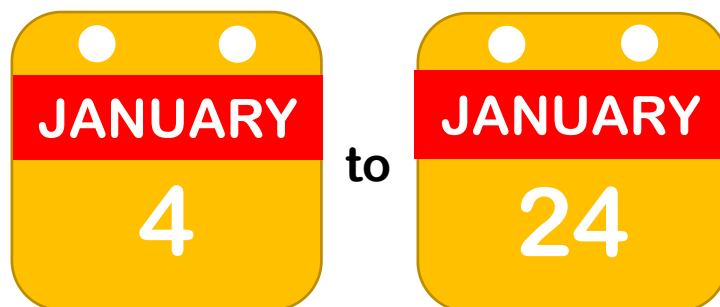




DAYS of FASTING & PRAYER

2021



WELCOME TO OUR 21 DAYS OF PRAYER AND FASTING GUIDE

We thank God continually for each of you and hope that you will see this time of prayer and fasting as a great time to reflect, revive and refocus. In order to live successfully as believers, we must be strategic and consistent in our prayer life. Even though we cannot meet physically as we would like, we can still connect through prayer and fasting together.

We advise that you prepare for this time of prayer and fasting by praying. You may decide to fast every day throughout the 21-day period. If you do this, we suggest that you plan the type of fast you will complete such as a partial fast from 6am until 6pm. If you are unable to fast for any reason, we ask that you still pray and dedicate specific times during the day or night to spend time away from normal activities, reading the word and be ready to hear what the Lord has to say. During this time of prayer and fasting expect that God will speak to you through the word, in your quiet times of meditation and prayer. You may find it useful to keep a pen and paper nearby to write down anything that you feel is impressed on you.

Remember that when we fast and pray the focus is that we change. Be assured God is at work in you, your family and your situations. His Word says in Hebrews 11:6 that 'He IS a rewarder of those who diligently seek him.' So, let the seeking begin!

Each day contains a prayer focus. This includes one or two Scriptures to meditate on and prayer points. Please note that the prayer points are only suggestions so feel free to pray into each area in the way the Holy Spirit leads. All we ask is that you take some time to pray each day for the theme that is given. This way there will be lots of focussed prayer about each area, bringing breakthrough both personally and corporately. The first three days are focussed on ourselves and preparing our hearts for the 21 days. The remaining 18 days are ideas for prayer that will bring breakthrough in the lives of others. Our desire as a church is to create a culture of prayer where we see lives being transformed and God answering prayer continually.

WHAT IS A SPIRITUAL FAST

A spiritual fast is where you alter your diet for a spiritual reason accompanied with prayer to God. Fasting is not to be confused with a physical diet. It is a spiritual discipline with motives focused upon the will of God.

Both the Old and New Testament confirm the importance of fasting and prayer in the spiritual life and growth of the believer. Jewish believers were required to fast once a year under the law on the Day of Atonement, when everyone went without eating. (Leviticus 16:29-30, Matthew 6:16-18, Matthew 4:2, 1 Corinthians 7:1-6, 2 Corinthians 6:4-6)

Christian believers who are under grace are not required to fast in any act of obedience to Christ, but are encouraged to fast as fasting is a spiritual discipline to build our character and faith.

TYPES OF FAST

- **PARTIAL:** eliminating selective items from the diet or selected meals
- **NORMAL:** eliminating solid food but drinking liquids
- **ABSOLUTE:** eliminating both food and liquids

A full day fast will typically be from Midnight throughout the whole day to 6.00pm in the evening. If a half day fast is being considered, then it could end at 12.00pm or lunch time. Due to various working shift patterns and daily commitments, fasting could take place from 6.00pm till the usual breakfast time or maybe mid-morning or lunchtime for people who have to go to work or study. People who are working or studying possibly will require their faculties to be at their sharpest to fulfill their duties.

