



EVERLASTING
 Elohim
RIGHTEOUS KING
INCOMPARABLE
MIRACLE MAKER
 Jehova Nissi
 Light of the World **JHOVA** JIREH KING OF KINGS
LORD OF LORDS EMMANUEL PRINCE OF PEACE PROTECTOR
 Lion and the Lamb **JESUS** HERLER El Shadai REDEEMER
 LOVE THE GREAT I AM *Shalom* SALVATION
Good Shepherd
 ALPHA AND OMEGA
 BEAUTIFUL WAY
 HOLY HOLY HOLY **TRUTH**
BEGINNING AND END *Powerful* **ABBA** LIFE
FATHER Yeshua
HAMASHIACH
Adonai
ALMIGHTY
Wonderful COUNSELOR

"GOD,
 Let Your Name
 be Exalted"

Nelson International Church
 Prayer and Fasting Guide
 January 9-13, 2023

MESSAGE FROM THE NIC PASTORAL TEAM

Greetings our dear brothers and sisters in Christ,

God has indeed blessed our year 2022 and has stirred our hearts to know Him more. We continue to pray for revival in our lives, in our family, in our church, in our nation and the world.

This year 2023, we want to lift the name of God in all aspect of our lives and our prayer is **“GOD, LET YOUR NAME BE EXALTED”**

We will use the names of God in the Bible to remind us about who He is, what is He like and what He can do.

God is indeed higher than anything else in this universe. His greatness and glory, no one else can compare.

Psalm 148:13 “Let them all praise the name of the LORD. For his name is very great; his glory towers over the earth and heaven!”

To exalt the Name of the Lord means: to give God the glory due His name and to bow down in humble adoration, to worship Him with full confidence and to obey His good and perfect will in full surrender

When the name of the Lord is exalted what happens is that:

- The Holy Spirit helps us discover a new purpose and passion for living.
- Our hearts are warmed, our minds are renewed and our goals are redirected to please the Lord.
- God gives us the grace to stand firm in our faith and to be His voice in this generation.

In line with this we will start our year by seeking the Lord, praying and believing that His mighty hand will direct us and we will corporately do this as a church during our prayer and fasting from January 9-13,2023.

This booklet will serve as a guide about the things we will pray for. You can use this as your daily devotions for this week. You can add the things God has impressed in your hearts to pray.

May you be blessed as we pray and fast and exalt the name of the Lord!



WHY DO WE FAST?

1) **Jesus fasted since He knew He needed spiritual strength to do His purpose on earth.**

Matthew 4:1–2 – “Then Jesus was led by the Spirit into the wilderness to be tempted there by the devil. 2 For forty days and forty nights he fasted and became very hungry.”

Luke 4:14 – “Then Jesus returned to Galilee, filled with the Holy Spirit’s power. Reports about him spread quickly through the whole region.”

2.) **We fast as an act of humility and repentance before God.**

Ezra 8:21-23 – “So we fasted and earnestly prayed that our God would take care of us, and he heard our prayer.”

Joel 2:12 – “That is why the Lord says “Turn to me now, while there is time. Give me your hearts. Come with fasting, weeping, and mourning.”

3.) **We fast to seek God’s direction in our lives and be sensitive to the Holy Spirit.**

Exodus 34:28 – “Moses remained there on the mountain with the Lord forty days and forty nights. In all that time he ate no bread and drank no water. And the Lord wrote the terms of the covenant—the Ten Commandments—on the stone tablets.”

Acts 13:2 – “One day as these men were worshiping the Lord and fasting, the Holy Spirit said, “Appoint Barnabas and Saul for the special work to which I have called them.”

4.) We fast to be intimate with God.

Psalm 63:1-3 – “O God, you are my God; I earnestly search for you. My soul thirsts for you; my whole-body longs for you in this parched and weary land where there is no water. I have seen you in your sanctuary and gazed upon your power and glory. Your unfailing love is better than life itself; how I praise you!

5.) We fast to bring revival, freedom and breakthrough in our lives.

2 Chronicles 7:14 – “Then if my people who are called by my name will humble themselves and pray and seek my face and turn from their wicked ways, I will hear from heaven and will forgive their sins and restore their land.

