

The title "Prayer & Fasting Week" is centered within a thin black oval. The text is in a large, bold, serif font. There are several decorative four-pointed stars scattered around the oval: two at the top left, one at the top right, and two at the bottom right.

Prayer & Fasting Week

2024

16 Always be joyful. 17 Never stop praying. 18 Be thankful in all circumstances, for this is God's will for you who belong to Christ Jesus. 1 Thessalonians 5:16-18 NLT

Message from Ps. Roelof

As we stand at the start of another new year, we all desire a renewed hunger and passion for God, to live obediently before God and to walk in His plans and purposes for our lives. We desire that every area of our lives and our Church will be aligned and submitted to God's will. We need to hear the heart of God for our lives and Church, so that we can walk in step with God throughout 2024.

Amid the hustle and bustle of our daily lives, where distractions are many and pressures mount so easily, let us not forget the importance of turning our ears to the gentle whispers of God's heart. The year ahead is another opportunity for us to listen and align our lives to God's plans and purposes for us and our church.

The prayers of the righteous are powerful and mighty before the Lord. Let us join together to seek, pray and fast expecting to hear from God.

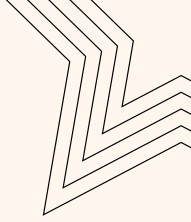
Continue steadfastly in prayer, being watchful in it with thanksgiving.
Colossians 4:2 NLT

Join us from Monday January 22nd to Friday January 26th. We will post a short devotion and prayer focus for the day on our social media platforms, every morning at 6am. We will also have a combined prayer meeting on Tuesday to Friday evening at 7pm for 30min via zoom - <https://us06web.zoom.us/j/86214235056>.

This booklet has all the themes for the week, so that you can follow along with us.



Why Prayer & Fasting?



When was the last time you set aside a time of prayer and fasting for spiritual, relational or personal breakthrough? Throughout the history of God's people, great leaders reached out to God for a fresh encounter or divine intervention.

Moses, in seeking a spiritual breakthrough, spent 40 days alone with God without eating or drinking until he received The Ten Commandments (Exodus 24:38).

King David sought a personal breakthrough as he fasted to keep himself humble (Psalm 35:13).

Ezra was seeking a breakthrough as he called God's people to fast and pray for protection against their enemies (Ezra 8:21-23).

The leaders of the church in Antioch worshiped, prayed and fasted together as they sought missional breakthrough for their thriving church (Acts 13:1-3).

Jesus, setting the supreme example, entered 40 days of fasting before launching His public ministry (Matthew 4:1-2).

God's people and Churches all over the world have been seeking spiritual breakthroughs through prayer and fasting since the birth of the church.

Prayer and fasting is a biblical pattern presented to us by Godly men and women in the Bible.

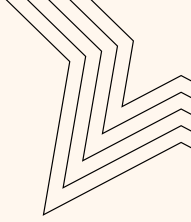


What is Fasting?

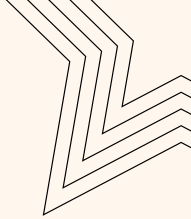
Fasting is deliberately abstaining from the normal routines of life. Its purpose is to spend focused time in prayer and the study of God's word, seeking to align our lives with God's will. Ultimately, fasting is more about replacing than abstaining. It is filling our lives with God's word instead of with food, social media or entertainment. It is finding satisfaction and enjoyment in God and in God alone. Fasting helps us humble ourselves before the Lord and positions us to experience spiritual breakthroughs in our lives.

Mathew Henry wrote, "Fasting is of use to put an edge upon prayer." Have your prayers lost their fervour? Has your devotional life become dull?

Fasting has a way of mystically sharpening our souls and making us more sensitive to the prompting of the Holy Spirit. As Alex Gee said, "Fasting is not about changing God. It is not a mystical exercise to gain God's approval. Fasting is not about changing my world, but about letting God realign my heart toward his purposes." We recognize as we begin this 5-day fast and prayer commitment that as God's people, we need to boldly ask Him for His guidance and breakthroughs in 2024 for us individually and corporately.



How to fast:



Step 1: Pick your fast.

