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**Midyear Prayer, Fasting, and Consecration**  
**6-8 August 2020**





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6-8 August 2020





**EVERY NATION**  
AUCKLAND CITY

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## CONTENTS

A Practical Guide to Fasting.....	1
My Plan.....	4
Introduction: Amazing Grace .....	9
Preparing for the Fast:	
Rich Grace.....	10
Day 1: Edifying Grace.....	14
Day 2: Overflowing Grace.....	18
Day 3: Enabling Grace .....	22
Breaking the Fast:	
Empowering Grace .....	27





# A PRACTICAL GUIDE TO FASTING

## Why Fast?

Fasting is a spiritual tool God uses to advance His kingdom, change the destiny of nations, spark revival, and bring victory in people's lives.

### Jesus fasted.

*<sup>1</sup>Then Jesus was led up by the Spirit into the wilderness to be tempted by the devil. <sup>2</sup>And after fasting forty days and forty nights, he was hungry.*

**MATTHEW 4:1,2**

*And Jesus returned in the power of the Spirit to Galilee, and a report about him went out through all the surrounding country. **LUKE 4:14***

Jesus knew He was going to need spiritual strength to fulfill His purposes. Fasting makes us spiritually strong and prepares us to do God's work.

### Fasting is an act of humility and consecration.

*Then I proclaimed a fast there, at the river Ahava, that we might humble ourselves before our God, to seek from him a safe journey for ourselves, our children, and all our goods. **EZRA 8:21***

As we humble ourselves, through prayer and fasting, we receive God's grace and have access to His heart.

### Fasting helps us become sensitive to the Holy Spirit.

*While they were worshiping the Lord and fasting, the Holy Spirit said, "Set apart for me Barnabas and Saul for the work to which I have called them."*

**ACTS 13:2**

When we deny ourselves of natural cravings and worldly distractions, we become more sensitive to God's voice. Then we are better able to focus on God and submit to His will.

## Fasting brings revival.

*“... if my people who are called by my name humble themselves, and pray and seek my face and turn from their wicked ways, then I will hear from heaven and will forgive their sin and heal their land.”* **2 CHRONICLES 7:14**

Throughout history, God has brought revival and delivered nations from destruction in response to prayer and fasting. Fasting helps us prevail in prayer and intercession.

## Fasting is healthy.

Fasting cleanses your digestive system from toxins. Doctors consider fasting a cure for certain allergies and diseases. The discipline of fasting helps break unhealthy addictions in our lives.

## Planning Your Fast

*Then Joshua said to the people, “Consecrate yourselves, for tomorrow the Lord will do wonders among you.”* **JOSHUA 3:5**

**Pray**—Spend time reading the Bible before the fast. Ask the Holy Spirit for guidance in your prayers. On pages 7–9, write down your faith goals and specific prayer requests for your family, friends, church, and nation.

**Commit**—Pray about the kind of fast you will undertake and commit to it ahead of time. Record your plan on page 4. Ask God for grace to help you follow through with your decisions.

**Act**—Start eating smaller portions a few days before the fast. Avoid food high in sugar and fat. Plan to limit physical and social activities for the week of the fast. Ask someone to be your prayer partner throughout the fast and have that person sign page 7. Share your faith goals and answered prayers with him or her. Continually pray for each other even after the fast.

**NOTE:** Consult a physician, especially if you are pregnant, nursing, or taking medication. If your situation does not allow you to do a full fast, determine what will work best for you.

# While Fasting

*[Jesus] answered, “It is written, ‘Man shall not live by bread alone, but by every word that comes from the mouth of God.’”* **MATTHEW 4:4**

**Focus**—Set aside time to work through the devotional. Be ready to respond to God’s word and the leading of the Holy Spirit.

**Pray**—Join at least one prayer meeting. Intercede for your family, church, pastors, nation, campuses, and missions throughout the week.

**Replenish**—During mealtime, read the Bible and pray. Drink plenty of water and rest as much as you can. Be ready for temporary bouts of physical weakness and mental annoyances like impatience and irritability.

