

## SSBC Week of Prayer and Fasting Monday 3 – Friday 7 June 2019

Welcome to our third session of whole church Prayer and Fasting for 2019.

In our Christian walk, we often want to see changes and obtain a breakthrough in some area of our life. However, we will not see the desired results until we combine fasting with prayer. *“Even now,” says the Lord, “turn and come to Me with all your heart (in genuine repentance), with fasting and weeping and mourning (until every barrier is removed and the broken fellowship is restored); Joel 2:12*

### What type of fast?

**Partial fast:** when we eat one meal a day or choose not to eat certain foods. For example, eliminating carbohydrates, meat, etc. This is similar to Daniel’s fast.

**Total fast:** when we completely eliminate solid food and drink only liquids.

**Absolute fast:** when we eliminate liquids and solid food. This fast is recommended only when it is guided by the Holy Spirit and with medical supervision. Remember that our body is 80% water, and we can only go a few days without liquids.

You may want to choose one or two days for a total fast (only water) or do a partial fast for the week. 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 June

#### Thanksgiving

Thank God for bringing us thus far with the building project ie project completed, sanctuary carpeted, lower hall, front of the church and the sanctuary redecorated, flower bed etc paid for by generous givers.

Also thank God for the spirit of generosity in SSBC – pray that God will bless and receipt each one who has, out of their resources given willingly to support this project.

*Read; 2 Corinthians 8:1-12*

## **Tuesday 4 June**

### **Vision**

Pray to protect the vision of the house (SSBC)

Pray that you will commit yourself to want to know and experience the presence and power of God to communicate His love to others backed by the demonstration of miracles, signs and wonders.

*Read; Habakkuk 2:3 Acts 8:4-17*

## **Wednesday 5 June**

### **Break the spirit of delay**

Daniel had to wait 21 days to receive an answer to his prayer because of the spirit of delay, which is a demonic principality that governs the air of a region, and its purpose is to delay the blessings and close doors. By fasting and prayer, Daniel received his breakthrough. God sent His angel to fight this spirit and defeat him. If we need a breakthrough or want to see changes, we must fast and wage spiritual warfare until this demonic spirit releases our blessings and those of our family, business and ministry.

Declare a breakthrough in our church and in your life, that is, a sudden burst of supernatural activity and intervention to remove enemy blockages, obstacles and delays that is preventing your growth and the churches numerical and exponential growth.

*Read; Daniel 10:1-13 2 Chronicles 32:1-23 Matthew 11:12*

## **Thursday 6 June**

### **Leaders**

Pray for all the leaders of the church and in particular PG and Irene for God's protection over them and to thwart all the attacks of the enemy over their lives.

Also pray for a spirit of revelation, understanding and total commitment by your leaders to submit to the direction God is taking us.

*Read; 2 Kings 20:1-6 Hebrews 13:17-18*

## **Friday 7 June**

### **Opening Ceremony**

Pray that you will be totally committed to help with the preparations leading up to and, on the day to make it a memorable occasion.

Pray that those looking for a home church will be added to our number after attending the opening ceremony.

*Read; Nehemiah 7:1-3 Acts 2:41-47*

***During the week of Prayer and Fasting 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 main doors.

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