



FLOW INTO  
**HOPE**

PRAYER & FASTING GUIDE  
JANUARY 2025

## IT HAS BEEN PROCLAIMED AS A YEAR OF HOPE.

Our hope is in Jesus. We must put our total trust in Him. Our communication with the Lord comes through prayer and fasting, we must persevere in prayer.

We are to pray fervently not just in times of trouble, but at all times.

We must have a continued flow in prayer as Jesus has told us, in the world we will have trouble, but He has conquered the world. So we are to take courage. We are to be at peace even in trials and tribulation, we can rejoice in hope.

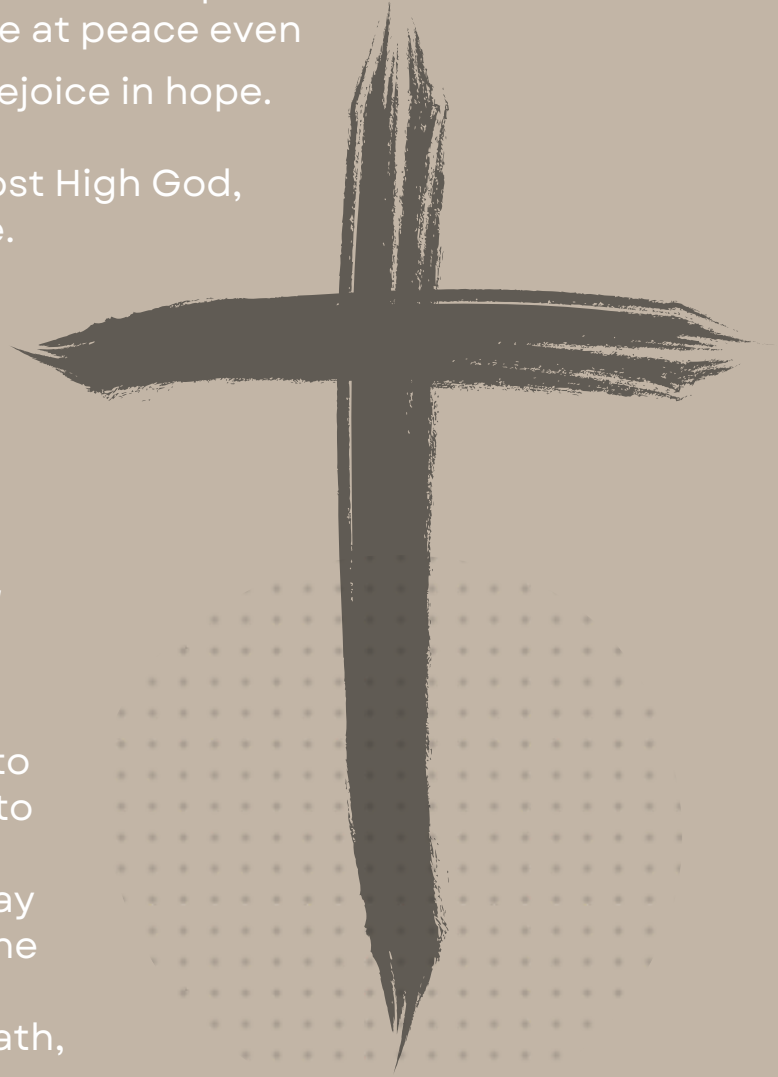
As sons and daughters of the Most High God, He gives us a hope for the future.

### JEREMIAH 29:11

*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.*

Be inspired by the Word of God to find hope in God and revelation to mankind, trusting in Him for all things. Read Bible verses and pray daily concerning the hope and the faith that we find in Christ, who came to save the world from death, sin and evil.

May these daily scriptures remind you to seek the kingdom of God first and all things needed will be added unto you. You want to let your thinking become powerful, focusing on the promises in His Word. Hear what the Lord is saying to your spirit through His words. Live with more peace, hope and confidence as He reveals Himself to you.



# DAY 1

## I am a child of the Almighty God.

Let me remind you of your identity as a beloved child of the Almighty God, the awesome creator and your Heavenly Father. He longs to hear from you.

As a child of God, you are fearfully and wonderfully made, with royal DNA running through your veins. You are a cherished child of the Most High and His love for you knows no bounds. You are God's masterpiece, crafted by the hands of a loving father, who has a perfect plan and purpose for your life. You are His beloved and He delights in you.

