



# **SEEKING THE KING AND HIS KINGDOM**

**40 DAYS OF PRAYER AND FASTING  
FOR THE YAKIMA VALLEY**







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**2016 Fall Initiative**

**40 Days of Prayer & Fasting  
For the Yakima Valley**

# To the Christian Church in the Yakima Valley,

Have you ever been so hungry that anything sounded good? And when you finally got a bite of something, even if it was just a piece of bread, it tasted so good - better than you remembered?

Have you ever been so full that even if you were offered your favorite food you just had no interest and, in fact, the thought of eating anything more made you sick?

Isn't it funny / interesting how direct the correlation is between how hungry we are and our ability to enjoy food? I mean, it seems obvious but how often do we actually think about it unless we're in one of the two extreme circumstances I mentioned above. Of course, we could easily talk about how sometimes we settle for junk food, which may taste good but doesn't satisfy the body's real needs and leaves us feeling poorly even though our stomachs are full. But what really caught my attention is this relationship between our level of satisfaction and how hungry we are - you have to be hungry to truly experience satisfaction, to be "filled."

Interestingly, this is what Jesus said in the Beatitudes:

*"Blessed are those who hunger and thirst for righteousness, for they will be filled." Matthew 5:6*

Jesus said that we are "Blessed" when we're hungry (for righteousness). Why? Because we will be "filled." You see, as I suggested above, you can't really be "filled" or satisfied with something when you are already full. In fact, you may not have any appetite for the things of God at all if you're already full of the things of this world - food, entertainment, financial success, or general busyness, just to name a few.

This is where fasting comes in. At least part of the idea of fasting is that you deprive yourself of the things of the flesh so that your hunger increases and then as it increases you redirect it toward the things of God so that your hunger for Him takes over the flesh and becomes the thing you want the most. Then as it builds you begin to "taste" of Him, maybe in just little bits at first, but they are so sweet because you haven't eaten

anything else. Like Jesus after meeting with the Samaritan woman at the well (John 4), He wasn't even hungry for natural food (after He was starving earlier) when the disciples brought it back from the village because He had been satisfied with the heavenly food of doing the will of the Father.

The Sermon on the Mount, of which the Beatitudes is a part, is actually a manual for Kingdom living - what it means to live as a Christian, a citizen of the Kingdom. And the "blessedness" of the Beatitudes is the good that comes from experiencing the benefits of living in the Father's Kingdom. So, another way of stating what Jesus is saying here is: 'You are blessed as Kingdom Citizens because in the Kingdom, your hunger will actually be filled.' You see, we all know others and have experienced ourselves, the lack of satisfaction that comes from trying to fill ourselves (the deep hunger we have for truth and significance) with the things of this world. It just doesn't cut it and, like with junk food, we end up feeling somewhat sick after "eating" and eventually feel even hungrier than we were before. You won't want to eat the things of God if you are already filled (see Revelation 3:14-22). Unfortunately, this has been the endless cycle of fallen humanity since we left Eden.

Jesus is actually encouraging us to be hungry and to thirst after Righteousness. This is a good thing. Why? Because there is a promise attached to it - we will be filled! Just like working hard all day knowing you're going to have a great dinner when you get home. I like to eat but there's nothing that makes a good meal better than the anticipation of it and actually doing something that will increase my hunger like working out at the gym, going for a long hike, bike ride, or gardening.

It's our job as Kingdom Citizens to stay hungry and thirsty for the things of the Kingdom. Jesus repeats this thought later in the Sermon when He tells us to:

*"Seek first his kingdom and his righteousness, and all these things will be given to you as well." Matthew 6:33*

Right now we are hungry for the Righteousness of God in the Yakima Valley. Therefore, we are calling the Body of Christ in Yakima to "seek first His Kingdom and His Righteousness" by joining together in a special

season of prayer and fasting this Fall from September 1 to October 12. We believe that if we come together as the Body, the Children of God in the Valley, truly seeking Him and hungry for His Righteousness that God will hear our prayers and bless us and our Valley and deal with many of the ills that afflict our community. So, do you want to have a really good "heavenly" meal? Then we need to get real hungry! We need to stop eating some the other things that have been "filling" us up and taking away our desire for Him. He promises that we will be filled! But, we have to be hungry first. Let's get hungry! Let's all get hungry together so we can all enjoy a great big "heavenly meal" together of the things of God - seeing His righteousness fill the earth!

