

# Fasting & Prayer Guide

## WEEK FOUR

21 Jan 2024 to 27 Jan 2024

1  
Day

Jehovah Nissi: The Lord is my Banner



- Ex. 17: 15-16
- Deut. 20: 1-4
- 1 Cor. 15: 57

**Ex. 17:** Moses built an altar and called it “**the Lord is my Banner**” because “**the Lord will have war with Amalek from generation to generation.**” The Amalekites were the first to attack Israel after they left Egypt, and were a symbol of all the forces that opposed God.

Ancient armies carried banners to identify themselves and to boost morale. As long as Moses lifted the rod of God, holding it up like a banner, Israel won. Moses realised that the Lord is a reigning banner over His people, and declared “**the Lord is my Banner.**” He goes before us to give us victory.

The cross of Christ is our banner. At the cross Jesus defeated the devil and paid for our sins.



# Fasting & Prayer Guide

## WEEK FOUR

21 Jan 2024 to 27 Jan 2024

1  
Day

Jehovah Nissi: The Lord is my Banner



- Ex. 17: 15-16
- Deut. 20: 1-4
- 1 Cor. 15: 57



### Reflection:

- Paul said ‘our battle is not against flesh and blood...’ Eph. 6: 12. Reflect on God’s promise in Deut. 20: 4
- Pray against all the strategies of the enemy against the church.
- Pray for God’s presence to be manifested in all our services and gatherings.

End with a time of worship:

**The God of Angel Armies**

<https://www.youtube.com/watch?v=qOkImV2cJDg>



# Fasting & Prayer Guide

## WEEK FOUR

21 Jan 2024 to 27 Jan 2024

2  
Day

Jehovah Rohi: The Lord is my Shepherd



- Psalm 23
- Isaiah 40: 11
- John 10:11

David was a shepherd. He cared for, protected and provided for his sheep. He also trusted God as his shepherd. Our shepherd is gentle and patient when we fail him. He seeks us when we go astray.

Jesus our Good Shepherd takes good care of His sheep. He paid the price to redeem us. Now He calls us His own.



# Fasting & Prayer Guide

## WEEK FOUR

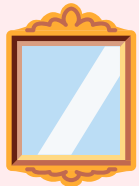
21 Jan 2024 to 27 Jan 2024

2  
Day

Jehovah Rohi: The Lord is my Shepherd



- Psalm 23
- Isaiah 40: 11
- John 10:11



### Reflection:

- What does my Shepherd want from me? So many voices can cause fear and anxiety. How often do I sit still, shut out all other voices, to listen to the voice of my Shepherd?
- John 10: 27 “My sheep hear my voice, and I know them, and they follow me.” He knows the best path, where I can find rest.
- Pray Ps. 23: 3

End with a time of worship:

**Shepherd of My Soul**

**<https://www.youtube.com/watch?v=dtqliuDZlKA>**

# Fasting & Prayer Guide

## WEEK FOUR

21 Jan 2024 to 27 Jan 2024

3  
Day

Jehovah Tsuri: The Lord is  
my Rock



- I Sam. 2: 1-2
- Ps. 62: 1-2
- Ps. 144: 1

Our God is immovable, unbreakable, a safe place for retreat, and a fortress in battle! He is our true source of strength, our firm foundation, our support, and our defence.

We can always count on Him to keep His promises. He is one who gives us the victory.



# Fasting & Prayer Guide

## WEEK FOUR

21 Jan 2024 to 27 Jan 2024

3  
Day

Jehovah Tsurì: The Lord is  
my Rock



- I Sam. 2: 1-2
- Ps. 62: 1-2
- Ps. 144: 1



### Reflection:

- Looking back, what situations threatened to shake your confidence?
- Learn to stand on Jehovah Tsurì. He is, unchanging, more reliable than the ground we stand on.
- Pray Ps. 61: 1-3

End with a time of worship:

**Lead Me to The Rock**

**<https://www.youtube.com/watch?v=wzssOwkdVkk>**

# Fasting & Prayer Guide

## WEEK FOUR

21 Jan 2024 to 27 Jan 2024



- Gen. 22: 7
- Matt. 6: 9
- Rom. 8: 14- 17

4  
Day

Abba: Father

Abba is an Aramaic word children used to address their father to express intimacy, trust and submission to authority. When Jesus prayed in the garden of Gethsemane, it was an expression of intimacy and submission to authority. **Mark 14: 36**

‘*Abba*, Father,’ he said, ‘everything is possible for you. Take this cup from me. Yet not what I will, but what you will’ it was a prayer of trust and submission.

