

Oasis Church



Dear Oasis!

Whenever God determines to do a great work, He first sets His people to pray. C.H. Spurgeon.

Thank you for coming on this prayer journey with us! When we started Oasis Church, we wanted PRAYER to be the foundation of everything we do, and nothing has changed! We want people to go beyond just meeting with Jesus on a Sunday, to knowing Him everyday. Our prayer is that this season of prayer and fasting will encourage you to be with Him more.

*And as he taught them, he said, "Is it not written: 'My house will be called a house of prayer for all nations.' **Mark 11:17***

This booklet is designed to help you take your NEXT STEPS and to guide you through our annual season of prayer and fasting. Let's set this time aside as sacred and holy, to cry out to God corporately.

This time is critical, and should be taken seriously. During the two weeks there will be opportunities to pray on your own, pray with your family and pray with the wider Oasis Church.

Ps Ewen and Christie

CORPORATE PRAYER DATES 2020

- Monday 14th September // 7pm - 8pm
- Thursday 17th September // 7pm - 8pm
- Saturday 19th September (Family Prayer Morning)
9:30am – 10:30am
- Monday 21st September // 7pm - 8pm
- Thursday 24th September // 7pm - 8pm
includes our Kid's Prayer Night for primary school aged children

FAMILY PRAYER

We love all generations at Oasis, and will be introducing two new family-centered prayer meetings this year. They will be fun and creative worship opportunities, where families can hear from and enjoy God together in a flexible age-appropriate environment. See below for times and details.

Family Prayer Morning (for all ages)

Saturday 19th September // 9:30am – 10:30am

Our Family Prayer Morning will be an opportunity for parents to partner with Oasis Kids in raising their children to know God's heart, and to give them the opportunity to experience and learn how to actively engage in a prayer meeting. They will also learn how to participate as part of a team, lead a group of people in prayer, and safely share what they hear from God.

Children of all ages are encouraged to participate, but children under the age of twelve must be accompanied by their parents. Come at 9:20am so you can enjoy a coffee/hot chocolate and a donut (or fruit if fasting).

Kids Prayer Night (primary aged children only)

Thursday 24th September // 7pm - 8pm

Does your child have a heart for God, or have they shown an interest in prayer? Bring them along to the corporate prayer night on Thursday 24th September. Drop them at the kid's room at 6:50pm for a 7pm start.

During this one hour session the kids will be given some reflection worksheets, and will have a quick chat before they join the adults for corporate prayer in the auditorium. They will then be given the opportunity to participate in worship and creative prayer expressions, before heading back into the kid's room at 8pm to reflect and share on what they feel God has been speaking to them. Hot chocolate and a small snack will be included!

(Please note this is for primary aged children only, and no child minding will be available)

WHAT IS A FAST?

Traditionally, fasting is the practice of abstaining from food and most drinks for a period of time. That time is then replaced with prayer and time with God. However this practice isn't limited to food. People also give up things in their lives that distract them from God. Here are some non-foods that people commonly fast from:

- Social media
- Technology
- Television
- Specific social activities

Examples of Fasting in the Bible

Jesus fasted to acknowledge his dependence and to gain spiritual strength through reliance on the Holy Spirit and God's Word. He did this before he began his public ministry (Luke 4:1-2).

Nehemiah fasted for confession, repentance and favour in the sight of the king to get permission to rebuild the walls of Jerusalem (Nehemiah 1:4).

David humbled himself for God to intervene because of injustice (Psalm 35:13). In 2 Samuel 12:17-23 he fasted for healing and miraculous intervention.

Mordecai and the Jews fasted upon hearing news of Haman's wicked plot for their extermination (Esther 4:3).

The Early Church fasted while worshiping and committing their ministry to the Lord. They also sought the Lord through fasting for guidance, confirmation and the appointment of elders (Acts 13:2; 14:23).

Jesus expected His disciples to fast, but he did not command it (Matthew 6:16).

Motivation for Fasting

Knowing our purpose and motivation for fasting is an essential ingredient if we are going to succeed in what God has called us to.

