

## PRAYER AND FASTING GUIDE

5<sup>th</sup> - 11<sup>th</sup> JANUARY 2020

### Our vision

We see a vital movement of the Gospel, fueled by **prevailing prayer**, flowing freely through relational networks and out into the nations. Workers for the Kingdom are next door to everywhere!

### Promise: Genesis 12:2

“I will make you into a great nation and I will bless you; I will make your name great and you will be a blessing.”

**CORE VALUE 5:** Expectant Faith and persevering prayer rooted in the promises of God.

### Sunday 5<sup>th</sup> : Thanksgiving for 2019

**Psalm 9:1** *I will give thanks to the Lord with my whole heart; I will recount all of your wonderful deeds.*

**“You crown the year with your bounty, your wagon tracks overflow with abundance.” Psalm 65:11**

- ❖ Thank God for his protection, good health, Guidance, achievements etc.
- ❖ For time with our family and friends over the Christmas holiday.
- ❖ For His faithfulness in the last year and the seeing yet another year 2020.
- ❖ Thank God for His great works in different areas.

*Scriptures: 2 Chronicles 5:13, Eph 5:19-20.*

*Thanksgiving Quote of the day!*

*“Gratitude comes from the same word as freedom (gratis-free). Gratitude is the freeing expression of a free heart toward one who freely gave.” Ravi Zacharias*

## Monday 6<sup>th</sup> : Personal dedication- Come away with me!

*“Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you’ll recover your life. I’ll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won’t lay anything heavy or ill-fitting on you. Keep company with me and you’ll learn to live freely and lightly.” Math 11:28 - 30 MSG*

❖ Enter 2020 from a place of communion with the Lord and drinking from his love.

*“But they who wait on the Lord shall renew their strength, they shall mount up with wings like eagles, they shall run and not be weary, they shall walk and not faint.” Isaiah 40:31*

- ❖ Surrender your worries and plans for the year.
- ❖ Ask God to search your heart and confess your shortcomings.
- ❖ Ask God to draw you near to Him.
- ❖ Ask God to equip you as you minister.
- ❖ Ask that this year you will be strong in memorizing and praying through the promises.

*Scriptures: Psalm 139:23-24, Jer 30:21, Prov 16:3, Is 41:10.*

*Be encouraged today!*

*Pray; and as you pray, surrender; and as you surrender, believe. - A.W. Tozer*

## Tuesday 7<sup>th</sup> : Family – Psalm 91

- ❖ Thank God for his protection and providence over our families.
- ❖ Thank God for believers and pray for non believers in our families.
- ❖ Pray for: Peace, love and unity in our families.
- ❖ God’s protection over marriages.
- ❖ God’s protection and good health.
- ❖ Provision for all financial needs and others.

*Scriptures: Eph 4:32, Col 3:13-14, Psalm 121.*

*Be encouraged today!*

*“Always respond to every impulse to pray. The impulse to pray may come when you are reading or when you are battling with a text. I would make an absolute law of this - always obey such an impulse.” Martyn Lloyd-Jones*

## Wednesday 8<sup>th</sup> : Ministries

Nav youth, Students, women, Missions, prayer, Parenting, NCM,

**New frontiers:** Urban Majority, Rural, Focus and Market place.

- ❖ Thank God for our places of ministries.
- ❖ Pray that the light of the gospel will shine and many will come to saving knowledge of Christ.
- ❖ Pray against any form of spiritual attacks as we labor.
- ❖ Pray for: Wealth of Ideas as we focus on the new frontiers.
- ❖ Gospel workers to be strengthened.
- ❖ Sensitivity to the Holy Spirit as we engage in our different ministries.

*Scriptures: 2 Cor 10:3-5, 2 Cor 4:3-4, John 15:16, Eph 6:10-13.*

*Be challenged today!*

*"I have so much to do that I spend several hours in prayer before I am able to do it." John Wesley*

## Thursday 9<sup>th</sup> : Regions

Nairobi, Nakuru, Machakos, Mombasa, Eldoret, Tisinye, Kakamega, Muran'ga, Embu Kitui

- ❖ Pray: For love and unity among the staff.
- ❖ That God will continue to expand us to other regions in Kenya.
- ❖ Thank God for the new ministry in Embu
- ❖ For the regional leaders
- ❖ That God would add many to our numbers by way of converts and laborers.

*Scriptures: 1 chronicles 4:9-10, Zech 10:4-5, Matt 18:18.*

*Be encouraged today!*

*"Pray often, for prayer is a shield to the soul, a sacrifice to God, and a scourge for Satan." John Bunyan*

## Friday 10<sup>th</sup> : Leadership - 1Tim 2:1-2

**Navigators' leadership** - International, Africa and National leadership.

***“And the spirit of the Lord shall rest upon him, the spirit of wisdom and understanding, the spirit of counsel and might, the spirit of knowledge and fear of the Lord.” Is 11:2***

- ❖ Thank God for our leaders and pray that they would operate in the Spirit of the Lord in wisdom, understanding, counsel, might, knowledge and fear of the Lord.
- ❖ Pray for Chris and Anne Amulo our National Director and the NLT (National Leadership Team) to submit to God's voice and guidance as they steer the work in Kenya.
- ❖ Pray for the Africa team led by Edward Mpada.
- ❖ Pray that God will strengthen and guide Mutua and Stephanie Mahiaini and the IET to accomplish His purposes in the Navigators and beyond.
- ❖ Pray for our regional and entity leaders to shepherd with compassionate heart and skillful hands.
- ❖ Pray that the lives of the emerging leaders will be characterized by our 9 core values.

### Kenya

***“Now therefore fear the Lord and Serve him in sincerity and in faithfulness. Put away the gods that your fathers served beyond the river and in Egypt, and serve the Lord.” Joshua 24:14***

- ❖ Thank God for peace, freedom to worship and preach the gospel and pray that Kenyans would choose to worship the Lord Jesus Christ.
- ❖ Pray for the body of Christ to be firm in God. **James 4:7.**
- ❖ Pray against Corruption, greed and injustice. **Rom 8:21.**
- ❖ Pray for the 3 arms of government (Judiciary, Legislatures and Executive).
- ❖ Pray for our president and his deputy, Governors, senators, Mps, MCAs. **Psalm 2:10-11, Is 11:3-4** *“and his delight shall be in the fear of the Lord. He shall not judge by what his eyes see, or decide disputes by what his ears hear, but with righteousness he shall judge the poor, and decide with equity for the meek of the earth; and he shall strike the earth with the rod of his mouth and with the breath of his lips he shall kill the wicked.”*
- ❖ Pray for the prosperity in Kenya Jer 29:7.

***“To get the Nations back on their feet we must first get down on our knees.” Billy Graham.***

## Saturday 11<sup>th</sup>: Corporate prayer- Suggested program

TIME	ACTIVITY
9:00a.m - 9:30a.m	Worship
9:30a.m - 11:00a.m	God focused prayer session 1
BREAK	
11:15a.m - 12:45p.m	God focused session 2
12:55p.m - 1:45.m	Time alone
1:45p.m - 2:15p.m	Pray for one another
2:15 p.m - 3:00p.m	Core values and vision
3:00p.m - 3:30p.m	Praying through the promises individually
3:30p.m - 4:00p.m	Praying through the promises corporately
BREAK	
4:10p.m - 5:10p.m	Ministries and Nation
5:10p.m - 5:25p.m	Pray for the Navigators leadership
5:25p.m - 5:45p.m	Testimonies
5:45p.m - 6:00p.m	Chris Amulo
6:00pm - 6:20p.m	Communion

*Point to ponder...*

*"Little of the Word with little prayer is death to the spiritual life. Much of the Word with little prayer gives a sickly life. Much prayer with little of the Word gives more life, but without steadfastness. A full measure of the Word and prayer each day gives healthy and powerful life." Andrew Murray*