A fast can be for a short period of time as unto the LORD or a long period and you may decide not to fast for a long period of time if you are:-

- Pregnant
- A small child
- Sick

- Elderly
- Disabled
- You should not put your health at serious risk. But the holy Scripture says:

'Even now,' declared the Lord, 'return to me with all your heart, with fasting and weeping and mourning.' Rend your heart and not your garments. Return to the Lord your God, for He is gracious and compassionate, slow to anger and abounding in love and he relents from sending calamity (Joel 2:12-13).

However, if someone is considering fasting throughout the 21 days period, they could decide upon their own personal fasting routine. Some may prefer a phased fasting schedule going from light to intense. Or a steady daily approach with one or two specific deep fasts per week or fortnight. Create a schedule that is best suited for you and your circumstances and offer your sacrifice to the glory of God in faith! The Lord gave me personally the Grace or favour to do forty days and forty nights prayer and fasting without food and only periodically a little water, thanks be God, but this period is definitely not for everyone.

A Sample Personal Schedule

Week 1

A Partial Fast - Eliminating selective items from the diet or leaving out selected meals

Week 2

A Liquid Fast - Eliminating solid foods but taking liquids only throughout the fasting period, i.e. herbal tea, water, fruit juice, clear soup

Week 3

A Water only Fast (The general efficiency of faculties will be affected)

Week 4

An Absolute Fast (Normal daily duties should be rescheduled)

Week 5

A Partial Fast - Eliminating selective items from the diet or leaving out selected meals

Week 6

Absolute fast (Normal daily duties should be rescheduled)

PRAYER POINTS - 21 DAYS

DAY 1 – Monday 4th January

Theme - Sacrifice

Scripture: **Romans 12:1** *Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God; this is your true and proper worship.*

Please set some time aside to focus on prayer, study of the word and worshipping God. We anticipate that the Holy Spirit will speak to us as a church and individually over the next 21 days through His word. We are believing that as we set time aside to pray and fast, that God will begin a process of transformation in all of us.

Prayer points:

- Thank God for His mercy and Grace toward you
- Ask the Lord to reveal to you any sin in your life that will affect your growth
- Pray for the ability to see your sin as He sees it, be broken-hearted over your sin, repent and ask for forgiveness
- Pray that God will heal every emotional wound and break every cycle of negative behaviour
- Be willing to sacrifice attitudes and behaviour that are not productive
- Receive forgiveness from God

DAY 2 – Tuesday 5th January

Theme - Renewal

Scripture: **Psalms 51:10** *Create in me a pure heart, O God and renew a steadfast spirit within me. Do not cast me from your presence or take your Holy Spirit from me. Restore to me the joy of your salvation and grant me a willing spirit, to sustain me.*

Prayer points:

- Pray for a pure heart
- To experience the transformational power of God
- Strength and joy
- That you will have a new zeal for God to willingly serve Him and others in whatever way you can
- That God will increase spiritual hunger and holiness in your life

DAY 3 – Wednesday 6th January

Theme: Seek

Scripture: **Matthew 7:7** *Ask and it will be given to you; seek and you will find; knock and the door will be opened to you. For everyone who asks receives; the one who seeks finds; and to the one who knocks, the door will be opened.*

Prayer points:

- Direction from God
- Healing of the body
- Healing of the mind
- To be spiritually grounded and mature
- To make sound, wise decisions
- To be useful in God's kingdom

Day 4 - Thursday 7th January

Theme: Marriage and Family

Scripture: **Mark 10:9** *Therefore what God has joined together, let no one separate.*

Prayer points:

- Thank God for all families, everywhere
- For marriages, those who are widowed, divorced and those who are single

- That God will allow us to build and maintain healthy family relationships founded on God's love
- Salvation for a spouse where one is a Christian and the other isn't
- For singles who are desiring a spouse - for their/your future husband/wife
- For anyone who is lonely
- Healthy marriages
- Help for those in difficult family situations
- Prayers for widows and the divorced
- Blessing on families and marriages in our church, amongst our friends and colleagues extended families and within our local communities