Not only is it a time to seek the Lord but it is a time to seek His ways and to do what is right in His eyes. After we align our hearts with His heart we need to align our actions with His actions and pursue His Kingdom with our lives. This is how Isaiah put it:

*"Is not this the kind of fasting I have chosen:*

*to loose the chains of injustice*

*and untie the cords of the yoke,*

*to set the oppressed free*

*and break every yoke?*

*<sup>7</sup>Is it not to share your food with the hungry*

*and to provide the poor wanderer with shelter—*

*when you see the naked, to clothe them,*

*and not to turn away from your own flesh and blood?*

*<sup>8</sup>Then your light will break forth like the dawn,*

*and your healing will quickly appear;*

*then your righteousness will go before you,*

*and the glory of the LORD will be your rear guard.*

*<sup>9</sup>Then you will call, and the LORD will answer;*

*you will cry for help, and he will say: Here am I.*

*"If you do away with the yoke of oppression,*

*with the pointing finger and malicious talk,*

*<sup>10</sup>and if you spend yourselves in behalf of the hungry*

*and satisfy the needs of the oppressed,*

*then your light will rise in the darkness,*

*and your night will become like the noonday.*

*<sup>11</sup> The LORD will guide you always;  
he will satisfy your needs in a sun-scorched land  
and will strengthen your frame.  
You will be like a well-watered garden,  
like a spring whose waters never fail.  
<sup>12</sup> Your people will rebuild the ancient ruins  
and will raise up the age-old foundations;  
you will be called Repairer of Broken Walls,  
Restorer of Streets with Dwellings. Isaiah 58*

Therefore, we fast and pray so that His righteousness is known and experienced by all men – not only in our hearts but in our lives, in the lives of those around us and our community at large. Thank you for joining us in this quest.

## **A Prayer for Yakima**

Our Father who is in Heaven and among us, we bless Your name and thank You for your many gifts, especially for the gift of Your Son, Jesus Christ, in whose name we pray.

We thank You for Yakima and the beautiful and abundant Valley in which we live. We pray that Yakima would become known as a city of Light and hope, of peace and prosperity.

We thank You for our leaders – The public servants who serve our community as county commissioners, city council members, law enforcement and safety personnel and staff. We ask that You bless them individually and together. We pray for wisdom in every decision and that righteousness prevails in all things.

We pray that a spirit of peace and unity and collaboration prevails every day and though we may disagree we pray that we may honor and respect each other.

Our prayer is that Your will, will be done on earth, in Yakima, as it is in Heaven. For Yours is the Kingdom and the Power and the Glory forever and ever.

Amen.

# SUMMARY SCHEDULE

## PREPARATION:

Beginning August 29th all leaders begin a 3-day, no solid food fast and join in prayer with others on a more intense and regular basis.

**KICK-OFF** – September 1 at noon. **Daniel Fast begins.** (see page 26)

**Pastor's Prayer Walk in Yakima.** (Meet at Le Chateau, 15 N Naches Ave, Yakima, WA)

**1<sup>ST</sup> SEGMENT** – September 1 – 11

Repentance and Dedication / Consecration

Each church to pursue this on their own as they discern.

**2<sup>ND</sup> SEGMENT** – September 11 – 18

Forgiveness – receiving God's forgiveness and forgiving one another

Churches encouraged to partner with one other church in demonstration of unity and forgiveness within the Body of Christ.

**3<sup>RD</sup> SEGMENT** – September 18 – 25

Inquiring of the Lord – Lord what do we need to do to serve you and our community?

Churches previously paired up encouraged to continue to partner with other churches in seeking the Lord.

**4<sup>TH</sup> SEGMENT** – September 25 – October 2

Worship, Honor and Praise for our God – Thank Him for what He has done and is about to do.

Churches previously paired up encouraged to partner with two other churches in praise and worship services. The old Baptist Church on 6th and Yakima Ave will be available during this segment for joint worship services.

## **5<sup>TH</sup> SEGMENT** – October 2 – 12

### Victory and Demonstration of the Kingdom

Churches previously paired up encouraged to partner with other churches for outreach and/or revival services. The old Baptist Church on 6th and Yakima Ave will be available during this segment for joint services.

## **FINALE** – October 12

A Prayer Walk for all who will, beginning at Performance Park at Noon.

*(The dates intentionally overlap so that pastors can transition their congregations from one segment to another during the Sunday service.)*

# ***Guidelines for the 40 Days of Prayer and Fasting***

As you have seen in the schedule above, we have divided the 40 days into five different segments that will allow us to take a journey together as we seek the Lord - from repentance and consecration to seeing the manifestation of His Kingdom in the Yakima Valley.

In the following pages you will find a suggested focus and prayer for each segment of the fast. We ask that you read each focus and say the prayer for each segment every day of that segment.

In addition, there are fourteen separate prayers for specific issues in our community that we believe would change under the reign of the King, our Lord and Savior Jesus Christ. Therefore, we want to join together in unity as the Body of Christ in praying for these issues to change so that the Yakima Valley becomes a place of light and hope and of peace and prosperity reflecting the Kingdom of Heaven. We would ask that you pray each prayer every day, as you are able. By doing so, we believe we can shift the spiritual and thereby the temporal realities of our Valley.

