

5  
DAYS OF

# Enjoying Prayer & Fasting

17-21 January 2022



## **FASTING**

We are excited about 5 days of ENJOYING PRAYER & FASTING as a church family. We have been praying for you for your spiritual ears to be open and your spiritual eyes to see God.

We know He is going to meet with you in a very unique way. We are so excited to see what God is going to do in our life and the life our church!

Fasting is saying no to the world and yes to God. Whenever you feel hungry or have a desire to have the specific thing you're fasting, speak to God and grab your Bible as you tune in to hear from Him.

Your personal fast should present a level of challenge, but it is very important to know your body, your options, and most importantly, to seek God in prayer and follow what the Holy Spirit leads you to do. Consult your doctor first, especially if you take prescription medication, or have any chronic illnesses.

### **Below are some types of fasts:**

#### **Complete Fast**

In this type of fast you drink only liquids; typically water with light juices as an option.

#### **Selective Fast**

This type of fast involves removing certain elements from your diet, like caffeine or sugar. Another example of a selective fast is the Daniel Fast, during which you remove meat, sweets and bread from your diet and consume water and juice for fluids and fruits and vegetables for food.

#### **Partial Fast**

This fast is sometimes called the "Jewish Fast" and involves abstaining from eating any type of food in the morning and afternoon. This can either correlate to specific times of the day, such as 6:00 am to 3:00 pm, or from sunrise to sunset.

#### **Soul Fast**

This fast is a great option if you do not have much experience fasting food, have health issues that prevent you from fasting food, or if you wish to refocus certain areas of your life that are out of balance. For example, you might choose to fast the internet for certain times during each day, or not watch television for the duration of the fast.

## **SCRIPTURE REFERENCES:**

Matthew 6:16-18 | Matthew 9:14-15 | Luke 18:9-14 | Acts 27:33-37 | Nehemiah 9:1-3

DAY 1

**Scripture:** Romans 14:17 | Galatians 5:16-23 | Matthew 6:9-13

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**Observation:**

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**Application:**

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**My Prayer:**

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**Today we pray for:**

- A Spiritual hunger for more of God, a Holy Spirit move in our lives.
- Seeking God. Declaring our dependence on God in every area of our lives.
- Hear from heaven. Inviting the presence of God in our church and our lives (souls saved, signs, wonders, miracles, and transformed lives).
- Believing God for answered prayer to our specific needs.

*"Joy is prayer ..."* Mother Teresa

DAY 2

**Scripture:** Psalm 21:1-2 | John 16:24 | Psalm 2:1-8

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**Observation:**

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**Application:**

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**My Prayer:**

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**Today we pray for:**

- Healthy marriages and strong families in Christ Gen.
- Christ Gen Church: Growth in all areas - That the harvest will come in (Rev 14:15)
- Our Pastors, Church staff, Team Leaders, Small Group leaders, Dream Teamers.
- The Vision: Praying for all people in their journey of faith to Know God, Find Freedom, Discover Purpose and Make a difference.
- Sunday services - the Lost to be saved, spiritual growth and a move of God.

*“When joy and prayer are married, their first born child is gratitude...”* Charles Spurgeon

DAY 3

**Scripture:** John 14:12-14 | Hebrews 4:16 | Hebrews 10:19-22

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**Today we pray for:**

- My personal vision for 2022 - Good Habits, Healthy Finances, Wholeness in relationships, Holy Spirit guidance, reaching my full potential.
- Personal freedom and deliverance in the lives of people - breakthrough in every area.
- Small Groups for this term: leaders, sign-ups, real life change, healthy relationships, spiritual growth.

*"Prayer = our invitation to intervene in the affairs of earth"... Dr. Myles Munroe*

DAY 4

**Scripture:** Isaiah 40:31 | Galatians 6:9 | Isaiah 25:9 | Luke 18:1-8

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**My Prayer:**

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**Today we pray for:**

- A Spiritual hunger for more of God, a Holy Spirit move in our lives.
- Our Church's bigger Vision - Campus launches, Building projects, Ground and Buildings, Finances, Raising up new leaders, Outreach, Missions.
- Christ Gen Parow, Christ Gen Lakeside, Christ Gen Kleinmond, Christ Gen Strand
- Growth Track: Growth in membership and that people will discover their purpose.

*"When Christians stop praying, the devil shouts for joy..." Corrie Ten Boom*

DAY 5

**Scripture:** Isaiah 56:7 | Matthew 21:13 | Isaiah 2:2-3 | Isaiah 11:9 | Rom. 12:1-2

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**My Prayer:**

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**Today we pray for:**

- Dream Team: Growth, Expansion, Leadership development, New laborers (Luke 10:2), that people will live out their purpose by making a difference.
- CG Kids and CG Youth - volunteers, raising up leaders, life change.
- A Spiritual hunger for more of God, a Holy Spirit move in our lives.
- Seeking God. Declaring our dependence on God in every area of our lives.
- "The Best is Yet to Come! I am on a divine journey".

*"Do not let your hearts be troubled, trust in God, trust also in Me..."* Jesus Christ