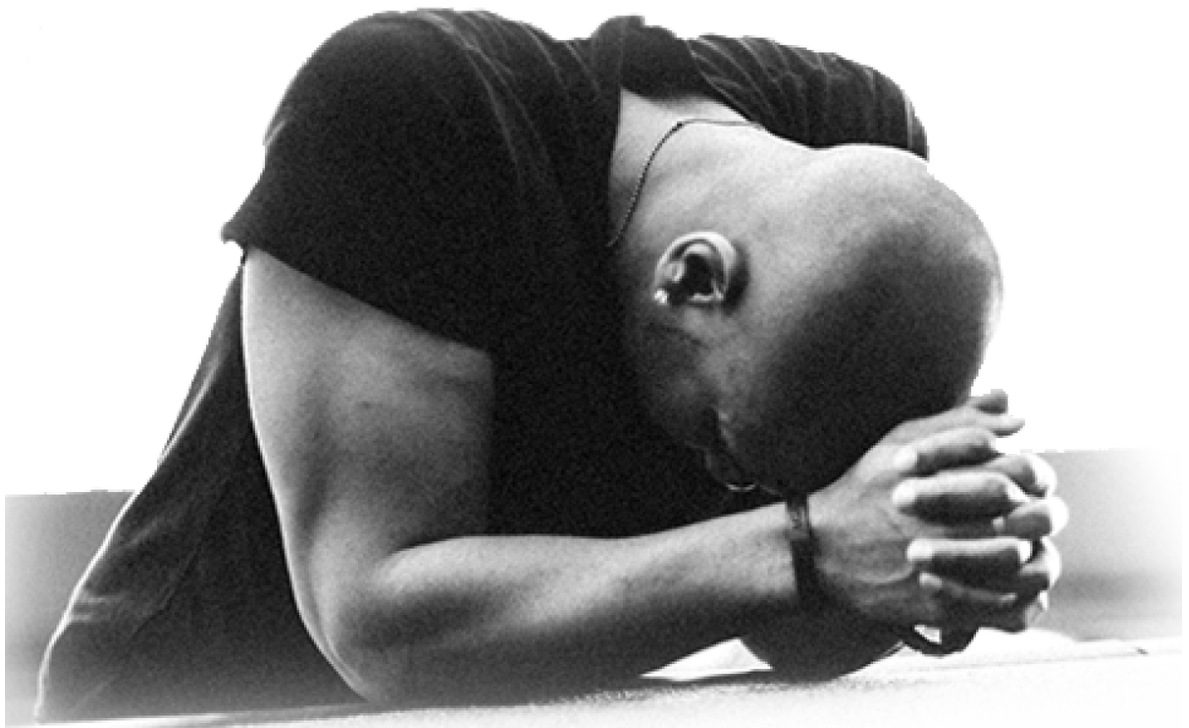


14 Days of Prayer & Fasting

February 2021



 Emmanuel Church
LORRAINE, PORT ELIZABETH

Introduction

As we turn the corner and begin a new year, our dependence on God seems as obvious as ever. In new ways, we feel the reality of Jesus' words "... apart from me you can do nothing." (John 15:5) We as a church, and as individuals, can do nothing apart from God's work. For that reason, we want to start the year by having our church family come together for 14 days of fasting and prayer. Our hope is for this experience to anchor us to our purpose as the people of God at Emmanuel Church.

Here are a few examples of what fasting and prayer can look like over the next 14 days.

Fasting

Why do we fast? Simply put, the goal of fasting is to turn ourselves from worldly things and set our minds and hearts fully on God.

It is not a way to manipulate God or coerce him to hear and answer our prayers, but rather it acknowledges our complete dependence on him. The purpose of fasting is to temporarily give up something that meaningfully uses a lot of our time or focus, while then committing that time to prayer. This brief [ARTICLE](#) is quite helpful in explaining it.

Fasting awakens us to the reality that we are so often driven by our fleshly desires and appetites. It humbles us and awakens us to our great need for and reliance on God. As you consider fasting, we want to encourage you to listen to the Holy Spirit. Ask God to lead you in this time of seeking his face. Whether you choose to fast for one day, several days, or the entire 14 days, the point is to humble yourself in a new way and draw near to God. Here are some ideas of what you could choose.

- **You might choose a selective fast, eliminating certain things from your diet.** Eating only fruits and vegetables, what some might call a "Daniel fast," is an example of this type of fasting.
- **Another option is a partial fast, which is refraining from eating for a set period of time each day.** You could choose to fast from a single meal or from sunrise to sunset.
- **Some of you may feel led to engage in a complete fast,** refraining from eating and only drinking liquids for particular days or even an extended period of time.
- **If fasting from food is not possible, you may feel led by the Lord to fast from something else, such as social media, television, or certain times or activities on your cell phone, though whatever you chose it should be something meaningful on which you're regularly dependent.**



Prayer

Praying is spiritual breathing, essential for our life in God. As we meditate on God's Word, we breathe in the promises and purposes of God. In prayer, we breathe out, responding to God's Word to us. Each day in this guide, there will be one verse and a few prayer responses for you to guide your praying. Throughout the 14 days, you will be praying for specific areas in your life, our church, and our mission. Together, let's put our faith into action, trusting in the promises of God for us and our church. Below are some helpful tips on how to make the most of this guide.

