



## Connect and Reflect

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 intentionally take time to connect and reflect with God, with others and with ourselves, we prioritise relationship. Prayer and fasting are two powerful tools that assist us all in doing this.

This booklet is designed to help you take your NEXT STEPS and to guide you through our annual season of prayer and fasting. We will spend time connecting with God and then reflecting upon what He says to us and what He wants us to do about it.

During the two weeks, there will be opportunities to pray on your own, pray within your small groups/pray with your family and pray with the wider Oasis Church community. Be blessed and remember, you will get out what you put in.

## CORPORATE PRAYER DATES 2021

- **Monday 13<sup>th</sup> September**
- 7pm - 8pm
- **Thursday 16<sup>th</sup> September**
- 7pm - 8pm
- **Monday 20<sup>th</sup> September**
- 7pm - 8pm
- **Thursday 23<sup>rd</sup> September**
- 7pm - 8pm

## 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 sacrifice 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 worshipping 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).

Fasting is more about the humbling of self as opposed to "getting something". 2 Chronicles 7v14 states that "If my people, called by My Name, **humble themselves and pray then** I will hear from heaven..." Humility is the key to fasting and praying, not the end result of what we fast and pray for.

## 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**

**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 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.

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 mindset 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: 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.

### **Day 2 Monday**

#### **PRAYER FOCUS: Give Honor, Praise and Worship to God**

Read and meditate 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

## **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.

#### Ephesians 1:17

"I keep asking that the God of our Lord Jesus Christ, the glorious Father, may give you the Spirit of wisdom and revelation, so that you may know him better.

## **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! Who will you ask to come and see?

Reflect on John 1v35-51. How did Jesus do this? Pray that He will help you invite people to come and see what God has done.

## **OASIS CHURCH**

## **Day 5 Thursday**

### **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.

This is the Day of Atonement where forgiveness was given for the nation. Pray for our atonement and forgiveness as a nation on behalf of our nation.

## **Day 6 Friday**

### **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.

### Philippians 1:19

Paul asked and had faith that the prayers of the Philippians would have a great effect.

## **Day 7 Saturday**

### **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 and 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 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 8 Sunday**

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

Pray Matthew 6:10 over all these things. Your Kingdom Come...

## **Day 9 Monday**

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 – particularly Pastor Kate – 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 10 Tuesday

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 11 Wednesday

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.

## Day 12 Thursday

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.

## Day 13 Friday

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.

## **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!

Psalm 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.

Psalm 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."