

## 2025 Congregational Prayer & Fasting Guide

I am thrilled to present this year's prayer guide! Every year, I eagerly await this time to seek more of God as a congregation. Our theme this year is "The Armor of Light." Let's come in agreement for the outpouring that God has promised us. I encourage you to join us on this seven-day journey and fully participate in this time of prayer and fasting. Each of your prayers is a crucial piece to what God desires to do. Let's get serious with God, who desires to meet with us corporately and individually. This guide is designed to unite us around the same vision and purpose, so follow along daily and join us during the Zoom prayer meetings each morning and evening (invite others, too). Powerful things happen when we starve our flesh and feed our Spirit. I want to thank Leslie Murphy for pouring her heart into writing our prayer guide this year. May the Lord encounter us deeply like Jeremiah 29:13 says. "And you will seek Me and find Me, when you search for Me with all your heart."

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 (no sugar, tea or coffee).

**Semi-Total Fast** – Juices, smoothies or a vitamin drink each day (no solid foods or sugar, tea/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. 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 morning and evening 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, JANUARY 25 – FOCUS: THE WARRIOR'S STANCE | MAIN EVENT SERVICE AT 6:30 PM

**PURPOSE/FOCUS:** Many prophetic words have been declared that a river of revival fire would flow out from the Pacific Northwest. Those prophetic words from Heaven's heart are about our destiny. God needs His church to demonstrate the reality of the Kingdom of God to a world that needs a revelation of the one true God and His eternal purpose for mankind. Let's purpose to fast and seek God for His bride to be dressed in His spectacular arsenal - the Armor of God. Oh LORD, let Your Kingdom come to our hearts paving the way for You to walk the land through Your church.

*Esther 4:14, Isaiah 42:13, Isaiah 58:6, Habakkuk 2:14, Ephesians 6:10-18*

### DAY 1 – SUNDAY, JANUARY 26 – ZOOM PRAYER AT 10:00 AM | START FASTING AT 4:30 PM

#### MORNING FOCUS: BELT OF TRUTH (EPHESIANS 6:14) - PART 1

**For his merciful kindness is great toward us, and the truth of the LORD endures for ever.** God desires a zealous bride; one He has marked for victory. We are admonished to put on the whole armor of God to stand against the schemes of the devil. Apostle Paul tells us to cast off the works of darkness to put on the armor of righteousness, later referred to as the armor of light. To put on the armor of God is to put on Christ and stand in his character and likeness. Truth, as a double-edged sword, points to both the enemy and to that of our carnality. It points to our attitudes, agendas, lack of surrender, hard hearts, unforgiveness, and offenses. These are hard sayings, but our carnality can distort truth, making it conform to our perspective. LORD, your word is truth and it stands forever. We repent for walking in our own ways, for ignoring or bending truth to suit our needs. My God, Your word is a lamp to our feet and a light to our path; we ask You to shine truth into our darkness so that the Word may dwell in our inward parts and dismantle evil. O that the breaker anointing would arise.  
*Psalm 96:13, Psalm 139:23, Psalm 149:5-6, Romans 13:12-14*

### DAY 1 – SUNDAY, JANUARY 26 – ZOOM PRAYER AT 7:00 PM | START FASTING AT 4:30 PM EVENING FOCUS: BELT OF TRUTH (EPHESIANS 6:14) - PART 2

**They shall speak of the glory of Your kingdom, and talk of Your power, to make known to the sons of men His mighty acts, and the glorious majesty of His kingdom.** O God, we pray that the revelation of who You are would cause Your church to walk in power, love, and a sound mind. Lord of Hosts, come with Your angel armies to awaken Your church to her destiny. Encompass us with Your truth that we would be transformed, causing faith and hope to grow as the spirit of fear leaves. You ask Your children to be a living sacrifice walking in Your truth. As we willingly surrender all for the King of Heaven, thank you for cleansing us and setting us apart for your Kingdom. Strengthen us, Lord, to stir up the word of truth just as David encouraged himself in You. My God, that Your church would cleanse her garments surrendering all for Your Kingdom. Cause Your people to be filled with testimonies of Your great power and miraculous works. Help us to be grateful that Your ears would hear the songs of victory in our streets! *Psalm 86:11, Romans 12:1-2, Colossians 3:12-14, 2 Timothy 1:7*

