

2023 Congregational Prayer & Fasting Guide

Dear TRC, the Elders and I are excited to present you with our *7 Days of Prayer* guide. This is one of my favorite times of the year! As the world begins this season by making resolutions for personal gain, we will begin this year by surrendering our agenda to the Lord.

I want to encourage you to join us on this seven-day journey and to fully participate in this time of strategic and intentional prayer. We need everyone's collaboration and heartfelt participation for it to make a real impact. Let's take it seriously that He wants to meet with us both corporately and personally during this time.

This guide is designed to unite us all in one heart and mind, so follow along daily with prayer and fasting. Also, join us during the Zoom daily prayer times. Lastly, don't forget the All Night Prayer Watch! This combination will cause the "perfect storm." It will bring us together, make His voice and direction clearer to us, and give us a hunger for more of Him. (A special thanks to Leslie M. and Joshua H. for rewriting our guide this year!)

Together Building His Kingdom,
Pastor Joshua & Sarah Alvarez

FAST

Choose the type of fast that is best for you. Remember, the fast should be a sacrifice. Our hope is that everyone would participate. If you have any health problems, please consult with your doctor before beginning any fast.

Total Fast – No water, no food. | **Regular Fast** – Water only, no food.

Semi-Total Fast – Juices, smoothies or a vitamin drink each day. No solid foods. (No sugar, tea or coffee.)

Partial Fast – Eat one meal a day. (No sugar, tea or coffee.)

Daniel Fast – Eat foods that grow from the ground. (No animal products, sugar, tea or coffee.)

eFAST

In addition to fasting from food, we recommend you consider fasting from the things that take your time away from prayer and seeking God, such as electronic entertainment, internet, TV, movies, social media, games etc. This time should be replaced with daily Bible reading, prayer, journaling and seeking God in worship. Each day during your fast, we encourage you to keep a **daily journal** and write down any revelations that God gives you.

ZOOM PRAYER MEETINGS: ID: 562.779.0731 | PASSWORD: 653152

There will be a special prayer focus every day during the seven days. This is a great opportunity to increase your personal and/or family time of prayer. Be sure to check the daily prayer focus for the schedule of events and prepare ahead of time. During most days, there will be two 50-60 minute ZOOM prayer meetings, which will occur through the "Zoom Cloud Meetings" App. Download the app press JOIN and write in the ID code and Password above. That will bring you into the meeting!

Saturday, Jan. 14 – FOCUS | MAIN EVENT SERVICE AT 6:30 PM

Purpose/Focus: *O Lord, show us Your way, Your goodness, and the essence of Your majesty; that we may know and comprehend that You are God in heaven.* The heart of this fast is that we may know Him, that we may see Him, and that the revelation of His greatness may be ever before our eyes; We pray that as we encounter the reality of His goodness, that we would be changed; and that we would go from glory to glory as we are conformed to His image. Individually and corporately, we purpose to seek the presence, power, goodness and all-consuming holiness of our Lord; to acknowledge and proclaim His sovereignty and holiness. *Exodus 33:18-19, Exodus 34:6-7*

Day 1 – Sunday, Jan. 15 – MORNING FOCUS | ZOOM PRAYER 10:00 AM | START FAST AT 4:30 PM

The LORD, The LORD God - Oh Lord You are Yehovah, the One Who Was, Who Is, and Is to Come O LORD God, who is like You, glorious in holiness, fearful in praises, doing wonders? The LORD is a Man of war: the LORD is His name. In Your mercy You lead forth Your people and guide them in Your strength to Your holy habitation. You alone are merciful, gracious, just, true, slow to anger, loyal in love, and righteous. Forgive us for our rebellion in putting our ways and thoughts above Yours. We often seek out and trust the wisdom of this world rather than Your wisdom, LORD God. Help us to fully surrender our hearts to Your rulership; and ready us to be sent to those who need to know You. May Your kingdom come, and Your will be done among us. We ask that You help us to know, understand, and pursue Your kingdom; that we would seek out and hide Your word in our hearts that we may not sin against You. *Exodus 6:3, Exodus 34:6a, Ps 83:18, Ps 116:16-17, Rev 1:8*