- **Commit to a specific time each day to devote to prayer.** Find a place where you can be free of distractions and be alone with God.
- **Use the prayer points and Scripture** in this guide to focus and fuel your praying. **Write** the Scripture and prayer point on a card and carry it with you, post it on your social media, make it the **screensaver on your phone**—whatever you can think of to keep these prompts in front of you. Use them throughout the day and invite others to join you in praying.
- You can take it a step further by **journaling** your prayers each day, simply writing out your prayers to God. It's a great opportunity to hide God's Word in your heart, working to memorize the verses as you meditate and pray.
- In addition, you may consider ways to **pray with others** during this season. Set up a Zoom call with friends or members of your LifeGroup. Pray together as a family.

Church family, let's earnestly seek the face of God with great expectation as we wait for his revelation and instruction through these 14 days of fasting and prayer.

"Call to me and I will answer you and tell you great and unsearchable things you do not know." -

Jeremiah 33:3

Day 1

"¹⁸ Then Moses said, 'Now show me your glory.'¹⁹ And the LORD said, 'I will cause all my goodness to pass in front of you, and I will proclaim my name, the LORD, in your presence. I will have mercy on whom I will have mercy, and I will have compassion on whom I will have compassion.'" -Exodus 33:18-19

Pray that God would reveal himself and his glory as we seek him over the next 14 days. Ask him to speak to you as you read his Word. Pray for understanding and faith as you consider the character of your God. Pray that the people of God at Emmanuel would be drawn to worship and adore him. Ask God to show you how you can encourage those around you to seek after him with all their hearts.



Day 2

“But you will receive power when the Holy Spirit comes on you; and you will be my witnesses in Jerusalem, and in all Judea and Samaria, and to the ends of the earth.” - Acts 1:8

Pray for the presence and the power of the Holy Spirit to be known among us, because without him, our efforts are useless. Pray for courage and boldness to serve as witnesses to the power of the gospel. Pray for an increase in Emmanuel members/partners going out on short-term mission trips. Ask God, in this season, to send many from our church, so that the good news is preached in Port Elizabeth and beyond.

Day 3

“I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing.” - John 15:5

Pray for effectiveness in making disciples. Ask God to cause us to be fruitful. Pray for a renewed commitment to being disciple-making disciples. Ask God to lead you in investing in the lives of others. Pray especially for our youth, student and kid’s ministries. Ask God to redeem our children and raise them up to be his servants in the world. Pray that we would see people grow in their walks with Jesus through *the Explore Course*.

Day 4

“⁴ But because of his great love for us, God, who is rich in mercy, ⁵ made us alive with Christ even when we were dead in transgressions—it is by grace you have been saved.” - Ephesians 2:4–5

Pray that we would remember God’s great love poured out for us on the cross. Ask God to continually cause us to be amazed by his grace. Rejoice today that you have been saved by God’s grace and not by your own efforts. Pray for those around you who have yet to respond to the grace of God. Ask God to stir their hearts and draw them to himself. Pray that we would see new people come to faith and be baptized in 2021.

Day 5

“I keep asking that the God of our Lord Jesus Christ, the glorious Father, may give you the Spirit of wisdom and revelation, so that you may know him better.” - Ephesians 1:17

Pray that we would be a people who grow in the knowledge and worship of God. Ask that we would walk in the fullness of the knowledge of God. Pray that God would lead you, by his Spirit, to know him better. Pray also that he would work through the discipleship ministries of Emmanuel Church to grow men and women, boys and girls in their love and knowledge of God. Ask God for increased engagement in the ministries of Emmanuel Church.



Day 6

“Take delight in the LORD, and he will give you the desires of your heart.” - Psalm 37:4

Pray that we would find our delight and joy in God. Ask him to satisfy us and teach us to be content in him. Pray that your heart would be drawn to him more than anything else. Pray that, at Emmanuel, we would be passionate worshipers of God, demonstrating our delight in him by our service and our giving.

Day 7

“²⁰ My prayer is not for them alone. I pray also for those who will believe in me through their message,²¹ that all of them may be one, Father, just as you are in me and I am in you. May they also be in us so that the world may believe that you have sent me.” - John 17:20–21

Pray for unity in diversity among the members/partners of Emmanuel Church. Ask God to give us a gospel-love that transcends all our differences. Pray that God would give you a heart of compassion for those who are unlike you and ask him to lead to actively bridge the divide. Ask God to increase our multi-ethnic diversity at Emmanuel in 2021.

Day 8

“⁹ Love must be sincere. Hate what is evil; cling to what is good. ¹⁰ Be devoted to one another in love. Honor one another above yourselves.” - Romans 12:9–10

Pray that we would be devoted to one another. Ask God to show us how to serve each other and honour one another. Pray that God would show you where and how and to whom you can demonstrate his reconciling love. Pray that our LifeGroups and men’s and women’s Bible groups would grow deeper in their commitment to care for each other and ask God to increase the number of LifeGroups at Emmanuel.