Isaiah 58:6 – “No, this is the kind of fasting I want; Free those who are wrongly imprisoned; lighten the burden of those who work for you. Let the oppressed go free, and remove the chains that bind people.

FASTING OPTIONS. During my five (5) days of fasting:

I will only drink water

I will only consume liquids

I will only have one meal per day

Others: _____



GUIDELINES FOR FASTING:

Before Fasting:

1. **Pray.** Ask the Holy Spirit to help you go through the session of fasting and to lead you to the Scriptures.
2. **Commit.** Set the time of the day when you are going to fast. Ask God to give you the grace to do it.

During Fasting:

1. **Pray.** Write down what you desire to tell the Lord. Read the Scriptures. Use the devotionals to guide your fasting. Pray with your family or friends to encourage you to pray and fast. Attend prayer meetings.
2. **Focus.** Have an undivided heart and mind and put aside anything that can distract you while doing prayer and fasting.
3. **Attend to your health.** Make sure you drink plenty of water and take a rest. You may experience temporary physical and mental weakness.

After Fasting:

1. **Pray.** Do not stop praying! Continue to believe and trust that God is faithful to complete what He started in you.
2. **Eat slowly.** Make sure you slowly introduce food so that your body will have time to adjust.
3. **Attend the culmination night** of our five days prayer fasting.

NOTE: Please consult with your physician if you are taking medications, pregnant or breastfeeding. If full fasting won't work for you find things to fast from that will best suit you.

WRITE DOWN WHAT I AM BELIEVING AND PRAYING TO GOD FOR MY:

1.) Personal Life:

2.) Family:

3.) Ministry:

4.) Work/School:

5.) Church:

6.) Nation:

GOD, LET YOUR NAME BE EXALTED – DAY 1



“ELOHIM” – God is almighty and powerful. He is the great Creator. There is no one like Him.

Scriptures to Meditate:

Genesis 1:1 “In the beginning God (Elohim) created the heavens and the earth”

Genesis 1:4,10,12,18,21 “And God saw that it was good”

Jeremiah 32:27 “I am the Lord, the God of all the peoples of the world. Is anything too hard for me?”

Reflection:

God created the earth out of nothing. Can you imagine how powerful He is? Just by merely saying the word, everything was created.

If we have a very powerful God, then nothing is too difficult for Him to do. That is why we can put our trust in Him. We can trust that His will and ways for our lives will always be for our good.

What are you believing God can do for you this year?

Prayer Points:

- That God will continue to show his greatness and power in your life.
- That God will reveal Himself more to you as you commit to study His Word and pray to Him daily.
- That you might surrender any doubts or fears that cross your mind.
- That you may deepen in your trust, intimacy and love for God.

GOD, LET YOUR NAME BE EXALTED – DAY 2



“JEHOVAH JIREH” – The Lord will provide

Scriptures to Meditate:

Genesis 22:14 “Abraham named the place Yahweh-Jireh which means “the Lord will provide”. To this day, people still use that name as a proverb: “On the mountain of the Lord it will be provided.”

Philippians 4:19 And this same God who takes care of me will supply all your needs from his glorious riches, which have been given to us in Christ Jesus.

Galatians 3:6 In the same way, “Abraham believed God, and God counted him as righteous because of his faith.”

Reflection:

In those days, they took an animal to sacrifice to God for their sins but instead of an animal, God asked Abraham to surrender to Him his son, Isaac, as a burnt offering. Abraham obeyed without questioning God. In the end, God was pleased and did not allow Abraham to kill his son as an offering, but rather provided a ram in place for the offering.

God will always provide for our needs. He does not fail to provide for His children. But there is a prerequisite for the provision and that is our obedience to Him. Like Abraham, He obeyed first then God provided.

Are we asking God to provide something in our life? If yes, are we faithfully obeying Him?

Prayer Points:

- Pray for a willingness to surrender to whatever God is calling you to offer at His altar.
- Pray for faith to do what God is telling you to accomplish.
- Pray for the particular needs you have listed down.
- Thank God that He is able to provide for all your needs.

GOD, LET YOUR NAME BE EXALTED – DAY 3



“JEHOVAH SHALOM” – The Lord is Peace

Scriptures to Meditate:

Judges 6:24 “And Gideon built an altar to the Lord there and named it Yahweh-Shalom which means “the Lord is peace”.

