

Burnt Oak Christian Fellowship

3 Days of Prayer & Fasting (2 – 4 September 2019)

Theme: Revive us O Lord!

Prayer Notes

“Won’t you revive us again so your people can rejoice in you?” Ps 85:6

September 2: Confession, Repentance, Seeking Forgiveness

- Proverbs 28:13
- If we say we have no sin, we deceive ourselves... – 1 John 1:8-9
- If I regard iniquity in my heart, the Lord would not hear me – Ps 66:18
- Create in me a clean heart, O God – Ps 55
- Forgive us our trespasses – Matt 6:12
- We have left undone what we ought to have done
- We have done what we ought not to have done
- 2 Chr. 7:14
- Isaiah 6

September 3: Revive, Refresh and Renew us O Lord

- Tired, worn out, weary
- Psalm 85:6-7
- 1 Kings 19
- Ezekiel 37
- Matthew 11:28-30
- Hymn: Revive Thy work, O Lord
- Hymn: Art thou weary, art thou languid, art thou sore distressed

September 4: Recommissioning

- Fill us anew with the Holy Spirit
- Acts 1; 2
- Send us out afresh
- Make us fruitful
- Save souls
- Acts 2:47
- Heb. 13:20-21

WORSHIP SERVICE

COMMUNION

21 DAYS



Apostolic church
IN THE UNITED KINGDOM

PRAYER FASTING

8 T H - 2 8 T H
S E P T E M B E R 1 9

DAY 1 ■ SUNDAY 8TH SEPTEMBER

Prepared by Ps Brian Campbell
New Life International Church, Aberdeen

SOULS & SALVATION

JOHN 4:1-24

The Key to the City. I love the account of the Woman of Samaria in our reading today as it has so much to say to us as we seek to fulfil our mission. We see the extraordinary journey of revelation this lady experiences; the progression in the woman's understanding of who Jesus is:

- When she first meets Jesus she simply calls Him "a Jew" (v9);
- As the conversation progresses she twice calls Him "Sir" (v11 & 15);
- Once He tells her a bit about her life she acknowledges Him as "a prophet" (v19),
- Then He reveals to her that He is the Messiah (v25-26),
- By the end of the encounter she & the whole city acknowledge Jesus as "the Saviour of the world" (v42)

It turns out that this woman with a sordid reputation held the key to her city coming to faith in Jesus. One 'chance encounter', one conversation, one life forever changed – one whole city won for Jesus. Wow!

Who knows what can happen with the next person you or I talk to about Jesus; they too may experience a similar revelation of whom Jesus is; and who knows, they may just hold the key to your City!

R E A D R E F L E C T P R A Y

DAY 2 ■ MONDAY 9TH SEPT

Prepared by Mrs Emmanuella Aiyere
Women's leader, All Nations Centre, Kennington

OUR PM & MPS

JEREMIAH 29:4-14

"Therefore I exhort first of all that supplications, prayers, intercessions, and giving of thanks be made for all men, for kings and all who are in authority, that we may lead a quiet and peaceable life in all godliness and reverence. For this is good and acceptable in the sight of God our Saviour..." (1 Timothy 2:1-4a NKJV)

Such is the task that we have been given: to pray for those in authority over us (our PM and MPs) not only so we could lead a quiet and peaceable life, but also because it is good and acceptable by Jesus Himself.

Let's thank God for our new PM and our MPs and also pray that:

- As the light of Christ shines into their lives, they will know divine strength that only God can give;
- Every decision they make will be divinely informed;
- Their steps will be ordered by God and
- The peace of God will rule and reign in their lives and in this nation.

Finally, thank God for answered prayers.

MISSION & MISSIONARIES

ACTS 1-2

The foundation of the early church is built upon Jesus' Acts 1:8 declaration to His disciples. They had no knowledge whatsoever about the impact their obedience would have as they sought to fulfil His command, but today we see across the universal church the great work that continues from that beginning.

Mission has always been at the heart of my ministry, though actually becoming a missionary is far from my thinking! The text reminds us that mission begins at home - Jerusalem. We may not all be called to the nations but we are called to mission starting at home, & for that Christ gives us power.

Sophie was passionate about becoming a missionary to the farthest nations of the world - she prayed for a door to open for her to go. One night someone knocked her door & asked: "Who lives in the apartment above you?" "A family from the Netherlands" Sophie replied. "Who lives across the hall?" "A couple from Italy." "And down the hall?" "A woman from Sweden." "And that house across the street?" "A family from Mexico." Sophie heard the Lord saying "Why should I send you across the ocean when you haven't even crossed the hall?"

A missionary to the nations may be our destiny but even the first disciples began at home!

R E A D R E F L E C T P R A Y

CHILDREN

PSALM 139

"For you created my inmost being; you knit me together in my mother's womb."

'Who am I?' is a question that all children grapple with in some way as they grow up and develop. Today, more than ever, our children need to understand and experience that their true identity is found in Christ. Our children need to know the reality that God lovingly, carefully and knowingly handcrafted them together in their mother's womb.

How can we best reflect the unconditional love of Jesus to the children around us? Let's pray today:

- That every child would recognise that God loves and cherishes them
- That all our children will be able to see themselves through the lens of God's great love for them.
- That they would embrace the wonderful gift of salvation from a loving God who could not bear to be separated from them.
- That they would walk with Jesus all the days of their lives.
- That we may witness children praising God as they recognise God has fearfully & wonderfully made them.

DAY 5 ■ THURSDAY 12TH SEPT

Prepared by Tony Hodges
Smawthorne Community Church, Castleford

MY LOCAL CHURCH

1 PETER 5

Reading through the story of Moses and his encounter with God, I've attempted to enter empathetically into his experience. Three things stand out to me:

1. Moses' Reluctance. The challenge to wrestle with God's purpose for his own life.
2. Moses' Reliance. The call to depend upon God, for His presence & for His guidance.
3. Moses' Resilience. Coping with frustration, caused by the people's intransigence and reluctance to change.

Reading the accounts of the great and mighty things God did, it is truly amazing how He performed such miraculous works for this rebellious people. Imagine what could have been had the nation prayed for Moses instead of grumbling and complaining!

Today we can change the outcome of our own destiny through prayer. The apostle Paul encourages us to: "Pray without ceasing" & again he asks, "Brethren, pray for us" (1 Thessalonians 5:17 & 25)

Make it part of your daily routine to pray for the leaders in your local church. Pray also for your church family, its health & growth, and the missional impact on its surrounding community.

R E A D R E F L E C T P R A Y

DAY 6 ■ FRIDAY 13TH SEPTEMBER

Prepared by Ps Jason Ward
Hope Church, Penzance & Newlyn
& Porthleven Community Church

PRODIGAL SONS & DAUGHTERS

JOHN 21

Peter had good intentions. Most Jesus-followers operate & react to situations with good intentions. Yet Peter made a mistake, we often do. In the course of a day, living life, working hard, loving those around us we react to situations & sometimes we just get it wrong, I would say its normal.

Peter loved Jesus & to see him under threat led Him to react by lopping off a person's ear. I get it, I fully understand. But Jesus had to correct him, to say "whooo stop it, that's not the plan". (John 18:10-11). It's how we react to the correction that matters. The next thing we hear about Peter is that he denies his friendship with Jesus. In the emotion of it all Peter is all over the place, his best effort was wrong.

But God is good. When all seemed lost, Jesus found Peter & brought him back. He went to the root of it all by asking "do you love me"? The prodigious love of God more than makes up for our prodigious ability to get things wrong; you are going to be ok. Plus, Jesus can fix the consequences of our mistakes - after all, He fixed the ear back on!

Just get back to loving Jesus.

DAY 7 ■ SATURDAY 14TH SEPT

Prepared by Ps David Maclachlan
The Christian Centre, Middlesbrough

OUR COUNTRY: POST-BREXIT

EZRA 1

“In the 1st year of Cyrus king of Persia, in order to fulfil the word of the Lord spoken by Jeremiah, the Lord moved the heart of Cyrus king of Persia to make a proclamation throughout his realm & also to put it in writing” (Ezra 1:1)

As a nation we are facing a new political and economic future and facing a time of great uncertainty. Just as Ezra and the exiles returned to Jerusalem to re-settle and rebuild so will we as a nation, post Brexit.

Despite the journey they had endured, the rebuilding required and the hard work ahead, the exiles left with joy because they were returning to their homeland, to rebuild their temple. They had the blessing & authority of the King empowering their actions.

We too have uncertainty as a nation, our economy will be stretched and tested, and we will almost certainly have tough times ahead - however we are not alone! As Ezra trusted God to protect the exiles, and the gold and silver they carried with them, so the same God protects us and provides for all of our needs. We should reassure ourselves that God is in control of all things and we can trust Him to lead us on as a nation and as individuals; nothing takes Him by surprise and we are in His hands.

R E A D R E F L E C T P R A Y

DAY 8 ■ SUNDAY 15TH SEPTEMBER

Prepared by Ps Bryon Jones
Eden Christian Centre, Ilford

SOULS & SALVATION

MATTHEW 28

More than anything else, the salvation of the world is in the heart of the Father. His desire is that none should be lost, no, not one. This is the reason the Father gave His Son to die, so that we could be saved.

2 Peter 3:9 reminds us that He does not want any to perish.

Salvation is at the heart of Jesus also. Even though He did not want to die, He knew that this was the only way we could be saved. His preaching, teaching, miracles and the casting out of demons were important but not as important as fulfilling His purpose, which was to die a cruel death so that we could live.

The salvation of the world was of primary importance to Jesus. His last words to us in Matthew 28:19-20, just before He ascended to heaven, were instructions on how to win the lost - and we all know how incredibly precious people's last words are.

Winning the lost is important to the Father, it is important to Jesus, surely it must be important to us.

DAY 9 ■ MONDAY 16TH SEPTEMBER

Prepared by Ps Phelim Doherty
River City Apostolic Church
Derry/Londonderry

MY PASTOR & ELDERS

1 THESSALONIANS 5

In today's reading we see the apostle Paul writing to the Thessalonians of those who "labour among you and are over you in the Lord". The word 'labour' can be defined as 'growing weary or exhausted'. He was acutely aware, not just of the wearying effect of the physical challenges of ministry, but also the pressures of carrying a daily concern for the people under his care (also see 2 Corinthians 11:28).

The external challenges of church leadership can be seen in the weekly schedule. What is not so obvious, is the emotional and mental strain of carrying both the weight of a congregation's expectations and their fears and griefs.

Jesus primarily appointed the first overseers of His flock, that "they would be with Him" (Mark 3:14). When Paul then instructs believers to 'esteem highly in love' those who have care over them, his desire is for them be so filled with the Holy Spirit, that elders would daily discover that to be with the Church, is to be with Christ, for Christ is rejoicing always, praying without ceasing and in everything giving thanks.

R E A D R E F L E C T P R A Y

DAY 10 ■ TUESDAY 17TH SEPTEMBER

Prepared by Ps Tim Jack
National Leader, ACUK

CHURCH PLANTING IN THE UK

1 CORINTHIANS 3

The Book of Acts is a template for the church of all ages. Its story is of the spreading fire of the Gospel from Jerusalem, its point of initial ignition, to Asia and then on to Rome with Spain in prospect. The early believers caught God's desire that all mankind hear the Gospel; His desire drove their intentional response. The Gospel turned sinners to saints and wherever there were saints gathered in like-minded life, learning and worship, there was an intention to share their faith with their fellow-citizens. That's the church.

Today we pray for new churches to be planted all across the UK. In particular, we pray for:

- Scott and Rachel Wellard, planting Rope Chapel in Liverpool
- Ashish and Sarah Shinde planting in Birmingham
- Adam and Fru Bird planting a Sunnyhill Church campus in Ferndown, Dorset

No doubt, others have a church in the womb of their spirit. Let's pray for these to be birthed in coming days

"Expect great things from God; attempt great things for God." – William Carey

DAY 11 ■ WEDS 18TH SEPTEMBER

Prepared by Ps Nigel Bainbridge
Actionoverseas

ACTIONOVERSEAS

ACTS 13

“The two of them, sent on their way by the Holy Spirit, went down to Seleucia & sailed from there to Cyprus. When they arrived at Salamis, they proclaimed the word of God in the Jewish synagogues. John was with them as their helper” (Acts 13:4-5)

Rope Chapel meets in the family apartment of Scott and Rachel Wellard in the very heart of central Liverpool. It's a small, growing community. Eating together. Discussing together. Worshipping together. Rope Chapel is Liverpool Apostolic Church: one of the newest Apostolic churches in the UK.

Thank God for Scott and Rachel's willingness to relocate from Melbourne, Australia. They are pursuing a vision God laid on their heart to live in central Liverpool - listening, talking and showing hospitality to those they meet.

Let's pray for people from the UK (couples, singles, retired..) to start to relocate to places abroad. Places where they can live and share and love. Pray for a new generation who say 'yes' to God and then wait for His invitation! Ask God to start something new through you. Ask God to send you.

