

**NAIROBI BAPTIST CHURCH “GOD IS ON THE MOVE” PRAYER AND FASTING SCHEDULE  
(7 – 10 November 2016)**

**Prayer week Theme: “Hungry” (Isaiah 55)**

***Hungry for God’s Presence, Precepts, Purpose, Purity, Power***

**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 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 wild beast and 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 faithfulness 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 bodily functions.

**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.

DAY	MAIN ITEM	SCRIPTURE	PRAYER EMPHASIS
Monday	Nation	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”	<ul style="list-style-type: none"> <li>• That there would be pursuit of purity in our nation.</li> <li>• That we would hunger and thirst for righteousness</li> <li>• That Kenya would fulfil its God-given purpose.</li> <li>• That we would turn back to loving the precepts of God and not what our itching ears want to hear.</li> <li>• That we would seek God’s presence in every sphere of the nation more than we are seeking his gifts.</li> </ul>

<b>Tuesday</b>	<b>Church</b>	<p>Matthew 5:14NKJV “You are the light of the world. A city that is set on a hill cannot be hidden.”</p> <p>Acts 17:11 NKJV “These were more fair-minded than those in Thessalonica, in that they received the word with all readiness, and searched the scriptures daily to find out whether these scriptures were so.”</p> <p>Joel 2:28 “And afterward, I will pour out my Spirit on all people. Your sons and daughters will prophesy, your old men will dream dreams, your young men will see visions”</p>	<ul style="list-style-type: none"> <li>• That we as the body of Christ would be holy (set apart), consecrated to the Lord.</li> <li>• That God would pour out his spirit upon all flesh, that we would all be filled to overflow.</li> <li>• That we would be receptive to God’s precepts. Ready to hear, able to understand and willing to apply it in our daily lives.</li> <li>• That we would fulfil God’s purpose for us as a church. Becoming the city upon a hill that cannot be hidden. The light of the world.</li> <li>• That God would mobilise us as the church to reach and disciple the lost.</li> <li>• That we as the church would manifest God’s power. (E.g. Activation of the gifts of the spirit).</li> </ul>
<b>Wednesday</b>	<b>Family</b>	<p>Malachi 2:15 NKJV “But did He not make them one, having a remnant of the spirit? And why one? He seeks godly offspring. Therefore take heed to your spirit, and let none deal treacherously with the wife of his youth.”</p> <p>Malachi 4: 6 NIV “He will turn the hearts of the parents to their children, and the hearts of the children to their parents; or else I will come and strike the land with total destruction.”</p>	<ul style="list-style-type: none"> <li>• That families will be built on Godly principles</li> <li>• Restoration of broken relationships. That people would practice love, forgiveness and patience.</li> <li>• That husbands and wives would love &amp; respect each other.</li> <li>• Restoration of marriages: that spouses would become ONE flesh as God has called them to be.</li> <li>• Repentance for the effect of broken marriages on families and generations.</li> <li>• That children would honour their parents.</li> <li>• That parents would spend time with their children, teaching, training, disciplining, praying with &amp; for them.</li> <li>• That unsaved family members would come to know the Lord.</li> </ul>
<b>Thursday</b>	<b>Self</b>	<p>Galatians 4:6-7 NIV “Because you are his sons, God sent the Spirit of his Son into our hearts, the Spirit who calls out, “Abba, Father.” 7So you are no longer a slave, but God’s child; and since you are his child, God has made you also an heir.”</p> <p>Psalms 57:2 NKJV I will cry out to God Most High, To God who performs everything for me.</p> <p>Psalms 119:27 NKJV Make me understand the way of your precepts; so shall I meditate on your wondrous works.</p>	<ul style="list-style-type: none"> <li>• That we would understand what it means to be sons and daughters of God and walk in the inheritance God has for us.</li> <li>• That we may understand and meditate on God’s precepts by which we can be transformed and also understand his wondrous works.</li> <li>• That we would hear his voice and obey his precepts.</li> <li>• That we will choose to walk in purity by constantly depending on his grace.</li> <li>• That we would be diligent in seeking his face and enjoy the satisfaction that comes with being in his presence.</li> <li>• That we would be filled to overflow by his Spirit.</li> <li>• That we will be aligned to God’s purpose and will, and as a result impact the world we live in.</li> <li>• That Jesus would be Lord of our lives (the Centre of everything).</li> </ul>

**Tuesday and Wednesday prayer: 1- 2 pm and 6 – 7 pm**

**Thursday Prayer service (*Breaking of Fast with Holy Communion*): 6pm – 7.30pm**

**Friday- Overnight Prayer & Worship (starting at 9pm)**