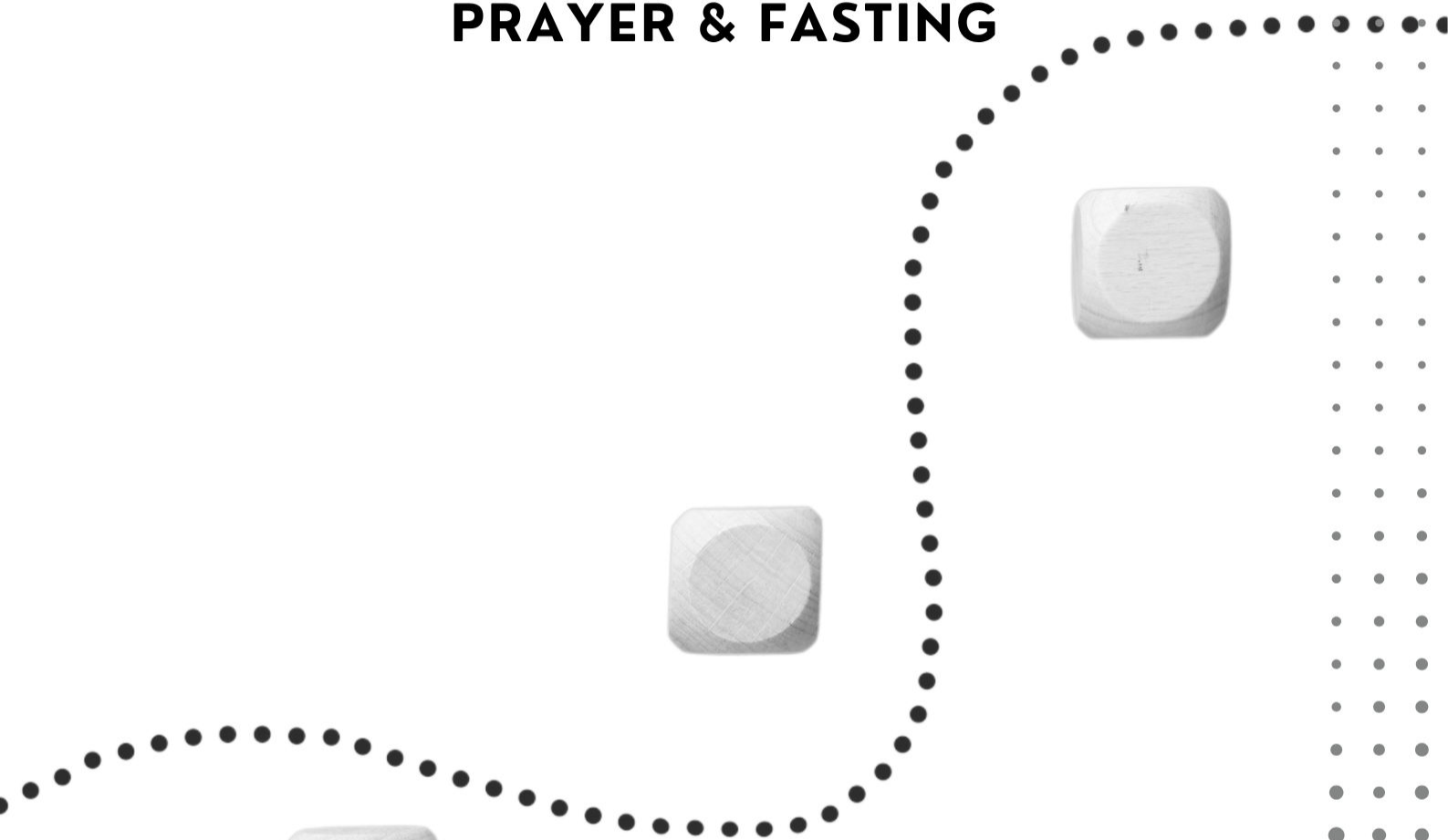


**PRAYER
GUIDE**

**3RD - 9TH
FEBRUARY 2025**

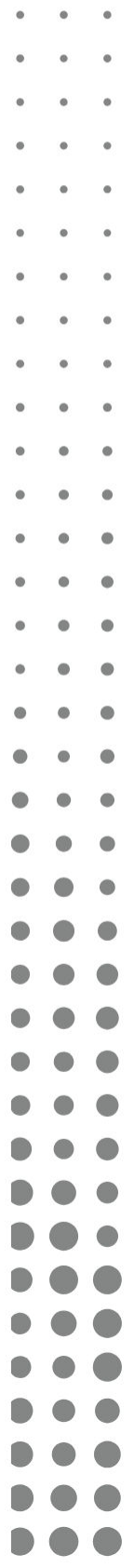
**WEEK OF
PRAYER & FASTING**



John 16:33

**OVERCOMING
THE WORLD**

**PENTECOST INTERNATIONAL
PINGSTKYRKAN LUND**



How to use the Prayer Guide

Dear friends, welcome to our week of prayer and fasting, taking place from February 3rd to 9th. Our theme is "Overcoming the world," drawn from John 16:33. We face trials, struggles, and sorrows living in a fallen world, but Jesus reminds us that He has overcome the world. This time of focused prayer affords us the opportunity to reflect on the finished work of Christ, to align our hearts with His purposes, and to seek His help in living faithfully in the light of His victory over sin, death, 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 Teams, 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 encourage you to reach out to fellow church members to pray together during the day, via phone calls etc.

We will not be hosting the morning and evening prayer service on Saturday, but 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 details, please refer to the information at the back of this prayer booklet.

May God help us rest in His promises, walk confidently in the victory Christ has secured, and live as overcomers in every area of our lives.

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 Teams

Prayer on Teams 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 the other meetings on YouTube

The evening prayer meetings take place from 6:30 pm to 7:30 pm, Monday through Thursday, and extend until 8:00 pm on Friday. The Sunday service is held from 2:00 pm to 4:00 pm.

If you're unable to join in person, you can also attend these services via our [YouTube channel](#). Visit our website or scan the QR code for access.



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

**03
FEB**

VICTORY OVER THE WORLD

I have said these things to you, that in me you may have peace. In the world you will have tribulation. But take heart; I have overcome the world.

John 16:33



Morning Prayer on Teams | 6am – 6.30am



Personal Focus | 6am – 9am

1. Thank God for the peace that Christ gives in the midst of trouble and for the assurance of overcoming through Him.
2. Pray that your trust in Jesus' overcoming power will be unwavering, and that the assurance of His victory will grant you peace and strength to endure every challenge.
3. Ask God to grant you wisdom and favor in your relationships, work, studies, and all other responsibilities, that you may triumph over all obstacles for His glory.



Family & Church Focus | 11am – 2pm

