

**OUR DAY
OF POWER**

THEME



Mon. 6th January - Sun. 26th January

21 **DAYS**

OF PRAYER & FASTING

with Pastor David Antwi



How you begin and conduct your fast will largely determine your success. For some people, this might be the first time ever to follow a fast or having done one without having a proper understanding or meaning. We are hoping that following the six basic steps to fasting will make your time with the Lord more meaningful and spiritually rewarding.

SIX STEP GUIDE TO YOUR FAST

STEP 1: Set Your Objective

STEP 2: Prepare Yourself Spiritually

STEP 3: Prepare Yourself Physically

STEP 4: Put Yourself on a Schedule

STEP 5: End Your Fast Gradually

STEP 6: Expect results

SIX STEP GUIDE TO YOUR FAST

STEP 1: Set Your Objective

Ask the Holy Spirit to clarify His leading and objectives for your prayer fast. This will enable you to pray more specifically and strategically.

STEP 2: Prepare Yourself Spiritually

The very foundation of fasting and prayer is repentance. Unconfessed sin will hinder your prayers. There are several things you can do to prepare your heart:

- Ask God to help you make a comprehensive list of your sins.
- Confess every sin that the Holy Spirit calls to your remembrance and accept God's forgiveness (**1 John 1:9**)
- Seek forgiveness from all whom you have offended, and forgive all who have hurt you (**Mark 11:25**)
- Make restitution as the Holy Spirit leads you.
- Begin your time of fasting and prayer with an expectant heart (**Hebrews 11:6**)

STEP 3: Prepare Yourself Spiritually

Physical preparation makes the drastic change in your eating routine a little easier so that you can turn your full attention to the Lord in prayer:

- Do not rush into your fast.
- Prepare your body. Eat smaller meals before starting a fast. Avoid high-fat and sugary foods.
- Eat raw fruit and vegetables for two days before starting a fast.

While You Fast

- Your time of fasting and prayer has come. You are abstaining from all solid foods and have begun to seek the Lord. Here are some helpful suggestions to consider:
- You may drink water during your fast. If necessary; for health reasons you may consume beverages such as tea or coffee.
- You may find it useful to take mints during the fast to freshen your breath.
- Prepare yourself for temporary mental discomforts such as impatience, crankiness, and anxiety.
- Expect some physical discomforts, especially on the second day.
- You may have fleeting hunger pains or dizziness.
- Withdrawal from caffeine and sugar may cause headaches.
- Physical annoyances may also include weakness, tiredness, or sleeplessness.

The first two or three days are usually the hardest. As you continue to fast, you will likely experience a sense of well-being both physically and spiritually. However, should you feel hunger pains, increase your liquid intake.

SIX STEP GUIDE TO YOUR FAST

STEP 4: Put Yourself on a Schedule

For maximum spiritual benefit, set aside time to be alone with the Lord. Listen for His leading. The more time you spend with Him, the more meaningful your fast will be.

Morning

- Begin your day in praise and worship.
- Read and meditate on God's Word.
- Invite the Holy Spirit to work in you.
- Invite God to use you.
- Pray for His vision for your life and empowerment to do His will.

Afternoon

Return to prayer and God's Word. Take a short prayer walk.

Evening


When possible, begin and end each day on your knees for a brief time of praise and thanksgiving to God.

STEP 5: End Your Fast Gradually

First of all drink water; if possible warm water or beverage to help the digestive track to relax. After that, you should start off with something light to eat such as fruit; namely bananas or apples. Do not break your fast with fruits such as oranges due to their high acidic content. The fast for each day will end at 6pm.

STEP 6: Expect results

If you sincerely humble yourself before the Lord, repent, pray, and seek God's face; if you consistently meditate on His Word, you will experience a heightened awareness of His presence ([John 14:21](#)). The Lord will give you fresh, new spiritual insights. Your confidence and faith in God will be strengthened. You will feel mentally, spiritually and physically refreshed.

A close-up photograph of a hand holding a thick, dark brown leather-bound Bible. The hand is positioned in the foreground, with the fingers gripping the edges of the book. The background is a blurred crowd of people, likely in a church or a religious gathering, with warm, golden light illuminating the scene. The overall atmosphere is one of reverence and community.

But without faith it is impossible to please Him, for he who comes to God must believe that He is, and that He is a rewarder of those who diligently seek Him.