R E A D R E F L E C T P R A Y

DAY 12 ■ THURSDAY 19TH SEPTEMBER

Prepared by Ps Tim Howells
Bethel Church, Carmarthen

MARRIAGE & FAMILIES

COLOSSIANS 3

Joshua is famously recorded as saying “But as for me and my family, we will serve the Lord.”(Joshua 24:15). Joshua had witnessed God's faithfulness (Joshua 23:14). He was convinced that his Lord was the only true God and that serving Him would bring victory and blessing. So he was determined to teach his entire household to honour his Lord as well. He had trusted God for victory on the battlefield, and he knew that God could also give him spiritual victory in his home.

Parents are conduits by which the stuff of life is transferred from one generation to the next. The Bible calls God our heavenly Father- a spiritual parent, if you will. And the best way children can learn about God is for their parents to act like Him. Take the example of 'forgiveness' & apply verses like Psalm 103:13, “As a father has compassion on his children, so the Lord has compassion on those who fear him”. So as we experience God's compassion and mercy, let us pass it on. Let's trust God for our families.

- Thank God for our spouses & family members
- Pray for God-glorifying marriages that reveal the Father's love to society
- Pray for God-centred families that reflect our Father's heart to this world

DAY 13 ■ FRIDAY 20TH SEPTEMBER

Prepared by Ps Mark Chenery
Queensbury Life Church, Bradford

GOSPEL & ISLAMIC COMMUNITIES

MARK 3

"...[Jesus] looked at those seated in a circle round him and said, 'Here are my mother and my brothers!' (v34)

Praise God, the gospel is reaching vast numbers* of muslims around the world as faithful disciples share Jesus in islamic cultures. What would it take for you to reach your muslim neighbour?

1. PRAYER: it's difficult to pray earnestly for someone you don't have on your heart, so why not start by asking God to bring a muslim into your life that you can love?
2. LOVE: your friend needs the Holy Spirit to fill their hearts with Jesus' love. Muslims believe that Allah is merciful, compassionate and 'loves forgiving' but our God IS love!
3. FAMILY: Muslim converts face hostility from their own family, they need you & your church to take them in, to become brother & sister & mother! May God continue to enable us, in sharing the Gospel, to also share our lives.
4. WISDOM: do everything to understand culture & nothing to dilute Christ. Such a community changed by the gospel won't resemble a European/African church, but it's best placed to reach other islamic communities.

R E A D R E F L E C T P R A Y

DAY 14 ■ SATURDAY 21ST SEPTEMBER

Prepared by Ps Tim Jack
National Leader, ACUK

GOSPEL & JEWISH COMMUNITIES

EPHESIANS 2

In the Gospel, Christ joins in Himself both Jews & Gentiles, breaking down the walls that divide, making a 'new man'. The amazing power of the Gospel to change the unregenerate heart & connect to the life of the Father & His family through the Son.

Jesus, the Son of God, came to the children of Abraham, who roundly rejected Him. He then embraced the Gentiles & promised that He would join Jew & Gentile by faith into one new body. So Jew & Gentile both find fulfilment in Christ. He is the Messiah to the Jew & the anointed Son to the Gentile.

Today we pray for Jews in Israel, the UK & Across the world to find their Messiah; that the eyes of their understanding will be opened to see the true identity of Jesus of Nazareth, their promised Messiah.

Pray that missionary agencies will have new impetus as their reach Jewish people.

Pray that the Lord will use the faithful testimony of ordinary Christians to witness to Christ, crucified & resurrected for people of every tongue, tribe, kindred, & nation.

DAY 15 ■ SUNDAY 22ND SEPTEMBER

Prepared by Ps Simon Taylor
Oakwood Church, Taunton

SOULS & SALVATION

MATTHEW 9

The Gospel is dynamite! It is the power of God for salvation. It is the only means of coming to God & nothing can dilute it's life transforming power. May we never be ashamed of this amazing Gospel but let us daily embody & boldly proclaim this incredible good news.

The missional task before us is immense - without God it would be impossible! The needs are great, the problems widespread, the brokenness incalculable ... & "the labourers are few".