Philippians 4:6-7 “Don’t worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God’s peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.

John 14:27 “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.”

Reflection:

The Israelite were under the oppression of the Midianites because of their sin. Then they cried to God to save them. God called Gideon to save the Israelites, but he was afraid because he came from the weakest clan. However, God assured Gideon that He will be with him. God gave Gideon the peace that he needed to fight the battle. Gideon’s number of soldiers were reduced by the Lord from 32,000 to only three hundred men. And with these 300 men, God gave them victory over the Midianites.

What are the fears you have? Is it the uncertain times of this present world? Is it the wars going on? Is it the economic instability? We can lay it down before God and ask His peace to surround us. He is victorious.

Prayer Points:

- Thank the Lord for the peace that He has given us.
- Accept by faith the Peace of God, while there are battles that are going on from within and from without.
- Remember to pray for believers who are presently persecuted for their faith, that they might be filled with God’s peace.
- Pray for nations that are at war, that the Prince of Peace will be encountered by them and that they might find true life.

GOD, LET YOUR NAME BE EXALTED – DAY 4



“JEHOVAH RAPHA” – The Lord is Healer

Scriptures to Meditate:

Exodus 15: 26 “He said, “If you will listen carefully to the voice of the LORD your God and do what is right in his sight, obeying his commands and keeping all his decrees, then I will not make you suffer any of the diseases I sent on the Egyptians; for I am the LORD who heals you.”

Psalms 147:3 “He heals the broken hearted and bandages their wounds.”

Matthew 8:16-17 “That evening many demon-possessed people were brought to Jesus. He cast out the evil spirits with a simple command, and he healed all the sick. This fulfilled the word of the Lord through the prophet Isaiah, who said, “He took our sicknesses and removed our diseases.”

Reflection:

God revealed Himself first as Healer, after the exodus of the Israelites out of Egypt. They discovered a river that was too bitter to drink and God cleansed the water by commanding Moses to throw a piece of wood into it and the water became fit to drink. After this, God declared Himself as “Jehovah Rapha”. God is the One who can heal our infirmities, spiritual fatigue and emotional pain. By the death of Jesus on the cross – the wooden piece – we were reconciled to the Father and by His risen life, we are made whole, with His power to overcome any bitterness, pride and afflictions of the heart that are rooted in sin.

Prayer Points:

- Ask the Lord to heal past hurts and physical pains that may have harmed your spiritual growth.
- Receive the healing that the Lord provides and thank Him for the scars that He bore for your salvation.
- Pray that by His power you might be an instrument to help others find healing from the Lord.
- Praise Jesus for the wholeness and newness of life today and for the assurance of a perfect, holy body in His eternal glory.

GOD, LET YOUR NAME BE EXALTED – DAY 5



“JEHOVAH NISSI” – the Lord is my Banner

Scriptures to Meditate:

Exodus 17:15-16 “Moses built an altar and called it The Lord is my Banner. He said, “Because hands were lifted up against the throne of the Lord, the Lord will be at war against the Amalekites from generation to generation.”

Deuteronomy 20:4 “For the LORD your God is the one who goes with you to fight for you against your enemies to give you victory.”

Reflection:

In Exodus 17, Moses held God’s staff in his hand and as long as his hands and God’s staff were raised, Joshua and the Israelites won the war with the Amalekites. When he built the altar and called it, “The Lord is my Banner”, Moses wanted the people to remember, that it was God’s presence and power that brought them the victory. Banners are raised for people to see, commemorate and celebrate occasions or people who deserve honor. Jesus Christ is the believer’s banner, who has fought for him against the enemy and has given him the victory over sin and death. Together with His body, the church, God’s people can confidently walk in victory.

Prayer Points:

- Humbly recognize that you have no strength to fight spiritual battles or struggles on your own strength.
- Ask the Lord God to be your Banner of victory and thank Him for His faithfulness.
- Pray that together with the church, Christ’s victory over unrighteousness might be declared by your witness.
- Renew your commitment to trust in God’s abundant grace as you follow Him in obedience today and always.

Thank you for joining our praying and fasting.

Continue to believe that God, who is able, that through His mighty power at work within us, He will accomplish infinitely more than what we might ever ask or think. (Ephesians 3:20)