

21 DAYS OF PRAYER AND FASTING (Week 3)

We are now in the final week of our declared fast. By this time you should have seen much breakthrough, but the job needs to be finished because certain things that are standing in your way for success or wearing you out cannot come out **except by prayer and fasting**, therefore continue to the end!

*Then the disciples came to Jesus privately and said, "Why could we not cast it out?"
20 So Jesus said to them, "Because of your unbelief; for assuredly, I say to you, if you have faith as a mustard seed, you will say to this mountain, 'Move from here to there,' and it will move; and nothing will be impossible for you. 21 However, this kind does not go out except by prayer and fasting." Matthew 17:19-21*

This brings us to where we started from a couple of weeks ago to fast. Reminding ourselves of the main purpose for our 21 days fast, let us once again go to the prophecy of God's spokesperson, Isaiah:

"Is this not the fast that I have chosen: To loose the bonds of wickedness, To undo the heavy burdens, To let the oppressed go free, And that you break every yoke?" Isaiah 58:6 (NKJV)

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 18 January

God is calling His church to return to prayer and fasting for it is one of the pillars that sustain our lives and ministry. When you fast and pray you become spiritually alert but when you stop doing that you lose your fire and passion for God. Today I am calling you in Jesus name to return to your first love for God. Praying to see your loved ones saved. Turning your challenges around becomes only a matter of hope but not an urgent priority if it is not backed by fasting.

Prayer is communication with God. Every relationship is based on communication, and we should continually be in contact with our heavenly Father throughout the day.

Read – Isaiah 58:6-12; Revelation 2:1-7; Matthew 6:9-13

Pray – Honour God in your prayers, worship, praise His name and align yourself with His will today. Bring the ushers, finance and administrators in our church before the throne room of our God and speak blessings over their lives, health, jobs, business and families.

Spend time to thank God for the victories He has given you since you set yourself to pray and fast.

Pray and ask God to supply all your needs and provisions according to His riches in glory through Christ Jesus. God is always in the business of giving, I will thus challenge you to honour Him with your giving this week, and as you do so, He will demonstrate His power and provision in your life in a way you've never seen before.

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

Sunday 19 January

In His sermon on the Mount Jesus also taught about three cords of spirituality that will move us into another level of our faith, provision and power – Giving, prayer and fasting; engaging in these three together as a lifestyle will always give you an edge in life. You don't need a sign from God or a special feeling before you undertake any of these – we have to make the decision to join in by faith and God will do His part by honouring His word.

When you are not receiving answers to your prayers or felt that way, could it be that one or more of the three cords in your spiritual life is loose or broken?

Read – Matthew 6:5-8; Jonah 3:1-10; Isaiah 61:4-7

Pray – Examine your heart today to see all the broken bits in your life and that of your family; list what the Spirit of God brings to your mind. Commit these to God and be resolved to pray and see the situation change for the good.

Where any of the three cords is broken (Ecclesiastes 4:12), be honest and confess to God for Him to restore your heart to prayer.

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Monday 20 January

The purpose of fasting is to set you free, and not to harm you. Fasting empowers our prayers and energises us in the spirit to present our case before God to win battles – issues and challenges that has lingered for so long. If we want divine justice we must learn to fight the legal battle.

The moment you decide to do warfare in prayer – the enemy wakes up because he sees someone is coming to plunder his kingdom and takes the spoils he is illegally holding on to – Satan wakes up to the fact that someone is ready to war against him to dethrone his principalities, wicked spirits and strongholds – there are battles we as Christ followers need to fight and be bold to **prosecute** the enemy at the courts of our God to obtain justice.

Read – Luke 11:21-23; Luke 18:1-8; Matthew 18:18-20

Pray – List the things that have stood in your way or situations that are urgent including potential crisis that you are facing; now take your stand before God in His courts and present your case before your heavenly judge for justice.

It is injustice for the enemy to hold on to some of our people as spoils and keep them away from getting on board the vision of the house to receive mercy and deliverance. Bring as many names as the Spirit will put on your heart and pray for them to rescue them back to where they belong.

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

Tuesday 21 January

God uses fasting to draw us closer and to get our full attention to Him, which allows Him to work transformations in our life. God transforms us each time we offer ourselves as living sacrifice to the Lord in regular practice of fasting. In times like these, we purposefully take the focus off our daily concerns so we can listen to God's voice.

God can also get our attention even before we fast, especially when we face difficult situations that drives us diligently to seek Him for answers.

