

VICF – 2 WEEKS PRAYER AND FASTING

(22 Jan 2024 – 28 Jan 2024) and (29 Jan 2024 - 4 Feb 2024)

2024 Theme : Watch and Pray (Matthew 26:41)

“Watch and pray so that you will not fall into temptation. The spirit is willing, but the flesh is weak.”

HOW TO FAST

Fasting guide: Please take time to listen to our teaching on fasting in 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 distraction.
- Use the time that would be used for food consumption to spend time with God

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 the whole time (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 too, of course!)

Scriptures to meditate on.

1. John 14:15-17 “If you love me, keep my commands. 16 And I will ask the Father, and he will give you another advocate to help you and be with you forever— 17 the Spirit of truth. The world cannot accept him, because it neither sees him nor knows him. But you know him, for he lives with you and will be in you.
2. Acts 3:19 Repent, then, and turn to God, so that your sins may be wiped out, that times of refreshing may come from the Lord,
3. Luke 5:37-38 (NIV) 37 And no one pours new wine into old wineskins. Otherwise, the new wine will burst the skins; the wine will run out and the wineskins will be ruined. 38 No, new wine must be poured into new wineskins.

4. Ezekiel 36:26-27 (NIV) 26 I will give you a new heart and put a new spirit in you; I will remove from you your heart of stone and give you a heart of flesh. 27 And I will put my Spirit in you and move you to follow my decrees and be careful to keep my laws.

Intercession: prayer points

Intercession: VICF

- Pray for inner Healing - Isaiah 40:10
- Pray for Inner Strength - Philippians 4:13
- Pray for Physical Health - 3 John 2
- Pray for Families (restored, reconciled and salvation for love ones) -
- Pray for Divine Guidance (for VICF Council, and members) - Psalm 32:8
- Pray for Boldness in Faith - 2 Timothy 1:7
- Pray that the Holy Spirit will unleash his gifting in VICF - 1 Corinthians 12: 4-11
- Pray for Bold Witnessing - Matthew 5:16

Intercession: Global

- Pray for the Christians and pastors in the mission field.
- Pray for Vietnam, East Malaysia (Kota Kinabalu), Tanzania, Uganda, Indonesia
- Pray for all missionaries we are collaborating with in the above countries
- Pray for the current situation in Israel, Ukraine

Intercession: National

- Pray for wisdom for the political leaders of the nation.
- Pray for a turning back to the ways of God in Finland.
- Pray for unity in the church and that the church will focus on “Finishing God’s Mission in Finland”.

