

**Objective: to enable
God's people to
experience God's
favour in the time of
fasting and prayer.**

21 January 2020
NLBC a.m.

Fasting & Favour 2020

Heb. 11:6 says, "...he *rewards* those who earnestly seek him."

Heb. 12:2 says, "Let us *fix our eyes on Jesus*, the author and perfecter of our faith...."

*In this focused time of fasting and prayer, make the decision to seek the Lord with all of your heart. If for some medical reason you cannot do a full 'water-only' fast, cut back as many meals as you can and make the food you do eat, simple, modest and minimal i.e. broth or juice.

2 Cor. 6:2 NIV says, "For he says, "In the time of my favour I heard you, and in the day of salvation I helped you." I tell you, **now is the time of God's favour....**"

In this time of God's favour, we remember and operate, in the Bible formula for that favour:

- We humble ourselves through fasting and prayer. Ps. 35:13 says, "I humbled my soul with fasting...." 2 Chron. 7:14 says, "...if my people, who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then will I hear from heaven and will forgive their sin and will heal their land." Ezra 8:21 says, "I proclaimed **a fast, so that we might humble ourselves** before our God and ask him for a safe journey for us and our children, with all our possessions."
- God gives grace to the humble. James 4:6 says, "God opposes the proud but gives grace to the humble." Ps. 149:4 ESV; Prov. 3:34 NIV.

- Our faith gives us access into that favour—i.e. we believe it is poured out upon us, even as we humble ourselves. Rom. 5:1 says, “...we have gained **access by faith into this grace (favour)** in which we now stand...” Lev. 26:2, 9. *Fasting with prayer is an exercise of faith—believing that God will enable you to subdue your flesh and speak to you and reward your faith.* It is not simply self-starvation as a religious symbol as it was for the Scribes and Pharisees.
- Our faith is built on and released to accomplish, by ‘hearing the Word,’ both written and spoken (prophetic). God speaks to us with His still small voice, the promises of Scripture and we also **hear** again the prophetic words that have been given to us. Rom. 10:17-18 says, “Consequently, **faith comes** from hearing the message, and the message is heard through the word of Christ.”

Deut. 6:1-11 – Loving the Lord, believing His Word, we focus on Him, His Words, His lovingkindness, His faithfulness, and give ourselves fully to Him.

- Pray for yourself that you will stay focused on God, no fast-stopping effects will prevail, and that you will hear from God
- Pray in tongues all day long every day – Jude 20; 1 Cor. 14:18
- Pray for your family
- Pray for your neighbours
- Pray for those that are ill
- Pray for family of God
- Pray for our new facilities – 2 Sam. 7:10 says, “And I will provide a place for my people Israel and will plant them so that they can have a home of their own and no longer be disturbed.” Jer. 33:9 “Then this city will bring me renown, joy, praise and honour before all nations on earth that hear of all the good things I do for it; and they will be in awe and will tremble at the abundant prosperity and

peace I provide for it.” Acts 7:46 says, “...who enjoyed God's favour and asked that he might provide a dwelling-place....”

- Pray for the moving process of church facilities—getting out of current ‘sheepshed’ and into the new one
- Pray for individual members of the church family that come to your mind
- Pray for our missionary, Bev Howell in Ghana
- Pray for the youth, the elderly, singles, single parents, marriages
- Pray for the leaders
- Pray for the discouraged
- Pray for our community and its churches
- Pray for Pastor Peter Kamanzi and the great work among the churches in Uganda and the surrounding countries
- Pray for Pastors Julius and Thandi in East London, South Africa and their work among the townships
- Give thanks for all the miracles that God is doing. Phil. 4:6.
- Stay focused in faith and do not allow negativity and doubt to enter into your mind...sustaining the **unity** that ‘commands a blessing!’ Ps. 133:1, 3.
- Maintain loving relationships – do not allow the enemy to stir up division, anger, strife or doubt

Tips For Prayer Times

- Pre-select your prayer times and places
- Use the prophetic words as a partial template for your prayers
- Listen with the Word of God – let God speak into your heart as you meditate in the Word – Isa. 48:16 says, “Come **near** me and listen...”
- Pray the promises in the prophetic words given to the church and the Bible verses that are the anchor and basis of our faith (some of these in the ‘fasting and prayer pack’ given to you)
- Drink water, drink water, drink more water...every time you feel low, weak, motivation-less, or have some symptom of a negative

nature in your body or otherwise, get up and drink a glass of water
...a least two liters a day

- Use the extra time you have (buying groceries, preparing meals, washing up) to focus on the Lord in prayer and meditation in the Word of God
- Record or write down any testimonies or words from the Lord you receive
- Attend the corporate meetings 8-9 p.m. Monday through Friday and Monday through Wednesday
- On the weekends pray with your family or others the promises, and the prophetic words
- Bring a copy (not original documents) to the corporate gatherings of mortgage documents, loans, other important issues written down that need a Heaven-sent favour response...simply bring them and offer them before the 'throne of grace' (favour). Heb. 4:16.
- Make worship and thanksgiving a part of your personal and family times together as we will be doing in the corporate meetings