

**PRACTICAL GUIDE TO**  
**REVIVAL IN**  
**OUR HEARTS,**  
**HOMES, &**  
**CHURCH**

**BY ROB ARMSTRONG**

**PRACTICAL GUIDE TO**

# **REVIVAL IN OUR HEARTS, HOMES, & CHURCH**

**BY ROB ARMSTRONG**

This booklet is not an exhaustive work on revival. In fact, I am praying that these steps will benefit my life as much as they do the life of any other person. This small effort is my attempt at helping the church walk closely with the Lord. My hope and prayer is that God will bless us with an awakening of revival that bears the fruit of personal holiness and faithfulness that results in lost souls being saved.

By His Grace,

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**“You never have to advertise a fire.  
Everyone comes running when there’s a  
fire. Likewise, if your church is on fire, you  
will not have to advertise it. The  
community will already know it.”  
- Leonard Ravenhill**

# INTRODUCTION

Psalm 85:6 says, “<sup>6</sup>Will you not revive us again so that your people may rejoice in you?” I believe that we need to pray this prayer and take steps toward God that prepare our hearts for His reviving work in our lives, homes, and church. The following booklet is designed to help our church take steps toward revival in our hearts, homes, and church.

# 1.

## WHAT IS REVIVAL?

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**R**evival is a unique or special work of God in the hearts, minds, and lives of believers that impacts the lives of unbelievers. It begins with a recognition of God's glory and holiness that produces a humble, unified, loving, faithful, and evangelistic church.

Revival is not guaranteed, but because it is something that God does in us, we want to put ourselves in the spiritual position to receive it through a month of focused prayer, fasting, denial, and giving.

In Matthew 6, Jesus teaches that giving, praying, and fasting are a part of an ordinary spiritual routine. We are using the word denial in addition to fasting to focus on going without specific activities, technologies, etc., for the sake of spending more time with the Lord and serving others.

**“PRAYER BEGETS REVIVAL, WHICH BEGETS MORE PRAYER.”  
- JIM CYMBALA**

For many church attenders, giving and fasting are viewed as extras to the Christian life. But, according to Jesus, they are common practices in the life of those who follow Him. Jesus doesn't teach us to add giving and fasting as we grow. He puts all three of these into the life of everyone who is born again.

# 2.

## WHAT IS FASTING?

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**F**asting is the practice of abstaining from food (and most drinks) for a predetermined time and replacing them with activities focused on your relationship with God. When you feel hungry you focus your attention on the Lord. Being hungry is an opportunity to pray and learn to depend on God.

In Matthew 4 Jesus went into the wilderness and fasted for forty days and forty nights. Matthew 4:2-3 says, “After he had fasted forty days and forty nights, he was hungry. Then the tempter approached him and said, If you are the Son of God, tell these stones to become bread.” Just like Jesus you are going to be hungry after going without food. Jesus responded to Satan by saying, “It is written: Man should not live on bread alone but on every word that comes from the mouth of God.”

When you fast, you will have the opportunity to grow in your dependence on the Lord with each passing moment. The hunger you feel reminds you that there is more to this life than the world around you. Your hunger presents you with the physical reminder that you have spiritual needs only God can meet. Follow the example of Jesus and respond to the temptation to break your fast with prayer and continued reliance upon help from God.

Throughout the day you can take advantage of the time you would regularly spend eating a meal by replacing it with

something else. For instance, in the place of a meal, you can spend time reading the Word, praying, and listening to worship music. You can also replace your mealtime with acts of service toward others and sharing the gospel. The reasons for fasting can range from an act of grief over sin to a desire to grow more dependent on the Lord. Regardless of your reason, fasting is a biblical way to grow in your faith and commitment to God.

It's recommended that you let your family know that you are fasting. If other family members are going to fast then sync up your fasts as a way to be together and encourage one another. Some of the greatest time of temptation may come with the desire to fit in. Remember you can replace the meal with time with God or others if the opportunity exists.

You don't want to deny yourself water when you fast, and you should take into account your overall health as you begin fasting. I recommend checking with your primary care physician if you are concerned or have any pre-existing conditions impacted by a fast. (For more on fasting and a guide on how to plan your fast there are resources posted on the church blog at [www.harrisburgonline.org/blog](http://www.harrisburgonline.org/blog))



# 3.

## WHY DOES THE CALL FOR REVIVAL INCLUDE GIVING?

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**I**n the pursuit of revival, we must bring everything to the Lord without holding anything back, and this includes giving our tithes and offerings as well. By including giving in the pursuit of personal and congregational revival, we make sure that we are putting God first in every way.

