



FAST-IT
FORWARD

3-5 JAN 2018

PREPARATION

Ask the Holy Spirit to clarify for you His leading and objectives for this time of corporate prayer fast. This will enable you to pray more specifically and strategically. Through fasting and prayer we humble ourselves before God so the Holy Spirit will stir our souls, awaken our churches, and heal our land according to 2 Chronicles 7:14. Make this a priority in your fasting.

Choose the type of fast you should undertake. (Read more on the types of fast)

Consider the physical or social activities you will restrict.

Also decide on time allocated each day that will be devoted to prayer and reading God's Word. Making these commitments will help sustain your fast. Enjoy your prayer fast! (Abstract from Dr Bill Bright's '7 Basic Steps to Successful Fasting and Prayer')

TYPES OF FASTS

REGULAR FAST

Traditionally, a regular fast means refraining from eating all food. Most people still drink water or juice during a regular fast. When Jesus fasted in the desert, the Bible says, "After fasting forty days and forty nights, he was hungry." This verse does not mention Jesus being thirsty.

PARTIAL FAST

This type of fast generally refers to omitting a specific meal from your diet or refraining from certain types of foods. Daniel 10:2-3 says, "At that time I, Daniel, mourned for three weeks. I ate no choice food; no meat or wine touched my lips; and I used no lotions at all until the three weeks were over." In Daniel 1:12, they restricted their diet to vegetables and water. A partial fast can also mean you select to do any type of fast from 6:00 am to 3:00 pm or from sun up to sun down.

FULL FAST

These fasts are complete - no food and no drink. Acts 9:9 describes when Paul went on a full fast for three days following his encounter with Jesus on the road to Damascus: *"For three days he was blind, and did not eat or drink anything."*

Esther also called for this type of fast in Esther 4:15-16: *"Then Esther sent this reply to Mordecai: 'Go, gather together all the Jews who are in Susa, and fast for me. Do not eat or drink for three days, night or day. I and my maids will fast as you do. When this is done, I will go to the king, even though it is against the law. And if I perish, I perish.'"*

It is recommended that this type of fast be done with extreme caution and not for extended periods of time.

DAY 1

NATION OF SINGAPORE

This will be the 40th year of the prophecy that was given to Singapore to be the Antioch. Let's all stand in the gap to see the fulfilment of this prophecy. The churches are coming together this year to pray and fast, as we do that, may God move so freely and powerfully in this nation.

- Pray for our nation to be a Sheep nation (Matt 25:31-46) and fulfil God's destiny for the nation with regards to the Antioch call.
- Pray for the shepherds in this nation to stand together in this hour. Pray that they'll put aside their agenda to come together to seek the face of God. Ask the Holy Spirit to work in the hearts of the shepherds.

“Where there is no revelation, the people cast off restraint; but happy is he who keeps the law.”

Prob 29:18

- Pray for a prophetic unction to come upon the spiritual leadership of this nation. Let them be a voice to speak up for justice and righteousness. Thank God for the movements inspired by the Holy Spirit to bless the poor and needy, pray that they'll continue to flourish.

“Of the sons of Issachar who had understanding of the times, to know what Israel ought to do...”

1 Chron 12:32

- Ask God to give the leadership foresight and insight as they lead the churches. Pray for disciples to be made and to be sent forth into the nations.
- Ask God to work out unity in our midst as we learn to serve one another.

DAY 2

NATION OF ISRAEL

Pray for the peace of Jerusalem:

“May they prosper who love you. Peace be within your walls, Prosperity within your palaces.”

Psa 122:6,7

- Pray for the peace of Jerusalem today. Speak shalom within her walls that there'll be nothing missing, nothing broken. Keep the security forces in your prayer as they keep the borders of the nation secured.
- Pray for the Messianic congregations in the country that God will protect and strengthen the works. Ask God to raise up Messianic Jews intercessors to stand on the wall to pray in this hour.
- Pray for Prime Minister Benjamin Netanyahu for wisdom to lead well. Pray for the government to be just and free from corruption so that the country will be stable and the people can live in peace.
- Pray for people to value and understand the Jewish people the way God does. Pray that the global church will arise and stand alongside Israel in love and unity of hearts, and for all Israel to come to a saving knowledge of Jesus Christ.

“For I could wish that I myself were accursed from Christ for my brethren, my countrymen according to the flesh, who are Israelites, to whom pertain the adoption, the glory, the covenants, the giving of the law, the service of God, and the promises; of whom are the fathers and from whom, according to the flesh, Christ came, who is over all, the eternally blessed God. Amen.”

Roms 9:3-5

DAY 3

CORNERSTONE COMMUNITY CHURCH

Let us approach the new year with anticipation of the Lord's plan for us personally and corporately as a church. With many prophetic events that happened in year 2017, this new year is going to be exciting and we're asking God to help us get ready.

- Humble ourselves and ask for mercy from God to fulfil His plans

“So then it is not of him who wills, nor of him who runs, but of God who shows mercy.”

Rom 9:16

- Surrender our plans to God and ask for the Holy Spirit to lead us

“For as many as are led by the Spirit of God, these are sons of God.”

Rom 8:14

- Pray for the pastors and leaders of Cornerstone that they'll prepare the people and steer the church towards the direction God has for us in 2018.
- Pray for the church to be sober and on the watch. God is stirring up prayer in His house. As we take time this week to fast, ask God for revival.