# Breaking the Fast

*<sup>14</sup>And this is the confidence that we have toward him, that if we ask anything according to his will he hears us. <sup>15</sup>And if we know that he hears us in whatever we ask, we know that we have the requests that we have asked of him. 1* **JOHN 5:14,15**

**Eat**—Reintroduce solid food gradually. Your body will need time to adjust to a normal diet. Start with fruits, juices, and salad, then add more vegetables. Eat small portions throughout the day.

**Pray**—Don’t stop praying! Trust God’s faithfulness and timing. Carry your newfound passion for God for the rest of the year. Be in faith for God to answer your prayers.

# MY PLAN

## Day 1

Fasting Options:

- Water only
- Liquid only
- One meal only
- Other \_\_\_\_\_

Prayer Meeting(s) to Attend:

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## Day 2

Fasting Options:

- Water only
- Liquid only
- One meal only
- Other \_\_\_\_\_

Prayer Meeting(s) to Attend:

---

## Day 3

Fasting Options:

- Water only
- Liquid only
- One meal only
- Other \_\_\_\_\_

Prayer Meeting(s) to Attend:

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# PRAYER MEETING SCHEDULE

## Day 1: 6th August

ENAC

Own homes

ENH

32A Kowhai Street, Hamilton Lake, Hamilton @6PM

ENT

Own homes

## Day 2: 7th August

ENAC

Own homes

ENH

Own homes

ENT

497B Devonport Road, Tauranga @6PM

## Day 3: 8th August

ENAC

9 Karaka St, Eden Terrace, Auckland @6PM  
(ENCOUNTER Corporate Prayer)

ENH

Own homes

ENT

6A Murray St. Gate Pa, Tauranga @6PM

# I AM THANKFUL TO GOD FOR...

## Answered Prayers

List highlights, answered prayers, and lessons learned so far in 2020.

# FOR THE REST OF 2020, I WILL CONTINUE TO BELIEVE GOD FOR...

## Personal Faith Goals

Spiritual Revival • Physical Healing • Prosperity and Abundance • Rich Generosity

## My Family

Restoration of Relationships • Household Salvation

## My Education/Career

Excellence • Promotion

## My Ministry

Connect Group Growth • Salvation of Classmates, Colleagues and Friends

“... if two of you agree on earth about anything they ask, it will be done for them by my Father in heaven.” **MATTHEW 18:19**

**My Prayer Partner:** \_\_\_\_\_

# I AM COMMITTING TO PRAY FOR...

Name                      Request(s)



# I AM COMMITTING TO PRAY FOR...

## **My Church**

Church Leadership • Provision • Discipleship Ministry

## **My Community**

Campuses and Educational Institutions • Local Government •  
Outreach Opportunities

## **My Nation**

Government Officials • Spiritual Revival • Economic Prosperity •  
Peace and Order



## INTRODUCTION: AMAZING GRACE

In February, we set apart one week of prayer, fasting, and consecration to hear from God and know His direction for us for the year. We claimed God's amazing grace to rule and reign in our lives throughout that week. A lot has happened since then, most of it beyond anything we could imagine. Yet we know that His grace has prepared and sustained us, for **God's grace begins where our ability ends**. Until now, our faith and stance stay the same—humbly asking God to let His amazing grace rule and be seen in our lives.

God's grace gives us confidence and faith in the midst of the shakings we experience. As we focus on His grace at work in our lives, we can continue to hope, knowing that God will move in our behalf. As God's people, let us examine even more closely the facets of His amazing grace as He empowers us to be voices of hope and faith in the world.