Below are some examples as to the reason we may fast:

- Repentance and to grow deeper in our relationship with God.
- To awaken a spiritual hunger for God that may be dulled because of a "desire for other things."
- To demonstrate our love and desire for God above all things (even his gifts).
- Spiritual strength against an enemy attack.
- To express our ache for his return. Jesus said, "I have food to eat that you know nothing about" (John 4:32).
- To break demonic bondage. "This kind does not come out except by prayer and fasting" (Matthew 17:21).
- To divide our bread with the poor. "To house the homeless poor, to loosen bonds of wickedness, to let the oppressed go free" (Isaiah 58:6-7).

TYPES OF FASTS

Full Fast: Drink only liquids (you establish the number of days).

The Daniel Fast: Eat no meat, no sweets and no bread. Drink water and juice. Eat fruits and vegetables.

3-Day Fast: This fast can be a Full Fast, Daniel Fast or give up at least one item of food.

Partial Fast: A partial fast is from 6:00 am to 3:00 pm or from sunup to sundown. You can select from three types of fasting —a Full Fast, Daniel Fast or give up at least one item of food.

Fasting from Activities: Some people may be unable to fast from food due to medical reasons, or perhaps this is their beginning point. Martyn Lloyd-Jones said, “Fasting should really be made to include abstinence from anything which is legitimate in and of itself for the sake of some special spiritual purpose.”

If a health condition does not permit you to go without food, consider fasting from television, computer, social media, or some other regular enjoyment that would bend your heart toward greater enjoyment of Jesus. Paul even talks about married couples fasting from sex “for a limited time, that you may devote yourselves to prayer” (1 Corinthians 7:5).

HOW TO BEGIN

Start with a clear goal. Be specific. *Why* are you fasting? Do you need direction, healing, restoration of marriage or family issues? Are you facing financial difficulties? Ask the Holy Spirit for guidance. Pray daily and read the Bible.

Preparing Spiritually: Confess your sins to God. Ask the Holy Spirit to reveal areas of weakness. Forgive all who have offended you and ask forgiveness from those you may have offended (Mark 11:25; Luke 11:4; 17:3-4). Surrender your life fully to Jesus Christ and reject the worldly desires that try to hinder you (Romans 12:1-2).

Deciding What to Fast: Choose a fast that suits you. Remember with whatever fast you choose to replace that time with prayer and bible study.

Deciding How Long: You may fast as long as you like. However if this is your first time at fasting or you have a medical condition, then start slow. Most people can easily fast from food for one to three days, but you may feel the grace to go longer, As a church, we will fast corporately over 14 days. Use wisdom and pray for guidance.

WHAT TO EXPECT

When you fast from food, your body detoxifies by eliminating toxins from your system. This can cause mild discomfort such as headaches and irritability, especially during withdrawal from caffeine and sugars. And naturally, you will have hunger pains. Limit your activity and exercise moderately. Take time to rest. Fasting brings about miraculous results, and you are following Jesus' example when you fast. Spend time listening to praise and worship. Pray as often as you can throughout the day. Get away from your normal distractions as much as possible and keep your heart and mind set on seeking God's face.

HOW TO END YOUR FAST

Don't overeat when the time comes to end your fast. Begin eating solid food gradually; eat small portions or snacks.

PRAYER PLAN

RELATIONSHIP WITH GOD/PRESENCE

Day 1 // Sunday

PRAYER FOCUS: Give Honor, Praise and Worship to God

Read and mediate upon the verses below. Praise God for who he is and thank him for what he has done and is doing in your life and in your sphere of influence.

Hebrews 2:28-29

Therefore, since we are receiving a kingdom that cannot be shaken, let us be thankful, and so worship God acceptably with reverence and awe, for our “God is a consuming fire.”

1 Chronicles 16:23-31

Sing to the LORD, all the earth; proclaim his salvation day after day. Declare his glory among the nations, his marvellous deeds among all peoples. For great is the LORD and most worthy of praise; he is to be feared above all gods. For all the gods of the nations are idols, but the LORD made the heavens! Splendour and majesty are before him; strength and joy are in his dwelling place. Ascribe to the LORD, all you families of nations, ascribe to the LORD glory and strength. Ascribe to the LORD the glory due his name; bring an offering and come before him. Worship the LORD in the splendour of his holiness. Tremble before him, all the earth! The world is firmly established; it cannot be moved. Let the heavens rejoice, let the earth be glad; let them say among the nations, “The LORD reigns!”

