



prayer and fasting guide

# GOD DOES MIRACLES

NELSON INTERNATIONAL CHURCH  
15 - 19 JANUARY 2024



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## Message from the NIC Pastoral Team

The year 2023 has ended, and we thank God for His great faithfulness! Last year's theme was "GOD, LET YOUR NAME BE EXALTED." And we will continue lift and praise His name, in our lives, our family, our church and our nation.

As we start the year 2024, we want to continue believing in the amazing power of our Lord Jesus that He saves, He heals and does many miracles beyond our imagination.

This year 2024, our declaration is "GOD DOES MIRACLES" time and time again.

Mark 10:27 (NIV) says: *Jesus looked at them and said, "With man this is impossible, but not with God; all things are possible with God."*

This was Jesus' answer when His disciples asked: Who then can be saved? It is impossible for man to find salvation apart from God. It is impossible to find forgiveness and meaning without the Lord dealing with our hearts, cleansing our thoughts and changing us. BUT WHEN GOD MOVES, all things are possible.

So, we will start our year by seeking the Lord who makes a way when there seems to be no way. We will pray, fast, and believe that God will do miracles, open blind eyes, soften hard hearts and let the light of His Truth dispel the darkness and confusion. We will trust God for a great revival in our midst!

Corporately, we will do our prayer and fasting from January 15-19, 2024. This booklet will serve as a guide about the things we will pray for. You can use this as your daily devotions for the week. You are free to add the things God impresses in your hearts to pray for.

**May the grace of the Lord Jesus Christ, and the love of God and the fellowship of the Holy Spirit be with us all!**

# ? 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. 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.

**Psalms 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: \_\_\_\_\_

NOTES:



# 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

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2. FAMILY

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3. MINISTRY

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4. WORK/SCHOOL

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5. CHURCH

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6. NATION

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# DAY 1: GOD DOES MIRACLES

Jesus saves.

## Scriptures to Meditate:

### John 3:16-17

*"For this is how God loved the world: He gave His one and only Son, so that everyone who believes in him will not perish but have eternal life. God sent his Son into the world not to judge the world, but to save the world through him."*

### Ephesians 2:8-10

*"God saved you by his grace when you believed. And you can't take credit for this; it is a gift from God. Salvation is not a reward for the good things we have done, so none of us can boast about it. For we are God's masterpiece. He has created us anew in Christ Jesus, so we can do the good things he planned for us long ago."*

## Reflection:

The message of what Jesus did on the cross is powerful and alive until today. Jesus died on the cross, as a penalty for our sins, so we can be saved from eternal death and condemnation. He did that because He loves us. There's no greater love than what Jesus did for us. We will always be thankful and grateful for this greatest miracle He has done in our lives. And our responsibility is to share this Good News. It's like discovering the ultimate medicine for cancer, you will let everyone know about it.

Are you forever thankful for this message of salvation?

## Prayer Points:

- Thank God for His amazing love and power that saved you.
- Pray that the joy your salvation will always be on fire in your life.
- Pray for your family and friends who do not know Christ's love. May they also experience this divine miracle.
- Pray that as a church, we may share this Good News to the lost and that many will respond.

# DAY 2: GOD DOES MIRACLES

Jesus provides.

## Scriptures to Meditate:

### Luke 12:22-26

*"Then, turning to his disciples, Jesus said, 'That is why I tell you not to worry about everyday life—whether you have enough food to eat or enough clothes to wear. For life is more than food, and your body more than clothing. Look at the ravens. They don't plant or harvest or store food in barns, for God feeds them. And you are far more valuable to him than any birds! Can all your worries add a single moment to your life? And if worry can't accomplish a little thing like that, what's the use of worrying over bigger things?'"*

### Philippians 4:19

*"And my God will meet all your needs according to the riches of his glory in Christ Jesus."*

## Reflection:

We are reminded in the Word of God, that we should not worry about anything, because God provides. If He provides for the ravens and birds their daily needs, how much more will He do it to you as His dear child. Remember, for each of your needs, God has an answer for it. It may not be the way you expect it to be, but the answer He provides is always the best for your life because He always knows what is for your good.

The key to overcome worry is to trust and surrender your will to Him. Wait for the Lord to answer your request and don't try to do things on your own. We must let go and let God.

