

SSBC Week of Prayer and Fasting Monday 9 – Friday 13 April 2018

Welcome to our second week of whole church of Prayer and Fasting for 2018.

We set out to prayer walk the community for 40 days from Sunday 4 March to Friday 13 April; we have prayed over the community and blessed it every day of the week, thank you to all the volunteers who took slots to make this possible. As we bring the prayer walking to a close this spring, we want to fast and empower our prayers that the hearts of the people in the community would turn towards God and for God to bring breakthroughs in the situations we bring before Him.

We will all come together to end our week of prayer and fasting at our Prayer Service in the church on **Friday 13 April 2018 at 7.30pm**; 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.

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

Monday 9 April

Jonah 3:1-10 – Nineveh was a wicked city and God sent words to announce its impending destruction. The people of Nineveh repented of their wicked ways when Jonah preached to them that God would destroy the city in 3 days.

Prayer – Pray that the hearts of those in the community will be softened to hear the gospel and respond. Pray also for those you care about who are far from God to be open and responsive to the gospel (good news).

Ask God to open your heart and mind so you can engage with His Holy Spirit as you pray and fast this week

Tuesday 10 April

Esther 4:1-17, 5:1-7, 7:1-10 – Esther called a three day fast for the Jews, in order that God would grant Esther favour to approach the king so that all the Jews would be saved and not killed. Likewise, the enemy (Satan) desires to keep people from knowing God so that their final destination will be hell (destruction).

Prayer – Pray that God will hear our cry and save the community and members of your family from godlessness.

Pray that God would intervene and completely turn around the situations you bring before Him

Wednesday 11 April

Ezra 8:21-23, Psalm 61:1-5 – The positive words and words of faith that your mouth has spoken concerning the hand of God working on your behalf must be fulfilled.

Prayer – Pray for protection and safety for the community and your family, children, friends, finances etc.

Pray for us as a church that God would gather us, His people, here at SSBC together and protect us, provide for us and add to our number – that none would drift off or be uprooted in an untimely way.

Thursday 12 April

Acts 12:5-18 – When Peter was kept in prison by Herod with the intention of killing him like he did to James the apostle, the believers (church) gathered with one accord and constant prayers was offered to God for Peter. The outcome was a miracle of release from prison.

Prayer – As we fast and pray this week, ask God to deliver you, your household and the church from any scheme of the enemy just as he delivered Peter from the hands of Herod and the Jewish people.

Friday 13 April

Joshua 6:1-20 – Jericho was a fortified city and a stronghold that stood in the way of the people of God going to possess and walk into their inheritance. Every wrongdoing, sin, evil and wickedness was present in that city. The wall must come down before God's people will settle in the Promised Land and, it did come down.

Prayer – As we complete our 40 days of praying and blessing the community, pray that the walls of occultism, witchcraft, alcoholism, breakdown of marriages, mental illness, depression etc in our church and community will come down. That people living and working in the areas we have prayed and people you know will be set free from such strongholds.