KINGDOM LIGHT

2025 Fasting & Prayer Guide

12 - 26 January 2025

Dear Brothers and Sisters,
Wishing you all a Blessed New Year 2025!
As we usher in this new year, I feel it would best for all of us to allocate some time to Fast and Pray for Australia, our beloved country of residence.

Remember in 2 Chronicles 7:14 NKJV The Lord says, *if My people who are called by My name will 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*.

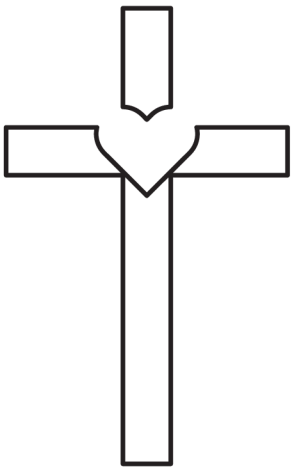
Let us stand in proxy for the nation of Australia, humble ourselves, pray, seek His face and turn from any evil or wicked ways. Then God will hear us, forgive our sin and heal this land.

I pray that we can all participate in this fasting and prayer while preparing our hearts to start right at the beginning of 2025.

For I can do everything through Christ, who gives me strength (Philippians 4:13 NLT).

Shalom,

Ps Lawrence Tan
Senior Pastor



What is Fasting?
Fasting is the temporary giving up of something that is in itself good, like food, in order to intensify our expression of need for something greater — namely, God and His work in our lives. Jesus assumes His followers will fast, and even promises it will happen. He doesn't say "if," but "when you fast" (Matthew 6:16). And He doesn't say His followers might fast, but "they will" (Matthew 9:15).

How Should We Fast?
There are a number of different ways to fast, including:

- Normal: abstaining from all food, but not water. e.g., Jesus: "…ate nothing during those days, and at the end of them was hungry" (Luke 4:2)
- Partial: restricting your diet of certain foods or a meal a day rather than complete abstention. e.g., Daniel: "…so the guard took away their choice food and the wine they were to drink and gave them vegetables instead." (Daniel 1:16, Daniel 10:3)
- Regular: days of fasting that commemorate an event or weekly fasts on a regular day. e.g., Day of Atonement (Leviticus 23:27, Psalm 35:13); a day of fasting (Jeremiah 36:6)
- Public: fasts called to times of special need and emergency. e.g., Ezra returning to the exiles (Ezra 8:21-23); Nineveh, as a result of Jonah's preaching (Jonah 3:5, 10); Esther and all the Jews in Susa (Esther 4:16).

For some, to fast is a common practise in their walk with God. For others, this is new. If you haven't fasted before, here are a few examples of how you could do it during this 14 days Prayer & Fasting journey:

- Eat breakfast and dinner but abstain from eating lunch and snacks. Use the time you would usually eat lunch for Bible reading and prayer. Use the prompts of hunger to be reminded of why you are abstaining from food, and pray.
- Choose one day during the week to fast (drinking only water or juice; it's not recommended that you abstain from water during a fast of any length). Spend the time you would usually be preparing and eating food to pray, read the Bible, worship Him. Use the prompts of hunger to be reminded of why you are abstaining from food, and pray.
- Eliminate certain foods from your diet during the Prayer and Fasting period. For example, a "Daniel Fast" where you eat only fruits, vegetables, legumes, whole grains, nuts and seeds and abstain from "choice foods" such as meat, sugar, alcohol.
- Along with fasting from food, you might also choose to 'fast' from other things such as: social media (e.g. YouTube), television, gaming, etc.
- Let God guide you on what your fast will be and don't be religious or judgemental about what others are fasting. It is ultimately between you and God.

Why Do We Fast?

- Fasting is an act of humbling yourself before God, undertaken in part to seek His divine intervention in our lives and the events of our world.
- It is the example of Christ, the prophets, and the apostles.
- It provides more time to pray, to seek God, and repent because we are more focused on God and less concerned with daily routines such as preparing meals and eating.
- It helps us concentrate on the Word of God to make it more meaningful in our lives.
- ·It gives insight into our true spiritual condition, leading to brokenness, repentance, and change, and allows the Holy Spirit to work in a powerful way.
- It transforms prayer into a richer, more personal experience.
- It can help us regain a sense of spiritual resolve and restore our love for God.
- Fasting is private in nature, in that Christians do not use it to be seen, but to follow the example of Christ (Matthew 6:16-18).

Special Comments

- The first few days are often the hardest. You may feel headaches, low energy and other symptoms of ketosis. Persevere, drink lots of water and cling to Jesus.
- Don't be legalistic or religious. Decide what you will fast before you start. It may be different from others but if it matters to you it will matter to God. Don't judge another person for what they are or are not fasting.
- If you eat something that violates your fast, it doesn't negate it. Resume and continue as soon as possible. Try not to give up because you've had a slip up.
- · During the 14 day period, pre-determine how long your fast will be. It is a step of faith and we hope you can commit to the full 14 days but if you fast 1 day, 1 week or 2 weeks it will all count!
- · Whether fasting or not, let's be united in following the Bible reading plan and allow the Holy Spirit to use the Word of God to guide you in prayer.

Adapted from:

Bright, B (1995). Preparing for the Coming Revival. How to Lead a Successful Fasting and Prayer Gathering. NewLife Publications. Orlando, FL.
Open My Eyes: A 21-Day Fasting Devotional. Jentezen Franklin.
Fasting: The Private Discipline That Brings Public Reward. Jentezen Franklin

Bible Reading and Prayer Guide

For the next 14 days we have provided you with Bible passages to read and use as prayer prompts. We encourage you to write down what God is speaking to you, or write down prayers in response to His word. We have purposefully not transcribed the whole Bible passages in this booklet so that you can read directly from your Bible. Ideally set aside a regular time to do this, for example, first thing in the morning instead of eating breakfast or in the evening instead of eating dinner or watching TV/using technology.

Day 1 - Sunday 12 January

Rend Your Heart

Joel 2:12-29

Day 2 - Monday 13 January

The Acceptable Fast

Isaiah 58:6-9

Day 3 - Tuesday 14 January

Prayer & Fasting

Matthew 6:5-18

Day 4 - Wednesday 15 January

Rivers Flow

Isaiah 41:17-20

Day 5 - Thursday 16 January

The River of Life

Ezekiel 47

Day 6 - Friday 17 January

Take Up The Cross

Luke 9:18-25

Day 7 - Saturday 18 January

Your Word

Psalm 119:9-40

Day 8 - Sunday 19 January

The Temptation of Jesus

Matthew 3:13-17; Matthew 4:1-11

Day 9 - Monday 20 January

Love God, Love People

Luke 10:25-37

Day 10 - Tuesday 21 January

Parable of the Sower

Matthew 13:1-23

Day 11 - Wednesday 22 January

Abiding in the Vine

John 15:1-17

Day 12 - Thursday 23 January

Invitation to the Thirsty

Isaiah 55

Day 13 - Friday 24 January

The Year of the Lord's Favour

Isaiah 61

Day 14 - Saturday 25 January

Heal the Land

2 Chronicles 7:1-15

Sunday 26 January

Congratulations, you have completed the fast!

Here is a space to list out all that God has blessed you with during this time

Living Kingdom Culture

KINGDOM LIGHT

Shining God's Light

KINGDOM LIGHT
37 Tamara Drive, Cockburn Central,
Perth WA 6164
https://www.KingdomLight.org.au
08 9414 9797