DAY 5 - Friday 8th January

Theme: Children & Teenagers

Scripture: **Psalm 27:4** *One thing I ask from the Lord, this only do I seek: that I may dwell in the house of the Lord all the days of my life, to gaze on the beauty of the Lord and to seek him in his temple.*

Prayer points:

- For all children everywhere, that they will know Jesus as Lord in their youth
- Courage and boldness
- That children and teenagers will know their true identity
- Children will be positive examples / role models
- That children and teenagers will be confident and secure
- For children who are abused in any way, that God will provide a way out and healing for them
- Salvation for our children
- Healing - physical and emotional
- Peace and joy for children struggling with anxiety or sadness
- That we will show children how valuable they are to us and to God, that we will listen to them and show them that we care
- That the children will know the truth of the gospel from a young age

DAY 6 - Saturday 9th January

Theme: Young people

Psalm 71:5 *For you have been my hope, Sovereign Lord, my confidence since my youth. 1 Tim 4:12* *"Do not let anyone look down on you because you're young but set an example for the believers in speech, in conduct, in love, in faith and in purity.*

Prayer points:

- Young people will come to know Jesus Christ as Lord
- As a church we will listen, encourage, help and disciple young people
- Young people will become strong in the faith
- For the mental health of young people, that those who are struggling will get the help they need
- That God will show each of us how we can show God's love to the young people we know
- Young adults will be godly influencers
- Young adults will look for opportunities to serve in the church, home and community
- Job and business opportunities for our young adults
- Wisdom in the area of finance

DAY 7 - Sunday 10th January

Theme: The global emergency

Scripture: Psalm 57:1

Prayer points:

- For those infected with Covid-19 or facing quarantine
- protection for people at higher risk of developing the disease
- medical professionals, caregivers and other front-line services
- Boris Johnson and his government to make wise decisions and lead with wisdom and integrity
- Families who have lost loved ones and adjusting to new ways of life
- families and business owners facing financial crisis
- supermarket workers and delivery drivers
- Covid-19 to stop spreading
- The safety of the vaccine
- That people will call on the name of the Lord during this global emergency

DAY 8 - Monday 11th January

Theme: Pray for Sheffield

Scripture: **Matt 5:14-16**

You are the light of the world. A town built on a hill cannot be hidden. Neither do people light a lamp and put it under a bowl. Instead they put it on its stand and it gives light to everyone in the house. In the same way, let your light shine before others, that they may see your good deeds and glorify your Father in heaven.

Prayer points:

- Thank God for the city of Sheffield and all its residents
- Every home, household and business in Sheffield, that God will demonstrate His mercy and grace
- Holy Spirit to draw the hearts of people in Sheffield to Jesus Christ
- Those who are homeless, marginalised and vulnerable
- Every student in Sheffield
- Kate Joseph the new Chief Executive of Sheffield Council
- Julie Dore the leader of the council, every councillor and MP
- Health and social care, education, religious organisations, police, crime and the prison service, the economy and politics
- Heart of the City redevelopment strategy to build homes and businesses
- Every Pastor, leader and ministry
- That Sheffield will be a city where God's presence is known

DAY 9 - Tuesday 12th January

Theme: Evangelism

Scripture: **Romans 1:16** *For I am not ashamed of the gospel, because it is the power of God that brings salvation to everyone who believes: first to the Jew, then to the Gentile.*

Prayer points:

- A heart of compassion for the unsaved
- Remove fear and uncertainty when sharing the gospel
- Give wisdom and sensitivity when talking to the unsaved
- Opportunities to share Jesus Christ on a daily basis
- That the unsaved will be ready to receive the message of the cross
- That the seed sown will produce good fruit
- For those on the mission field away from home comforts and in challenging situations

