

PRAYER FASTING

AND BIBLE MEDITATION



MONDAY

23 JAN
TO

SUNDAY

29 JAN

2017

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GILGAL EAST FAMILY

Prayer, Fasting and Bible Meditation from
Monday 23 January 2017 to Sunday 29 January 2017

DAY 1

MONDAY
23 Jan 2017

- Today as we start with focused corporate prayer, fasting and meditation on the Holy Scriptures we pray that we will recognise that salvation is only through Jesus Christ and we give thanks to God our Father for sending Jesus Christ HIS only SON to die in my place for our sin. Today Father, we surrender our lives to YOU. We give YOU FIRST place & position in our lives and family. We give YOU highest priority. We therefore choose to die to self, die to our own agenda and our own programs, our own aspirations and our own ambitions, we take up our cross and follow YOU daily. We choose to live only and completely for YOU. We will personally and as a family 'seek FIRST HIS kingdom and righteousness. Today Father remove all sin from my life, all hypocrisy, all double standards, remove pride, remove insecurities, remove religious traditions and human wisdom, remove the log from my eye before I remove the dust from someone else's eye. Father fill me with your Spirit, your love, your peace, your wisdom, your WORD, your ways and give me the ability to forgive and celebrate life. Meditate on Luke chapter 9 & Matthew chapter 16

DAY 2

TUESDAY
24 Jan 2017

- Today Father we pray that we will be aligned to the eternal heavens. We pray that we will live holy, pure and clean lives. We pray that from holiness will come a love for people, to serve and care for people. Today Father let me start to love by loving my family, help me love my spouse and forgive my spouse, help me love my children, help me love my parents and my neighbours. We pray that we will realize that to follow Christ implies that we are citizens of 2 kingdoms - 1. firstly, we are citizens of planet earth and South Africa .2 secondly We are citizens of the Kingdom of God where Christ is the KING & LORD and we live from a 'in Christ ' position. The Kingdom has priority over every other 'king and kingdom'. Obedience is the primary protocol of the Kingdom of God. There is no democracy in the Kingdom of God. We apply and activate obedience to God our Father and HIS holy word, the Bible. Obedience is evidenced when we can submit to an authentic spiritual father. Alignment to the heavens starts when you 'die' to self and live in obedience to God and HIS word. Today Father help me come to an understanding that I and my family FIRST belong to YOU and your Kingdom, we were purchased with the holy blood of your SON, Jesus Christ therefore we are not the property of this planet but YOUR property, our destiny is in YOU alone. Meditate on Colossians chapter 1 & John chapter 1

DAY 3

WEDNESDAY
25 Jan 2017

- Today we pray that in our personal lives, our family and our careers, work and business we will glorify Jesus Christ and live a lifestyle of daily worship. Worship is expressed corporately at church gatherings in music, song & dance but that is only a small minute part of worship, worship is a daily lifestyle. Worship is my total devotion, dependence and love for God our Father and HIS holy WORD expressed daily in our love for each other, love for our neighbours, love for our enemies, love for people hostile to us, love for people different from us, love for the church of Jesus Christ, love for our family, spouse and children, love for the nations of the earth. Today God make me a worshipper in Spirit and in truth. Help me to be FIRST a worshipper in private and not simply 'perform' in public. Help me to share my earthly resources with those who have less and not talk about it. Help me serve the poor, the lonely and the marginalized. Help me serve the widow, the orphan, blind, deaf and lame, the hungry, the sick, the homeless, the naked and those in prison because this is true Biblical worship. Meditate on Matthew chapter 25 & Psalm 150

DAY 4

THURSDAY

26 Jan 2017

- Father in heaven we pray that I and our family will be true, authentic and not compromised by sin and this world. We ask Father that we will be your church wherever we are and go. We pray that we will live holy lives and we will never judge, condemn or criticize other people. We pray that you will keep our hearts pure and our hands clean. We pray that you will guard what we think and speak. We will not gossip, whisper, carry tales, scandalize nor slander any person. We pray that we will be the family of God on earth and we will represent, reflect and resemble the FIRST Family of God in the heavens - Father, Son and Spirit. Lord help us FIRST to have a deep, growing intimate relationship with you as God our Father that will lead to us becoming your 'sons & daughters'. We pray that we will be 'sons' of God, led and governed by the Spirit of God. We pray that we will honour, respect and obey our spiritual father and celebrate our spiritual family. We pray that we will become sons & daughters of a spiritual family and also have a spiritual father in word and practice - we pray that today 'fathers and sons' will be a reality that frees us from insecurity, fatherlessness and the orphan mentality. Meditate on Romans chapter 8 & 9.

