



# SEVEN DAYS PRAYER AND FASTING



19 - 26 JANUARY 2025

## ● WHAT IS PRAYER?

Prayer is a communion of oneself with God, a space where we can hear and be heard by God himself.

## ● WHAT IS FASTING?

Fasting is the biblical practice of abstaining from something as a spiritual discipline meant to help one focus on spiritual matters.

Fasting is a spiritual discipline designed to remove distractions and worldly dependency, and focus our dependency on God. It has been used as a time to reflect, repent, mourn, petition, wait, and get direction from God.

As we are taking this time to collectively fast and pray, it is good to see how it was done in the New Testament Church. “Now in the church at Antioch, there were prophets and teachers: Barnabas, Simeon who was called Niger, Lucius of Cyrene, Manaen a member of the court of Herod the ruler, and Saul. While they were worshiping the Lord and fasting, the Holy Spirit said, “Set apart for me Barnabas and Saul for the work to which I have called them.”

Then after fasting and praying they laid their hands on them and sent them off. So, being sent out by the Holy Spirit, they went down to Seleucia; and from there they sailed to Cyprus.”  
Acts 13:1-4 NRSV

And again, in the next chapter, we see the same practice of prayer and fasting before people are being empowered for the work of the ministry. “And after they had appointed elders for them in each church, with prayer and fasting they entrusted them to the Lord in whom they had come to believe.”  
Acts 14:23 NRSV

## ● HOW TO FAST?

Prepare yourself, both mentally and physically. This can include consulting with a doctor, buying the things you will need, getting rid of the things you will not. Preparation spiritually will look like deciding on a reading plan for your scriptures, making extra time to pray and spend time with God. Making sure your calendar is cleared from extra events. Set a time line. Fasts can be for one day, 3 days, 1 week, 21 days, or 40 days. It is good to start where you are able to and commit to fast for that period of time.

## ● WHAT KINDS OF FASTS ARE THERE?

### **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. One 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 sunup to sundown.

### **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 stop using social media or watching television for the duration of the fast and then carefully bring that element back into your life in healthy doses at the conclusion of the fast.



## PRAYER POINTS

### PRAYER FOR OUR CHURCH

1. Pray for our Global Senior Pastors - Phil and Lucinda Dooley - for wisdom, protection, for their family and a fresh anointing as they are led by the Spirit for 2025.
2. Pray for our Africa Lead Pastors - Sanga and Kety Samways - that God would establish them, bless their family, give them wisdom, protection and a fresh anointing as they are led by the Spirit for 2025.
3. Pray for your Church Location - your location pastor and their family, for salvations, provision and favor on our local community.
4. Pray for unity in the church that we would be a Healthy Church and we would see Jesus changing lives every week through salvation, discipleship, miracles and community.
5. Pray for Revival - for a powerful move of the Spirit that would reach our cities with the good news of Jesus.
6. Pray for finances, generosity, projects, buildings and social impact.
7. Pray for life giving ministries across every Age Group and Church Department.

### PRAYER FOR OUR NATION AND CITY

1. Pray for our National, Provincial and Regional Leaders
2. Pray against injustice, inequality, corruption, unemployment and violence.
3. Pray for the Young People of our nation - for education and employment.
4. Pray for a Spiritual awareness and hunger for Jesus to sweep across our city.
5. Pray for the Peace and Prosperity of our nation and continent.
6. Pray for families to be protected, strengthened and provided for.
7. Speak the Word of God over our city, nation and continent.



## PRAYER POINTS

### **PERSONAL PRAYER**

1. Pray for an increase in hunger and Spiritual awareness
2. Pray for the empowerment of the Holy Spirit and for purpose.
3. Pray for God to help you love others as Jesus loves you.
4. Pray for your family - marriage, protection, children, salvation, restoration.
5. Pray for your health - wholeness, protection, healing, mental health.
6. Pray for your finances - wisdom, protection, breakthrough, generosity, increase.
7. Pray for breakthrough in what you are trusting God for generosity, increase.
7. Pray for breakthrough in what you are trusting God for.