



MAMLAKA HILL CHAPEL
Empowered to Transform

5 days of prayer and fasting

Prayer and Fasting week

27TH -31ST JAN 2025

DO NOT BE ANXIOUS ABOUT ANYTHING, BUT IN EVERY SITUATION, BY PRAYER AND PETITION, WITH THANKSGIVING, PRESENT YOUR REQUESTS TO GOD.

Philippians 4:6

MORNING PRAYERS
6:00 AM-6:30AM

[Click here to Join our Morning Prayers](#)

Hebrews 12:2

²looking to Jesus, the founder and perfecter of our faith, who for the joy that was set before him endured the cross, despising the shame, and is seated at the right hand of the throne of God.

Philippians 4:6

⁶do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.

Romans 15:13

¹³May the God of hope fill you with all joy and peace in believing, so that by the power of the Holy Spirit you may abound in hope.

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.

Dedicating time for prayer and fasting enables us to have more time for dedicated intercession. This comes from freeing the time you would otherwise have spent eating or doing whatever activity you are fasting from. The extra time means we can spend more focused time praying for people.





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 (Psalm 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 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.

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, 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.

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.

DAY 1

Monday, 27th January

Prayer for Self.

Prayer Points:

- » Take some time to worship and adore God. From everlasting to everlasting, he remains to be God. To Him, belongs greatness and might, glory and victory (1 Chronicles 29:10-11).
- » Humble yourself before the Lord and confess your sins and seek his forgiveness. Pray that He would help you to say No to ungodliness and sins that you are vulnerable to. (Psalm 51:10, 1 John 2:1-2).
- » Pray for a heart of obedience. That you will not grieve the Holy Spirit that He has caused to dwell in you.
- » Pray and commit your needs to the Lord.

In this New Year, what are you trusting the Lord to do in your life? May the Lord help you to keep a steadfast gaze on Jesus as the source and perfecter of your faith.



Today's Playlist

[click to listen](#)

DAY 2

Tuesday, 28th January

Prayer for our Families.

Prayer Points:

- » Commit to the Lord the specific requests you have for your family.
- » Pray that God would grant our families the unity and peace that comes from His Spirit. Pray that families will live in harmony without division, unforgiveness and resentment between family members. (Rom.12:16, Phil.4:7).
- » Pray for the married couples at Mamlaka Hill Chapel. That they will pursue Christ and seek to reflect His covenantal love and faithfulness in the way they treat each other (Eph. 5:25, 33).
- » Pray for those who are in a season of singlehood; that they would seek to please the Lord Jesus in this season of their life Pray for wisdom in navigating their different relationships at home, work and in friendships (1 Cor. 7:32,34).
- » Pray for family members struggling with addictions, and those who do not know Jesus as Lord and Saviour that they will experience transformation.

Lord, let our homes be sanctuaries of the grace and mercy we receive from God through Jesus Christ.



Today's Playlist

click to listen

DAY 3

Wednesday, 29th January

Prayer for our Local Church, Mamlaka Hill Chapel

Prayer Points:

- » This year, we are celebrating 20 years of the ministry and existence of Mamlaka Hill Chapel. Thank the Lord and rejoice in His goodness for he has been Ebenezer to us.
- » Pray that the Lord would keep our church steadfast in the truth of the gospel in word and deed, always exalting Christ Jesus as Lord. Pray that our ministry would bring about transformation and renewal in people's lives at home and abroad (Phil.2:16).
- » Pray for our Bishop, assistant Bishop, Elders, Pastors, and other leaders within the church that God will give them wisdom as they administer God's grace in its various forms (1 Peter 4:10)
- » Pray for holiness and purity within our church. May our lives display the sanctifying work of the Holy Spirit. May we be known by our good fruits everywhere God places us.
- » Pray for our Real groups. That as we fellowship together God will be pleased to help us to sharpen one another and spur each other towards love and good deeds.
- » Commit to the Lord the members of our church who are battling sickness and those who are grieving. Pray for God's healing, strength, and comfort. May the Lord equip us to minister to them in sincere loving ways that remind them of Christ's goodness, love and grace through pain.
- » Intercede for 1 or 2 specific people who you interact with while at church.

