KINGDOM LIGHT

2024
Fasting & Prayer Guide

Dear Kingdom Light saints,

In conjunction with the new vision and focus the Lord has given to us for this year, we plan to start a 21days prayer and fasting for the whole church starting on Monday 12/2/2024. This booklet is specially prepared for you to help you to pray effectively.
We need prayers to connect with God and we need fasting to discipline our body and mind. Together we can prepare ourselves to receive the new wine which we believe the Lord will pour abundantly to Kingdom Light this year. Please read the booklet carefully which will give you daily pointers to help you to pray effectively. Let us all build an altar to the Lord in expectation for His blessings to come to our family and the Church.

Blessings
Senior Pastor Daniel Ho

Dear Brothers and Sisters,

After much prayer and seeking the Lord for Kingdom Light's direction and focus, I am glad that the Lord has shown me various confirmation. After prayer and discussion, we (Ps Daniel and I) agreed that this leadership transition is to include all our brothers and sisters in Kingdom Light. In Romans 12:5 it says "so in Christ we, though many, form one body, and each member belongs to all the others." Let us start with praying together using the 21days Fasting and Prayer booklet as a guide. And we shall build an altar for our God Almighty, preparing our heart for the transitioning and refreshing our spiritual body to receive the new wine that our Lord has prepared for us.

Shalom,
Pastor Lawrence Tan

What is Fasting?

Fasting is a temporary giving up of something that is in itself good, like food, in order to intensify our expression of need for something greater — namely, God and his work in our lives. Jesus assumes his followers will fast, and even promises it will happen. He doesn't say "if," but "when you fast" (Matthew 6:16). And he doesn't say his followers might fast, but "they will" (Matthew 9:15).

How Should We Fast?

There are a number of different ways to fast, including:

- Normal: abstaining from all food, but not water. e.g., Jesus: "…ate nothing during those days, and at the end of them was hungry" (Lk. 4:2)
- Partial: restricting diet of certain foods or a meal a day rather than complete abstention. e.g., Daniel: "…so the guard took away their choice food and the wine they were to drink and gave them vegetables instead." (Daniel 1:16, Daniel 10:3)
- Regular: days of fasting that commemorate an event or weekly fasts on a regular day. e.g., Day of Atonement (Leviticus 23:27, Psalm 35:13); a day of fasting (Jeremiah 36:6)
- Public: fasts called to times of special need and emergency. e.g., Ezra returning to the exiles (Ezra 8:21-23); Nineveh, as a result of Jonah's preaching (Jonah 3:5, 10); Mordecai, Esther and all the Jews in Susa (Esther 4:16).

For some, to fast is a common practise in their walk with God. For others, this is new. If you haven't fasted before, here are a few examples of how you could do it during this 21day Prayer & Fasting journey:

- Eat breakfast and dinner but abstain from eating lunch and snacks. Use the time you would usually eat lunch for Bible reading and prayer. Use the prompts of hunger to be reminded of why you are abstaining from food, and pray.

- Choose one day during the week to fast (drinking only water or juice; it's not recommended that you abstain from water during a fast of any length). Use the time you would usually be preparing and eating food in prayer. Use the prompts of hunger to be reminded of why you are abstaining from food, and pray.
- Eliminate certain foods from your diet during the Prayer and Fasting period. For example, a "Daniel Fast" where you eat only fruits, vegetables, legumes, whole grains, nuts and seeds and abstain from "choice foods" such as meat, sugar, alcohol.
- Along with fasting from food, you might also choose to 'fast' from other things such as: social media, television, gaming, etc.
- Let God guide you on what your fast will be and don't be religious or judgemental about what others are fasting. It is ultimately between you and God.

Why Do We Fast?

