

# **40 DAYS OF FASTING & PRAYER**

by Jerry Dirmann

# 1. FAST 40 DAYS FROM MEDIA AND OTHER DISTRACTIONS

***“Blessed is the man who walks not in the counsel of the ungodly, nor stands in the path of sinners, nor sits in the seat of the scornful; but his delight is in the law of the LORD, and in His law he meditates day and night.” Psalm 1:1–2***

- a. Social Media: We’re giving our attention to God.
- b. News and Information: We’re intentionally not listening to the talk.

## **2. PRAY 15 MINUTES DAILY... ON OUR KNEES**

***“Solomon ... knelt down on his knees ... and spread out his hands toward heaven ... then the LORD ... said ... 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 will forgive their sin and heal their land.” 2 Chronicles 6:13, 7:12, 14***

- a. Repentance: God always wants to move among His people, and

the most important thing we (believers) need to do to clear the way for Him is repent of all sin.

- b. Seek God: Jesus prayed daily to Father God for direction, and He taught us to do that same.
- c. Call on God to “Breathe on His Church.”
- d. Call on God to “Breathe on our nation.”

### **3. WATCH THE DAILY “40 DAYS” MESSAGE**

***“My son, give attention to my words; incline your ear to my sayings. Do not let them depart from your eyes; keep them in the midst of your heart; for they are life to those who find them, and health to all their flesh.” Proverbs 4:20–22***

- a. LIVE DAILY MESSAGE each morning about 7:20 AM (Pacific Time), after the Daily Word w/ Jerry Dirmann
  
- b. OR WATCH IT “ON DEMAND” any time each day

## 4. WRITE GOD'S INSTRUCTIONS

***“... Write the vision and make it plain on tablets, that he may run who reads it.” Habakkuk 2:2***

- a. Capture what God speaks in your journal or electronic device.
  
- b. Be prepared to share with others in your House Church or with friends.

# 40 SCRIPTURES FOR 40 DAYS

## 1 (JUNE 22)

***2 Chronicles 7:14 (NKJV) "...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 will forgive their sin and heal their land."***

## 2. (JUNE 23)

***Isaiah 55:6–8 (NKJV) Seek the LORD while He may be found, Call***

***upon Him while He is near. Let the wicked forsake his way, And the unrighteous man his thoughts; Let him return to the LORD, And He will have mercy on him; And to our God, For He will abundantly pardon. “For My thoughts are not your thoughts, Nor are your ways My ways,” says the LORD.***

### **3. (JUNE 24)**

***Psalm 139:23–24 (NLT) Search me, O God, and know my heart; test me and know my anxious thoughts. Point out anything in me that of-***

*fends you, and lead me along the path of everlasting life.*

#### **4. (JUNE 25)**

***Colossians 3:1–4 (NKJV) If then you were raised with Christ, seek those things which are above, where Christ is, sitting at the right hand of God. Set your mind on things above, not on things on the earth. For you died, and your life is hidden with Christ in God. When Christ who is our life appears, then you also will appear with Him in glory.***

## 5. (JUNE 26)

***Joel 2:12–13 (NLT) That is why the LORD says, “Turn to me now, while there is time. Give me your hearts. Come with fasting, weeping, and mourning. Don’t tear your clothing in your grief, but tear your hearts instead.” Return to the LORD your God, for he is merciful and compassionate, slow to get angry and filled with unfailing love. He is eager to relent and not punish.***

## **6. (JUNE 27)**

***James 5:16 (NLT) Confess your sins to each other and pray for each other so that you may be healed. The earnest prayer of a righteous person has great power and produces wonderful results.***

## **7. (JUNE 28)**

***Matthew 6:5–6 (NKJV) “And when you pray, you shall not be like the hypocrites. For they love to pray standing in the synagogues and on the corners of the streets, that they***

***may be seen by men. Assuredly, I say to you, they have their reward. But you, when you pray, go into your room, and when you have shut your door, pray to your Father who is in the secret place; and your Father who sees in secret will reward you openly.”***

## **8. (JUNE 29)**

***Matthew 6:16–18 (NKJV) “Moreover, when you fast, do not be like the hypocrites, with a sad countenance. For they disfigure their faces that they may appear to men***

***to be fasting. Assuredly, I say to you, they have their reward. But you, when you fast, anoint your head and wash your face, so that you do not appear to men to be fasting, but to your Father who is in the secret place; and your Father who sees in secret will reward you openly.”***

