



PRAYER GUIDE

HELPED BY THE SPIRIT

John 14:16

WEEK OF PRAYER AND FASTING

7 OCTOBER – 13 OCTOBER 2024

PENTECOST INTERNATIONAL

PINGSTKYRKAN LUND

How to use the Prayer Guide

Dear friends, welcome to our week of prayer and fasting, taking place from October 7th to 13th. Our theme is "Helped by the Spirit," drawn from John 14:16. We cannot live the Christian life without the guidance, empowerment, and comfort of the Holy Spirit. He transforms our hearts to love and obey Christ, illuminates our path with truth, and strengthens our resolve in times of trial. This week is a time to intentionally seek the Spirit's help in every area of our lives—personal, family, church, and the world.

This Prayer Guide will guide our prayer sessions, allowing us to pray along the same lines. Each day, you will find a prayer theme, an associated scripture, and hourly prayer topics.

We will kickstart each Monday to Friday with a half-hour online prayer session on Zoom, from 6:00 am to 6:30 am. In the evenings of Monday to Thursday, we will come together for in-person prayer services at the church, 6:30 pm to 7:30 pm. On Friday, we have a special evening of worship and prayer from 6:30 pm to 8:00 pm. The evening services will also be livestreamed on our YouTube channel. Additionally, I invite you to reach out to fellow church members for prayer partnerships during the day, via phone calls etc.

While we will not be hosting a formal prayer service on Saturday, I ask you to join in the spirit of fasting and prayer in line with the day's theme. To bring our week of prayer to a close, we will gather for a Communion Service on Sunday at 2 pm. For more specific details, please refer to the information at the back of this prayer booklet.

May the Holy Spirit strengthen, guide, and comfort you during this special week, and may we experience His renewing power in our lives and church

Grace and Peace to you!

Prince Young Aboagye

PASTOR



Get involved

Request Prayer

You can request prayer by emailing us at prayer@pentecostinternational.se.

Alternatively, you can use the form on our website at www.pentecostinternational.se/contact/ or scan the QR code.



Join Morning Prayer on Zoom

Prayer on Zoom takes place from 6:00 am to 6:30 am, Monday to Friday. You can join using the link provided in your weekly email. If you haven't received the Zoom link, please email info@pentecostinternational.se

Join other meetings on YouTube

The evening prayer meeting runs from 6:30 pm to 7:30 pm, Monday to Thursday, and until 8:00 pm on Fridays. Sunday service is from 2:00 pm to 4:00 pm.

If you can't join in person, you can also attend these services our [YouTube channel](#). Visit our website or scan the QR code.



About

Fasting

Why fasting

Fasting is a temporary but intentional abstinence from something intrinsically good, such as food, to amplify our yearning for something greater – God and His divine work within our lives. Fasting goes with spending time in prayer and studying of the Bible. It is a practice deeply rooted in the teachings of our Lord Jesus Christ (Matthew 6:16-18) and observed by God's people throughout history (2 Chronicles 20:3; Acts 13:2).

Leaders of the early church engaged in fasting for God's guidance in missionary breakthroughs (Acts 13:1-3), and in connection with the appointment of elders (Acts 14:23).

Fasting puts us in a place where we become utterly dependent on God, to receive from Him and to respond to His word for us.

Types of fasting

Personal Fast: This is the type of fast initiated and performed by an individual or small group: Ezra 10:6; 2 Samuel 12:15-16.

Corporate Fast: This fast is proclaimed for and performed by a large group: 2 Chronicles 20:3-4; 1 Samuel 7:5-6; Nehemiah 9:1-3.

Ways of fasting

Normal Fast: This involves total abstinence from food but not from liquids: Luke 4:2.

Partial Fast: This is abstinence from certain types of food. We see this in Daniel 10:3, where for three weeks Daniel ate "no delicacies, no meat, or wine".

Absolute Fast: This involves total abstinence from food and liquids: Ezra 10:6; Esther 4:16; Acts 9:9. Given the potential negative health implications, a prolonged absolute fast is usually not recommended.

DAY 1

**07
OCT**

HELPED BY THE SPIRIT

And I will ask the Father, and he will give you another Helper, to be with you forever.

John 14:16



Morning Prayer on Zoom | 6am – 6.30am



Personal Focus | 6am – 9am

1. Thank God for the gift of communion with Him. Ask Him to strengthen you throughout this week of prayer and fasting and grant you a growing dependence on the Holy Spirit.
2. Ask the Spirit of God to help you surrender more fully to the purposes of God and to depend on His strength in every situation you face.
3. Pray that the Spirit of God will draw you closer to Christ, deepen your understanding of His love, and anchor your faith firmly in His promises.



