

15 DAYS *of* FASTING & PRAYER

# OPEN HEAVEN

INTO A NEW SEASON

PRAYER GUIDE

Then Joshua told the people, “Purify yourselves,  
for tomorrow the Lord will do great wonders  
among you.” - Joshua 3:5

As we prepare to enter the new phase of 2020,  
we believe there is a need to intentionally seek  
God more than ever before.

In the next 15 days of Fasting and Prayer, we  
trust that God will refresh our hearts, bring clear  
direction and usher us into revival.

We believe that God desires us to enter the next  
season, knowing that heaven is still open over  
our lives.



## WHAT IS FASTING?

Fasting is a spiritual discipline where we intentionally abstain from food for a period of time. We deny our natural desires, humble ourselves, and take time to focus on God.

Fasting should be accompanied by dedicated time in prayer and the study of God's Word as we align ourselves with God's will.

Fasting is not an effort to change God or gain His approval, but it often precedes a move of God. The Bible describes some examples:

Moses, in seeking a spiritual breakthrough, spent 40 days alone with God without eating or drinking until he received The Ten Commandments (Exodus 24:18).

David sought a personal breakthrough as he fasted to keep himself humble (Psalm 35:13).

Daniel fasted and prayed as he sought a breakthrough for the exiled people living in rebellion against their God (Daniel 9:3-4).

Jesus Himself entered a 40-day fast before launching his public ministry (Matthew 4:1-2).

## GETTING STARTED

Before we begin, take time to prepare by deciding what to fast, setting some goals and choosing who to journey with. The more we prepare, the more we position ourselves to hear God better and step into what He is calling us to do.

### DECIDE WHAT TO FAST

**Full Fast:** Abstain from all solid food

**Partial Fast:** Abstain from one or two meals a day, or from a certain type of food or drink

**Other Fasts:** Abstain from other activities (e.g. entertainment, hobbies, social media) to focus on God

### SET GOALS

Begin with the desire to seek God more intimately and hearing Him with greater clarity.

Commit to God any area of your life that you are needing a breakthrough in.

Write down specific areas you are seeking God's direction for.

Wait on God to speak and choose to obey Him!

### JOURNEY WITH SOMEONE

We are fasting and praying together as a church! Start these 15 days together with someone else - your spouse, your friends or your Connect Group. Share with them what God has spoken and encourage each other in pursuing what God is calling us to do.

### TUNE IN

Each Thought Of The Day has an accompanying video. You can tune in daily to [Instagram TV](#) and [Facebook](#) to view them.

A worship playlist has also been curated for you to listen to during your devotions, commute or at home! You can tune in to the playlist on [Spotify](#) or [Apple Music](#).

## SURRENDERING ANXIETY

### VERSE

Matthew 6:25-34; 1 Peter 5:7

### THOUGHT

Dwelling on anxious and negative outcomes stops us from accessing God's provision. God already knows our needs, when we seek Him we are trusting that He is in control and He will provide. Instead of worrying, fix our thoughts consistently on God.

### PRAYER

- Make God the first one we seek daily
- Commit every anxiety and worry to God
- Remember His provisions in the past and choose to trust Him for our present needs

## SURRENDERING UNFORGIVENESS

### VERSE

1 John 4:10-12; Matthew 18:21-22

### THOUGHT

Unforgiveness and bitterness prevent us from loving others and hinder successful relationships as God intends us to have. We choose to forgive others by reminding ourselves that God first loved us and forgave us. When we focus on loving others, we can then overcome future friction and form successful relationships.

### PRAYER

- Remember what God has forgiven us of and dwell in His love
- Choose to forgive others and ask God to show us how to love them

## REMOVING A COMPLACENT ATTITUDE

### VERSE

Revelation 3:15-16; Proverbs 1:32-33

### THOUGHT

Complacency prioritises convenience and stagnates our relationship with God. This stops us from hearing God and His purpose in our lives. We remove this complacent attitude by making God a priority in our lives; when we make time for Him in our schedules, and obey Him above all. When He is our priority we will hear Him clearly, and gain access to His purpose for our lives.

### PRAYER

- Ask God to forgive us for the times we were complacent in our relationship with Him
- Commit to making God a priority in our schedules and our relationships
- Spend time listening to Him

## STEPPING OUT OF OUR COMFORT ZONE

### VERSE

Isaiah 55:8-9; Luke 5:37-39

### THOUGHT

God's ways are higher than ours, and He is constantly calling us into the new so that we can experience more of what He wants to do in our lives. However, when we stay in our comfort zone and cling on to old ways, this stops us from stepping into God's plan. We step into the new by renewing our thoughts to match God's and choosing His way over ours.

### PRAYER

- Ask God for a new desire to seek Him
- Turn from our old ways of thinking and lifestyle
- Seek God's ways and thoughts; and willingly change according to His plan

## ABIDING IN GOD

### VERSE

John 15:4-7; Psalms 84:10

### THOUGHT

When we are apart from God, we lose our source of strength and cannot produce fruits in our lives. God's presence is unlike anything else; when we enjoy and abide in His presence, we receive strength to be fruitful. We abide in Him by putting aside any distractions and being intentional with our time to pray, worship, and study His word.

