

**20-26TH
SEPTEMBER**



**PRAYER
DIARY**

7 DAYS OF

PRAYER & FASTING

*“Life &
Godliness”*



FASTING

A BRIEF GUIDE

WHAT IS FASTING?

Fasting in the bible is giving up food voluntarily for a limited time (never greater than 40 days, and usually much less) in order to focus on seeking God. It is carried out by individuals or groups of God's people together. Sometimes, people abstain from other things in order to free up time and give attention to prayer.

Mt 6.16 "...when you fast, put oil on your head and wash your face, so that it will not be obvious to men 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."

Mt 9.15 "But the days will come when the Bridegroom will be taken away from them, and then they will fast."

Jesus assumed that along with giving and prayer, fasting would be a voluntary part of the lives of His followers after He had ascended and before His personal return. He said "when you fast" not "if you fast". He also promised that the Father would reward rightly-motivated fasting. Jesus revolutionised fasting. No longer would fasting be a ritual habit carried out because of obligation or for show. Now it would be a freely practised part of the new wineskin of personal relationship with God. Fasting is sacrifice of a lesser in order to seek the highest.

Job 23.12 "I have treasured the words of his mouth more than my daily bread."

WHAT ARE THE SPIRITUAL BENEFITS OF FASTING?

Jesus entered the wilderness filled with, and led by, the Holy Spirit (Lk.4.1). He returned "in the power of the Spirit" (Lk.4.14). In between, He fasted food and was hungry. He overcame temptation, diversion, deception and danger, and used the Word of God with clarity and power.

"Fasting begets prophets and strengthens strong men. Fasting makes lawgivers wise; it is the soul's safeguard, the body's trusted comrade, the armour of the champion, the training of the athlete." (Basil, Bishop of Caesarea AD 330–379).

"Fasting...opens the way for the outpouring of the Spirit and the restoration of God's house...Soon there will be the midnight cry, 'Behold, the bridegroom! Come out to meet Him.' It will be too late then to fast and to pray. The time is now." (God's Chosen Fast, Arthur Wallis).

“Fasting prepares us for the deepest and richest spiritual communion possible. It clears and liberates our minds to understand what God is saying to our spirits. It conditions our bodies to carry out His perfect will. When we persevere through the initial mental and physical discomfort, we will experience a calming of the soul, and cooling of the appetites. As a result, we will sense the Presence of the Lord more than ever before.” (Bill Bright, founder of Campus Crusade for Christ).

“Fasting is God's testing ground—and healing ground.” (John Piper, 1995).

HOW DO I FAST?

Missing one meal in order to devote that time to prayer is a good first step. A one day fast (e.g. missing lunch and dinner) could be next.

Another option is a partial fast, such as that undertaken by Daniel (Dn10). This is where a person gives up particular kinds of food for a while and eats simply. For example, only eating fruits and vegetables and only drinking water is sometimes called a “Daniel fast”. Partial fasts can be helpful if you have a physically demanding job.

PREPARING FOR LONGER FASTS

If you feel ready for longer fasts, prepare carefully. Make your last meal before the fast a high fibre one to avoid constipation. Drink plenty of water throughout the fast to avoid dehydration and help your body detoxify. If giving up tea and coffee, do this gradually in the days before the fast in order to avoid the unpleasant headaches caused by withdrawal symptoms from caffeine. Diluted pure fruit or vegetable juice (a few teaspoons added to a bottle of water for example) can help with low blood sugar and energy levels, and help to overcome weakness, dizziness and nausea. If these symptoms become too difficult consider ending the fast. Concentrated acidic drinks should be avoided.

Prepare your schedule! Make sure you have times of prayer and study to keep your attention on God rather than your stomach, and take into account others who are affected if you miss meals (in your household for example). Fasting is no excuse for being discourteous or unloving. If you find yourself getting irritable bear Isaiah 58 in mind. Are you fasting for the right reasons? Some time alone in prayer should put it right.

End your fast gently with a light meal. The longer your fast has been, the lighter those first meals will need to be. Longer fasts may cause you to need more rest. This is not a bad thing – fasting can teach us to go to bed earlier and rise earlier to pray.

