

# Daily Bible Reading

## READING

MONTH: JANUARY	MORNING	EVENING
13	Ezra 9:1-15	Daniel 9:1-19
14	Psalms 51	Joel 1:1-15
15	Haggai 1:1-15	Joshua 1
16	Isaiah 1:1-31	Nehemiah 1:1-11
17	Revelation 1:1-20	Revelation 2:1-29
20	Psalms 1	Revelation 3:1-22
21	2 Kings 23:1-25	Ezra 10:1-19
22	Matthew 5:1-20	Matthew 5:21-48
23	Ephesians 4:17-32	2 Peter 1:1-12
24	Psalms 34	Psalms 136
27	Psalms 48	Psalms 68
28	Psalms 63	Psalms 15
29	Psalms 24	Psalms 91
30	Psalms 19	John 15
31	Psalms 29	2 Chronicles 5:1-14



- ☑ How to live a life void of offence towards God and man.
- ☑ How to avoid being contaminated by the force of modernism.
- ☑ What should be done to stem the tide of falling church attendance?
- ☑ What is involved in the process of leaving a lasting legacy?
- ☑ Tithing among born again believers has remained at twelve percent (12%) for quite some time. What can be done to improve this position to, say, fifty percent (50%)?
- ☑ Seventy-one percent (71%) of Christians do not give towards the financing of the Great Commission. How may this be improved?

# 2020 PRAYER & FASTING MANUAL



## 15 DAYS THEME: "PURSUE"



*"And David enquired at the Lord, saying, Shall I pursue after this troop? shall I overtake them? And he answered him, Pursue: for thou shalt surely overtake them, and without fail recover all." (1 Samuel 30:8)*

### HISTORICAL CONTEXT

- When David and his men came Ziklag on the third day, they found out that the Amalekites had made a raid, burned it with fire and took all the women and children.
- David and the people lifted up their voice and wept until they had no more power to weep.
- David was greatly distressed, as the people spoke of stoning him, because they grieved, for their sons and daughters.

### A TRAGIC REALITY

- Often, we allow hard times to cripple our faith and keep us in a rut.
- As a result, we fail to realize that the God we serve is able to give us total victory if we trust in Him.
- David asked the Lord this question: *"Shall I pursue after this troop? Shall I overtake them."*
- The Lord replied, *"Pursue: for thou shalt surely overtake them, and without fail recover all."*
- David did so and recovered all.





These are very challenging times. Anti-God forces are diligently at work. Their intention is very clear. They are determined to reduce and ultimately destroy the effectiveness of the Church. But they will never succeed, because of Jesus' guarantee that the gates of hell shall not prevail against His Church.

As an assembly, we must remain vigilant. Indeed, we must pursue, with vigor and consistency, our God-given mandate to preach, teach, and through personal involvement propagate the gospel of Jesus Christ, as recorded in the Word of God.

There is no doubt about it. We need to intensify our efforts to instill Biblical values in our children. And so, as we pray and fast over the next fifteen (15) days, let us ask these questions:

1. What will the generation after us know?
2. What and how are we teaching them?
3. Do they know the God we serve and will they serve and love Him like we do?
4. Will they maintain the standards of holiness?
5. Will they keep the faith?
6. Will they value worship?

We face a real danger of not leaving a lasting legacy to the next generation. Therefore, it is high time that we awake and impart to our children the value of the Word of God and the three basic tenets of the faith as we are instructed to do in Deuteronomy 6:1-15. These tenets are: love for God; the importance of imparting the commandments of God and the necessity of separation from the world.

  
Devon D. Dawson

## PURPOSE OF THE FAST

### TO FACILITATE:

1. Spiritual renewal, healing and financial provision.
2. A deeper and more intimate relationship with Jesus.
3. The continued strengthening of the family structure.
4. A greater demonstration of the power of God expressed in signs, wonders and miracles, all for His glory.
5. A greater utilization of the power of God to undertake a sustained soul-winning ministry in our families, towns, cities and state.
6. More laborers for the Lord's harvest so that the various ministries within the assembly may operate effectively.
7. An unswerving commitment by members to love, teach and live Biblical truths thus leaving behind a lasting legacy for the next generation.

