



# 3 DAYS PRAYER AND FASTING GUIDE

## A GREAT AWAKENING

### HOW TO FAST

You are free to fast however the Spirit leads you. Here are some options:

#### Total Fast

■ Abstain from solid foods and beverages for 24 hours. Take only water.

#### Partial Fast

■ Abstain from solid foods for an extended part of the day. Take only water. You may fast from sunrise to sundown or from breakfast to afternoon tea.

#### 1-Meal Fast

■ Sacrifice one full meal a day.

#### Beverage Fast

■ Abstain from solid foods for 24 hours. Take only water and liquid foods such as milk or other health beverages.

#### Daniel Fast

■ Abstain from meats and other favorite delicacies. Take only small portions of fresh vegetables, fruit and juices.

#### Esther Fast

■ Abstain from solid foods for 24 hours for 3 days. [ESTHER 4:16]

### HOW TO ENJOY FASTING

■ Set aside time each day to seek God in prayer and fasting. It may be half an hour or one hour or more.

■ Adopt an attitude of prayer as you go about your daily duties at home, at work or at school. Apply what you learnt in tangible actions.

■ Scale down your normal activities. Avoid rigorous exercise such as rock-climbing, cycling or jogging.

■ Be alert! Besides fasting from food, fast from things that distract, such as television, internet, computer games; or things that destroy such as coarse jesting or careless words.

■ Break your fast gradually and wisely. For health reasons, you should consume small portions as you break fast, avoiding spicy or acidic foods as much as possible.

### HOW TO USE THIS PRAYER GUIDE

Daily pray through the 3-Day prayer guide. For each entry, first read aloud and meditate on the Scripture referenced.

■ Pray as the Spirit leads. Stop, listen and wait for impressions from the Spirit.

■ Record them in your personal journal. And then, *whatever He says to you, just do it.*

### HOW TO INVOLVE OTHERS

Fasting together as a group is easier than doing it alone.

■ **Family** Agree to fast and pray as a family. Decide on the type of fast your family members are comfortable with. Use this 3-Day prayer guide for your family devotion.

■ **Neighbours** Find out who are the Christians in your avenue. Get together as often as possible for prayer.

■ **Cell Group** Obtain more copies of this 3-Day prayer guide for your cell members. As a group, commit yourselves to a specific type of fast. Throughout this 3-Day period, yearn for personal transformation and national transformation. Ask God to use your cell group to be His mouthpiece and His outstretched hands here in Perth and the nations.

■ **Friends** In this city of mobile phones, prayer is really just a beep away. Keep a daily prayer appointment with a friend by phone. Send SMS reminders. At the agreed time, connect to pray!

■ **Office** Inspire colleagues to fast with you. Utilise tea breaks or lunch breaks at the office to pray together. Follow the 3-Day prayer guide. Rally others in your same office block to pray together.

# KING OF GLORY MAY COME IN

8 May 2013

## Psalm 24

<sup>7</sup> Lift up your heads, you gates; be lifted up, you ancient doors, that the King of glory may come in.

<sup>8</sup> Who is this King of glory? The LORD strong and mighty, the LORD mighty in battle.

<sup>9</sup> Lift up your heads, you gates; lift them up, you ancient doors, that the King of glory may come in.

<sup>10</sup> Who is he, this King of glory? The LORD Almighty—he is the King of glory.

There appears to be 2 main points in Psalm 24:7-10

1. Lift up your heads, O you gates/doors
2. Who is this King of glory? He is the Lord Almighty

This passage is one of exuberance, excitement and great commotion. It is not just the normal mundane boring stuff of life. The passage gives the impression that there is something going on. Not just normal boring day-to-day stuff. But something HUGE is going on. Something exciting is happening! Something is happening that should attract our attention! Something is happening that should make us all “lift up our heads”!

### *So what is happening?*

The answer is simple. We are preparing for the “King of glory” to come in! God almighty is coming in!

Many times the presence of God is undervalued. Did you know that God Almighty comes every time we meet for life group? Did you know that God Almighty shows up for every church service? Did you know that God Almighty is amongst us when simply 2 or 3 believers gather in His name? Yet many times it seems that we are just attending church/life group as if I am attending “just another gathering”. And perhaps we think a little too much about who will be attending the meeting?, who will be sharing at the meeting? Or who will be leading worship? Does the meeting fit my schedule?

