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## 20/20 VISION FASTING & PRAYER GUIDE

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# Fasting Guide & Prayer Points



## ❖ Fasting

Fasting is abstinence from food for set periods of time and for spiritual purposes as follows:

1. To make your body the servant of your spirit and not the other way round. 2. To prioritise your spiritual appetites above your physical ones. 3. To express spiritual hunger. The effect of fasting is to supercharge your prayers, elevate your faith and increase your spiritual authority. (Bishop Wayne Malcolm)

Fasting is a choice, but it is also obedience. In Matthew 6, Jesus talks about three duties of every Christian: giving, praying and fasting. Jesus doesn't use the word if, He uses the word when. Jesus fasted and explained in Matthew 17 that there are some situations that will not change unless we fast.

**Matthew 17:19** Then the disciples came to Jesus privately and said, "Why could we not cast it out?" **20**And He said to them, "Because of the littleness of your faith; for truly I say to you, if you have faith as a mustard seed, you shall say to this mountain, 'Move from here to there,' and it shall move; and nothing shall be impossible to you. **21**["But this kind does not go out except by prayer and fasting."]

There are different types of fast. Please fast as you feel directed by the Holy Spirit. Be wise and do what suits your life, your physical and emotional health.

**We would say pregnant women should not fast neither should children nor people suffering serious medical or emotional conditions.**

If you are unable to fast food then you could fast other things like your favourite snacks or treats. You could also fast your favourite Television show or time on social media.

Here is a suggestion of some of the fasts you could do.

❖ **Full Fast**

Drink only liquids (you establish the number of days). You must be healthy physically and emotionally to do this fast. *(Make sure you drink plenty of liquids)*

❖ **The Daniel Fast**

Eat no meat, no sweets and no treats or luxuries. Basically a vegetarian diet. *(Make sure you drink plenty of liquids)*

❖ **3-Day Fast**

This fast can be a Full Fast, a Daniel Fast or give up at least one item of food. *(Make sure you drink plenty of liquids)*

❖ **Partial Fast**

A partial fast is from 6:00am to 6:00pm *(Make sure you drink plenty of liquids)*

**Scripture References for Fasting:**

❖ **Matthew 6:16-18, Matthew 9:14-15, Luke 18:9-14**

❖ **In Relation to Prayer and Reading of the Word:**

**1 Samuel 1:6-8, 17-18, Nehemiah 1:4, Daniel 9:3, 20, Joel 2:12, Luke 2:37, Acts 10:30, Acts 13:2**

**Corporate Fasting:**

❖ **1 Samuel 7:5-6, Ezra 8:21-23, Nehemiah 9:1-3, Joel 2:15-16, Jonah 3:5-10, Acts 27:33-37**

Remember that it is the attitude of a heart sincerely seeking Him to which God responds with a blessing (Isaiah 58, Jeremiah 14:12, 1 Corinthians 8:8). May God greatly bless you as you fast!

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**Personal Fasting Points for your life and the lives of your loved ones.**

### ❖ **Spiritual**

- **Your Walk With God**
- **Your Calling**

### ❖ **Physical**

- **Your health**
- **Your emotions**

### ❖ **Financial**

- **Your income**
- **Your giving**
- **Your savings**

# Victory Gospel Church Vision and Prayer Points

**1**

To develop a vibrant and growing Christian fellowship, demonstrating to our community the value of faith in God.

## 1 Sunday services

- ❖ To see God continue to move in our worship and in the preaching of the Word.
- ❖ To see an increase in the unsaved coming to the services and be saved, healed and delivered.
- ❖ An increase in the level of miracles and healings

## 2 Children's Church

- ❖ The children to encounter the love of God
- ❖ For the Children's Church workers to be strengthened
- ❖ For the team to increase
- ❖ For the Glory of God to touch the children and transform their lives
- ❖ For better facilities and equipment for the children
- ❖ For a better space to be developed in the building to hold children's church

**2**

To transform our lives, families, communities and Nation with the power of the gospel.

- ❖ Evangelism will be at the heart of all we do
- ❖ Church Planting~ direction and open doors to new cities and nations.
- ❖ Victory Church The Philippines
- ❖ Victory Church Hyderabad
- ❖ Victory Highways ministry
- ❖ Victory Soup Run

**3**

To raise up  
leaders in all  
aspects of life.

- ❖ **Victory Business Network**
- ❖ **Student Sessions (University and college Students)**
- ❖ **Youth Group**

**4**

To bring lasting  
change to real  
people and equip  
them for life.

- ❖ **Recovered for life (addiction recovery program)**
- ❖ **The Elijah Project (Spiritual development course)**
- ❖ **The Marriage Course**

**5**

To bring believers  
into their God  
given destiny and  
calling.

- ❖ **Spirit and The Word Training Centre**
- ❖ **Leadership Development**



To bring hope,  
help and healing.

- ❖ Pastoral care (Prayer, support and ministry to those in need)
- ❖ Hope (Clothing, equipment and support for children)

- ❖ Strength and health for all staff and volunteers
- ❖ Provision for every ministry
- ❖ Influence and Favour
- ❖ Revival in our personal lives and our church

#### Healing Scriptures

- Isaiah 53:4-6
- Matthew 8:1-3
- James 5:14-15
- 3 John 1:2

#### Prosperity Scriptures

- Genesis 39:2-6
- Deuteronomy 8:18
- Job 36:11
- Psalm 35:27

#### Favour Scriptures

- Psalm 5:12
- Psalm 84:11
- Proverbs 3:1-4
- Acts 7:9-10

#### Influence Scriptures

- Genesis 41:41-43
- 1 Corinthians 1:27
- Galatians 6:9
- John 7:38

