



Prayer & Fasting Guide

Prayer & Worship Night | 30 August

6.45pm-7.45pm, Level 3 Studios: Break fast together*

7.45pm-9.30pm, Level 5 Ballroom: Prayer & Worship

*Please **RSVP** for food at tinyurl.com/PWNaugust

About Fasting

What is fasting?

Fasting is the act of depriving ourselves of some or all of the good gifts that God gives us which can easily replace him as first in our lives. Fasting demonstrates that we don't live by bread alone and that we seek him before all other things. It is not a hunger strike, or an attempt to arm twist God into getting what we desire. **Rather, it is turning our desires towards God, recognising we need him more than anything physical.**

When God is supreme over even the hunger in our hearts then he is truly supreme in everything. Psalm 73:25-26 says: *"Whom have I in heaven but you, and earth has nothing I desire but you. My flesh and my heart may fail but God is the strength of my heart and my portion forever"*. When we fast, we are saying, I want God more than all of these things.

How do we fast?

Fasting is traditionally denying oneself of food to pray during meal times or whenever we feel the hunger from our lack of food. There are water fasts (where nothing other than water is consumed during the period of fasting) or liquid fasts (where all types of liquids can be consumed), or fasts where other kinds of food are abstained from. We are encouraged to fast in a meaningful way, where we deny ourselves of something that is important in our regular diet which will remind us to pray. One way to supplement fasting of food is to also refrain from various forms of technology and/or social media.

The kind of fast that each person chooses to undergo should be done without any coercion from others, and done with a clear conscience before God. Those with medical conditions are advised to consult with a doctor before undergoing any fast.

Ways to prepare for this fast is to ask God for his Spirit to begin to soften your heart and the hearts of all at RHC.

What are we specifically fasting for?

1. For Jesus' kingdom to come in Singapore and Asia.
2. For us to trust Jesus to provide all that we need to do his will.
3. For us to live out God's saving purposes in all of our life - our family, our workplace, and our church body.

Thursday Evening | 29 August (after your evening meal)

Pray for Jesus' kingdom to come in Singapore and Asia.

Read Matthew 6:9-15

⁹ Pray then like this: "Our Father in heaven, hallowed be your name. ¹⁰ Your kingdom come, your will be done, on earth as it is in heaven. ¹¹ Give us this day our daily bread, ¹² and forgive us our debts, as we also have forgiven our debtors. ¹³ And lead us not into temptation, but deliver us from evil. ¹⁴ For if you forgive others their trespasses, your heavenly Father will also forgive you, ¹⁵ but if you do not forgive others their trespasses, neither will your Father forgive your trespasses.

Consider

We are part of God's plan in bringing about his kingdom, and God provides us the resources each day to live out our role in God's plan. We best understand God's sustenance when we remember he has provided his Son, who gave his life for the forgiveness of our sins. How will he not also with him graciously give us all things?

Reflect & Pray

- What parts of Singapore do you wish God's kingdom would break into and change today?
- How does God's kingdom need to come in your own life?

Friday morning | 30 August

Pray for us to trust Jesus to provide all that we need to do his will.

Read Matthew 6:19-34

¹⁹ Do not lay up for yourselves treasures on earth, where moth and rust destroy and where thieves break in and steal, ²⁰ but lay up for yourselves treasures in heaven, where neither moth nor rust destroys and where thieves do not break in and steal. ²¹ For where your treasure is, there your heart will be also. ²² "The eye is the lamp of the body. So, if your eye is healthy, your whole body will be full of light, ²³ but if your eye is bad, your whole body will be full of darkness. If then the light in you is darkness, how great is the darkness! ²⁴ "No one can serve two masters, for either he will hate the one and love the other, or he will be devoted to the one and despise the other. You cannot serve God and money.

²⁵ "Therefore I tell you, do not be anxious about your life, what you will eat or what you will drink, nor about your body, what you will put on. Is not life more than food, and the body more than clothing? ²⁶ Look at the birds of the air: they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they? ²⁷ And which of you by being anxious can add a single hour to his span of life? ²⁸ And why are you anxious about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin, ²⁹ yet I tell you, even Solomon in all his glory was not arrayed like one of these. ³⁰ But if God so clothes the grass of the field, which today is alive and tomorrow is thrown into the oven, will he not much more clothe you, O you of little faith? ³¹ Therefore do not be anxious, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' ³² For the Gentiles seek after all these things, and your heavenly Father knows that you need them all. ³³ But seek first the kingdom of God and his righteousness, and all

these things will be added to you. ³⁴ “Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble.

Consider: Our true master is always revealed by what we treasure. Do we treasure things that will ultimately pass away and disappoint us, or do we treasure God’s kingdom that will never pass away nor disappoint us? God is a Father who provides everything we need. Let us ask bold requests of God for our church, and let us look to Jesus today to provide everything RHC needs for the mission to which God has called us.

Reflect & Pray

- In what areas of your life are you anxious and struggling to trust God to provide? How do your worries tell you what you are really treasuring?
- How is God asking you to step out of your comfort zone to serve him by faith? Pray for God to provide leaders, finances and resources for RHC through our faithfulness.

Friday Lunchtime | 30 August

Pray for us to live out God’s saving purposes in all of our life - our family, our work-place, and our church body.

Read 1 Peter 2:9-12, 4:7-11

⁹ *But you are a chosen race, a royal priesthood, a holy nation, a people for his own possession, that you may proclaim the excellencies of him who called you out of darkness into his marvelous light.* ¹⁰ *Once you were not a people, but now you are God’s people; once you had not received mercy, but now you have received mercy.* ¹¹ *Beloved, I urge you as sojourners and exiles to abstain from the passions of the flesh, which wage war against your soul.* ¹² *Keep your conduct among the Gentiles honorable, so that when they speak against you as evildoers, they may see your good deeds and glorify God on the day of visitation.*

⁷ *The end of all things is at hand; therefore be self-controlled and sober-minded for the sake of your prayers.* ⁸ *Above all, keep loving one another earnestly, since love covers a multitude of sins.* ⁹ *Show hospitality to one another without grumbling.* ¹⁰ *As each has received a gift, use it to serve one another, as good stewards of God’s varied grace: ¹¹ whoever speaks, as one who speaks oracles of God; whoever serves, as one who serves by the strength that God supplies—in order that in everything God may be glorified through Jesus Christ. To him belong glory and dominion forever and ever. Amen.*

Consider

God demands that his people who are called out of darkness into his light are to live lives amongst unbelievers in a way as to bring Him glory. How we conduct ourselves at work, at home or in church must reflect both our status, as aliens and citizens of a holy nation, and our calling which is to proclaim His excellencies.

Reflect & Pray

- What do we build our identities on and how does that shape the way we live?
- How can we improve in loving and serving the body of Christ in practical ways? What does it look like to faithfully steward our God-given spiritual gifts?