Hebrews 11:6 NKJV

MON. 6 JAN**Repentance and Personal Awakening**

- Ask the Holy Spirit to shed light in your life to reveal any sin and dead work in your life.
- Confess any revealed or known sin or dead works in your life and repent.
- In humility ask God to give you a broken and contrite heart.
- Pray for the discipline and wisdom to cultivate and maintain a bible study and prayer life with an unbroken focus and grace to obey the dictates of the word.
- Ask for the grace to totally uproot any stronghold of sin and produce fruits of repentance.

DAY 1.
Hebrews 6**TUE. 7 JAN****Opened and Circumcised Heart, Ears, Eyes in This Period of Fasting**

- Pray and ask God to open your ears, to hear when He speaks to you.
- Pray and ask God to be able to see and hear our teacher and you will not miss what God has in store for you during this period of fasting.
- Pray for the grace to have an effective and regular quiet time during this period of fasting and throughout 2025. Ask God for great understanding in His word, which will cause fruitfulness this year.
- Ask God to remove any influences and voices that will block your hearing and seeing this year, causing a disobedient heart.
- Pray that you carry the presence of God when you come out of your secret Place.

DAY 2.
Hebrews 7

WED. 8 JAN

Fresh Infilling of the Holy Spirit

- Pray for a fresh outpour of the Spirit upon your life to enable you to do more for God in this season.
- Pray that you will experience an overflow of the Spirit in your life.
- Pray for a fresh infilling of the Holy Spirit so you can do exploits in the Kingdom.
- Pray that God will make you a suitable vessel for the infilling of the Holy Spirit to do signs and wonders.
- Pray for the outpouring of the Holy Spirit in your life and that Christ may dwell in you richly.

DAY 3.
Hebrews 8**THU. 9 JAN**

Glory

- Pray that the word that has come forth that God will wipe away every tear will be your reality
- Ask God to take away every shame both and near away from you, that your enemies will not triumph over you
- Pray that God will show you a token for good and in 2025 it will be obvious that God has helped you
- Pray that 2025 will be the best year for both you and Kharis, that our church and your life will be filled with glorious testimonies.
- Pray that the Lord will deliver to our churches glorious buildings for His worship and our use.

DAY 4.
Hebrews 9

FRI. 10 JAN**Faith for Sacrificial Living**

- Pray, asking God what to sacrifice this year and ask Him for the grace to do it.
- Pray that as you commit to the call of sacrifice your level of intimacy with God will increase and you will produce much fruit.
- Ask God for the strength and faith to sacrifice this year. Ask Him to give you an upper hand against anything that will attempt to stop you sacrificing for Him and His agenda.
- Pray that as you walk by faith sacrificially for God and His agenda this year you will receive an unusual anointing to be used mightily, proactively and effectively in Kharis Church and in life.
- Ask for the joy of the Lord to fill your life that you will not even see sacrifices as such but rather an honour done you.

DAY 5.
Hebrews 10**SAT. 11 JAN****Strong Revival in Kharis Including Our Youth and Children**

- Pray that every seared conscience, every frozen heart towards God will once again, become soft, that we may become sensitive to the things of God once again, that you will be tender-hearted towards God.
- Pray that our hands will not be weakened in our revival pursuit. We will not resort to murmuring and complaining as we journey.
- Pray for a fresh outpouring and infilling of the Holy Spirit on the youth and children in Kharis, that they will be evidence of the promise of God on Kharis for revival!
- Pray that God will open doors for our young ones to be a sign and wonder to their generation.
- Pray that our young one will be fearless in the face of adversity but rather will be strong in faith for the sake of the gospel. That the evil in their generation will not be able to overcome them.

DAY 6.
Hebrews 11

SUN. 12 JAN**God's Servant and the Leadership Team**

- Pray that God will grant His Servant more wisdom, fresh anointing and new mantles for the assignment ahead.
- Pray that God will grant His Servant the keys to unlock the mysteries of His Kingdom in this season of revival.
- Pray that God will strengthen His Servant for the task ahead and that He will back His Word spoken through His Servant with signs, wonders and mighty deeds.
- Pray that there will be continual unity amongst all Pastors and leaders and that they will remain loyal and faithful to both the Kharis commission and God's Servant.
- Pray that Kharis leadership will be men and women filled with the Holy Spirit.
- Pray that the same grace working upon God Servant's life will find expression in the lives of the Kharis leadership team.

DAY 7.
Hebrews 12



But without faith it is impossible to please Him, for he who comes to God must believe that He is, and that He is a rewarder of those who diligently seek Him.

