



mamlaka hill chapel  
Empowered to Transform

# 2024

## PRAYER AND FASTING GUIDE

29<sup>TH</sup> JANUARY-2<sup>ND</sup> FEBRUARY 2024

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## PHILLIPIANS 4:4-8

<sup>4</sup>Rejoice in the Lord always; again I will say, rejoice. <sup>5</sup>Let your reasonableness be known to everyone. The Lord is at hand; <sup>6</sup>do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. <sup>7</sup>And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus. <sup>8</sup>Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things.







# why fast?

Fasting has the potential for significant impact in our lives. Through fasting and prayer, the Holy Spirit can transform your life personally and God can speak to you in new and dynamic ways.

Biblical fasting is, very simply, denying oneself food for the sake of seeking and honouring God. Prayer is connecting with God; fasting is disconnecting ourselves from the world. That's a great way to describe the feeling. In addition to food, you can also fast from other things that keep you connected to the world. These may include television, social media, video games and more.



# why you should fast.

**If you do not already know of the power and importance of fasting, here are some very important facts:**

- Fasting was an expected discipline in both the Old and New Testament eras. For example, Moses fasted at least two recorded 40-day periods. Jesus fasted 40 days and reminded His followers to fast, “when you fast,” not if you fast (*Matt. 6:16-18*)
- Fasting and prayer can restore the loss of the “first love” for your Lord and result in a more intimate relationship with Christ.
- Fasting is a Biblical way to truly humble yourself in the sight of God (*Psalms 35:13; Ezra 8:21*). King David said, “I humble myself through fasting.”
- Fasting enables the Holy Spirit to reveal your true spiritual condition, resulting in brokenness, repentance and a transformed life.
- The Holy Spirit will quicken the Word of God in your heart and His truth will become more meaningful to you!
- Fasting can transform your prayer life into a richer experience.
- Fasting can result in a dynamic personal revival in your own life– and make you a channel of revival to others.





# 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 studying God's word before the fast. Ask the Holy Spirit for guidance in your prayers. Write down your specific prayer requests for your family, friends, church, and nation.

## **Commit**

Pray about the partial fast you will undertake and commit to it ahead of time. Ask God for grace to help you follow through with your decisions.

## **Act**

Start eating smaller portions a few days before the fast. Ask someone to keep you accountable throughout the fast.

## **NOTE:**

Consult a physician, especially if you are pregnant, nursing, or taking medication. If your situation does not allow you to 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 read through the devotionals. Be ready to respond to God's Word and the leading of the Holy Spirit.

## **Pray**

Intercede for your family, church, pastors, nation, campuses, and missions throughout the week.

## **Replenish**

During mealtime, read the Bible and pray instead. 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.



Monday, 29<sup>th</sup> January

## Psalms 138:1-8

<sup>1</sup>I give you thanks, O LORD, with my whole heart; before the gods I sing your praise;<sup>2</sup>I bow down toward your holy temple and give thanks to your name for your steadfast love and your faithfulness, for you have exalted above all things your name and your word. <sup>3</sup>On the day I called, you answered me; my strength of soul you increased.

<sup>4</sup>All the kings of the earth shall give you thanks, O LORD, for they have heard the words of your mouth, <sup>5</sup>and they shall sing of the ways of the LORD, for great is the glory of the LORD. <sup>6</sup>For though the LORD is high, he regards the lowly, but the haughty he knows from afar.

<sup>7</sup>Though I walk in the midst of trouble, you preserve my life; you stretch out your hand against the wrath of my enemies, and your right hand delivers me. <sup>8</sup>The LORD will fulfil his purpose for me; your steadfast love, O LORD, endures forever. Do not forsake the work of your hands

# THANKSGIVING

## Prayer points:

1. Thanksgiving to the Lord for a new year. His steadfast love and faithfulness are forever sure.
2. Praise his name for the privilege of prayer, that we are able to corporately and individually commune with our father in heaven.
3. He preserve our lives in the midst of trouble. Glorify his name for his compassion towards us.
4. Worship him for he is God who does not change. He will fulfil his purpose for us.