- Fasting is an act of humbling yourself before God, undertaken in part to seek His divine intervention in our lives and the events of our world.
- It is the example of Christ, the prophets, and the apostles.
- It provides more time to pray, to seek God, and repent because we are more focused on God and less concerned with daily routines such as preparing meals and eating.
- It helps us concentrate on the Word of God to make it more meaningful in our lives.
- It gives insight into our true spiritual condition, leading to brokenness, repentance, and change, and allows the Holy Spirit to work in a powerful way.
- It transforms prayer into a richer, more personal experience.
- It can help us regain a sense of spiritual resolve and restore our love for God.
- Fasting is private in nature, in that Christians do not use it to be seen, but to follow the example of Christ (Matthew 6:16-18).

Special Comments

- The first few days are often the hardest. You may feel headaches, low energy and other symptoms of ketosis. Stay the course, press in, drink lots of water and cling to Jesus!
- Don't be legalistic or religious. Decide what you will fast before you start. It may be different from others but if it matters to you it will matter to God. Don't judge another person for what they are or are not fasting.
- If you eat something that violates your fast, it doesn't negate it. Jump back into it and continue the next day. Try not to give up because you've had a slip up.
- During the 21day period, pre-determine how long your fast will be. It is a step of faith and we hope you can commit to the full 21 days but if you fast 1 day, 1 week or 2 weeks it will all count! Whether fasting or not, let's be united in following the Bible reading plan and prayer guide.

Adapted from:
Bright, B (1995). Preparing for the Coming Revival. How to Lead a Successful Fasting and Prayer Gathering. NewLife Publications. Orlando, FL.
Open My Eyes: A 21-Day Fasting Devotional. Jentezen Franklin.
Fasting: The Private Discipline That Brings Public Reward. Jentezen Franklin

Reading and Prayer Guide

For the next 21 days we have provided you with Bible passages to read and use as prayer prompts. We encourage you to write down what God is speaking to you, or write down prayers in response to His word. We have purposefully not transcribed the whole Bible passages in this booklet so that you can build the habit of reading directly from your Bible (book or digital). Ideally set aside a regular time to do this eg: first thing in the morning instead of eating breakfast or in the evening instead of eating dinner or watching TV/using technology.

Monday 12/2/24 - Day 1

Behold I am doing a new thing

Isaiah 43:18-25 ; Isaiah 45:5-12;18-19

Day 2 - Tuesday 13/2/24

Come

Isaiah 55:1-13 ; James 4:1-12

Wednesday 14/2/24 - Day 3

Wait on the Lord

Isaiah 40:25-31

Day 4 - Thursday 15/2/24

Rejoice

Philippians 4:4-13

Friday 16/2/24 – Day 5

Your Kingdom

Psalm 145:3-21

Day 6 - Saturday 17/2/24

The acceptable fast

Isaiah 58:6-14

Sunday 18/2/24 – Day 7

Search me

Psalm 139

Day 8 - Monday 19/2/24

Jars of Clay

2 Corinthians 4:7-18 ; Proverbs 3

Tuesday 20/2/24 – Day 9

My Food

John 4

Day 10 - Wednesday 21/2/24

The Eye

Luke 11:33-35 ; Matthew 7:3-5

Thursday 22/2/24 - Day 11

Love

1 Corinthians 13

Day 12 - Friday 23/2/24

The Lord is my Shepherd

Psalm 139:7 ; Psalm 23

Saturday 24/2/24 – Day 13

Open Eyes

2 Kings 6:15-20

Day 14 - Sunday 25/2/24

Insight

Philippians 1:9-11 ; Ephesians 1

Monday 26/2/24 – Day 15

Holy Living

1 Peter 2

Day 16 - Tuesday 27/2/24

Humble Service

Romans 12

Wednesday 28/2/24 – Day 17

Life through the Spirit

Romans 8

Day 18 - Thursday 29/2/24

Trust

Psalm 37

Friday 1/3/24 - Day 19

Humility

1 Peter 5:6-10 ; 1 Corinthians 2:9-10

Day 20 - Saturday 2/3/24

Freedom in Christ

Galatians 5:1, 13-26

Sunday 3/3/24 - Day 21

Faith

Hebrews 11 ; Ephesians 3:20-21

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