

21 DAYS OF PRAYER AND FASTING (Week 1)

The bible says,

“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

The start of a new year is **an opportunity God gives to align our lives** to His will and purpose, so we can see His blessings. We are living in such dark times, that if we do not start the year with prayer and fasting, we **will not be spiritually prepared** to overcome adversity. Jesus Himself encourages His disciples to fast and pray (absolutely necessary to) so they would not lose heart, cave in, become weary and give up. Luke 18:1

Fasting is a spiritual discipline that every follower of Jesus **ought to** engage in, because it is the right thing to do on behalf of yourself, family and your church, **in order to move forward** in your faith and to see God’s presence, power and breakthroughs in your life.

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 whole church will commit to fast and pray for 21 days beginning 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 4 January

Fasting is one of the keys to entering the presence of God because it enables us to focus exclusively on our relationship with Him. God has always desired to be one with us in relationship. It is in so doing that we can receive His life in an ongoing way. The result will be that God will commit His power to us. Remember that every time a believer develops a close, personal, continual, progressive relationship with God, there will be an inflow of His power – no relationship, no power.

Read – John 16:4-5; Ephesians 3:14-21; 2 Corinthians 10:4-6

Pray – as you begin this 21 days of fasting, ask God to mark your heart to build a renewed relationship based on intimacy with Him. Commit yourself to faithfully seek His face. Pray for those who matter to you and for restoration and restored relationships. Thank God for this opportunity to build relationship with Him and with people you love.

Pray also for the church that we will be one in seeking God's face as a corporate body and building relationships with each other.

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

Sunday 5 January

We should understand that our entire Christian life centres on our oneness with the Lord, we will not have the breakthroughs in 2020 we expect nor have access to His supernatural power unless we are determined to pray and fast for His presence in matters that concerns us, our family and the church. When we have a relationship with God in which we minister to His pleasure as well as receive from Him, a relationship that is present and ongoing, we will always have access to a wellspring of spiritual strength and power to change things.

Read – Acts 1:8; Matthew 10:1; Deuteronomy 6:1-15

Pray – in your prayers today, you are going to love the Lord with all your heart, soul and strength i.e. you are going to fear and revere the Lord in all you do especially in ministry. Today pray that you will see ministry through the eyes of God and not by your own skills, power and abilities but by the power of God. Recommit yourself and life to God in ministry.

For those of you who are not in ministry in this church as yet, let today be the defining moment where you will seriously ask God to show you which area and ministry in the church you ought to serve in and act on it, don't delay.

Pray for the vision of the church that it will grow on you and from strength to strength in 2020 and beyond. Pray that there will be an awakening of the Spirit, awareness and presence of God in the hearts of all who worship with us and every new person God adds to our church to embrace the reality of our faith in through Christ our Lord and Saviour.

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

Monday 6 January

Fasting is a vital part of the process of maintaining an ongoing relationship with our heavenly Father because it enables us to deepen our communion with Him, resulting in greater intimacy and power. As you pray and fast, God will deposit His power in you. This power will be activated and release His presence. The more we pray, the more quickly miracles will happen in our lives.

Read – Luke 10:1-9; Acts 2:41-43; Matthew 4:2-4

Pray – spend time to pray for yourself and family today. In your moments of prayer and intercession, remember also to pray for your church that the word of God will be taught with revelation, authority and power so that signs, wonders and miracles will be everyday occurrence whenever and wherever we meet.

Finally, pray that you will listen to God's voice only and live by every word that proceeds from the mouth of the Lord.

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Tuesday 7 January

Fasting is the freewill abstinence from food for spiritual purposes to seek God's presence and deepen one's relationship with Him. We should engage in fasting for a purpose; for the purpose of seeking God in prayer at a greater level, receiving His revelation of what He wants to do in our lives and in the lives of others whom we love. We are fasting for direction in our lives and the church.

God want things to return to the point of departure. Fasting therefore is not an option but a necessity. It is one of the marks of a true discipleship of Jesus Christ.

Read – Luke 5:33-39; Joel 2:12-13; Joel 1:13-14

Pray – confess any situation that has remained in your life as a result of your oversight, error, ignorance and sin before the Lord. Ask for forgiveness and a new beginning for your life. 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.

