



## Solemn Assembly Overview & Guidelines January 3-8, 2010

Prayer and fasting are gateways to usher us into the intimate presence of God and invite His transforming power into our lives. If you seek a closer walk with God or need Him to provide a supernatural remedy to a seemingly irresolvable problem, prayer and fasting are the answer. During this week, we invite you to prepare yourself for a life-changing experience, a fresh encounter with God, and victory over difficult circumstances.

### OVERVIEW OF FASTING

- I. **Purpose of Fasting**
  - a. To Humble the Soul (Ezra 8:21)
  - b. To Seek the Lord (2 Chronicles 20:3-4)
  - c. To Prepare for Spiritual Warfare (Matthew 17:21)
  
- II. **Fasting is Accompanied by...**
  - a. Confession of Sin (Neh. 9:1-3)
  - b. Humiliation (Deut. 9:18)
  - c. Mourning (Joel 2:12)
  - d. Prayer (Ezra 8:23; Nehemiah 1:4; Daniel 9:3)
  - e. Reading the Scriptures (Jeremiah 36:6, 10)
  - f. Weeping (2 Samuel 1:12; Nehemiah 1:4)
  - g. Worship (Nehemiah 9:1-3)
  
- III. **Promised Blessings Associated with Fasting**
  - a. Answered Prayer, Insight and Restoration (Isaiah 58:9-12)
  - b. Joy, Gladness and Cheerfulness (Zechariah 8:19)
  - c. Reward by God the Father (Matthew 6:17-18)
  - d. Spiritual Power over Spiritual Warfare (Matthew 17:21)

### How to Maximize Solemn Assembly Week

1. **Meditate on Scriptures:** Meditation is positioning yourself in a quiet place to reflect upon God's Word and His goodness in your life.
  
2. **Find a place of solitude:** Solitude is a purposeful withdrawal from the crowd or interaction with other human beings. Reduce or restrict yourself from distractions such as television, radio, and other electronics.
  
3. **Journal your spiritual journey:** Journaling is keeping track of your prayer requests, your thoughts, and your spiritual desires and recording when God answers your prayers.



4. **Fellowship with other believers:** Engage in spiritual conversation with other believers where you encourage and pray with one another, and celebrate the goodness of God
5. **Worship:** To worship is to be fully occupied with the attributes of God—the majesty, the beauty, and goodness of His person, powers, and perfections
  - a. Adore God as you listen to Christian music
  - b. Reflect on Christian songs that have spiritual meaning
6. **Pray:** Prayer is communing with God. We speak to him and He speaks to us.
  - a. Pray for other believers
  - b. Pray for your personal needs
  - c. Pray for spiritual growth
  - d. Pray for freedom and victory
  - e. Pray for confession of sins

### What to Do During Solemn Assembly Week

During the Solemn Assembly, you are asked to give up television and your evening meal to devote to prayer and scripture meditation. However, allow God to lead you in duration and the specific sacrifices of your fast. The following is to be used as a guide, but the prayer focus suggestions are to be used in addition to your personal and family prayer requests to unify the church each day around a specific goal.

#### **SUNDAY: DAY 1**

##### Prayer Focus: Family, Marriage, Children, Singleness, Parenting, Men & Women

“Unless the LORD builds the house, they labor in vain who build it” (Psalm 127:1)

- Pray for strength, restoration, and renewal of marriages
- Pray for husbands to love, respect, and spiritually lead their wives
- Pray for fathers to be strong examples and teachers of their children
- Pray for mothers to be godly examples and biblical teachers to their children
- Pray for wives to love, respect, and esteem their husbands
- Pray for women to be virtuous and modest
- Pray for protection and prevention of marriage divisions
- Pray for increased oneness, love, and mutual respect within marriages
- Pray for increased spirituality within marriages: praying together, studying scriptures, and spiritual conversation
- Pray for single men and women who desire a biblical mate that God would provide
- Pray for single men and women who are recovering from divorce



- Pray for single men and women who are content with their singleness and seeking to maximize their singleness for God
- Pray for parenting according to the will and Word of God
- Pray for children to respect, honor, obey their parents and live according to biblical instructions
- Pray for God's provision for single parents