# ***Focus and Prayers for each Segment***

## **1<sup>ST</sup> SEGMENT**

### **REPENTANCE AND DEDICATION / CONSECRATION**

September 1 – 11

#### **FOCUS**

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

*“But seek first his kingdom and his righteousness, and all these things will be given to you as well.”* **Matthew 6:33**

*“And he died for all, that those who live should no longer live for themselves but for him who died for them and was raised again.”*  
**2 Corinthians 5:15**

As we begin our season of fasting and prayer, our most important task is to seek the Lord, to seek Him who is the Almighty God and Sovereign of the Universe and the source of all life and everything good. We get so busy and caught up in the things of this world that we often lose sight of Him and our need for Him. In addition, we tend to fill our lives and hearts with things that are less important, like junk food in our diets, and we need to stop and sort some things out by reprioritizing and dedicating ourselves to the things of God, the things that matter most. Repentance simply means “to change one’s mind.” So, what we want to do is to ask God to forgive us for all the ways that we have allowed the things of this world to crowd Him out and, particularly those things that we have sought after instead of Him – money, entertainment, pleasure, or whatever it is for you. Then we want to ask Him to help us change our minds and to come into agreement with Him. We want His mind, the mind of Christ on all things, especially for the heart and mind for the Yakima Valley and its

people. As we gain His mind for these things we want to consecrate, or dedicate ourselves to pursuing them, pursuing Him and His Kingdom.

## **PRAYER**

Thank You, Father and Creator God, our only source of all that is good. In Your pursuit of us and Your desire to be in relationship with us as Father, You offer us a gift no one else can give—repentance that leads to restoration of our relationship with You.

*“Search me, God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting.” **Psalm 139:23-24***

*“For God did not send his Son into the world to condemn the world, but to save the world through him.” **John 3:17***

And yet, individually and corporately, we did not seek You. We tried to make perfect our self-sufficiency and we looked to other gods. We sought the darkness to hide from You and hardened our hearts.

Therefore, we humble ourselves and weep before You; we repent and ask for our sins to be forgiven; we choose to align our thinking with Your thinking, renewing our worldly ways to Your Kingdom ways. We embrace Your gift of repentance. We yield to the love of Father and receive Your cleansing touch. We seek YOU! **Joel 2:12-17, 2 Chronicles 7:14, Acts 3:19-20, Romans 12:1-2**

Amen.

## 2<sup>ND</sup> SEGMENT

# **FORGIVENESS – RECEIVING GOD’S FORGIVENESS AND FORGIVING ONE ANOTHER.**

September 11 – 18

## **FOCUS**

*“If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.” **1 John 1:9***

*“Blessed are those whose transgressions are forgiven, whose sins are covered.” **Psalm 32:1, Romans 4:7***

*“Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.” **Ephesians 4:32***

Many times after we have sought the Lord we need to deal with issues of forgiveness. Perhaps the Lord has shown you something for which you need to specifically ask Him for forgiveness. It is important that we do this so that we can experience the blessing and release of the guilt and burden of the sin to fully let it go. In addition, the Lord may have brought to mind people in your life that you need to forgive or from whom you need to receive forgiveness. Take time this week to deal with these issues so you can be free to follow Him with passion and joy.

## **PRAYER**

Thank You, Father God, that genuine repentance is not superficial but goes to the very root and core of our sin issues. We thank You that You hear our cry and forgive us of our sins and transgressions.

*“Our Father in heaven, hallowed be Your name, Your kingdom come, Your will be done, on earth as it is in heaven. Give us today our daily bread. And forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from the evil one.” **Matt 6:9-13***

*“Giving joyful thanks to the Father, who has qualified you to share in the inheritance of His holy people in the Kingdom of light. For He has rescued us from the dominion of darkness and brought us into the Kingdom of the Son He loves, in whom we have redemption, the forgiveness of sins.”* **Colossians 1:12-14**

We are so grateful for the Cross and the Blood of Jesus restoring us to His Kingdom!

Amen.

### **3<sup>RD</sup> SEGMENT**

## **INQUIRING OF THE LORD – LORD WHAT DO WE NEED TO DO TO SERVE YOU AND OUR COMMUNITY?**

September 18 – 25

### **FOCUS**

*“So David inquired of the Lord, “Shall I go and attack the Philistines? Will you deliver them into my hands?” The Lord answered him, “Go, for I will surely deliver the Philistines into your hands.”* **2 Samuel 5:19**

*The shepherds are senseless and do not inquire of the Lord; so they do not prosper and all their flock is scattered.* **Jeremiah 10:21**

Inquiring of the Lord was a practice of the kings and prophets of the Old Testament. Jesus and the Apostles continued this practice as they sought His direction in all that they did. We seek Him not only for our personal benefit but for instruction on how, where and when to pursue different things and with whom. We believe that it is the Lord that guides us and when we acknowledge Him and seek His will we will receive His blessing.

