



30 DAYS

Prayer & **Fasting**

Sun. 1st - Mon. 30th June

THEME: Revival

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6 STEP GUIDE TO YOUR FAST

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Set Your Objective

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Prepare Yourself Spiritually

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Expect Results

6 STEP GUIDE TO YOUR FAST

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.

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 Physically

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 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 of both physically and spiritually.

However, should you feel hunger pains, increase your liquid intake.

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

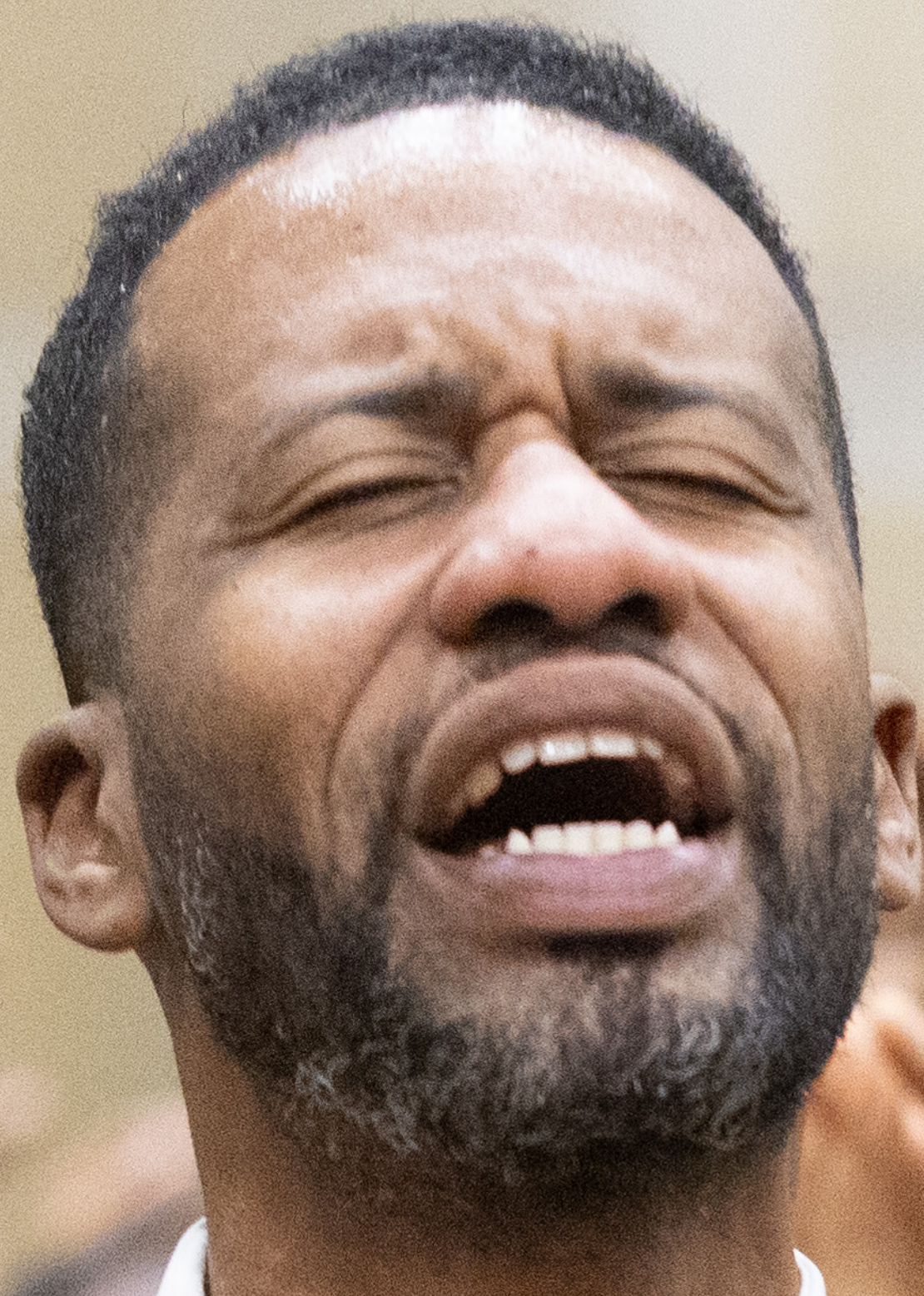
Break Your Fast:

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.



Hebrews 11:6

‘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.’

PRAYER POINTS

- Pray for a fresh outpouring of the Holy Spirit upon our lives and our church.
- Confess every known sin in your life. Ask the Holy Spirit to bring to your remembrance any sin you may have forgotten, and repent.
- Pray that the Holy Spirit will strengthen you in every area of weakness in your life.
- Ask the Holy Spirit to renew/strengthen your passion for the things of God.
- Ask for grace to be sensitive to the leadings of the Holy Spirit.

John 1-7

WEEK 1

PRAYER POINTS

- Pray that in our churches and fellowships, we will see the manifestation of the gifts of the Holy Spirit.
- Ask that you and every member will depend on the Holy Spirit to bear His fruits.
- Pray that the Revival will not only be for Kharis, but also for many others in the UK and in every country we are in.

John 1-7

WEEK 1



Hebrews 11:6

‘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.’

PRAYER POINTS

- Pray for more Kharis Churches around the world, that God will give us new, thriving branches.
- Pray that Kharis will spread and thrive everywhere.
- Pray for church growth (numerical and spiritual).
- Pray that we shall see revival and awakening in all our churches.
- Pray that there will be no evil occurrence within our churches.

John 8-14

WEEK 2

PRAYER POINTS

- Pray for Pastor David for favour, unusual anointing on his life, advanced levels of divine wisdom. Pray for protection and preservation for him and his family.
- Pray for all Pastors, Ministers and leaders in Kharis that they will be found faithful.
- Pray for God to protect our churches from scandals.
- There will be no scandals within the leadership of our congregations.
- Ask God for supernatural provisions for our church building facilities.

John 8-14

WEEK 2

PRAYER POINTS

- Pray that God will grant us favour for supernatural contacts for building facilities and all the necessary provisions.
- Pray that all our outreach arms like KOC, Expresses, Evangelism teams will see great receptivity to the gospel on our streets.
- Ask the Lord of the Harvest that as we step out at every evangelism and Jesus Campaign, He will add to the church.
- Pray that we will see Vision 100 churches happen with ease.

John 8-14

WEEK 2

A close-up, profile view of a woman with dark hair, eyes closed, and mouth open in a state of worship or singing. She is wearing a dark top and a small earring. In the background, other people are visible, some with their hands raised, suggesting a church service or a large gathering.

Hebrews 11:6

‘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.’

PRAYER POINTS

- Pray and believe God for every need in your life. Ask God to fulfil all your desires according to His will.
- Pray for marital breakthroughs and wise marital choices for the unmarried.
- Pray for healthy and strong marriages within this Kharis commission.
- Pray and forbid sudden or tragic death (untimely).
- Pray for divine preservation of health and life.
- Ask for unusual financial supplies within our churches and members.

John 15-21

PRAYER POINTS

- Pray that God will raise giants from among us:
 - Ministry giants
 - Missionaries
 - Political giants
 - Business and Financial giants
- Pray that our children and young people will love the Lord and excel in their studies and careers.
- Petition the Lord to grant you and many other in Kharis mind blowing testimonies.
- Ask God to give you the grace to win souls and personally disciple someone before the end of the year.

John 15-21



Hebrews 11:6

‘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.’

PRAYER POINTS

- Devotion – Ask - Oh God give me a heart of extreme devotion and sacrifices for the divine mandate.
- Service – Pray and ask God to give you a heart of a servant that is open to God's will and work.
- Focus – Pray for God to grant us speed and focus. Pray against broken focus and any form of satanic distraction.
- Pray for divine help to be faithful to the end.

Colossians 22-25
1 Peter 1-3

PRAYER POINTS

- Obedience – Pray for grace to obey the Word you know and all divine promptings.
- Consecration – Pray for grace to keep consecrated to the Lord and His purpose in your life.
- Faith – As you regularly hear the Word, pray to receive faith for exploits.
- Humility – Ask for grace to be and remain humble as you see the mighty works of God in your life.

Colossians 22-25
1 Peter 1-3

PRAYER POINTS

- Honour – Pray for the grace to honour all vessels of honour in your life and grace to partake in the blessing that comes with it.
- Favour – Ask for favour before God and men.
- Soul Winning – Ask for the Spirit of boldness to preach the gospel and win souls. Not only that, but grace to be a disciple who discipless.

Colossians 22-25
1 Peter 1-3



Hebrews 11:6

‘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.’

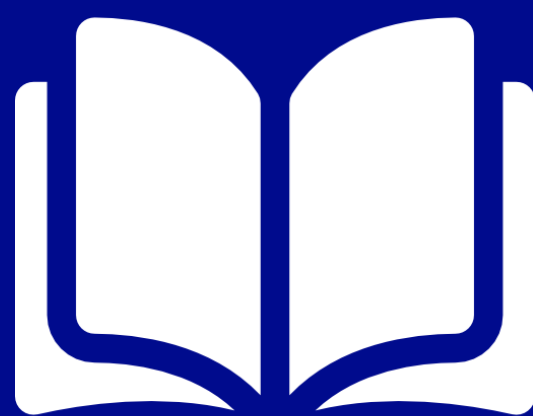
PRAYER POINTS

- Thank God for seeing you and the entire church through this period of fasting.
- Give God thanks for all the testimonies that has already been received since the beginning of the fast and the many that are yet to come.
- Thank God that He will watch over every Word that has come forth from Him through His Servant and perform it.
- Thank God that we will continue to enjoy safe passage.
- Thank God for the blessing of our church, Head Pastor, other Pastors, leaders and workers.

1 Peter 4-5

2 CORINTHIANS 5:7

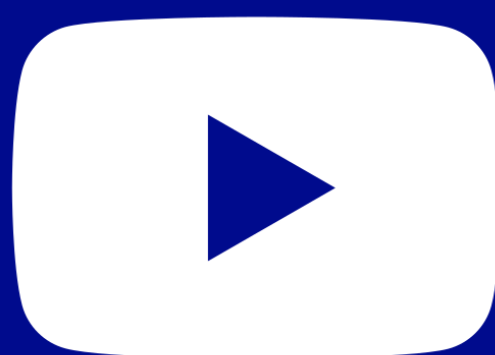
**‘For we walk by faith,
not by sight.’**



READ



LISTEN



WATCH