

Guidelines for Corporate Prayer and Fasting

1. Please fast from food from 1st – 14th December 2017
2. Fasting is from 6am to 6pm daily.
3. For pregnant and nursing mothers - you are not required to participate in the fast.
4. For those on medication or with an ongoing medical condition - please follow medical advice from your doctor before participating in the fast.
5. Meditate on scriptures as per prayer and fasting calendar each day, and pray based on prayer points given.
6. Use this as a time of seeking God in a deeper way – in the Word, Prayer, Worship etc
7. Choose to engage in acts of kindness and generosity to the poor and needy during this period of prayer and fasting according to Isaiah 58: 6 -12.
8. Make every effort to attend the Wednesday mid -week services / join the early morning Zoom prayer meeting during this period for us to pray together as a church.

I pray that the LORD will give you strength and fill you with his joy during this time. I pray that you will encounter Him as you faithfully wait upon Him in Jesus name Amen.

In His Service,

Pastor Rowland Henshaw