Family & Church Focus | 11am – 2pm

1. Thank God for the convicting ministry of the Holy Spirit. Pray that He will convict unsaved family members and friends, open their hearts to the gospel, and lead them to a saving knowledge of Christ.
2. Pray that our church would be sensitive to the Spirit's leading and grow in spiritual wisdom and understanding to fulfil God's mission.
3. Thank God for His unwavering faithfulness and continual work in our lives. Ask Him to help us to be steadfast in our faith, obedient to His Word in our daily lives, and bold in sharing the love of Christ with everyone we encounter.

**Global Focus | 3pm – 6pm**

1. Ask God to pour out His Spirit on all nations, convict hearts, and lead people everywhere to repentance and faith in Christ.
2. Pray for the Holy Spirit to work in the hearts and minds of world leaders, guide them towards wisdom, compassion, and justice. Ask that the Spirit would convict them of truth, soften their hearts to the needs of their people, and inspire them to make decisions that promote peace and the common good.
3. Ask for a fresh outpouring of the Holy Spirit on the church worldwide, that believers would be emboldened to share the gospel and empowered to do greater works for Christ's glory.

**Evening Prayer Service | 6.30pm – 7.30pm****Daily Bible Reading Plan | 1 Peter 1****Your Notes**

DAY 2

**08
OCT**

GUIDED BY THE SPIRIT

For if you live according to the flesh you will die, but if by the Spirit you put to death the deeds of the body, you will live. For all who are led by the Spirit of God are sons of God

Romans 8:13-14



Morning Prayer on Zoom | 6am – 6.30am



Personal Focus | 6am – 9am

1. Thank God for His promise to lead you by His Spirit. Pray for a deeper sensitivity to the Spirit's guidance in every area of your life. Ask for wisdom to discern His voice and the courage to follow where He leads.
2. Ask for the Spirit's help to walk according to His ways and not your own desires. Pray for strength to overcome temptations and to live in a way that honors God.
3. Pray that the Holy Spirit will guide you in every decision you face and lead you into God's perfect will for your life.



Family & Church Focus | 11am – 2pm

1. Ask that the Spirit will lead your loved ones in truth, draw them closer to Christ, and help them to make wise decisions that align with God's will for their lives.
2. Pray that the leaders and members of our church will be guided by the Holy Spirit in all matters. Pray that He will guide us in our decision-making, relationships, and ministry efforts.
3. Pray that the Holy Spirit will guide our church into deeper unity and cooperation, empower each of us to serve together for the kingdom of God with a shared vision and purpose.

**Global Focus | 3pm – 6pm**

1. Intercede for missionaries and evangelists. Pray that the Holy Spirit will guide them as they proclaim the gospel, open doors for ministry, and provide divine appointments.
2. Pray that churches around the world will follow the Spirit's leading, walk in truth and fulfil God's mission to reach the lost and disciple believers.
3. Pray that those in positions of influence around the world will be open to the Spirit's guidance and lead with wisdom and justice for the good of all people.

**Evening Prayer Service | 6.30pm – 7.30pm****Daily Bible Reading Plan | 1 Peter 2****Your Notes**

DAY 3

**09
OCT**

EMPOWERED BY THE SPIRIT

Then he said to me, "This is the word of the Lord to Zerubbabel: Not by might, nor by power, but by my Spirit, says the Lord of hosts

Zechariah 4:6



Morning Prayer on Zoom | 6am – 6.30am



Personal Focus | 6am – 9am

1. Praise God that His Spirit is at work in you. Pray for a renewed awareness of His presence and power, and ask for His strength to empower and sustain you in all endeavors.
2. Ask that the Spirit of God will help you overcome every fear that hinders your faith, burden that weighs you down, and distraction that pulls you away from His truth.
3. Pray that the Holy Spirit will empower you to serve others with humility, love, and dedication, and use the gifts He has given you for the building of His kingdom.



Family & Church Focus | 11am – 2pm

1. Ask that the Spirit of God will strengthen your loved ones in their faith and equip them with boldness and wisdom to live as witnesses for Christ in their daily lives.
2. Pray that the Holy Spirit will empower His church to carry out the mission of reaching the lost, discipling believers, and serving others with the love of Christ.
3. Pray that we will discover and develop our spiritual gifts and use them effectively for God's glory, and be willing to serve in the areas God has called us into.