## PRAYER

To seek You, Lord, is our priority. There is no substitute for hearing fresh instructions from You, Father. It is the marriage between the wisdom of the Word of God and the fresh revelation from Holy Spirit who knows all things and will direct us toward repentance, forgiveness, transformation and the healing of our land - Your Kingdom come.

*“Seek the Lord while He may be found; call on Him while He is near. Let the wicked forsake their ways and the unrighteous their thoughts. Let them turn to the Lord, and He will have mercy on them, and to our God, for He will freely pardon. ‘For My thoughts are not your thoughts, neither are your ways My ways,’ declares the Lord. ‘As the heavens are higher than the earth, so are My ways higher than your ways and My thoughts than your thoughts.’”* **Isaiah 55:6-9**

*“Ask and it will be given to you; seek and you will find; knock and the door will be opened to you. For everyone who asks receives; the one who seeks finds; and to the one who knocks, the door will be opened. Which of you, if your son asks for bread, will give him a stone? Or if he asks for a fish, will give him a snake? If you, then, though you are evil, know how to give good gifts to your children, how much more will your Father in heaven give good gifts to those who ask Him!”* **Matthew 7:7-11**

*“I counsel you to buy from me gold refined in the fire, so you can become rich; and white clothes to wear, so you can cover your shameful nakedness; and salve to put on your eyes, so you can see.”* **Rev. 3:18**

We desire, inquire and seek Your Kingdom and Your Ways. We ask of You sight to see from Your perspective or point of view. We seek for clarification and insights into Your Kingdom ways. We desire clean and clear discernment. We want to know and live in agreement with Your ways and dwell in Your presence.

Amen.

## 4<sup>TH</sup> SEGMENT

# WORSHIP, HONOR AND PRAISE FOR OUR GOD – THANK HIM FOR WHAT HE HAS DONE AND IS ABOUT TO DO.

September 25 – October 2

## FOCUS

Only when our hearts are full of praise and adoration can we be in right relationship to Him and to the world around us for then we will see Him for who He is and our circumstances in their true light. Everything comes into perspective. Let us give Him praise and worship Him for all that He has done for us, for His goodness and love. And let us give thanks for what He is about to do in the Yakima Valley.

## PRAYER

*“Sing praises to God, sing praises; sing praises unto our King, sing praises.”*

***Psalm 47: 6***

*“Oh come, let us worship and bow down: let us kneel before the Lord our maker. All the earth shall worship You, and shall sing unto You; they shall sing to Your name. We come to worship the Lord in spirit and in truth. We come to praise our God, all of His servants, and all who fear Him, both small and great. Amen; Alleluia.”* ***Psalm 95: 6; Psalm 66: 4; John 4: 24; Revelation 19: 4-5***

*“Who among the gods is like you, Lord? Who is like You—majestic in holiness, awesome in glory, working wonders? ... In Your unfailing love You will lead the people You have redeemed. In your strength You will guide them to Your holy dwelling.”* ***Exodus 15: 11-13***

*“Lift up your heads, you gates; be lifted up, you ancient doors, that the King of glory may come in. Who is this King of glory? The Lord strong and mighty, the Lord mighty in battle. The Lord Almighty—He is the King of glory.”* ***Psalm 24: 7-10***

Amen

## 5<sup>TH</sup> SEGMENT

# VICTORY AND DEMONSTRATION OF THE KINGDOM

October 2 – 12

## FOCUS

Our victory comes because of the blood of the Lamb, Jesus Christ. It is His shed blood on the cross of Calvary that has purchased and redeemed us from the enemy. It is by the power of His Blood that we overcome all. It is only through the Blood of the Lamb we have access to our Father and to inquire of Him. By the Blood of Jesus, we have been given the weapons to enforce the victory of the cross and to usher the Presence of Father God into our cities. Therefore, we seek to celebrate His victory and to see manifestations of His Kingdom in the lives of individuals and the community at large through personal conversions, revival in the people of God, and good works being done in His name with signs and wonders following those who believe. **Revelation 12: 11-12; 2 Corinthians 10: 4-7; Mark 16:16.**

## PRAYER

*“He [Jesus] is not here; He has risen, just as He said.” “You are looking for Jesus the Nazarene, who was crucified. He has risen! He is not here.” “Go instead to My brothers and tell them, ‘I am ascending to My Father and your Father, to My God and your God.’” **Matthew 28:6; Mark 16: 6; John 20:17***

*“But thanks be to God, Who in Jesus Christ always leads us into triumph and through us spreads and makes evident the fragrance of the knowledge of God everywhere; for we are to God the pleasing aroma of Christ. By this we come to know that we love. We keep His commands. We, who believe that Jesus is the Son of God, are victorious over the world.” **2 Corinthians 2:14-15; I John 5: 2-5***

*“God’s dwelling place is now among the people, and He will dwell with them. They will be His people, and God Himself will be with them and be their God.” **Revelation 21:3***

His Kingdom is gaining momentum here & now - soon to be restored completely! Amen and Amen.

