



DANIEL FAST

SEPTEMBER 2019

WESLEY INTERNATIONAL CONGREGATION



Why the Daniel Fast?

2019 is all about “Restoration and Renewal” and one of those aspects is the restoration and renewal of our bodies.

God impressed upon our heart to call the church to a season of praying and fasting through the Daniel fast.

This season of praying and fasting is about surrendering ourselves to God as a church, trusting Him to renew our hunger; holiness, honour and humility towards Him.

As you personally engage with this Daniel fast, be prepared that it will not be easy; but be expectant that God will do a new work in your life and in our congregation. We believe God will reveal powerful things to us about who we are, who He is, and how He is leading us forward.

May Daniel’s experience of inspiring encounters with God; supernatural wisdom and knowledge; physical strength and nourishment; and incredible favour with those around him become our experience throughout this fast as we humble ourselves before our mighty God!

Love,
The WIC Pastors



What We Hope For in this Season

Throughout this fast, we pray these four things will grow in us and in the church:

Hunger- we want to grow a hunger for God above anything else in our lives. Our prayer is that He would be the focus of our appetite. This fast will help us to grow this hunger for God. Psalm 63 says: "Your love is better than life" and "I will be fully satisfied as with the richest of foods; with singing lips my mouth will praise you". That's what we want!

Holiness- we want to grow in our holiness towards God. 2 Timothy 2:20 explains that our holiness makes us ready and useful for our Master, prepared for every good work. We want our bodies to be used for God's glory.

Honour- we want to honour God with how we treat our bodies. 1 Corinthians 6:19 explains that our bodies are temples of the Holy Spirit and that He lives in us. Therefore, taking care of our bodies is one way to honour God's indwelling presence in us.

Humility- lastly we want to grow in our humility before God. When Daniel fasted and prayed (Daniel 10), God sent an angel in response to Daniel's humility (Daniel 10:2). We want to humbly seek our God and not trust in our own abilities and resources.



Tools to Help Us

To help make the most of the Daniel fast, these two tools will strengthen and encourage you:

Daily Devotions

Every day is a devotion unpacking a scripture about fasting. May these encourage you to grow in your understanding of fasting and inspire you in prayer and action.

Hunger for God

There is a free e-book written by John Piper which will inspire you greatly around fasting. Follow the reading plan of reading 2-3 chapters each week and be encouraged by the Word of God. You can access "Hunger for God" here:

<https://www.desiringgod.org/books/a-hunger-for-god.pdf>

Here is a devotional, reading and prayer plan for each week:

Week	Devotions	"Hunger for God" Readings	Prayer Focus
2-8 Sept	1-7	Chapter 1: Is Fasting Christian? Chapter 2: Man shall not live by bread alone	For our lives and our church to be transformed
9-15 Sept	8-14	Chapter 3: Fasting for the reward of the Father Chapter 4: Fasting for the King's coming Chapter 5: Fasting and the course of History	For our city and country to be transformed
16-20 Sept	15-20	Chapter 6: Finding God in the Garden of Pain Chapter 7: Fasting for the Little Ones	For our world to be transformed

Daniel Fast- The Basics

The Daniel Fast is based on the following passage in Scripture
“11 Daniel then said to the guard whom the chief official had appointed over Daniel, Hananiah, Mishael and Azariah, 12 “Please test your servants for ten days: Give us nothing but vegetables to eat and water to drink.”
(Daniel 1:11-12)

The reason that Daniel and his friends did not want to eat the rich and luxurious food from the king’s table was so that they would stay focused on God and His will. As a church we are undertaking this fast for precisely that reason – to focus more on God.

When doing the Daniel Fast it is important to avoid all:

- animal products·
- carbonated, caffeinated and alcoholic beverages·
- luxury food items (e.g. chips, chocolate, biscuits, cakes)

Be aware that you may experience fatigue or headaches in the first two to three days of the fast, in response to the lack of caffeine and other stimulants. These symptoms should disappear within a few days. Please be sure to follow your doctor’s advice if you have a medical condition that may restrict you from undertaking this fast.