**Global Focus | 3pm – 6pm**

1. Pray that as churches around the world depend on the power of the Holy Spirit, they will be emboldened to spread the gospel, stand firm in persecution, and be effective in their ministries.
2. Ask for the Holy Spirit to empower persecuted Christians with courage, endurance, and unwavering faith, that they may boldly proclaim Christ even in the face of opposition.
3. Pray for missionaries and evangelists worldwide to be empowered by the Holy Spirit as they share the gospel in challenging environments.

**Evening Prayer Service | 6.30pm – 7.30pm****Daily Bible Reading Plan | 1 Peter 3****Your Notes**

DAY 4

**10
OCT**

COMFORTED BY THE SPIRIT

So the church throughout all Judea and Galilee and Samaria had peace and was being built up. And walking in the fear of the Lord and in the comfort of the Holy Spirit, it multiplied.

Acts 9:31



Morning Prayer on Zoom | 6am – 6.30am



Personal Focus | 6am – 9am

1. Thank God for the comfort of the Holy Spirit. Praise God that He comforts you in times of sorrow and moments of uncertainty and enables you to trust in His unfailing love and promises.
2. Ask that the Spirit of God will bring peace, calm anxiety, and dispel fear, filling you with strength and assurance in all situations.
3. Pray for the Spirit's comfort to deepen your trust in God and strengthen your faith in His goodness and promises, even in difficult times.



Family & Church Focus | 11am – 2pm

1. Pray for your family and friends to experience the comfort of the Holy Spirit. Ask that God will comfort those who are going through trials or difficult seasons, and give them peace and assurance in His love.
2. Pray for persons in our church family who may be grieving or hurting. Pray that the Holy Spirit will comfort their hearts and renew their hope in Christ.
3. Ask the Holy Spirit to help our church embody His comforting presence by showing compassion, support, and care to those who are suffering or in need.



Global Focus | 3pm – 6pm

1. Pray for the comfort of the Holy Spirit to be with those suffering globally. Intercede for people in war-torn regions, those facing persecution, and those affected by natural disasters, and ask that the Spirit of God will bring them peace and relief.
2. Ask that God will guide national and global leaders by His Spirit, give them wisdom, clarity, and peace in their leadership.
3. Pray that the Holy Spirit will empower Christians globally to bring comfort and hope to those who are broken, through both their words and actions, and reflect the love of Christ



Evening Prayer Service | 6.30pm – 7.30pm



Daily Bible Reading Plan | 1 Peter 4



Your Notes

DAY 5

**11
OCT**

RENEWED BY THE SPIRIT

He saved us, not because of works done by us in righteousness, but according to his own mercy, by the washing of regeneration and renewal of the Holy Spirit.

Titus 3:5



Morning Prayer on Zoom | 6am – 6.30am



Personal Focus | 6am – 9am

1. Thank God for the renewal of the Holy Spirit. Praise Him for the work of regeneration and renewal that transforms your life and brings you into a deeper relationship with Christ.
2. Ask the Holy Spirit to continually renew your mind and spirit, and make you more like Christ in thought, word, and deed.
3. Pray for the Holy Spirit to refresh your soul, renew your strength, and give you the endurance to live faithfully in every area of your life.



Family & Church Focus | 11am – 2pm

1. Ask that God will bring spiritual refreshment and transformation to your family members and friends who may be weary, discouraged, or distant from Him.
2. Ask that the Holy Spirit will move powerfully in our church, revive hearts and bring a fresh commitment to serve God and others.
3. Pray that the Holy Spirit will renew the leaders' vision, passion, and energy as they seek to guide the church in God's purposes.

**Global Focus | 3pm – 6pm**

1. Ask the Holy Spirit to bring renewal to the global church and empower believers to live out the gospel with boldness and integrity.
2. Pray for believers worldwide that God would strengthen their resolve for every good work, grant them victory in spiritual warfare, and success in gospel witness.
3. Ask the Holy Spirit to bring about a return to godly principles of justice, mercy, and humility in nations and institutions around the world

**Evening Worship Service | 6.30pm – 8.00pm****Daily Bible Reading Plan | 1 Peter 5****Your Notes**

DAY 6

**12
OCT**

UNITED BY THE SPIRIT

Make every effort to keep the unity of the Spirit through the bond of peace.