Read – 1 Kings 19:1-19; Ezra 8:21-23; Psalm 109:24-27

Pray – Today we are praying for divine encounters so that God will lead you to someone you've been praying for who may be in trouble or someone new and invite to Mega HOP tomorrow.

Pray for the hospitality and building maintenance team and ask God for a living word to share to encourage them.

Spend time to pray for yourself, your personal needs and listen to His voice for direction for your life. Remember to thank the Lord for your breakthrough.

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

Wednesday 22 January

God want us to know that He is our only source and deliverer, not only in the midst of crisis, but at all times. The entrance into the supernatural sometimes comes through a difficulty that we are unable to solve. We may never know how powerful and supernatural our God is until we are in dire straits or in trouble and receive a miracle from Him through it.

Before showing us His power and provision, God will often use the crisis to change us from the inside out. I will put it this way, sort your life out and let God do the transformation and move you into the supernatural.

Read – Esther 4:1-17; Hebrews 2:1-4; Mark 16:15-20

Pray – Today we are once again praying for Mega HOP. Ask God to release His hand powerfully at church tonight. We want each person that attends to receive God’s favour so we will experience His grace and power for salvation.

Pray for a powerful presence of God in our meeting and the vision for HOP to become a reality. Pray also for divine encounters so that God will lead you to someone you’ve been praying for who may be in trouble or someone new and invite to Mega HOP tonight.

Pray that God will use people’s situation and your own situation to draw us into His supernatural presence to receive a miracle.

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

Thursday 24 January

When we fast, God removes spiritual contaminations from our soul. Our souls need to be cleansed because over the course of time, it becomes infected by negative atmospheres. By becoming exposed to the influences of the world, the soul accumulates spiritual impurities; mixtures of truth and error, bitterness, unforgiveness etc. God wants to remove these contaminations from us. In fasting we can surrender all such things to the Lord.

Another way God removes the spiritual weights from our lives is by crucifying the flesh, the old man, the carnal nature with its passions. Fasting therefore is God’s weapon for dealing with the flesh.

Read – Galatians 5:19-25; Ephesians 5:15-21; Hebrews 12:1-11

Pray – Spend time to pray for the children in this church for God’s covering over their lives and lead them not into temptation, but to deliver them from evil and the evil one.

We want to also pray for ourselves, and the worship team so that we will lend ourselves to God to remove from us any weights so that the flesh will not dominate us. We also want to see our worship team minister in power to release the presence of God among us each time we meet for salvations, healing and deliverance. We want the worship to create a stream for the revelation of the word of God to be an everyday occurrence in our church.

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

Friday 24 January

Today is our last of our 21 days of prayer and fasting, as we fast, God will break us out of negative cycles and patterns of emotions, thinking processes, will and actions – these are not one time or occasional problems, but rather habitual ones. Some damaging patterns of thinking and behaviour include anger, discouragement, depression, bitterness, strife, jealousy, doubt, unbelief, impure thoughts, fear, sadness, preoccupation with death, panic attacks, addictions and sexual immorality.

Fasting gives you the chance to allow God to remove any traces of such that becomes a stumbling block in your life. We are thus committing to give more of ourselves to God and ask God for more of Himself. Our hearts must thus be prepared for the ways in which the Holy Spirit

is moving. The more we fast, the more we align our spirit with the life of God and activity of heaven.

Read – Matthew 15:18-20; John 3:30; Ezra 9:5-15

Pray – Pray to break every yoke and finish this time of prayer and fasting in victory.

If you are ready to pray one more time, and if you would like to enter into a new spiritual season, pray this prayer out aloud:

Heavenly Father, today I ask You to show me any way in which my soul has been contaminated by ungodly atmosphere. Please cleanse me and restore me to You. I willingly crucify my flesh so that I may walk according to your Spirit. I acknowledge that I have negative and destructive patterns in my life – emotional, physical, mental and spiritual [*specifically name any that comes to mind*]. Deliver me from them all, purify my soul and sharpening my spirit. Enable me to become sensitive to Your voice. Remove the blindness from my eyes that prevent me from discerning Your answers to the problems and crisis in my life.

Father release a fresh anointing in me. I declare that this fast will take me into a new territory, a new season. In the name of Jesus Christ our Lord, Amen.

We meet in this final week Monday, Tuesday, Thursday at 7-8pm for prayer in the church Sanctuary and Fridays 7-8.30pm for Prayer Service to end the fast. Join in to worship with us for a time of thanksgiving, supernatural encounter and be activated for the year ahead.

Look out for the prayer and fasting guidelines in your inbox and church website. Hard copies available at the ushers' desk at the back of the church.

Note:

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