So what are we to do? Jesus calls us to pray (& to pray earnestly!) for the Lord of the harvest to "send out workers". The harvest is far more ready than we often realise but there are insufficient labourers. So let's make sure we're counted amongst His workforce & realising that revivals always start with a passionate & prayerful cry for the lost, let us also pray:

- *That the Lord Himself would send out workers
- *That we might have a greater love for the lost
- *That we might have greater courage & confidence in sharing the Gospel
- *That we daily make & take every opportunity to share Jesus with those who don't know Him

R E A D R E F L E C T P R A Y

DAY 16 ■ MONDAY 23RD SEPTEMBER

Prepared by Phil Holden
Life Church, Edinburgh

UNIVERSITIES & SCHOOLS

EPHESIANS 6

Free education for all was the initiative of the Church. It lifted families out of poverty, laying the moral & spiritual foundation for the UK. Today schools & universities are laying a new foundation of humanistic philosophy, new age spirituality & sexual liberation; saying we can take pride in & celebrate our diverse fallen states, rather than humbling ourselves before God. Repentance means to change our mind, but pride means we have no need to change (because we are the standard). Our children & young people are being sold a lie that peace is found in accepting ourselves as we are, & not in accepting Jesus & pleading with Him to send the Holy Spirit to change us to be holy as God is holy.

To the question "What shall we do?", Peter replied, "Repent & be baptised, every one of you, in the name of Jesus Christ for the forgiveness of your sins. And you will receive the gift of the Holy Spirit. The promise is for you & your children & for all who are far off - for all whom the Lord our God will call." (Acts 2:37-39)

Let's pray God will call multitudes of young people who are far off to repentance, fill them with His Holy Spirit & change them so radically that the world sits up & listens.

DAY 17 ■ TUESDAY 24TH SEPT

Prepared by Elder John Davies
Burnt Oak Christian Fellowship, Edgware

MY LOCAL CHURCH

2 PETER 1

FASTING - praying for our churches to rise up in the power of true fasting

*Isaiah 58:6-12 - practically addressing enemy strongholds, injustice & oppression

*2 Corinthians 10:4-5 - allowing our spiritual growth to translate into acts of justice, kindness & generosity

MOTIVATION - praying for His divine inspiration & heaven's driving force

*Galatians 5:22,23 - the work & fruit of the Holy Spirit in us *John 15 - abiding in Him

*2 Peter 1 - His divine power & spiritual growth resulting in productivity & effectiveness

*Romans 8:29 - conforming to Christ's image *1 Peter 1:22 - love & obedience

OUTREACH - praying for the needs of our community & reaching out with the powerful Gospel (Romans 1:16)

*Matthew 4:19 - our call to be "fishers of men" *Matthew 5:13-16 - as salt & light, we are not to be hidden

*Matthew 25:34-40 - serving the marginalised & needy *John 6:9 - giving to God what is in our hands

*Acts 1:8 - Spirit-empowered witnesses amongst all those who surround us

DISCIPLESHIP - making, maturing & mobilising all believers; to be disciple-making disciples (Matt 28:18-20)

R E A D R E F L E C T P R A Y

DAY 18 ■ WEDS 25TH SEPTEMBER

Prepared by Chloe Thomas
National ACUK Youth Leader

YOUNG PEOPLE

1 SAMUEL 16

It was so unexpected. David was a young shepherd boy, how could God choose him to become king? When human eyes only saw him for his looks & status, he - was - chosen! God looked past the typical thoughts of man & went for the unexpected; looking past the outside, & into the heart. God finds possibilities for grace in the most unlikely of people; here, choosing their boy to be king. David defeated a giant using a sling & stones, despite the doubts of those around him, & wrote Psalms with great vulnerability & honesty. It's amazing to see what God did in the life of someone so young.

Then there was a baby called Jesus, born in a stable, grew into a young man & died on a cross; the Saviour of the world - incredible & totally unexpected.

God loves to surprise us. He always chooses the unexpected, & amazes us. If God chose a young shepherd boy, & revealed Himself through a baby in a stable, then He can do anything, with anyone.

Young people are the leaders of today, not just tomorrow. So I challenge you, to look past the outward & who you think God will use, & into the heart, to see what God sees. What young people are in your lives that could be the unexpected choice of God that He wants to use for great purpose?

DAY 19 ■ THURSDAY 26TH SEPTEMBER

Prepared by Esther Thompson
Brackla Tabernacle, Bridgend

MY PASTOR & ELDERS

ISAIAH 49

We live in a world of gadgetry. Thanks to smart apps we can open our front door from Thailand, see what's happening in our gardens from Johannesburg & turn our heating on from Miami! Telecommunication has removed the need to be present to effect change. Yet we have the privilege of effecting change for our church leaders: calling on the power of God to impact them and their lives.

We can cause a change in circumstance that is able to open or close doors for our leaders. We can help them practically to ensure they get to where they need to be safely, and on time. We can play our part in helping to raise their children and grandchildren. We are inevitable participants in their world: cheerleaders, encouragers, comforters, providers and guides.