1. Thank God for the gift of family and church, and for the support, encouragement, and love they bring into our lives.
2. Pray that your family would be strengthened to stand firm in Christ's victory, overcome worldly influences, and remain faithful to God in all they do.
3. Pray that our church will find peace and courage in Christ and share the good news of Christ's triumph with the world.



Global Focus | 3pm – 6pm

1. Pray for persecuted Christians around the world, that they would draw peace and strength from Christ's victory and remain faithful in boldly proclaiming His name despite opposition.
2. Ask God to bring peace, healing, and restoration to nations ravaged by conflict, disasters, and economic hardship, and to use His church as a beacon of hope, compassion, and truth in reaching the suffering and lost.
3. Pray for the spread of the gospel, that people from every nation would come to know Christ as Savior and Lord, and that His light would transform lives, communities, and cultures.



Evening Prayer Service | 6.30pm – 7.30pm



Daily Bible Reading Plan | Exodus 28–30



Your Notes

DAY 2

04
FEB

VICTORY OVER ANXIETY

Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.

Philippians 4:6



Morning Prayer on Teams | 6am – 6.30am



Personal Focus | 6am – 9am

1. Thank God for the promise of His peace that surpasses all understanding and guards our hearts and minds in Christ Jesus.
2. Cast all your anxieties on God and trust Him with every worry and concern in all areas of your life.
3. Pray that the Holy Spirit will help you replace anxious thoughts with those of God's faithfulness and provision. Pray for a growing dependence on God's Word to calm your fears and anchor your hope.



Family & Church Focus | 11am – 2pm

1. Thank God for the peace that prevails through the gospel—peace with God, peace with one another, and peace in our hearts.
2. Pray for your family and church members who may be struggling with anxiety, that they would turn to God in prayer and experience His peace.
3. Pray for your family and church members to trust God's provision and sovereignty in every situation. Pray that our church will be a community of encouragement and support for those dealing with diverse kinds of challenges.

**Global Focus | 3pm – 6pm**

1. Intercede for people around the world dealing with anxiety due to war, famine, natural disasters, or economic hardship, that they may find hope and peace in Christ.
2. Ask God to equip missionaries and Christian organizations to share the peace of Christ with anxious and troubled hearts globally.
3. Pray for leaders in nations facing crisis to make prudent decisions that promote stability and alleviate suffering among their people.