For recipes and more information check out:

WIC website/app (wesleyinternational.org.au)

<http://dish.allrecipes.com/recipes-kick-start-daniel-fast/> text



Day 1: 2 Sep 2019

Fasting for An Audience of One

16 "When you fast, do not look sombre as the hypocrites do, for they disfigure their faces to show others they are fasting. Truly I tell you, they have received their reward in full. 17 But when you fast, put oil on your head and wash your face, 18 so that it will not be obvious to others that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you.

Matthew 6:16-18 (NIV).

Reflection

This passage comes from Jesus' famous Sermon on the Mount. The bulk of this sermon is about having an authentic faith that comes from the heart as opposed to a superficial faith focused on what others see. In this sermon, Jesus implies that those who fast to impress others will miss out on the reward the Father wants to give them. All they will receive is people's applause.

Instead says Jesus, make your devotion through fasting obvious to an audience of one: the Father Himself. The Father looks to what is done in secret, He searches our hearts and happily rewards those who are authentic in their devotion.

Action

As we fast in this season, let's ensure that we are doing this because we want to humble ourselves before our God alone and honour Him above all.

Prayer

Forgive us, God, when we are proud of our devotion. Help us to be humble before you, and sincere as we seek Your face during this time of fasting and prayer. By Your grace, would You give us Your reward in the secret place. Amen



Day 2: 3 Sept 2019

Fasting for Holiness

28 Moses was there with the Lord forty days and forty nights without eating bread or drinking water. And he wrote on the tablets the words of the covenant—the Ten Commandments.

Exodus 34:28 (NIV)

Reflection


Moses was called up on Mount Sinai so that God could reveal the laws that the people of Israel were to live by. As they lived by these laws they would reflect God's love, righteousness and holiness to the world. Moses was in the presence of God and His holiness for forty days and forty nights without eating or drinking anything. The result of that fast was God's revelation of His holiness and how to be more like Him. Do we seek to be holy as God is holy?

Action

Today as you fast reflect on God's holiness and repent of all the ways that you fail to be holy as He is holy. Allow the Holy Spirit to convict you of that which needs the forgiveness of Christ to be pure before our great and holy God.

Prayer

Holy God, please forgive me for all the times when I don't even think about being holy as You are holy. Please forgive me for all my sins and especially those that stop the reflection of your love and holiness to others through me. Lord help me to holy unto You. Amen.



Day 3: 4 Sept 2019

Fasting to Remember Our True Identity

1 Jesus, full of the Holy Spirit, left the Jordan and was led by the Spirit into the wilderness, 2 where for forty days he was tempted by the devil. He ate nothing during those days, and at the end of them he was hungry. 3 The devil said to him, "If you are the Son of God, tell this stone to become bread." 4 Jesus answered, "It is written: 'Man shall not live on bread alone.'"
Luke 4:1-4 (NIV)

Reflection

Immediately after Jesus was baptised by the Holy Spirit, He was led into the wilderness to be tempted by Satan. During this time, Jesus fasted. Even though he was physically hungry, He was spiritually "full of the Holy Spirit".

Sometimes fasting enables us to master our physical urges in order to face spiritually intense or challenging situations. Satan comes to attack our sense of identity in God, but in our case, God's word together with the Holy Spirit's affirmation of our identity as children (Rom 8:15-16) strengthens our sense of who we are in Christ!


Jesus responded to Satan quoting the scripture: "Man shall not live on bread alone..." the unquoted rest of that verse is... "but by every word that proceeds from the mouth of God". Wow! How much more satisfying is God's word than physical bread!

Action

As you fast today, remind yourself of your true identity - that you are a child of God filled with the Holy Spirit. Ask the Holy Spirit to help you to overcome all attacks of Satan who tries to prevent us from walking in our true identity in Christ. As you read the Bible today, remember that this is spiritual food that goes on nourishing into eternity.

