. Let them glory only in You, Jesus, so that they put no confidence in their own flesh.	Ps. 23:7 2 Chron. 20:21-22 Jn. 4:23-24 Phil. 3:3
14th	Prayer/Intercession Ministry – Lord, I lift up the Prayer Ministry and Intercessors. Make us into a house of prayer. We desire to be clear-minded and self-controlled so that we can pray first, always, continually, and thankfully. Father, give us your heart and a heart for your people. May everyone recognize that this is Your desire for all and not just a few. Use us to stand in the gap for others. Let there be prayer ministry among us that is powerful and effective.	1 Tim. 2:1 Eph. 6:18 Phil. 4:6 Ezk. 22:30 James 5:16
15th	Women’s Ministry – “Vessels of Life” -- Lord, I lift up our Women’s Ministry. Encourage our mature women to train the younger in family issues. Teach our women to be virtuous— women with gentle and quiet spirits who put their hope in You. Let this ministry produce women who feel Your passion for them and who choose to spend time at Your feet. Train them to contend for the gospel side by side with the men.	2 Cor. 4:6-7
16th	Men’s Ministry – “Men of Purity” -- Lord, I lift up our Men’s Ministry to You. Use this ministry to build our men in their faith. Teach them to be in right relationship to You and each other, to love their wives sacrificially and to instruct their children with patience. Encourage them to hold each other accountable as they carry each other’s burdens. May they speak the truth in love to each other even when it’s hard.	Jude 1:20 Titus 2:2 1 Tim. 5:1 Eph. 5:25, 6:4 Gal. 6:2
17th	Married Ministry – “One Heartbeat—Two Hearts” -- Lord, I lift up our Married Ministry to You. Please use this ministry to continue leading by example. Father God, show yourself strong thru these couples. Let each marriage be an example of Christ, His Bride and the Church. Within that covenant, demonstrate unity, honesty, forgiveness, love, harmony, and peace. Let them look to you in and for all things. Father God, we ask that you guard their hearts and help them keep you at the center of their marriage. Lord represent them as they represent You.	Eccl. 4:12
18th	Unmarried Ministry – “Complete in Christ” -- Lord, I lift up our Unmarried Ministry to You. Please use this ministry to continue leading by example. Father God, please guard the hearts and help our unmarried to exercise discipline to control their desires. Help them Father to find joy in everyday life and to be willing to wait for Your Perfect Timing. We lift up all our unmarried for protection against anxiety and worry as You improve this season in every area of their lives. Reveal to them the complete peace that surpasses all human understanding that comes with completely trusting in you Almighty God. Help them to focus on their purpose, to understand how much you love them and to overcome loneliness. According to Your Perfect Will, we pray for healing, health, a sound mind, joy, favor, protection, and equally yoked future covenant spouses.	Col 2:10 1 Cor. 6:19-20
19th	Widows Ministry – “We Thrive” – Lord, we lift up our Unmarried Ministry to You. This ministry stands on “Seeking Refuge in Christ”. Dear Lord, we thank You and praise You for the many ways You care for our widows. We ask You today to pour out Your assistance on all widows. Being widowed can bring about great suffering in many ways. The trials of grief, financial hardships, and loneliness can make the life of a widow very difficult. Lord we know you have us.	Ps. 16:1 Ps. 18:1-2 Ps. 91:1-2
20th	Children and Youth Ministry – “212°F” – Lord, I lift up our Children and Youth Ministry to You. Create new opportunities that encourages our children to find You. Let our leaders set an example in their speech, life, love, faith and purity to connect with our youth. Let our teachers be careful to remind each child of the marvelous things You have done. Cause everything our youth learn about You to become a part of them forever. May they consistently choose life and blessing each day because of the training they receive in our church. Keep them walking in the truth. Cause them to be strong, alive-in-the-Word & overcomers. Continue to help our leaders and teachers to have discernment as they deal with the young people in our church. Help them to notice any youth who lack judgment so they can teach them to value Your life-giving principles. Pour out Your Spirit on us all every single day.	Rom. 12:11 Prov. 22:6 3 Jn. 1:4 1 Tim. 4:12 Joel 2:28
21st	Growth through Evangelism – “Evangelistic Outreach Ministry” -- Lord, I lift up our Church Growth to You. Add to our number daily through new converts. Birth spiritual children through us. Let our actions win people over without words. Use us as Your agents to rescue people from darkness and bring them into Your Son’s kingdom. We long to be worthy ambassadors in this ministry You have entrusted to us: that of proclaiming Your message of reconciliation to a lost world.	Acts 2:47 Col. 1:13 2 Cor. 5:20 Matt. 28:19
	Conclusion of Fast	
22nd	Finances – Lord, I lift up our Church Finances. May we sow generously into our church without reluctance or compulsion. Make all grace abound so we have all we need for every good work You’ve assigned us. Make us rich in ways that result in generosity on our part so You will be praised. Keep reminding us of your promise to throw open the floodgates of heaven and pour out blessing on all who bring the whole tithe into Your house.	2 Cor. 9:6-11 Mal. 3:10