Hebrews 11:6 NKJV

MON. 13 JAN**Taking Bold and Giant Steps for the Lord by Faith**

- Pray that God will give you the spirit of faith to overcome seemingly insurmountable obstacles to take a stand as we contend for the faith.
- Pray and disperse every spirit of fear, doubt and anything set out to attack your faith, so that you can fully engage the power of the Holy Spirit in your decision making.
- Pray that your decisions will be influence by the Spirit of faith as you take giant step based on the word of God.
- Pray for the grace to remain resolute in our pursuit of revival and to be tenacious in our approach to advance the kingdom and revival mandate.
- Pray that your faith will not fail.
- Pray for grace to live from faith to faith.

DAY 8.
Hebrews 13**TUE. 14 JAN****Obedience**

- Ask God to bend you and mould you for His agenda. Ask Him to break any stiffness that is causing you to be a stumbling block in His work.
- Ask God for the grace to obey, regardless of the cost, for the sake of His work and the Revival.
- Ask God for the grace to walk in purity and holiness in this year.
- Ask God to help you deal with any characteristics that cause you to be puffed up and proud, so you can receive the grace that is available through humility.
- Pray and ask for an infilling of the Holy Spirit, to walk by the Spirit and not the flesh.

DAY 9.
Daniel 1

WED. 15 JAN

The role of Kharis Church in the Lord's Revival in the UK and beyond

- Pray that God will continue to help Kharis stay focused on God's direction for her role in the revival.
- Ask the Lord to help you play your part in the role He has for Kharis in respect of the Revival.
- Ask the Lord to help the leadership of Kharis to keep forging ahead inspite of any challenges that may come the way of the Church.
- Pray that the Leadership of Kharis will remain in tune with God for any new directions that He may give in terms of our role in the revival

DAY 10.
Daniel 2

THU. 16 JAN

Every outreach effort in Kharis Church, International Missions, Branches, Kharis on Campus, Jesus Campaign, Expresses

- Pray that the existing missions work will do well and impact the countries, cities, towns and villages in which they are located.
- Pray for the existing missionaries and branch Pastors and their families. Pray that God will shield them from attacks of all kinds. Pray that they will receive help from God to stand and build the Church.
- Pray that the spirit of sacrifice and boldness will come upon many others so they can be sent out as missionaries.
- Pray that God will give us keys to unlock the nations He has sent us to. That they will gladly receive the word and mandate He has given us.
- Ask God to pour great grace upon the KOCs and Kharis Expresses so that their impact will be felt to an even greater degree.
- Pray that many souls will be won and established through Jesus Campaign and all our group/personal outreach efforts.

DAY 11.
Daniel 3

FRI. 17 JAN**Power**

- Pray that you and I will be willing to do all it takes to see the kingdom of God established in our sphere of influence.
- Pray that no weapon formed against your life and Kharis will prosper.
- Pray that God will grant us the grace to walk in the dominion we have as believers and the Church of God.
- Ask for boldness to become a wonder to your community and God to attest of you with signs wonders and miracles.
- Ask God to use you in wonderful ways for the establishment of many disciples and to bring glory to His name.

DAY 12.
Daniel 4**SAT. 18 JAN****Revival in the UK**

- Pray that our nation will go on their knees to seek the face of the Lord to heal our land.
- Pray that the will of the Lord will be done in our nation and all men shall be saved.
- Pray that God will send godly fear upon our nation and make His glory be known.
- Pray for our leaders and all those in authority that they will act in the fear of the Lord and put their faith in Him.
- Pray that the Church will take centre stage and be exalted above everything else in our days.
- Pray that as Kharis continues to seek revival through prayer and the teaching of the word, we shall experience a great move of the Holy Spirit and the whole nation will come to the knowledge of our Lord Jesus Christ.

DAY 13.
Daniel 5

SUN. 19 JAN**Marriage and Families**

- Pray that our families will be God fearing families that raise ministers for God's kingdom.
- Pray that within our families, our faith will be unflinchingly strong so we will always pursue God's perfect will no matter the challenges we face in life.
- Pray that the Kharis families be willing to always show hospitality and generosity towards agents of the Revival.
- Pray that no family will be barren.
- Pray for the release of many marriages in 2025. May the scales fall off potential spouses to locate and marry.
- Pray against any intimidation or force of darkness fighting against peoples open door to marriage.

**DAY 14.
Daniel 6**



But without faith it is impossible to please Him, for he who comes to God must believe that He is, and that He is a rewarder of those who diligently seek Him.

