

prayer and fasting preparation



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Looking for more resources to help you grow in your walk with the Lord? Scan the QR code to the left to visit our online resource library.

INTRODUCTION: 2 Weeks to Prepare for 52 Weeks

Why fast and pray?

- 1. IT BREAKS THE DULLNESS OF MIND AND SPIRIT THAT WE OFTEN HAVE COMING OUT OF THE HOLIDAY SEASON.
- 2. EVERY SEASON OF PRAYER AND FASTING SPARKS OFF AN ANNUAL MINI-REVIVAL IN A BELIEVER'S LIFE.
- 3. WRESTLE HABITS OUT OF YOUR LIFE.
- 4. PRAYER IS ONE OF THE MAIN OFFENSIVE (ATTACKING) WEAPONS IN A BELIEVER'S ARSENAL OF WEAPONS IN SPIRITUAL WARFARE.
- 5. A PERIOD OF INTENSE SPIRITUAL FOCUS FLEX YOUR SPIRITUAL MUSCLES AND GROW SPIRITUALLY.
- 6. STRENGTHEN AND SET UP THE QUALITY OF YOUR PRAYER LIFE AND WALK WITH GOD FOR THE YEAR.
- 7. SET THE TONE FOR YOUR MIND[SET]. CULTIVATE FAITH FOR YOUR YEAR
- 8. LAY THE YEAR BEFORE THE LORD FOR EXAMPLE, NEW STUDIES, NEW CAREERS, MOVES, AND NEW PLANS.

FAST /faist/

Verb

"To fast is to voluntarily choose to go without food or drink (or both), generally for religious purposes."

SETTING GOALS - Fasting with purpose

It is important that before you fast, that you spend time planning what you want to accomplish. This will help you enter the fast with a sense of expectation and will help motivate you to keep focussed throughout your fast. There are many goals that we can set for fasting. Here are seven broad categories in which we can set goals:

- 1. Recovery, cleansing & repentance from 'acts that lead to death.'
- 2. Laying down requests and needs (see list of things for which people fasted and prayed in God's Word).
- 3. Requesting God's help and favour on responsibilities, projects, and ventures for the year.
- 4. Personal spiritual development and a new 'Spiritual Discipline' or a stronger 'Spiritual Fruit.'
- 5. Seeking God's anointing and fresh assignments on my call and ministry.
- 6. Miracle breakthrough.
- 7. Bringing balance back into my lifestyle.

Now let's look at each category above more closely.

PRAYER & FASTING GOAL 1: RECOVERY, CLEANSING & REPENTANCE FROM 'ACTS THAT LEAD TO DEATH.'



Therefore, let us leave the elementary teachings about Christ and go on to maturity, not laying again the foundation of repentance from acts that lead to death, and of faith in God"

Hebrew 6:1 (see also Hebrews 9:14)

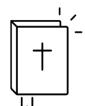
This can be:

- any stubborn sin.
- any harmful pattern of thinking.
- any 'words that bring death.'
- any unproductive lifestyle habit.
- anything that affects our physical health.
- Etc.

Ask God to show you how to think different; adjust your attitude, then reform behaviour.

NOTES:			

PRAYER & FASTING GOAL 2: LAYING DOWN REQUESTS AND NEEDS.



We acknowledge you as our Provider of all we need each day.

- Matthew 6:11 (The Passion Translation)

- For protection.
- As part of an act of repentance and mourning for sins.
- To break strongholds, sinful habits and addictions.
- To start a new spiritual habit.
- To discern God's will; to get guidance and understanding; for revelation.
- To empower ministry and strengthen intercession.
- At a time of grief.
- When electing church leaders and inducting them into leadership.
- To avoid disasters.
- For Spiritual Revelation & Unmasking Spiritual Strategies.
- For imparting Spiritual Gifts.
- For deliverance from evil spirits.
- For Supernatural Miracles.
- Fasting is healthy.

NOTES:			

PRAYER & FASTING GOAL 3: REQUESTING GOD'S HELP AND FAVOUR ON RESPONSIBILITIES, PROJECTS, AND VENTURES FOR THE YEAR.

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When all our enemies heard about this, all the surrounding nations were afraid and lost their self-confidence, because they realized that this work had been done with the help of our God.

- Nehemiah 6:16

That should make you feel like saying, "The Lord helps me! Why should I be afraid of what people can do to me?"

- Hebrews 13:6

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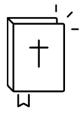
PRAYER & FASTING GOAL 4: PERSONAL SPIRITUAL DEVELOPMENT – AND A NEW 'SPIRITUAL DISCIPLINE' OR A STRONGER 'SPIRITUAL FRUIT.'

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Celebration / Chastity / Confession / Fasting / Fellowship / Friendship / Guidance / Journaling / Meditation [Personal Reflection] / Prayer / Sacrifice / Secrecy / Service / Silence / Simplicity / Solitude / Stewardship / Study / Submission / Witness / Worship

Look at the list of books available. Many touch on the development of spiritual disciplines. Or you can read the biographies of people who have been used by God and write out 5-10 lessons for your own life.