Day 2 // Monday

PRAYER FOCUS: *Seeking God's Heart*

Today spend time with God sitting at his feet; ask him to search your heart. Surrender those things that may be in the way of you going deeper with God. Ask for forgiveness and forgive others. Praise God and ask him to renew your heart. You may like to pray into one of the scriptures below

Ephesians 3:14-19

For this reason I kneel before the Father, from whom every family in heaven and on earth derives its name. I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being, so that Christ may dwell in your hearts through faith. And I pray that you, being rooted and established in love, may have power, together with all the Lord's holy people, to grasp how wide and long and high and deep is the love of Christ, and to know this love that surpasses knowledge—that you may be filled to the measure of all the fullness of God.

Romans 8:35-39

Can anything ever separate us from Christ's love? Does it mean he no longer loves us if we have trouble or calamity, or are persecuted, or hungry, or destitute, or in danger, or threatened with death? (As the Scriptures say, "For your sake we are killed every day; we are being slaughtered like sheep.") No, despite all these things, overwhelming victory is ours through Christ, who loved us. And I am convinced that nothing can ever separate us from God's love. Neither death nor life, neither angels nor demons, neither our fears for today nor our worries about tomorrow—not even the powers of hell can separate us from God's love. No power in the sky above or in the earth below—indeed, nothing in all creation will ever be able to separate us from the love of God that is revealed in Christ Jesus our Lord.

FAMILY

Day 3 // Tuesday

PRAYER FOCUS: *Family Needs and God's Presence*

Pray for your family's needs: physical/emotional healing, finances, relationships, and an increase in the presence of God.

Philippians 4:6-7

Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.

Philippians 4:19

And my God shall supply all your needs according to his riches in glory by Christ Jesus.

Day 4 // Wednesday

PRAYER FOCUS: *Who Can You Help To Find Life?*

Pray for family, friends, colleagues, and people in your sphere of influence who don't yet know Jesus! Ask the Holy Spirit to reveal to you how to lead them to Jesus.

Proverbs 8:35

For those who find me find life and receive favour from the Lord.

OASIS CHURCH

Day 5 // Thursday

PRAYER FOCUS: *Leaders of Oasis Church*

Pray for Ps Ewen and Christie and their family, pray for our leadership team and their families, pray for our Small Group and Dream Team leaders and their families. Pray that God would raise up new leaders as we continue to grow in this season.

1 Thessalonians 5:25

Brothers, pray for us.

1 Timothy 5:17

Let the elders who rule well be considered worthy of double honor, especially those who labour in preaching and teaching.

Day 6 // Friday

PRAYER FOCUS: *Oasis Church Health, Growth and Financial Provision*

Pray God's provision over Oasis Church. That in the coming year God will bring people to Oasis with talents and gifts to grow God's Kingdom. Pray for our building and financial needs. Dream big; pray big.

Acts 9:31

So the church throughout all Judea and Galilee and Samaria enjoyed peace, being built up; and going on in the fear of the Lord and in the comfort of the Holy Spirit, it continued to increase.

Romans 12:4-5

For just as each of us has one body with many members, and these members do not all have the same function, so in Christ we, though many, form one body, and each member belongs to all the others.

Day 7 // Saturday

PRAYER FOCUS: *People at Oasis - Marriages, Families, Health, Blessing, Favour, Jobs*

Pray the prayer of Jabez over the families of Oasis Church!

1 Chronicles 4:10

Jabez called upon the God of Israel, saying, "Oh that you would bless me and enlarge my border, and that your hand might be with me, and that you would keep me from harm so that it might not bring me pain!" And God granted what he asked.

Day 8 // Sunday

PRAYER FOCUS: *Next Generation Oasis Church*

Pray for our children and youth that they would know the Lord, and that the gifts God has placed within them may begin to grow and develop. Pray they would be kept safe from the world. That God's Spirit would be poured out upon them. That Oasis Church would be a church where children minister in the word and spirit. Pray for the leaders - Kate, Tia, Lis and Tehlia - for God's presence, leading and protection. Pray for all who support the children and youth ministries.

Matthew 19:13-15

Then children were brought to him that he might lay his hands on them and pray. The disciples rebuked the people, but Jesus said, "Let the little children come to me and do not hinder them, for to such belongs the kingdom of heaven." And he laid his hands on them and went away.