### DAY 2 – MONDAY, JANUARY 27 – ZOOM PRAYER AT 10:00 AM MORNING FOCUS: BREASTPLATE OF RIGHTEOUSNESS (EPHESIANS 6:14) - PART 1

**O LORD Most High, You are our righteousness and judge of all the earth; You judge the righteous and the wicked with just scales.** We honor You, King of Heaven, our Redeemer, for being our righteousness and creating an eternal pathway that leads to Your throne of grace and mercy in times of need. Oh, God, we cry out for the power and glory of Your kingdom to visit us so we can be rich toward You and Your kingdom. Forgive us for being cold and lukewarm with hardened hearts. We do not understand how truly wretched, miserable, poor, blind, and naked we are. We repent for ourselves and on behalf of Your church. Cause us to see our true state and lead us to buy from You gold, the righteous acts of surrendered hearts that embrace Your word, and the fires of testing that come to purify. Make us vessels of honor etched with Your likeness as we spend time in the secret place with You. May we willingly lay it all down as you did for us. We choose to walk in forgiveness and ask You to burden our hearts with Your intercessions. O that we would stir up zeal for Your house that men would behold the LORD!

*1 Chronicles 16:11-12, Psalm 5:8, 1 Peter 1:7-9, Revelation 3:15-18*

### DAY 2 – MONDAY, JANUARY 27 – ZOOM PRAYER AT 7:00 PM EVENING FOCUS: BREASTPLATE OF RIGHTEOUSNESS (EPHESIANS 6:14) - PART 2

**Your throne, O God, is for ever and ever: a sceptre of righteousness is the sceptre of Your kingdom. You love righteousness and hate wickedness.** Apostle Paul says it is time to awaken out of slumber. Let's be intentional in putting on the Lord Jesus Christ as a badge of victory. Lord, help us sow into true riches by casting off works of darkness and walking in the Spirit. O that we would highly esteem Your gift of right standing before our Heavenly Father by guarding our hearts. Help us to love You with all of our heart, with all of our soul, and with all of our strength so we would experience the wisdom and supernatural power of Your instructions in righteousness. Cause Your children to be known as those who walk in the light as You are in the light, treading over all the enemy's power. We choose to love our enemies, bless those who curse us, do good to those who hate us, and pray for those who spitefully use and persecute us. Let fruits of righteousness abound in the house of the Lord, we ask. May we count it all joy and press forward towards the prize of Your high calling. As a tribe, please unite our hearts as we intercede for one another. Heaven is calling the King's warrior bride to stand in the gap for Kingdom's sake.

*Matthew 5:44-45, Matthew 13:44-46, Romans 13:12-14, Galatians 5:16-21*

### DAY 3 – TUESDAY, JANUARY 28 – ZOOM PRAYER AT 10:00 AM MORNING FOCUS: GOSPEL OF PEACE (EPHESIANS 6:15) - PART 1

**The LORD will give strength to His people; the LORD will bless His people with peace.** You are our peace, O Lord. The world needs to see an accurate image of the King of Heaven in our lives to want to know the God of the Christian. We desire to be those who cultivate the fruit of the Spirit in our daily lives. You, LORD, have appointed us to be peacemakers in our relationships, having been guided by Your laws. May we grow in peace, having put our trust in Your word and the intentions of Your heart towards us. O God, do you see evidence of godliness in our wake? Forgive us for our casual attitudes towards keeping in step with the Spirit of the LORD and His instructions in righteousness. Cause our hearts to desire an encounter with a Holy God, leaving idols and unrighteous deeds behind. Forgive us

for neglecting to honor You, Holy Spirit, and the supernatural power of Your work in our lives. O that Your people would walk in the revelation of Yeshua's inheritance in the saints, causing families to arise in Your likeness. May the world see it and seek to know You, O God of peace.

