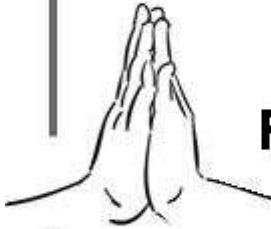


The People's Christian Fellowship's

21 Days of

Prayer and Fasting



Friday 12th March to Thursday 1st April 2010
Your daily prayer and Bible
Study programme

Compiled by Pastor David Daniel

“The Big Opportunity”

This period of fasting is going to give some of us the opportunity to re-find who we are in Christ. For some, it will be a reminder and a means of provoking praise to the Lord. This fasting is a great opportunity for us as a church fellowship, to affirm that this is our Lord Jesus Christ' church, and we are His servants, serving Him through serving His church. This fasting period gives us the opportunity to subdue the flesh, to humble our souls, and allow the Holy Spirit to influence and change us for His Glory and praise. During this sacred time of fasting, the important things to God, such as the saving of the lost, will become our imperative also.

It will be our opportunity to re-surrender those aspects of our lives that have slipped under the radar of God's will. May God be with you as you commit to this period of sanctification. Be encouraged that you are not alone. Let us, as in the past, do our very best to be an encouragement to each other, and support each other. Expect God to speak, and expect change.

God be with us all.

When will we meet together?

We will be meeting at the church on Tuesday, Wednesday and Thursday evenings from 8pm to 9pm. There will be an exclusive time of prayer in the main hall also an opportunity to immerse yourself in worship and praise in the upstairs area. If you would like somewhere to be still and quiet before the Lord, a place will be set aside with paper and pens. And should you require special prayer, someone will be available to pray with you about your personal concerns. Each area offers great opportunity and benefits. Why not try to experience each area, at some point, during these 21 days.

We will also be gathering from 3pm on Sunday 21st March (that is the third Sunday in the month). Also in exchange for the April prayer and praise meeting which would have been on Good Friday, we will have a special prayer and praise service on Thursday 1st April as that will be the final day of our fast.

Fasting times for each day (for your preference)

Track 1 – commence your fasting with prayers at 8pm in the evening. This continues through the morning when you wake in prayer, continuing with your fast up until 3pm that afternoon when you should break from your fasting. At 8pm you would again resume fasting until 3pm the next day, and so on.

Track 2 – commence fasting either at 9am or as soon as you wake up, and break your fast at 6pm that evening.

Scriptural purposes for fasting

One of the principle purposes of Fasting is to **ascertain the Holy will of God**. Ezra called for a fast to seek God's will, they humbled themselves and submitted themselves to God (Ezra 8:21-23).

Fasting gives us the opportunity to have a **life changing experience**. Fasting correctly (which includes repentance), results in a deeper and closer relationship with God (Isaiah 58:1-12).

Restoration and revival comes when our fasting incorporates repentance. So fasting is an opportunity to be restored according to the principles found in Joel 2:12-15, 28-32.

Opportunity to **break the spiritual oppressions and strongholds over our lives** (Mark 9:14-29). The humbling of our souls in fasting to God, enables us to become conscious of the fact that we have the upper hand in our spiritual battles through Christ.

Fasting gives us the opportunity to receive from God direction regards His specific will. The church prayed and fasted for direction and the Holy Spirit led them in appointing Barnabas and Saul (this word possibly came through the prophets in their midst). So in fasting we seek the Lord's face and He helps us in making decisions (Acts 13:1-3).

Some Very Simple Essentials

Special – this is a special period, take the opportunity to not only stop eating, but refrain from other things to. This is a holy period; you want to keep to the minimum any physical (carnal) distraction. (Keep asking yourself if you should be indulging in things right now). Listen to Christian podcast, Christian music rather than TV soaps and MTV.

Prayer – make extra time to pray, this is imperative. Prayer is talking with God; you will find that during a period of fasting, your spiritual senses become finely tuned

Daily Bible reading – read the scriptures every day, enjoy the challenge of God's words to you. Re-read in different translations also, discuss what you discover with others

Practice – what the Lord places on your heart, practice what you learn.

■ Day 1 : Friday 12th March Thinking about you

What do you think about yourself? Who do you really think you are? What do you think other's opinion is about you? Consider who you are today and ask the Lord to highlight areas He specifically wants you to take notice of. Be submissive, open and honest with Him.

Do you think that you have been progressing in your relationship with the Lord; if you have you should spend quality time thanking Him for helping you.

What things need to change in your life? In which ways can these situations change and bring glory to God?

■ Day 2 : Saturday 13th March Thinking about my weaknesses?

What are your weakness and the greatest personal challenges you face as a Christian today? What are the most difficult and challenging temptations that you have to deal with? Where do you think you are most vulnerable? Know this – His grace is able to keep you. What will it take to overcome the issue that is most challenging to you? This period of fasting is your big opportunity. Pray and believe that within the next 20 days you will see a great change.

Meditate on

Joel 3:9-10 & 2 Corinthians 12:9-10

■ Day 3 : Sunday 14th March The Church (Corporate confession)

Corporately we confess that we have failed to keep our end of the covenant. The harvest is truly ripe but the labourers are few. There is so much work and we must confess that we have not attained our targets.

We have failed to evangelise consistently and effectively

We are aware of the principles of Matthew 28:18-20, but we have not whole heartedly applied it to ourselves

We have failed to support the work of missionaries as we should.

And we have not supported enough, our brothers and sisters who are being persecuted for their faith in You, our Lord.

We have failed to influence our local communities; our community does not know that we care and that we can help them. We have the skills and the resources but we have failed.

We have not gained the respect of our local communities

We have not influenced the government of this land as we should – as a result, the laws that are

being passed are anti-Christian.

We have not shown love as we should (John 13:35)

We have not demonstrated care as the Lord said we should (Matthew 25:41-46)

We have not served as we should (John 13:12-17)

We have not interceded (1 Thessalonians 5:17), still our prayer meetings are the least well attended.

We have become self-centred, and the emphasis has been about ME and MY comfort and MY pleasure.

Where are the gifts of the Spirit?

Where is the Spiritual worshiper?

Where are the healings and miracles, and where are their testimonies?

Where is our first love?

Where is our zeal and enthusiasm for the things of God (Psalm 122:1)?

Where is the patience, understanding and where is the forgiveness?

Where church, where is the unity (Ephesians 4:1-6)?

...For these things and more Lord, we are truly sorry, and so we ask that you forgive us where we have fallen short. May we become the people you have purposed us to be in Jesus' Name, Amen.

Meditate on

Ephesians 4:11-16

■ **Day 4 : Monday 15th March**

Godly sorrow leads to repentance. 2 Corinthians 7:8-11

⁹ yet now I am happy, not because you were made sorry, but because your sorrow led you to repentance. For you became sorrowful as God intended and so were not harmed in any way by us. ¹⁰ Godly sorrow brings repentance that leads to salvation and leaves no regret...NIV

In your prayers today:

- Pray for a genuine sense of godly sorrow, and
- Pray that it will lead to an appropriate response – repentance.
- Ask the Lord that He opens your heart so that you might see things from His perspective
- Consider and ask God that He breaks those areas that seems stubborn.
- Pray for PCF, that we will unite in our repentance for not serving as we could have and for missing the mark.
- On a personal level, if you felt convicted by any aspect of our corporate prayer of confession yesterday, bring it to the Lord.
- Thank God that you will bear the fruit of repenting

Meditate on

Matthew 3:8; Romans 2:4

A Selah moment: what are the fruit of repentance?

■ **Day 5 : Tuesday 16th March**

Repent from pride

The Bible teaches us that God resists the proud but gives favour and blessing and help to those who are humble. To be humble is to not over estimate oneself above others. The humble person in the spiritual sense realises that all they are, and all they have achieved, is because of God (This is a very important point). Humility is an essential attribute of the disciple as Matthew 18:3-5 shows

us. The actions of a proud person are unmistakable. The core root is an inappropriately elevated self-awareness. God wants us to believe in Him, depend on Him and trust Him for EVERYTHING.

- Ask God to help you follow the example of Jesus with regards to being humble (*Matt 11:29; Mark 10:45; John 13:4-17; Phil 2:5-8*),
- Ask God to highlight areas of pride in your life.
- The Bible teaches us to honour each other above ourselves. Ask the Lord to help you practice this especially during this time of fasting; but with the intention that this continues after this period of fasting.

Meditate on

Romans 12:3 & 10; James 4:7-10

■ **Day 6 : Wednesday 17th March**

A holy and consecrated people who belong to God. 1 Peter 2:1-12

Thanks be to God that this is our new status; this is who we are in Christ. The priests were a people who were dedicated to God's work and service. They were completely His. Everything the priest did related to God and God's people. The priest in the Old Testament weren't assigned any land that they could call their own, because God was their inheritance. Consider today especially 1 Peter 2: 9-12. How should we conduct ourselves in light of these verses? What does it mean that we are sojourners (NKJV) or strangers (NIV)?

Meditate on

1 Peter 2:1-12

■ **Day 7 : Thursday 18th March**

Value and worth of the kingdom (Matthew 13:44-46)

How much is it worth to have Jesus in your life and to be a part of His kingdom? What is it worth? It is worth absolutely everything. To obtain His kingdom is worth our losing all that we possess according to our scripture reading today.

- Let us consider the things we hold dear. If there are things that Christ has to compete with, surrender them over to Him today.
- Think about some of the specific things that you gain in being part of His Kingdom.
- What is so priceless about His kingdom?
- Can you create a kingdom value list and share some of the things on your list with someone?

The following verses in Matthew 13:47-51, encourage the disciples to share the great and most valuable gospel of the kingdom with as many people as possible. The dragnet picked up absolutely everything from the bottom of the lake without discrimination. We should seek to declare the truths about God's kingdom to as many people as possible especially if we can see its true worth.

Meditate on

Matthew 13:44-51

This week we consider the greatness of our God. Psalm 71:19

■ **Day 8 : Friday 19th March**

He is Holy

The Holiness of God sets Him apart from everything else which is in existence and which He has created. He is total righteousness, He is good, just, pure love, and He is perfect in every way (He is still very much more than what has been listed). Morally and ethically, He is completely whole. Who is like the Lord? Nobody is like the Lord.

In the Old Testament we see that the Lord God chose to dwell in the midst of His people. Still, they were not at liberty to randomly approach Him. His glorious presence was manifested on the mountain, and the people were told in no uncertain terms to keep their distance. Even with the tabernacle - the focal point of worship - in reasonably close proximity to them. God's design of the tabernacle was such, that there were curtains which could not under any circumstances be

breached, except at appointed times and only by the high priest. So God was near His people, but there was a line which could not be crossed – they were separated from Him.

But now, this Holy and awesome God, calls us unto Himself, in a more intimate way. His Holy Spirit is with us everywhere we go. So how should we respond to Him?

- We have to be holy, we have to separate ourselves from those things which God hates;
- There must be a distinction which marks us out as His (Lev 20:7-8). It is the observing of His commands that distinguish us from everyone else (see Christ's Sermon on the Mount which can be found between Matthew 5-7).
- We have to be like Him (1 Peter 1:15-16)

A Selah moment:

What makes you different from non-believers?

- Pray about those things that would make you as a Christian, stand out.
- Ask the Lord to show you and help you to be more like Him.
- Ask Him to help you live a holy life

Meditate on

Either Matthew 5, 6 or 7 today

■ **Day 9 : Saturday 20th March** **He is here (with us)**

The disciples were experienced fishermen; even so, they knew when a storm was particularly bad. On such an occasion the Bible shows that they were fearful about the possible outcome. Jesus was awoken and commanded the storm to cease. Amazingly, the storm ceased. The disciples were astonished and recognised that Jesus was no ordinary man.

- Be very aware today that He is near you. If there are storms brewing in your life, be assured that since Christ is near, He will have it under His control.
- Turn to God ever so regularly today, bring everything to Him, and do everything you do, as unto Him.
- Remember WWJD (what would Jesus do) in every given situation

Tomorrow is Sunday; however, let's start preparing for Sunday today.

Do remember, there is a meeting at church starting at 3pm tomorrow afternoon.

Meditate on:

Hebrews 13:5-6

John 15:4-7

■ **Day 10 : Sunday 21st March** **He is sending us**

The Lord is preparing us for a great harvest. The ethos which our church has embraced this year (This being God's church and I as a member of His church realise that all I do in, through and with His church is unto Him. Plus the attitude I work with is to aim to allow Him to increase as I decrease), is purposed to prepare us for the work of evangelism. It is also to prepare us so that as His church grows, folk will be coming to an environment that is spiritually healthy.

- Today, we ask the Lord to make us concerned and care about His mission field.
- It is about asking God to prepare us to serve Him in the shearing of the gospel.
- It is about removing the excuses
- We pray that the Lord remove the anxiety and fear.
- We pray that the Lord would renew our love for those who are spiritually lost and without Christ in their lives.
- We ask the Lord to help us consider people who we can share our faith with.
- We ask the Lord, for opportunities, relationships with people and wisdom

Meditate on

John 17:9-19 and Luke 10:2-4

■ **Day 11 : Monday 22nd March**
He is speaking - John 8:31-32

The Holy Bible is God's Word to us. When we speak our breath carries the words and sounds. In a similar way as God breathed the Holy Scriptures that we have today - written by men - they are His inspired Words to us. God is the author of the Bible that we have today, He is speaking to us through it, and we can foundate our living by it.

- The Bible is the most reliable book of antiquity
- It has more historical attestation than any other historical writing - ever!
- There are in existence today, fragment copies of manuscripts from the New Testament, that are closer in date to the actual original writings, than any book of ancient times.

The Holy Bible is most reliable. God made sure that it stood head and shoulders above every other book that had been ever written - praise the Lord. They tried to burn it, ban it, and prove that it was the source of delusion. They said Christ didn't rise from the dead and more. But the Bible is still here today, and those who cried it down are not. His word is still changing lives. The foolishness of the gospel is still serving its purpose (1 Corinthians 1:18).

Meditate on:

2 Tim 3:16-17, 2 Peter 1:20-21, 1 Corinthians 2:13, Hebrews 1:1-2

Consider some of your personal favourite Bible passages. What makes those passages so special to you and what do you think God is saying to you through them?

Consider also James 1:21-27 and especially verse 22

Has God's Word changed you over the last 10 days? And in which way have you changed?

■ **Day 12 : Tuesday 23rd March**
He is listening

John 16:24 is such an encouraging passage of scripture. Prayer is a spiritual activity; it requires faith to practice it in a way which pleases the Lord. It's easy to pray when we have a request, but to talk to God constantly and regularly presents much more of a challenge for the physical person.

Satan knows the effectiveness of the believer's prayer, and he does everything he can to make it seem less of a priority for us. Moreover, the effectiveness of a correct and healthy prayer life can have astounding results.

- How much time on average do you commit to prayer each day?
- Do you think that it might be possible to increase your personal prayer time by 25% for the next 10 days?
- Could you call people up and ask if they have anything they would like you to pray about?
- Could you commit to praying ceaselessly about them for the next 10 days, and then ask them if their situation had changed?

Meditate on:

Luke 18:1-8 and Matthew 7:7.

What principles do these verses clearly teach us?

Consider for your private use, various traditional postures for prayer:

Standing: 1 Sam 1:26; Matt 6:5

Kneeling: Dan 6:10; Luke 22:41

Hands spread outwards and upwards: 1 Kings 8:54; Ezra 9:5; Ps 28:2

Head to the ground: Nehemiah 8:6

■ **Day 13 : Wednesday 24th March**
He is protecting us

The Bible teaches us that we are in a spiritual battle, the weapons that we use are not physical but spiritual (Ephesians 6:12-13; 2 Corinthians 10:4). God provides us with spiritual armour for our protection and for our offensive encounters. Furthermore, God places angels around us and He Himself promises to be with us John 14:12-18; Hebrews 13:5-6.

Do you have any spiritual fears? How should it make you feel knowing that God is with you, protecting you and keeping you?

If you need a spiritual breakthrough in your life practice James 4:7-10

Meditate on:

Psalm 91, Psalm 37:40

Why not discuss 1 Peter 3:13-18 with someone

■ **Day 14 : Thursday 25th March**
He is preparing a place for us

Just think about all the troubles and life issues that have distressed you. You may have experienced betrayal, hurt, you may have been lied on, and you may have been abused. You may have struggled with bereavement and could be struggling with health issues even now. Well, we can take great comfort in God's eternal plan, which He has provided for His children.

Genesis 1:1 teaches us that God created the heavens and the earth. In Revelation 21:1-8, John tells us that he saw a New Heaven and a New Earth, one which will exceed the earth we now know. We will dwell with God, hallelujah, and there will be no more crying, no more death no more pain. What a wonderful vision. God's original plan for mankind will be fulfilled, what glorious delight. It will be the most wonderful experience. But we must hold on and keep the faith.

Meditate on:

2 Peter 3:13-14 (spotless blameless and at peace with Him, that's a massive prayer point).

What does Romans 8:22-23 imply?

The Bible says that there will be no sea on the New Earth (Revelation 21:1) can you imagine that? What do you think the significance of having no sea is? Have a peek at Revelation 13:1, only after you have had a little think, have a discussion with someone if possible.

How should the thought of eternity with God cause you to feel? How should this thought affect your life?

This last week of fasting will see us taking into account, the fact that 'I am who God says I am'.

■ **Day 15 : Friday 26th March**
I am justified

Justification is a legal term which, in our situation, means that the offense and sin we are guilty of committing against God can no longer be counted against us. Jesus, who was sinless, paid off in full our debt to God, by taking our guilt and sin upon Himself, and undergoing the judgment of God instead of us (substitution and representation). The right standing which He possessed, He has credited to our account. WE HAVE BEEN AQUITTED!

Today's assignment is for you to find at least three passages which encourage you that our justification has been secured by faith, in Christ alone (have a look in a concordance - there could be one at the back of your Bible). Make a note of any components in those verses, which are necessary for the process of justification (for example, faith). Discuss this subject and how it makes you feel with your discipler or a Christian friend. What should your response be?

Is there a book in the New Testament which is very strong on the subject of Justification by faith?

In the mean time, be blessed by this super verse Romans 4:7-8. Read it in different Bible translations. That's going to be our meditation and focus.

■ **Day 16 : Saturday 27th March**
I am eternally saved John 3:16-17

We who believe in Jesus and His saving work, are being saved (1 Corinthians 1:18). We are going through the process of transformation. As we read the Word of God, we start to see Jesus differently and embrace Him and His character. We commit our lives to Him. We accept the justifying work He did for us on Calvary, and the Holy Spirit who is in us executes that change (Ephesians 1:13-14). He works in us until we become more and more like Christ (2 Corinthians 3:18).

Meditate on:

1 John 5:13 and 1 Peter 1:18-19

This should be a day of thanksgiving and praise. You the believer, the born again Christian, are saved from the consequence of sin (Romans 6:23).

■ **Day 17 : Sunday 28th March**
I am a worshipper

The true believers, the spiritual children of God, will worship God in spirit and Truth (John 4:23-24). I like what Christ says here, the true worshipper WILL worship. Their worship will not be constricted to a location or time, but His true worshippers will worship with true devotion at all times and in every place. Worship has to transcend the four walls of the church building, it's not about singing and clapping our hands. God must be worshipped in and through our lives at all times.

How can we do this? We have to follow the example of Jesus. He did the will of His Father at all times. The true worshipper knows that their lifetime ambition must be to copy the example of Christ. Our lives must be for His pleasure, for this is why we were created.

Meditate on

*Ephesians 1:1-14 and discuss the significance of this great passage
Also very important study John 15:1-17*

■ **Day 18 : Monday 29th March**
I am His Child

We are born again (John 3: 6-8), every believer has had a spiritual rebirth and is born into the family of God. No being has the power to take this away from you. (John 10:27-30)

How does knowing that you are a child of God make you feel?

What should a child of God look like? How do you resemble your Father?

God's children should hate the things their Father hates and love those things the Father loves. Think about some things in your own life that God hates. And think about some things or persons that He wants you to love.

As God's child, I must love all His children.

Take this great opportunity to thank the Lord that you are His child

Meditate on

John 1:12-13 and 1 John 3:1-3

■ **Day 19 : Tuesday 30th March**
I am His Holy Temple

The temple in the Old Testament was such a revered place. When you read the book of Leviticus, you can see the elaborate and meticulous process the priest had to adhere to in their serving within the temple. The temple was the focus for the presence of God on the earth. It signified the fact that God was with His people. God is particular regarding the way people approach Him. The

fact that our bodies are the temple of the Holy God of Heaven, the fact that He makes His dwelling within us, is an awesome act of grace, and at the same time, a terrifying place to be.

Read Ezekiel 43:1-9

- In which ways is it an awesome act of Grace that God makes His dwelling among us?
- And how could it be a terrifying situation?
- How would you describe 21st Century idolatry?
- As His temple, what act of worship can you specifically practice today?
- And if you have identified the slightest form of idolatry get rid of it immediately.

Meditate on:

1 Corinthians 6:19 (in relation to the individual)

Ephesians 2:21-22 (in relation to the church as a whole)

2 Chronicles 34:3-4 King Josiah's reforms – destroyed all the idols and false gods

2 Kings 22:3-7 King Josiah oversees the repairing of the Holy Temple

■ **Day 20 : Wednesday 31st March**

I am a witness for Jesus

The Greek word for 'witness' in the New Testament, is *martureo*. And we get the English word martyr from it. Many of the early witnesses of Jesus testified of Him for the price of their lives. Acts 22:20; Rev 6:9; Rev 20:4. They loved Him, trusted Him and followed Him.

The early believers were so sure and confident in what they witnessed in Jesus that they were determined to spread the good news with as many people as possible, even when their lives were being threatened.

Since Jesus has eternally saved us, we likewise should have the same confidence and motivation to be witnesses for Him today. Will you be a witness for Jesus? Think about some people whom you could share the gospel of Jesus with. Ask the Lord for opportunities and supernatural confidence as you seek to share your faith. Maybe, you could start by inviting someone to church this Easter.

Let us remember especially our brothers and sisters today in countries where they are being persecuted for their faith in Jesus Christ.

Meditate on:

Acts 2:1-41

■ **Day 21 : Thursday 1st April**

I.M.O.G.C.

This stands for: I am a member of God's church. As members of God's church, we recognise that the church belongs to Him. Jesus' purpose and plan for His church must be realised in all of us together. Not only that, but when we serve in His church, we are serving as unto Him.

This should have some affect on the way we work. And finally, we recognise that it is all about Him. He must increase and we must decrease. Too often we feel offended by issues in church life, and more often than not, the reason is simply because our focus is on our feelings, needs and desires. Well now we are putting Christ and His desires first. It's all about Him.

Let us rededicate ourselves to Him today

Commit ourselves to serving His church faithfully

This fasting has been about our opportunity to rediscover who we are and set us up for real service of Christ. Serving in His kingdom.

Meditate on:

Ephesians 4:11-16