



PRAYER LEADS TO HEALING!

Psalm 34:18 – The Lord is close to the broken-hearted and saves those who are crushed in spirit. Psalm 34:18

Set aside January 5-12 and ask God to heal:
Your Self • Your Church. • Your Relationships.
Your Community • Your Family.

The Schedule

Date & Time	Prayer Focus	Location
Sun. January 5. 10am	Covenant Service	Auditorium
Sun., January 5. 6-7pm	Supper and Family Prayer	Room 115/116
Mon. January 6. 7-8pm	Healing of: SELF	Auditorium
Tues. January 7. 7-8pm	Healing of: FAMILY	Auditorium
Wed. January 8. 7-8pm	Healing of: RELATIONSHIPS	Auditorium
Thurs. January 9. 7-8pm	Healing of: CHURCH	Auditorium
Fri. January 10. 7-8pm	Healing of: COMMUNITY	Auditorium
Sun. January 12. 10am	Healing Service	Auditorium

Questions about Prayer & Fasting

Why a week of prayer and fasting? A new year is coming and each year we set aside time at the beginning of the year to pause as a church family and seek the Lord together. By setting aside this first full week of the New Year, we declare that God comes first and we desire to know His plans and purposes for our families & our church! We recognise that not everyone will be able to make it out to every evening, but we hope that each of you will be able to come for at least one of the prayer services.

What to Pray? Each day has a prayer focus. We encourage you to use this guide as you pray each day, but most importantly... pray what the Lord lays on your heart!

How do I pray? You can pray by yourself, with another person, or in a group. You can pray in the quiet place, as you walk or as you drive around your community. You could focus on Psalm 34:18 (or any of the fasting passages listed on the following pages), asking the Lord to speak to you as you meditate on His Word. You can write out your prayers in a journal, whisper them to The LORD or have an out loud conversation with Him. Experiment with your prayer time.

When to Pray?

1. As often as the Lord leads or for those who need some parameters, I encourage you to set aside a specific time AND a specific place each day to pray.
2. Come to an evening prayer service. There is something cool that happens when we pray with and for other believers and have them pray for us!
3. Encourage your small group to join in with the evening prayer service. There will be no ministry related activities during this week, so that makes it easier for you, your small group and your family to join in one of the prayer services from 7-8pm.

What to Fast? For each person it will be different. We realize that some may not be able to fast from food (diabetic, etc), so ask The LORD how He would have you fast. For some it will be one meal each day, for others it will be a 24 hour fast with just water, for others it will be eliminating Screen Time, Social Outings, Sleep or Various Hobbies that we spend our time on.

What is the purpose of Fasting? When a believer sacrifices their natural desire for food in order to spend time seeking God regarding specific issues – This is considered a FAST.

The intention is that all the time that would be spent acquiring, preparing and consuming food will be spent in the presence of God

through prayer, worship or meditation on the Word, taking our eyes off the things of this world to focus completely on God. Fasting is a way to demonstrate to God, and to ourselves, that we are serious about our relationship with Him. Fasting helps us gain a new perspective and a renewed reliance upon God.

The Bible presents fasting as something that is good, profitable, and beneficial. Fasting and prayer are often linked together (Luke 2:37; 5:33).

The Biblical passages reveal several reasons for fasting:

1. *Release from sickness (David).*
2. *Seeking God's help (Jehoshaphat/The Apostles).*
3. *Safety (Ezra).*
4. *Favour (Esther).*
5. *Repentance/humility (Nehemiah/Daniel/Ninevah).*
6. *Break chains of injustice, untie the cords of the yoke, release of the oppressed (Isaiah 58).*
7. *A regular practice of opening ourselves up to The LORD.*

There are more than 25 Biblical references to fasting: ***Samuel 12:23, 2 Chronicles 20:3, Ezra 8:21, Nehemiah 9:1, Esther 4:3, Esther 4:16, Esther 9:31, Psalm 35:13, Isaiah 58:3-6, Jeremiah 14:12, Jeremiah 36:9, Daniel 9:3, Joel 1:14, Joel 2:12, Joel 2:15, Jonah 3:5, Zechariah 7:3, Matthew 4:2, Matthew 9:14-15, Mark 2:18-20, Luke 5:33-35, Luke 18:12, Acts 13:2, Acts 14:23.***

As you set time aside, the best thing to do is to be open to God. Remove distractions, and to be aware what is going on in your heart/spirit as you focus on His Word. He just might say something to you!

Finally... Fasting is not a way to get God to do what we want. Fasting changes us, not God. Fasting is not intended to punish the flesh, but to redirect our attention to God. Fasting is to be done in a spirit of humility and a joyful attitude.