Pray for financial abundance in your church so we will be able to meet every commitment that becomes due especially in the area of repaying the loan capital and interest each quarter of the year beginning this month

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

Wednesday 8 January

House of Peace – HOP for short, is the church's new style weekly Small groups that **meets in homes** and is **open to anyone**. HOP is a vital part of the vision of our church and ministry, which comes from the heart of God. The Lord Jesus loves every soul and does not want any to perish.

HOP is our church's response to the Lord's command to go and preach the gospel to our family members, neighbours, friends and work colleagues who don't know Jesus Christ.

HOP is also a place for our church community to attend regularly to learn and be activated. Effectively, HOP is a place where the community can encounter God by receiving hope, freedom, power and everlasting peace. We are launching House of Peace today.

Read – Mark 16:15-20; 2 Peter 3:9; 2 Samuel 6:11-12

Pray – first and foremost, let us all pray this prayer aloud:

Father God, I come to you in the name of Your son Jesus Christ my Saviour. I honour You as God almighty, and I acknowledge that I stand in Your presence. I repent for neglecting to develop a close relationship with You. Forgive me from having departed from the regular practices of prayer and fasting, which enable me to build and maintain our relationship. Right now, right now I commit myself to love You, to obey You, and to serve you by doing Your will. I return to You wholeheartedly. I desire to seek Your face in prayer and fasting for HOP today. Please give

me the power to sustain and deepen my relationship with You. You are my all in all! In Jesus name, Amen.

Pray that Mega HOP tonight will be a powerful experience for all who will attend. Pray and ask God for Divine encounters to invite someone to it today. Pray for word of prophesy to be evident, souls to be saved and all who come would be blessed.

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Thursday 9 January

When the Lord leads us to fast, we need to respond. This must be a conviction to fast by the Holy Spirit, which means there will be no guilt, pressure or condemnation connected with it. Allow God's Spirit to lead you into the fast He has for you. Learn to hear and obey His voice today.

Remember prayer and fasting changes us, not God. God does not need to change!

Read – Daniel 9:1-3; Acts 13:1-3; 1 Peter 5:6; Psalm 150

Pray – today we want to focus our prayers on the worship team in our church. We urgently need 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 be less dependent on our friends who join us from time to time to worship.

There are musicians sitting in our church right now who we need to pray that God will raise such people up to respond to the Spirit and bring fresh worship in the House. Pray also to release the gift of music in our church.

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Friday 10 January

If fasting was vital in the life and ministry of Jesus and people like apostle Paul, the same holds true for all Christ followers today. I believe that in these days, God is calling His church to return to fasting and prayer. It is one of the pillars that sustain our lives, ministries and church. You will experience a breakthrough in your life when you make fasting and praying a regular part of your lifestyle.

God is bringing us back to our first love so we may regain our edge in the spiritual realm and walk in the power of the Spirit. As we fast and pray in God's presence, He provides us with wisdom strength and anointing. There is even more power released when we meet as a corporate body with prayer and fasting.

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

Pray – God has given us a vision for the now, this decade and beyond; today pray that the vision pathway for the church will unfold even more in this year and the years ahead. Pray that the supernatural presence of God to save, make disciples, heal the sick, cast out devils and to set free all those who are oppressed will be evident as a signature in our church.

Pray also for PG and the church leaders to have a sense of urgency and compassion to hear from the Lord to work through the strategies that the Lord will reveal to them to take this church forward in wisdom, knowledge and supernatural ministry.

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If you feel passionate about this church and would like to be part of this renewal of prayer and fasting, please pray this prayer out loud:

Heavenly Father, I ask You to give me the grace to incorporate fasting and prayer into my lifestyle. I am among those who have lost my passion for You and for ministering to others in Your name. I want to seek Your face. I want to advance your kingdom. Thank You for calling me to a deeper relationship with You and filling me with your Spirit so I can regain my spiritual perception and be used as a vessel for Your kingdom purposes. In Jesus name, Amen.

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. Hard copies might be available at the ushers' desk at the back of the church.