

Daily Spiritual Focus

Day	Reading	Meditation
Day 1	Nehemiah 1:1-11	Psalms 5:11
Day 2	Nehemiah 2:1-10	Psalms 34:19
Day 3	Nehemiah 2:11-20	Isaiah 41:10
Day 4	Nehemiah 3:1-12	Psalms 91:1
Day 5	Nehemiah 3:13-21	Psalms 91:2
Day 6	Nehemiah 3:21-32	Psalms 91:3
Day 7	Nehemiah 4:1-9	Psalms 91:4
Day 8	Nehemiah 4:10-23	Psalms 91:5
Day 9	Nehemiah 5:1-12	Psalms 91:6
Day 10	Nehemiah 5:13-19	Psalms 91:7
Day 11	Nehemiah 6:1-14	Psalms 91:8
Day 12	Nehemiah 6:15-19	Psalms 91:9
Day 13	Nehemiah 7:1-73	Psalms 91:10
Day 14	Nehemiah 8:1-18	Psalms 91:11-12
Day 15	Nehemiah 9:1-38	Psalms 91:13
Day 16	Nehemiah 10:1-39	Psalms 91:14
Day 17	Nehemiah 11:1-36	Psalms 91:15
Day 18	Nehemiah 12:1-26	Psalms 91:16
Day 19	Nehemiah 12:27-47	Psalms 121:7
Day 20	Nehemiah 13:1-14	2 Thessalonians 3:3
Day 21	Nehemiah 13:15-31	Deuteronomy 31:6

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Days of Prayer and Fasting

*Then if my people
who are called
by my name
will humble
themselves and pray
and seek my face
and turn
from their wicked ways,
I will hear
from heaven
and will forgive
their sins and
restore their land.*

2 Chronicles 7:14 NLT

Twenty-One Days of Prayer and Fasting

...Now is the time
to seek the Lord
that he may come
and shower
righteousness upon
you.

Hosea 10:12

Seeking God for Answers To Rebuilding our Walls

August 2-22, 2020

“Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need.”

Matthew 6:33 NLT

Each year we set aside a time of prayer to refocus ourselves for what God wants to do in the latter part of the year. This year is not a normal year!

God said this year is Victory2020! In the midst of this powerful promise, the enemy has unleashed an unprecedented assault. With rampant fear, social unrest, division at its highest, cultural upheaval, and unchecked sickness, we need more than a time of prayer.

Jesus said, *“But this kind of demon won’t leave unless you have prayed and gone without food.”* (Matthew 17:21 TLB)

So, we are entering our August time of spiritual focus with a sense of urgency!!! Too much is on the line— for you, your family and our country. We need more than just a season of prayer. We need prayer and fasting.

Recently, society has scorned prayer as ineffective or unnecessary. But, that’s not true in the Kingdom of God. Prayer works.

Twenty-One Days of Prayer and Fasting

Jesus said, we should *“...Always pray and never give up.”* (Luke 18:1 NLT)

What type of fast?

The goal of fasting is to draw nearer to God.

Biblical fasting always has to do with eliminating distractions for a spiritual purpose; it hits the reset button of our soul and renews us from the inside out! It also enables us to celebrate the goodness and mercy of God, and prepares our hearts for all of the good things God desires to bring into our lives.

Remember, your personal fast should present a level of challenge, but it is very important to know your own body, know your options and most importantly, seek God in prayer and follow what the Holy Spirit leads you to do.

Ideally, your fast should be from food (with a doctor’s consultation). If you are unable to fast food, you can choose other forms of fasting which represent a real sacrifice for you.

In addition to your chosen fast, we are requesting you to refrain from:

- Your normal **source of news**
- **Social media** except to post something encouraging and scriptural
- Any secular sources of discouragement (TV, movies, books, music, etc)

As much as possible see this time as a season of consecration to God.

Each day, there will be a Scripture reading from the Book of Nehemiah and a meditation scripture.

There are more resources to help you at hopecathedral.com/prayer

Lastly, each Monday - Friday at 7:30pm and Saturdays at 7:00am, we will meet via Zoom for a time of teaching, worship and prayer.

ZOOM

Meeting ID: 406 009 0728

Or

Call-in #: 646 558 8656
ID: 406 009 0728