

RISE UP

PRAYER
AND
FASTING

Fasting for 3 days: 16-18 Feb
Prayer meeting | 18 Feb | 6pm

Bring dinner, we will be breaking fast after prayer meeting.

Take note that coffee will be served after the service.
Service will begin 6pm,



DO'S AND DON'T'S

No choice foods (Dan 1:12; 10:2-3)

DO'S - Fruit, vegetables, water.

DONT'S - meat, sugar, caffeine, alcohol, dairy

DAILY RYTHMS

We encourage a simple rhythm each day:

Daily surrender and scripture reading

Prayer and reflection

Worship and journaling

***Use hunger or moments of discomfort
as opportunities to pray***

DAILY PRAYER POINTS

Guidelines for daily prayer

DAY 1

Nehemiah 1:4-7

Joel 2:12-14

Repentance of sin and humility.

Surrendering our hearts, motives and agendas to God.

Making Jesus our first love.

Being set apart for God's purpose.

DAY 2

Nehemiah 2:11-18

Jeremiah 29:7

Clarity and vision for us to know what to do for God.

Alignment to God's will.

Seeking the welfare of our city and the nations.

A heart to reach the lost.

DAY 3

Nehemiah 4:14

Acts 4:24-31

Courage and faith to obey God.

Empowering of the Holy Spirit to be His witnesses.

Spiritual gifts to be released and awakened for the building of God's Kingdom.

That every person, every age will rise up to fulfill God's purpose.