

# Prayer & Fasting Strategy 2022 (Ready for Harvest: My Brother's Keeper)



Monday 10<sup>th</sup> January – Sunday 30<sup>th</sup> January 2022  
Information Page

**Message from Rev. Nerissa Dubidad**

I am excited to join with you as we start our 21 days of fasting.

Fasting at the beginning of the year is a time of getting still before God and making time to look back over the year past but also look forward at the year ahead. The process of denying the flesh, allows us to decrease any appetites we have that are for things other than God Himself.

As we fast and pray, there may be times where we struggle for slip up. That's okay. Perfection is not the goal but a willingness to be as consistent as we can during this time. I would encourage you to keep going even if you feel you've messed up or the enemy attacks you with condemnation.

Our theme for 2022 is Ready for Harvest: My Brother's Keeper. It is a continuation of where we started in 2021 but going deeper into grasping our call to help, support and serve our brother. As we journey together in prayer and fasting, let us be expectant of great breakthroughs. Prayer achieves much and I fully believe that our unity and agreement in prayer during this time will see barriers broken and the scattering of our enemy.

God's richest blessings to you all  
Rev. Nerissa Dubidad

**Times of Prayer**

<b>Weeks 1 &amp; 2</b>	<b>Week 3</b>
Prayer online (Zoom) - Monday – Friday 7:30pm – 8:30pm	Prayer at NTCG West Croydon - Monday – Friday 7:30pm – 8:30pm
Zoom Details	
Meeting ID: <b>876 8959 2204</b> Passcode: <b>412400</b>	

NB: Prayer in person during week 3 will be based on the most up to date guidelines around public gatherings.

### **What is Fasting?**

Fasting is the practice of abstaining from a thing [or things] for a specific reason or target. Regularly fasting is linked to giving up food and drink but it can be practiced in other areas too (E.g. Fasting from television).

The basic element of a fast involves giving up something meaningful. When we choose to give up anything that is of meaning to us, we open up room physically, mentally and spiritually in our lives. The key detail to fasting as a Christian is then allowing God to use that extra room. It is the literal version of denying the flesh to follow the spirit, for in a time of fasting, individuals purposely strip themselves of important things in their physical life and use the extra space to invest more focus into spiritual matters: Prayer, Word, Worship and Service.

### **Fasting Focus 2022**

This year the focus of our fast is Ready for Harvest> My Brother's Keeper and we will be:

Presenting our requests and needs to God corporately

Preparing ourselves for whatever God is going to do in this upcoming year

The fast will be a **food fast** where we give up eating for a portion of each day (21 days). There will also be a **social media blackout** on the last weekend of our 21 days (Friday 28<sup>th</sup> – Sunday 30<sup>th</sup> January).

We will start prayer and fasting daily at **6am and finish at 6pm**. It is strongly advised we all decide a start and finish time based on your personal situation and health needs, if 6am to 6pm may be challenging (e.g. Fasting for half a day). Drinking throughout the day is also strongly advised (water, juices, smoothies etc.) particularly for those who haven't fasted before.

Prayer and fasting is our opportunity to intercede (stand in the gap) for those around us. Please take time to consider the following areas as you pray, writing down specific points. Examples of where you can focus prayer:

**Personal:** Health, Spiritual maturity, Hearing God's voice, Purpose in God

**Family:** Restoration in relationships, Salvation, Healing, Marriage

**Church:** Unity, Building relationships, The Elderly, Youth, Men, Women

**Community:** Homeless, Poor/Needy, Local Government, Finance, Youth

**Nation:** Government, Key Workers, Emergency services

**Week 1: A time of consecration (Learning to bow)**

Consecration means to make holy or to dedicate to a higher purpose. This will be a time of looking inward. Anytime we come into a time of fasting it is always important to start with personal reflection and repentance. There may be things we have picked up that God is not pleased with - ways of thinking, attitudes, beliefs, behaviours. God wants to bring all of these areas back in line with His character through the Word.

The focus and the Scriptures this week is around repentance. Sometimes it is not the big things we need to look at but the small areas of our lives that need inspection. Let us use this week as an opportunity to go honestly and transparently before God, hearing His heart for the things that need to change in us. "Those whom I love I reprove and discipline, so be zealous and repent" Rev 3:19.

