

21 DAYS OF PRAYER AND FASTING (Week 2)

Continuing the second week of our fast; the bible says this time of fasting will empower you, destroy the works of the evil one, and also **release more compassion in you** and to prepare you for your blessings during the year. So what is the challenge of fasting then?

“Is it not to share your bread with the hungry, And that you bring to your house the poor who are cast out; When you see the naked, that you cover him, And not hide yourself from your own flesh? ⁸ Then your light shall break forth like the morning, Your healing shall spring forth speedily, And your righteousness shall go before you; The glory of the Lord shall be your rear guard. ⁹ Then you shall call, and the Lord will answer; You shall cry, and He will say, ‘Here I am.’”
Isaiah 58:7-9

God has promised He will hear us when we fast and pray, He will also bring healing to us speedily, we will release God’s glory and presence over us in these 21 days and beyond. In fact, this prayer and fasting will put you in that place to enable you to call on the name of the Lord in every situation you will face in 2020 and He will say, ‘Here I am.’ This is a commitment from the Lord of Host.

WHAT TYPE OF FASTING?

Fasting means covering the mouth, setting times aside to pray to God to seek His face, reading the bible for direction and listening out to the Holy Spirit by reflecting and journaling.

The church has committed to fast and pray for 21 days that began on Saturday 4 to Friday 24 January 2020 inclusive.

Week 1 – you will miss one main meal and cut down on other food intake

Week 2 – you will miss two main meals, drink water, juice or milk in between

Week 3 – you will not eat any heavy meal but one light meal in the day; cut out any oily food

ALTERNATIVELY, and for those who want more;

You will choose **three days in each week** to do a **total fasting** – no food whatsoever during those days but drink water, juice/milk (*and revert back to the general guidelines*) or;

Have a **partial fast** i.e. Daniel fast – You will only eat fruit, vegetables, porridge, drink water, juice or milk as substitutes; No heavy meals or oily food throughout the 21 Days

Saturday 11 January

Are you ready to continue, renew or begin the practice of fasting this week? Are you willing to sacrifice food for this week in order to seek the Lord? Many of the world’s religions include fasting among their practices. How much more should Christians fast in order to honour and obey the living God?

In the Sermon on the Mount, Jesus revealed three vital precepts – three responsibilities – three spiritual principles – that every believer should engage in as a routine: giving, praying, and fasting. In all three, Jesus did not say, ‘If you give or pray or fast’, He said **WHEN** you do these because they are inter-related to our spirituality, belief, breakthrough and blessings.

Read – Matthew 6:1-4; Matthew 6:5-8; Matthew 6:9-18; Ecclesiastes 4:12

Pray – Pray for the spirit of obedience and commitment to God in your life. Pray that as you obey God you will do what His Word says to your benefit. Pray also that you will be totally committed to the vision of the church to see many souls saved, people healed, the oppressed go free and spirits of wickedness cast out by the power of the Holy Spirit.

Spend time to pray for your family and needs today. In your prayers make sure you forgive those who have offended you, otherwise your prayers will not go past unforgiveness. Ask God to give you more compassion for those close to you.

Journaling – What is God saying to you today? What is your response? Write it down

Sunday 12 January

When we are united in purpose there is so much that we can achieve together as a church – a sense of awe, great fellowship, love, compassion, we energise each other by the Spirit and presence of God, financial giving in the church and blessing each other also increases because the Lord Himself brings the addition.

When we fast, we lay up treasures for ourselves in heaven – your prayers are empowered to touch heaven to bring God’s will into your life here on earth.

Read – Matthew 6:19-21; Nehemiah 1:4-11; Acts 2:41-47

Pray – Pray for many more people in the church to join this 21 days of fasting. Pray that the spirit of praise and worship will come upon you today to release angelic presence to strengthen you. Thank God for the beginning of a new week and commit your ways to Him so that God will direct your paths.

Pray for the vision of the church that it will be embedded in your heart and grow from strength to strength this decade and beyond to the glory of God.

Journaling – What is God saying to you today? What is your response? Write it down

Monday 13 January

We should by now realise what fasting is doing in our lives if you are already engaged in this church’s corporate fast – among others, spiritual energy is already being released to you and the power of God is giving you victories. Fasting therefore, is not optional but is expected of Jesus Christ’s followers. It is an act of obedience, as well as an excellent means of growing in our relationship with the Father, gaining spiritual strength, and bearing fruit for God.

Fasting is our spiritual sacrifice as priests and prophets of the New Covenant through Jesus Christ; it is part of our calling from God. When we cease eating for the purpose of worshipping and honouring God, seeking first His kingdom, God doesn’t take that sacrifice lightly. Remember, *“your Father who sees (your fasting) in secrete will reward you openly.”*

When we fast, we present ourselves, including our body, to the Lord as a living sacrifice.

Read – Romans 12:1-2; Luke 2:36-38; 1 Peter 2:4-5 & 9-10

Pray – Ask God to direct your path to church this evening for corporate prayers with his saints. Pray for strength for others who are fasting in the church today.

In your personal prayer times today, present yourself to God as a living sacrifice. Tell Him your heart is open and you are available for His services.

Journaling – What is God saying to you today? What is your response? Write it down

Tuesday 14 January

Fasting is a form of worship because when we sacrifice our normal intake of food, we put our flesh, or the fallen nature, under submission; we prevent it from usurping authority over our spirit – in other words, as our bodies become weak, our spirits become strong. This enables us to put God first in our lives. We end up listening to the voice of our spirit and that of God more. We thus shut out the voice of the devil.