# **14 Daily Prayers**

*Please pray each of these prayers every day of the fast.*

## **A PRAYER FOR UNITY**

Father God, we thank You for the gift of Your love that unites us and brings us into a bond of unity with You and one another. We thank You that Your love casts out all fear and flows in and through us. We thank You, Father, that by Your Holy Spirit we are united as Christians to overcome the darkness here in Yakima and bring Your light into this world. We give You all the honor and praise that as we earnestly seek You through Your Holy Spirit, You bind us together with Your peace. Thank you, Father God, for the unity and peace You pour out upon us daily through Your Holy Spirit. We thank You that You give us Your love for one another to unite our hearts with Yours. ***Colossians 3:13, Ephesians 4:3***

## **A PRAYER FOR RECONCILIATION**

Father God, we thank You for demonstrating Your love to us because while we were still sinners, Christ died for us. And, while we were God's enemies, we were reconciled to Him through the death of His Son. We also boast in God through our Lord Jesus Christ, through Whom we have now received reconciliation. Father God, we thank You that You do not count people's sins against them. We pray that all of Yakima Valley will accept the invitation and be reconciled to You. Father God, we thank You that Jesus himself is our peace, who has made the two groups one and has destroyed the barrier, the dividing wall of hostility. Thank You that through Him we both have access to the Father by one Spirit. Consequently, (we all) are no longer foreigners and strangers, but fellow citizens with God's people and also members of His household. Thank You, Father God, for the Spirit of reconciliation that You are pouring out over the Yakima Valley. We thank You, Father God, that all of Yakima Valley, every culture and faction is coming together as one people in the name of Jesus Christ our Lord. ***Romans 5:8-11, 2 Cor. 5:18-20, Eph. 2:14-19***

## **A PRAYER FOR LIGHT AND HOPE**

We thank You, Father, that the Light of Christ and His glory have risen upon our city and that Yakima is a “City of Light” and will not be hidden. For You are in Yakima Valley and there is no darkness in You! We are blessed because our hope is in You, because Your eyes are upon Yakima Valley as we hope in Your unfailing love. You fill us with all joy and peace to overflowing with hope by the power of Holy Spirit. We are rich! For Christ in us is the very hope of glory! ***Isaiah 60:1, Matthew 5:14, John 1:3-4; Psalm 33:18-22, Romans 15:13, Colossians 1:27***

## **A PRAYER FOR HEALTH AND WELLNESS**

We declare the Good News that brings light and joy into our minds and health to our bodies. We walk as light and salt in the city bringing Kingdom transformation. We rejoice that You are a God Who wants to be found. May Yakima turn to You and be filled with joy and well-being. Lord Jesus, thank You that following Your ways bring health and prosperity to our city. ***Proverbs 15:30, Job 33:26, 3 John 1:2***

## **A PRAYER FOR PROSPERITY**

Thank you, Father God, that because we delight in and meditate on Your law, we are like a tree planted by streams of water, which yields its fruit in season and whose leaf does not wither; whatever we do prospers. Because we follow and obey You, Father God, we are blessed in the city and in the country. We are blessed when we come in and blessed when we go out. You supply all of our needs according to the riches of Your glory in Christ Jesus. Father God, we seek the peace and prosperity of Yakima Valley. We pray to You Lord for it, because if Yakima prospers, we too, will prosper. ***Ps. 1:2-3, Deut. 28:3, 6, Phil. 4:19, Jer. 29:7***

## **A PRAYER FOR EVANGELISM**

Father God, we thank You that Jesus, the Son of Man came to seek and to save the lost and that You are not willing that any of these little ones should perish. Father God, we thank You that You so loved the world that You gave Your one and only Son, that whoever believes in Him shall not perish but have eternal life. For You did not send Your Son into the world to condemn the world, but to save the world through Him. Father God, we thank You that You have given us the command to Go into all the world and preach the gospel to all creation. And that whoever believes and is baptized will be saved. Help us to be faithful and fervent representatives so all men will know of Your love for them and of the sacrifice of Jesus on their behalf. We pray that all of Yakima Valley will believe and be saved. ***Luke 19:10, Matt. 18:14, John 3:16-17, Mark 16:15-16***

## **A PRAYER AGAINST THE OCCULT**

Father God, we agree with You that our struggle is not against flesh and blood, but against the spiritual forces of evil in the Heavenly realms so we submit ourselves to You, God. We resist the devil and know that he will flee from us. Thank you, God, that You are a warrior and You triumph over Your enemies and destroy them. ***Eph. 6:12, James 4:7, Isaiah 42:13, Deut. 33:27***