*Psalm 34:14, Galatians 5:22-25, 2 Peter 1:2, 2 John 1:6*

**DAY 3 – TUESDAY, JANUARY 28 – ZOOM PRAYER AT 7:00 PM**

**EVENING FOCUS: GOSPEL OF PEACE (EPHESIANS 6:15) - PART 2**

***Have you not heard? The Everlasting God....He gives power to the weak, and to those who have no might He increases strength.*** Prepare, prepare, prepare. Can you hear Heaven's plea for us to prepare a place for His glory to dwell? The Lord needs fiery messengers to walk the earth with the Gospel of the Kingdom; bearing His image and empowered to carry the good news. The world is looking for true peace, but it is only found in the right relationship with Christ, our Savior. O Lord, cause our hearts to be filled with Your cry for the lost to find You. You LORD dwell in a high and holy place, yet You choose to dwell with those of a contrite and humble heart. Teach us Your ways, and we will walk in Your paths, my God. O that Your unshakable peace would rule in our hearts during trouble. My God, we ask that knowledge of the power and wisdom of Heaven's decrees and worldview would be known and firmly established in our hearts.

*Isaiah 52:7, Isaiah 57:15, Philippians 4:4-7, 2 Peter 1:3*

**DAY 4 – WEDNESDAY, JANUARY 29 – ZOOM PRAYER AT 10:00 AM**

**MORNING FOCUS: SHIELD OF FAITH (EPHESIANS 6:16) - PART 1**

***Oh, 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.*** Warrior bride, rise up with the King of Heaven's shield of faith! We are called to walk in the power of the Holy Ghost and be fiery carriers of the hope found in Christ. May we host the awesome presence of God, causing evil to retreat and break. O LORD, cause Your bride to rise up in her calling and be fully persuaded that Your words are laden with miraculous power. Forgive us for not pressing in to search out and fully embrace Kingdom truths. My God, help us pursue excellence and not settle for mediocrity. Today's church is largely barren of God's displays of power to heal and deliver. Cause hearts to burn and mouths to declare words of faith with Heaven's passion to save, deliver, and heal. O that we would dress ourselves with the power of the Living God, having sought to know Him and the power of His resurrection. Let's repent. *2 Samuel 22:36-38, Romans 8:37-39, Hebrews 11:32-35, 2 Timothy 1:7*

**DAY 4 – WEDNESDAY, JANUARY 29 – ZOOM PRAYER AT 7:00 PM**

**EVENING FOCUS: SHIELD OF FAITH (EPHESIANS 6:16) - PART 2**

***Your right arm O LORD, is become glorious in power: Your right hand, O LORD, has dashed in pieces the enemy.*** O Lord, that You would find faith on the earth. Your words are indisputable and alive, purifying hearts. Let trust in Your word and in integrity of Your name grow in us, that Heaven's stronghold would open in times of trouble. Hope in You, God, never disappoints. O Lord, cause wells of strength to open for persevering faith. May our shield, called faith, be etched with the King's words signaling His angel armies. We ask that we grow in faith and mighty exploits that glorify the King of Heaven. Forgive us when we murmur and complain rather than speak heartfelt words of faith that invoke Heaven's response. May we faithfully trust in Your promises as priceless treasures laden with supernatural power and life. O that we would seek Your face, magnificent King. It's an appointed time for the battle cry of Faith in God to be lifted up.