Well the truth is this. It's not just another meeting. It's not just another service. Its not just another quiet time. It's a big deal! Because somebody is coming - The KING OF GLORY, THE LORD STRONG AND MIGHTY. He is going to be there. So “lift up your heads, that the King of Glory may come in”.

As we pray today, lets remember. We have Almighty God in our midst!

## SEEK THE KINGDOM

■ God's heartbeat for Perth is transformation. But this takes time. Don't lose heart. Never give up. Pray with shameless persistence:

*Our Father in Heaven, we acknowledge that times and seasons are in Your hands. Throughout history, You raised up dreamers and doers to fulfill Your desires. We answer Your call to be Your agents of godly change in our generation. With Your help, we will effect Kingdom transformation in the Seven Gates of Cultural Influence in Perth and among the nations: Arts and Entertainment, Business, Science and Technology, Communications and Media, Disadvantaged and Marginalised, Education and School, Family and Home, Government and Leadership.*

*Anoint our eyes to see beyond the here and the now. Tune our ears to listen beyond the norm and the natural. Open our minds to dream beyond the human and the ordinary. Awaken our hearts to believe beyond the practical and the possible.*

*By Your Spirit, we will pray the vision with faith and focus. We will live the vision with dare and dignity. We will spread the vision with passion and purpose. We will fulfill the vision with vigour and vigilance.*

*Future generations will recall this moment and praise You for the beyond imagination answers to this one prayer prayed with one accord, in this one place, by one people who chose to hear and obey. Your Kingdom come, Your will be done in Perth as it is in heaven. In Jesus' mighty name we pray, amen!*

# RESPECTFULLY LOST

9 May 2013

## Luke 15

<sup>25</sup> “Now his elder son was in the field; and when he came and approached the house, he heard music and dancing. <sup>26</sup> He called one of the slaves and asked what was going on. <sup>27</sup> He replied, ‘Your brother has come, and your father has killed the fatted calf, because he has got him back safe and sound.’ <sup>28</sup> Then he became angry and refused to go in. His father came out and began to plead with him. <sup>29</sup> But he answered his father, ‘Listen! For all these years I have been working like a slave for you, and I have never disobeyed your command; yet you have never given me even a young goat so that I might celebrate with my friends. <sup>30</sup> But when this son of yours came back, who has devoured your property with prostitutes, you killed the fatted calf for him!’ <sup>31</sup> Then the father said to him, ‘Son, you are always with me, and all that is mine is yours. <sup>32</sup> But we had to celebrate and rejoice, because this brother of yours was dead and has come to life; he was lost and has been found.’”

Both sons demanded their rights.

Both related to the father for what they could get out of him. Both were lost in their own way. One in the far country. The other in the father’s house. Which is worse? Which are you?

Put yourself in the shoes of the elder brother. From where you stand, the little brat has diminished the GDP of the family estate by liquidating and wasting his share on prostitutes. And now he comes back and your father kills the fatted calf! Humanly speaking, you have every reason to be angry.

You throw a tantrum. You stake your claim. You snub the invitation to celebrate. You refuse to allow the healing of the family to run its course. You never say *Father*, but *Look here!* You never say *Brother* but *this son of yours*. All you can think about is your rights, a goat to feast on, not with family, but with friends. The father pleads. But by your own choice, you exclude yourself from the rosy room where the party roars.

Alienation in the father’s house can be worse than the far country. This elder brother is too blind to see that he too is lost. It’s all too easy to hide behind one’s principles—I *never disobeyed you—and* spurn God’s grace.

The modern Church is filled with elder brother-types who are respectfully lost in the Father’s house. We need to re- discover God’s amazing love and reckless grace. We need to accept those who, like the prodigal, cannot merit one iota of God’s mercy or earn His forgiveness.

The parable ends with the door wide open and the father pleading. Will you come in? Will you join the party? Will you receive the Kingdom as a little child? Will you receive and forgive your brothers and sisters?