Day 1 – Sunday, Jan. 15 – EVENING FOCUS | ZOOM PRAYER 7:00 PM | START FAST AT 4:30 PM

The LORD, The LORD God - Oh Lord You are Yehovah, the One Who Was, Who Is, and Is to Come

There is none holy like the LORD, for there is none beside You. Neither is there any rock like our God. The LORD shall reign for ever and ever. We worship You as the one true God. You alone are merciful, gracious, just, true, slow to anger, loyal in love, and righteous. We ask that You would allow us to behold Your glory that we might be transformed into the same image. Help us turn from the idols in our lives, and from anything more important to us than You. Forgive us, we pray. You LORD God are a sun and shield who gives grace and glory; no good thing will You withhold from those who walk uprightly. We ask that You would reveal the ancient pathways of Your kingdom and compel us to walk in them. Draw us to You that we may walk in the power of Your presence. Let the world see Your love and power manifest, and the manifold works of darkness crushed. *Deuteronomy 32:3-4, Exodus 20:7, Psalm 148:13, Proverbs 18:10, Isaiah 24:14-15*

Day 2 – Monday, Jan. 16 – MORNING FOCUS | ZOOM PRAYER 10:00 AM

MERCIFUL/COMPASSIONATE - Oh Lord You are Elohay Rachameem

LORD God, in Your loving-kindness, You show us mercy. From everlasting to everlasting, Your love is with those who fear You. Forgive us, our Father and our King, for we have intentionally sinned against You. We have sometimes made light of Your mercy and denied extending compassion to those around us. You have shown us forgiveness and withheld the full consequences that our actions deserve. You have forgiven our iniquity and covered all our sins. Through Your mercy and compassion, You LORD God have given us powerful promises, so we are able to share Your divine nature. However, we forget these precious promises and don't put our faith in them. Your loving-kindness and truth have met together, and in Your mercy You pardon abundantly. We ask that You cause us to walk in mercy and forgiveness towards those around us; that we would be quick to forgive and not harbor ill-will towards another. Enable us to love, to do good, to bless, and to pray for those who stand against us. Let the world see Your love in our midst. We pray that You would give us eyes to see as You see, ears that hear what You hear, and hearts that respond to Your heart. *Deuteronomy 5:10, Psalm 136, Isaiah 30:18, Daniel 9:8-9, 2 Peter 3:9*

Day 2 – Monday, Jan. 16 – EVENING FOCUS | ZOOM PRAYER 7:00 PM

MERCIFUL/COMPASSIONATE - Oh Lord You are Elohay Rachameem

O God of Mercies, You know how we are formed. You remember that we are dust and in Your loving-kindness You show us mercy. From everlasting to everlasting Your love is with those who fear You, and Your righteousness with their children's children - with those who keep Your covenant. O God, You show favor to Your people and restore man from captivity. You called our names and delivered us from darkness that we might know You. May there be no shadows of darkness in our hearts, that our lives would be fully Yours. For You Lord are the lamp that enlightens our darkness. Create in each of us a clean heart and renew a right spirit within us. Restore to us the joy of Your salvation. O LORD, overwhelm us with Your words of life, and quicken us with the will to do them. You LORD are good and a stronghold in the day of trouble, and You know those who take refuge in You. We pray that Your word would pierce our hearts like it pierces the darkness around us; and that we would take refuge under the shelter of Your wings. Cause us to be pure in heart so we can see You more clearly and grow in the knowledge of You, our holy and merciful God. *Psalm 89:1-2, Psalm 119:75-77, Jeremiah 3:12, Daniel 9:4, Joel 2:13*