Further Scriptures References: Psalm 128; Eph. 5:18-33; 1 Peter 3:1-9; 1 Corinthians 7; Eph. 6:1-4

**MONDAY: DAY 2** (Men's Emphasis: Men gather @ church from 7:00-8:30)

- Pray for husbands to love, respect, and spiritually lead their wives
- Pray for fathers to be strong examples and teachers of their children
- Pray for men to be strong and godly leaders
- Pray for God to break strongholds and addictions and men to experience freedom
- Pray for single men in their walk with God

Further Scriptures References: Psalm 128; Eph. 5:18-33; 1 Peter 3:1-9; 1 Corinthians 7; Eph. 6:1-4

**TUESDAY: DAY 3** (Women's Emphasis: Women gather @ church from 7:00-8:30)

- Pray for mothers to be godly examples and biblical teachers to their children
- Pray for wives to love, respect, and esteem their husbands
- Pray for women to be virtuous and modest
- Pray for single women in their walk with God

Further Scriptures References: Psalm 128; Eph. 5:18-33; 1 Peter 3:1-9; 1 Corinthians 7; Eph. 6:1-4

**WEDNESDAY: DAY 4** (Prayer and Worship Service for entire church @ 7:00-8:30)

*Prayer Focus: Spiritual Breakthroughs, Supernatural remedies from God*

"Now to Him who is able to do far more abundantly beyond all that we ask or think, according to the power that works within us, to Him be the glory in the church and in Christ Jesus to all generations forever and ever. Amen." (Eph. 3:20-21)



“Now the salvation, and the power, and the kingdom of our God and the authority of His Christ have come, for the accuser of our brethren has been thrown down, he who accuses them before our God day and night. “And they overcame him because of the blood of the Lamb and because of the word of their testimony, and they did not love their life even when faced with death.” (Rev. 12:10-11)

- Pray for God to work miracles in adverse and difficult situations
  - Health (James 5:15-16)
  - Finance (1 Kings 17:1-16)
  - Mental & Emotional (Matthew 11:28-30; Phil. 4:4-9)
  - Addictions (John 8:32; John 8:36; Gal. 5:1; 2 Cor. 12:9)
  - Marriages (Eph. 3:19-20)

Personal Prayer Scriptures: Isaiah 58:3-12; Acts 13:2-3; 14:23; Acts 4:31; Acts 12:5-12

Prayer Focus: New Life Fellowship, Leadership, and Sr. Pastor

*“If My people who are called by My name humble themselves and pray and seek My face and turn from their wicked ways, then I will hear from heaven, will forgive their sin and will heal their land” (2Chron. 7:14)*

- Pray unbelievers come to faith in Christ through our church
- Prayer for the integrity, wisdom, spiritual empowerment, and protection of Sr. Pastor and family
- Pray for the church building program
- Pray for increased outreach to community and global missions
- Pray for spiritual strength of New Life Fellowship, spiritual growth, strong genuine relationships, personal, church, and national revival.

**THURSDAY: DAY 5**

Prayer Focus: Personal Spiritual Renewal, Intimacy with God, knowledge of His will

“Then you will call upon Me and come and pray to Me, and I will listen to you. You will seek Me and find Me when you search for Me with all your heart.” (Jeremiah 29:12-13)

- Pray to know God deeply, fully, and intimately (Jeremiah 9:23-24)
- Pray to be more committed to study, knowing, and practicing His word (Ezra 7:10).
- Pray to be more filled with the knowledge of His will and clear of His purpose for your life (Col. 1:9-12)
- Pray to daily make Christ first in your life (Col. 1:15-18)
- Pray that God might show you incredible knowledge of who He is (Jer. 33:3; Ex. 33:18-23)



- Pray for spiritual victory and freedom over sin and other bondages or strongholds (Matthew 17:20-21; Isaiah 58: 5-6; Romans 6:6)

**FRIDAY: DAY 6** (Break the fast with other believers in homes)

Prayer Focus: Pressing Forward with a New Start in the New Year

- Pray for God to take you to another level in 2010
- Pray to be free from anything that will keep you from experiencing greater victory and pursuing Christ more passionately

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| Scripture Reference: Romans 12:1-2 |
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