**Evening Prayer Service | 6.30pm – 7.30pm****Daily Bible Reading Plan | Exodus 31, Proverbs 5****Your Notes**

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DAY 3

05
FEB

VICTORY OVER FEAR

Have I not commanded you? Be strong and courageous. Do not be frightened, and do not be dismayed, for the Lord your God is with you wherever you go.

Joshua 1:9



Morning Prayer on Teams | 6am – 6.30am



Personal Focus | 6am – 9am

1. Thank God for His promise to be with you wherever you go, to provide courage and strength in every situation. Ask the Lord to help you focus on His promises and not to be overwhelmed by circumstances that cause fear.
2. Ask God to enable you overcome every fear that holds you back from fully walking in His purposes for your life.
3. Pray for boldness to share the gospel with friends, neighbors, and family members who do not yet know Christ. Ask God to open their hearts to receive the gospel.



Family & Church Focus | 11am – 2pm

1. Thank God for His constant presence with your family. Praise Him that He guides and protects them through life's challenges.
2. Pray that the church will be a courageous witness in the face of opposition, boldly proclaim the truth of the gospel, and make disciples for Christ.
3. Pray that we will walk in faith and not fear, live as faithful and bold ambassadors of Christ, and advance His kingdom.

**Global Focus | 3pm – 6pm**

1. Pray for missionaries around the world, that God would give them courage as they proclaim Christ in unfamiliar and hostile environments.
2. Ask God to raise up leaders in governments and organizations who will promote justice, peace, and freedom for Christians and others facing fear-inducing challenges globally.
3. Pray that the church worldwide would overcome fear of persecution, cultural opposition, and complacency, and stand boldly to proclaim the gospel and make disciples of all nations.

**Evening Prayer Service | 6.30pm – 7.30pm****Daily Bible Reading Plan | Exodus 32–34, Proverbs 6****Your Notes**

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DAY 4

06
FEB

VICTORY OVER SIN

For sin will have no dominion over you, since you are not under law but under grace.

Romans 6:14



Morning Prayer on Teams | 6am – 6.30am



Personal Focus | 6am – 9am

1. Thank God for the gift of His grace that enables you to live free from the dominion of sin. Pray for the Spirit's power to help you resist temptations and grow in holiness.
2. Confess any areas where sin may have taken root in your life and ask God for forgiveness and freedom.
3. Ask God to help you delight in His Word, that it would guide and transform your daily thoughts and actions.



Family & Church Focus | 11am – 2pm

1. Pray for your family members and friends to walk in the freedom of Christ, break free from sin, and live victoriously over sin's power.
2. Pray for members of our church family that God would purge our lives of sin, deliver us from earthly affections, and make us walk in the way of righteousness.
3. Thank God for equipping us with spiritual armor to guard against the schemes of the evil one. Praise Him that through Christ, we are kept from stumbling and will be presented blameless before His glorious presence.



Global Focus | 3pm – 6pm

1. Pray for nations and societies, that the gospel will bring widespread transformation, lead many to turn from sin, embrace righteousness, and influence others for Christ.
2. Pray for young people around the world who are battling addictions of various kinds. Ask God to break the chains of these addictions, renew their hearts and minds, and guide them to freedom and hope in Christ.
3. Ask God to raise godly leaders in nations, communities, and churches who will fearlessly proclaim Christ, promote righteousness, and serve as examples of faith and integrity for the next generation.



Evening Prayer Service | 6.30pm – 7.30pm



Daily Bible Reading Plan | Exodus 35–37, Proverbs 7



Your Notes

DAY 5

07
FEB

VICTORY BY FAITH

For everyone who has been born of God overcomes the world. And this is the victory that has overcome the world—our faith. Who is it that overcomes the world except the one who believes that Jesus is the Son of God?

1 John 5:4-5



Morning Prayer on Teams | 6am – 6.30am



Personal Focus | 6am – 9am

1. Thank God for the gift of faith through which we overcome the world. Praise Him for giving us the assurance of victory in Christ.
2. Ask God to strengthen your faith in Him, that you would trust His promises even in the face of trials, challenges, and uncertainties.
3. Pray that your faith in Christ will produce fruit in obedience to His Word and lead to a life that glorifies God and draws others to Him.



Family & Church Focus | 11am – 2pm

1. Thank God for the gift of saving faith for members of your family who know Him. Pray that they will grow in their walk with Christ, trust Him in every circumstance, and point others to the hope found in Christ.
2. Pray that our church will be a community of faith where members encourage and strengthen one another and build each other up to live victoriously in Christ.
3. Pray that God will stir faith in our hearts to expect great things from Him, attempt bold endeavors for Him, and trust Him to accomplish His purposes through us for His glory.

