



INTERNATIONAL PRAYER & FAST

february 26-28

DAY 1 - PRAY FOR THE LOST IN THE NATIONS

Ask our Father to reveal Himself in the nations and bring many more people into His Family, awakening their hearts to love one another and to make generation after generation of new disciples.

DAY 2 - PRAY FOR THE CHURCH IN THE NATIONS

Ask Jesus, the head of the Church, to bring unity to His Family in every nation—turning the hearts of fathers toward the children and children toward the fathers, and sending them out together to seek and save the lost.

DAY 3 - PRAY FOR OUR TEAMS IN THE NATIONS

Ask the Holy Spirit to fill our international church-planters with His power and joy, strengthening the Family connection between them and keeping their love from growing cold in the midst of troubled times.

Regional Prayer Guide:

Don't know what to pray? Pray and agree with these prayers that were provided by missionary team leaders from all over the world. "... if two of you agree on earth about anything they ask, it will be done for them by my Father in heaven." (Matthew 18:19)

SUB-SAHARAN AFRICA: Lord, bless the work of our teams' hands in Sub-Saharan Africa and make them fruitful in all they do. Replenish them emotionally, physically, and spiritually so that each one may pass along Your blessings to their natural and spiritual families. Let these blessings extend from generation to generation, knitting Your people together to serve Your kingdom here on earth, making Your name great among the nations of Africa. May their legacy be one of faith, love, joy, and peace.

MIDDLE EAST: In Jesus' name, we pray that the everlasting word of God will prevail in the Middle East and Central Asia. Preserve and encourage our teams, envision the Bride in the Muslim world, and shepherd veiled hearts into fullness of truth. Holy Spirit, as wars and injustice devastate this region, we ask You for salvation, redemption, and revival to come upon individuals, whole families, governments, and entire nations.

SOUTH ASIA: Jesus, deepen the roots of our teams in South Asia—a spiritual family serving side by side—and provide long-term visas for each one to be firmly established. We ask You to give all of them deep, authentic friendships in their communities. Let schools, sporting events, and activities become open doors to a ripe harvest field. Bring salvation to heads of households, leading to entire families being saved; and let us see whole families discipling other families. Come Lord Jesus! Amen.

LATIN AMERICA: Father, protect the budding works of our teams in Latin America, and teach these teams how to implement Your vision for the future. The children in these teams and churches are watching, Father; capture their hearts. Allow Your people to see, with their own eyes, their children passionately pursuing You! Replace the spirit of orphanhood in Latin America with the presence of Your Holy Spirit. Be a Father to the fatherless. Amen.

NORTH AFRICA: Oh God, birth and grow Your kingdom in North Africa in such a way that the overflow touches the four corners of the earth. Raise up key North African cities to become hubs of church planting to the whole world. Lord of the Harvest, drive out laborers into Your harvest—laborers from within North Africa and from without. Raise up bold African believers who will proclaim the gospel and plant churches across all of North Africa and the world, that through them all the nations of the earth will be blessed!

EUROPE: Lord God, daily add to our number in Europe whole families who are being saved (Acts 2:47). Envision them to become families who live on mission, raise godly children, and share their faith. Inspire them to make disciple-making disciples who expand Your kingdom locally and in all the nations of the world. We ask You for grandparents in the Lord to speak wisdom and truth; we ask for mothers and fathers in the Lord to encourage younger believers to persevere in a narrow, surrendered life. Let European kids be so enamored with and changed by Jesus that they would be compelled to share about Him in their homes, schools, and everywhere.

SOUTHEAST ASIA MUSLIMS: Lord Jesus, let the blessing You promised to Abraham come to the Muslim peoples of Southeast Asia. Richly bless each church-planting team and every local believer so that they may be a blessing. Strengthen them to obey You so that Your steadfast love will overflow from them to family, friends, and many more for a thousand generations (Deut. 7:9).

SOUTHEAST ASIA BUDDHISTS: Father, tip the bowls of all the years of prayer and fasting for the peoples of the Buddhist world. Come down in response to the cries for freedom that are coming up before You (Ex. 3:7-10). Release a sweeping move of the Spirit of God to ignite revival in the Church, restoration and unity among the generations, and awakening among these peoples. Let us see an increase of signs, miracles, and wonders as the gospel is preached with love and boldness (Acts 4:29-30). Establish Your kingdom in these nations so that the darkness that has prevailed for so long will become light and that Your glory will fill the Buddhist world like the waters fill the seas (Hab. 2:14).

EAST ASIA: We ask You, Father, to bring unity to the lands of East Asia. Bring unity in the Spirit, unity in the Church, and unity between generations. We ask for fathers and mothers to be raised up in this hour to shepherd the youth. Let East Asian youth experience revival beyond anything seen before. May there be a movement of repentance unto salvation in this new generation. Give mature believers a passion to disciple and pastor new believers. Amen.

