



MONTHLY FASTING PRAYERS

November - Meal Planning

Please check in with [the group](#) as often as you can.

Monday Evening (before going to bed) - Pray that you would fully comprehend the transformations you experienced this past month as you focused on getting active. Pray that making time to be active each day will be easy and natural for you. Pray that God's transforming power would continue to be made manifest in you. [Romans 12:1-2](#)

Tuesday Morning Prayer - Pray that as one month ends and another one begins, you will trust the Lord to guide your steps. As the month's pass, each challenge will grow easier as you learn to trust God more and rely on His strength. [Matthew 11:30](#)

Tuesday Mid-Morning Prayer - Pray that as you focus on your meals and what you choose to put in your mouth in November, that you would eat in the name of the Lord, Jesus; and that your food choices would glorify God. Pray that you will have a successful challenge! [Colossians 3:17](#)

Tuesday Lunch Prayer - Pray that as you delay gratifying your flesh right now that you would understand that God's delay's are not denial. Turn your physical hunger over to Him and let Him satisfy your soul hunger. [Matthew 5:6](#). Listen to this song, [Take Me To The King](#), Tamela Mann.

Tuesday Afternoon Prayer (prior to breaking your fast) - Give thanks to the Lord for bringing you through this fast. Count it a privilege to draw closer to Him and to deny yourself, even for a short time. Pray that as you live each day this month that you would be mindful that the battle is the Lord's. You were not meant to struggle, to white-knuckle your way through, or to just get by. Declare that you will make the most of each day, recognizing that your time on this earth is fleeting. [Psalm 34:9](#)