**“GIVING IS CENTRAL TO THE CHARACTER OF THE PEOPLE OF  
GOD BECAUSE OF ALL THAT GOD HAS GIVEN US.”  
- JEREMY KIMBLE**

# 4.

## MOTIVATION MATTERS

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**A**s you begin to take steps toward God, your heart and mind will be pulled in many directions by the enemy. One of Satan's most common tactics is to distract your focus from God and direct it to others. For instance, it is customary to be tempted to do religious things to gain the respect of others. Jesus knows this can be a struggle, and He addresses this in Matthew 6. He clarifies that the motivation for giving, praying, and fasting is the approval of God, not other people. This is our goal as well, that together we will seek the face of God and that He will hear our cries and revive us again.

**“God, create a clean heart for me and renew a steadfast spirit within me.” - Psalm 51:10**

**“<sup>14</sup> and my people, who bear my name, humble themselves, pray and seek my face, and turn from their evil ways, then I will hear from heaven, forgive their sin, and heal their land. <sup>15</sup> My eyes will now be open and my ears attentive to prayer from this place. <sup>16</sup> And I have now chosen and consecrated this temple so that my name may be there forever; my eyes and my heart will be there at all times.” - 2 Chronicles 7:14-16**

# 5.

## FOCUS AND FOUNDATION

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**E**ach week there is an intentional focus on praying, fasting, denial, and giving. The foundation for our steps comes from 2 Chronicles 7:14-16 and Isaiah 6:1-8.

When you look at the guide for spiritual growth and revival, you will see four categories each week: Prayer, Fasting, Denial, and Giving. The purpose of the guide is to provide some structure and encouragement that unites our church as we seek God and ask Him to revive our hearts, homes, and church.

**“In the year that King Uzziah died, I saw the Lord seated on a high and lofty throne, and the hem of his robe filled the temple.**

**<sup>2</sup>Seraphim were standing above him; they each had six wings: with two they covered their faces, with two they covered their feet, and with two they flew. <sup>3</sup>And one called to another: Holy, holy, holy is the Lord of Armies; his glory fills the whole earth.**

**<sup>4</sup>The foundations of the doorways shook at the sound of their voices, and the temple was filled with smoke. <sup>5</sup>Then I said: Woe is me for I am ruined because I am a man of unclean lips and live among a people of unclean lips, and because my eyes have seen the King, the Lord of Armies. <sup>6</sup>Then one of the seraphim flew to me, and in his hand was a glowing coal that he had taken from the altar with tongs. <sup>7</sup>He touched my mouth with it and said: Now that this has touched your lips, your iniquity is removed and your sin is atoned for. <sup>8</sup>Then I heard the voice of the Lord asking: Who will I send? Who will go for us? I said: Here I am. Send me.” - Isaiah**

**6:1-8**

# WEEK ONE: AUGUST 1-7, 2022

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## **Prayer of Confession & Repentance**

2 Chronicles 7:14, “<sup>14</sup>and my people, who bear my name, humble themselves, pray and seek my face, and turn from their evil ways, then I will hear from heaven, forgive their sin, and heal their land.”

The first step of revival is the humility that comes through confession and repentance. Focus this week on bringing every sin before the Lord. Don't leave anything in the dark and confess it all to Him. He is good, He is gracious, and He is abounding in love, mercy, and forgiveness.

**“Humility is the beginning and fountain of both personal and corporate revival.” - Bill Elliff**

## **1 Day Fast**

Pick one day and determine how much you will fast. If you have never fasted, you might want to start with fasting two consecutive meals. Remember to drink plenty of water and replace the meal with time with the Lord or serving others.

## **1 Day of Denial**

Pick one day and give up something that distracts you from time with the Lord and serving others. Consider cutting social media, television, or video games. (You could also significantly decrease your overall screen time for the week for the same effect on your life. An example would be to cut your screen time in half.)

**Give your tithes and offerings this week.**

# WEEK TWO: AUGUST 8-14, 2022

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## **Prayer of Unity & Reconciliation**

Psalm 133 says, “How delightfully good when brothers live together in harmony! <sup>2</sup>It is like fine oil on the head, running down on the beard, running down Aaron’s beard onto his robes. <sup>3</sup>It is like the dew of Hermon falling on the mountains of Zion. For there the Lord has appointed the blessing—life forevermore.”

Sin divides us from God, and it divides the church. Pray for those you have wronged. Pray for those who have wronged you. Consider writing down the names of those for whom you are praying. Seek forgiveness from those you have hurt and wronged by reaching out to them and forgive in your heart those who have hurt and wronged you. This is a challenging thing to do, and it requires that we humble ourselves and put away our pride. But, like everything God has commanded us to do, He helps us in our efforts to be faithful!