Our sacrificial requirement today is to present and surrender ourselves alive to God in consecration and dedication – and that includes presenting to Him our body. We surrender our body to God as a conscious decision of our will in gratitude for His mercy and grace in our lives.

Read – Galatians 5:15-17 & 24-25; Hebrews 12:1-2; Ephesians 4:22-24

Pray – confess any situation that has remained in your life as a result of your oversight, error, ignorance, deliberate action and sin before the Lord. Ask for forgiveness and a new beginning for your life. Pray to crucify the desires of the flesh in you and any symptoms of the old man (the old you before Christ rescued you and transformed your life). Rebuke it out of your life right now in Jesus name.

Bring before the Lord any situation that has lingered and not resolved in your life, home and church to shift in the name of Jesus. Take authority and with boldness by the Spirit cast it out of your realm and tell it never to return.

Pray for the Technical team in our church – for God’s mercy to be upon them – Pray that there will be an overwhelming desire and hunger for righteousness and for the Spirit of God to come upon them so that they will be released in creativity, sensibility and innovations to serve the Lord in this church.

Journaling – What is God saying to you today? What is your response? Write it down

Wednesday 15 January

House of Peace – HOP for short, is moving into homes as from Wednesday 29 January. This will be an open door and opportunity to invite family, friends and loved ones to come and know Jesus – each evening will begin with worship, a short teaching, activation and end with a call for salvation. Of course there will be fellowship and hospitality as well. This is a vision for expansion of the gospel of Christ and the kingdom of God with signs and wonders.

House of Peace (HOP) is an extension of the church in homes where the community can encounter God by receiving hope, freedom, power and everlasting peace. ***We are meeting at church for a Mega HOP this evening.***

Read – Matthew 10:5-14; Matthew 9:35-38; 1 John 3:16-19

Pray – If you would like to consecrate yourself to God, or renew your consecration to Him, begin by praying this prayer;

Father God, I consecrate myself to You. I present my body to You as a living sacrifice, as an act of my will for Your exclusive use. You have my attention, and I will hear and obey You now and in the days to come. I will fast, I will pray, and I will seek Your face. I ask you to give me Your grace to do this faithfully. I want to be Your vessel, used for Your glory. Right now, I am consecrated and dedicated to You. Use me Lord, and to reach out to souls for Christ. In Jesus' name. Amen.

Pray that Mega HOP tonight will be a powerful experience for all who will attend. Pray for yourself that nothing will stop you from attending tonight. Ask God for word of prophesy to be evident, souls to be saved and all who come would be blessed. ***Invite a new person and/or someone you know to Mega HOP today.***

Journaling – What is God saying to you today? What is your response? Write it down

Thursday 16 January

When we fast therefore, we present and dedicate ourselves to the Lord, ministering to Him with sacrifices of worship, praise and our very lives. Fasting is an important way to stir up spiritual gifts in our lives.

A lot of believers and musicians in particular know how to minister to other people but they haven't learnt how to minister to God to release fresh worship i.e. preparing themselves in prayer and fasting to minister songs that carries the sound of God to release His supernatural presence and power in a church so that the Holy Spirit will flow freely for people to be blessed.

God is interested in our musical talents and gifts, but He is even more interested in a heart that is full of fresh worship to praise Him.

Read – Exodus 15:1-11 & 20-21; Psalm 98; Psalm 31:1-5

Pray – Once again we want to focus our prayers on the worship team in our church. We want to release more musicians and worship leaders to join our worship team so that a powerful, prophetic and responsive sound of heaven would be heard in all our worship services.

We want to pray for musicians, singers and worship leaders who will fully embrace the vision of the house and open to the direction of our pastors to sense, activate and change the spiritual atmosphere to release angelic beings who will minister to us and before God.

Pray also to release the gift of music in our church.

Journaling – What is God saying to you today? What is your response? Write it down

Friday 17 January

People who practice fasting develop strong discipline. By offering ourselves as living sacrifices, we are also enabled to become spiritually discerning. We identify with God and receive revelation about His nature, will and purposes. The more spiritually in tune we are, the quicker we will be able to perceive realities in the supernatural realm.

When we fast, God begins to sharpen our ability to see, hear and discern those realities. Thus fasting helps us not only to gain something, but also to maintain our edge in the Spirit, readying us to be used for His purposes. We in this church don't intend to lose our spiritual edge therefore we will continue to fast for His presence.

Read – 2 Corinthians 11:27; Daniel 2:14-28

Pray – God has given us this church a vision for the now, this decade and beyond; today pray that reality of the vision pathway for the church will unfold to all sons and daughters of the house.

Pray for our children and youth workers that they will lend themselves to also pray, fast and to seek God's face to become a blessing to our children and young ones. Ask God to send more volunteers to join the teams.

Finally pray for PG and the church leaders for God to cover them with His Holy presence that none of them will be a casualty to the enemy's deceitful schemes.

Note:

Extracts for these guidelines has been taken from the book, 'Breakthrough Fast' by Apostle Maldonado

We meet every Monday at 7-8pm for prayer in the church Sanctuary and Fridays 7-8.30pm for Prayer Service. Join in to pray with us and be activated.

Look out for the prayer and fasting guidelines in your inbox and church website. Please see ushers for hard copies.