DAY 10 - Wednesday 13th January

Theme: The bereaved

1 Corinthians 15:54-57 *When the perishable puts on the imperishable and the mortal puts on immortality, then shall come to pass the saying that is written: "Death is swallowed up in victory." O death, where is your victory? O death, where is your sting? The sting of death is sin and the power of sin is the law. But thanks be to God, who gives us the victory through our Lord Jesus Christ.*

Prayer points:

- Thank God for the gift of life
- Pray for everyone who has lost a loved one in 2020
- Recognise that 2020 has been a challenging year and with the death of a loved one some are struggling to make it through
- That God will give us sensitivity and wisdom on how to show love, care and concern for someone who is grieving
- Ask God to give you opportunities to show others that you care
- That everyone who has lost a loved one will have someone they can talk to

DAY 11 - Thursday 14th January

Theme: The persecuted church

Scripture: **Matthew 5:10-12** *Blessed are those who are persecuted for righteousness' sake, for theirs is the kingdom of heaven. Blessed are you when others revile you and persecute you and utter all kinds of evil against you falsely on my account. Rejoice and be glad, for your reward is great in heaven, for so they persecuted the prophets who were before you.*

Prayer points:

- Thank God for the body of Christ and the power of unity
- Those suffering persecution because of the faith
- That God will give strength and courage to those who are being persecuted
- God will show mercy and grace to those being persecuted for the sake of the gospel of Christ
- God will transform the hearts of those persecuting Christians
- That God will deliver those who are going through persecution
- Every oppressive political or religious leader's heart will be transformed

DAY 12 - Friday 15th January

Theme: National and Local Government

Scripture: **1 Timothy 2:1-4** *I urge, then, first of all, that petitions, prayers, intercession and thanksgiving be made for all people – for kings and all those in authority, that we may live peaceful and quiet lives in all godliness and holiness. This is good and pleases God our Saviour, who wants all people to be saved and to come to a knowledge of the truth.*

Prayer points:

- Britain's agreement on exiting Europe
- Pray for your MP: that they will make wise decisions for the good of their constituents and that they will be able to cope with the stresses and strains of public office
- For Christian MPs and all Christians working in parliament
- For wisdom for the Queen, the Prime Minister and the Cabinet.
- That the UK Government would be a strong force for good in foreign policy and bring relief to those suffering throughout the world.
- For integrity, truth and compassion to be a reality
- That God will show mercy and justice to people under oppression of corrupt political and religious leaders

Day 13 - Saturday 16th January

Theme: Power of the Holy Ghost

Scripture **Rom. 15:13** *May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.*

Prayer points:

- That the supernatural works of Jesus Christ will be manifest in your life
- That those you meet, live with, work with will see the Spirit at work in your life
- You will influence others for Jesus Christ
- That you will fulfil God's calling on your life
- Pray that the Lord would revitalise each ministry leader and his/her family spiritually, physically and mentally

Day 14 - Sunday 17th January

Theme: New Testament Church of God

Scripture: **1 Peter 2:5** *You yourselves like living stones are being built up as a spiritual house, to be a holy priesthood, to offer spiritual sacrifices acceptable to God through Jesus Christ.*

Prayer Points:

- Thank God for the history and legacy of our church
- Thank God for His Faithfulness and Grace to us that He has brought us through tests and trials
- For Bishop Donald Bolt, Sister Bolt and the National Executive Council
- For Bishop Winston Taylor and Sister Daphne Taylor and every minister, elder, officer, head of department and church worker
- That God will continue to protect, preserve, guide and direct NTCG for His glory
- Ask God to revive us to be useful in the kingdom
- For every member and adherent of NTCG that God will show us mercy and grace and give us everything that we need for kingdom success
- For spiritual and numerical growth

Day 15 - Monday 18th January

Theme: Spiritual Growth

Scripture: **Colossians 1:9-10** *For this reason, since the day we heard about you, we have not stopped praying for you. We continually ask God to fill you with the knowledge of his will through all the wisdom and understanding that the Spirit gives, so that you may live a life worthy of the Lord and please him in every way: bearing fruit in every good work, growing in the knowledge of God.*