- **AHSANTE!** *by Mercy Masika & Paul Clement*
- **My Heart Is Filled With Thankfulness** *by Keith & Kristyn Getty*



## Romans 6:12–13

<sup>12</sup>Let not sin therefore reign in your mortal body, to make you obey its passions. <sup>13</sup>Do not present your members to sin as instruments for unrighteousness, but present yourselves to God as those who have been brought from death to life, and your members to God as instruments for righteousness.

## Romans 12:1–2

<sup>1</sup> I appeal to you therefore, brothers, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship. <sup>2</sup>Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect.

Tuesday, 30<sup>th</sup> January

# SURRENDER TO THE LORD

## Prayer points:

1. As you come before the Lord in prayer today, confess and repent of your sins. Pray that he may forgive you.
2. Pray that the Lord would enable you to live a life worthy of the Lord as you seek to please him in every way
3. Pray that sin would not reign in you to make you its slave.
4. Surrender to the Lord all things that would make you worry and become anxious.
5. Commit to the Lord the plans that you have made for this year. Pray that he will enable you to glorify him in all you do.



- **I Surrender** – *Hillsong Worship*
- **All to Jesus I surrender**



## Isaiah 54:10

<sup>10</sup> For the mountains may depart and the hills be removed, but my steadfast love shall not depart from you, and my covenant of peace shall not be removed," says the LORD, who has compassion on you.

## Luke 5:16

<sup>16</sup> But he would withdraw to desolate places and pray.

## Isaiah 54:10

<sup>10</sup> For the mountains may depart and the hills be removed, but my steadfast love shall not depart from you, and my covenant of peace shall not be removed," says the LORD, who has compassion on you.

Wednesday, 31<sup>st</sup> January

# PRAYER FOR THE FAMILY AND THE CHURCH

## Prayer points:

1. Pray that in our families, we may remember the love of God and his compassion to us.
2. Pray that the Lord will strengthen our family bonds that we will grow in his love.
3. Pray that as a church, we will be a people of prayer this year.
4. Pray that the Lord will renew our commitment in our outreach to the last, the least and the lost.
5. Pray for comfort, and healing upon families that are going through grief, and pain.



- **The Family Prayer Song**
- **Build your church** *by Elevation worship & Maverick city.*
- **O church Arise** *by Keith & Kristy Getty*



## Colossians 3:17,23-24

<sup>17</sup>And whatever you do, in word or deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through him.

<sup>23</sup>Whatever you do, work heartily, as for the Lord and not for men, <sup>24</sup>knowing that from the Lord you will receive the inheritance as your reward. You are serving the Lord Christ.

## 1 Corinthians 10:31

<sup>31</sup>So, whether you eat or drink, or whatever you do, do all to the glory of God.

Thursday, 1<sup>st</sup> February

# WHATEVER WE DO

## Prayer points:

1. Pray for job opportunities. Ask the Lord to help us be diligent to do the work.
2. Pray that the Lord would help us shine for him in our places of work.
3. Pray that the Lord would enable us to do our jobs in his name, and to be thankful to God the Father through Him.



• I Will Trust My Saviour Jesus- CityAlight



Friday, 2<sup>nd</sup> February

# PRAYER FOR THE NATION

## Lamentations 2:19

<sup>19</sup>“Arise, cry out in the night, at the beginning of the night watches! Pour out your heart like water before the presence of the Lord! Lift your hands to him for the lives of your children, who faint for hunger at the head of every street.”

## 2 Chronicles 7:14

<sup>14</sup> 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.

### Prayer points:

1. Raise a lament to the Lord concerning the state of our nation.
2. Pray for the judiciary, the legislature and the executive. Pray that those who serve in these offices would be dedicated to fulfil the mandate entrusted to them.
3. Pray that the Lord would break the yoke of oppression, and the bond of wickedness in our nation.
4. Pray for the church in this nation, that we shall be a people who call upon the Lord, crying to him without fail on behalf of our land.
5. Thank the Lord for this week of prayer and fasting. Praise be to his name



- **Kenyan National Anthem–God Of This City**  
*ICC Nairobi Worship Rendition*





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