Prayer

Jesus, enable us to overcome all the attacks of the enemy, especially those that target our identity. Fill us with the Holy Spirit, satisfy us with Your word and strengthen us with Your power. Amen.



Day 4: 5 Sept 2019

Fasting for a Godly Focus

11 Daniel then said ...12 "Please test your servants for ten days: Give us nothing but vegetables to eat and water to drink. 13 Then compare our appearance with that of the young men who eat the royal food, and treat your servants in accordance with what you see." 14 So he agreed to this and tested them for ten days. 15 At the end of the ten days they looked healthier and better nourished than any of the young men who ate the royal food.

Daniel 1:11-15 (NIV)

Reflection

The reason that Daniel and his friends fasted while they were in the courts of a pagan king was to live according to God's holy law as expressed through the Torah. They did not want to compromise their holiness to God through what they ate.

This act of commitment was about holiness to God and trusting God to provide what they needed. As the story unfolds, God blessed their commitment to live a holy lifestyle and provided more than they needed!

Action

As you fast today, ask the Holy Spirit to reveal to you in what ways God might be taking you to another level of holiness. Pray deeply about ways in which the Lord may be calling you to trust Him for all things.

Prayer

Jesus, thank you that Your divine power gives me everything I need for life and godliness and it's all because of You. Move in me and transform me as I choose to live a holy life for You and by Your strength. I trust that You will provide for my every need. Amen.



Day 5: 6 Sept 2019

Fasting that leads to hearing

2 While they were worshiping the Lord and fasting, the Holy Spirit said, "Set apart for me Barnabas and Saul for the work to which I have called them." 3 So after they had fasted and prayed, they placed their hands on them and sent them off.

Acts 13 2-3 (NIV)

Reflection


The Christians in Antioch were so determined to draw closer to God in devotion and worship that they purposefully abstained from eating. When the hunger pangs hit, it simply caused them to pray more passionately and seek the Lord more deeply. It was in this spirit of heartfelt devotion that the Lord chose to speak to them and to reveal His will to them, even though that was not the purpose or intention of the worship, prayer and fasting. The unexpected surprise of such worship, and fasting is that He spoke to them and revealed His will to them. Their heartfelt devotion led to divine hearing.

Action

Every time today that you feel a hunger pang, or a desire for food that is not included in the Daniel fast, praise and worship God simply for who He is and for what He has done for us. Don't be surprised if you hear His voice revealing His will for you in growing His kingdom for His glory.

Prayer

Loving God, help me to be completely devoted to You in all that I do. You are worthy of all my praise and worship. Help me to love You with all my heart, mind, strength and soul. May I hear Your voice speaking to me this day. In Jesus name, Amen.



Day 6: 7 Sept 2019

Fasting in Authentic Commitment

"Even now," declares the Lord, "return to me with all your heart, with fasting and weeping and mourning."

Joel 2:12 (NIV)

Reflection

The Lord, speaking through the prophet Joel, called Israel corporately to fast and pray so that the impending judgement, for their sins, would not come upon them. A corporate fast that allowed people to humble themselves, earnestly pursue God and repent of their sin, could have meant that the judgement would have been withheld. What the Lord was seeking from Israel was an authentic commitment to Him. Sadly however, due to Israel's stubbornness of heart and refusal to fast, the judgement that was prophesied came upon them.

Action

As you fast today, check your heart to determine how authentically you are committed to Him. Is Jesus truly more important than everything else in your life?

Prayer

Loving God thank-you that you are compassionate and merciful. Help me to be fully and authentically committed to you in all things. Amen.



Day 7: 8 Sept 2019

Fasting that Endures Scorn

When I weep and fast, I must endure scorn;
Psalm 69:6-12

Reflection

In Psalm 69 we see that David fasts and prays because of his passion for God and His ways. David is perplexed when he sees the evil that abounds around him and he fasts and prays in grief and mourning, that sinners will turn away from evil and toward God. Those who do want anything to do with the Lord, mock David when they see him weeping and fasting for the state of their souls.