**Global Focus | 3pm – 6pm**

1. Ask God to stir a movement of faith among young people, break chains of unbelief and despair, and raise them as vibrant witnesses for the gospel.
2. Intercede for people groups who have never heard the gospel, that God would raise up laborers, open hearts, and remove barriers to the spread of the good news.
3. Pray for believers worldwide that God will cause them to overcome every challenge, stand firm in the faith, and live as salt and light in their communities.

**Evening Worship Service | 6.30pm – 8.00pm****Daily Bible Reading Plan | Exodus 38-40, Proverbs 8****Your Notes**

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DAY 6

08
FEB

VICTORY BY THE SPIRIT

Now the Lord is the Spirit, and where the Spirit of the Lord is, there is freedom.

2 Corinthians 3:17



Personal Focus | 6am – 9am

1. Thank God for the freedom and life that the Spirit gives. Praise God that His Spirit enables you to walk in His ways and experience His peace.
2. Ask the Spirit of God to conform you to the likeness of Christ and enable you to fully reflect His beauty and truth to the world.
3. Pray that the Spirit will awaken you from every spiritual lethargy, stir your heart to take delight in Christ, and diligently pursue His kingdom purposes.



Family & Church Focus | 11am – 2pm

1. Pray for your family members and friends that God will bless the work of their hands, grant them wisdom and diligence in their studies, careers, and responsibilities, so that they may glorify Him in all they do.
2. Pray for families in our church that they will experience the peace of God in every season of life, trust Him in trials, and celebrate His provision in times of abundance.
3. Pray that the Spirit of God will empower, guide, and renew our church so that it will thrive in worship, fellowship, and the proclamation of the gospel.



Global Focus | 3pm – 6pm

1. Ask the Holy Spirit to ignite a revival among believers worldwide, leading to a renewed passion for Christ and His mission.
2. Pray that the Holy Spirit will work in nations and communities where there is spiritual darkness, break strongholds, and bring liberty to those in bondage of sin.
3. Pray that God will restrain the hand of evil in the world, protect the vulnerable, give repentance to those who cause harm, and lead them to the knowledge of Christ.



Daily Bible Reading Plan | Acts 1-3, Proverbs 9



Your Reflections From This Week

A large, empty light blue rectangular area intended for writing reflections.

DAY 7

09
FEB

VICTORY BY THE WORD

And they have conquered him by the blood of the Lamb and by the word of their testimony, for they loved not their lives even unto death.

Revelation 12:11



Personal Focus | 6am – 9am

1. Thank God for the power of His Word that overcomes the schemes of the enemy and gives us victory through Christ.
2. Thank God for revealing His truth in the Scriptures, which guides, equips, and strengthens us to live victoriously.
3. Pray that God will help you treasure His Word in your heart, that it may shape your thoughts, words, and actions daily.



Family & Church Focus | 11am – 2pm

1. Pray for our church family that we will prioritize studying and obeying God's Word, and that it will produce the fruit of righteousness, love, and faithfulness in our lives.
2. Ask that the Holy Spirit will illuminate the Scriptures to us, give us understanding and wisdom to apply His Word in every area of our lives for His glory.
3. Pray that our church will be a living testimony of God's Word with our actions and words demonstrating the truth, love, and grace of the gospel to the world around us.



Global Focus | 3pm – 6pm

1. Thank God for the faithfulness of missionaries and believers in hostile regions who proclaim the Word despite persecution.
2. Pray for Bible translation efforts, that every people group will have access to God's Word in their own language, and that this will lead to transformed lives, flourishing churches, and a global harvest for Christ's kingdom.
3. Pray that the Word of God will penetrate hearts, break down strongholds, and bring light and life to every corner of the world.



Daily Bible Reading Plan | Acts 4-6, Proverbs 10:1-16



Your Next Steps

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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.

Do you have a testimony to share? We would love to hear it! Please connect with us on any of these platforms.

YouTube: [/pentecostinternational](#)

Facebook: [/pentecostinternational](#)

Instagram: [/pentecostinternational](#)

Email: info@pentecostinternational.se

3 FEB – 9 FEB, 2025

PRAYER GUIDE

WEEK OF PRAYER & FASTING

THEME

HELPED BY THE SPIRIT

1 MONDAY - FRIDAY

Morning Prayer on Teams
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 Meetings

5 SUNDAY

Thanksgiving Service
2pm – 4pm



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