DAY 5

FRIDAY

27 Jan 2017

- Today Father we desire that you make us good stewards/ managers of all that you have given to us. Help us keep planet earth clean, help us to be disciplined with water usage, help us never to waste anything, help us to keep our physical bodies healthy and in peak condition, help us think pure thoughts, help us speak words of encouragement, help us keep our homes and cars clean, neat and tidy. Help us manage our time because it is a gift from YOU to us, it does not belong to me - help me use my time to worship you 24/7/365. Lord help me to budget the money YOU have given to me, the money I have is a gift from you, help me build your Kingdom with the money you have given to me. Help me to be disciplined, cheerful, regular & generous as I give God highest priority with my finances - I will meticulously return the Tithe, sow in abundance with my Offerings and honour my spiritual father/grace - carrier for the grace imparted with my First fruits. Father today help me manage all the natural & spiritual gifts you have given to me so that I will glorify Christ, inspire and encourage brothers & sisters in Christ, share the good news of hope in Christ with every person I meet and be your son in serving planet earth. Meditate on 1 Corinthians chapters 8 & 9 & Matthew chapter 25 verses 14 - 30

DAY 6

SATURDAY

28 Jan 2017

- Father in heaven, I humbly seek your wisdom today, increase my wisdom, understanding and knowledge. Make me ten times better than the best. Bless our family, our marriage, our children and grandchildren. We pray today that every person in our family will worship, love, serve & obey Jesus Christ and we prophesy over the unborn generations to come that they will love and worship Christ too. We pray today that you will remove pride, bitterness, rejection and rebellion from our marriage, family and home. Fill our home with light, faith, hope, love, joy, peace, beauty, purity, laughter, self-control and discipline. We pray that our family and home will represent Christ well. We will love and not fear. We will serve and not hate. Help us build community. Father, today we ask that our family will choose to serve, obey and worship only YOU all the days of their lives. We pray that our children will excel and be outstanding. We pray that our family will enjoy good health. We pray favour over our studies, jobs, careers and business. Father we thank YOU for providing for those who are unemployed. Today, Father bless all marriages and families in our church that they will give YOU highest priority, place & position. Bless single parents and bless our widows. Meditate on Deuteronomy 28 & Galatians chapter 5

Biblical fasting does not simply constitute an abstinence from food per se, but this voluntary withholding of food is but a physical act of 'restraint' or 'self-denial', so that one could devote oneself more intensely to some spiritual pursuit, practice or Kingdom purpose.

Refusal to eat food in the natural, in this context, has almost the opposite effect in the spiritual realm. The physical body is robbed of vital nourishment, while the spirit man is built up. People who experience prolonged starvation evidence this food deprivation outwardly by a lean, skeletal and malnourished body. He who fasts deliberately chooses not to eat, and thereby nourishes and builds up his 'spirit' posture.

-Randolph Barnwell

DAY 7 •
SUNDAY
29 Jan 2017

Today Father we pray over our church family and all the churches in Benoni, Gauteng, South Africa, our continent Africa and planet earth. May Jesus Christ be the head of HIS church. May churches be the family of God on earth. Today we pray over our local church, GILGAL East Ministries, cause us to be like Christ, cause us to be people that love God and love each other, our greatest strength will be that we love and our greatest weakness will be that we cannot stop loving. Keep our church family humble servants of Christ. Help us to grow and be in good health. Help us grow in quality and then quantity. May our local church family reach people who have need of Christ, help us share the good news of Christ. Help us invite family, friends, neighbours, colleagues and every person that we meet to our local church gatherings on Sunday mornings. Help us talk positively about our church family. Father in heaven send people so that they can be born-again in our church, send people to be healed, send people who can be an asset to us, send creative people to us, send leaders to us, send servants of Christ our King. Father we give thanks for our church facility that we purchased for 4 million rands, we today decree that our local church will have NO debt, so help us to miraculously pay off our debt on the church facility. Help me and my family to contribute generously to pay off the debt. Father, we ask that you will bless the church in Benoni, church is a people that belong exclusively to God - 'we are a royal priesthood, a holy nation, God's own special people'. Increase our capacity to serve YOU and be a blessing to the nations. Meditate on 1 Chronicles 29 & 1 Peter 2



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9 PHYSICAL ASPECTS OF FASTING

1. On prolonged fasts, have sufficient sleep.
2. Your body is the temple of the Holy Ghost. Take proper care of your body – keep it healthy – fasting aids in this. Wash regularly during longer fasts.
3. If you are on regular medication or if you suffer from diseases like diabetes or tuberculosis, it is wise to obtain medical advice before venturing into a fast that extends beyond a meal or two.
4. You may experience unpleasant symptoms such as dizziness, headaches or nausea in the early phase of a fast. Biologically, these are symptoms that the fast is overdue. Do not allow your physical discomfort to deter from your spiritual goal in fasting. After a day or two, these unpleasant physical reactions usually disappear.
5. Remember that hunger is partly a matter of habit. In the early stages of a fast, hunger will normally return at each mealtime. But if you hold out, the sensation of hunger will pass away without you having eaten anything. Sometimes you can fool your stomach by drinking a glass of water instead of eating.
6. Guard against constipation. Before and after fasting, choose meals that will help in this respect (fresh fruit or fruit juices, prunes, dried figs, oatmeal, etc.).
7. Generally, abstain from very strong stimulants like coffee or tea; but do not come into bondage to other people's theories of fasting. Find a pattern of fasting which suits you best as an individual.
8. Do not go on a complete fast without food and water for more than 3 full days.
9. Break your fast gradually. Begin with meals which are light and easy to digest. The longer you have fasted, the more care you need to take in how you break your fast. Eating too heavily after a fast can produce serious physical discomfort and can nullify the physical benefits of the fast. During any fast that exceeds two days, your stomach will shrink. If you train yourself to eat lightly, your stomach will adjust itself accordingly. - *Randolph Barnwell*