

NOVEMBER PRAYER AND FASTING GUIDE:

VICF – 3-day PRAYER and FASTING (Thursday 19 Nov – Saturday 21 Nov 2020)

Introduction:

John 15:1-4 *“I am the true vine, and My Father is the vinedresser. Every branch in Me that does not bear fruit He takes away; and every branch that bears fruit He prunes, that it may bear more fruit. You are already clean because of the word which I have spoken to you. **Abide in Me, and I in you. As the branch cannot bear fruit of itself, unless it abides in the vine, neither can you, unless you abide in Me.**”*

The most essential part of our Christian life is abiding in God's presence; living in constant awareness that you are in Christ and He is in you, and therefore you experience life from His perspective. Busyness and the worries of life obscure our vision and we fail to see God's heart for us in every situation we face. We must learn to abide and to guard this valuable connection to the true vine. When we abide in Him we experience a divine exchange and we allow His Spirit to fulfill His purpose as our comforter, teacher, reminder, and guide. We taste and get a glimpse of what Enoch experienced until he was no more.

Genesis 5:24 *And Enoch walked with God; and he was not, for God took him.*

During the next three days of fasting, we will focus on abiding in God's presence

HOW TO FAST

Fasting guide: Please take time to listen to our teaching on fasting on our VICF YouTube Channel

- **The following recommendations on how to fast are intended to guide us and not to be taken as rules.**
- Remember that **fasting is between you and God** and is essentially giving up food (or something else) for a period of time in order to focus on God. Thus, the most important aspect of fasting is ensuring you take time to spend time with God (pray, read the Bible, worship, etc.).
- We highly recommend **limiting time on social media during the fasting period**. This will help you keep your focus and limit unnecessary distractions.
- Use the time that would be used for food consumption to spend time with God

3 day Fast	
1. For those who fast regularly*.	Fast from 0600-1800. During this time, we can have a drink e.g. water, apple juice, or grape juice.
2. For those taking steps toward growing in fasting	Skip one meal and during that time have a drink e.g. water, apple juice, or grape juice
3. For those who are pregnant and those with a medical condition that limits fasting e.g. diabetes.	Observe a partial fast. Skip choice food such as dessert, sweet pastries, snacks (chocolate, etc.).

*Pls note, feel free to have a full fast for three days (no food and water or water only) if this is your regular way of fasting.

If you are uncertain of how to fast, please feel free to contact any of the pastors for guidance.

Please feel free to follow this guide as we fast and pray together as part of the Body of Christ in VICF. (You may also pray for your own needs of course!)

Intercession Guide: **Thursday, Friday and Saturday – ABIDING IN HIS PRESENCE**

For the next three day, here are four practical steps to Abiding in His presence

1. Develop a habit of praying continually.

1 Thessalonians 5:16-18 Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus.

2. Spend time with God first, when you wake up.

Psalms 59:16 But as for me, I will sing about your power. **Each morning I will sing with joy about your unfailing love.** For you have been my refuge, a place of safety when I am in distress.

Psalms 119:147 **I rise early before the sun is up;** I cry out for help and put my hope in your words.

Mark 1:35 **Very early in the morning,** while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed.

3. Live your day in constant awareness that God is available

Zephaniah 3:17 "The Lord your God **is in your midst,** a mighty one who will save; he will rejoice over you with gladness; he will quiet you by his love; he will exult over you with loud singing."

4. Go to bed with a thought about GOD

Psalms 63:7 When **I remember You on my bed, I meditate on You in the night watches.** Because You have been my help, therefore in the shadow of Your wings I will rejoice.

Adoration and Thanksgiving:

John 15:1-4 "I am the true vine, and My Father is the vinedresser. Every branch in Me that does not bear fruit He takes away; and every branch that bears fruit He prunes, that it may bear more fruit. You are already clean because of the word which I have spoken to you. **Abide in Me, and I in you. As the branch cannot bear fruit of itself, unless it abides in the vine, neither can you, unless you abide in Me.**

- Pray and meditate on these scriptures. Ask God for a revelation of what these verses mean and how you can walk in the reality of abiding in Him and Him in you.
- Pray Psalm 91 and personalize it. Meditate on the verse that is quickened in your heart by the Holy Spirit
- Listen to your favourite worship song, adore God, and ask him to share His heart with you as you quietly wait on Him.
 - **Note:** He may choose to remind you of an issue you need to pray about, bring conviction, bring clarity, lead you to intercede on a specific issue, remind you of your calling, etc. Have an expectant heart.

Over the next three days pray for the following issues as the Lord leads you

Thursday Intercession: Global

- For the Word of God to be translated into all languages so believers may read the Bible in their native tongue.
- Tanzania - for the upcoming inland mission trip with Ps Francis and a team of 9 others (30.11-6.12). They will be going to unreached people groups and encouraging the local Christians to reach the unreached in their area.
- Tanzania - for the resources to purchase a suitable 4wd vehicle for the team to use long-term.

- Indonesia – for the students in the current Bible school class to hear clearly from God where to go after their course is finished, especially those who will go to unreached people groups and pioneer in new areas.
- USA- Pray for the current situation in the USA. Pray that the Lord will reveal His will and for Unity among the people

Friday Intercession: National

- Finland – many people do not read the Word of God anymore, even Christians don't do so regularly.
- Pray for a renewed hunger for God's Word and for believers to learn to abide in Christ.

Saturday Intercession: Local

- Vantaa, Helsinki, Espoo – pray for greater unity within the Body of Christ.
- VICF – pray for soft, humble hearts to receive the Word of God so it can grow and bear good fruit in all of our lives.
- VICF – pray for implementation of the 4 things we have learned – to be prayer warriors; to start and end the day in the Word; to be expectant for God to speak to us.

Personal intercession:

- Pray for a deeper hunger to read God's Word
- Pray for any specific issue in your life