## PREPARING FOR THE FAST

# RICH GRACE

### READ EPHESIANS 1:3-10

*Blessed be the God and Father of our Lord Jesus Christ, who has blessed us even in Christ with every spiritual blessing in the heavenly places, even as he chose us in him before the foundation of the world, that we should be holy and blameless before him. In love he predestined us for adoption to himself as sons through Jesus Christ, according to the purpose of his will, to the praise of his glorious grace, with which he has blessed us in the Beloved. In him we have redemption through his blood, the forgiveness of our trespasses, according to the riches of his grace, which he lavished upon us, in all wisdom and insight making known to us the mystery of his will, according to his purpose, which he set forth in Christ as a plan for the fullness of time, to unite all things in him, things in heaven and things on earth.* **EPHESIANS 1:3-10**

In the apostle Paul's time, Ephesus was the wealthiest city of the Roman Empire. They were only the third largest city, but what contributed to the city's great wealth was the worship of the goddess Artemis. The people of Ephesus were devoted to her. Selling the idol images and offerings that her worship required was among the most lucrative businesses of the time. The temple devoted to Artemis also served as one of their largest banks.

This was the kind of society the Christians in Ephesus lived in. They were surrounded by Artemis-worshippers in a bustling city of wealth and trade. It would have been too easy to be tempted by the riches around them. But Paul encouraged them to look not to the riches of the world, but to the true riches that can be found in God.

Paul used the word "riches" in his writing to describe how abundant and valuable the grace of God is. Unfortunately, we sometimes take this grace for granted. That's why it is important for us to focus on and deeply grasp the words, ways, and works of God. Then we will find ourselves in a place that is rich and full of depth and truth. There are two priceless truths we can find in this text.

1. An object's value is determined by how much someone is willing to pay for it. God paid a high price to redeem us. He paid for our redemption through the most precious blood of Jesus Christ (Ephesians 1:7). That is how much God values and treasures us.
2. God made this invaluable sacrifice not because we asked for it, but because of His great love for us. It is one thing to ask for a gift from a wealthy benefactor and receive it—that shows the person's generosity. But when we think of our salvation, God did not send His Son because we kept asking Him to forgive us. He gave His Son for us entirely and absolutely out of His own initiative—while we were His enemies! (Romans 5:8–10)

**The riches of God's grace allow us to receive His love and forgiveness, which He lavished upon us.**

## NOTES

# APPLICATION

Read and meditate on Ephesians 1:3–7. Which part strikes you the most and why? Write it down here and add your insights.

In what ways have you experienced the riches of God’s grace? How can you show your gratitude to God as a recipient of His grace?

How will you live differently in light of His lavish grace? List three people to whom you can extend the riches of God’s grace. Ask God for opportunities to show them how His grace has changed your life.

# PRAY

Heavenly Father, thank You for sending Jesus Christ so that we can have redemption and the forgiveness of our sins. I know that You chose us and have blessed us with every spiritual blessing in Christ. May Your grace, which You have lavished upon us, cause me to live according to Your purpose with all wisdom and insight. May You give me the courage and compassion to share this gift of grace to those around me, so that they may receive it as well. In Jesus' name, amen.

# EDIFYING GRACE

# 1

## READ ACTS 20:22–32

*“And now, behold, I am going to Jerusalem, constrained by the Spirit, not knowing what will happen to me there, except that the Holy Spirit testifies to me in every city that imprisonment and afflictions await me. But I do not account my life of any value nor as precious to myself, if only I may finish my course and the ministry that I received from the Lord Jesus, to testify to the gospel of the grace of God. And now, behold, I know that none of you among whom I have gone about proclaiming the kingdom will see my face again. Therefore I testify to you this day that I am innocent of the blood of all, for I did not shrink from declaring to you the whole counsel of God. Pay careful attention to yourselves and to all the flock, in which the Holy Spirit has made you overseers, to care for the church of God, which he obtained with his own blood. I know that after my departure fierce wolves will come in among you, not sparing the flock; and from among your own selves will arise men speaking twisted things, to draw away the disciples after them. Therefore be alert, remembering that for three years I did not cease night or day to admonish every one with tears. And now I commend you to God and to the word of his grace, which is able to build you up and to give you the inheritance among all those who are sanctified.”* **ACTS 20:22-32**

The apostle Paul was saying goodbye to the elders and leaders of the church in Ephesus. It is interesting that Paul was commending them not to a bishop, a committee, or the government, but to God’s word of grace.