## **9. (JUNE 30)**

***Isaiah 58:6–9 (NLT) “No, this is the kind of fasting I want: Free those who are wrongly imprisoned; lighten the burden of those who***

***work for you. Let the oppressed go free, and remove the chains that bind people. Share your food with the hungry, and give shelter to the homeless. Give clothes to those who need them, and do not hide from relatives who need your help. “Then your salvation will come like the dawn, and your wounds will quickly heal. Your godliness will lead you forward, and the glory of the LORD will protect you from behind. Then when you call, the LORD will answer. ‘Yes, I am here,’ he will quickly reply. “Remove the heavy yoke of oppression. Stop pointing your finger and spreading vicious rumors!***

## 10. (JULY 1)

***Psalm 1:1–3 (NKJV) Blessed is the man Who walks not in the counsel of the ungodly, Nor stands in the path of sinners, Nor sits in the seat of the scornful; But his delight is in the law of the LORD, And in His law he meditates day and night. He shall be like a tree Planted by the rivers of water, That brings forth its fruit in its season, Whose leaf also shall not wither; And whatever he does shall prosper.***

## 11. (JULY 2)

***Proverbs 4:20–22 (NKJV) My son, give attention to my words; Incline your ear to my sayings. Do not let them depart from your eyes; Keep them in the midst of your heart; For they are life to those who find them, And health to all their flesh.***

## 12. (JULY 3)

***Joshua 1:8 (NKJV) This Book of the Law shall not depart from your mouth, but you shall meditate in it day and night, that you may ob-***

***serve to do according to all that is written in it. For then you will make your way prosperous, and then you will have good success.***

### **13. (JULY 4)**

***Jeremiah 33:3 (NKJV) “Call to Me, and I will answer you, and show you great and mighty things, which you do not know.”***

### **14. (JULY 5)**

***Jeremiah 29:11 (NIV84) “For I know the plans I have for you,” declares***

***the LORD, “plans to prosper you and not to harm you, plans to give you hope and a future.***

## **15. (JULY 6)**

***James 1:21 (GNB) So get rid of every filthy habit and all wicked conduct. Submit to God and accept the word that he plants in your hearts, which is able to save you.***

## **16. (JULY 7)**

***Hebrews 4:16 (NLT) So let us come boldly to the throne of our gracious God. There we will receive his***

***mercy, and we will find grace to help us when we need it most.***

## **17. (JULY 8)**

***Psalm 119:9 (NKJV) How can a young man cleanse his way? By taking heed according to Your word. Psalm 119:11 (NKJV) Your word I have hidden in my heart, That I might not sin against You.***

## **18. (JULY 9)**

***Matthew 6:22–23 (NKJV) “The lamp of the body is the eye. If therefore your eye is good, your whole body***

***will be full of light. But if your eye is bad, your whole body will be full of darkness. If therefore the light that is in you is darkness, how great is that darkness!”***

## **19. (JULY 10)**

***Psalm 101:1–3 (GW) I will sing about mercy and justice. O LORD, I will make music to praise you. I want to understand the path to integrity. When will you come to me? I will live in my own home with integrity. I will not put anything wicked in front of my eyes. I hate what unfaithful people do. I want no part of it.***

## 20. (JULY 11)

***Joshua 24:15 (NKJV) “And if it seems evil to you to serve the LORD, choose for yourselves this day whom you will serve, whether the gods which your fathers served that were on the other side of the River, or the gods of the Amorites, in whose land you dwell. But as for me and my house, we will serve the LORD.”***

## 21. (JULY 12)

***Isaiah 41:10 (NKJV) “Fear not, for I am with you; Be not dismayed, for I***

***am your God. I will strengthen you,  
Yes, I will help you, I will uphold you  
with My righteous right hand.”***

**22. (JULY 13)**

***Matthew 6:33 (NKJV) “But seek  
first the kingdom of God and His  
righteousness, and all these things  
shall be added to you.”***

**23. (JULY 14)**

***2 Corinthians 10:4–5 (NKJV) For the  
weapons of our warfare are not car-  
nal but mighty in God for pulling***

***down strongholds, casting down arguments and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ,***

**24. (JULY 15)**

***Matthew 6:14–15 (NLT) “If you forgive those who sin against you, your heavenly Father will forgive you. But if you refuse to forgive others, your Father will not forgive your sins.”***

## **25. (JULY 16)**

***Matthew 9:37–38 (NKJV) Then He said to His disciples, “The harvest truly is plentiful, but the laborers are few. Therefore pray the Lord of the harvest to send out laborers into His harvest.”***

