

FEBRUARY 2022 VICF – 3-day PRAYER AND FASTING GUIDE:

Wednesday 16 – Friday 18 February 2022

February Prayer Focus: Filling of the Holy Spirit

Our 2022 theme is “Fellowship of the Holy Spirit”. During the next three days, let us pray for a continual filling of the Holy Spirit in our lives!

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. Psalm 51:10-12 – ¹⁰ *Create in me a clean heart, O God, and renew a steadfast spirit within me. ¹¹ Do not cast me away from Your presence, and do not take Your Holy Spirit from me. ¹² Restore to me the joy of Your salvation, and uphold me by Your generous Spirit.*
2. Ephesians 5:18-21 – ¹⁸ *And do not be drunk with wine, in which is dissipation; but be filled with the Spirit, ¹⁹ speaking to one another in psalms and hymns and spiritual songs, singing and making melody in your heart to the Lord, ²⁰ giving thanks always for all things to God the Father in the name of our Lord Jesus Christ, ²¹ submitting to one another in the fear of God.*
3. 2 Corinthians 13:14 – ¹⁴ *The grace of the Lord Jesus Christ, and the love of God, and the communion of the Holy Spirit be with you all. Amen.*

Intercession | Prayer Points

VICF

- Pray for an ongoing filling of the Holy Spirit in our church.
- Pray for God's work to deepen in your life and in our church.
- Choose 3 people (1 every day) in VICF that you can pray for and encourage as the Holy Spirit leads you to.

NATIONAL

- Pray for wisdom for the political leaders of this 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.

GLOBAL

- Pray for Zanzibar.
- Pray for the GNN missions in East Africa.
- Pray for the GNN missions in Southeast Asia.
- Pray for more labourers into the harvest field.
- Pray for peace.