In the original Greek, the word that Paul used for “commend” meant “to give into another’s care” or “to entrust to someone’s care.” Paul entrusted the believers in Ephesus to God and to the message of His grace. He did this because he knew that God’s word of grace has a two-fold effect on all its hearers.

1. God's word of grace is able to edify its hearers. "Edify" is an architectural term which means to help a house stand and be strong and sturdy. God's grace, as revealed in His word, is able to make us strong and sturdy that we may continue to do His work. No matter what shakings come our way, God's word of grace is sure to build us up and strengthen us.
2. It allows us to receive our spiritual inheritance in Christ. By grace, we have become joint heirs with Him. Everything that Christ inherits, we also inherit because of our faith in Him. This news is truly amazing!

Today, if you feel weak and powerless, His word of grace says, "He gives power to the faint, and to him who has no might he increases strength" (Isaiah 40:29). You may not have much here on earth, but by His grace you have inherited eternal life and the kingdom of God.

**God's edifying grace makes us strong and gives us access to our inheritance in Christ.**

NOTES



# APPLICATION

Reflect on the events of the last six months. How has God's word of grace built you up when you were weak or powerless?

What passages do you usually turn to in order to draw strength from God? Write them below. How can you continue to be edified by God's word of grace, so that you will stand strong and sturdy, no matter what will happen in the coming days?

God's grace makes us strong. Is there anyone around you who needs to be strengthened by God's grace? How can you encourage that person to seek God and tap into His grace?

# PRAY

Father, I know that apart from the grace You have freely given to me, I will not be able to stand strong and have faith. Thank You for the gift of edifying grace that makes me sturdy in my faith.

I have confidence in knowing that whatever comes my way, Your grace holds me and makes me strong. I will not shrink back from any challenge I may face because I know that You are there with me. Thank You that by Your grace, I am coheirs with Christ. In Jesus' name, amen.

## READ JOHN 1:14–18

*And the Word became flesh and dwelt among us, and we have seen his glory, glory as of the only Son from the Father, full of grace and truth. (John bore witness about him, and cried out, “This was he of whom I said, ‘He who comes after me ranks before me, because he was before me.’”) For from his fullness we have all received, grace upon grace. For the law was given through Moses; grace and truth came through Jesus Christ. No one has ever seen God; the only God, who is at the Father’s side, he has made him known.*

**JOHN 1:16,17**

What an amazing statement the apostle John gave about Christ’s incarnation. Through the revelation of the Holy Spirit, John allowed us to peek into the multi-faceted nature and work of Christ. He pointed out that Jesus Christ is the embodiment of grace and truth, using the word “fullness” to describe how great this grace is. Grace, in this context, means God’s favour and disposition to bless us. Jesus is the full picture of God’s grace, which was extended towards us.

What this means to us is that in Christ, God’s grace is always overflowing, waiting for us to grab hold of it. In fact, Jesus’ fullness means that God’s grace can never run out. Every day, from the riches of God’s grace, we receive grace upon grace upon grace—and this just keeps going. **We have a daily supply of His love, mercy, and grace in Christ.**

Paul also contrasted the law that was given through Moses with the grace and truth we have in Christ. While we may not like the law because we know we cannot fully obey it and will have to pay the penalty it requires, law and grace are not actually contradictory. They are not opposing principles; they supplement one another. What the law demands, grace and truth in Christ supply. When Jesus Christ appeared, He declared that He did not come to destroy the law but to fulfill it. What we could not do by following the law, He accomplished for us with grace and truth.

Today, you may be in need of God's favor because of the challenges you're facing. You can draw from the eternal source of grace, Jesus. If you are overwhelmed with the demands of life, He will supply you with grace to live beyond your circumstances. In Him, you can find grace and mercy in your time of need.