## **26. (JULY 17)**

***Romans 8:28 (NKJV) And we know that all things work together for good to those who love God, to those who are the called according to His purpose.***

**27. (JULY 18)**

***Matthew 24:12–13 (CEV) Evil will spread and cause many people to stop loving others. But if you keep on being faithful right to the end, you will be saved.***

**28. (JULY 19)**

***Isaiah 60:2 (NKJV) For behold, the darkness shall cover the earth, And deep darkness the people; But the LORD will arise over you, And His glory will be seen upon you.***

## **29. (JULY 20)**

***Colossians 4:17 (NKJV) And say to Archippus, "Take heed to the ministry which you have received in the Lord, that you may fulfill it."***

## **30. (JULY 21)**

***Matthew 6:24 (ESV) "No one can serve two masters, for either he will hate the one and love the other, or he will be devoted to the one and despise the other. You cannot serve God and money."***

## **31. (JULY 22)**

***Psalm 51:1–3 (NKJV) Have mercy upon me, O God, According to Your lovingkindness; According to the multitude of Your tender mercies, Blot out my transgressions. 2 Wash me thoroughly from my iniquity, And cleanse me from my sin. 3 For I acknowledge my transgressions, And my sin is always before me.***

## **32. (JULY 23)**

***Matthew 5:43–45 (NKJV) “You have heard that it was said, ‘You shall***

***love your neighbor and hate your enemy.’ But I say to you, love your enemies, bless those who curse you, do good to those who hate you, and pray for those who spitefully use you and persecute you, that you may be sons of your Father in heaven; for He makes His sun rise on the evil and on the good, and sends rain on the just and on the unjust.”***

**33. (JULY 24)**

***Matthew 5:13–16 (NKJV) “You are the salt of the earth; but if the salt loses its flavor, how shall it be sea-***

***soned? It is then good for nothing but to be thrown out and trampled underfoot by men. “You are the light of the world. A city that is set on a hill cannot be hidden. Nor do they light a lamp and put it under a basket, but on a lampstand, and it gives light to all who are in the house. Let your light so shine before men, that they may see your good works and glorify your Father in heaven.***

## **34. (JULY 25)**

***Luke 4:18–19 (NKJV) “The Spirit of the LORD is upon Me, Because He has anointed Me To preach the gospel to the poor; He has sent Me to heal the brokenhearted, To proclaim liberty to the captives And recovery of sight to the blind, To set at liberty those who are oppressed; To proclaim the acceptable year of the LORD.”***

## **35. (JULY 26)**

***Luke 5:16 (NKJV) So He Himself often withdrew into the wilderness and prayed.***

## **36. (JULY 27)**

***Ephesians 6:13–18 (NKJV) Therefore take up the whole armor of God, that you may be able to withstand in the evil day, and having done all, to stand. Stand therefore, having girded your waist with truth, having put on the breastplate of righteousness, and having shod your feet with the preparation of the gospel of peace; above all, taking the shield of faith with which you will be able to quench all the fiery darts of the wicked one. And take the helmet of salvation, and***

***the sword of the Spirit, which is the word of God; praying always with all prayer and supplication in the Spirit, being watchful to this end with all perseverance and supplication for all the saints—***

**37. (JULY 28)**

***1 John 2:15–18 (NKJV) Do not love the world or the things in the world. If anyone loves the world, the love of the Father is not in him. For all that is in the world—the lust of the flesh, the lust of the eyes, and the pride of life—is not of the Father but is of the world. And the world is***

***passing away, and the lust of it; but he who does the will of God abides forever. Little children, it is the last hour; and as you have heard that the Antichrist is coming, even now many antichrists have come, by which we know that it is the last hour.***

### **38. (JULY 29)**

***2 Corinthians 6:2 (NLT) For God says, “At just the right time, I heard you. On the day of salvation, I helped you.” Indeed, the “right time” is now. Today is the day of salvation.***

## 39. (JULY 30)

***Mark 16:15–18 (NKJV) And He said to them, “Go into all the world and preach the gospel to every creature. He who believes and is baptized will be saved; but he who does not believe will be condemned. And these signs will follow those who believe: In My name they will cast out demons; they will speak with new tongues; they will take up serpents; and if they drink anything deadly, it will by no means hurt them; they will lay hands on the sick, and they will recover.”***

## 40. (JULY 31)

***Matthew 28:19–20 (NKJV) “Go therefore and make disciples of all the nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, teaching them to observe all things that I have commanded you; and lo, I am with you always, even to the end of the age.” Amen.***