Those who are not yet in a personal relationship with Jesus, may mock our fasting and passion for Him which can be hurtful and humiliating. They do this because they are blind to the ways of God and cannot see. This calls for yet more fasting and prayer for those who are not yet in a saving relationship with God through Jesus. God is passionate that those who do not yet know Him, come to Him. Are we as concerned as God is, for the souls of those who mock us and Him?

Action

As you fast today, reconfirm your love and zeal for God and pray that blind eyes will be open to Jesus, and hearts will receive Him. Remember too that Jesus was mocked because of His zeal for God and passion to reach the lost. Know that He has gone before us and suffers with us.

Prayer

Everlasting God, may we be zealous and passionate for You. Help us to be passionate about helping those who are lost to come to a saving faith in Jesus. Help us to forgive those who mock us in our desire to live for You and may You open their eyes to see Your grace and mercy. Amen.



Day 8: 9 Sept 2019

Fasting – A Word of Warning

11 The Pharisee stood by himself and prayed: 'God, I thank you that I am not like other people—robbers, evildoers, adulterers—or even like this tax collector. 12 I fast twice a week and give a tenth of all I get.'

Luke 18:11-12 (NIV)

Reflection

In the parable of the “Pharisee and the Tax Collector”, Jesus rebukes the Pharisee because of his religious pride and self-righteousness. Jesus was not rebuking the Pharisee for his devotional deeds to God, but rather for his pride in his actions and his critical and judgmental attitude toward others.

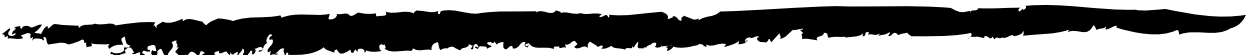
On the other hand, Jesus commended the tax collector who was truly convicted of his sin and was pleading for God’s mercy. Are there times when we may be critical of others who may not be living the Christian life as we think that they should? What is our true motive when we do things for God and His church? It is important that we check our hearts in all activities that are devoted to God, especially fasting. Every devotional activity that we do, should come from a place of humble appreciation of God’s grace in our lives and to reflect our love for Him and others.

Action

In the moments of self-denial today, thank God that there is absolutely no way you can earn His love and salvation – it is a free gift of grace. Check that your fasting is not about achieving or being better than others, but truly humbling yourself before a mighty God who has given His all for us.

Prayer

Merciful God, please forgive me for every moment that I have been self-righteous and proud. Remind me always that I am completely and utterly dependent on Your grace and help me to walk humbly with You in every moment. Amen.



Day 9: 10 Sept 2019

Fasting to Humble Ourselves

3"So I turned to the Lord God and pleaded with him in prayer and petition, in fasting, and in sackcloth and ashes. 4 I prayed to the Lord my God and confessed: "Lord, the great and awesome God, who keeps His covenant of love with those who love Him and keep His commandments,5 we have sinned and done wrong. We have been wicked and have rebelled; we have turned away from Your commands and laws. Daniel 9:3-5 (NIV)

Reflection

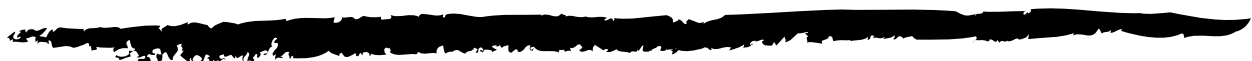
Daniel anticipated that the time would soon come for his people Israel to be restored to their homeland. Jeremiah had prophesied over 70 years prior, that God's people would call out to Him in prayer, and He would hear and restore them to their land. So Daniel fasted and clothed himself in sackcloth and ashes, in an expression of intense mourning and repentance for his and his people's sin (this was the reason they were exiled in the first place). Daniel prayed declaring God's greatness and covenant of love for His people. He then pleaded for God's mercy for his own sin and the sin of his people.

Action

As we fast and pray together let's declare the greatness of God and His love, and let's also humble ourselves for our sins against God, and our gratitude for His forgiveness through Jesus.

