

## PERSONAL & CORPORATE PRAYER & FASTING

Romans 12:2 AMP - And do not be conformed to this world [any longer with its superficial values and customs], but be transformed and progressively changed [as you mature spiritually] by the renewing of your mind [focusing on godly values and ethical attitudes], so that you may prove [for yourselves] what the will of God is, that which is good and acceptable and perfect [in His plan and purpose for you].

#### WEEK 1

MON 13	TUE 14	WED 15	THU 16	FRI 17	SAT 18	SUN 19
Prayer Points  • An inner transformation that reflects Christ.	Prayer Points     Putting off selfishness     and world values to fully     embrace Kingdom	Prayer Points  To demonstrate: Love Forgiveness	Prayer Points To align our attitudes, behaviors and communication to	To be faithful stewards of whatever God has entrusted us with.	Prayer Points To submit to the word of God as our final authority.	Prayer Points That we commit our time, talents and treasure to developing
Renewing of our minds	principles and godly lifestyle.	Compassion Humility	reflect our calling to be salt and light.	To be faithful stewards of God's House.	·	our church.  Submitting our gifts to God's purposes.
(Romans 12:2)	(Phil 2:3-4 ) (1 John 2:15-17 )	(1 Cor 13)	(Matt 5:13-16)	(1 Cor 4:2 ) (Luke 16:10-12) (Colossians 3:23-24 )	(Prov 3:5-6) (James 4:7-10)	(1 Peter 4:10-11) (Romans 12:6-8) (Corinthians 15:58)

### WEEK 2

	MON 20	TUE 21	WED 22	THU 23	FRI 24	SAT 25	SUN 26
	Prayer Points  That we take responsibility to protect our church against division, gossip, competition, pride and the works of the flesh	Prayer Points That we will love God with our mind, heart, soul and strength.  And love other people as we love ourselves.  Demonstrating this daily.	Prayer Points  Pray for God's protection over our families, careers, businesses, finances, health, relationships, marriages, community.	Prayer Points  Praying against any spiritual attacks that the enemy may try to launch against us to cause discouragement, distress or disaster.	Prayer Points  That we are continuously mindful of who we are as Kingdom Ambassadors.  Representing Kingdom	Prayer Points  That we will walk in the authority given to us by Christ.	Prayer Points  That we will all commit to fellowshipping together through regular church attendance and Life Groups.
(.	Romans 16:17-19 ) James 3:14-16) Eph 4:3)	(Matt 22:37-39)	(Psalm 91) (Psalm 1:1-3)	(Psalm 27) (Isaiah 54:17)	(1 Peter 2:9) (Rev 5:9-10)	(Luke 10:19) (Mark 16-17-18)	(Heb 10:24-25) (Matt 18:20) (Acts 2:46-47)

#### WEEK 3

MON 27	TUE 28	WED 29	THU 30	FRI 31	
Prayer Points	Prayer Points	Prayer Points	Prayer Points	Prayer Points	
<ul> <li>To prepare ourselves to extend the kingdom reach within our sphere of influence. Families, friends, acquaintances.</li> </ul>	<ul> <li>Pray that we would be the faithful laborers prepared to share the message to bring in the harvest of souls.</li> </ul>		<ul> <li>That the soil of the hearts will not be hardened but fertile to receive the truth of the word with gladness, resulting in transformation and fruitfulness.</li> </ul>	<ul> <li>Pray for complete commitment, unity of heart and mind within the church and for all members to be diligent, accountable and steadfast in their mission to</li> </ul>	
(Acts 1:8)	(Luke 14:23)		, , , , ,	expand the kingdom's reach. (1 Cor 15:58) (Eph 4:3)	

The following suggestions are recommended for our time of personal dedication and are made to help you get the most out of the program:

#### Recommendations

- Read the Scriptures daily use a Daily Devotional, such as 'The Glorify App' or any of your personal choice
- Aim to pray as often as possible but in any case, try to remain focused on your goal throughout the duration of the day
- Aim to start your day with worship/music scripture and prayer
- Break your fast with prayer

#### During long fasting periods the following drinks are recommended if required:

• Water, natural fruit juices with no added sugar, herbal teas

# The following foods are recommended when breaking your fast during of any fasting period:

- Soups
- Fresh fruit & vegetables
- Salad

#### Recommendations

- Listen to Christian music, Preaching/teaching
- Avoid secular music, entertainment & TV
- Avoid rich foods and drinks during prolonged fasting periods
- Avoid caffeine intake
- Avoid heavily spicy foods
- Avoid cakes and sweets
- Avoid fried foods

<u>Warning</u>: Anyone on medication and those who have health issues should not commence fasting without consulting their doctor first.