Hebrews 11:6 NKJV

MON. 20 JAN**Discovery of personal gifts, callings, talents & graces and empowerment to fulfil it**

- God has prepared you in advance for good works in His house. Ask the Holy Spirit to help you to identify your gifts, callings, talents and graces.
- Pray that as you joyously serve, God will make your graces and gifting clearer to you and those in authority around you to enable you to confidently fulfil your destiny in Christ.
- Pray that you will be able to discern the spiritual gifts God has given you.
- Pray that whatever gift or calling God has deposited in you will be put to good use to bear fruits.
- Ask God for forgiveness where you have neglected your calling and another chance to put your talent and gift to good use in this year of faith.

**DAY 15.
Daniel 7****TUE. 21 JAN****Divine lifting amongst members**

- Pray for God to provoke supernatural harvest on every giving, seed of commitment and labour.
- Pray for God to prosper every Kharis member abundantly in all year round.
- Pray that God will grant Kharis members favour especially with all those who matter to the fulfilment of their destiny.
- Pray for Kharis members to walk in strange favour and exceptional open door in schools, careers and business.
- Pray that Kharis members will have exceptional ideas and innovations that result to great prominence and wealth.
- Pray for God to lift every Kharis member from the ash heap of life and seat us amongst the great.

**DAY 16.
Daniel 8**

WED. 22 JAN**The Kharis Reach**

- Pray that the revival mandate will be received wherever God sends us.
- Ask God to give us the nations for our inheritance, that we will bring the kingdom of God wherever we go.
- Ask God to give us dominion in the air waves and social media space. That the voice of His servant and Kharis will be heard loud and clear for the salvation of many, establishment of believers and strengthening of churches.
- Pray that the Bezalels and Oholiab to step into their ministries to get to the reach God has given us.
- Ask God for ground-breaking ideas to get the pure gospel to the world.
- Ask God for divine wisdom for advancement.

DAY 17.
Daniel 9**THU. 23 JAN****All round fruitfulness**

- Pray and receive the grace to open up every area of your life to God; that there will no longer be a side of your life that is void of Jesus.
- Pray that from this moment forward, you will abide in God and as a result bear fruit.
- Pray that your eyes may be opened to see and understand God's will for your life that you may walk accordingly and please Him in everything you do.
- Pray for the grace to deny your flesh, die to self and live for Christ, bearing fruit unto God.
- Pray for grace and favour to be unusually fruitful in your family life, marriage, career and all other areas of your life

DAY 18.
Daniel 10

FRI. 24 JAN**Divine protection and preservation for all in Kharis and their loved ones throughout 2025**

- Pray that none shall be victims of the attacks of the enemy in the course of the journey of revival (all our meetings, missionary and evangelistic journeys and operations are covered).
- Pray for exemption from any form of disaster including pandemics and terrorist activities this year. This year you will not be stopped by sickness; you will not die and will not bury a loved one.
- Pray against any standing order of evil about to be executed on anyone under this commission Kharis this year. You and your loved ones will enjoy divine escapes.
- Pray that you will stay under divine cover in the Kharis commission so you will not be a cheap prey for the enemy.
- Pray for household protection from every plan of the enemy using yourself as a point of contact.

DAY 19.
Daniel 11**SAT. 25 JAN****An Unbroken focus for God's Servant and grace of following for the church**

- Pray that God's Servant, Rev. Dr. David Antwi, will be single-minded in his pursuit of the truth of God's Word!
- Pray for God's Servant that he will remain steadfast and unmovable, always abounding in the work God has given him.
- Pray for God's Servant that the whole counsel of God will be preached fully through him.
- Pray for God's Servant for God to deliver him from every trap of the enemy.
- Pray that God will open your eyes to know His Servant, that you may diligently follow and be a partaker of the grace on his life.
- Pray that you will not be slow of heart to believe
- Pray that you will see the vision God has given His Servant and that you will run with it.

DAY 20.
Daniel 12

SUN. 26 JAN

Thanksgiving

- Thank God for His daily provision and mercies towards your family, loved ones and your local church (Kharis) all through this year.
- Pray for the Holy Spirit to assist you to develop an attitude of gratitude at all times.
- God's Servant once said, "Thanksgiving must not be an act, but it must be from the heart". Pray that you will not behave like the other nine lepers. Lord, give me a thankful heart.
- Pray against the spirit of ingratitude towards God.
- Thank God for the great things He has purpose to do this year.
- Thank God for the blessing of your pastors and spiritual family that all that you hear via the teaching of the word will greatly profit you.

DAY 21.
Ephesians 1



But without faith it is impossible to please Him, for he who comes to God must believe that He is, and that He is a rewarder of those who diligently seek Him.

Hebrews 11:6 NKJV

2 CORINTHIANS 5:7

“For we walk by faith, not by sight.”



READ



LISTEN



WATCH