Prayer

God, there is no one as great and awesome as You! Your love for us is so great and we know that because of Jesus and the price He paid for our salvation. Cleanse us of our sins and heal us for Your glory.



Day 10: 11 Sept 2019

Fasting in Communal Repentance

6 When Jonah's warning reached the king of Nineveh, he rose from his throne, took off his royal robes, covered himself with sackcloth and sat down in the dust. 7 This is the proclamation he issued in Nineveh: "By the decree of the king and his nobles: Do not let people or animals, herds or flocks, taste anything; do not let them eat or drink. 8 But let people and animals be covered with sackcloth. Let everyone call urgently on God. Let them give up their evil ways and their violence. 9 Who knows? God may yet relent and with compassion turn from his fierce anger so that we will not perish."

Jonah 3:5-9 (NIV).

Reflection

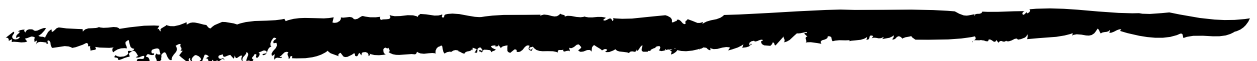
When the king of Nineveh eventually heard the prophet Jonah's half-hearted sermon, he was immediately convicted. He humbled himself and called the nation to express humility before God, urgently pray to Him and give up their evil ways. The king's hope was that God would see this act of humility and repentance and turn His fierce anger away from the people and the land. Thankfully for this Gentile king and his nation, God was moved by their humble and repentant response, and withheld the punishment for their sins.

Action

During this time of fasting and prayer let us pray for our nation, Australia. Let us pray that our nation would turn away from sin and to God. Pray that our Lord will be merciful, gracious and compassionate to this nation and cause this land and its people to flourish and bring glory to Him.

Prayer

Jesus, please move powerfully across Australia. Cause our leaders and our people to humble ourselves before You, turn away from sin, and call on Your Name. Pour out grace and favour on us and lead us forward. Amen.



Day 11: 12 Sept 2019

Fasting for Communal Renewal

*1 On the twenty-fourth day of the same month, the Israelites gathered together, fasting and wearing sackcloth and putting dust on their heads.
2 Those of Israelite descent had separated themselves from all foreigners. They stood in their places and confessed their sins and the sins of their ancestors.*

Nehemiah 9:1-3

Reflection

Nehemiah had rebuilt the broken walls of Jerusalem; Ezra had re-established the Mosaic law and on this very special day, the people gathered and humbled themselves before God in fasting, sackcloth, pouring dirt upon their heads and prayer.


This whole day was about worshiping God declaring His greatness and faithfulness; confessing their sins and the sins of their ancestors and reading God's law together. At the end of this time the people renewed their covenant promise to God that He would be their God and they would be His people and follow after His ways.

Action

Throughout this fast let's corporately continue to confess to God our sins and the sins of those who have gone before us. Let's declare God's faithfulness and greatness. Let's personally recommit to being fully devoted followers of Jesus and allow Him to renew us together!

Prayer

Lord, You are the God of restoration and renewal. Lord we recommit our lives and our congregations to You once again today, and pray that you would renew and refresh our hearts. May the spark that was started when we came to faith, be fanned into a mighty flame for the sake of Your Holy Name. You are our God and we are Your people. Amen.



Day 12: 13 Sept 2019

Fasting for Healing

13Yet when they were ill, I put on sackcloth and humbled myself with fasting. When my prayers returned to me unanswered, 14I went about mourning as though for my friend or brother. I bowed my head in grief as though weeping for my mother.

Ps 35:13-14 (NIV)

Reflection

In this passage, David recounts a time when someone he knew was overcome with sickness. He responded by putting on sackcloth, humbling himself, fasting and praying for healing. Sometimes in desperate situations God's people humble themselves in this way in hopeful and earnest desire for God to intervene and heal someone from sickness. At times we experience miracles and breakthroughs! At other times such as in this psalm, healing may not come in the way we expect it.

