



prayer  
and  
fasting  
**preparation**



Randfontein Baptist Church

*love | grow | go*

[rbapchurch.org](http://rbapchurch.org)

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## 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** /fa:st/

*Verb*

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

## SETTING GOALS – Fasting with purpose

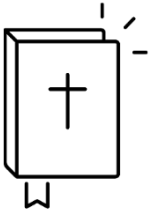
It is important that before you fast, that you spend time planning what you want to accomplish. This will help you enter the fast with a sense of expectation and will help motivate you to keep focussed throughout your fast. There are many goals that we can set for fasting. Here are seven broad categories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

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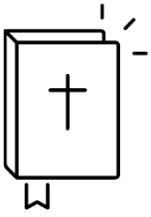








# Prayer Partners



*“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:
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## WEEK 2: My two prayer partners:

Week 1:	Week 2:
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## WEEK 1: My prayer requests for people:

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



## 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:

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**WEEK 2:**

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

Additional meal ideas:

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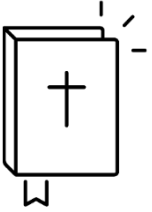
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*Remember to plan your shopping list!*

- _____	- _____
- _____	- _____
- _____	- _____
- _____	- _____
- _____	- _____
- _____	- _____
- _____	- _____
- _____	- _____
- _____	- _____
- _____	- _____
- _____	- _____

## 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:

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

### NOTES:

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