

# Fasting & Prayer Guide

## WEEK 1 (FEB 13-19)

### Day 1 A Time to Mourn

### Read Joel 1:1-20

What will future generations remember about the pandemic? That the restrictions of the pandemic caused us to accept a 'new normal' where we lost our spiritual fervour? Where convenience became more important than effort when it came to worship, prayer and fellowship?

It is time to mourn for what we have lost in our spiritual lives through the pandemic, repent and return to God, ask Him to work in our lives more powerfully than ever before. It is time to acknowledge our desperate need for God. As we read pray, fast, may we be awakened to God's holy presence, and convicted by His word.

### Today's Scripture : Joel 1

#### **Prayer Guide**

- *Mourn and repent of prayerlessness, complacency, pride and independence.*
- *Ask God what we need to do today to fully surrender to Him.*
- *As God to awaken PCC, to a greater desire to see Him move in our lives and church.*

**“Our father in heaven,  
as we humble ourselves, fast & pray, please...  
make us more aware of our need for You...  
increase our desire & capacity for You...  
make us more sensitive to Your voice...  
grant breakthroughs in our families,  
relationships, work/business...  
Send revival to our church....”**



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## WEEK 1 (FEB 13-19)

### Day 2 A Wake up Call

### Read Joel 2:12-32

This passage is a wake up call for the church. The Day of the Lord is coming. He calls us to “Return to me with all your heart.”

As we read, pray, fast today, may we see our God as a gracious Father, merciful, slow to anger, abounding in steadfast love.

May we mourn with godly sorrow for any area of our lives not fully surrendered to God. May we be more aware of His Holy presence and be filled with His Spirit.

### Today's Scripture : Joel 2:12-32

#### **Prayer Guide**

- *Thank God for His good gifts in our lives. Spend some time mourning over the spiritual condition of our lives, our families, our church. Mourn the disunity that is caused by lack of humility (Eph. 4: 1-3)*
- *Pray for our church to be desperate for a move of God, for a fresh outpouring of God's Spirit on all ages and languages*
- *Pray that our reading, praying, fasting will stir urgency among our church members.*



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### Day 3 God's Compassion never fail

**Read Lam. 3:20-40**

Lamentations 3 reminds us that when the future looks uncertain, we can find hope in God's great love and unfailing compassion. His mercies are new every morning. Great is His faithfulness.

As we pray today, let us ask God to enable us to see things as they really are, and yet fill us with hope. May we leave this time declaring, "The Lord is my Portion, therefore I will hope in Him."

### Today's Scripture: Lamentations 3:20-40

#### **Prayer Guide**

- *Is there any part of your life where you have denied someone justice, made life harder for those who are struggling, cut corners to get ahead? Let us test and examine our ways.*
- *Where do you turn when you lack hope? Ask God's Spirit to reveal if you are looking to anyone or anything other than the Lord for your hope.*



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### Day 4 Desperate for God?

### Read Psalm 42

This psalm reminds us that it is OK to ask God the hard questions like, “Why?” As we pray today, let us allow our hearts to break over what has been lost over the last 3 years of pandemic restrictions. Allow ourselves to grieve over the loss of hunger for God and His word, the compromises we have made for the sake of convenience, the lack of effort to reconnect with those in our spiritual community, the distance we have allowed in our relationships.

May God fill us with hope as we remember the joy of being in His presence, and the encouragement of regular face to face fellowship and prayer.

### Today's Scripture : Psalm 42

#### **Prayer Guide**

- *What does your soul ache to see in your family? Your church? Your nation? Share those dreams with and desires with God.*
- *When was the last time you were desperate for God's presence- not his miracles, provisions, but His company? If it has been a while, talk to Him about what has changed. Confess if you neglected your relationship and ask for His forgiveness.*



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### Day 5 Where can we find wisdom?

#### Read Proverbs 3

This chapter reminds us that that we cannot trust our own wisdom and judgment. We cannot rely on our own understanding less we become wise in our own eyes.

Proverbs 9: 10 “The fear of the Lord is the beginning of wisdom: and knowledge of the Holy One is understanding.”

If we want to be wise, we have to first repent of thinking we know it all. We have to repent of believing we don't need help, of trusting our own abilities instead of trusting our God. May our time in prayer today increase our reverence for God. May we come to know that wisdom cannot be found apart from Him, and may our search for wisdom cause us to trust and obey Him more and more.

#### Today's Scripture Job 28

##### **Prayer Guide**

- *Take some time to consider the wisdom of God. Tell Him why He is worthy of our praise. Share the reasons you respect and revere Him.*
- *Ask God for specific wisdom to navigate the challenges you are facing. Submit to His correction and direction. Repent for any attitudes and actions that do not align with who you are as His child.*



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## WEEK 1 (FEB 13-19)

### Day 6 What makes you weep?

#### Read Lamentations 1

In Lamentations 1, the prophet Jeremiah lamented, “The LORD is in the right, for I have rebelled against his word.” He wept over his sin and the sin of the people that had brought devastation to Jerusalem.

Today, as we read, pray, and fast, let us realise how serious sin is to our Holy God, and grieve. Recognise the profound consequences when God’s people lose their way.

But also remember hope. The Lord will not abandon His people. Through tears, remember the joy of your salvation. And rejoice in the truth that if we confess our sins, Jesus is faithful and just to forgive. 1 John 1: 9

#### Today’s Scripture: Lamentations 1

##### **Prayer Guide**

- *Ask the Lord to make you aware of the seriousness of your sin.*
- *Ask Jesus to forgive and cleanse any sin and rejoice in the forgiveness offered through Christ.*
- *Pray for revival in our church and in our land.*



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## WEEK 1 (FEB 13-19)

### Day 7 Where's the Love

### Read Revelation 2:1-7

Jesus is speaking to us just as He did to the Ephesian church in Revelation 2. Have we abandoned the love we had at first? As you read, fast, and pray today, remember the love you had for Christ when you first believed.

Repent for allowing anything or anyone to take the place of first priority that belongs only to Christ. Return to the things, habits, practices that drew you close to God when you first came to Christ. Make Christ the centre of every thought and action.

May we remember what it was like at the beginning of our relationship with Christ and repent.

### Today's Scripture: Revelation 2:1-7

#### **Prayer Guide**

- *Pray that every member of PCC will return to our first love for Christ.*
- *Pray that the members of our church would operate in love, counting others more significant than themselves.*