Be encouraged, however, that God hears our prayers and He works for our good and His glory, even when we don't understand. No fasting or prayer for another goes to waste in the spiritual realm.

Action

As you fast today, pray deeply for those you know in our congregation and beyond who need healing of any sort.

Prayer

Lord Jesus, fill us with compassionate hearts for desperate situations around us. As we call upon You, may You release Your healing and restoring power. Thank-you God that You are always good and work all things together for our good and Your glory. Amen.



Day 13: 14 Sept 2019

Fasting that leads to Advocacy

*6“Is not this the kind of fasting I have chosen: to loose the chains of injustice and untie the cords of the yoke, to set the oppressed free and break every yoke? 7Is it not to share your food with the hungry and to provide the poor wanderer with shelter—when you see the naked, to clothe them, and not to turn away from your own flesh and blood?
Isaiah 58:6-7 (NIV)*

Reflection

Through the prophet Isaiah, God rebukes His people who are fasting with the wrong attitude. The people were fasting and expecting God to bless them, but in their personal lives they were still oppressing others and neglecting those in need. They were focusing on the external religious actions and ignoring their day-to-day lifestyle, which offended God in the poor treatment of the needy.


In this passage, God gives a fresh perspective on fasting where it includes an active commitment to releasing the oppressed and sharing generously with those in need. God promises that when His people address injustice and poverty, their light will break forth, their healing shall spring up, their righteousness will go before them and God’s glory will protect them. What a powerful promise!

Action

As you fast today, pray about how we might reflect God’s deep compassion for the needy in our communities and beyond, and then move to action.

Prayer

Jesus, throughout this fast we don’t want to focus on the external religious activities and neglect the lifestyle change that You want to make in us. Re-orient us to be increasingly compassionate to help the oppressed experience freedom and restoration! Show us the way. Amen.



Day 14: 15 Sept 2019

Fasting for Salvation

16 "Go, gather together all the Jews who are in Susa, and fast for me. Do not eat or drink for three days, night or day. I and my attendants will fast as you do. When this is done, I will go to the king, even though it is against the law. And if I perish, I perish."

Esther 4:16 (NIV)

Reflection

Esther asked the Jewish people to fast, which is the most intense and passionate form of prayer, so that God would save herself and them. If God did not intervene, then thousands of Jewish people would have been thoughtlessly and mercilessly annihilated. Are we as concerned for the eternal state of those around us who have not come to put their trust in Jesus as their Lord and Saviour? The truth is that eternity without Jesus, is far worse than the situation that Esther and her people were facing at the time. This should concern us as much as it does the Lord who does not want one to be lost (2 Peter 3:9).

Action

As you fast today, pray more intensely for all those that you know have not yet put their trust in the shed blood of Jesus for eternal life. Pray that their hearts would be softened to the good news that they experience eternal life in the presence of God, through faith in Jesus.

Prayer

Merciful God, forgive us that we so easily fail to desperately seek You and pray for the salvation of souls. Give us Your passion for the millions in our world, who are still lost, not knowing that saving power that only Jesus can offer. Give us a boldness to share You with others wherever we are. Amen.



Day 15: 16 Sept 2019

Fasting for the Persecuted Church

4 When I heard these things, I sat down and wept. For some days I mourned and fasted and prayed before the God of heaven.

Nehemiah 1:4 (NIV)

Reflection

Nehemiah fasted and prayed when he heard about the desperate state of God's people as well as His holy city Jerusalem. Nehemiah's fast intensified his prayers for those who were suffering because of their faith. The result of the fast was that the Lord granted Nehemiah favour to go and help his brothers and sisters and to build up the walls of Jerusalem.


There has never been a time in history when the persecution of Christians has been worse than it is right now. Many are being imprisoned, treated unjustly and even being killed because of their faith in Jesus. Are we crying out for our persecuted brothers and sisters in Christ with the same passion that Nehemiah had for the Jewish people? Are we doing anything practically to help those who are not free to worship Jesus as we are?