23rd	Help for the Hurting – “Soul Care Ministry/Inner Healing” -- Lord, I lift up those who are hurting right now. May they come to know You as El Roi, the God who sees them. For every situation of rejection, help them feel sonship. Bind up the brokenhearted! In every area of bondage, set the captives free; in every case of mourning, replace it with Your oil of gladness. Comfort them so that they will have a ministry of comfort to others.	3 John 2 Exod. 15:26
24th	All SLM Ministry Areas – Lord, I lift up all our Church Areas, Programs & Initiatives. Remind us to do good and share with others as a pleasing sacrifice to You. Keep us outwardly focused so we don't become self-absorbed. Help us teach one another to be faithful ministers of Your Son. Enable us to meet people wherever they have a need. Help us minister faithfully as we proclaim the gospel so that the ones we reach might become an acceptable offering to You.	Heb. 13:16 Phil. 2:4 Col. 1:7 Jude 1:23
25th	Kingdom Focus/Priorities – Lord, I lift up our Priorities as a Congregation. Give us ears to hear what Your Spirit is saying to our church. Open our eyes to see things as You see them. Help us move beyond issues of immediate need to pursuing Kingdom issues. Bring us to a place where “Your kingdom come, Your will be done on earth as it is in heaven” is more than just words we say. Preparing for Kingdom Experience and Expansion.	Rev. 3:22 2 Kings 6:17 Matt. 6:25, 3,10
26th	Spiritual Level – Lord, I lift up the Spiritual Temperature of our church. Revive us! Refine us so that we burn hot for You. Give us singleness of heart and action so that we always fear You and follow Your precepts. Pour out a spirit of Josiah on us so that we turn to You heart, soul and strength. Open our minds to understand Your Word so that our hearts burn within us.	Ps. 85:6 Rev. 3:14-18 Ps. 111:10 Lk. 24:45, 32
27th	Spirit-Led – Lord, I lift up the issue of our willingness to be [Led by Your Spirit.] Holy Spirit, show us any way we are grieving, quenching or resisting You. Convict us and lead us to level ground. Help us keep in step with You as we live by You. Reign in us so that we experience Your freedom. Lead us into grace, life and peace.	Eph. 4:30 1 Thes. 5:19 Ps. 143:10 Gal. 5:25 2 Cor. 3:17 Rom. 8:6
28th	Spiritual Gifts – Lord, I lift up the use of Spiritual Gifts in our church. We eagerly desire spiritual gifts that You've given for our common good. Help us understand the various gifts and how they work. Teach us to use what we've received to serve others and faithfully administer Your grace—whatever form that takes. Help us exercise our gifts in love. Remind us to keep fanning into flame the gifts You've entrusted to us.	1 Cor. 14:1 1 Pet. 4:10 2 Tim. 1:6 1 Cor 12:1-11
29th	Freedom from Besetting Sins – Lord, I lift up every one of us who struggle with sin issues. Keep us from the enemy's scheme of condemnation. Grant us repentance so that we can escape the trap of the evil one. Thank You that sin was done away with on the cross and that we are no longer slaves to it. Help us to throw off everything that entangles—help us run the race with perseverance.	Rom. 8:1 2 Tim. 2:25-26 Rom. 6:6 Heb. 12:1
30th	Lost Among Us – Lord, I lift up the Lost Members of our congregation. Let the gospel be presented to them not only through the sermon but also with power, the Holy Spirit and deep conviction. Teach us to make the most of every opportunity to share Your salvation. Help us to be the fragrance of Christ to them. We stand against the enemy and his attempts to keep them blinded to Your truth.	1 Thes. 1:5 Col. 4:5
31st	Protection from the Enemy – Lord, I lift up our need for Protection. Protect and deliver us from the evil one. Help us be as wise as serpents and as innocent as doves as we deal with the wolves around us. Show us how to test every spirit to see if they are from You. Help us recognize the enemy's disguises and schemes so that he won't outwit us.	Matt. 6:13 1 Jn. 4:1 Ps. 61:3 Ps. 106:10

**FROM THE
PASTORS:**

We encourage you to seek the Lord in prayer and let your decisions about your biblical fasting come from Him. Ask the Father to show you areas to target during your time of fasting and prayer. We believe that, as you pray and seek Him and give Him your best at the first of the year, He will bless your ENTIRE year (Matthew 6:33)!

