



INCREASE

3 DAYS OF PRAYER + FASTING

SEPT 2-4





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**INCREASE
IN NUMBER
THERE, DO NOT
DECREASE.**

INCREASE

Prayer and Fasting September 2020

Increase in number there, do not decrease. Jeremiah wrote these instructions to the nation of God's people while in one of the darkest moments in their history. We live in a similarly dark time. Yet, the life instructions of Jeremiah 29 are applicable for us today. With most everything in the natural seemingly in decrease, we are inheriting a Kingdom that is steadily advancing and increasing.

Let us live in that reality and pray accordingly.

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TABLE OF CONTENTS

5	How to Begin
6	Introduction
7	Day 1 – BUILD
8	Day 2 – PLANT
9	Day 3 – PEACE

HOW TO BEGIN

Start with a clear goal. Be specific. Do you need direction, healing, restoration of marriage or family issues? Are you facing financial difficulties? Are you seeking a greater reality of the person and presence of God in your life? Ask the Holy Spirit for guidance. Pray and read your Bible daily.

PREPARING SPIRITUALLY:

Confess your sins to God. Ask the Holy Spirit to reveal areas of weakness. Forgive all who have offended you and ask forgiveness from those you may have offended (Mark 11:25; Luke 11:4; 17:3-4). Surrender your life fully to Jesus Christ and reject the worldly desires that try to hinder you (Romans 12:1-2).

DECIDING WHAT TO FAST:

The type of fasting you choose is up to you. You could go on a full fast in which you only drink liquids, or you may desire to fast like Daniel, who abstained from sweets and meats, and the only liquid he drank was water. Remember to replace that time with prayer and Bible study.

TYPE OF FASTS:

FULL FAST - Drink only liquids (you establish the number of days)

THE DANIEL FAST - Eat no meat, no sweets, and no bread. Drink water and juice. Eat fruit and vegetables.

3-DAY FAST - This fast can be a full fast, a Daniel fast, or avoiding one type of food.

PARTIAL FAST - A partial fast is from 6:00am to 3:00pm or from sunup to sundown; avoiding one type of food is better than one item of food.

INTRODUCTION

As we enter the fall season, for many a beginning of sorts as the school year commences, the demands of life and schedule can become central to our thoughts and activity.

It is increasingly easy to find ourselves losing what, or whom, is at the center of our lives. Over these few days of prayer, fasting and focus, let's consider that question and re-establish God Himself as that Center.

Martin Luther said, "Just as the business of the tailor is to make clothing, and that of the shoemaker to mend shoes, so the business of the Christian is to pray."

Let's do business.

I am thankful for:

I am believing for:

DAY 1: WEDNESDAY - BUILD

One of the specific instructions of the prophet was to build. One of the interesting effects of this pandemic has been an INCREASE in home building and renovations. Such an increase has resulted in retailers of building supplies having a noted shortage of materials. It may seem that we lack what we need to effectively and efficiently build. The conditions for building might not seem ideal. Indeed, they may even be fraught with conflict and evil, very much like another group of builders we find in Scripture. In this moment, let us learn to build and to war together.

“From that day on, half of my men did the work, while the other half were equipped with spears, shields, bows and armor. The officers posted themselves behind all the people of Judah who were building the wall. Those who carried materials did their work with one hand and held a weapon in the other, and each of the builders wore his sword at his side as he worked. But the man who sounded the trumpet stayed with me.”

(Nehemiah 4:16–18, NIV84)

DAY 2: THURSDAY - PLANT

One of the words we heard early in this pandemic was that God was using this as a plow to the nations. The plowman never plows for the sake of moving dirt, but to sow seed in order for that seed to produce a harvest. We also heard earlier this year the admonition to sow beyond circumstance, both from Ecclesiastes 11 (sow your seed in the morning) to the example of Isaac sowing in a time of famine (Genesis 26). In the case of Isaac, his sowing in the midst of impossible agricultural conditions resulted in a one hundred-fold return. Let us continue to sow, particularly the seed of the Gospel, expecting a return like that of Isaac.

“Restore our fortunes, O Lord, like streams in the Negev. Those who sow in tears will reap with songs of joy. He who goes out weeping, carrying seed to sow, will return with songs of joy, carrying sheaves with him.”

(Psalm 126:4-6, NIV84)

DAY 1: FRIDAY - PEACE

“Also, seek the peace and prosperity of the city to which I have carried you into exile. Pray to the Lord for it, because if it prospers, you too will prosper.”

(Jeremiah 29:7, NIV84)

That passage carries with it both plan (to pray) and promise (peace and prosperity). Peace has been elusive of late and the mental and emotional health of many have been adversely affected. Most news that “sells” is bad news and not designed to foster peace but the very opposite. As citizens of a heavenly Kingdom, we do not bind our present or future health on our temporary citizenship of a given nation. We rest knowing that true peace is not something to be found as originating from this world.

“Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.”

(John 14:27, NIV84)

“And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.”

(Philippians 4:7, NIV84)

NOTES/JOURNAL