### Scripture Reference

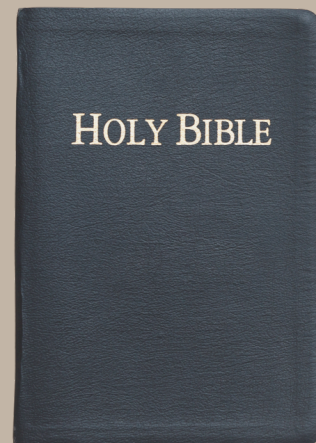
Ephesians. 2:4-7

Jeremiah 31:3

John 4:7-11

Romans 8:38-39

John 15:9-10



Remember that you have a direct line to your Heavenly Father and He is always ready to listen to you.

God's love for you is not based on anything you have done or will ever do; it is based solely on who He is as a perfect Father. He sees you as precious and valuable and He delights in showing His love upon you each and every day.

I declare over you today that as you embrace the image of God as your Father, you will step into everything that He has destined you to be.



## DAY 2

### The Lord is making a way.

In our fast-paced world, waiting often gets a bad reputation. We tend to view it as a period of stagnation, a time when nothing seems to be happening. We feel overwhelmed when the weight of our burdens threatens to crush our spirits. In these moments, it's easy to entertain thoughts of giving up, to believe that there's no way out of the situation you face. As believers, we are called to think differently.

### *Scripture Reference*

*Proverbs 23:7 ~ Isaiah 40:3 ~ Psalms 130:5*

*Hebrews 10:23 ~ Psalms 37:7-9 ~ Lamentations 3:25*

We are called to hold onto the unwavering belief that God is always making a way for us. I encourage you today to replace thoughts of doubt and despair with thoughts of hope and trust in God's unfailing love. Remember that He is always making a way for you.



# DAY 3

God is with me; I have nothing to fear.

When you find yourself walking through valleys filled with shadows of fear and uncertainty, it's easy to feel as though you are walking alone in the darkness. Know that God is with you, there is nothing to fear.

## *Scripture Reference*

*Psalms 23:4-5 ~ Isaiah 41:10 ~ II Corinthians 1:3-4  
Luke 18:1 ~ Matthew 18:19 ~ Isaiah 51:11 ~ Nehemiah 8:10*

Instead of dwelling on feelings of worry and fear, fix your eyes on The One who is always by your side.

# DAY 4

God is guiding my steps.

Are you questioning your next move and feeling lost? Maybe you find yourself standing at a crossroad, unsure of which road to take or what decision to make. If you feel overwhelmed and lost, you can trust that God is guiding your steps, opening doors of opportunity and lining up the right connections.

## *Scripture Reference*

*Psalms 32:8 ~ Isaiah 30:2 ~ James 1:5-8  
Psalms 55:22 ~ Proverbs 3:5-6 ~ Isaiah 55:8-12*

God's guidance isn't always loud. It comes in the form of gentle nudges, quiet whispers or subtle signs.—God doesn't always lead us down the most logical path. You might think you are going from point A, to point B, to point C, in a straight line, but God's ways are far beyond our understanding. His roadmap resembles a series of stepping stones with each stone strategically placed to lead you to your destination. You can trust Him even when you don't understand His plan. Your steps are strategically planned for your good.



# DAY 5

God can heal the broken heart.

I want to speak to your heart today. I know that life can sometimes throw unexpected curve balls, leaving you feeling broken and wounded by things that didn't turn out the way you had hoped. I want to remind you that God is near to the broken hearted and He is able to heal your heart and bring you out better than before.

## *Scripture Reference*

*Psalms 38:8 ~ Isaiah 43:2 ~ II Corinthians 1:3-4  
Isaiah 49:13 ~ Psalms 23:4 ~ Revelations 21:4*

God is able to take our brokenness and turn it into something beautiful. He can mend the pieces of our shattered hearts and create a masterpiece of His grace and love. Cling to the promise that God is orchestrating something beautiful for your story.



# DAY 6

I choose to live my life happy.

When we wake up each morning, we have the incredible privilege of choosing how we are going to live each day. We can choose to live in faith, with hearts full of joy, expecting favor each day or we can choose to live in a state of discouragement—feeling defeated, and allowing our problems to consume us. Happiness is a choice. No matter the circumstances, you can live with joy and bloom where you are planted. Here is the thing about happiness: it doesn't just happen to us. It's a conscious decision that we must make each day.