It's such a blessing to hear leaders mention something wonderful that's happened or preach a great sermon - it's encouraging to know that together we play our part in supporting our Pastor & Elders. Isaiah prophesies, "See, I have engraved you on the palm of my hands, your walls are ever before me" (49:16). Let's keep these anointed leaders in our hands too and bless them 'remotely.'

R E A D R E F L E C T P R A Y

DAY 20 ■ FRIDAY 27TH SEPTEMBER

Prepared by Ps Jes Abbott
Community Church, Deal

MISSION & MISSIONARIES

ROMANS 10

The Apostle Paul knew a thing or two about mission. He, along with his mission partners, was primarily responsible for bringing the Gospel to the Gentiles & planting churches throughout the Middle East & Europe. He was driven by the Spirit to share the truth with anyone who would listen & he knew that unless someone is sent, people cannot hear & believe. We should probably take notice of what he said!

We each have our own mission field & we should pray for opportunities to share the Good News there.

However, God's plan isn't just for our locality - Jesus Himself called us to preach the Gospel 'in Jerusalem, Judea, Samaria & to the ends of the world'. We have the responsibility & privilege to play our part in that Great Commission - we can do that in several ways. We can pray, we can give & we can go. Ask the Holy Spirit to reveal to you today what part you should play in delivering the Great Commission.

- Pray for those who are sent to bring the Gospel to other countries.
- Seek His will as to whether you should go on a short-term mission with Action Overseas.
- Sow financially into spreading the Gospel, so others may hear, believe & call on the name of the Lord.

A CALL TO CELEBRATION

PHILIPPIANS 4

The act of celebrating has always been important to God, and it should be to us too.

In the Old Testament, God gave clear direction as to how, when and where the children of Israel were to celebrate, even to what they ate (Numbers 29:12-40). Celebration is serious to God because He doesn't want the focus of our celebrations to be taken off Him. If we don't know the One whom we celebrate, we will miss the essence of our celebration.

As we celebrate our victories at the end of this time of prayer and fasting, we must remember the importance of celebrating our God who gives us victory. Our God is worth celebrating for who He is. He is worth celebrating for what He has done, is doing and will do in our lives, and in the lives of others. He saves our souls and heals all our diseases. He supplies all our needs. He is our shield and deliverer from trouble. He does great and mighty things all over the world.

Nothing should prevent us from daily celebrating our God. Let us celebrate Him!

"Celebrate God. Sing together - everyone! All you honest hearts, raise the roof!" (Psalm 32:11 MSG)

FASTING DRAWS US NEARER TO GOD & SEEKS HIS KINGDOM ADVANCE.

FASTING ELIMINATES DISTRACTIONS FOR SPIRITUAL PURPOSE - RENEWING OUR HEARTS, FROM THE INSIDE OUT.

FASTING SHOWS HUMILITY BEFORE GOD, POSITIONING US TO FURTHER ENCOUNTER HIS LOVE & GRACE.

FASTING ENHANCES SENSITIVITY TO THE HOLY SPIRIT; TUNES OUR EARS TO HEAR WITH GREATER CLARITY.

FASTING REVEALS OUR NATURE; EXPOSES AREAS WE COVER OVER & ON WHICH HE WANTS TO WORK.

"More than any other discipline, fasting reveals the things that control us. This is a wonderful benefit to the true disciple who longs to be transformed into the image of Christ." (Richard Foster)

Strategically plan your fast & when you pray.

Get medical advice if needed.

Drink a lot of water.

Journal thoughts & prayers.

Record what God says.

Be accountable. Share your journey.

Let hunger pain prompt prayer.

Faith not feelings. If you think nothing's happening, it is.

Don't get legalistic. It's not about rules but relationship.

Keep it real.

Wisely break your fast. Let your body readjust.

ABSOLUTE FAST.
NO FOOD/WATER FOR A TIME (EXODUS 43:28). BE VERY CAREFUL WITH THIS.

COMPLETE FAST.
NO FOOD. WATER OR JUICE & WATER.

SELECTIVE FAST.
A DANIEL FAST - NO MEAT, SWEETS, BREAD - ONLY FRUIT, VEG & LIQUIDS (DANIEL 1:8,12)

PARTIAL FAST.
NO FOOD FOR A PERIOD OF THE DAY, E.G. FROM 6:00AM TO 3:00PM, OR FROM SUNRISE TO SUNSET.

MEDIA FAST.
ABSTAIN FROM TV/FILMS/ COMPUTER GAMES OR SOCIAL MEDIA.