Learning to fast usually takes time. If you stop the fast early because it becomes too uncomfortable, or you give in to temptation to eat something, don't beat yourself up about it – carry on praying and try again sometime.

Hope leaders can recommend resources on fasting – feel free to ask.

IS IT UNHEALTHY?

There are many well researched health benefits, and some modern diets include fasting for this reason. **However, some people, including those with health issues, should avoid fasting food or seek medical advice before fasting. Children, particularly pre-pubescent children; expectant or breast-feeding mothers; diabetics; people with eating disorders, stress-related conditions or heart conditions, kidney problems, and those recovering from surgery or on medication are some examples.** Do your research on your condition before fasting!

Dry fasting (giving up drinking water) is hazardous to health, as the body cannot normally go more than three days without water, and dehydration will cause adverse effects long before this. Drink plenty of water.

FASTING NEEDN'T ALWAYS BE ABOUT FOOD

Those who can't fast food for health reasons, or children who want to take part, have other options. There are other ways to free up more time to focus on prayer:

“Fasting should really be made to include abstinence from anything which is legitimate...for the sake of some special spiritual purpose” (Dr Martyn Lloyd-Jones).

Some have fasted from time-consuming things like TV, social media, the internet, games, a hobby, a night out or other entertainment, in order to devote themselves to prayer and study – and found freedom and breakthrough for themselves and others. For example, Larry Tomczak tells this story (Charisma News 9th May 2017 “Lou Engle: I hate fasting”).

A pastor in rural Pennsylvania decided to give up his TV in order to spend more time seeking God. While in this season of prayer he became aware of the gang culture in New York and felt prompted by God to move there with his wife and do something about it. The pastor's name was David Wilkerson, who became the founder of Teen Challenge and Times Square church in New York, and author of “Cross and the Switchblade”.

Isaiah 58.6 "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?"



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SUNDAY 20TH SEPTEMBER

SUNDAY 20TH SEPTEMBER CALLED TO A GODLY LIFE

BIBLE READING:

2 Peter 1:3-4 "His divine power has given us everything we need for a godly life through our knowledge of Him who called us by His own glory and goodness." (NIV)

REFLECTION:

Despite feelings sometimes telling us the contrary, God has not left us to struggle on our own. Through Christ, He has already provided everything necessary to live a life that honours Him. Godliness begins with knowing Him deeply and relying on His divine power rather than our own strength. This power is available for all who seek His face diligently. A godly life of integrity and decency is **a light that cannot be hidden**, and is an undeniable witness to our community.

Can you be that kind of person? Yes, you can!

PRAYER POINTS:

- Thank God for His provision for every area of your life.
- Ask for a deeper knowledge of Christ.
- Surrender every area of your life to His Lordship.
- Ask God to invade the atmosphere during our Sunday Experience.
- Pray for the end of religious persecution across Africa.

MEMORISE AND MEDITATE:

2 Peter 1:3 "His divine power has given us everything we need for a godly life..."

PRAYER:

Personal Prayer: At home.



BIBLE READING:

1 Peter 1:15-16 *"But now you must be holy in everything you do, just as God who chose you is holy. For the Scriptures say, "You must be holy because I am holy." (NCV)*

REFLECTION:

Holiness is God's character reflected in His children. It is a daily choice to reject sin and embrace righteousness through the work of the Holy Spirit. There is always a price to pay in pursuing this lifestyle. Your family may not recognise it, your colleagues may not appreciate it, your friends might mock it; but this is exactly the life that we've been called to live. Jesus calls us to '**...take up our cross daily...**' (Luke 9:23), not for our sake, but to be an example of Jesus' transforming power to our world.

PRAYER POINTS:

- Pray for a heart that delights in holiness.
- Ask the Holy Spirit to strengthen you against temptation.
- Pray for maximum use of every opportunity you have to share Jesus with your family, friends and colleagues.
- Pray for the Alpha Team and each person on the course to have revelation of Jesus.
- Pray for peace in Ukraine and the Middle East.

MEMORISE AND MEDITATE:

1 Peter 1:22 *"Now that you have purified yourselves by obeying the truth...love one another deeply..."*

PRAYER:

Morning Prayer: 7:30-8:30am at Church in the Guest Lounge.