- **Full Fast:** Only drinking liquids. Please consult with your doctor first.
- **Daniel Fast:** Only eating vegetables, fruit, water and juice (with a minimal amount of carbohydrates).
- **Partial Fast:** Not eating one or two meals on a specific day or abstaining from certain kinds of food.
- **All-day Food Fast:** Abstaining from food for one day or for multiple days of the week.
- **Activity/Media Fast:** Forgoing a time-consuming activity such as entertainment, hobbies, television, internet, sports, etc.



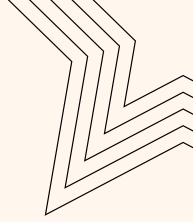
Step 2: Stay focused on the weekly prayer points.

Use this booklet, watch the daily devotions, attend the Zooms and remain focused on the prayer points for the day. Write down what you feel the Lord is saying during your daily time of prayer and fasting. Continue praying throughout the year on these points.

Step 3: Spend as much time as possible in the word of God.

Fasting is ultimately an expression of humility and dependence on God. It is about replacing the daily intake of food, entertainment and human contact with focused times of prayer, spiritual listening and spending a large amount of time feeding on the Word of God. You can use the recommended readings in this booklet or continue your normal Bible reading program. The challenge is to spend more time reading the Bible and praying over these 5 days.

How to fast



Step 4: Open your life before God.

One of the great benefits of spiritual fasting is a heightened awareness of God's presence and power in our lives. It's not that God has moved, but rather that we have. Fasting has a great way of moving us towards a deeper spiritual dependency and away from wilful self-dependency. The greatest breakthrough will take place when you make time to examine your life and discover which areas need God's leading most. We ask that you fast for the spiritual leading of your church family and its mission endeavours, as well as for yourself.

Step 5: Expect God to move.

Enter your fast by faith. The Word of God says, "And without faith it is impossible to please God, for anyone who comes to Him must believe that He exists and that He rewards those who earnestly seek Him" (Hebrews 11:6). Spiritual fasting is a supernatural endeavour that has shaped and transformed God's people for centuries. If you have doubt, ask God to meet you in your doubts and lead you in overcoming them, just as the apostles prayed, "Increase our faith!" (Luke 17:5).





Day 1




YOUR FAMILY

Key Verse:

But if serving the Lord seems undesirable to you, then choose for yourselves this day whom you will serve, whether the gods your ancestors served beyond the Euphrates, or the gods of the Amorites, in whose land you are living. But as for me and my household, we will serve the Lord.” Joshua 24:15 NLT

We sense that God is leading us to focus on building Godly families in 2024. We have many ideas and plans to come alongside marriages, singles, parents and children to help us grow stronger and more Godly within our family units, including our singles.

We want to start our time of prayer and fasting by praying for our own families. We will share a devotion on Monday morning at 6am through our social media platforms. During the day keep your family in prayer. We do not have a combined time of prayer tonight as we would encourage you to gather your family and to pray for each other.





Day 1



Praying for your family:

Pray and ask God to go with your family.

Dedicate your family to serving the Lord.

Pray for the release of vision into your home.

Pray for unity in your family.

Pray that God blesses your family with good health.

Pray and thank God for meeting your financial needs.

Pray for your children.

Pray for parents.

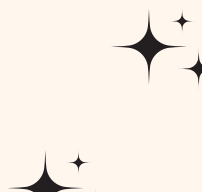
Verses to ponder on in prayer:

2 He and all his family were devout and God-fearing; he gave generously to those in need and prayed to God regularly. Acts 10:2

19 For I have chosen him, so that he will direct his children and his household after him to keep the way of the LORD by doing what is right and just, so that the LORD will bring about for Abraham what he has promised him." Genesis 18:9

33 However, each one of you also must love his wife as he loves himself, and the wife must respect her husband. Ephesians 5:33

6 Start children off on the way they should go, and even when they are old they will not turn from it. Proverbs 22:6





Day 2



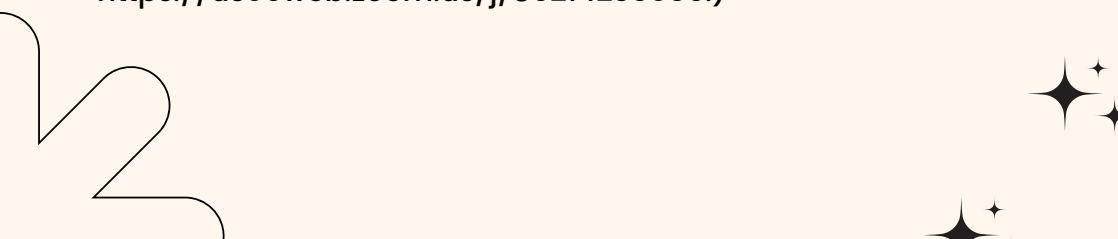
YOUR PURPOSE

Key Verse:

for through Him [Jesus] God created everything in the heavenly realms and on earth. He made the things we can see and the things we can't see—such as thrones, kingdoms, rulers, and authorities in the unseen world. Everything was created through Him and for Him. Colossians 1:16 NLT