Day 3 – Tuesday, Jan. 17 – MORNING FOCUS | ZOOM PRAYER 10:00 AM

GRACIOUS - Oh Lord You are Elohay Chanoon

LORD, You are the compassionate God who helps and sustains us. Your grace provides us with wisdom and strength as we face life's challenges. Many are the afflictions of the righteous, but You deliver us out of them all. Peace is our inheritance, so our hearts need not be troubled or afraid. Through Your grace, we are given a spirit of love, power, and a sound mind. May revelation come from heaven that breathes life on this truth. We ask that You reveal to us where we are not walking in your love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control born of Your Spirit. Lead us to repent of our pride, for you give grace to the humble. In Your compassion, let not those who oppose the work of the ministry rule over our souls. May You direct our steps, so that our feet do not

slip. We ask that when we are being tested, that You would graciously rescue us from the power of evil, that darkness would not triumph, and we would not lose our integrity. *Exodus 22:27, Psalm 86:15, Psalm 103:8, Psalm 145:8, 2 Chronicles 30:9*

Day 3 – Tuesday, Jan. 17 – EVENING FOCUS | ZOOM PRAYER 7:00 PM

GRACIOUS - Oh Lord You are Elohay Chanoon

O LORD, You multiply grace and peace towards us through the working of Your Spirit. By grace You have given us divine power that leads to life and godliness. You call us to walk in glory and virtue and have given us precious promises that we may bear Your image to the world. LORD, let the revelation of Jesus be rich and vibrant among us, that faith, moral excellence, knowledge, self-control, perseverance, godliness, brotherly kindness, and love would abound. We repent for lacking in Godly virtues and disregarding Your call for holiness. May we experience the graces of heaven, that by them, as children of light, we would defeat darkness. O that faith, hope, and love would remain and abound more and more. LORD, we ask that You reveal to us by Your Spirit, that You are indeed able to make all grace abound to us; that we would always have enough of everything to be exceedingly successful in every good work. Quicken us, O LORD. *Exodus 33:19, Numbers 6:25, Isaiah 30:18-19, Isaiah 33:2, Joel 2:13*

Day 4 – Wednesday, Jan. 18 – MORNING FOCUS | ZOOM PRAYER 10:00 AM

LONG SUFFERING/SLOW TO ANGER - Oh Lord You are Elohay Erech Apayeem

O LORD God Almighty, who is like You? You are mighty, O LORD, and Your faithfulness surrounds You. You speak over the barren with everlasting kindness and words of hope. Over a nation You declare that mountains will move, Your kindness will never depart, and Your covenant of peace will endure forever. Forgive us for speaking words that do not echo Your heart for hope and a future. We often look at circumstances, but not to You. We have put our hope in what we see, but not in the integrity of Your word. Cause our mouths to be filled with words that build up and edify others, words from heaven laden with power for Kingdom purposes. We ask that You would be quick to show us the mind of heaven when we err in the mind of man; for as a man thinks in his heart so is he. Your plans for us are for good and not evil. Forgive us for not heeding Your words of direction and comfort. O LORD, help us search out Your promises, for in them You cause us to hope. *Numbers 14:18, Nehemiah 9:17, Jonah 4:2, Romans 2:4, 1 Timothy 1:16*

Day 4 – Wednesday, Jan. 18 – EVENING FOCUS | PRAYER AT HOUSE OF BREAD 7:00 PM (ZOOM TOO!)

LONG SUFFERING/SLOW TO ANGER - Oh Lord You are Elohay Erech Apayeem

You LORD are our strength and song and have become our salvation. Your right hand is glorious in power, Your right hand has shattered the enemy into pieces. You, LORD, bring Your people to an appointed place; You cause us to cross over to be planted in the place of Your inheritance. Lord, that You would cause our faith to please You, that we would put our trust in You at the first sign of hardship. Even in Horeb You made water gush from a rock, and the bitter waters of Marah were made sweet by Your hand. Forgive us for murmuring and speaking disrespectfully about You, and about other people behind their backs. O that we would not complain about our circumstances but would be inspired to sing and dance before the answer, before the victory; that You LORD would be glorified. Let the revelation of Your faithful word be released over us; that we would listen to Your voice and live according to Your righteous commands. *Numbers 14:17-19, Nehemiah 9:16-17, Psalm 86:15, Joel 2:13-14, Nahum 1:3, 2 Peter 3:9*