## SEEK THE KINGDOM

■ Think about your history of relationships. Have you been offended by God’s reckless grace? Be honest. All of us have a tinge of the elder- brother’s spirit. Will you allow God to expose and deal with it? Will you open your heart to His kind of love? Will you reconcile? Will you choose to be merciful as God our Father is merciful? Pray:

*Dear Loving Father, forgive me for pretending to be more spiritual than I am. Forgive me for begrudging Your lavish love and longsuffering mercies toward sinners. I confess I have been wayward at heart. I repent of my foolish sense of superiority. Forgive me for self-righteously judging, despising, and rejecting those who do not perform like me, those who have walked out on family and faith. To my shame, I have not served You out of joy and love, but out of duty and fear just to comply. Pluck out the hidden roots of spiritual pride and deception in my life. Create within me a right spirit and a compassionate love so that I may always—with open heart and open arms—accept and acknowledge, applaud and affirm every sinner who comes home. In Jesus Name, amen.*

### ■ Prayer for the community

- Spend some time praying by location for individuals and families in your community and throughout the region who need to be saved.
- Pray that God will send into their lives believers who will witness to them and lead them to Christ.
- You may also pray for persons by groups/categories that are close to your heart (e.g. business executives, single parents, teenagers).

# THE GENERAL'S ORDER

10 May 2013

## 2 Corinthians 10

<sup>4</sup>The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. <sup>5</sup>We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.

## Matthew 16

<sup>19</sup>I will give you the keys of the kingdom of heaven; whatever you bind on earth will be bound in heaven, and whatever you loose on earth will be loosed in heaven.

Too often in our lives we find ourselves being picked on by the enemy of this world. The enemy knows that he cannot steal our salvation, but what he tries to do is hold us captive by having slight control over certain aspects of our lives – fear, hurts, pain, relationships, our past. We then go to God and say “Help, Help!” expecting God to just swoop down and save us. This kind of lifestyle is quite different from that what Jesus had called believers Like the apostles (Luke 9:1-2) and the seventy (Luke 10) who were told by Jesus to go out and preach and teach about the kingdom of God, and he also said they were to heal the sick and set the captives free. See, what God is telling us, I have given you the tools to battle, now do it”.

As children of God he has equipped us with tools necessary to be ‘set free’ from what is holding us back. Spiritual warfare is a pro-active approach to our faith. We actively engage the enemy when we are in spiritual bondage. We need to utilize prayer as a weapon to penetrate strongholds that cannot be reached in any other way. Spiritual warfare is putting aside passive attitudes towards faith, which keep us from commitment and cause us to pursue only those things that will benefit us.

The words Bound and Loose are both legal terms found in Matthew 16:19. Bind – to put under legal obligation, as to keep under the peace or appear as a witness. Loose: to release from domination or control; to become free, independent. The enemy has no legal right to try to steal what the Lord has done for us. The Bible says that, “where the Spirit of the Lord is there is freedom.” (2 Cor 3:17). So why do we allow the enemy to bind us? Through the word of God and the power of prayer, we have the legal authority to tell the enemy that he has no power in our lives, to let him know what God has done for us. It’s not just a good thought, it’s an order from the general Himself.

## SEEK THE KINGDOM

■ Reflect on Paul’s teaching in Colossians 3:5-17. Using this passage, take a long hard look at yourself in the mirror of God’s Word. What do you see? Do this simple exercise in self-examination. Consider each item in the list below. In the left column, highlight any vices that still cling to you like old, soiled clothing. Ask God, not just for forgiveness, but also for total freedom from all such things. Ruthlessly strip them off. Wrestle in prayer until you break free.

### Old Clothes to Strip Off (Colossians 3:5-11)

- Immorality
- Impurity
- Lust / evil desire
- Greed (which is idolatry)
- Anger
- Hot temper
- Meanness
- Slander / profane talk
- Lying
- Social discrimination

### New Clothes to Put On (Colossians 3:12-17)

- Compassion
- Kindness
- Humility
- Meekness
- Patience
- Forbearance
- Forgiveness
- Love
- Peace
- Gratitude

■ Now reflect on the right column. Thank God for any of these virtues that you see working in your daily life. Acknowledge His grace. Highlight any of these qualities that are lacking in your life. Ask God to help you intentionally put these on like new clothes.

Submit yourself to God’s deep transformation work from the inside out. Don’t mythicize these metaphors. To *put off* the vices means to stop doing such things from now on. To *put on* the virtues means to put them into practice in your daily life, starting this minute. Don’t be like the guest improperly dressed. Don’t be caught with your pants down: *See, I am coming like a thief! Blessed is the one who stays awake and is clothed, not going about naked and exposed to shame* (Revelation 16:15)