The church consists of God's own special possession witnessing the excellencies of God who calls people out of darkness into his Marvelous light. That they may receive mercy on account of what Christ has accomplished.



Today's Playlist

click to listen

DAY 4

Thursday, 30th January

Prayer for the Worldwide Church

Prayer Points:

- » Pray that the Lord would bring more people into the family of faith from all corners of the earth. Pray for the salvation of those who are lost in empty religious activity yet have not come to the saving knowledge of Christ as Lord. Pray that God would draw them to Himself by His Spirit (Rom 10:1-2, John 16:8-9).
- » Pray for the persecuted church in the East and other places around the world. Pray for the leaders of those nations whose laws and policies are oppressive towards Christianity to change their position on the issue. Pray for closed countries to open up their doors for missionaries and other gospel workers to have freedom to extend the kingdom of God in those places. (1 Tim 2:3-5).
- » Pray for the nations in Europe that are post Christian (have moved away from Christianity), that the Lord would awaken them from their spiritual slumber. Pray for a revival in those places and that the young people who never go to church will discover the treasure and the pricelessness of a relationship with Christ. Pray for the gospel witness of Christians living there to bear fruit.
- » Pray for Christians around the world that the Lord would encourage, embolden and renew our commitment to sharing the good news with others. Pray that we will take the great commission seriously and that the Lord of the harvest would stir more hearts towards the mission field (Matt.9:37-38).
- » Pray for the church in Africa not to slacken in zeal, but to continue in fervour, always serving the Lord as we await His return (Rom.12:11). Pray that Africa will be transformed by the gospel of Christ. That the greed, abuse, violence and bad leadership that plagues us will be overturned by the progressive expansion of the Christian and biblical worldview.

How will they call on him in whom they have not believed? And how are they to believe in him of whom they have never heard? And how are they to hear without someone preaching? And how are they to preach unless they are sent? As it is written, "How beautiful are the feet of those who preach good news!"- Romans 10:14-15



Today's Playlist

[click to listen](#)

DAY 5

Friday, 31st January

Pray for the Country

Prayer Points:

- » Thank God for our country Kenya. Thank Him for the people, and the rich resources we have in the different sectors of the economy. Thank Him for the peace we have been able to enjoy.
- » Pray that God will bless this our land and nation. That our country will respect the rule of law. That justice will be our shield and defender and that we may dwell in unity, peace and liberty. Pray that plenty be found within our borders. (1st Stanza of our national anthem)
- » Pray for the President, the Cabinet, the Governors, the Senators, Members of parliament, Members of the county assembly and all the other leaders appointed in the country. Pray that they will execute their mandate faithfully so that we can live peaceful and quiet lives marked by godliness and dignity. (1 Timothy 2:2)
- » Pray for our economy to flourish. Pray for the cost of living will be bearable and that the business environment will thrive. For ease of doing business in this country will be enhanced attracting investment in this country. Pray that this will result in more jobs and income for Kenyans.
- » Pray against the greed and corruption that has destroyed our institutions. Pray that God will deliver us from this selfish mindset and that we will care enough for our country to do the right thing. Pray that Christians will stand up against this vice and as salt and light we will set a good example for others.

Let the peoples praise you, O God; let all the people praise you! –Psalm 67:3



Today's Playlist

[click to listen](#)

5 days of prayer and fasting

Prayer and Fasting week

27TH -31ST JANUARY 2025

Mamlaka Road, off Nyerere Road

P.O Box 38134-00100 Nairobi

Tel: (020) 2151482; (020) 2151483; (020) 2151484

Cell: +254 733 396 910; +254 724 216 927

Email: info@mamlakahillchapel.org