(PLEASE SEE THE INSERT FOR DAYS 5 - 7)

Join us for the finale:

All Night Prayer & Worship Watch

10709 SE 10th St. Vancouver, WA 98664

Saturday, Jan. 21, 2023 | 5:30 pm – Sunday 5:30 am

Prayer changes you | Prayer prepares the way for the Lord | Prayer reverses the plans of the enemy

7 days of prayer january 14-21, 2023

“Now then, I pray, if I have found grace in Your eyes, show me Your ways, so that I may know You” (Exodus 33:13)

The River
CHURCH

Day 5 – Thursday, Jan. 19 – MORNING FOCUS | ZOOM PRAYER 10:00 AM

ABUNDANT GOODNESS/LOVING KINDNESS/LOYAL LOVE – Oh Lord You are Elohay Chesed

O God our strength, we will sing praises to You; for You God are our stronghold, the God who shows us loving-kindness. LORD God, You are compassionate and gracious, slow to anger and abounding in love. As high as the heavens are above the earth, that is how great Your love is for those who fear You. You are our stronghold, but we don't always look to You in times of trouble or stress. Forgive us for seeking comfort in all the wrong places. Cause our hearts to experience and fully yield to Your loving-kindness. Let us love one another, for everyone who shows Your love has been born of You. We repent for not walking in, and revealing the abundant goodness of your love. Your loyal love is patient and kind, it does not envy, it does not brag, it is not puffed up, it does not behave inappropriately, it does not seek its own way, it is not provoked, it keeps no account of wrong, it does not rejoice over injustice, but rejoices in the truth; love bears all things, believes all things, hopes all things and endures all things. The world is in desperate need of Your love. May we become mature in love, that all will know we are Your disciples through our love for one another.

Psalm 17:7, Psalm 89:2, Psalm 103:17, Isaiah 63:7, Lamentations 3:22

Day 5 – Thursday, Jan. 19 – EVENING FOCUS | ZOOM PRAYER 7:00 PM

ABUNDANT GOODNESS/LOVING KINDNESS/LOYAL LOVE - Oh Lord You are Elohay Chesed

O LORD God, we praise Your name. As a father has compassion on his children, so You have compassion on those who fear You. As far as the east is from the west, so far have You removed our transgressions from us. Forgive us for holding grudges and resentments, and not extending forgiveness to those around us, including ourselves. Help us express Your heart of kindness, goodness, and faithfulness to others. We all need the peace Your love and acceptance offer. O LORD, we ask that You would create in us a new heart; that You would break the bondage of wickedness, and redeem us from the destruction of darkness. Crown us with Your loving-kindness and compassion; causing darkness to flee, for it cannot stand in Your love. May we be quickened to receive Your love, so we can see You and others through Your heart. Abba, let Your heart be revealed to us. Restore us to Yourself as Father, Savior, and Deliverer, we pray. *1 Chronicles 16:41, Nehemiah 9:17, Psalm 17:6-7, Psalm 92:1-2, Jeremiah 32:17-18*

Day 6 – Friday, Jan. 20 – MORNING FOCUS | ZOOM PRAYER 10:00 AM

TRUTH/FAITHFULNESS - Oh Lord You are Elohay Emet

You LORD are our Rock, our Fortress, and our Deliverer; in You we put our trust. You are our shield, our refuge, and our savior from violence. LORD God, we worship You as the Spirit of truth. Help us pierce the darkness with Your truth, upon which we stand. May You give us discernment so that we might oppose Satan's lies with Your truth. Open our hearts with Your Word, that our souls would pursue Your commandments. Keep us grounded in the truth that You are always with us, causing Your word to live and grow within our hearts. May the expression of our mouths and the thoughts of our hearts find favor before You, our Rock and our Redeemer. Make our souls silent to those who curse us; and quickly nullify and disrupt the counsel and plans of those who intend evil against Your people. Guide us in Your truth and teach us, for You are God our Savior, and our hope is in You. It is from the heart that man speaks; so we ask that You purify our hearts so evil and deceitful speaking wouldn't spill from our lips, causing harm. O LORD, cause our thoughts to be overflowing with things that are true, honest, just, pure, lovely, and of a good report; and that virtue and praise would lace our conversations. Your words LORD are pure, like silver tried in the furnace, purified seven times. Engrave Your words of truth on our hearts, O LORD, we pray. *Psalm 57:3, Psalm 91:4, Psalm 100:5, Psalm 98:3, Daniel 4:37*

