

21 DAYS OF PRAYER AND FASTING (Week 3)

This is our third and final week of the period set aside for the church to pray and fast to seek God's face for direction for ourselves, family, church and country. We want to hear, sense and see through the Holy Spirit the purpose of God concerning us.

While they (the disciples) were worshiping the Lord and fasting, the Holy Spirit said, "Set apart for me Barnabas and Saul for the work to which I have called them." ³ So after they had fasted and prayed, they placed their hands on them and sent them off. Acts 13:2-3 (NIVUK)

The conviction to fast in response to the promptings by the Holy Spirit means we should expect effective results at the end of the day. Allow God's Spirit to lead you into the fast He has for you.

WHAT TYPE OF FASTING?

Each time fasting is mentioned in the bible it means one has to deny self of something and, in particular food, to set times aside to pray to God, reading the bible for revelation, listening out to the Holy Spirit for direction and, reflecting and journaling to take action.

The whole church will commit to fast and pray for 21 days beginning Saturday 2 to Friday 22 January 2021 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

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

OR;

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

Saturday 16 January

Fasting and praying will move you into another level in your spirituality to access supernatural things which make the impossible things possible for you. As you fast be honest with yourself and pour out your heart to God.

Read – 1 Samuel 1:1-28; 1 Samuel 2:1-11; Acts 9:1-9

Pray – Today you are praying for yourself to bring your earnest needs before the Almighty God so He will come through for you. Ask for clear direction and clear resolution of the issues that has troubled and weighed you down all this while.

Pray for your children to know God and serve Him. Ask for the spirit of prophesy and leadership to anoint your children and come under the protection of the Holy Spirit.

Journaling – What is God saying to you today? Write it down and act on it before the day is out.

Sunday 17 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 power and passion for God.

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. Don't lose your spiritual edge by not fasting and prayer during this cycle.

Read – Acts 2:1-22; Acts 3:1-10; Acts 9:10-22

Pray – Tell God that you want to be used by Him in a powerful way to walk in signs and wonders. Pray that through your hands, those who are sick will be healed, the oppressed will be set free and souls will be saved.

Pray for anyone who doesn't know Jesus in your home to be open to the gospel of peace. Ask God to use you as a vessel of His salvation in your family.

Journaling – What is God saying to you today? Write it down and act on it before the day is out.

Monday 18 January

When we set our minds to fast and humble ourselves, it also means we are ready to open our hearts to God in repentance for ourselves, our people, church and the nation. It's time to turn to God and to make a new start for yourself to see restoration for your life.

Read – Jonah 2:1-10; Jonah 3:1-10; 2 Chronicles 7:12-15

Pray – today as you fast before the Lord, ask God to heal our land of the Coronavirus and all the variants of it. Pray for anyone whom you know is suffering from Covid-19 to be healed completely.

Let us pray for our nation to repent and come back to God and not put our hopes in man and our treasures. Pray for an outpouring of the Holy Spirit to sweep over our nation, leaders and the people.

Journaling – What is God saying to you today? Write it down and act on it before the day is out.

Tuesday 19 January

The moment you decide to do warfare in prayer – the enemy wakes up because he sees someone is coming to plunder his kingdom and take the spoils he is illegally holding on to – When Satan sees your determination to war against him and dethrone him he knows there is a greater power behind you who is Jesus.

Read – Ephesians 6:10-20; 1 Corinthians 15:30-34; Colossians 2:11-15

Pray – Bring before God those things that have remained a hinderance all this while in your life and also in the church. God want to hear you but your persistence in prayer and fasting will determine how hungry and urgent it is for you to see Jesus disarm Satan and give you the victory.

Don't forget spirit of wickedness is real but so has God given you the authority to fight and be victorious.

Pray for Pastor Gideon, pastor Irene, pastor Ben Davies, Rev Wes Sutton, teacher Tabitha and Dr John Laffitte that God will continue to anoint them with the Holy Spirit and power to minister to the needs of the church of Christ. Pray that your heart will be open to receive from them whenever they minister to us.

Journaling – What is God saying to you today? Write it down and act on it before the day is out.

Wednesday 20 January

House of Peace (HOP) is where God is healing people, bringing deliverance and saving souls. We are expecting to hear from God each time we meet and new people joining to receive God's grace and experience His power so they can testify to it.

Read – Acts 10:1-16; Acts 10:24-33; Acts 10:34-48

Pray – Ask God to show you who to invite to Mega HOP today. Pray for that person(s) and make the call. Pray that the presence of the Holy Spirit will be felt in every home that will tune in each Wednesday.

Also pray that you will be obedient and willing to come under the covering of our church so that you will be disciplined into spiritual maturity.

Journaling – What is God saying to you today? Write it down and act on it before the day is out.

Thursday 21 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 so that our spirit will obey God; when we obey God we put Him first in everything.

Read – Psalm 148:1-14; Exodus 15:1-21; Psalm 150:1-6

Pray – Pray for all the people in the worship team to surrender themselves as Levites and priests of God to minister His praise in our church. Ask God to give them revelations of fresh worship and songs from heaven to lift up the name of the Lord and to draw His church closer to our God.

Pray for Tracey for God to anoint her for ministry of prophesy, music and worship to lead the Worship team and bring God's presence to the church each time we meet in the name of the Lord.

Journaling – What is God saying to you today? Write it down and act on it before the day is out.

Friday 22 January

Since ancient times, fasting has been a spiritual sacrifice offered to God by His children. We as God's priests, we are to present spiritual sacrifices to the Lord. We are thus to draw near to God everyday offering sacrifices to Him such as worship, praise, prayer, fasting and general giving.

In doing so fasting therefore removes negative cycles that has been established in our hearts and lives.

Read – Acts 14:1-18 & 21-23; Ephesians 4:7-14; Nehemiah 1:1-11

Pray – We are praying for the grace of God to be revealed to our church so we can love more, take up our cross and follow Jesus.

Pray for the vision of our church so that we will be disciplined to release the five-fold ministry to equip us to be mature disciples of Jesus Christ.

Finally pray for intercessory prayers to be commonplace in our church to see the word of God preached with fresh revelation and power, experience breakthroughs, healings and miracles taking place.

Journaling – What is God saying to you today? Write it down and act on it before the day is out.

We meet on Monday at 7-8pm for prayer and Fridays 7-8.30pm for prayer service on ZOOM. 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 upon request.