## NOTES

# APPLICATION

Are you living by the law or by God's grace? Instead of trying to earn grace by doing good works, how can you rely completely on His grace? By faith, are you convinced that the fullness of God's grace will never run out?

When we feel exhausted and empty, God's grace fills our every need and satisfies us. How can you extend His grace to those around you today?

What are some of life's demands that make you feel empty, weary, and discouraged? How has God given you grace upon grace for each challenge? Read John 1:14–18 again and write down your personal faith declaration based on this passage.

# PRAY

Father, I am grateful for the sacrifice that Jesus made—that He became flesh and dwelt among us. Through His life, we were able to witness Your glory, full of grace and truth. Despite the overwhelming challenges and demands of life, I am sure that You will supply love, mercy, and grace upon grace every day. And with that, my soul is satisfied. As I read Your word, may You continue to make Yourself known to me. In Jesus' name, amen.

## READ 1 CORINTHIANS 15:1–11

Now I would remind you, brothers, of the gospel I preached to you, which you received, in which you stand, and by which you are being saved, if you hold fast to the word I preached to you—unless you believed in vain. For I delivered to you as of first importance what I also received: that Christ died for our sins in accordance with the Scriptures, that he was buried, that he was raised on the third day in accordance with the Scriptures, and that he appeared to Cephas, then to the twelve. Then he appeared to more than five hundred brothers at one time, most of whom are still alive, though some have fallen asleep. Then he appeared to James, then to all the apostles. Last of all, as to one untimely born, he appeared also to me. For I am the least of the apostles, unworthy to be called an apostle, because I persecuted the church of God. But by the grace of God I am what I am, and his grace toward me was not in vain. On the contrary, I worked harder than any of them, though it was not I, but the grace of God that is with me. Whether then it was I or they, so we preach and so you believed.

### 1 CORINTHIANS 15:1-11

People are usually known by two things—who they are and what they do. Most of us define who we are based on history, because it has a way of shaping who we think we are. But one thing that changes or redirects how we see ourselves is the grace of God. **His grace enables us to be who we are meant to be and to do what He wants us to do.**

Even though we have a sinful past or a past that makes us think we're not worthy to be recipients of God's grace, He freely gives this grace to us. The apostle Paul's transformation through the grace of God may be one of the most radical. He was probably the most feared persecutor of the followers of Christ in his time. He would go from city to city to hunt Christians down and have them stoned to death. Yet, when he encountered Jesus on the road to Damascus, he put his faith in Him.

Grace also affects what we do. What Paul did after his encounter with Christ followed his new identity. He worked harder than all the other apostles to do what God called him to. He became a prolific church planter, wrote most of the New Testament, and raised multiple church leaders. He couldn't have done any of these apart from the enabling grace of God.

Like Paul, our past is not a hindrance to the new identity we have in Christ. As Christians, we need to understand that we certainly were what we once were, but now we are what we are only by the grace of God. Grace is a reset button for us because it literally resets our identity, so like Paul we can declare: "I am who I am by the grace of God."

NOTES



# APPLICATION

Knowing that God’s grace changes your identity, there may be some beliefs or mindsets that need to be broken in your life. Identify how you view yourself below and if this is contrary to what the Bible says, put a Scripture next to it that gives you a godly perspective.

How I View Myself	What the Bible Says

Ask God to reset your identity and declare: **“I am who I am by the grace of God.”**

What do you believe God's grace will enable you to do in the coming days, weeks, and months?

The call and purpose of God in our lives is impossible to fulfill without His grace. Ask God for the boldness to share the gospel or your personal testimony to a close friend today. Write the person's name on the space below and share some verses that you will be sharing with him or her.

# PRAY

Thank You, God, for Your enabling grace. Despite my past and my sins, You have shown grace toward me. I pray that as I pursue Your purpose in my life, I will always remember that it is not my works that changed me but only Your grace. May I walk in a manner worthy of the calling to which I was called, so that Your grace toward me will not be in vain. Every day I will declare that I am who I am by the grace of God. In Jesus' name, amen.