Day 6 – Friday, Jan. 20 – EVENING FOCUS | ZOOM PRAYER 7:00 PM

TRUTH/FAITHFULNESS - Oh Lord You are Elohay Emet

Oh Lord, You are faithful and true. We lift up Your name in worship. We will call on You LORD, who is worthy to be praised; and so shall we be saved from our enemies. You are the Way, the Truth, and the Life. The sum of Your Word is truth, and all of Your righteous rulings are eternal. Who can search out the depths of Your wisdom? We bow our hearts, and ask You to forgive us for twisting and misrepresenting Your truth. We repent for neglecting Your Word to us, and not living by it. We compromise and dilute Your truth with worldly wisdom. Forgive us. We ask that You give each of us a heart that seeks out Your truth; a heart that puts its hope in You and Your Word. Your Word is perfect, transforming our souls. Let the power of Your Word enable us to discern between truth and error; causing false thinking to lose its power over us. Guide us in Your truth and teach us, for You are God our Savior. Spirit of truth, may we recognize Your voice and quickly respond. May You teach and instruct us in the way that we should go. *Lamentations 3:21-23, Psalm 89:1-2, Deuteronomy 7:9, 2 Thessalonians 3:1-3, Hebrews 10:22-23*

Day 7 – Saturday, Jan. 21 – MORNING FOCUS | JOIN US FOR MAIN EVENT SERVICE TONIGHT!

JUSTICE/RIGHTEOUSNESS - Oh Lord You are Elohay Tsedek

O LORD Most High, You are our righteousness and judge of all the earth; You alone are altogether pure and holy. Mercy, grace, might, and strength flow from Your throne. You judge the righteous and the wicked with just scales. LORD God, You show mercy to thousands of them that love You and keep Your commandments. We pray that You would forgive our iniquities, transgressions, and sins. We confess that our hearts aren't always right before You. We don't always walk in Your ways, and so, wrong others and cause pain. May You grant us hearts that would surrender to Your will; for You call us with a holy calling according to Your purpose and grace. May You increase in us with fruits born of Your Spirit; for all Your ways are just. You are a God of faithfulness and without injustice; righteous and upright are You. Help us to do justly, to love mercy, and to walk humbly with You. We humbly ask that Your Holy Spirit would quicken us, that when the world looks upon Your church, they would see Your face. Justice and righteousness are the foundation of Your throne; mercy and truth go before You. Who is like You, glorious in holiness, fearful in praises, doing wonders? The LORD is His name. *Jeremiah 32:18, Exodus 20:5, Deuteronomy 5:9, Psalm 89:8, Psalm 96:13*

Day 7 – Sat., Jan. 21 – BREAK FAST AT 4:30 PM | JOIN US AT NIGHT WATCH (SAT. 5:30 PM – SUN. 5:30 AM)

THE CALL: Let this fast set the tone for the year ahead as we begin a lifestyle of fasting, prayer, and continual communion with God. May we resolve not to have just a "season" of prayer and fasting, but to mature in this discipline of power and humility. Take time to meditate on God's mercy, grace, justice, faithfulness, longsuffering, loyal love, and righteousness. May the awe and fear of Him always capture our hearts and minds with His greatness; for no purpose of His can be withheld, and the glory of His majesty will yet shine when the heavens have passed away.

O Lord, prepare our hearts to receive the blessing of Your presence and transformative power among us. Amen! Psalms 95:1-7, 2 Cor. 3:18

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