

**SSBC Week of Prayer & Fasting:  
Monday 4th-Friday 8th July 2016**  
Rebuilding the Church, Rebuilding our Lives

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

When we fast we acknowledge we need God's intervention and mercy in our lives and His power and strength for breakthrough in the situations we find ourselves as individuals , as a church and as a nation. In these times of uncertainty it is good to make prayer our first priority and take time to cry out to God and surrender our will to His. This week set aside time to be with God, to pray, and read the word of God, 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 8 June 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**

**Monday:**

Psalm 23:1-3

The LORD is my shepherd,  
I shall not want.

<sup>2</sup> He makes me lie down in green pastures;  
He leads me beside quiet waters.

<sup>3</sup> He restores my soul;

**Pray for yourself and the church:**

- For yourself and others that we focus on being with our God and allowing Him to guide us – He is our shepherd (John 10:11-14)
- Ask God that He guides each church ministry within the church and ask Him for more volunteers to serve in each ministry (Psalm 2: 8)

**Pray for the building project:**

- Thank God for the £86,000 raised and ask God to provide the rest of the money so building work can start in September/October 2016

**Pray for the nation:**

- Ask God to restore relationships bruised by the referendum and pray for God to call forth men and women of integrity and wisdom to take key roles in the leading political parties.

**Tuesday:**

Psalm 23:3

He guides me in the paths of righteousness  
For His name's sake. (Psalm 23:3)

**Pray for yourself and your church:**

- Spend time confessing where you are not living in a righteous way and ask God to reveal to you where you need to change your life so that you are living in a way that brings

glory to Him. Lets call on the Holy spirit to come and give us strength to do this. (1 John 1:5-10)

- Pray for all volunteers in the church that we would live Godly lives so that our acts of service are filled with the presence and power of God and therefore bring glory to Him.

**Pray for the building project:**

- Ask God to guide each one of us (church member or those who regularly attend) in the area of giving to the building project – that we may all give to this project as well as give our 10% (tithe) to the regular costs of the church as we are able to.
- Pray for an increase in our finances and an increase in our generosity so that we may be able to be more generous in our regular giving to the church and to the building project. (Nehemiah 10:39)

**Pray for the nation:**

- Ask God to guide the nation in paths of righteousness as we seek a way forward for all four nations of the United Kingdom.

**Wednesday:**

Psalm 23:4

Even though I walk through the valley of the shadow of death,  
I fear no evil, for You are with me;  
Your rod and Your staff, they comfort me.

**Pray for yourself and your church:**

- Pray for yourself and others who are experiencing difficult times – that God would strengthen us and transform us as we go through our situation. Pray for those going through financial hardship, relationship difficulties, those bereaved, those in difficult marriages, those with mental health difficulties
- Pray for God to bless us as a church and the ministries within it and thwart the plans of the enemy concerning our church and the ministries. (Numbers 23)

**Pray for the building project:**

- Ask God for the applications for funding being sent to different organisations - that they may be successful and bring in large amounts of money in Jesus Name.

**Pray for the nation:**

- Ask God to protect and comfort those experiencing racism and especially pray for the European people and communities living in the UK – ask God to give you opportunities to bless them.

**Thursday:**

Psalm 23:5

You prepare a table before me in the presence of my enemies;  
you have anointed my head with oil;  
my cup overflows.

**Pray yourself and your church**

- Pray for God's divine protection and anointing on every person and household represented in SSBC. Pray for every curse made over SSBC and any individual who is part of SSBC be broken in the name of Jesus. (Galatians 3:13)
- Pray for God to add more excellent volunteers to all ministries in the church – especially musicians and evangelists (Exodus 31:1-11)

**Pray for the building project:**

- Pray for unexpected income and large gifts of money to be given to the church for the building project.

**Pray for the nation:**

- Pray for God to bless the UK economy and to favour those struggling in business. Pray for politicians and senior managers of large companies to make wise decisions at this difficult time.

**Friday :**

Psalm 24:6

Surely goodness and loving-kindness will follow me all the days of my life,  
And I will dwell in the house of the LORD forever.

**Pray yourself and for our church:**

- Pray that you will prioritise the Sabbath – that we choose to be faithful to meeting together as community every Sunday and inviting others to join us. Let's ask that as we do this God adds to our number those being saved and attendance on Sunday Services

and for small groups will steadily increase and increase. (Exodus 20:8-11, Hebrews 10:23-25)

- Pray for us to appoint a suitable CAP Debt Centre Manager to so we can open the debt centre and those in debt will experience the goodness and loving-kindness of God.

**Pray for the building project:**

- For God's divine favour so that the building project goes ahead so that the church is accessible to all in our community.

**Pray for the nation:**

- For the United Kingdom to turn to God as they did in the past during times of difficulties and for God to hear our cry. For revival to break out all over the United Kingdom in response to prayers of the people of God.