Monday 10 <sup>th</sup> January	Tuesday 11 <sup>th</sup> January	Wednesday 12 <sup>th</sup> January	Thursday 13 <sup>th</sup> January	Friday 14 <sup>th</sup> January	Saturday 15 <sup>th</sup> January	Sunday 16 <sup>th</sup> January
<u>Scripture:</u> Revelation 3: 14 - 22	<u>Scripture:</u> 1 Samuel 4: 12 – 22 Exodus 33:12 - 23	<u>Scripture:</u> Acts 17:22 - 31	<u>Scripture:</u> Hebrews 4:12	<u>Scripture:</u> Isaiah 57: 1 - 13	<u>Scripture:</u> Isaiah 57: 14 - 21	<u>Scripture:</u> Psalm 51
<u>Prayer points</u> - Open and teachable hearts - Remove complacency - Remove deception	<u>Prayer points</u> - Show us where Your Glory has departed - Bring us back to the Glory of Your Presence again	<u>Prayer points</u> - Remove our ignorance - Give us hearts quick to repent	<u>Prayer points</u> - Show me the little sin/hidden areas - Repentance for the sins of this nation (secret sin)	<u>Prayer points</u> - Identifying idols of the heart - Shift in a culture that seeks material things	<u>Prayer points</u> - Turning in the hearts of men (back to God) - Repentance in this community, this nation	<u>Prayer points</u> - A clean heart - A broken and contrite spirit - Consecrated before the Lord

Notes:

**Week 2 - A time of meditation (Learning to sit)**

Our theme for 2022 is Ready for Harvest: My Brother's Keeper, but what does that mean to us individually? We are expected to demonstrate brotherly love and having a clear understanding of God's heart on this, should be our starting point.

This week the focus and Scriptures are around our theme and giving time to meditate on what God's intention is for us when it comes to being our Brother's Keeper. Let us use this week to develop our hearing from God, with the purpose of understanding His heart.

Monday 17 <sup>th</sup> January	Tuesday 18 <sup>th</sup> January	Wednesday 19 <sup>th</sup> January	Thursday 20 <sup>th</sup> January	Friday 21 <sup>st</sup> January	Saturday 22 <sup>nd</sup> January	Sunday 23 <sup>rd</sup> January
<u>Scripture:</u> Genesis 4	<u>Scripture:</u> Matthew 10: 40 - 44	<u>Scripture:</u> Joshua 17	<u>Scripture:</u> Matthew 5	<u>Scripture:</u> Matthew 6	<u>Scripture:</u> Matthew 7	<u>Scripture:</u> Luke 10: 26 - 37
<u>Prayer points</u> - Recognising our role to work together and not compete	<u>Prayer points</u> - Give us eyes to see each other as equals - Develop compassion for the lost, the broken and those in need	<u>Prayer points</u> - Pray for the overlooked - Shift in injustice and discrimination - Open doors for the disadvantaged	<u>Prayer points</u> - Help us to treat others well - Let us be living examples of a Loving God	<u>Prayer points</u> - Increase compassion and awareness for the invisible in our churches and communities	<u>Prayer points</u> - Deeper connection to the True Vine - Representing Christ well in the home, church, work etc.	<u>Prayer points</u> - Putting faith into action - Courage to do the right thing with the right heart

Notes:

**Week 3 - A time of Activation (Learning to make practical steps)**

Whenever a goal is set, it is vital that each person reaching towards that goal has a clear view of what the end goal should look like and the steps they can take to get there. It is pointless aiming for a goal blindly with no understanding of what it should look like or when you've reached it.

This week, the focus and Scriptures are around advancing and moving our vision forward. Allow Holy Spirit to speak to your heart about the part you are called to play. Your role is crucial no matter how small. We are reminded of this in 1 Corinthians 12. As a body we need all parts to function well so we can be effective in the Kingdom and impactful in the community. "It is His will that every need be supplied. You are important to me, I need you to survive." Quote from the song "I need you to survive".

Monday 24 <sup>th</sup> January	Tuesday 25 <sup>th</sup> January	Wednesday 26 <sup>th</sup> January	Thursday 27 <sup>th</sup> January	Friday 28 <sup>th</sup> January	Saturday 29 <sup>h</sup> January	Sunday 30 <sup>th</sup> January
<u>Scripture:</u> Colossians 3	<u>Scripture:</u> Acts 2: 42 - 47	<u>Scripture:</u> Genesis 26: 17 - 22	<u>Scripture:</u> Revelation 3: 7 - 13	<u>Scripture:</u> John 14: 12 - 14 Matthew 10: 5 – 15	<u>Scripture:</u> Joshua 1	<u>Scripture:</u> Joshua 2
<u>Prayer points</u> - Holding onto who God has said we are - Putting on and keeping on the NEW SELF	<u>Prayer points</u> - Growing in fellowship with each other -Agreement and unity within the Church	<u>Prayer points</u> - Unblocking the wells - A fruitful Church	<u>Prayer points</u> - Endurance through difficult times - Keeping the Faith	<u>Prayer points</u> - People healed, lives transformed - Operating in the Power of God	<u>Prayer points</u> - Follow Holy Spirit's lead - Courage to move forward and take new ground	<u>Prayer points</u> - Divine connections - Help and resources from people in places of influence

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