Action

As you fast today, pray deeply for our brothers and sisters in Christ who are suffering tremendously for their faith. Find out more about the persecuted church by visiting the websites of "Open Doors" and "Voice of the Martyrs".

Prayer

Lord, today we weep with You over those who are suffering for the sake of Christ. We pray that in their struggle they would never renounce their faith in Jesus. Please provide for their needs and strengthen them to be able to witness to those who have not yet come to know the eternal hope that we all have in Jesus. Guide us in helping our persecuted brothers and sisters in Christ. Amen.



Day 16: 17 Sept 2019

Fasting in Repentance and Request

16 David pleaded with God for the child. He fasted and spent the nights lying in sackcloth on the ground. 17 The elders of his household stood beside him to get him up from the ground, but he refused, and he would not eat any food with them.

2 Samuel 12:16-17 (NIV)

Reflection

This was a very difficult time for David. Confronted with the reality that his son was the result of an extra-marital affair; and then seeing his son stricken with illness; he responded by fasting and pleading with God for his son's condition.

The prayer and fasting was probably a combination of David's confession of his sin and the consequences of it, as well as a prayer of God's intervention for his son to be healed.

Sadly David's son died, yet David made a great statement of faith: "I shall go to him, but he will not return to me." (2 Sam 12:23). This was a declaration that David believed in the resurrection, and knew confidently that one day he would see him again.

Action

Today as you fast, ask the Holy Spirit to be revealing sin in your life that may have led to unwanted consequences. Pray for forgiveness and for the Lord's will to be done in your life.

Prayer

Jesus, thank-You for Your great love and grace towards me. I confess my sins to You and thank You for Your forgiveness. I also pray that You would heal and restore the consequences of my sins. My hope and trust are in You. Amen.



Day 17: 18 Sept 2019

Fasting for God's Protection

21 Then I proclaimed a fast there, at the river Ahava, that we might humble ourselves before our God, to seek from him a safe journey for ourselves, our children, and all our goods. 22 For I was ashamed to ask the king for a band of soldiers and horsemen to protect us against the enemy on our way, since we had told the king, "The hand of our God is for good on all who seek him, and the power of his wrath is against all who forsake him."

Ezra 8:21-22.

Reflection

Ezra had been given the green light by the Persian king to return back to Jerusalem with a large group of God's people to re-establish the laws God had revealed through Moses. What a miracle!

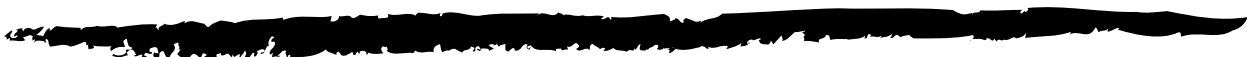
This was a very large group of people with women and children as well as many animals, goods and valuables and the four-month journey back to Jerusalem would be fraught with dangers and bandits. In anticipation of this dangerous journey, Ezra called for a public fast before they set off. It was an act of humility before God, a declaration of their trust in Him, and a prayer for God's protection. During the fast, they prayed that God would show Himself to be faithful and powerful to the Persian King as Ezra said he would.

Action

Today as we fast, let us pray that God would protect us individually and communally as He leads us in His purposes and plans for WIC. Pray that everyone around us will see God's faithfulness and power!

Prayer

God, we look to You to protect us and lead us forward. We long for Your ways to be established in the broken cities and nations of this world, to the glory of Your name. Amen.



Day 18: 19 Sept 2019

Fasting To Understand

3 I ate no choice food; no meat or wine touched my lips; and I used no lotions at all until the three weeks were over.

Daniel 10:3 (NIV)

Reflection

In Daniel 10:1, we read that the Daniel performs a three-week fast in response to a vision of a “great war”. Daniel was so disturbed by the vision that he denied himself all luxuries to pursue God for understanding.