## Prayer Points:

- Pray for your needs whether it be physical, emotional, spiritual etc.
- Pray for the needs of your family and relatives.
- Pray for the needs of your church (spiritual growth, provisions etc)
- Pray for the needs of your nation (wisdom for the leaders etc)
- Pray for the needs of the persecuted churches (strength to endure)

# DAY 3: GOD DOES MIRACLES

Jesus heals.

## Scriptures to Meditate:

### John 9:6-7

*"Then he spit on the ground, made mud with the saliva, and spread the mud over the blind man's eyes. He told him, "Go wash yourself in the pool of Siloam". So, the man went and washed and came back seeing!"*

### Luke 8:43-44

*"A woman in the crowd had suffered for twelve years with constant bleeding, and she could find no cure. Coming up behind Jesus, she touched the fringe of his robe. Immediately, the bleeding stopped."*

### John 5:8-9

*"Jesus told him, "Stand up, pick up your mat, and walk!" Instantly, the man was healed! He rolled up his sleeping mat and began walking! But this miracle happened on the Sabbath."*

## Reflection:

In the Bible, Jesus healed many people physically as we see in the verses above. But what moved Jesus to heal these people was their faith. And this is what pleases God, when we trust and believe in what He can do in our lives.

Do you have any physical ailment that needs to be touched by Jesus today?

Jesus does not just heal our bodies, but He heals our entire being. Are there areas in your life that needs healing, like emotional pains, anxiety, fear?

Believe that He can heal. You may not receive the physical healing right away, but He will do His will in your life, just put your trust in Him.

## Prayer Points:

- Thank the Lord for the His power and ability to heal.
- Pray for yourself, your family or anyone that needs physical healing.
- Pray for any one you know who needs spiritual, emotional, mental healing. If there's any unforgiveness, bitterness etc, may these all be healed.
- Pray for the people affected by the recent wars, affected by poverty, affected by injustices - that God will heal them.

# DAY 4: GOD DOES MIRACLES

Jesus sets us free.

## Scriptures to Meditate:

### Mark 9:25

*"When Jesus saw that the crowd of onlookers was growing, he rebuked the evil spirit. "Listen, you spirit that makes this boy unable to hear and speak," he said. "I command you to come out of this child and never enter him again!"*

### 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."*

### John 8:36

*"So if the Son sets you free, you are truly free."*

## Reflection:

Jesus has the power to command evil spirits to leave a person. He has done it in the past and He can still do it now. As Christians, we are not exempt from the schemes of Satan to tempt us and entangle us so we can not continue our spiritual walk with Christ. He even works double time so that we can be oppressed. But thanks be to Jesus, as He is greater than Satan or any demonic spirits in this world. His death and resurrection destroyed all the powers of the enemy. And because of this, we are more than conquerors.

Are there bondages or weights that pull you down spiritually? Any anger, unforgiveness, hate, jealousy, impure thoughts, addiction, etc? Surrender them to Jesus, He alone can set you free. With God, all things are possible.

## Prayer Points:

- Thank Jesus for His power to set us free from any bondages.
- Surrender to the Lord any habits or things that are not pleasing to the Lord and may have become an entry point of Satan to control your thoughts and actions.
- Ask the Lord to heal any past hurts that may have harmed your spiritual growth.

# DAY 5: GOD DOES MIRACLES

Jesus restores.

## Scriptures to Meditate:

### Isaiah 61:7

*"Instead of shame and dishonor, you will enjoy a double share of honor. You will possess a double portion of prosperity in your land, and everlasting joy will be yours.*

### 2 Corinthians 5:17

*This means that anyone who belongs to Christ has become a new person. The old life is gone; a new life has begun!*

## Reflection:

The word restore is synonymous to the word rebuild, repair, and renovate. Something was broken that's why we restore or rebuild. Say for example, portion of the tiles of your kitchen were broken, you need to restore or repair those tiles.

In our personal lives, we may have experienced things that have 'damaged' us in one way or another. Say for example, a broken marriage; family members who are not in speaking terms; friends who broke your trust; or that feeling that you're a failure and insignificant.

I encourage you, don't lose hope. Because Jesus is the Master-builder who can fix anything that has been damaged or destroyed. He can restore and make things new.

## Prayer Points:

- Humbly recognize that you need God to restore, rebuild and make things new in your life.
- Ask in faith for the Lord God to restore any relationship that has been broken in your life and ask that forgiveness will flow.
- Pray for those who are undergoing difficult issues in life, that the Lord will encounter them and bring His hope to their spirits.
- Pray for specific ways where you can be used by the Lord to touch, encourage and restore someone whose life has been damaged.

NOTES: