

LISTEN.

**A Guide To
A Season of Prayer, Fasting & *Listening*
March 10-April 19**



LISTEN.

Prayer, Fasting & Prayer

March 10-April 19

This guide contains 3 sections:

*Directions for Fasting, *Invitation to Action and *Scriptures for Prayer.

These three practices are designed to be done together. **NOTE:** If your personal healthcare regimen conflicts with the fasting program please follow your physician's instructions.

The fasting weeks are intended to build upon each other. The instructions for each successive week are meant to be added to the previous week's regimen. If you fall off the plan, don't fret, simply resume the program as soon as you can. **Prayer** is central to this

program. Let's ask for God's grace, mercy & peace for ourselves, our families, our communities and our nation.

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A Season of Prayer, Fasting & Listening

March 10-April 19

Week #1 - Eliminate all processed foods or foods with artificial ingredients. Read the labels on all your food items. What exactly are you eating?

Week #2 - Eliminate all fried foods. Add more green vegetables.

Week#3 - Eliminate anything (in any form) that gets you high or buzzed.

Week#4 - Eliminate foods high in fat, sugar, salt. Add more legumes.

Week #5 - Eliminate sugary snacks and deserts. Enjoy fresh fruit.

Week #6 - Eliminate animal foods. Enjoy vegetables.

DRINK WATER!



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Prayer, Fasting & Listening

Week #1 - Listen carefully to the words you speak and your thoughts.

Pay attention to thoughts about yourself. Correct negative self-talk

Week #2 - Practice attentive listening in ALL your conversations.

Week#3 - Listen to worship music. Listen for scriptures in the lyrics.

Week#4 -Listen to the sounds of nature. Spend time outdoors.

Week #5 - Create quiet space in your home, cultivate times of stillness. Reduce tv watching, video watching & gaming.

Week #6 -Resist the pull towards busy-ness. Eliminate all unnecessary mobile phone time. Be still & silent for 60 minutes each day.





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Scriptures for Prayer- Week #1 Listen to Yourself!

A good man brings good things out of the good stored up in his heart, and an evil man brings evil things out of the evil stored up in his heart. For the mouth speaks what the heart is full of. Luke 6:45 NIV

Let no corrupting talk come out of your mouths, but only such as is good for building up, as fits the occasion, that it may give grace to those who hear.

Ephesians 4:29 ESV

The power of the tongue is life and death— those who love to talk will eat what it produces. Proverbs 18:21 ISV

Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy—meditate on these things. Philippians 4:8 NKJV



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Scriptures for Prayer- Week #2

Listen to others. Intentionally.

8 Listen, my son, to your father's instruction, and do not forsake the teaching of your mother. 9 For they are a garland of grace on your head and a pendant around your neck. Proverbs 1:8-9 BSB

When words are many, transgression is not lacking, but whoever restrains his lips is prudent. Proverbs 10:19 ESV

About midnight Paul and Silas were praying and singing hymns to God, and the prisoners were listening to them, Ephesians 16:25 ESV

Do nothing from selfish ambition or conceit, but in humility count others more significant than yourselves. Philippians 2:3 ESV

If anyone thinks he is religious and does not bridle his tongue but deceives his heart, this person's religion is worthless. James 1:26 ESV

He who has ears to hear, let him hear. Matthew 11:15 ESV



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Scriptures for Prayer- Week #3 Worship & the Word.

I have hidden your word in my heart, that I might not sin against you. Psalm 119:11 NLT

Oh come, let us worship and bow down; let us kneel before the Lord, our Maker! Psalm 95:6 ESV

Let the word of Christ dwell in you richly, teaching and admonishing one another in all wisdom, singing psalms and hymns and spiritual songs, with thankfulness in your hearts to God. Colossians 3:16 ESV

I appeal to you therefore, brothers, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship. Romans 12:1 ESV

For from him and through him and to him are all things. To him be glory forever. Amen. Romans 11:36 ESV

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**Scriptures for Prayer- Week #3 con't
Worship & the Word.**

**Up with God! Down with his enemies! Adversaries, run for the hills!
Gone like a puff of smoke, like a blob of wax in the fire—one look at God and
the wicked vanish. When the righteous see God in action they'll laugh, they'll
sing, they'll laugh and sing for joy. Sing hymns to God; all heaven, sing out;
clear the way for the coming of Cloud-Rider. Enjoy God, cheer when you see
him! Psalm 68:1-4 MSG**

**2 And the priests could not enter the house of the Lord, because the glory of
the Lord filled the Lord's house. 3 When all the people of Israel saw the fire
come down and the glory of the Lord on the temple, they bowed down with
their faces to the ground on the pavement and worshiped and gave thanks to
the Lord, saying, "For he is good, for his steadfast love endures forever."**

2 Chronicles 7:2-4 ESV



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Scriptures for Prayer- Week #4 Nature Declares the Glory of God

1 For the choirmaster. A Psalm of David. The heavens declare the glory of God; the skies proclaim the work of His hands. 2 Day after day they pour forth speech; night after night they reveal knowledge. Psalm 19:1-2 NLT

You will go out in joy and be led forth in peace; the mountains and hills will burst into song before you, and all the trees of the field will clap their hands. Isaiah 55:12 NIV

The earth is the LORD's, and everything in it. The world and all its people belong to him. Psalm 24:1 NLT

Look, I am about to do something new; even now it is coming. Do you not see it? Indeed, I will make a way in the wilderness, rivers in the desert.

Isaiah 43:19 HCSB



LISTEN. Scriptures for Prayer- Week #4 con't Nature Declares the Glory of God

7 "But ask the animals, and they will teach you, or the birds in the sky, and they will tell you; 8 or speak to the earth, and it will teach you, or let the fish in the sea inform you. 9 Which of all these does not know that the hand of the LORD has done this? 10 In his hand is the life of every creature and the breath of all mankind." Job 12:7-10 NIV

11 Let the heavens rejoice, let the earth be glad; let the sea resound, and all that is in it. 12 Let the fields be jubilant, and everything in them; let all the trees of the forest sing for joy. Psalm 96:11-12 NIV

16 Do you know how the clouds hang poised, those wonders of him who has perfect knowledge? Job 37:16 NIV



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Scriptures for Prayer- Week #5 Create Quiet Space

Behold, I stand at the door and knock. If anyone hears My voice and opens the door, I will come in and dine with him, and he with Me.

Revelation 3:20 BSB

But when you pray, go into your inner room, shut your door, and pray to your Father, who is unseen. And your Father, who sees what is done in secret, will reward you. Matthew 6:6 BSB

But those who wait on the LORD Shall renew their strength; They shall mount up with wings like eagles, They shall run and not be weary, They shall walk and not faint. Isaiah 40:31 NKJV

Examine yourselves to see whether you are in the faith; test yourselves. Do you not realize that Christ Jesus is in you—unless, of course, you fail the test? 2 Corinthians 13:5 NIV



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Scriptures for Prayer- Week #5 con't Create Quiet Space

1 I waited patiently for the LORD; He inclined to me and heard my cry. 2 He lifted me up from the pit of despair, out of the miry clay; He set my feet upon a rock, and made my footsteps firm. Psalm 40:1-2 BSB

1 He who dwells in the shelter of the Most High will abide in the shadow of the Almighty. 2 I will say to the LORD, "My refuge and my fortress, my God, in whom I trust." Psalm 91:1-2 ESV

1 The Lord is my shepherd; I shall not want. 2 He makes me lie down in green pastures. He leads me beside still waters. Psalm 23:1-2 ESV

And he said to them, "Come away by yourselves to a desolate place and rest a while." For many were coming and going, and they had no leisure even to eat. Mark 6:31 ESV



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Scriptures for Prayer- Week #6 Be Still

“Be still, and know that I am God. I will be exalted among the nations, I will be exalted in the earth!” Psalm 46:10 ESV

**But the LORD is in his holy Temple. Let all the earth be silent before him.”
Habakkuk 2:20 NLT**

Be angry, and do not sin; ponder in your own hearts on your beds, and be silent. Selah. Psalm 4:4 ESV

28 Come to me, all who labor and are heavy laden, and I will give you rest.

29 Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. Matthew 11:28-29 ESV

**A time to tear, and a time to sew; a time to keep silence, and a time to speak;
Ecclesiastes 3:7 ESV**



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Scriptures for Prayer- Week #6 con't Be Still

11 Then He said, "Go out, and stand on the mountain before the Lord." And behold, the Lord passed by, and a great and strong wind tore into the mountains and broke the rocks in pieces before the Lord, but the Lord was not in the wind; and after the wind an earthquake, but the Lord was not in the earthquake; 12 and after the earthquake a fire, but the Lord was not in the fire; and after the fire a still small voice. 1 Kings 19:11-12 NKJV

When the Lamb opened the seventh seal, there was silence in heaven for about half an hour. Revelation 8:1 ESV

My sheep listen to my voice; I know them, and they follow me.

John 10:27 NIV

Then I heard the voice of the Lord saying, "Whom shall I send? And who will go for us?" And I said, "Here am I. Send me!" Isaiah 6:8 NIV