*Psalm 18:35-37, Luke 10:19, Romans 1:17, Philippians 3:13-15*

**(PLEASE SEE THE INSERT FOR DAYS 5 - 7)**


**JOIN US FOR THE FINALE:**

**All Night Worship & Prayer Watch**

**5300 MacArthur Blvd. #202, Vancouver, WA 98661**

**February 1, 2025 | Saturday 6:00pm – Sunday 6:00am**

**PRAYER CHANGES YOU | PREPARES THE WAY FOR THE LORD | REVERSES THE PLANS OF THE ENEMY**



# 7 days of prayer

january 26-february 1, 2025

## The Armor of Light

“The night is far spent, the day is at hand. Therefore let us cast off the works of darkness, and let us put on the armor of light.”  
(Romans 13:12)

*The River*  
CHURCH

**DAY 5 – THURSDAY, JANUARY 30 – ZOOM PRAYER AT 10:00 AM**

**MORNING FOCUS: HELMET OF SALVATION (EPHESIANS 6:17) - PART 1**

**The LORD is my rock and my fortress and my deliverer; My God, my strength, in whom I will trust; My shield and the horn of my salvation, my stronghold.** Isaiah tells us that the LORD put on a helmet of salvation while wearing garments of vengeance and a cloak of zeal. When Yeshua came to do battle bringing salvation, we were saved from death and eternal hell. But we were also saved for our Redeemer and His eternal purposes. The people of God are to be zealous toward God and found rich in Heaven’s salvation. O well spring of Heaven, draw us to your heart’s desires. In past revivals, God used the prayers and obedience of His watchmen to help pour out a profound revelation of eternity’s love and need for a Savior. May the God of Heaven clothe us in His zeal so we would be provoked to prayer and works of righteousness in this generation. Paul tells us we are responsible for working out our own salvation with fear and trembling. As lights in the world, let’s pursue Christ-mindedness and be known for walking in humility, serving others through love and obedience. We pray for the manifold wisdom of God to be released through the church to the principalities and powers in heavenly places. O LORD, we desire to bear Your image well.

*Romans 8:29-31, Philippians 1:9-11, 2 Timothy 1:7-9, 1 Peter 3:8-9*

**DAY 5 – THURSDAY, JANUARY 30 – ZOOM PRAYER AT 7:00 PM**

**EVENING FOCUS: HELMET OF SALVATION (EPHESIANS 6:17) - PART 2**

**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.** The King of Heaven needs His church to present herself holy unto the Lord, a living sacrifice. Let’s seek to conform to the Kingdom of God rather than choosing the world’s likeness. May our hearts be filled with deep gratitude for the work of the cross. O Lord, cause a holy boldness to grace Your people so that many would hear Heaven’s words of salvation and hope. Please forgive us for living like we will never have to give an account for how we lived our lives, for disregarding You and Your ways as in the days of Noah. We ask You to release the reality of the Kingdom of Heaven. Our righteous God, break the bondage of wickedness that seeks to hide the truth that eternal rewards and eternal judgments await us all. Call us by name and convince us of Your love and forgiveness. Let Your heart be revealed, causing even the hard-hearted to surrender to You. May Your light shine, bringing down spiritual powers that distract and deceive us. Help us find our place co-laboring with Heaven’s purpose. Cause your light to shine through us that others will find you as Father, Savior, and Deliverer, we pray.

*Romans 12:1-2, Philippians 1:27, Colossians 3:15-17, 1 Peter 2:12*

**DAY 6 – FRIDAY, JANUARY 31 – ZOOM PRAYER AT 10:00 AM**

**MORNING FOCUS: SWORD OF THE SPIRIT (EPHESIANS 6:17) - PART 1**

**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.** The word of the LORD is alive and supercharged with the power to dismantle works of darkness, causing even laws of nature to bend to its command. Nothing can withstand the Sword of the Spirit, the word of God. Let’s remember that Jesus is the WORD, and our destinies are interwoven with Him. When we are born again, we inherit Heaven’s riches filled with supernatural promises and instructions intended to forge our identity and frame our walk. Thank you for being our champion! Help us embrace the work of the Holy Spirit as He reveals You and Your ways of life to us. Cause the words of our mouth and the meditation of our heart to magnify You. Lord, we ask that Your heavenly resources sustain us as we pursue godly wisdom and the nature of Your power. Forgive us for resisting You, not understanding that atmospheres shift and lies are broken at the sound of Your voice. May we understand that humility and surrender are gateways to Your sustaining grace. O God of the angel armies, cause us to surrender to Your Spirit having crucified the flesh. We desire to be holy, for You are holy. May we wrestle with You and win! My God, help us heed Heaven’s call to run hard after You, bringing life and godliness to our world. As Your warrior bride, may we be carriers and champions of truth, dressed in Your likeness. Psalm 12:6,