BIBLE READING:

1 Timothy 4:7-8 *"Do not waste time arguing over godless ideas and old wives' tales. Instead, train yourself to be godly. Physical training is good, but training for godliness is much better, promising benefits in this life and in the life to come."*

REFLECTION:

Just as physical fitness requires discipline, spiritual maturity grows through consistent prayer, Bible study, worship, and obedience. Every small act of faithfulness produces lasting spiritual fruit. Paul warned Timothy to make the most of his time, recognising that some activities were wasteful. Maybe today you should do a 'Time Audit' and check what gets your best moments, and if God gets the 'dregs'?

His comment reminds us that every act of service or giving to God is an investment stored up in heaven; a godly life may not get a reward down here, but it will up there!

PRAYER POINTS:

- Pray for consistency in prayer and Bible reading.
- Ask God to remove any spiritual laziness that stops us from reaching our world or serving in the House.
- Pray that our Church ministries will be a powerful tool in shaping people's lives.
- Pray for people suffering from natural disasters, and relief agencies (like Convoy of Hope) who are on the front line bringing aid and the gospel.

MEMORISE AND MEDITATE:

1 Timothy 4:10 *"...we have put our hope in the living God, who is the Saviour of all people"*

PRAYER:

Ignite Prayer & Praise: 7:30-9pm at Church in the Upper Auditorium.



BIBLE READING:

Galatians 5:16, 22–23 "So I say, let the Holy Spirit guide your lives. Then you won't be doing what your sinful nature craves..."

"But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. There is no law against these things!"

REFLECTION:

What we may not know is that our lives right now are a result of the seeds we sowed a while back. The fruit we have now comes from decisions and attitudes we made back then. In a wonderful act of Grace, Jesus never lets old consequences rule us forever; the Spirit sows new seeds in our lives and works in us to produce new fruit.

Godliness isn't achieved by our own effort but by surrendering to the Holy Spirit. As we walk with Him, His fruit naturally becomes evident in our lives. His fruit is counterintuitive to what our world naturally creates; that's why we can sometimes be at odds with it, but heavenly fruit is eternal and spiritual, so lean into what He is growing in you; it is worth the effort!

PRAYER POINTS:

- Invite the Holy Spirit to lead your every decision.
- Pray for the fruit of the Spirit to flourish in your life.
- Ask for victory over sinful habits and false identity labels.
- Pray for a powerful outpouring of God's work on our town and for a receptive heart of every person there.
- Pray for Muslims, Sikhs and Buddhists to have a revelation of Jesus and be saved.

MEMORISE AND MEDITATE:

Galatians 5:25 "Since we live by the Spirit, let us keep in step with the Spirit."

PRAYER:

Lunch Prayer: 11am-12pm at Church in the Guest Lounge.



BIBLE READING:

Matthew 5:14–16 *“You are the light of the world - like a city on a hilltop that cannot be hidden. No one lights a lamp and then puts it under a basket. Instead, a lamp is placed on a stand, where it gives light to everyone in the house. In the same way, let your good deeds shine out for all to see, so that everyone will praise your heavenly Father.”*

REFLECTION:

Jesus took a title that belonged to Him: The Light of the World, and shares this ministry responsibility with us, His followers. This means that before a person ever sees Jesus, they will see us first. So, our lifestyle matters, our words carry weight, and our godliness is visible to our family and community.

Our words, actions, attitudes, and relationships become a testimony that points others to Christ. We are called to shine in a dark world that can't seem to find the way home.

One day people will thank God for how you loved, the way you served, how much you gave and the unseen ways you ministered to people. Let's not be stingy with sharing our lives.

PRAYER POINTS:

- Pray that your life will glorify God, and people will see God in you.
- Ask for fresh opportunities to witness to your family, friends & colleagues.
- Pray for every volunteer who serves to make a difference in someone's life. Pray for satisfaction and a sense of eternal purpose.
- Ask God to make you a blessing to those around you.
- Pray for countries that claim a Christian heritage, but don't have a Christian culture; pray for a return to godliness.

