

Day 1 Why do we fast?

Read Matthew 6: 1-18

Call to Prayer

As you fast this week, remember fasting is something we do before God, not men. Jesus expected His followers to fast. **Fasting is an intentional way to give up something meaningful to us, so we can focus on God and hear His voice more clearly.** Take a moment to reflect why you are giving up that meal or choice food.

Ways to Pray

- *As I commit myself to the spiritual discipline or fasting, please help me to focus on the things that really matter.*
- *Please open my heart to Your heart, and speak to me, in areas where I have not been paying enough attention.*



Day 2 Speak life

Read James 3: 1-12

Call to Prayer

Matt. 5: 21-22 Jesus is telling us that life is sacred because God created it, so we are not to destroy people with our words either. **Is it just harmless gossip, or are we only making fun of someone? God hears. To Him it is a form of killing.**

As you read the scriptures above, reflect on the language you use with your friends, family, colleagues, brothers and sisters in our church family. Which of your words bring “life”? Which do you need to stop before they bring “death”?

Ways to pray

- *Father, please help me with my words and thoughts about people, I want to build people up, not tear them down.*
- *Help me to guard my tongue, and give You glory in all I do.*



Day 3 Blind spots

Read Psalm 19

Call to Prayer

In Psalm 19: 12, 13 David asked God to forgive him for two things. First, his 'hidden faults' - his blind spots, where he commits sins without realising it. **Everyone has blind spots. We cannot see our own faults.**

Second, **David asked God to forgive his 'wilful sins' when he commits sins knowingly.** He then asked that his words and the meditations of his heart be pleasing to God.

Ways to Pray

- *Take a few moments to quiet your heart before God. Ask God to reveal your 'hidden faults' (or ask your spouse or best friend) then confess and ask for forgiveness.*
- *Confess any 'wilful sins' and repent and receive God's forgiveness.*



Day 4 Be still and know

Read Psalm 46

Call to Prayer

Stress, anxiety, and confusion push us into one of two states: paralysis or frantic activity.

In stress, many of us rush and hustle our way to exhaustion. Others are paralyzed with worry, unable to make plans or decisions because of the uncertainty we face.

Psalm 46 gives us good news: God is with you. He is here with you, right now. Although the world is in chaos, God provides peace and gladness. He is our security and our fortress. You can trust Him. He will help.

As you read, pray and fast today, take a moment to breathe and be still. May you relax into a posture of rest and release. May you become more and more aware of God's nearness and His abiding love for you.

Ways to Pray

- *Read Psalm 46, changing "our" to "my." Receive the psalm as a personal encouragement as you remember, "God is my refuge and strength..."*
- *Take a moment to sit or kneel in silence, eyes closed, hands in front of you, palms up. Breathe. Be still.*
- *Take a moment to repent of control and striving. Release and surrender your life to God again.*



Day 5 You are not running alone

Read Hebrews 11: 1- 12: 3

Call to Prayer

As we seek God with fasting and prayer, we are not alone in our race of faith. All the heroes of faith in chapter 11 are cheering us on. So we can run with perseverance because these witnesses encourage us by their lives and example.

Jesus, the pioneer and perfecter of our faith is our inspiration. He has mapped out the path for us. He will help us finish. **Brothers and sisters in our cell and church family run with us. Commit to run with them, not run alone.**

Ways to Pray

- *Thank God for one specific hero from Hebrews 11 who inspired you.*
- *Thank God for Jesus. Fix your eyes on Him, instead of your circumstances.*
- *Thank God for brothers and sisters who run this race of faith with us. Name a few of them before God. Thank God for how they have encouraged you by their lives & example.*



Day 6 It is God's will to be grateful

Read 1 Thess. 5: 12- 28

Call to Prayer

Contemporary culture conditions us to focus on what others have, instead of being grateful for what God has already provided us in our families, and in our church family.

Sometimes we can only appreciate what we have when we have lost it, or are deprived of it. After you gave up that meal or choice food, did you enjoy your next meal even more than usual? Were you more grateful to God for your next meal?

Ways to Pray

- *Thank God specifically for each member of your family, for how they have been a blessing to you.*
- *Read again 1 Thess. 5: 12, 13.*
- *Thank God for your cell leader & pastors, for how they have served you, invested into your spiritual growth.*
- *Thank God for your church family, for specific blessings you have received from God through PCC.*
- *Thank God for your nation, for God's preservation, protection, especially after the last general election.*



Day 7 The encounter we need

Read Isaiah 6:1-8

Call to Prayer

Isaiah 6 begins by grounding us in a particular time and place in history: “In the year that King Uzziah died...”.

The death of a king was significant; it meant massive change politically, socially, and economically. And yet in the middle of unrest and uncertainty, Isaiah has the encounter we all need – Isaiah sees the Lord.

Today, as you read, fast, and pray, may you be blessed by an encounter with God. **May you experience the Lord, seated on this throne, in total control over everything. May your encounter with God cause you to see yourself in a new way. May you say yes to being sent to live a life on mission.**

Ways to Pray

- *Ask the Holy Spirit to help you experience God in a fresh way this morning.*
- *Invite God to show you how He wants you to bring his kingdom to earth.*
- *Say yes to whatever God wants you to do.*