## **A PRAYER AGAINST DRUGS AND ADDICTION**

We thank You, Father God, for Your son Jesus Christ. Thank You that by His Grace we have been set free from addiction and fleshly desires. We live by Your Holy Spirit, Father God, and we thank You that we are dead to the sinful nature. We thank You for the deliverance and freedom from the evil one by the stripes and blood of Your son dying on the cross. We thank You that we have been given a new life, a life full of Your Holy Spirit to fill the Yakima Valley with Your presence. Thank You, Father God, that Your Kingdom comes to earth and that Your power and glory reign upon the Yakima Valley as it is in Heaven in and through us. ***Romans 13:14, Matthew 6:13***

## **A PRAYER FOR RIGHTEOUS GOVERNMENT**

Holy Father, Your Kingdom come, Your will be done in Yakima Valley as it is in Heaven. We Your people, called by Your name, humble ourselves, seek Your face, and turn from any wicked ways. We believe You hear from Heaven, we believe You have forgiven our sins, and that You are healing our land, our city. With Holy Spirit wisdom we select capable, trustworthy, and honest men and women as elected, appointed and paid officials in our city. For when the righteous prosper, Yakima Valley rejoices!

***Luke 11:2, 2 Chronicles 7:14, Exodus 18:21, Proverbs 11:10***

## **A PRAYER FOR HEALTHY FAMILIES**

We thank You, Father God, that families in Yakima Valley are submitted to serving You. We start our children on the way they should go, and when they are old they will not turn from it. We do not exasperate our children. Instead we bring them up in the training and instruction of the Lord. Families in Yakima Valley encourage each other and build each other up, living in peace with each other. Parents in Yakima are Godly role models, righteous parents who walk in integrity; and their children are blessed after them. ***Josh. 24:15, Prov. 22:6, Eph. 6:4, 1Thess. 5:11, 13, Prov. 20:7 NKJV***

## **A PRAYER FOR FATHERHOOD**

Thank You, Father God, that every child is precious to You, that You are a father to the fatherless. In You the fatherless find compassion and You defend the cause of the fatherless. We thank You that You are pouring out Your father's heart to heal the fatherless generations. You are releasing over this city a Spirit who brings about our adoption to sonship, so that we cry, "Abba, Father". Thank You, Father God, that You are raising up a fathering movement in Yakima Valley, that You are restoring the hearts of fathers to their children and the hearts of children to their fathers, so that our land is blessed. ***Ps. 68:5, Hosea 14:3, Deut. 10:18, Rom. 8:15, Mal. 4:6 NASB***

## **A PRAYER AGAINST CRIMINAL ACTIVITY AND VIOLENCE**

Thank You, Father God, that Jesus will send out His angels and they will weed out of His Kingdom everything that causes sin and all who do evil. We agree with You that no weapon formed against us will prevail and as we cry out You hear us and deliver us. ***Matt. 13:41, Isaiah 54:17, Ps. 34:17, Ps. 92:9***

## **A PRAYER FOR EDUCATION**

Father God, we agree to teach Your words and ways to our children so they will prosper and be blessed. We pray for Godly teachers in our schools to teach morally sound instruction and provide wholesome environments in their classrooms. ***Deut. 11:18-19, Ps. 25:4-5, Prov. 16:20, Mal. 2:6***

## **A PRAYER FOR HOMELESSNESS**

Father, thank You for the cross for without it we would all be homeless. May You be seen as a true Father who supplies food for the hungry and shelter for the homeless through the hands and hearts of Your children. May we be people who see You in all mankind, especially those without a home or shelter. May they say “it is well with my soul” for we have seen the Christ through His people. May You reward Your people for their quiet service. ***Isaiah 58:6-7, Matthew 25:35,40***

# WHY FAST?

Why fast? “Some fast to break their addiction to junk food, some fast to break the power of an uncontrollable appetite, and some fast to break addiction to nicotine, alcohol or drugs, but most fast to know God intimately.” We fast in order to focus our hearts and bodies on the things of God and to seek answers to specific prayers and to get breakthrough in our lives. “During a Daniel Fast, you give up the things you enjoy eating and eat only what is necessary. Therefore, the Daniel Fast is an expression of abstinence for purposes of self-discipline.”

\*\*DF 20

“As you enter the Daniel Fast, it is easy to focus on the food you give up or the activities you surrender. It’s easy to focus on your abstinence and not on the basic purpose for which you are fasting. But remember that God is not impressed just because you stop eating altogether or you stop eating certain foods, even if you do it for your health. God is not impressed with the outward actions of your fast. The secret of any fast is not what you keep from entering the stomach but what comes out of the heart. God is primarily concerned with your inner person, not your outer body.” DF 33

“In Mark 9:29, Jesus described the spiritual energy needed to remove spiritual barriers: ‘This kind can come out by nothing but prayer and fasting.’ The commitment of your outer body to fasting reflects your inner commitment to prayer.” DF 33

Fasting takes things to another level. When we’re not getting breakthrough, the Bible encourages us to fast in order to get answers and overcome situations.

