

Three days of Prayer and Fasting from Friday 29 – Sunday 31 May 2020

Welcome to our whole church Prayer and Fasting time in preparation for **Pentecost**.

The essence of our fasting is:

To bring us closer to God

To see our prayers empowered to achieve results and,

For the specific purpose of being filled with the Holy Spirit

How are we fasting?

Day 1 – you will miss one main meal and cut down on other food intake during the day

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

Day 3 – you will eat one light meal in the morning; **End the fast after lunchtime.**

ALTERNATIVE for those who want more can go for;

Total Fast – Choose one, two or three days to fast – no food whatsoever during those days but drink water, juice/milk (*and revert back to the general guidelines above*) 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 3 Days.

Friday 29 May

God want us to know that He is our only source and deliverer, not only in the midst of crisis or pandemic, but at all times. The entrance into the deeper things of God 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 or situations like what we are facing right now to change us from the inside out. This is an ideal moment to let God transform you and move you into the supernatural.

Read – John 20:19-29; Esther 4:1-17; Romans 12:1-2

Pray – Today present yourself to God, opening your heart to Him in confession, repentance and thanksgiving. Ask God to release His hand powerfully in your life and in every situation you face including your plans that you want direction from Him.

Pray for a powerful presence of God in our prayer service on ZOOM this evening. We want each person that attends to receive God's favour so we will experience His grace and power for salvation.

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 our prayer service tonight.

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

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

Saturday 30 May

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 with our prayers.

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, blessing each other and financial giving in the church also increases because the Lord Himself brings the addition.

Read – Luke 18:1-8; Acts 4:23-31; Acts 2:38-47

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.

Pray for boldness to ask the Holy Spirit to fill you today so that you can open your mouth with confidence to deal with every situation in the name of Jesus. Pray that you will also be bold to speak about your faith to anyone in the power of God.

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

Sunday 31 May

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. We end up listening to the voice of our spirit and that of God more and thus shut out the voice of the devil. This enables us to put God first in our lives.

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 in anticipation of His promise. We surrender our body to God as a conscious decision of our will in gratitude for His mercy and grace in our lives.

In doing this we are also saying to God that our hearts are open to receive His Holy Spirit today.

Read – Acts 1:1-14; Acts 2:1-22; Isaiah 28:11-12 (NKJV); Romans 8:26-27 (NIVUK)

Pray – Ask the Lord Jesus to open your hearts and minds to recognise your need to be filled with the Holy Spirit every day, because when you yield to Him, God gives you access to divine knowledge and reveals to you the mysteries of His kingdom.

If you are ready, pray this prayer:

Heavenly Father, in the name of Jesus, reveal to me how to pray for this situation. Give me your supernatural grace to pray Your perfect will. Lord I want to be baptised with the Holy

Spirit, evidenced in speaking with new tongues and with the power of God over me to be a witness as a disciple of Jesus Christ.

Lord I declare that you give me access to divine knowledge. Reveal to me the unknown parts of my situation, and bring down everything that opposes me in my life. In Jesus name. Amen

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

When you are done with this, spend some time to give thanks to God for every blessing that has come into your life during this period of prayer and fasting. Learn to give thanks to God as a lifestyle – Ephesians 5:20; 1 Thessalonians 5:18