*Hebrews 4:12-13, Hebrews 11:3, 1 Corinthians 2:4-5, 2 Corinthians 10:3-5*

**DAY 6 – FRIDAY, JANUARY 31 – ZOOM PRAYER AT 7:00 PM**

**EVENING FOCUS: SWORD OF THE SPIRIT (EPHESIANS 6:17) - PART 2**

**O LORD God of hosts, who is mighty like You, O LORD? Your faithfulness also surrounds You.** LORD of Hosts, Your word is truth and stands forever. Thank you for appointing Your church to be more than conquerors through Your strength. You describe her destiny as those who walk in the staggering power of Your Spirit, overcoming evil with good, bringing the power of the good news to broken lives. We are called believers, but our souls aren’t always given to Heaven’s purpose. Forgive us. May we fully surrender to Your holy calling. Cause us to be fully persuaded that You will stand up and do what You say, and nothing can separate us from the power of Your love. We ask that our families and communities see the reality of Your Kingdom in demonstration and power. Spirit of Truth, may Your church honor Your voice, echoing Heaven’s sword with supernatural strength. Cause the world to hear about Your power to save, and may people run to Your love and forgiveness. Let a canopy of Your presence cover our communities that causes all hearts to quake with the fear of the Lord.

*Psalms 89:8, Psalm 119:89, Isaiah 55:10-11, 2 Samuel 22:31, Romans 1:16-17*

**DAY 7 – SATURDAY, FEBRUARY 1 – JOIN US FOR THE ALL NIGHT WORSHIP AND PRAYER WATCH**

**MORNING FOCUS: STAND THEREFORE (EPHESIANS 6:13)**

**Oh, sing to the LORD a new song! For He has done marvelous things: His right hand and His holy arm have gained Him the victory.** Apostle Paul tells us to be strong in the Lord and in His mighty power by taking up the whole armor of God, so we would be able to stand against the schemes of the devil. He follows by telling us to pray in the Spirit on every occasion, with all kinds of prayers and requests. And to stay alert with perseverance and supplication for all saints. Let’s remember that the Holy Spirit is fully God. He is omnipotent, omniscient and omnipresent; the strength of His jaw-dropping power strikes fear in the heart of the enemy. Let’s surrender to Holy Spirit as He leads us to pray in our Spirit language to release prayers that exceed our expectations and wildest dreams. We read stories about men and women who were so marked by a passion for Jesus that God’s miraculous power followed them. The LORD wants to hear our cry for His bride to awaken to her destiny, standing in the strength of His likeness. We need to put on Heaven’s spectacular armor so the world would be drawn to the LORD of Heaven. Let’s surrender to Heaven’s call that day and night prayer would rise before the throne of Heaven to help usher in an unprecedented move of Holy Spirit-driven power. Please join the King of Heaven in prayer for songs of victory to flood our nation!

*1 Chronicles 22:19, Isaiah 40:7-8, Zechariah 4:6, Colossians 1:9-14*

**Day 7 – Sat., Feb. 1 – BREAK THE FAST AT 4:30 PM | NIGHT WATCH (SAT. 6:00 PM – SUN. 6:00 AM)**

**THE CALL: NOW** is the appointed time to fast and pray for the bride to awaken to her destiny. This is the hour to contend for songs of victory to be heard. **Oh, LORD, let Your Kingdom come to our hearts, paving the way for YOU to walk the land through Your church.**

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

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