Ephesians 4:3



Personal Focus | 6am – 9am

1. Thank God for the unity of the Spirit. Praise Him for the bond of peace that unites all believers through the Holy Spirit, and ask for a deeper sense of connection to His body, the church.
2. Ask the Holy Spirit to help you walk in humility, patience, and love towards others, and foster unity in all your relationships.
3. Pray that the Holy Spirit would guide your words, actions, and attitudes, so that you may be an agent of peace and unity wherever you go.



Family & Church Focus | 11am – 2pm

1. Pray for unity within your family and among your friends. Ask the Holy Spirit to bring harmony, understanding, and love into these relationships, and strengthen bonds.
2. Ask the Holy Spirit to unite our church in vision and purpose, and help each member work together in love to fulfil God's purposes.
3. Ask the Holy Spirit to break down any barriers of division, misunderstandings, or conflicts within the church, and create a true sense of oneness in Christ.



Global Focus | 3pm – 6pm

1. Ask the Holy Spirit to bring unity among churches worldwide, that they may stand together as one body, proclaiming the gospel with one voice.
2. Pray that the Holy Spirit will work in the hearts of leaders and citizens to seek peace and reconciliation, end conflicts and divisions, and foster understanding and unity.
3. Pray that God will restrain the hand of evil in the world and bring conviction, godly wisdom, and transformation to the hearts of those who do harm



Your Reflections From This Week

DAY 7

**13
OCT**

BEARING FRUIT BY THE SPIRIT

But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law.

Galatians 5:22-23



Personal Focus | 6am – 9am

1. Thank God for the fruit of the Spirit in your life. Praise Him for the work of the Holy Spirit that produces love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control in you.
2. Pray for growth in the fruit of the Spirit. Ask the Holy Spirit to help you grow in each of these godly virtues and shape your character to reflect Christ more fully.
3. Ask that the Holy Spirit will empower you to live out these virtues in all areas of your life, especially in challenging circumstances.



Family & Church Focus | 11am – 2pm

1. Pray for the fruit of the Spirit to grow in your family and friends. Ask the Holy Spirit to cultivate these virtues in them and help them grow in Christlike character.
2. Ask that the Holy Spirit will work in our church, producing love, unity, and faithfulness among us, so that we can be a powerful witness to the world.
3. Ask that the Holy Spirit will empower our church to faithfully live out its calling to make Jesus believed, loved, and followed. Ask for the blessing of fruitfulness for our gospel endeavours.



Global Focus | 3pm – 6pm

1. Pray for the global church to bear fruit in every nation. Ask that the Holy Spirit will work powerfully in churches around the world, producing fruit that leads to spiritual transformation, bringing many to faith in Christ, and fostering deep, lasting discipleship.
2. Ask that the Holy Spirit will inspire people everywhere to act with kindness, compassion, and goodness, and reflect the love of Christ in the world.
3. Pray that the Holy Spirit will guide leaders to exercise self-control, patience, and wisdom as they make decisions that impact their nations. Pray that they will be filled with discernment to prioritize the needs of the people, act with integrity, and lead with a spirit of humility and service.



Your Next Steps

Share

Decisions & Testimonies

Did you pray to accept Christ Jesus as your Lord and Savior, or recommit your life to Him? We would love to support you in learning more about following Him.

We are also trusting the Holy Spirit to move mightily among us, answering prayers and bringing miracles, healings, and breakthroughs.

If you have a testimony to share, we would love to hear it! Please connect with us on any of these platforms.

YouTube: [/pentecostinternational](https://www.youtube.com/pentecostinternational)

Facebook: [/pentecostinternational](https://www.facebook.com/pentecostinternational)

Instagram: [/pentecostinternational](https://www.instagram.com/pentecostinternational)

Email: info@pentecostinternational.se

7 OCT- 13 OCT, 2024

PRAYER GUIDE

WEEK OF PRAYER & FASTING

THEME

HELPED BY THE SPIRIT

1 MONDAY - FRIDAY

Morning Prayer on Zoom
6am - 6.30am

2 MONDAY - THURSDAY

Evening Prayer Meeting
6.30pm - 7.30pm

3 FRIDAY

Worship Night
6.30pm - 8pm

4 SATURDAY

Personal Prayer
No Meeting

5 SUNDAY

Thanksgiving Service
2pm - 4pm



Pentecost International

Pingstkyrkan Lund

www.pentecostinternational.se