Fasting Guide

What is Fasting?

To fast simply means to voluntarily abstain from eating for a prayerfully chosen period of time. Biblical fasting is a discipline of voluntarily denying one's self eating in order to be more available for prayer and communion with the Lord. God uses fasting to teach how to practice righteousness and self-control.

You can fast for one day, one week, or just one meal. You can fast from one type of food or from all foods. You can fast or abstain from solid foods or all foods and liquids. It is during this time of abstinence from food that you are to spend time seeking the Lord in Bible study, prayer and meditation. The discipline of fasting is designed to separate you from your perceived "life support" so you can focus exclusively on the Lord Jesus, the real source of life.

Fasting in the Bible

In Matthew 6:16, Jesus speaks with his disciples. He begins his sentence with the phrase, "When you fast..." Jesus expected that those who followed Him would experience the joys of fasting. Throughout Scripture and church history, many people have fasted as a way to encounter God.

Listed below are some of the reasons why people in the Bible fasted:

1. In times of war - Judges 20:26
2. Repentance - Jonah 3:5, Daniel 6:18
3. When facing danger - Ezra 8:21, 23
4. Courage & wisdom - Esther 4:3, 16; 9:31
5. In times of grief - 1 Sam. 31:13
6. In times of distress - 2 Sam. 1:12
7. Denial of the flesh - Matthew 4:2
8. Spiritual power - Mark 9:29
9. Wisdom - Acts 14:23
10. Set aside self for holiness - 1 Cor 7:5
11. Answered prayer - Acts 10:30-31
12. Mourning - Daniel 10:1-3
13. Special revelation - Exodus 34:27-28
14. Spiritual recuperation - 1 Kings 19:1-9

The Main Purpose of Fasting

As you can see, there are many reasons why people fast, and all of them were good ones. Some wanted wisdom and power, while others were repenting of their sins. But there was one aspect of the fasting experience that each had in common: a personal encounter with the living God.

As you begin to consider reasons for your fast, you will come up with several, but there is one that will override all the other reasons: to have a powerful, life-changing encounter with the living God. Never confuse your fasting goals with the most foundational reason to fast – to meet with God. All other reasons could cause you to miss the biggest blessing of your fasting experience.

Why Fast From Food?

What is the number one thing you trust in for your survival? What is the one thing that will give you an "attitude" if you don't receive it, when and how you want it? What do you spend hours preparing for and is the center of your social and recreational life?

Continued on next page

The answer to all these questions is food! Jesus said in Matthew 6:33, “Seek ye first the kingdom of God and His righteousness and all these things will be added to you.” Fasting is simply seeking God ahead of food. Obviously, there is nothing morally wrong with food or eating. The Bible describes how Jesus ate and drank with his friends. However, when we set aside our needs and rights in order to put God first for a special period of time, God honors our sacrifice.

Fasting Tips

Take time to confess your sins, before and during your fast, knowing that He is faithful and just to forgive you and cleanse you of all unrighteousness (1 John 1:9). Remember, fasting is a time for cleansing, spiritually and physically.

Planning Your Fast

- When will you begin/end your fast?
- What will you fast from? Will you drink water only (a ‘water fast’), water and juice (a ‘juice fast’) or abstain from something else specifically?
- How will you schedule your time in order to increase your devotion in worship and prayer?

How to Prepare

- Resist the urge to have a final “food gorge” before you begin.
- Weaning yourself off of caffeine and sugar ahead of time makes the fast easier on your body.
- Guard your schedule and don’t make tons of extra plans during the fast.
- These people should not fast: women who are pregnant or nursing, people dealing with an eating disorder such as anorexia or bulimia, individuals with blood sugar problems such as hyperglycemia and diabetes, people taking heavy medications that require food. If you have a specific health concern, consult a physician before fasting.

Practical Tips for Your Fast

- Replace your eating times with reading the bible, worship, and prayer.
- Get plenty of rest
- Drink plenty of water
- If you are doing a juice and water fast, make sure and only drink 100% juice. The more acidic juices like orange juice can be hard on your stomach. Apple juice is a good option.
- It is normal to experience headaches, hunger pains, irritability, etc. in the first stages of your fast. Your body is detoxing. This is normal. Keep going!!

How to Break Your Fast

- Don’t overeat. Eat a small portion.
- Avoid fast food and heavy greasy food.
- Fruits and Vegetables are the best foods to eat after a fast. Light soups are also good.
- The longer the fast, the more careful you need to be when breaking the fast. A good rule of thumb is one day of a specialized diet for every 5 days of fasting.

We are excited for this time of encountering God together!