Daniel’s pursuit of the Lord for understanding in prayer and fasting, was well received by God. God was pleased that Daniel humbled himself to seek understanding from Him and not to try and figure the vision out with his own intellect. (Dan 10:12).

The Lord was so delighted with Daniel’s fasting that He immediately sent the Angel Gabriel to bring revelation regarding the vision.

Action

Today as you fast, ask God for an understanding of Scripture or life circumstances that you don’t understand.

Prayer

Almighty God, as I turn my mind towards you today in prayer and fasting, please help me to see and understand that which up until now has been confusing or perplexing. May I see and understand all things from Your good and perfect perspective. Amen.



Day 19: 20 Sept 2019

Fasting for Ministry Leaders

23 Paul and Barnabas appointed elders for them in each church and, with prayer and fasting, committed them to the Lord, in whom they had put their trust.

Acts 14:23

Reflection

Paul and Barnabas knew the vital role that Godly leaders play in the spiritual growth of the sheep under their watch. They therefore sought the Lord's choice of leader through prayer and fasting (which served to intensify their prayers). Following the appointment of the leaders, they then committed them once again to the Lord in prayer and fasting. The appointment and dedication of the leaders was viewed as so important that fasting to seek the Lord and then to commit them to service was seen as a prerequisite.


Do we value God-directed appointment and commissioning of our Christian leaders so much that we are willing to fast and pray? Do we pray deeply for God to guide our leaders in all things and to protect them from the attacks of the Enemy?

Action

Today as you fast, pray for all those in positions of leadership and authority in the church. Pray that all leaders will be humble before the Lord and anointed for the task to which He has called them. Pray for the protection of leaders and their families and that God will be guiding the church in the selection and appointment of future leaders.

Prayer

Sovereign God, please help and protect all of our spiritual leaders within the church. Protect them from all attacks of Satan and give them Your wisdom, discernment and power as they seek to guide us into deeper relationship with You. May all selection of leaders within Your church, be done in a spirit of humility and an active seeking of Your divine will. Amen.



Day 20: 21 Sept 2019

Fasting for God's Promises

37 and then was a widow until she was eighty-four. She never left the temple but worshiped night and day, fasting and praying.

Luke 2:37 (NIV)

Reflection

Anna was a woman devoted to prayer and fasting. She believed that God would fulfil His promise of sending a saviour for the nation of Israel. When Jesus, was presented at the temple as a baby, she knew that God was fulfilling His promise. Jesus is the ultimate fulfilment of the promises of God.

Our great God has promised us salvation and a wonderful eternity when we put our faith in Jesus. He has also promised that one day Jesus will return to earth to make all things right. Do we long for that time, crying out to God for His final promises to be fulfilled? Or are we so distracted by the empty and temporary things of this life that are of no lasting consequence?

Action

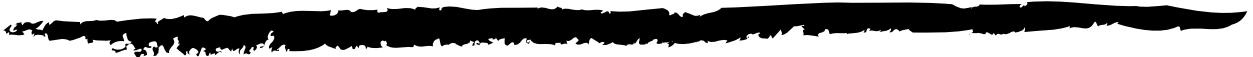
As you fast today, thank God that He is a God of His word and promises. Ask Him to keep your eyes fixed on Jesus and the true life that we can only have in Him. Pray in eager expectation of the second coming of Jesus.

Prayer

Faithful God, I thank and praise You that You are a God who keeps Your Word. Thank-you that all Your good promises will be fulfilled for those who love You. Help me to keep focused on Your eternal promises and turn from temporary and fleeting distractions. Come Lord Jesus Come. Amen.



Personal Notes



You Made It!

We hope that this has been a time of great blessing for you and that you have drawn closer to the Lord in prayer and fasting. We hope that you have had a deeper revelation of God's love for you and the world. We pray that there is greater clarity for God's purpose for you and WIC as a congregation, as we seek to grow His Kingdom in our world.

May this be the start of more frequent prayer and fasting, as we together seek to be transformed in and through Christ, to transform cities.