Fasting allows us the opportunity to “discipline” ourselves where we turn to the Lord and put Him first in our lives, turning away from anything that keeps us from following Him. We must get off the throne of our hearts and make sure Jesus is the one who sits there.

By denying our appetites we have the opportunity to see if it is really true in ourselves. “When you’re fasting, you’re aware of your stomach all the time, which makes you aware of the reason you’re abstaining from food – intimacy with God” and to seek Him for answers to specific needs.

There is also extra power and blessing in doing it with others. There is something that happens when we come in agreement with others and seek the Lord. Jesus taught, “Again I say to you, that if two of you agree on earth concerning anything that they ask, it will be done for them by my Father in Heaven.” (Matthew 18:19)

I encourage each of you to read the book of Ezra in the Bible, which talks about how Ezra, a Jewish priest led 4,000 Jews back home to Jerusalem to rebuild the city. They were facing a dangerous journey and a momentous task when they got there. Ezra directed them to fast for three days and to seek the Lord. They were to examine themselves, each personally, and then to lift up the corporate need. We are in the same situation. While each one of us should examine our own hearts and consecrate ourselves anew to God and His purposes, what we really want to do is, as One Body in the Yakima Valley, lift up the Valley to be healed and blessed by God.

Even though you are fasting with the Body of Christ in the Yakima Valley, your fast is unto the Lord. Your heart and prayers should be directed toward Him.

We persevere through to the end and fulfill our vows. “Persistence is Key. Once you begin, don’t quit. Continuing to fast demonstrates your faithfulness to God and your belief that He will do something mighty – and that He will do it in answer to your prayer.”

“Your life will be transformed when your will makes a choice based on what your mind knows, and when your emotions are stirred toward the prayer goal(s). You will strengthen your character in every area

of your life when you fast. When you take control of your body – your outer self – you begin to take control of your inner character. You discipline your body to glorify the Lord.... Remember, fasting will not accomplish much without serious, sacrificial prayer. As you are disciplining your body, you are disciplining your prayer life.” DF 23

**In closing, let me suggest six things you can do to make this fast a successful and meaningful experience for you.**

1. Prepare yourself. Set your heart and mind. Plan your food and/or other things you plan to address.
2. Begin and end with purpose.
3. Focus on the need. What are you praying for and why?
4. Remember the “inner journey” – allow God to touch you deeply.
5. Find a partner and/or join a group to share the journey and encourage you along the way.
6. Make a vow or commitment to the Lord of what you will do in return for His goodness.

# WHAT IS A DANIEL FAST?

A Daniel Fast is a fairly restrictive vegetarian diet based on the experience of the prophet Daniel when he was taken into exile into Babylon. (see the Book of Daniel chapter 1) Some explain it as a Vegan diet with even more restrictions. There are many resources available for understanding a Daniel Fast (i.e. [www.daniel-fast.com](http://www.daniel-fast.com)) but for our purposes we will define it minimally as: a no meat and no animal products, no alcohol, no processed foods and no sugar or desserts. Basically, it is a natural (as much as possible) foods diet – fruit, veggies, nuts, seeds, beans, etc., while drinking only water for fluids.

Each person should determine for themselves what they are willing and able to do. People with health issues should make sure they can sustain the fast. A fast should not harm your body. (Being hungry for short periods of time or doing without meat and junk food does not harm your body. :) In fact, as is evidenced by Daniel's experience, the Daniel Fast is a very healthy diet and many people feel so good while they are on it that they choose to stay with it for an extended period of time or to do it regularly for the sake of their body.

If you are unable to fast from food, there are other options to consider. In addition, you might want to combine a food fast with other forms of fasting. Since entertainment and digital communication is often an idol in our culture; it might be good to consider some form of media fast.

## Alternative Fasts

- A specific limitation, such as no meat or no sugar
- Only one meal per day
- Only two meals per day
- Give up television and/or other electronics
- Give up sports
- Give up pleasure reading
- A combination of any of the above

# THANK YOU FOR PRAYING WITH US FOR OUR VALLEY.

May God bless you as you seek Him and may His Kingdom be realized to a greater level as a result of our dedication to Him. Watch our Calendar at [www.transformyakima.com](http://www.transformyakima.com). Or, if you would like to contact us and join the movement please email us at [info@transformyakima.com](mailto:info@transformyakima.com) or call 509-673-2100.

Blessings as you seek Him and His Kingdom,  
The Transform Yakima Together Executive Team  
*Andy Ferguson, Julie Grove and Dennis Crane*

\*NIV translation used unless otherwise noted.

\*\*The Daniel Fast for Spiritual Breakthrough, by Elmer Townes, Baker House Publishing – February 12, 2010.

