

SSBC Week of Prayer and Fasting Monday 11 – Friday 15 February 2019

Welcome to our first week of whole church Prayer and Fasting for 2019.

Apostle Guillermo Maldonado in his book titled the Breakthrough Fast says “If today’s believers only knew the spiritual power for breakthrough that comes through fasting, they would practice it more! A breakthrough is a sudden spiritual burst that pushes us beyond our limitations and into deliverance and freedom... now is the time to press through to breakthrough by developing a lifestyle of fasting and prayer.”

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 you 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 11 February

Ezra 8:21, 23 Fast and pray to seek God’s direction and guidance for personal needs, family issues etc.

Tuesday 12 February

Galatians 3:13-14 Pray and remove any curses spoken over your personal and the church finances so that we will be able to meet our commitments and have a surplus.

Wednesday 13 February

2 Chronicles 32:7-8, 20-21 Greenwich Council highway department is putting obstacles in the way to grant permission for a dropped curb for the new parking space, please pray for the situation to change.

Litigation tree damage case – please pray for DAS Law and L&Q to resolve this quickly.

Thursday 14 February

1 Timothy 2:1-4, 1 Peter 5:8 Prayer cover needed for PG, Irene and family. Also pray for the church leaders and their families. Don't forget to pray protection over yourself and your family too.

Proverbs 29:18 Vision pathway – pray for continuity, participation, openness to receive and for lives to be changed in the supernatural among those who want more of God in this church.

Friday 15 February

Zechariah 4:6 Pray for guidance for the Youth ministry to be birthed to enable our young people in this church to engage with God and for their destinies to be realised.

Habakkuk 2:1 Pray to birth a prayer and intercession ministry in SSBC soon.

During Prayer and Fasting week the church will be open on Monday, Tuesday and Thursday evening from 7:00pm-8:00pm for an hour of prayer. All are welcome to come for an evening of corporate prayer and a time of reflection. Access via the side door.

Join us for a powerful time of prayer, praise, worship and activation to end the fast at our Prayer Service on **Friday 15 February at 7.30pm**; doors open at 7:00pm. Access via the main doors.