Fruits of the Holy Spirit:



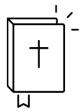
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But the fruit produced by the Holy Spirit within you is divine love in all its varied expressions: joy that overflows, peace that subdues, patience that endures, kindness in action, a life full of virtue [goodness], faith that prevails, gentleness of heart, and strength of spirit [self-control]. Never set the law above these qualities, for they are meant to be limitless.

- Galatians 5:22-23, The Passion Translation

NOTES:			

PRAYER & FASTING GOAL 5: SEEKING GOD'S ANOINTING AND FRESH ASSIGNMENTS ON MY CALL AND MINISTRY.



The Spirit of the LORD will come upon you in power, and you will prophesy with them; and you will be changed into a different person. Once these signs are fulfilled, do whatever your hand finds to do [in your calling as king], for God is with you

- 1 Samuel 10:6-7

I'm writing to encourage you to fan into a flame and rekindle the fire of the spiritual gift God imparted to you when I laid my hands upon you.

1 Timothy 1:6

Acts 1:8

"But I promise you this—the Holy Spirit will come upon you and you will be filled with power. And you will be my messengers to Jerusalem [Randfontein], throughout Judea [Gauteng], the distant provinces [all of South Africa}—even to the remotest places on earth!"

NOTES:

PRAYER & FASTING GOAL 6: MIRACLE BREAKTHROUGHS.

	"I am the LORD, for me?"	the God of all mankind.	Is anything too hard
LT W			– Jeremiah 32:37
NOTES:			

PRAYER & FASTING GOAL 7: BRINGING BALANCE BACK INTO MY LIFESTYLE.

Changing our schedules during a time of prayer and fasting allows us to evaluate our priorities, our schedules and our budgets. Take your "lifestyle" to the Lord this season and ask Him to give you wisdom to make adjustments:

So above all, constantly chase after the realm of God's

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Ш		,				_ /\	<i>1atthe</i> v	/ 6:33
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Prayer Partners



"As long as Moses held up his hands, the Israelites were winning, but whenever he lowered his hands, the Amalekites were winning. When Moses' hands grew tired, they took a stone and put it under him and he sat on it. Aaron and Hur held his hands up—one on one side, one on the other—so that his hands remained steady till sunset.

- Exodus 17:11-12

"And I tell you more: whenever two of you on earth agree about anything you pray for, it will be done for you by my Father in heaven. For where two or three come together in my name, I am there with them."

- Matthew 18:19-20

WEEK 1: My two prayer partners:						
Week 1: Week 2:						
WEEK 2: My two prayer p	partners:					
Week 1:	Week 2:					
WEEK 1: My prayer reque	ests for people:					
Monday:						
Tuesday:						
Wednesday:						
Thursday:						
Friday:						
Saturday:	Ì					
Sunday:						

WEEK 2: My prayer requests for people:

Monday:		
Tuesday:		
Wednesday:		
Thursday:		
Friday:		
Saturday:		
Sunday:		
NOTES:		

Practical Preparation:

My Fast:

- A Normal Fast.
- A Partial Fast (Daniel diet fast).
- A Total Fast (Dry Fast).
- Special Public Fasts.
- Extended and Open-Ended Fasts.
- Technology, screen-time and media fast.
- Spending money fast.

Planning my type of fast - my meals and drinks:

WEEK 1:

Day:	Breakfast:	Lunch:	Dinner:	Snacks:
M:				
T:				
W:				
T:				
F:				
S:				
S:				

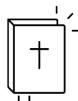
Additional meal ideas:

WEEK 2:

Day:	Breakfast:	Lunch:	Dinner:	Snacks:
M:				
T:				
W:				
T:				
F:				
S:				
S:	Ŷ		Ĭ	Ĭ
dditi	ional meal idea	S:		
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My prayer and communion times.

Many people have heard of a "DANIEL FAST" and tried it. How about this year trying a "DANIEL DAY OF PRAYER"?



In an upstairs room of his house there were windows that faced toward Jerusalem. There, just as he had always done, Daniel knelt down at the open windows and prayed to God three times a day.

- Daniel 6:10

WEEK 1:

NOTES:

Day:	Slot #1	Slot #2	Slot #3	Slot #4	Slot #5
M:					
T:					
W:					
T:					
F:					
S:					
S:					

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WEEK 2:

Day:	Slot #1	Slot #2	Slot #3	Slot #4	Slot #5
M:					
T:					
W:					
T:					
F:					
S:					
S:					

NOTES:	

After the fast: my testimony.

Consider what God does for you or shows you each day. Start to write these things down, then plan to have some encouraging points to share.

We'll be recording 30 second video testimonies to share in church! Videos will be recorded each week and played in church on Sunday 29th January.

MY TESTIMONY NOTES:

After the fast: my thank offering.

Whenever we fast, we usually eat less and this results in a some financial saving. Consider giving that money as a "Thank-Offering". But you need not limit your "Thank-Offering" to the amount of money you have saved on groceries and other spending during your fast. Give as generously as you like to as a way to say, "Thank You" to God.

Want to give your thank offering easily and securely? Scan the code to the right using the SnapScan app or your bank's 'scan to pay'



MY FASTING BUDGET/MY FASTING FINANCE NOTES:

Extra notes to myself: