

# **SSBC Week of Prayer & Fasting: 8<sup>th</sup> - 12<sup>th</sup> February 2016**

## **Rebuidling the Church, Rebuidling our Lives**

Welcome to our first week whole church of Prayer and Fasting for 2016!

In our study of Nehemiah we have been learning that fasting is calculated to bring a note of urgency into our praying, and to give force to our pleading in the court of heaven. Fasting puts us in a place to remove something from our lives that has numbed us from the presence of God or seduced us from the presence of God; that is why fasting is so important. This week set aside time to pray, read the word of God and meditate as well, while we wait for God to reveal his will to us. Remember fasting always leads to confession – so be ready to confess anything God reveals and do something about it.

[We will all come together to end our week of prayer and fasting at our Prayer Service in the church on Friday 12<sup>th</sup> February 2016 from 8.00-9.45pm. Doors open at 7:30pm](#)

### **What type of fast?**

- You may want to choose one or two days for a total fast (only water) or do a partial fast for the week (Partial fast - miss one or two meals or alternatively may eat light meal e.g. porridge or fruits/vegetables, drink milk). Please speak to any of the leaders if you need advice on what type of fast to undertake.

### **New to Fasting?**

If you are new to fasting and wondering “How do I fast for it to be effective?” please use the next section to help you structure your time with God.

### **What to do when you are fasting:**

Supposing you set aside an hour during your lunch time what do you do?

1:00 – 1:10pm – Worship

1:10 – 1:20pm – Prayer

1:20 – 1:35pm – Read the bible

1:35 – 1:45pm – Meditate  
1:45 – 1:50pm – Journal  
1:50 – 1:55pm – Silence  
1:55pm – make your way back to the office!

You can use the above model to increase the time depending on your level of maturity in the faith or the length of time you have on your hands. Alternatively, you can start small, delay your meal for an hour, do the above then eat a smaller proportion of your meal and see the difference it will make in your life. As time goes on gradually increase this from an hour to two hours delay then three hours, before long you will be able to fast for half a day and so on.

**So by choosing to fast, we say to God, we will make room to do these things so that He will change us and we will not be conformed to the patterns of this world. Romans 12:1-2**

- **Please check with your doctor if you are underweight, on medication or pregnant before you fast**

## **SSBC Week of Prayer & Fasting: 8<sup>th</sup> – 12th February 2016**

Rebuidling the Church, Rebuidling our Lives

### [Daily Schedule](#)

Monday: **Breakthrough in our church**

**Nehemiah 9:1-5    Revelation 12:1-6    Isaiah 66:9**

- ❖ Like those who listened to Ezra in Nehemiah 9 spend time in worship and confession as you cry out to God with a loud voice
- ❖ The church is currently 'pregnant' with a fresh move of God – please pray that God would protect SSBC from the enemy
- ❖ Ask God to allow this 'baby' – this move of His spirit, this spiritual breakthrough, to come to pass in SSBC and that it will be protected from the enemy who wants to destroy it.
- ❖ Please pray that every service in SSBC would be full of the power and presence of God and that needs would be met.

Tuesday: **Breakthrough in our households**

**Nehemiah 10:28-29    Acts 16:31-34**

- ❖ Please pray for all the households represented in our church – to come to worship God together
- ❖ Please pray for household's where there are family members (husbands, wives, children) who are not in faith or who do not regularly attend church
- ❖ Please pray that the Lord will stir up faith and passion for God in each member of your household, (or loved ones).

Wednesday: **Breakthrough in church growth and an increase in regular attendance**

**Nehemiah 1:4-9    Psalm 2:8**

- ❖ Let's keep crying out to God for "No more empty seats" and for new people to join our services every Sunday and most to stay with us.
- ❖ Let's ask God to send us people from all nations, generations, and cultures

- ❖ Like Nehemiah, let's confess on behalf of ourselves and others who have not prioritised being in church and ask God to bring in those far off (physically and spiritually) that he would "gather them from the most remote part of the earth" and will bring them to the place where He have chosen to cause His name to dwell.'
- ❖ Pray for God to add to our numbers those gifted and able to serve where there are gaps in key voluntary positions in SSBC – such as musicians, children's and youth workers, evangelists, etc

Thursday : **Breakthrough in our finances: Building Fund and regular giving**

**Nehemiah 2:7-8 Exodus 35:20-29**

- ❖ Pray for urgent breakthrough in our building fund  
We need £140 00 by April (On top of what we have raised already)  
And another £140 00 by the end of August
- ❖ Pray that God's hand will be upon us as we ask people for money and send them the video link for our building project.
- ❖ Pray that God would send us unexpected income and for high earners and millionaires with generous hearts to contribute.
- ❖ Pray for more people in SSBC to tithe (give 10% of their gross income) in the church so our regular costs and salaries can be covered
- ❖ Pray for those needing new jobs and breakthrough and for those in debt

Friday : **Breakthrough in our ministries**

**Nehemiah 4:6 Nehemiah 8:4-8**

- ❖ Pray for us all in SSBC to "have a mind to work" and serve in an excellent way according to our spiritual gifts
- ❖ Pray for God to show you ways to stand by and support your leaders as the people stood by Ezra.
- ❖ Pray for God to re-energise ministry leaders and give them fresh vision and capacity to lead well
- ❖ Pray for those who God is calling to participate or more fully participate in the church to be obedient to His calling.