

JANUARY PRAYER AND FASTING GUIDE:

VICF – 7-day PRAYER and FASTING (Monday 11 Jan – Sunday 17 Jan 2021)

Introduction: Attributes of God

Jeremiah 9:23-24 (NIV) ²³ – *This is what the LORD says: “Let not the wise boast of their wisdom or the strong boast of their strength or the rich boast of their riches, ²⁴ **but let the one who boasts boast about this: that they have the understanding to know me, that I am the LORD, who exercises kindness, justice and righteousness on earth, for in these I delight,**” declares the LORD.*

We need more than theological knowledge of God in the current times we are living. Knowing God begins with abiding and meditating on God’s word coupled with yielding and submitting to the authority of God, so that our lives reflect what He says is true. Cultivating an intimate knowledge of God is the only thing worth boasting about, as expressed in Jeremiah 9:24. As we are beginning 2021, let us take time to meditate on the Attributes of God. **The attributes of God refer to the “distinctive characteristics of God as He is revealed in Scripture”**. During this time of prayer and fasting we will focus on seven attributes of God which relate to the unique nature of God. In the subsequent fasting times, we will focus on the moral attributes of God.

May our prayer be similar to that of Moses.

Exodus 33:13a (NIV) – *If you are pleased with me, teach me your ways so I may know you and continue to find favor with you.*

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!)

Intercession Guide: Monday–Sunday “Attributes of GOD”

Adore and acknowledge God for who He is.

During the next 7 days, take one of the attributes of God and study the related Scriptures. Pray and meditate on the Scriptures provided. Ask God for a revelation of each specific attribute.

- 1. GOD IS ETERNAL:** Genesis 1:1 – *In the beginning God created the heavens and the earth.* Isaiah 44:6 (NIV) – *“...I am the first and I am the last; apart from me there is no God.”*

Eternal (everlasting) means that God is infinite with no beginning and no end. God therefore sits outside the confines of our finite humanity. The Bible does not seek to prove the existence of God; it simply affirms His existence. As Arthur Pink indicates, “...during eternity past, God was alone: self-contained, self-sufficient, self-satisfied; in need of nothing. Had a universe, had angels, had human beings been necessary to Him in any way, they also would have been called into existence from all eternity. The creating of them when He did, added nothing to God essentially. He changes not (Malachi 3:6), therefore His essential glory can be neither augmented nor diminished” (Arthur Pink 1993). This is why the only title to describe God is “I AM” (Exodus 3:14, John 8:58).

Scriptures to meditate on

- Genesis 1:1, Isaiah 44:6, Deuteronomy 33:27, Psalm 90:1-2, Psalm 102:12, Isaiah 57:15, John 1:1-4, Hebrews 13:8

- 2. GOD IS TRUINE:** (three in one, trinity) Deuteronomy 6:4 – *Hear, O Israel: The LORD our God, the LORD is one.*

The Lord our God is one GOD, who has revealed himself in three distinct (not separate) but interrelated and completely unified persons (Father, Son and Holy Spirit) in Scripture. The word Trinity is a description of the unique relationship of God the Father, the Son, and the Holy Spirit. The first hint of the trinity is in Genesis 1:26 (AMP): *“Then God said, **Let Us** (Father, Son, Holy Spirit) make man in **Our** image, according to **Our** likeness [not physical, but a spiritual personality and moral likeness...”* Throughout Scripture and in our lives today, God (Father, Son, Holy Spirit) work in perfect harmony for our good. The Holy Spirit is the very presence of God within us. He connects us to the Trinitarian God (John 14:15-23), helps us live in accordance with God’s will, building Christ’s church and thus bringing glory to Jesus Christ.

Scriptures to meditate on

- John 10:30, John 14:9-10, John 14:15-23, Matthew 28:19, 2 Corinthians 13:14, 1 Peter 1:2, Jude 1:20-21

- 3. GOD IS OMNISCIENT (God is all knowing):** Psalms 139:1-4 (NIV) – ¹ *You have searched me, LORD, and You know me.* ² *You know when I sit and when I rise; You perceive my thoughts from afar.* ³ *You discern my going out and my lying down; You are familiar with all my ways.* ⁴ *Before a word is on my tongue You, LORD, know it completely.*

God knows all things - nothing is hidden from the Lord; all things are uncovered in His sight (Hebrews 4:13). Our hearts may deceive us (we cannot judge our motives), people may know us for who we display on the outside, but God sees the heart and we cannot deceive Him. He knows our weaknesses, He knows what is best for us, He knows how to guide us; all He does is for our good and our protection. He knows everything that took place in the past and everything that will take place in the future. Despite being

sovereign and omniscient, He has determined to give us the privilege of free will to make our own decisions. We are therefore responsible for our actions and the consequences thereof. By His grace He has made a way for us to realign with His will through Christ Jesus.

Scriptures to meditate on

- Psalms 139:1-4, Psalms 147:5, Hebrews 4:13, Jeremiah 17:9-10.

