

# RHC Prayer and Fasting

*“the birthplace of Christian fasting  
is homesickness for God” – John Piper*

**Come and join us for three nights of prayer,  
fasting, and finally feasting!**

**Wed, 30th Mar: Prayer & worship, 8 - 9pm @ ICS**

**Thu, 31st Mar: Prayer & worship, 8 - 9pm @ ICS**

**Fri, 1st Apr: Breaking fast & testimonies,  
from 7.30pm @ Emily Hill  
(11 Upper Wilkie Road)**

We are going to be fasting together as a church from Wed 30th March to Friday 1st April. John Piper says that “*the birthplace of Christian fasting is homesickness for God*”. We want to be a church that lives and depends on God, and that is what this fast is about – coming back to the source of our life and joy.

## What is fasting?

Fasting is the act of putting aside material needs in order to reset our sights on the only one that can truly satisfy – God Himself. It is the setting aside all of these ‘lesser satisfactions’ (such as food, technology, entertainment etc) so that we can hunger after the ‘bread of life’ and thirst for ‘living waters’. Not only do we sacrifice the enjoyment of the things we fast from, but we devote the time we would otherwise spend on them to prayer and seeking God.

During fasting we change our diet and give up other pleasures so that we can seek God and focus on Him alone. We expect thereby to draw near to God, to hear His voice and direction in our lives, and to have Him work in us.

## What is the theme of our fast this year?

God has called us to be His people, who are engaged in His mission of spreading a passion for His name by making disciples of all nations. We want to fast and pray that God would make us a people who are used by Him in this way. We will be praying for the following:

### Day 1: Preparing ourselves

*Pray: to be set apart for God, empowered by His spirit and fruitful in Christ.*

While fasting from **breakfast**, take the time you would have spent eating to read John 15:1-7 and pray through it. Ask God: what is the fruit I am supposed to bear as a branch that extends from Jesus Christ? Listen for God’s answer.

While fasting from **lunch**, carefully read Galatians 2:20 and Hebrews 10:5-7. Ask God to guide you to understand those verses, and to reveal any wrong motives in your heart. Ask Him what it means to “live by faith”.

### Day 2: Praying for the church

*Pray: for church unity, that we be a “city on a hill”, and for a new church venue.*

While fasting from **breakfast**, read and pray through John 17:20-23. Ask God to show you what it means for us to “be one”, just like God is. Listen carefully to what God says. Pray for RHC to be united in the gospel so that others may see Jesus through us.

While fasting from **lunch**, read Matthew 5:13-16. Pray about what it means to be salt and light, and a city on a hill. Ask God to increase our testimony as a church. Ask God what it means, practically, for RHC to be a city on a hill.

### **Day 3: Pursuing the lost**

*Pray: for conviction to share the gospel and for our family and friends.*

While fasting from **breakfast**, read Matthew 28:18-20 and Acts 1:8 and pray for understanding of these verses. Beg God to pour into your heart a sense of obedience, urgency and compassion for the lost and for the gospel.

While fasting from **lunch**, read Romans 10:11-21 and ask for these words to take root in your heart. Ask God to use you to preach the gospel more. Ask Him to reveal Himself to unbelievers so that they shall believe.

### **What can or can't I eat?**

Fasting is not governed by legalistic rules nor is it something a Christian is pressured into doing. We fast of our own free will. As such there are many types and degrees and lengths of fasting. On this occasion, we are going to be doing a liquids fast, meaning that we are encouraging people to not eat any solid foods for three days, although we are free to drink anything.

Having said that, it is not a sin if you are unable to fast in exactly the way encouraged for various reasons such as health, age, pregnancy/nursing or other circumstances. Those who can't fast the way we encourage can feel free to fast from some other aspect of their lifestyle or diet.

During times of fasting and seeking God it is also helpful to abstain from petty entertainment and other small pleasures. Children are not advised to fast from food but we encourage parents to ask their children to participate with us by giving up something they will miss for those three days.

### **Where and at what time are we meeting?**

We are going to be meeting at ICS on Wednesday and Thursday night to worship and pray together from 8-9pm. On Friday evening we will meet to share testimonies and break the fast together. Dinner will be provided from 7.30pm at Emily Hill but feel free to bring food if you wish. Details of shuttle bus services and directions can be found on the back.

### **Why do we meet, and what will we do when we meet?**

When Jesus taught the disciples to pray, he said they must start with "Our Father" and not "My Father". This shows the corporate nature of prayer, that we come out **together** to pray and worship God.

When we meet we will typically start off with looking at scripture for a few minutes, having a few songs of worship, and then praying together through the things that we are fasting for.

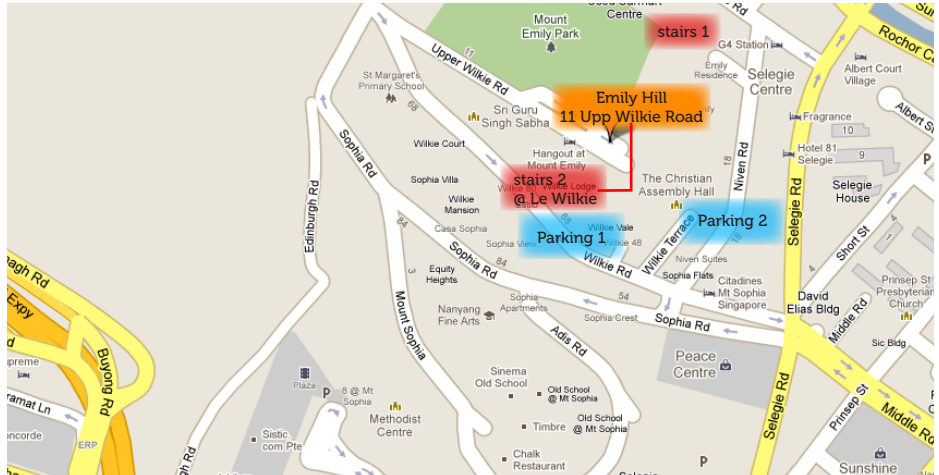
### **Finally...**

We would like everyone from RHC to come and join us as we pray together!

# Wed and Thu 30th and 31st March: ICS

**Shuttle Bus Service:** There will be a round trip shuttle bus service available to and from ICS on both nights. Pick up will be from Clementi MRT station at 7:40pm. The return trip will be at 9:15pm.

## Fri 1st April: Directions to Emily Hill



Courtesy of Google Maps

**Shuttle Bus Service:** There will be a one-way shuttle bus service that will pick up from the taxi stand at Plaza Singapura at 7:10pm and will bring you straight to Emily Hill.

**Driving:** From Selegie Road or Middle Road, turn into Sophia Road. Keep going until you reach a fork, where St. Margaret's Primary School is on the right. Stay on the left, which is Upper Wilkie Road. There are limited parking lots within the compound. Alternative parking lots are as indicated on map. We strongly encourage car-pooling and/or arriving early to ensure ease of parking.

**MRT:** The nearest station is Little India station. Take exit A. Walk into Niven Road, then turn right into Mount Emily Road. Take the stairs (stairs 1) going up on the left through Mount Emily Park. Emily Hill is on your left once you reach the top of the stairs.

**Walking from Peace Centre:** Take Sophia Road. Go uphill for a minute then cross over to Wilkie Road (traffic coming downhill). Keep to the right side of the hill and walk straight up until you walk past Le Wilkie, a condominium. You will see a flight of stairs (stairs 2) going up on your right. Emily Hill is on your right at the top of the stairs.