Day 9

“³ For by the grace given me I say to every one of you: Do not think of yourself more highly than you ought, but rather think of yourself with sober judgment, in accordance with the faith God has distributed to each of you. ⁴For just as each of us has one body with many members, and these members do not all have the same function, ⁵ so in Christ we, though many, form one body, and each member belongs to all the others.” - Romans 12:3–5

Pray that we would see ourselves as belonging to one another. Ask God to show you what your role and function is in the body of Christ. Pray that we would be a healthy body, each member humbly doing their part. Ask God to help each of us at Emmanuel to guard our hearts against



pride and self-serving. Pray that each ministry of our church would have an abundance of volunteers.

Day 10

“¹⁵ Instead, speaking the truth in love, we will grow to become in every respect the mature body of him who is the head, that is, Christ. ¹⁶ From him the whole body, joined and held together by every supporting ligament, grows and builds itself up in love, as each part does its work.” - Ephesians 4:15–16

Pray that we would actively build each other up in love. Ask God to show you how you can encourage and spur others on to love and good works. Pray that we would grow to become the mature body of Christ at Emmanuel Church. Ask God to use our Emmanuel Kids and Youth ministries, along with Ezra, our school, to equip parents and raise up a generation of fully devoted followers of Jesus.

Day 11

“⁹ Offer hospitality to one another without grumbling. ¹⁰ Each of you should use whatever gift you have received to serve others, as faithful stewards of God’s grace in its various forms. ¹¹ If anyone speaks, they should do so as one who speaks the very words of God. If anyone serves, they should do so with the strength God provides, so that in all things God may be praised through Jesus Christ. To him be the glory and the power for ever and ever. Amen.” - 1 Peter 4:9–11

Pray that God would lead us to be faithful stewards of all that he has entrusted to us. Ask God to show you how to use the grace and gifts he has given you to advance his kingdom and bring praise to Jesus. Pray for strength and joy to serve and love others. Pray that missionaries and church planters around the world would not grow weary in well-doing, but would faithfully serve the body of Christ and their communities.

Day 12

“⁶ Remember this: Whoever sows sparingly will also reap sparingly, and whoever sows generously will also reap generously. ⁷ Each of you should give what you have decided in your heart to give, not reluctantly or under compulsion, for God loves a cheerful giver. ⁸ And God is able to bless you abundantly, so that in all things at all times, having all that you need, you will abound in every good work.” - 2 Corinthians 9:6–8

Pray that we would give and sow generously. Ask God to give you a heart of joy in giving. Pray that he would increase your supply so that you can be more generous. Pray that as a church we



would “abound in every good work”. Pray for our local Mission efforts and ask God to provide people and resources to bless our city, Port Elizabeth. Pray for new church plant opportunities in our province, that we can identify and faithfully work towards.

Day 13

“Teach us to number our days, that we may gain a heart of wisdom.” - Psalm 90:12

Pray that we would remember that our time on earth is short. Ask God to help you live every moment for his purposes and his glory. Pray for wisdom to live for the eternal purposes of God. Pray that retirees and empty-nesters would consider how they might leverage their lives, time and resources for the sake of the gospel. Ask God to use the uncertainty of this pandemic to make people receptive to spiritual conversations and pray that our members/partners would be faithful in having gospel conversations with unbelievers.

Day 14

“As for other matters, brothers and sisters, pray for us that the message of the Lord may spread rapidly and be honored, just as it was with you.” - 2 Thessalonians 3:1

Pray that the message of the gospel would spread rapidly through our nation and around the world. And ask God to open the hearts and minds of those who hear it. Pray that they would respond in faith and that a wave of salvation would cover the earth. Pray specifically for those you know who are lost. Ask God to be merciful and bring them to saving faith in Jesus. Pray that we would see many come to faith in Jesus and be baptized this year.

How Do We Respond Now?

This isn't the end; it's just the beginning. Samuel Chadwick said, “The greatest answer to prayer is more prayer.” We have seen God move and answer our prayers. But that has only served to increase our awareness of our need for his intervention in our lives. It has created a greater longing to see him move. He has delighted us and satisfied us with his great love. But that has simply stirred a greater desire and yearning to be with him. Praying has called us to pray even more.

Jesus made an astounding promise to us: “You did not choose me, but I chose you and appointed you so that you might go and bear fruit—fruit that will last—and so that *whatever you ask in my name the Father will give you*” (John 15:16, emphasis added). God chose us to bear fruit and bring him glory. He promised to hear and answer when we pray. What would it look like for you to



continue to call out to God for his people and his purposes in the world? What might God do if we just prayed?

We want to encourage you to continue some of the disciplines you've developed over the last few weeks. **Maintain** a set time to pray each day. Commit to fasting as you continue to seek God. Keep a prayer **journal**, writing out your prayers. Participate in **Emmanuel Prayer Meetings** and other prayer gatherings throughout the year. Print out the 14-day fasting and prayer guide and work through it again. **There's too much at stake for us to stop now. Let's pray.**

"... 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 I will forgive their sin and will heal their land." - 2 Chronicles 7:14