Prayer points:

- That God will expose any areas of doubt you may have
- That your love, faith and trust in God will continue to grow
- That you will be a fruit producer
- That the love of God will be in your heart towards others
- Ask God to stir up your spiritual hunger and desire for him
- That you will always be teachable and humble, submitting to God and each other

Day 16 - Tuesday 19th January

Theme: Vision

Scripture: **Habakkuk 2:3** *For the vision is yet for an appointed time, but at the end it shall speak and not lie: though it tarry, wait for it; because it will surely come, it will not tarry.*

Prayer points:

- That we will seek for God's direction individually and corporately
- For a fresh outpouring of God's Spirit on our church
- Ask God to stir in our congregation a deep recommitment and love to Jesus Christ.
- Pray that we will not only have a vision but that we will fulfil God's purpose
- Pray that we would become a church, that through prayer, experiences the power of God on a regular basis
- Pray for a Spirit of wisdom and revelation that you might know Jesus more deeply and have a profound understanding of the hope that is in His heart for you

Day 17 - Wednesday 20th January

Theme: Israel

Scripture: **Psalms 122:6** *Pray for the peace of Jerusalem. May they be secure who love you.*

Prayer points:

- Thank God for Israel and the blessing that we have received through them
- That God will bless the people and nation of Israel
- That He will turn their hearts to Him
- For the protection and security of Israel
- For those who love God in countries that hate Him, that He would be their comforter and deliverer.

Day 18 - Thursday 21st January

Theme: Salvation

Scripture: **Acts 2:41** *Those who accepted his message were baptised and about three thousand were added to their number that day.*

Prayer points:

- Pray for anyone that you know who does not know the Lord Jesus Christ. Ask the Lord to reveal Himself to them as the awesome God that He is.
- That new converts will be disciplined
- For growth of new converts
- That new converts will encounter the Holy Spirit's transformational power
- Pray that those who are holding guilt and shame will experience the forgiveness that Jesus offers
- That our church ready to receive new converts with love and grace

Day 19 -Friday 22nd January

Theme: Finance

Scripture: **2 Corinthians 9:8** *And God is able to bless you abundantly, so that in all things at all times, having all that you need, you will abound in every good work.*

Prayer points:

- Thank God for His daily provision
- For Freedom from debt
- Recognise that giving to the Lord is an act of worship
- That we will give generously and cheerful and obediently
- That we will look for opportunities to bless others in the area of finance

Day 20 - Saturday 23rd January

Theme: Healing & Deliverance

Scripture: **Psalm 107:20** *He sent out his word and healed them.*

Matthew 15:30 *Great crowds came to him, bringing the lame, the blind, the crippled, the mute and many others and laid them at his feet; and he healed them.*

Prayer Points:

- Physical healing for those experiencing any type of illness
- Healing in the area of mental health
- Emotional healing where people have suffered hurt, pain & trauma
- Pray for the families of those who are sick
- Thank God for His healing power

Day 21 – Sunday 24th January

Theme: Worship with your whole heart

Scripture: **Psalm 111:1** *Praise the LORD! I will give thanks to the LORD with all my heart, In the company of the upright and in the assembly.*

Prayer points:

Please spend today focusing on praise and worship

- Thank God for His faithfulness, that God has led us through 21 days of pray and fasting
- Thank God that He hears us when we pray and He knows our intentions and motives
- Thank God in advance from a standpoint of victory even when the answer is not what we think it should be
- Thank God for the amazing privilege we have to call on God as our Father and Lord, thanking Him for victory and triumph

As our time of corporate prayer and fasting has come to an end, we encourage you to reflect on the 21 days we have just completed. We anticipate that testimonies of God's goodness and victory will come out of this time of focussed prayer. We encourage you to keep praying, trusting and worshipping Almighty God who is able to keep us in every area of life. May God continue to keep His hand upon you and keep you in perfect peace as your mind is focussed on Him.

NOTES