## Follow us:



Transform Yakima Together



@transformyakima

## **PARTICIPATING CHURCHES:**

### Bethel AME

515 South 6<sup>th</sup> Street  
Yakima, WA 98901  
Church: (509) 248-4865

### Breakthrough Church

1220 Business Parkway  
Union Gap, WA 98903  
Church: (509) 453-6813

### Christ the King

15 North 7<sup>th</sup> Ave.  
Yakima, WA 98902  
Church: (509) 426-2335

### Church of Christ

100 N 72nd Ave.  
Yakima, WA 98908  
Church: (509) 965-7336

### Connections

221 E. MLK Blvd.  
Yakima, WA 98901  
Church: (509) 457-6010

### Cross Church

8700 Summitview Ave.  
Yakima, WA 98908  
Church: (509) 966-0180

### Dad's House

1601 South 24<sup>th</sup> Ave.  
Yakima, WA 98902  
Church: (509) 230-4451

### First Baptist Church

1115 W. Lincoln Ave.  
Yakima, WA 98902  
Church: (509) 284-4434

### Freedom Foursquare Church

16 South 6<sup>th</sup> Ave.  
Yakima, WA 98902  
Church: (509) 952-2546

### Grace of Christ Presbyterian

9 South 8<sup>th</sup> Ave.  
Yakima, WA 98902  
Church: (509) 248-7940

### Grace Temple

1801 Jerome Ave.  
Yakima, WA 98902  
Church: (509) 576-0456

### Highland Community Church

1600 Summitview Rd.  
Coviche, WA 98923  
Church: (509) 406-3735

### Living Faith Victory Church

1019 Cornell Ave.  
Yakima, WA 98902  
Church: (509) 575-5382

### Manantial de Vida

104 E 6<sup>th</sup> Street  
Wapato, WA 98951  
509-388-3273

Monte de Sion  
820 Great Rd.  
Buena, WA 98921  
Church: (509) 961-4006

New Jerusalem Missionary Baptist  
915 S Naches Ave.  
Yakima, WA 98901  
Church: (509) 453-8824

New Life Center  
909 W Washington Ave.  
Yakima, WA 98903  
Church: (509) 910-7698

Open Bible Christian Center  
2701 W. Lincoln Ave.  
Yakima, WA 98902  
Church: (509) 972-1895

Restoration Church  
101 N. Naches Ave.  
Yakima, WA 98901  
Church: (509) 452-2080

Stone Church  
3303 Englewood Ave.  
Yakima, WA 98902  
Church: (509) 575-3720

Terrace Heights Assembly of God  
4101 Maple Ave.  
Yakima, WA 98901  
Church: (509) 576-8819

Vineyard Christian Fellowship  
221 E. LK Blvd.  
Yakim, WA 98901  
Church: (509) 453-2343

West Side Church  
6901 Summitview Ave.  
Yakima, WA 98908  
Church: (509) 965-2800

West Valley Foursquare Church  
5802 Summitview Ave., #150  
Yakima, WA 98908  
Church: (509) 972-3303

West Valley Missionary Church  
11107 Wide Hollow Road  
Yakima, WA. 98908  
Church: (509) 966-6322

Wiley Heights Covenant Church  
12504 Gilbert Rd.  
Yakima, WA 98903  
Church: (509) 966-2383

Yakima Foursquare  
700 N. 40<sup>th</sup> Ave.  
Yakima, WA 98908  
Church: (509) 575-1490

*If your church is not listed and you would like to be listed, please contact us at 509-673-2100.*





# WHY DO WE FAST AND PRAY?

We pray because we know that prayer moves the Heart that moves the Hand that changes the world. We fast in order to focus our hearts and bodies on the things of God, to seek answers to specific prayers and to get breakthrough in our lives. Fasting takes things to another level. When we're not getting breakthrough, the Bible encourages us to fast in order to get answers and overcome situations. The idea of fasting is that you deprive yourself of the things of the flesh so that your hunger increases and that as it increases you redirect it toward the things of God so that your hunger for Him takes over the flesh and becomes the thing you want most.

It's our job as Kingdom Citizens (Christians) to stay hungry and thirsty for the things of the Kingdom. Right now we are hungry for the Righteousness of God in the Yakima Valley. We are not okay with the way things are in our Valley – high crime, poverty, homelessness, etc. Therefore, we are calling the Body of Christ to “seek first His Kingdom and His Righteousness” by joining together in a special season of prayer and fasting this Fall from September 1 to October 12.

There is also extra power and blessing in doing it with others. We believe that if we come together as the Body, the Children of God in the Valley, truly seeking Him and hungry for His Righteousness that God will hear our prayers and bless us and our Valley and deal with many of the ills that afflict our community.

So please join us in praying for our Valley. May God bless you as you seek Him and may His Kingdom be realized to a greater level as a result of our dedication to Him.

Watch our calendar at [www.transformyakima.com](http://www.transformyakima.com) and join the movement by emailing us at [info@transformyakima.com](mailto:info@transformyakima.com) or call 509-673-2100.

The Transform Yakima Together Team