

BEACON CHURCH MONTH OF PRAYER & FASTING: MAR 2019

PRAYER GUIDE

Wk 1: Sunday 3rd ~ Saturday 9th

- Week's prayer focus: **Herne Bay**
- Jer 29.7: *"...seek the welfare of the city where I have sent you into exile, and pray to the Lord on its behalf, for in its welfare you will find your welfare."*

Wk 2: Sunday 10th ~ Saturday 16th

- Week's prayer focus: **Places** (Sunday Venue ~ Beacon Centre ~ Church Unity)
- *"Read Luke's account of the big catch (Luke 5). They had toiled all night but at Jesus's command they were obedient and needed to call their partners in another boat to help. There is a big catch on the way, but it will be so big it will bless other churches in Herne Bay and you will work together in this."* ~ Simon Gallagher, Aylsham, 21/9/17

Wk 3: Sunday 17th ~ Saturday 23rd

- Week's prayer focus: Seeking **God's presence**
- FASTING WEEK:
 - We ask all who are able to fast on Thursday 21st and then gather together at the Beacon Centre that evening 7.30-9pm for praise, prayer and listening to God
- Ps 63.1-8: *"O God, you are my God; earnestly I seek you; my soul thirsts for you; my flesh faints for you, as in a dry and weary land where there is no water. So I have looked upon you in the sanctuary, beholding your power and glory. Because your steadfast love is better than life, my lips will praise you. So I will bless you as long as I live; in your name I will lift up my hands. My soul will be satisfied as with fat and rich food, and my mouth will praise you with joyful lips, when I remember you upon my bed, and meditate on you in the watches of the night; for you have been my help, and in the shadow of your wings I will sing for joy. My soul clings to you; your right hand upholds me."*

Wk 4: Sunday 24th ~ Saturday 30th

- Week's prayer focus: **Salvation, Baptisms & Growth**
- Matt 28.18-20: *"And Jesus came and said to them, "All authority in heaven and on earth has been given to me. Go therefore and make disciples of all nations, baptising them in the name of the Father and of the Son and of the Holy Spirit, teaching them to observe all that I have commanded you. And behold, I am with you always, to the end of the age."*

MORNING PRAYER OF DEDICATION

To be prayed slowly at the beginning of each day:

Loving God, today I dedicate my **eyes** to you.

I want to see others the way you see them, and view my circumstances through the lens of hope and faith.

I dedicate my **ears** to you.

I want to listen to your voice, and honour others by listening well to them.

I dedicate my **mouth** to you.

I want to think before I speak, and I want my words to be honest, sincere, and life-giving.

I dedicate my **hands** to you.

I want them to be open to accept whatever you want to give me and release anything you want me to surrender.

I dedicate my **feet** to you.

I want to go wherever you send me, and to stand firmly upon the truth and not stumble.

I dedicate my **mind** to you.

I want to think on things that are good and true, remembering your faithfulness, and taking captive any thoughts that aren't from you.

I dedicate my **heart** to you.

I want to be pure and undivided; to master my emotions, not serve them; to love you more than the things you have blessed me with, and to love others as you love me.

Amen.

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FASTING GUIDE

We will be teaching on Fasting on the first two Sundays of the month. Our main focus for this discipline will be during the week of Sunday 17th ~ Saturday 23rd, particularly on one day when we trust as many as possible will fast: Thursday 21st, followed by meeting together that evening at 7.30pm for prayer, praise and listening to God. Here and overleaf are spiritual and practical guidelines to help you.

Types of Fast

- **Absolute Fast:** To fast completely without food or water up to a **maximum of three days**. (Esther 4.16, Ezra 10.6, Acts 9.9)
- **Partial/Daniel Fast:** A determined cutting back of food to vegetables/fruit only, or one meal a day (Dan 10.2-3). A practical fast for those involved in heavy work or who have medical reasons for requiring regular food intake.
- **Normal Fast:** No food is eaten, and drinking only water. Most people can fast for up to 40 days.
- **Juice Fast:** Some prefer to have a liquid-only fast which allows for more physical work. Many use this type of fast for their first long fast.

Spiritual Guidelines

- All Fasting must first and foremost be unto God. It is not a “*hunger strike*”! Receiving from God or seeing situations changed are secondary matters. Be sure your motives are appropriate as you enter into your fast. Desire to meet with God, to be more Christ-like and for the Holiness of God to be more evident in your life.
- Schedule in time to pray and read the word of God. If you don't you will miss wonderful opportunities to hear from God.
- Be prepared for opposition. This will come from the enemy as he doesn't want you to fast. It will also come from your own body, which is used to three meals a day!! You may also find that well-meaning friends, family, neighbours, work colleagues, etc. will actively encourage you to break the fast, especially extended fasts.
- Headaches, dizziness, tiredness, touchiness etc can be part of fasting too! One writer said he never knew the strength of the '*desires of the flesh and lust of the eyes*' to be so strong as when he fasted.
- Expect to hear God in dreams, visions, revelations, through the word of God in new and exciting ways.
- Do not listen to the lie that nothing is happening. Fasting is a discipline that God has instigated; he blesses the obedient.

Practical Guidelines

This is not a comprehensive list of guidelines, but only helpful hints.

If you are considering a long fast (see further points below*), i.e. more than a few days, it is advisable to read Arthur Wallis's book, "God's Chosen Fast" or other publications by those who have fasting experience, and to speak to the elders.

Normal Fasts (1-3 days):

- *Don't boast about your fast. It is to be done in secret, but don't be legalistic about this either. Tell those who need to know.*
- *Fast with someone else. There is strength in numbers, especially if going on a longer fast.*
- *If you are underweight or ill, consult your doctor even for 1-3 days' fast.*
- *Make a commitment and set the duration. However, be willing to review the duration if health or circumstances change.*

Juice Fasts:

- *If undertaking a Juice-only Fast, drink low or nonacidic diluted juices. Watch your intake, schedule it so you are self-controlled. Juice fasts may also hinder you on longer durations as your hunger mechanism does not shut off; it may make a longer fast more difficult than a normal fast.*

***Extended Fasts:**

- *If you sense God is asking you to undertake an extended fast (ie greater than 3 days), please speak to the elders who will help you weigh your options, and also have more practical guidelines to share on the subject. You can seriously damage yourself if you are not wise!*

We are under grace:

- *Remember we are **under Grace not Law**. If at any point you feel you need to break the fast, be released to do so. Fasting is to meet with God, not to damage our bodies or create condemnation.*

If you wish to discuss any of this further, please speak to one of the elders.