

# 3 Days Prayer & Fasting

Welcome to our God Encounter event, 22-24 February 2023.

It will be an exciting and powerful event as we, the church, come together for the next three nights in worshipping, seeking, praying, interceding, pleading and repositioning for the new seasons of God for 2023.

For this, let us prepare ourselves spiritually with the three days of fasting and prayer. It has always been our privilege as the people of God. May this time of fasting and prayer refresh you personally as you seek His Face and His ways.

We pray also that you will experience the presence, the power, and blessings of God in an extraordinary way too. We pray that your hearts will be open to His leading and that you will see many breakthroughs and victories. May you get closer to God more than ever before as you seek Him over the next three days.

In these three days, the church would also like to stand with you in prayers.

You can submit your prayer(s) and testimonies here: https://metrotab.org/pray/



For more general guide and information about fasting and prayer, head here: https://metrotab.org/prayer-fasting-guide/



## A SEASON OF PRAISE

There was a prophetess, Anna... did not depart from the temple, worshiping with fasting and prayer night and day.

Luke 2:37-38

"One day as these men were worshiping the Lord and fasting,..." Acts 13:2

## Wednesday, 22 February 2023

As we begin our three days of fasting and prayer, let us begin with praise and worship unto God.

It is a way to recognise that our fasting and prayer is all about Him and Him alone. Our worship speaks of our devotion, submission and surrendering of all our cares and burdens to God. It will also bring a shift in our minds/hearts and our focus upon God.

Our worship will become spontaneous during our fasting as we long for His presence. God inhabits where His people worship and where God is, there will be breakthroughs, healings, divine favor and life changing.

#### **Respond and Prayer**

- Let begin our worship by thanking God for all He has done. You can even list them down one by one.
- Ask God to give you a heart of worship and true devotion for Him.
- Take few moments of your time in worship in songs, enjoy His presence and communion, allowing Him to minister to you.

# A SEASON OF PRAYER

So, I gave my attention to the Lord God to seek Him by prayer and supplications, with fasting, sackcloth and ashes.

Daniel 9:3

But this kind never comes out except by prayer and fasting. Matthew 17:21

## Thursday, 23 February 2023

Fasting and prayer is not for the strong but for ordinary people like all of us who realize that we are in desperate need of divine intervention in every aspect and challenge in our lives.

Fasting serves as a reminder that we need commitment and humility to pray. Our hunger leads us to set aside our meal times to seek, to plead and to pray/intercede for our needs and situations. It speaks of our dependence upon God. God hears our heartfelt prayers when we humble ourselves before Him.

#### **Respond and Prayer**

- Let begin our day with worship and thanksgiving unto Him for answering our prayers.
- Ask God to give you a heart of prayer to stand in the gap for family, church, community and nation.
- Take your time to bring all your prayer requests and needs before the Lord.
- Ask for an open heart to the ways and timing of God in answering your prayers.

# A SEASON OF POWER

The blind receive their sight and the lame walk, lepers are cleansed and the deaf hear, and the dead are raised up, and the poor have good news preached to them. Matthew 11:5

And these signs will accompany those who believe: in my name they will cast out demons; they will speak in new tongues; they will pick up serpents with their hands; and if they drink any deadly poison, it will not hurt them; they will lay their hands on the sick, and they will recover. Mark 16:17-18

## FRIDAY, 24 February 2023

As we continue with our worship and prayer, God will move on our behalf! He simply cannot resist to bless and intervene! He is looking for willing vessels for the release of His blessings and interventions.

Miracles, healings and the supernatural are our natural spiritual inheritance. We need to be the willing vessels. For this, we need the visitation and power of the Holy Spirit – the fresh wind and fresh fire to revive and empower us as healing vessels to the hurting world.

#### **Respond and Prayer**

- Let begin our day by inviting the Holy Spirit to fill and empower us for His glory.
- Seek God to identify, recognize and activate the God-given gift for us to be effective vessels.
- Pray for greater release and manifestation of healing, miracles, sign and wonders, deliverance, salvation, restoration and transformation.
- Pray for God's divine covering and protections.