MEMORISE AND MEDITATE:

Matthew 5:16 *“In the same way, let your good deeds shine out for all to see...”*

PRAYER:

Online Prayer: 7-7:40pm on Zoom.



BIBLE READING:

Hebrews 12:1-2 "Therefore, since we are surrounded by such a huge crowd of witnesses to the life of faith, let us strip off every weight that slows us down, especially the sin that so easily trips us up. And let us run with endurance the race God has set before us. We do this by keeping our eyes on Jesus, the champion who initiates and perfects our faith..."

REFLECTION:

The journey of godliness requires endurance. We have all experienced hard times, but guess what? You got through every one of them! There is a divine purpose to everything we have to endure. Difficult seasons refine our faith and teach us to depend on Christ. As we keep our eyes on Jesus, we receive a strength that comes from Him and encourages us to finish well.

This is why your testimony is so important – your real-life struggles and triumphs point to God's care and sustaining. Don't be ashamed of your struggles, but tell the story of what God has done for you!

PRAYER POINTS:

- Pray for endurance and boldness during trials and to renew your strength daily.
- Pray that God will help you to tell your story to people who need to hear it.
- Pray for our Church leaders, church vision, and to see more people saved.
- Pray for our Community and Nation of Wales.
- Pray for imprisoned pastors and leaders, and all those struggling under persecution.*

MEMORISE AND MEDITATE:

Hebrews 12:3 "Consider Him who endured such opposition from sinners, so that you will not grow weary and lose heart."

PRAYER:

Pursuit Prayer: 8-9am at Church in the Guest Lounge.

*go to <https://www.opendoorsuk.org/persecution/> for actual stories.



BIBLE READING:

Titus 2:11-14 *"For the grace of God has been revealed, bringing salvation to all people. And we are instructed to turn from godless living and sinful pleasures. We should live in this evil world with wisdom, righteousness, and devotion to God, while we look forward with hope to that wonderful day when the glory of our great God and Saviour, Jesus Christ, will be revealed. He gave his life to free us from every kind of sin, to cleanse us, and to make us His very own people, totally committed to doing good deeds."*

REFLECTION:

God's grace does more than forgive - it transforms. As we grow in grace, we become people who eagerly pursue good works that glorify God and bless others. As we grow, old sins that once were attractive or comforting have less and less appeal; we become more sensitive to the Spirit and love hearing His voice. We treasure our Bibles and love the Word, and prayer becomes second nature.

Because of His amazing grace, we are motivated to share our faith and serve His Kingdom because we know that this world is not our final home. Each day we live should reflect God's goodness and our hope of eternity with Him.

PRAYER POINTS:

- Thank God for His transforming grace.
- Pray for any people you know who need healing, freeing, saving or transforming.
- Ask God to use your life and your story for His kingdom.
- Pray for God to heal our land, save the lost, and reshape our society into His ways.
- Pray for God's wisdom for governments who are dealing with the issues of migration and immigration.

MEMORISE AND MEDITATE:

Titus 2:14 *"He gave his life to free us from every kind of sin, to cleanse us, and to make us his very own people..."*

PRAYER:

Ministry Hour: 9-10am at Church in the Guest Lounge.



7 DAYS OF

PRAYER & FASTING

**20-26TH
SEPTEMBER**



DATES, TIMES & LOCATIONS

SUNDAY 20TH

**PERSONAL HOUR
AT HOME**

MONDAY 21ST

**MORNING PRAYER
7:30-8:30AM AT CHURCH**

TUESDAY 22ND

**IGNITE PRAYER & PRAISE
7:30-9PM AT CHURCH**

WEDNESDAY 23RD

**LUNCH PRAYER
11AM - 12PM AT CHURCH**

THURSDAY 24TH

**ONLINE PRAYER
7-7:40PM ON ZOOM**

FRIDAY 25TH

**PURSUIT PRAYER
8-9AM AT CHURCH**

SATURDAY 26TH *

**MINISTRY HOUR
9-10AM AT CHURCH**

*** AFTER PRAYER JOIN US FROM 10AM - 12PM FOR AN OPPORTUNITY TO GIVE TO THE VISION, EAT DELICIOUS CAKE, DRINK GOOD COFFEE AND HAVE GREAT CONVERSATIONS.**