God made you on purpose for purpose. Our lives start and should function on the truth that we are made by God for God. Why you are on this earth is a question you need to take to God, because you are not an accident and your life matters. On day 2, we encourage you to seek, fast and pray for an understanding of God's purpose for your life.

We encourage you to pray to understand life from God's view, the temporal nature of our earthly lives, what drives your life and the legacy you want to leave behind. Join us today at 6am for our devotion, pray through the day and then join us at 7pm for a corporate time of prayer (on zoom - <https://us06web.zoom.us/j/86214235056>.)





Day 2



Praying for purpose:

Pray that God changes your heart to live for Him and not only for your own agenda.

Pray that God shows you what drives your life and what changes you need to make, to make Him the driving force of your life.

Pray that God shows you what temporal priorities (only in this life) need to change and be replaced with eternal priorities.


Pray that you understand God's gift/s in your life and how best to use them to build His kingdom.

Verses to ponder on in prayer:


9 But you are not like that, for you are a chosen people. You are royal priests, a holy nation, God's very own possession. As a result, you can show others the goodness of God, for he called you out of the darkness into his wonderful light. 1 Peter 2:9

10 For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do. Ephesians 2:10

36 "Now when David had served God's purpose in his own generation, he fell asleep; he was buried with his ancestors and his body decayed. Acts 13:36



17 And this world is fading away, along with everything that people crave. But anyone who does what pleases God will live forever. 1 John 2:17





Day 3





YOUR CHURCH

Key Verse:

4 There are different kinds of spiritual gifts, but the same Spirit is the source of them all. 5 There are different kinds of service, but we serve the same Lord. 6 God works in different ways, but it is the same God who does the work in all of us. 7 A spiritual gift is given to each of us so we can help each other. 1
Corinthians 12:4-7 NLT

God made you to find purpose in your church family. God made us to be part of a spiritual family. A family that we love, serve and where we belong. In this family we need each other to grow in faith and our relationship with God. God has given you a specific gift/s to help and grow your church family. On day 3 we encourage you to seek, pray and fast to understand your place in God's church.

Pray and fast today, trusting that God will show you the area that you need to get involved in at The Barn. Join us today at 6am for our devotion, pray through the day and then join us at 7pm for a corporate time of prayer (on zoom - <https://us06web.zoom.us/j/86214235056>.)





Day 3



Praying for purpose at The Barn:

Ask God to show you where He wants you to serve at The Barn. Pray for faith and commitment to serve faithfully in the area He shows you.

Pray for God to show you what your spiritual gift/s are and how you can grow these gifts.


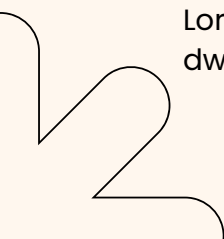
Pray that at The Barn we hear, follow and obey God's purposes for our church in our community and beyond.

Verses to ponder on in prayer:

24 Let us think of ways to motivate one another to acts of love and good works. 25 And let us not neglect our meeting together, as some people do, but encourage one another, especially now that the day of his return is drawing near. Hebrews 10:24-25

42 All the believers devoted themselves to the apostles' teaching, and to fellowship, and to sharing in meals (including the Lord's Supper), and to prayer. Acts 2:42

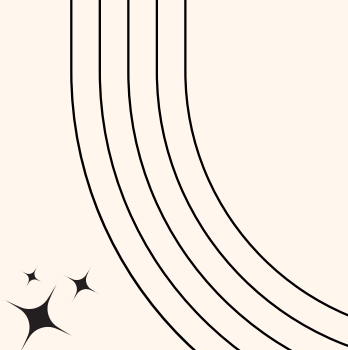
So then you are no longer strangers and aliens, but you are fellow citizens with the saints and members of the household of God, built on the foundation of the apostles and prophets, Christ Jesus himself being the cornerstone, in whom the whole structure, being joined together, grows into a holy temple in the Lord. In him you also are being built together into a dwelling place for God by the Spirit. Ephesians 2:19-22