**READ ZECHARIAH 4:1–10**

*And the angel who talked with me came again and woke me, like a man who is awakened out of his sleep. And he said to me, “What do you see?” I said, “I see, and behold, a lampstand all of gold, with a bowl on the top of it, and seven lamps on it, with seven lips on each of the lamps that are on the top of it. And there are two olive trees by it, one on the right of the bowl and the other on its left.” And I said to the angel who talked with me, “What are these, my lord?” Then the angel who talked with me answered and said to me, “Do you not know what these are?” I said, “No, my lord.” Then he said to me, “This is the word of the Lord to Zerubbabel: Not by might, nor by power, but by my Spirit, says the Lord of hosts. Who are you, O great mountain? Before Zerubbabel you shall become a plain. And he shall bring forward the top stone amid shouts of ‘Grace, grace to it!’” Then the word of the Lord came to me, saying, “The hands of Zerubbabel have laid the foundation of this house; his hands shall also complete it. Then you will know that the Lord of hosts has sent me to you. For whoever has despised the day of small things shall rejoice, and shall see the plumb line in the hand of Zerubbabel. “These seven are the eyes of the Lord, which range through the whole earth.”*

**ZECHARIAH 4:1-10**

In the passage we read, twenty years had passed since Zerubbabel was tasked with the rebuilding of God’s temple. At this point, he was dealing with two problems: enemies were trying to stop the building project, and discouragement and weariness were creeping into the hearts of God’s people. The Lord encouraged Zerubbabel by declaring that He will provide the grace to finish the task.

Have you ever felt like Zerubbabel, that the great task given to you is too challenging and has taken a toll on your soul? We can be encouraged by the word given to him. We will accomplish what God has assigned to us—*not by might, nor by power*, but by God’s Spirit. As G. Campbell Morgan paraphrases,

“Not by our resourcefulness, nor by our resoluteness, but by His spiritual resources!” By God’s grace and strength, we can accomplish what He has called us to do.

God’s grace was seen in how He helped and saved His servants. He intervened by touching the hearts of kings who allowed His people to rebuild the temple. The temple represented their identity as God’s people. It was where God would dwell and their place of worship. They were able to rebuild the temple even with opposition from their enemies.

We can be comforted with the truth that what God wills, He fulfills. That doesn’t mean we stop working. That doesn’t mean that we don’t have to participate in His work. Zerubbabel worked six more years before the temple was completed. But they worked more effectively by relying on God’s strength, which He provided out of His grace.

In the same way, we will all be pleasantly surprised by what we can accomplish through the Spirit of God. All we can say will be an echo of what the Lord told Zerubbabel: *grace, grace!* The double affirmation points to the truth that **it is by grace that God begins the good work in us, and it is by His grace that He shall complete it through us.**

## NOTES

# APPLICATION

When faced with a challenge, what or who do you usually rely on? What does it mean to rely on God's grace?

What do you think God is telling you about the challenges you are currently facing? In what areas of your life do you need to declare a double affirmation of *grace, grace*? Are you willing to persevere and keep going to see its fulfillment one day?

As the prayer and fasting comes to a close, our desire to grow deeper in God's word and in His grace remains. How can we do this? By confessing and praying His word daily over our lives. Today, write down your own prayer confession based on Zechariah 4:6,7.

# PRAY

Heavenly Father, thank You for the grace with which You begin and complete Your good work in us. I acknowledge that I can never accomplish anything that you have called me to do apart from Your grace. May I continually be reminded that it is not by might nor by power, but only by Your Spirit. I need Your grace to sustain me and help me pursue all the tasks You have set for me. For the rest of 2020, I declare grace, grace over my life, my family, my nation, and the world. In the mighty name of Jesus, amen.



**EVERY NATION**  
AUCKLAND CITY

Honour God. Make Disciples.

#ENFast2020 #AmazingGrace2020