## *Scripture Reference*

*Psalms 144:15 ~ Romans 15:13 ~ Psalms 37:4  
Philippians 4:4 ~ Romans 12:12*

Do not waste another moment being negative, discouraged or focused on what didn't work out.

Reclaim  
your joy.

Live each day in faith. Make the most of each day, choosing to be happy.



# DAY 7

There is an anointing of ease on my life.

If you are tired and weary today, God wants to give you an anointing of ease on your life. God is going before you to make the crooked places straight. He has a plan and purpose for your life and He will lead you into a place of ease and abundance.

## Scripture Reference

*Psalms 31:24 ~ John 14:27*

*II Corinthians 4:8-9 ~ Philippians 1:6*

*Psalms 138:7 ~ Psalms 27:13-14*

*Matthew 11:30*

You can rest assured that God is working all things together for your good. He is going before you, smoothing out the rough patches and opening doors of opportunity that you could never have imagined. Take heart, you are entering a season where things will fall into place.

Unexpected breakthroughs are on the horizon and problems that seemed insurmountable are about to turn around.



# DAY 8

## I am the righteousness of God in Christ Jesus.

I want to remind you today of the incredible truth of who you are in Christ Jesus. When you allow feelings of shame and condemnation to weigh you down—focusing on your past mistakes and shortcomings, you end up feeling guilty and unworthy, as if you don't deserve God's goodness. I want to encourage you to shift your perspective and embrace the righteousness that is yours through Jesus Christ.

### *Scripture Reference*

*Romans 8:1 ~ Psalms 103:10-12*

*Psalms 32:1 ~ II Chronicles 30:9*

*Jeremiah 31:34 ~ Isaiah 55:7*

Shame and condemnation don't define you, so you can boldly approach the throne of grace with confidence, knowing that you are loved and accepted by your Heavenly Father. You can trust that His mercy is greater than our failures, and His grace is sufficient to cover all of your sins.

Embrace your identity as the righteousness of God in Christ Jesus. Choose to believe that you are forgiven, loved and accepted by God just as you are. Allow His love to wash over you through Jesus and fill you with His peace and joy. Choose to walk in the freedom that is yours.

# DAY 9

No matter how I feel, I will praise Him.

No matter what the enemy throws your way through sickness, financial struggles, conflict in relationships, discouragement, loss of a loved one...no matter what the attack is, just know that God wants to remind you today that everything is going to be alright. He is in complete control. He sees the medical report, the challenges that you are facing and He has got you. He will not fail you; He will not let you down.

## *Scripture Reference*

*Hebrews 13:15 ~ II Chronicles 20:21 ~ Romans 8:28  
Psalms 34:1-4 ~ Revelations 4:11 ~ Revelations 5:12  
Psalms 107:8*

As you choose to praise God over complaining and declare God's faithfulness in every situation, you will begin to see His hand at work in your life in amazing ways. His peace will fill your heart, His joy will be your strength. His presence will surround you like a shield. God is faithful and worthy of all our praise.

# DAY 10

Choose hope over worry, faith over fear.

Every day we can choose to dwell on worry or we can embrace hope. It's easy to let fear grip our hearts, to let anxiety cloud our minds, but that is not the life we are called to live. Instead, we are called to live lives of faith, trusting in the goodness of God and His plans for our lives.

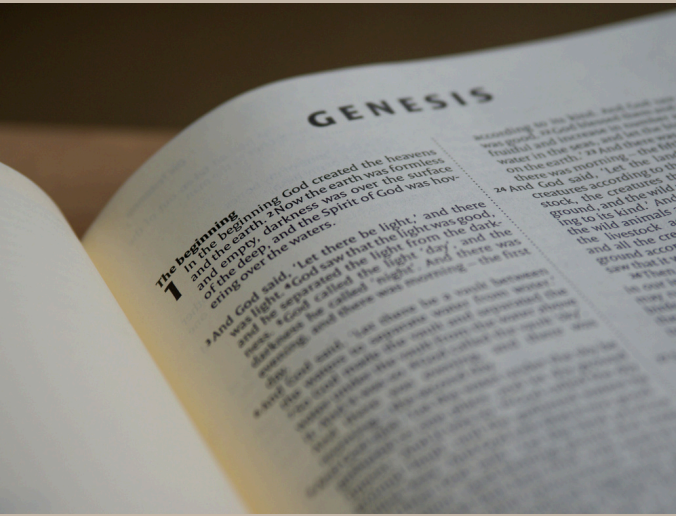
## *Scripture Reference*

*Matthew 6:25 ~ Proverbs 12:25 ~ II Timothy 1:7  
John 6:27 ~ Jeremiah 29:11 ~ Jude 1:20*

Refuse to entertain thoughts that do not align with God's truth and promises for your life.

