

## **SSBC Week of Prayer and Fasting Monday 3 – Friday 7 December 2018**

Welcome to our final whole church Prayer and Fasting week for 2018. These are exciting times in SSBC – we are so thankful to God the building project is underway and God is encountering us in a new way in our Sunday services and small group times. However, we need to raise our prayer level even more by persisting in prayers for us to see the promised breakthrough in our church and individual lives.

Ask God to open your heart and mind so you can engage with His Holy Spirit as you pray and fast this week. When we fast, we abstain from food for spiritual purposes. Fasting is a major key to effective praying. Fasting is a God appointed way to humble ourselves – the greatest single barrier to our prayers is pride. Humility is an essential condition for prayer. God said, “If my people, who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then I will hear from heaven, and I will forgive their sin and will heal their land.” 2 Chronicles 7:14.

We will all come together to end our week of prayer and fasting at our Prayer Service in the church on **Friday 7 December 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). We also encourage those who want more to fast whole week; Monday to Friday. Alternatively do a Partial fast for the week (i.e. miss one or two meals in the day or may eat light meals 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 3 December

**Luke 11:5-13** As we prepare to give our loved ones gifts this Christmas let's remember God promised that if we who are human know how to give good gifts, how much more will our Heavenly Father give us the Holy Spirit. We are encouraged to ask, seek and knock – to persevere in prayer with 'shameless audacity'/boldness just like the friend in this parable.

### Prayer:

- Actively bring your requests before Father God,

To ask – for things to come into being – for God to do creative miracles - to heal bodies and minds, for financial breakthrough

- Ask for God's divine protection in the Christmas season (Psalm 91)

To seek – for God to provide for what we need:

- As individuals – pray for financial breakthrough, for relationships to be restored, for peace in our homes, workplaces and cities, for divine protection
- And as a church – pray for God to add Spirit filled gifted musicians to our number
- Pray for God to bless you with a spirit of generosity so that you can give to your church and the building project
- Pray for God to give you plenty to live on as you give generously

To knock – for closed door to open; for opportunities to open up, for favour in job/official applications, for issues that are stuck/stagnant to become resolved.

## Tuesday 4 December

**Luke 2:25-27** Simeon was full of the Holy Spirit and was thirsting for God, he had received a prophetic word concerning the Messiah. Following the prompting of the Holy Spirit he met Jesus just as God had promised him.

### Prayer:

- As you spend time with God ask Him to anoint you with His Holy spirit; be open for prophetic promptings from the Holy Spirit and be obedient to those promptings. Keep praying for what God has promised you to be revealed on earth.
- Pray for God's Holy Spirit to reveal himself to you, your friends, family and those who are far from God this Christmas time.
- Pray for our services to be full of the presence of God, have supernatural encounters, for lives to be transformed and people added to our numbers.

## Wednesday 5 December

**Matthew 2:11** After a difficult long journey the wise men met Jesus and bowed down and worshipped Him and gave gifts to Him. Spend time today and this Christmas giving God first priority in your life by thanking and worshipping Him for sending Jesus as Saviour of the world.

### Prayer:

- Pray for those getting baptised on 9 December ie Sharon, Hasina and Tania to bow down and worship Jesus
- Pray that they will be planted in the church and the gifts God has given them will be used to glorify His holy name
- Pray for the guests who will attend the baptism service and Christmas services to also encounter Jesus and worship Him, pray for all these people to be added to our numbers

## Thursday 6 December

**Nehemiah 10:28-35** Giving to and providing for God's house was part of what the people of God ie the Israelites promised to do as they restored their relationship with God.

### Prayer:

- Please pray for an increase in the number of those giving in tithes (10% of incomes) in the church so that all our regular financial commitments can be met
- Please pray for the covenant giving to the building project to increase from £1300 a month to £3000 a month in time for our first payment this month (December 2018)
- Please pray for the building project to continue to go smoothly and on time and for God to protect this project and all involved
- Pray about the litigation with the adjacent property owners (L&Q) concerning the tree on their front garden that is damaging our church forecourt to be resolved speedily
- Pray that our Insurers will agree to fix the leak in our church roof at no cost to SSBC

## Friday 7 December

**Isaiah 9:1-6** This prophecy was spoken at a time when there was much anguish but declares the truth of who Jesus is and what He accomplishes as we cry out to Him

### Prayer:

- As we go to Lewisham Shopping Centre on Saturday 15 December to sing and raise funds for Breast Cancer Care, pray to the Wonderful Counsellor, Mighty God,

Everlasting Father, Prince of Peace to bring light into the dark situations and peace/resolution in situations where there is anguish in the lives of those we get in touch with

- Pray for those at Lewisham Shopping Centre to thirst for God and His presence as they listen to the Christmas Carols; pray for them to connect with us at SSBC
- Pray for those in SSBC to hunger and thirst for supernatural miracles, signs, wonders and healings to be more present in our services