Apostle Jerome and Pastor Betty Nelson, Sr.

Spirit of Life Ministries

www.Prayerleader.com

SLM Watchmen on the Wall (Department of Prayer and Intercession)

" Realizing a Higher Sphere of Christian Living through a contagious lifestyle of Worship & Prayer"

Spirit of Life Ministries - 485 Maxey Road - Houston, Texas 77013- www.slml.org

Apostle Jerome Nelson, Sr & Associate Pastor Betty Nelson

"An Awakening to a Higher Sphere of Christian Living"

Fasting Basics

SIMPLY STATED, BIBLICAL FASTING IS REFRAINING FROM FOOD FOR A SPIRITUAL PURPOSE.

According to the Bible, there are three duties of every Christian: give, pray and fast.

Biblical fasting takes a lot of discipline and strength—strength which you can only receive from God. Your private discipline will bring you rewards in Heaven, says Matthew 6. When you give God your first through fasting, prayer and giving at the beginning of the year, you set the course for the entire year.

Fasting Types

THERE ARE SEVERAL TYPES OF FASTING. THE ONE YOU CHOOSE IS BETWEEN YOU AND GOD. HE WILL HONOR YOUR BEST SACRIFICE.

Full Fast

Drink only liquids (you establish the number of days).

The Daniel Fast

Eat no meat, no sweets and no bread. Drink water and juice. Eat fruits and vegetables.

<https://www.daniel-fast.com/daniel-fast-food-list/>

<https://ultimatedanielfast.com/ultimate-daniel-fast-food-guidelines/>

<https://ultimatedanielfast.com/recipes/>

3-Day Fast

This fast can be a Full Fast, Daniel Fast or give up at least one item of food.

Partial Fast

A partial fast is from 6:00 am to 3:00 pm or from sun up to sundown. You can select from three types of fasting—a Full Fast, Daniel Fast or give up at least one item of food.

Remember that it is the attitude of a heart sincerely seeking Him to which God responds with a blessing (Isaiah 58, Jeremiah 14:12, 1 Corinthians 8:8). May God greatly bless you as you fast!

Fasting Tips

How to Begin

Start with a clear goal. Be specific. Why are you fasting? Do you need direction, healing, restoration of marriage or family issues? Are you facing financial difficulties? Ask the Holy Spirit for guidance. Pray daily and read the Bible.

Preparing Spiritually

Confess your sins to God. Ask the Holy Spirit to reveal areas of weakness. Forgive all who have offended you and ask forgiveness from those you may have offended (Mark 11:25; Luke 11:4; 17:3-4). Surrender your life fully to Jesus Christ and reject the worldly desires that try to hinder you (Romans 12:1-2).

Deciding What to Fast

The type of fasting you choose is up to you. You could go on a full fast in which you only drink liquids, or you may desire to fast like Daniel, who abstained from sweets and meats, and the only liquid he drank was water. Remember to replace that time with prayer and Bible study.

Deciding How Long

SLM fast is for 21 days. You may fast as long as you like. Most can easily fast from one to three days, but you may feel the grace to go longer, even as much as 21 to 40 days. Use wisdom and pray for guidance. Beginners are advised to start slow.

What to Expect

When you fast your body detoxifies, eliminating toxins from your system. This can cause mild discomfort such as headaches and irritability during withdrawal from caffeine and sugars. And naturally, you will have hunger pains. Limit your activity and exercise moderately. Take time to rest. Fasting brings about miraculous results. You are following Jesus' example when you fast. Spend time listening to praise and worship. Pray as often as you can throughout the day. Get away from the normal distractions as much as possible and keep your heart and mind set on seeking God's face.

How to End

Don't overeat when the time comes to end your fast. Begin eating solid food gradually; eat small portions or snacks.