### PRAYER

- Commit to abide in and spend time with God daily
- Pray against every distraction that stops us from going into His presence

## ALLOWING GOD TO PRUNE US PART 1

### VERSE

Psalms 25:9; John 15:2-4

### THOUGHT

Pruning is necessary to make room for us to learn God's ways and bear more fruit. Pride prevents God from pruning us. When we humble ourselves, God reveals unproductive things that we need to remove and will also give us grace to remove them.

### PRAYER

- Choose to humble ourselves
- Allow God to examine our lives for any lies, futile entertainment or even toxic relationships that need to be removed
- Pray for grace to be pruned

## ALLOWING GOD TO PRUNE US PART 2

### VERSE

John 15:2-4; Hebrews 12:1-2

### THOUGHT

When we hold on to weights, they slow us down from being who God call us to be. This weight could be sin, worries or bad habits. Whatever it is, the Bible tells us to strip it off, by keeping our eyes on Jesus. We must stop focusing on these distractions, but look at Jesus' example and seek Him for strength to let go of these weights.

### PRAYER

- Commit to keep our eyes fixed on Jesus and learn from His example
- Pray for God's strength and ways to be free from these weights

## CHOOSING TO GROW AND BEAR FRUIT

### VERSE

Ephesians 4:13-16; Galatians 5:22-23

### THOUGHT

God wants us to grow so that we become more like Christ. God grows us by stretching our capacity and producing the fruits of the Spirit in our lives. We choose to grow and bear fruit, by knowing God's word and obeying God in areas He has called us to mature in.

### PRAYER

- Which fruits of the spirit, specific areas or capacity does God want us to grow in?
- Pray for strategies and ideas from God to help us grow

## FOLLOWING THE HOLY SPIRIT'S LEADING

### VERSE

Romans 8:5-6, 13-15

### THOUGHT

Our natural desires prevent us from living the supernatural life the Holy Spirit desires to lead us to. For us to hear the Spirit's leading, we need to silence our natural inclinations and align our thoughts to the Holy Spirit. When we hear and obey the Spirit's leading, we are better positioned to be channels of His supernatural wonder.

### PRAYER

- Consecrate ourselves and hunger to receive direction from the Holy Spirit
- Ask God to help us grow more attuned to the Holy Spirit
- Let us obey as the Holy Spirit directs

## WELCOMING A FRESH FILLING OF THE HOLY SPIRIT

### VERSE

Luke 24:49; 1 Corinthians 12:31, 13:1-3

### THOUGHT

God fills us with more of the Holy Spirit to lead us in using our gifts more effectively and to reveal new gifts needed for ministry. God does this out of a desire for us to use these gifts to impact others and demonstrate His love. We align ourselves to His desire, by learning to love others more and cultivating a desire for greater gifts to impact others. This positions us for a greater filling of the Holy Spirit.

### PRAYER

- Invite God to pour a fresh anointing of the Holy Spirit
- Ask God to help us increase in love towards others
- Seek wisdom in using these gifts more effectively
- Wait on the Holy Spirit to reveal new giftings

## SETTING AN EXPECTATION

### VERSE

Joshua 1:6-9; John 14:12-13

### THOUGHT

God encourages us to be strong and courageous, because He promises to do greater works through us. Our response is to set an expectation to take part in His promises. We do that by boldly asking God what we can do to advance His purpose.

### PRAYER

- Write down promises that God has given
- Ask God to reveal how we can be part of His purpose

## RESPONDING IN EXPECTATION

### VERSE

Joshua 1:6-9; Psalms 126:2-3

### THOUGHT

When we have an expectation of God moving, there is an excitement and joy that enters our spirits. This excitement should translate into bold actions to prepare for God's greater works. We start getting involved by planning our resources; time, energy, and thoughts, towards fulfilling God's purpose.

### PRAYER

- Stir up excitement by focusing on what God is going to do
- Ask Him how to use our time and energy
- Seek God's direction on how to accomplish His greater works

## DECLARING BREAKTHROUGHS

### VERSE

Acts 4:24-28; Joshua 14:11-12

### THOUGHT

In every revival there will be opposition, but we can overcome because God is sovereign and will fulfill His promises. Since we have such an expectation, do not limit what God can do to our present situation or ability but look forward to breakthroughs. We do that by declaring them; through speaking His words against every opposition we encounter and praying for strongholds to be torn down.

### PRAYER

- Speak God's word of freedom and truth; over every fear, struggle or lie
- Ask God to identify strongholds that need to be torn down

## STEPPING INTO REVIVAL

### VERSE

Acts 4:29-31; 1 Thessalonians 2:2

### THOUGHT

Courage is necessary for us to step into revival. We step into revival by asking God to give us opportunities and confidence, to share the gospel effectively, so we must then determine to boldly share, so that people can receive it and have their lives transformed.

### PRAYER

- Ask for boldness to share the gospel effectively
- Pray for opportunities to share and for people's hearts to be ready
- Schedule a time to share to those God prompts us to

## DECLARING HEALINGS, SIGNS AND WONDERS

### VERSE

Acts 4:29-31; Mark 16:15-18, 20

### THOUGHT

God has given us power and authority to perform miracles that confirm the gospel and His reality. As we share the gospel, let us also pray for people who are sick or are facing difficult situations. When we do so, healings, signs and supernatural phenomena will accompany us wherever we go.

### PRAYER

- Ask for boldness to pray for needs everytime we share the gospel
- Pray bold prayers with people we know facing crisis and needing hope



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