

**NAIROBI BAPTIST CHURCH “IT’S HARVEST TIME” PRAYER AND FASTING SCHEDULE  
(23 – 29 JANUARY 2017)**

**Theme: Reclaiming the 7 Mountains of society- Family, Church, Business, Media, Arts & entertainment, Education, Government.**

**Benefits of Fasting**

1. There are both physical and spiritual benefits to fasting. Physically it can result in healing, reduction of weight, “detox” the body system and can be a reflection of healthy living.
2. Spiritually, its benefits are numerous:
  - Draws one closer in their relationship with God
  - Brings humility and brokenness in our lives- “and humbled myself with fasting.” (Ps. 35:13)
  - Can bring deliverance to those oppressed by the devil
  - Can give spiritual breakthrough to a persistent issue
  - Can result in revival and renewal
  - Can bring about an outpouring of the Holy Spirit
  - Can thrust forth workers into the harvest field
  - Brings answers to prayers- your voice is heard on high

**Modes of Prayer and fasting:**

- Can be regular- fixed day of the week or the month or the year
- Varies in durations: 1 day, 3 days, 7 days, 21 days and even 40 days
- Can be done by individuals or corporately

**Types of fasting:**

1. **Partial Fasting:**
  - Missing one meal
  - Avoiding certain delicacies in your meal (Dan.10:3)

John the Baptist had a diet of locust and wild honey

**2. Normal Fasting**

- This would involve abstaining from solids but drinking liquids
- Jesus ate nothing (no word about drinking-) (Matt. 4:2; Luke 4:2)
- Abstaining from food, but not from water

**3. Absolute Fast:**

- Abstaining both from food and drinks.
- “For three days he...neither ate nor drunk.” (Acts 9:9)
- Ezra “ spent the night, neither eating bread, nor drinking water, for he was mourning over the faithlessness of the exiles” (Ezra 10:6)
- Esther: “hold a fast on my behalf and neither eat nor drink for 3 days...” (Esther 4:16)
- It is not recommended that you do this for more than three days for you might cause some damage to the body.

**4. Involuntary Fasting:**

Fasting due to loss of appetite as a result of a burden one is carrying.

**Limitations on Fasting:**

- Even the elderly can fast as we see with Anna, the daughter of Phanuel, who was still fasting at 84 years (Luke 2:36-37)
- Although one can fast even when they are not physically well (“Then your healing shall spring forth” - Isaiah 58:8), it is important that you consult with your doctor for any extended kind of fasting if one is unwell.

DAY	MAIN ITEM	SCRIPTURE	PRAYER EMPHASIS
Monday	1)Church	<p>Matthew 5:14NKJV “You are the light of the world. A city that is set on a hill cannot be hidden.”</p> <p>Matthew 28: 19- 20 NIV “Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything I have commanded you. And surely I am</p>	<ul style="list-style-type: none"> <li>• That we as the body of Christ would be holy (set apart), consecrated to the Lord for his presence and purposes.</li> <li>• That we would be receptive to God’s truths. Ready to hear, understand and obey.</li> <li>• That we be the city upon a hill that cannot be hidden. The salt and light of the world.</li> <li>• That God would mobilise us as the church to reach and disciple the lost (Bring in the harvest).</li> <li>• That the Lord would give us ideas and strategies to do the above.</li> </ul>