## **1 Day Fast**

Pick one day and determine how much you will fast. Consider fasting for three consecutive meals this week and replacing them with serving others and spending time with others. However you choose to fast or not this week, the main thing is to continue pursuing God.

## **1 Day of Denial**

Just like last week, determine this week what you will let go of for the sake of drawing closer to the Lord. If last week was good, stay on the same track and see what a combined two weeks of denial does for your walk with God.

**Give your tithes and offerings this week.**

**“REVIVAL IS THE VISITATION OF GOD WHICH BRINGS TO LIFE CHRISTIANS WHO HAVE BEEN SLEEPING AND RESTORES A DEEP SENSE OF GOD’S NEAR PRESENCE AND HOLINESS. THENCE SPRINGS A VIVID SENSE OF SIN AND PROFOUND EXERCISE OF HEART IN REPENTANCE, PRAISE, AND LOVE, WITH AN EVANGELISTIC OUTFLOW.”**

**- J.I. PACKER**



# WEEK THREE: AUGUST 15-21, 2022

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## **Prayer of Surrender & Commitment**

Pray this week and surrender yourself to God. In 2 Chronicles 7:14, we are told to seek God's face, and in Isaiah 6:8, the prophet tells God He is willing and ready to be used for God's purposes. After bringing our sin to the Lord and reconciling with our brothers and sisters, it is time to commit ourselves to the work of the Lord. Follow in the footsteps of Isaiah and tell God, "Here am I, send me!" Surrender to His will and commit to giving whatever, going wherever, and telling whoever He brings your way about the grace and love that is found in Jesus Christ.

## **2 Day Fast**

After fasting for a day, extend your fasting this week to two days. Remember to replace food with time with God, time with others, and time serving others. However you choose to fast or not this week, the main thing is to continue pursuing God. Some options to consider are:

1. Fast three meals in one day, and then one or two meals the next day.
2. Fast two meals a day for two days

## **2 Days of Denial**

Giving up the things that distract us one day a week is good, and doing it for two days will only be better. Determine what you are giving up and what days you are doing it, then replace it with God, time with your family, and serve others.

**Give your tithes and offerings this week.**

# WEEK FOUR: AUGUST 22-28, 2022

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## **Prayer for Workers & the Lost**

In Luke 10:2-3, Jesus says, "The harvest is abundant, but the workers are few. Therefore, pray to the Lord of the harvest to send out workers into his harvest."

Pray this week for God to raise up workers from within our congregation. Pray that God will use you to share the gospel with others. Pray for God to call out missionaries, pastors, ministers, and church planters from within our congregation. Pray that we will follow in Isaiah's footsteps and say yes to God's call.

Pray for those you know who are lost. Write down their names and pray for them regularly. Pray that God would reach into the hearts of the lost in our city and save them through the power of the gospel. Pray that their eyes would be opened to the truth of Christ. You can join in a long line of faithful Christians who have prayed and asked God for the lost to be saved. Men like John Knox, the Scottish evangelist, said, "Give me Scotland or I die." Or George Whitefield said, "O Lord, give me souls or take my soul." Remember that prayer is not preparation for the battle, but it is the battle itself.

**Prayer is not preparation for the battle,  
but it is the battle itself.**

## **2 Day Fast**

This is the second week of fasting for two days. Remember to replace the time with food with time with God, time with others, and time serving others. However you choose to fast or not this week, the main thing is to continue pursuing God. Some options you might consider are:

1. Fast three meals a day for two consecutive days.
2. Fast three meals a day on any two days this week.

## **2 Days of Denial**

Giving up the things that distract us one day a week is good, and doing it for two days will only be better. Determine what you are giving up and what days you are doing it, then replace it with time spent with God, time with your family, and time spent serving others.

**Give your tithes and offerings this week.**

**“REVIVAL BEGINS BY CHRISTIANS  
GETTING RIGHT FIRST AND THEN  
SPILLS OVER INTO THE WORLD.”  
- CHARLES H. SPURGEON**



We cannot guarantee that God will bless us with revival, but we can put ourselves in a position to receive it. You will never regret dedicating more of yourself to God. He promises to draw near to all of those who draw near to Him.

“<sup>7</sup> Therefore, submit to God. Resist the devil, and he will flee from you. <sup>8</sup> Draw near to God, and he will draw near to you. Cleanse your hands, sinners, and purify your hearts, you double-minded. <sup>9</sup> Be miserable and mourn and weep. Let your laughter be turned to mourning and your joy to gloom. <sup>10</sup> Humble yourselves before the Lord, and he will exalt you.” - James 4:7-8