

SSBC Week of Prayer & Fasting:

6th – 10th February 2017

Welcome to our first week of whole church of Prayer and Fasting for 2017. Fasting is a time to set ourselves aside to seek God's presence; it turns our hearts towards Father God, sharpens our prayers and paves the way for the Holy Spirit to move in power. (Isaiah 58:6)

Set aside time and choose to draw near to God;

- Remember to give praise and thanks to God
- Pray (the prayer points for each day will guide you and you can also pray for your own needs and the needs of others you know)
- Read the bible and meditate.

We will all come together to end our week of prayer and fasting at our Prayer Service in the church on **Friday 10th February 2017 at 7.30-9.00pm**. Doors open at 7:00pm

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**

Daily Schedule:

Monday

Please pray for **God's presence** go before us into 2017.

- As we start our week of prayer and fasting – let's choose to hope in the Lord
- Ask God for his tangible presence in our Sunday services and midweek meetings.
- Pray for continued breakthrough in praise and worship (both when we gather together and in your own times with God) Also pray for musicians to be added to our numbers.
- Thank God He is our refuge and ask Him to go before us and destroy our enemies

Exodus 33:15

Psalm 146

Deuteronomy 33:26-27

Tuesday

Please pray for breakthrough in **financial matters** both for us as individuals and as a church

- Please pray for those who need jobs or need new jobs.

- Let's thank God for the money we have and ask God to continue to show you how to manage it wisely. Pray for those struggling to break free from debt. Pray for us as individuals and as a church to be able to meet financial commitments.
- Pray for the CAP (Christians Against Poverty) money courses –that they continue to have good attendance and God will continue to use this to help people become free from debt & associated difficulties.
- Pray that as a church we can employ people to the positions of a fundraiser, CAP manager and finance assistant.
- Let's pray for the building project. Pray for God to open doors so that we can reach our total and have the money to pay the contactors. For us to start the building works this year and there to be no delays.

Psalm 147 Philippians 4:18-20

Wednesday

Please pray for us all to have **pastoral hearts** as we look out and care for one another.

- Pray for God to breakthrough in your own needs and the needs of others in the church.
- Ask God to increase our hearts for each other and help us to look for opportunities to deepen relationships.
- Ask God to show you who you need to look out for and connect with regularly.
- Pray for those people you haven't seen in church much recently and ask Him to show you how to reach out to them.

Psalm 148 John 13:34-35

Thursday

Please pray for SSBC as we focus this year on **reaching out** to those who do not yet know Jesus as their forgiver and leader.

- Please pray for God to give us His love and passion for those who do not yet know Jesus as their forgiver and leader.

- Pray that as a church as we continue to develop our skills in building relationships and being intentional about sharing the message of Jesus with our friends, neighbours, work colleagues and others who we meet.
- Pray for God to give you opportunities to regularly invite people to church and church events.
- Pray for families we are currently providing food for via the food bank.

Psalm 149 Luke 15:1-10 Isaiah 58:6-12

Friday

Please pray for us as individuals and as a church to step up and step into **God's purpose for our lives** and **God's purpose for our church** this year.

- Let's thank God for our identity as children of God and that He is our Father God.
- Let's thank God we are here in SSBC for 'such a time as this'.
- Let's pray for God's Kingdom to come and His will to be done on earth as it is in Heaven.
- Ask God for the courage and strength to make any changes to our lives and priorities so we can live according to God's purposes.
- Let's pray to God to protect the new thing He is doing here in SSBC and for Him to guide us and protect us so nothing prevents us a church from doing everything He purposes us to do this year.

Psalm 150 Esther 4:14 Acts 2:42-27