		<p>with you always, to the very end of the age.”</p> <p>Matthew 9: 37- 38 NKJV  “Then He said to His disciples, “The harvest truly is plentiful, but the labourers are few. Therefore pray the Lord of the harvest to send out labourers into His harvest.”</p>	<ul style="list-style-type: none"> <li>• Pray for labourers and that the Lord would show each of us our specific role in this harvest time.</li> <li>• That we as the church would manifest God’s power in reaching the lost. (E.g. Activation of the gifts of the spirit).</li> </ul>
<b>Tuesday</b>	<b>2)Family</b>	<p>Deuteronomy 6: 5-9 NKJV  “You shall love the Lord your God with all your heart, with all your soul, and with all your strength. And these words which I command you today shall be in your heart. You shall teach them diligently to your children, and shall talk of them when you sit in your house, when you walk by the way, when you lie down, and when you rise up. You shall bind them as a sign on your hand, and they shall be as frontlets between your eyes. You shall write them on the doorposts of your house and on your gates.</p> <p>Joshua 24: 15 NKJV  “...But as for me and my house, we will serve the LORD.”</p>	<ul style="list-style-type: none"> <li>• That we would gather the harvest in our families.</li> <li>• That families will be built on Godly principles and that we would see many strong families emerge in our society.</li> <li>• That God would be exalted in our families.</li> <li>• That born again family members will be the salt &amp; light, that unsaved family members would come to know the Lord.</li> <li>• That parents would spend time with their children, teaching, training, disciplining, praying with &amp; for them.</li> <li>• Restoration of broken relationships.</li> <li>• Healing and restoration of those recovering from dysfunctional families or marriages</li> <li>• Against introduction of negative and evil elements in the family bill in parliament</li> <li>• Raise a generation of God seekers in our families who will change the nation</li> </ul>
<b>Wednesday</b>	<b>3)Education</b>	<p>Daniel 1: 17 NKJV  “As for these four young men, God gave them knowledge and skill in all literature and wisdom; and Daniel had understanding in all visions and dreams.”</p> <p>Proverbs 2: 6 NKJV  “FOR the LORD gives wisdom; from His mouth come knowledge and understanding.”</p> <p>Proverbs 18: 10 NKJV  “The name of the LORD <i>is</i> a strong tower; the righteous run to it and are safe.”</p>	<ul style="list-style-type: none"> <li>• That the education system &amp; curriculum would be one that instills Godly values in students</li> <li>• Good education policies &amp; wisdom for those that create them.</li> <li>• That the education system will help students at all levels discover their God given purpose.</li> <li>• That highly skilled labourers will be produced in every field through our institutions.</li> <li>• Pray for teachers that desire to develop, inspire &amp; empower students.</li> <li>• Wisdom, strength &amp; encouragement for all labourers in the education sphere (e.g. teachers, lecturers, administrators etc.).</li> <li>• That students will work hard &amp; apply their heart to instruction, wisdom, understanding &amp; knowledge and recent positive changes would be accepted.</li> <li>• Peace in our schools &amp; that any works of the enemy will not prevail.</li> </ul>
<b>Thursday</b>	<b>4)Government</b>	<p>1 Timothy 2 NKJV  Therefore I exhort first of all that supplications, prayers, intercessions, <i>and</i> giving of thanks be made for all men, for kings and all who are in authority, that we may lead</p>	<ul style="list-style-type: none"> <li>• Pray for selfless leaders of integrity that have a heart for God &amp; the People. That will lead Kenya in fulfilling her God-given purpose.</li> </ul>

