



**DAYS of FASTING & PRAYER**  
**8<sup>th</sup> to 28<sup>th</sup> January**  
**2024**



## 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. Our desire as a DISTRICT, 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)



## NTCG SHEFFIELD DISTRICT 21 DAYS UNITED FASTING & PRAYER SCHEDULE

	Date	Prayer Theme	Scripture Reference
Day 1 - Monday	8 <sup>th</sup> January	Repentance, Confession & Consecration	James 4:6-10 John 1: 9-22
Day 2 - Tuesday	9 <sup>th</sup> January	Church growth – Spiritually, Numerically and Financially	Acts 2:42-47
Day 3 - Wednesday	10 <sup>th</sup> January	A stronger [and demonstrable] bond of togetherness	John 13:34 James 2:15-21
Day 4 - Thursday	11 <sup>th</sup> January	Mental health [issues] in the church & community	Psalms 34:18 Romans 12:1-2
Day 5 - Friday	12 <sup>th</sup> January	For faith to trust more in God's ability.	Isaiah 12:2 Isaiah 26:3
Day 6 - Saturday	13 <sup>th</sup> January	For those who are homeless and under financial restraint	Exodus 23:10-11 Matthew 25: 35
Day 7 - Sunday	14 <sup>th</sup> January	For more transparency in our lives as Christians	Philippians 4:13
<b>Sunday Evening 6pm to 7pm</b>		<b>Zoom Prayer</b>	
Day 8 - Monday	15 <sup>th</sup> January	For government leaders across our world	Isaiah 41:10 Daniel 2:20-21 Romans 13:1-3
Day 9 - Tuesday	16 <sup>th</sup> January	For the conflict in Palestine as it is having great effect on the local community.	Ecclesiastes 3:7-8 Isaiah 2:4
Day 10 - Wednesday	17 <sup>th</sup> January	Pray for the youth departments across the district churches. Pray for all youth leaders.	1 Timothy 4:12 Psalms 119:9
Day 11 – Thursday	18 <sup>th</sup> January	Pray for financial stability within our churches.	Psalms 24:1 Philippians 4:19
Day 12 - Friday	19 <sup>th</sup> January	A number of our elderly members are struggling health-wise; pray for divine protection especially during the winter months.	Ruth 4:15 Isaiah 46:4 Psalm 71:9
Day 13 - Saturday	20 <sup>th</sup> January	Pray for all the ministers in our churches, to enable us to work towards a common cause within our churches.	Ecclesiastes 4:9-12 Proverbs 27:17 Hebrews 10:24-25

Day 14 - Sunday	21 <sup>st</sup> January	Prayer for the Christian faith at large, we need a presence in every corner of the world.	Acts 11:26 Matthew 24:14
Sunday Evening 6pm to 7pm		Zoom Prayer	
Day 15 - Monday	22 <sup>nd</sup> January	Special prayers for senior pastors, their spouses and their health and relationships.	2 Timothy 4:1-5 Acts 20:28 1 Thess. 5:12-13 Ephesians 5:25
Day 16 - Tuesday	23 <sup>rd</sup> January	A greater increase in the number of young men stepping forward for ministry within our organisation.	1 Timothy 4:12 Romans 8:28 Joshua 1:9
Day 17 - Wednesday	24 <sup>th</sup> January	Prayer for our national and international leadership.	Psalms 32:8 Proverbs 3:5-6 Isaiah 40:31 Isaiah 41:10
Day 18 - Thursday	25 <sup>th</sup> January	Prayer to have faith and trust in God – that we may finally have the boldness to pursue His will for our lives.	Acts 17:27 Proverbs 3:5-6 Hebrews 11:6 Psalm 9:10 Jeremiah 29:11
Day 19 - Friday	26 <sup>th</sup> January	Prayer for church congregations that are multi-racial (multi-ethnic); thereby breaking barriers and declaring the power of God.	Luke 14:23 Matthew 28:19 John 8:15-16 John 13:34 Acts 10:34-35 Acts 17:26
Day 20 - Saturday	27 <sup>th</sup> January	Pray for those that are alone – sick, shut-in, hospitalised. That they would experience the tangible peace of God's presence.	Isaiah 41: Psalm 27: Matthew 28: Deuteronomy 31:1 Peter 5:7
Day 21 - Sunday	28 <sup>th</sup> January	Pray, that having done all, we will stand, thrive and have the victory as a district of churches.	Ephesians 6: 10-24
Sunday Evening 6pm		<b>Joint End-of-fasting District Service – NTCG Sheffield</b>	

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.