Joel 2:28

And afterward, I will pour out my Spirit on all people. Your sons and daughters will prophesy, your old men will dream dreams, your young men will see visions.

COMMUNITY

Day 9 // Monday

PRAYER FOCUS: *Leaders in Cockburn at all Levels*

Pray for God's favour and an increase of his presence in the cities of Cockburn, Kwinana, and in surrounding areas.

Titus 3:1-2

Remind the people to be subject to rulers and authorities, to be obedient, to be ready to do whatever is good, to slander no one, to be peaceable and considerate, and always to be gentle toward everyone.

Day 10 // Tuesday

PRAYER FOCUS: *People Who Don't Know Jesus in Cockburn and Beyond*

Pray over people in the cities of Cockburn, Kwinana, and surrounding areas, that they would be drawn into a loving relationship with Jesus.

John 3:16:17

For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life. For God did not send his Son into the world to condemn the world, but to save the world through him.

1 Timothy 2:3-4

This is good, and pleases God our Saviour, who wants all people to be saved and to come to a knowledge of the truth.

Day 11 // Wednesday

PRAYER FOCUS: Churches in Cockburn and Surrounding Areas

Pray for unity between churches of all denominations across Cockburn and surrounding areas. Pray for church growth, collaboration and the outpouring of God's Spirit.

1 Peter 3:8-9

Finally, all of you, be like-minded, be sympathetic, love one another, be compassionate and humble. Do not repay evil with evil or insult with insult. On the contrary, repay evil with blessing, because to this you were called so that you may inherit a blessing.

2 Corinthians 13:11

Finally, brothers and sisters, rejoice! Strive for full restoration, encourage one another, be of one mind, live in peace. And the God of love and peace will be with you.

Day 12 // Thursday

PRAYER FOCUS: The Vulnerable and Disadvantaged in Cockburn

Pray for those affected by mental health, homelessness, trauma, separation and whatever else the Spirit leads you to pray.

Psalms 82:3-4

Defend the weak and the fatherless; uphold the cause of the poor and the oppressed.

Rescue the weak and the needy; deliver them from the hand of the wicked.

Isaiah 1:17

Learn to do right; seek justice.

Defend the oppressed. Take up the cause of the fatherless; plead the case of the widow.

Day 13 // Friday

PRAYER FOCUS: Pray for the Indigenous People

Pray for healing, reconciliation and forgiveness in relationships between Aboriginal and non-Aboriginal people. Ask God to search your heart and reveal judgments or prejudices, and also ask God to heal. Ask God to pour his Spirit out upon our First Nations People.

Psalm 33:12

Blessed is the nation whose God is the Lord, the people whom he has chosen as his heritage!

2 Chronicles 7:14

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.

1 Timothy 2:1

First of all, then, I urge that supplications, prayers, intercessions and thanksgivings be made for all people.

Day 14 // Saturday

PRAYER FOCUS: Signs, Wonders, Miracles, Healings, Supernatural Encounters; Powerful Move of the Holy Spirit

Pray for an outpouring of God's Spirit at Oasis and the churches in Cockburn and beyond, that we will see the manifestations of God's Spirit as testified in the Bible.

Acts 4:30

While you stretch out your hand to heal, and signs and wonders are performed through the name of your holy servant Jesus.

John 14:12

Truly, truly, I say to you, whoever believes in me will also do the works that I do; and greater works than these will he do, because I am going to the Father.

Mark 16:20

And they went out and preached everywhere, while the Lord worked with them and confirmed the message by accompanying signs.

Day 15 // Sunday (fasting complete!)

Congratulations! You completed your fast! We pray you felt God's presence and intimacy as you drew near to Him over this period (James 4:8), and that your eyes and ears have become ever increasingly attuned to his faithful love and goodness. We look forward to sharing testimony, and celebrating with you in church today!

Psalms 95:1-3

Come, let us sing for joy to the Lord; let us shout aloud to the Rock of our salvation.

Let us come before him with thanksgiving and extol him with music and song.

For the LORD is the great God, the great King above all gods.

Psalms 66:1-4

Shout joyful praises to God, all the earth!

Sing about the glory of his name!

Tell the world how glorious he is.

Say to God, "How awesome are your deeds! Your enemies cringe before your mighty power. Everything on earth will worship you; they will sing your praises, shouting your name in glorious songs."