Day 4

YOUR LIKENESS




Key Verse:

18 So all of us who have had that veil removed can see and reflect the glory of the Lord. And the Lord—who is the Spirit—makes us more and more like him as we are changed into his glorious image. 2 Corinthians 3:18

God made us to become like Christ so that we could be a reflection of God to the world around us. It's never too late to start making this a life goal. Reading God's word, prayer and growing in God transforms us into the image of Jesus. Breaking patterns of sin and resisting temptation in our lives is evidence and fruit of our lives transforming. On day 4 we encourage you to seek, pray and fast for more transformation in your life so that you become more Christlike in 2024.

Join us today at 6am for our devotion, pray through the day and then join us at 7pm for a corporate time of prayer (on zoom -

<https://us06web.zoom.us/j/86214235056>.)





Day 4



Praying for the likeness of Christ:

Pray that God helps you to be more transformed into the image of Christ.

Ask God to show you the areas, attitudes and thoughts in your life that need to transform.

Pray for a deeper desire for God's word and prayer in 2024.




Pray that your life would be a testimony, in your circle of influence, that reflects Jesus and draws people to Him.

Verses to ponder on in prayer:

12 And so, dear brothers and sisters, I plead with you to give your bodies to God because of all he has done for you. Let them be a living and holy sacrifice—the kind he will find acceptable. This is truly the way to worship him. 2 Don't copy the behaviour and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God's will for you, which is good and pleasing and perfect. Romans 12:1-2

29 For God knew his people in advance, and he chose them to become like his Son, so that his Son would be the firstborn among many brothers and sisters. Romans 8:29

5 But those who obey God's word truly show how completely they love him. That is how we know we are living in him. 6 Those who say they live in God should live their lives as Jesus did. 1 John 2:5-6





Day 5



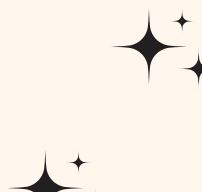
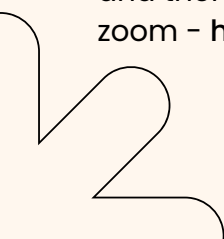
OUR WITNESS

Key Verse:

13 “You are the salt of the earth. But what good is salt if it has lost its flavour? Can you make it salty again? It will be thrown out and trampled underfoot as worthless. 14 “You are the light of the world—like a city on a hilltop that cannot be hidden. 15 No one lights a lamp and then puts it under a basket. Instead, a lamp is placed on a stand, where it gives light to everyone in the house. 16 In the same way, let your good deeds shine out for all to see, so that everyone will praise your heavenly Father. Matthew 5:13–16 NLT

Our desire is to see multitudes of people commit their lives to the Lord in 2024, believers grow deeper in their knowledge and relationship with God and our communities be touched through the love of God. On day 5 let’s all pray together for the collective effectiveness of The Barn, trusting that God will move powerfully through all of us, for His glory.

Join us today at 6am for our devotion, pray through the day and then join us at 7pm for a corporate time of prayer (on zoom - <https://us06web.zoom.us/j/86214235056>.)





Day 5



Praying for our effectiveness:

Pray that we see multitudes commit their lives to follow Jesus in 2024.

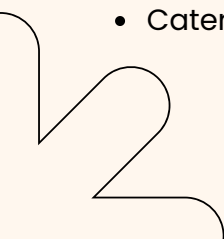
Pray for our projects in:

- Oudtshoorn (Huis Triomf Child and Youth Care Centre)
- Malawi (Kondanani Children's Home)
- Zambia (Sambaland)
- Panda Pen

Pray for our churches:

- Boskruin
- Harties
- Zandspruit

Pray for our ministries:

- Marriages
 - Children and Youth
 - Counselling
 - Schools
 - Life Groups
 - Worship
 - Caring
 - Young Adults
 - Associated churches (Mozambique and Zandspruit)
 - Welcoming and Ushering teams
 - Media, AV and Sound
 - Prayer + Intercessory
 - Catering + Events
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