4. **GOD IS OMNIPOTENT (God is all powerful):** Jeremiah 32:17 – *“Ah, Sovereign LORD, You have made the heavens and the earth by Your great power and outstretched arm. Nothing is too hard for You.*

God is all powerful with no limitations. He has the ability to do anything; nothing is impossible for God, and He only does that which is consistent with His nature and purposes. “The things God does are neither difficult nor easy for God; they are only either done or not done” (Blue Letter Bible). Difficulty is a term that applies to those with limitation in power. The gospel is the power of God that brings salvation to everyone who believes. When we believe in Jesus, we experience God’s power, and this power produces “life and godliness.” His power brings redemption, healing, wholeness, freedom, peace, change, divine provision etc.

Scriptures to meditate on

- Genesis 18:14, Jeremiah 32:17, Matthew 19:26, 2 Peter 1:3-4

5. **GOD IS OMNIPRESENT (God is everywhere):** Jeremiah 23:23-24 (NIV) – ²³ *“Am I only a God nearby,” declares the Lord, “and not a God far away? ²⁴ Who can hide in secret places so that I cannot see them?” declares the Lord. “Do not I fill heaven and earth?” declares the Lord.*

One way to define this attribute of omnipresence is that God is everywhere, and everything and everyone is in His presence, and under His watchful eye (Greg F. Wiley). “God is everywhere here, close to everything, next to everyone. The Scriptures declare that God is immanent in His creation, that there is no place in heaven or earth or hell where men may hide from His presence...In His infinitude He surrounds the finite creation and contains it. There is no place beyond Him for anything to be...” – A.W. Tozer.

Scriptures to meditate on

- Genesis 28:16, 1 Kings 8:27, Psalm 139:7-10, Acts 7:48-49, Ephesians 4:6

6. **GOD IS UNCHANGABLE** Malachi 3:6a (NIV) – *“I the Lord do not change.”*

We have a God who does not and cannot change!

“God cannot change for the better. Since He is perfectly holy, He has never been less holy than He is now and can never be holier than He is and has always been. Neither can God change for the worse. Any deterioration within the unspeakably holy nature of God is impossible... All that God is He has always been and all that He has been and is He will ever be...” – A. W. Tozer.

Scriptures to meditate on

- Numbers 23:19-20, 1 Samuel 15:29, Job 23:13, Psalm 119:89-91, Ecclesiastes 3:14, Romans 11:29, James 1:17

7. GOD IS SOVEREIGN (the exercise of His supremacy): Isaiah 46:9-10 – “ *I am God, and there is no other; I am God, and there is none like me. I make known the end from the beginning, from ancient times, what is still to come. I say, ‘My purpose will stand, and I will do all that I please.’*”

“God is subject to none, influenced by none, absolutely independent; God does as He pleases, only as He pleases, always as He pleases. None can thwart Him, none can hinder Him” (Arthur Pink 1993). Tozer indicates, to be sovereign God must be omniscient, omnipotent, and exist without limitation (He is eternal). Any, however small, lack of knowledge or power and any limitation to God would break God’s sovereignty. In fact, in His sovereignty God created man and determined that man should be free to exercise moral choice. Nonetheless, God’s greatness and infinite wisdom enable Him to give us the freedom to choose, yet He still accomplishes His purposes (Prov 16:4). He is always working for our good and to fulfill His purposes. Understanding God’s sovereignty, together with all His attributes (especially his love for mankind), leaves us in awe; our only choice is to reverence Him, submit to Him, fear Him and worship Him. In Him we move and live and have our being (Acts 17:28).

Scripture to meditate on

- Psalms 33:11, Psalms 115:3, Acts 17:24-28, Rom 9:15-16, Ephesians 1:11-12.

Intercession: Prayer Points

Intercession: Global

In 2021, we want to have an ongoing special intercessory prayer focus for the island of Zanzibar in Tanzania. Join us throughout the year as we pray for “breakthrough in Zanzibar”!

According to ‘*30 days of prayer for the Muslim world*’, Zanzibar has a population of 1.4 million, of which over 99% would identify themselves as Muslim, but with a lot of witchcraft also practiced. Zanzibar was a centre for the East African slave trade, and is known for having the “strongest” witch doctors in East Africa.

- Pray for the Christians and pastors being persecuted.
- Pray for the hard hearts of the locals to be softened to the Gospel.
- Pray for the light of the Gospel to shine into the darkness of Zanzibar.

Intercession: National

Finland is shifting away from the Word of God quite quickly. Let’s pray for this nation we are living in.

- 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”.
- Pray against Covid-19 – For healings, and for the pandemic to end,

Intercession: VICF

- Pray that the Lord will give us a Spirit of wisdom and revelation.
- Pray that the Lord will give us a hunger for His Word.
- Pray for Unity in the church.

Personal intercession:

- Pray for your family members.
- Personal prayer focus for 2021

References:

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4. Bible commentaries (Fire Bible, Life application Study bible, Warren Wiersbe Be Series Commentary)
5. 30 Days of Prayer International. (2019). *Pray for the Swahili People of Zanzibar*. Retrieved from <https://www.pray30days.org/2019/swahili-of-zanzibar>
6. <https://www.blueletterbible.org/faq/attributes.cfm>