# DAY 11

I submit my life to God's Word.



As humans, we want to do things our way and to be in control. Submitting to God does not sound like freedom, but I want to encourage you today that submitting your life to God's Word and will for your life will bring you greater joy and freedom than you thought possible. When you trust in the Lord, submitting your life to His purposes, you will have

supernatural direction. You can lean on your trust in the wisdom and guidance of our Heavenly Father.

## Scripture Reference

*Proverbs 3:5-6 ~ Proverbs 16:3 ~ Isaiah 1:19-20*

*Philippians 2:5-8 ~ 1 Peter 1:13-14*

Remember, God is always at work orchestrating His perfect plan for your life. Keep trusting and believing and watch as He leads you into greater blessings than you ever thought possible.

As you continue to surrender to God's Word and His purposes for your life, you will experience a newfound sense of peace, joy and fulfillment. You will walk in alignment with His will and experience His blessings in abundance. So choose submission and trust in God's perfect plan, knowing that He will direct your path and lead you into His abundant life

# God is ALWAYS at work.

# DAY 12

He is already making a way for me.

Today, I want to encourage you to always stay in faith even when it seems like your prayers aren't getting through. Even when you cannot see it with your own eyes, hold onto God's unwavering faith and believe that God is making a way for you. Just think about it for a moment...not only does God hear your prayer, but He is already at work behind the scenes orchestrating events and making a way for you.



## *Scripture Reference*

*Psalms 145:18-19 ~ John 14:13 ~ Matthew 21:23*

*John 15:7 ~ Jeremiah 33:3 ~ I John 3:22*

*I John 5:14-15*

I want to challenge you today to make a conscious decision to stay in faith and to trust in God's promises even when you don't see immediate results from your prayers. Let faith rise up within you like a mighty warrior, standing firm against the onslaught of fear, for our God is with us, His strength is our refuge, and His promises are our shield. Let your faith work for you; experience His peace that surpasses all understanding. You will then walk in the fullness of His blessings and provision.



# DAY 13

God will fulfill His promises for me and my family.

Think about this for a moment: in this world of uncertainty and challenges, there is one thing that we can always depend on—the faithfulness of our Heavenly Father to fulfill His promises for you and your family. His promises are not empty words. They are the anchor for your souls, sure and steadfast, leading us into His presence and peace.

## Scripture Reference

*Isaiah 43:26*

*Psalms 130:5-6*

*Lamentations 3:22-25*

*Zephaniah 3:5*

*I Corinthians 4:17-18*

*Isaiah 41:10*

*John 16:33*



God is faithful, and He always fulfills His promises. In every season, His word remains steadfast. Whatever you are trusting Him for, whether it's provision, healing, guidance, or restoration – know that He sees you and your family. His timing is perfect, and His plans for you are good, filled with hope and a future.

# God is faithful.

# | DAY 14 |

God will provide everything I need.



When you look at your circumstances it may seem like an uphill battle, especially with unexpected challenges that we may face: rising inflation, soaring prices and the increased cost of living. You ask, “How do I move forward?” In the natural, it may appear impossible, but God is a supernatural God that supplies all of our needs. Instead of being consumed with worry about how to provide for you and your family, remind yourself of God’s promises to provide everything you need.

## *Scripture Reference*

*Deuteronomy 28:1-2,8 ~ Philippians 4:19 ~ Romans 8:32*

*Psalms 34:10 ~ Luke 6:38 ~ Matthew 6:33*

*Psalms 37:25*

God is your provider, and He is more than able to meet every need in your life. Whatever you’re facing, whether it’s financial, emotional, or spiritual, know that He sees you, He cares, and He is working on your behalf. God will provide peace in uncertainty, strength in weakness, and hope in waiting.

Let’s get excited about God opening doors to experience His faithfulness in ways we could never imagine.