		<p>a quiet and peaceable life in all godliness and reverence. For this <i>is</i> good and acceptable in the sight of God our Saviour, who desires all men to be saved and to come to the knowledge of the truth.</p> <p>2 Chronicles 7:14 NIV          “if my people who are called by my name will humble themselves, and pray and seek my face, and turn away from their wicked ways, then I will hear from heaven and will forgive their sins and heal their land”</p>	<ul style="list-style-type: none"> <li>• Leaders that desire to leave a positive legacy for future generations.</li> <li>• That we would hunger and thirst for righteousness in our government. Pray against the plans of the enemy: corruption, apathy, immorality, idolatry, lack of vision.</li> <li>• Godly stewardship of resources and the slaying of the corruption giant</li> <li>• Peaceful elections.</li> <li>• That our voting decisions will be led by the Lord and not tribal prejudices.</li> <li>• Pray for the armed/ disciplined forces.</li> <li>• That tribal prejudice in our nation will be torn down that the Lord may be glorified in our unity as one people.</li> </ul>
<b>Friday</b>	<b>5)Business/ Economy</b>	<p>Deuteronomy 8:18 NKJV          “And you shall remember the LORD your God, for <i>it is</i> He who gives you power to get wealth that He may establish His covenant which He swore to your fathers, as <i>it is</i> this day.”</p> <p>Proverbs 3: 9- 10          Honour the LORD with your wealth, with the first fruits of all your crops, then your barns will be filled to overflowing, and your vats will brim over with new wine.</p> <p>Matthew 6:33 NKJV          “But seek first the kingdom of God and His righteousness, and all these things shall be added to you.”</p>	<ul style="list-style-type: none"> <li>• Pray for righteous labourers of integrity that will conduct business in the marketplace God’s way (Hesabika)</li> <li>• That we will build for the glory of God and not man.</li> <li>• That the Lord will give us the ability to generate wealth for His purposes.</li> <li>• That resources will be consecrated to the Lord &amp; used in the way he directs us.</li> <li>• That wealth will be generated for the advancement of God’s kingdom.</li> <li>• That our businesses &amp; various professions will be used by the Lord to meet various needs in society &amp; build our nation.</li> <li>• That the national cake would trickle down to the common Mwananchi</li> <li>• The Economy of Kenya would grow and flourish.</li> <li>• Jobs/ business would be available for the many unemployed people in the country</li> </ul>
<b>Saturday</b>	<b>6)Media 7)Entertainment &amp; Arts</b>	<p>Exodus 35: 30- 32 NKJV          “And Moses said to the children of Israel, “See, the Lord has called by name Bezalel the son of Uri, the son of Hur, of the tribe of Judah; and He has filled him with the Spirit of God, in wisdom and understanding, in knowledge and all manner of workmanship, to design artistic works, to work in gold and silver and bronze”</p> <p>Philippians 4:8 NKJV          Finally, brethren, whatever things are true, whatever things <i>are</i> noble, whatever things <i>are</i> just, whatever things <i>are</i> pure, whatever things <i>are</i> lovely, whatever things <i>are</i> of good report, if <i>there is</i> any virtue and if <i>there is</i> anything praiseworthy—meditate on these</p>	<ul style="list-style-type: none"> <li>• That God would raise many skilled labourers of integrity whose creativity is inspired by the Holy Spirit. That those that already serve in these spheres will stand &amp; be counted.</li> <li>• That their gifts will be used for God’s glory &amp; not man.</li> <li>• That media, entertainment &amp; the Arts will be used to express God’s character, His ways, truths, values and Heart in society.</li> <li>• That those who do the above will receive the support &amp; resources needed to continue with their work</li> <li>• That the Lord will give us ideas of how to use media, the Arts &amp; entertainment to reach the lost &amp; bring in the harvest.</li> <li>• That we would be deliberate about looking for and engaging in wholesome entertainment.</li> <li>• That truth rather than lies and deceptions would be upheld by those in media</li> </ul>

		<p>things.</p> <p>Isaiah 52:7 NIV          “How beautiful on the mountains are the feet of those who bring good news, who proclaim peace, who bring good tidings, who proclaim salvation, who say to Zion, “Your God reigns!”</p>	
<b>Sunday</b>	<b>Self &amp; All Spheres</b>	<p>Jeremiah 29 : 11 NKJV          “For I know the plans I have for you,” declares the LORD, “plans to prosper you and not to harm you, plans to give you hope and a future.”</p> <p>Proverbs 19: 21          “Many are the plans in a person’s heart, but it is the Lord’s purpose that prevails”</p> <p>Psalms 25: 4- 5 NKJV          “Show me Your ways, O LORD; Teach me Your paths. Lead me in Your truth and teach me, For You <i>are</i> the God of my salvation; On You I wait all the day”.</p>	<ul style="list-style-type: none"> <li>• That we would hear his voice and obey. That we will be aligned to God’s purpose and will as a result impact the spheres/ mountains we are part of.</li> <li>• That we will walk in purity by constantly depending on his grace.</li> <li>• That we will stand and be counted (Hesabika), that Jesus would be glorified through our lives.</li> <li>• That the Lord will show us our specific purpose &amp; role in our sphere.</li> <li>• That the Lord would pour out his Spirit Upon us as individuals so that we would fulfil his purposes</li> </ul>

**Tuesday, Wednesday, Friday prayer: 1- 2 pm**

**Thursday Prayer service: 6pm – 7.30pm**

**Sunday Prayer Services (*Breaking of Fast with Holy Communion*): 10am and 12pm**