When we pray “Abba” (Our Father) it means “Father, I am willing to obey You even if it means suffering.” We can trust our Abba completely, submit fully to His authority because He is good.



# Fasting & Prayer Guide

## WEEK FOUR

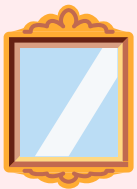
21 Jan 2024 to 27 Jan 2024



Abba: Father



- Gen. 22: 7
- Matt. 6: 9
- Rom. 8: 14- 17



### Reflection:

- Our Father wants more than our affections. He wants our obedience.
- Have you ever struggled to understand your Father's plan for your life? You can still trust Him and obey.

End with a time of worship:

**Abba Father, Let me be**

**[https://www.youtube.com/watch?v=5rPGn\\_KTYuU](https://www.youtube.com/watch?v=5rPGn_KTYuU)**





# Fasting & Prayer Guide

## WEEK FOUR

21 Jan 2024 to 27 Jan 2024

5  
Day

Yeshua: He Saves



- Matt. 1: 21
- Phil. 2: 5-11

“**Jesus**” is the English transliteration of the Hebrew “**Yeshua**” the long awaited Saviour for the Jewish people and the world. Paul said one day every knee will bow at the name of Jesus and confess He is Lord.

Why? Because though He was God, He humbled Himself and became obedient (Remember the meaning of “Abba”?) To the point of death, even the death of the cross.”

He exchanged a throne for a cruel cross. He allowed His creation to crucify Him. He emptied Himself completely so we can be filled.



# Fasting & Prayer Guide

## WEEK FOUR

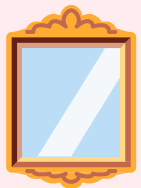
21 Jan 2024 to 27 Jan 2024

5  
Day

Yeshua: He Saves



- Matt. 1: 21
- Phil. 2: 5-11



### Reflection:

- Reflect on the price Jesus paid to save us from our sins, and the glory that followed (Phil. 2: 8-10)
- What does it mean to follow Jesus?

End with a time of worship:

**Yeshua**

**<https://www.youtube.com/watch?v=8NtNnAL244I>**



# Fasting & Prayer Guide

## WEEK FOUR

21 Jan 2024 to 27 Jan 2024



Wonderful



- Judges 13: 18
- Isaiah 9: 6
- Isaiah 25: 1

The word '**wonderful**' is so overused for food, holidays, people, it has lost its meaning. Our God is wonderful because He does awesome wonders.

Jesus was wonderful in life - performed so many signs, wonders, and miracles. People were filled with wonder at His teachings. His resurrection was full of wonder, a marvellous victory over death and the grave.



# Fasting & Prayer Guide

## WEEK FOUR

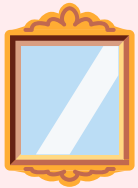
21 Jan 2024 to 27 Jan 2024



Wonderful



- Judges 13: 18
- Isaiah 9: 6
- Isaiah 25: 1



### Reflection:

- Read Ps. 40: 5
- Think of a few wonderful things God has done in your life.  
Thank Him, worship Him, tell someone about it.

End with a time of worship:

**His Name is Wonderful**

**<https://www.youtube.com/watch?v=ODXDOtLoJ-I>**



# Fasting & Prayer Guide

## WEEK FOUR

21 Jan 2024 to 27 Jan 2024



- Isaiah 9: 6
- Isaiah 28: 29

7  
Day

Counselor

Jesus is wonderful in counsel. The Hebrew for ‘**counselor**’ means advise well, consult, give counsel, guide.

The historical use of the word pictures a king giving counsel to his people. God knows we need counsel. Those who follow Him will not walk in darkness, but in the light.

How does our Counselor help us in the important decisions of life? Through His word (the whole Bible) **Ps. 119: 24**, and through godly counselors **Prov. 11: 14** “*Where there is no counsel, the people fall; But in the multitude of counselors there is safety.*”



# Fasting & Prayer Guide

## WEEK FOUR

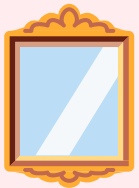
21 Jan 2024 to 27 Jan 2024

7  
Day

Counselor



- Isaiah 9: 6
- Isaiah 28: 29



### Reflection:

- Where do you need counsel right now?
- Read Ps. 119: 24, James 1: 5 says, “If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you.”

End with a time of worship:

**Wonderful Counsellor**

**[https://youtu.be/CFMyliLa0QQ?si=Ee\\_G5iS8HJJ\\_h-di](https://youtu.be/CFMyliLa0QQ?si=Ee_G5iS8HJJ_h-di)**