### **DISCLAIMER:**

*Please remember that this 15-day journey that we are embarking upon is completely voluntary. If at any time during this process you feel that your health is in jeopardy, STOP IMMEDIATELY, and seek professional help.*

## FASTING ROAD MAP

### WEEK 1

January 13 - 18: *"1 Meal in 24-Hour"*  
**"SET YOUR HOUSE IN ORDER"**

**Prayer Focus:** Laying the foundation, doing the required cleansing, repairing the altar, setting the groundwork for God to do the miraculous in our midst. During this period, it is recommended that you use the first three days to prepare your body for the three week journey. This week our meal intake will be guided by the one meal in 24 hours principle.

Each day, three prayer watches will be observed. Kindly reserve at least 1/2 hour during each watch to pray. We encourage you to become part of a prayer network during the morning and afternoon watches.

- ◆ 1<sup>st</sup> Watch: 6:00 a.m. – 9:00 a.m.
- ◆ 2<sup>nd</sup> Watch: 12:00 p.m. – 3:00 p.m.
- ◆ 3<sup>rd</sup> Watch : 6:00 p.m. – 9:00 p.m.

Each week during the third watch Monday to Friday, there will be public Bible reading followed by a question and answer session in the sanctuary.

***NO nightly prayer meeting on January 17 & 18. Please see below.***

- ◆ **January 17 & 18**  
**NYMD Annual Prayer Conference**  
**United Apostolic Church**  
**205-26 Hollis Avenue**  
**St. Albans, NY 11412**

**Friday- 7:00 p.m.; Saturday - 8:00 a.m.**

### WEEK 2

January 20 - 24: *"1 Meal in 24-Hour"*  
**"BACK TO THE BASICS"**

**Prayer Focus:** A lot of times we change the basic tools from those which are God-ordained to more man-made. Hence, this point in the journey begins the restorative process. We must sincerely apply the apostolic principles to our lives - worship, prayer, speaking truth, being our brother's keeper - simple godly living, proven over and over to bring victory and revival in people's lives. This is where God is given the glory.

- ◆ **January 24: Extended Prayer Meeting**

### WEEK 3

January 27 - 28: *"1 Meal in 24-Hour"*  
**"PURSUE THE GLORY"**

**Prayer Focus:** We're not going back. Now, we must resolve to share our knowledge and experience with the generation that comes after us. Therefore, because of our expectations, we must lengthen our cords and strengthen our stakes. We are going forward to pursue the glory of God and possess the promises He has given us.

During this period, we continue to follow the 1 meal in 24 hour principle. It is recommended that the meals be light, consisting primarily of vegetables, fruits and whole grains.

- ◆ **January 29 - 31: Total Fast - No Food/ Drink**  
◆ **ANAT PRAYER CONFERENCE**  
**January 31 - February 2**

**"PURSUE THE VISION"**  
During this period water is allowed but no sugary drinks.

# PREPARATION FOR THE FAST

When embarking on a fast, if it is not implemented correctly and safely, it could be detrimental to your health. For this reason, it would be wise to follow



specific steps to prepare your body for a fast. Such preparations will make the transition into fasting less harsh and the fast itself a lot more beneficial (both spiritually and physically).

Don't enter your fast casually with a "hit or miss" attitude. If you enter your fast with a "we'll see" attitude, you will fail. Some people simply plan to give fasting a try. At the first sign of discomfort, they give up.

Allow yourself the necessary time to cut out your vices as part of your fast preparation. Giving up coffee, sugar, and other addictive food and beverages cannot be done the day before the fast. You need to cut them out slowly or you may be hit with stomachaches and headaches.

Start cutting back on food portion sizes as you approach the time of your fast, and refrain from eating a huge meal before the fast begins. By reducing the amount that you eat, you are preparing both your body and your mind for the fast.

Because of the high amount of chemicals within our environment and in our diets, overindulgence of sugars, fats and protein products, many of us suffer from a congested, stressed and dehydrated body. Fasting is a great way to release toxins and re-invigorate a tired system. However, in order to undertake the upcoming fast, we will need to prepare our bodies so as to decrease the negative effects that occur during a fast.

## PREPARATION STEPS:

1. Start increasing the amount of water you drink. This helps the elimination or flushing out process.
2. Start eliminating processed or chemical rich foods. This includes many of your snacks, fast foods, microwavable meals etc.

3. Decrease your meat, sugar and dairy product intake. If these products are a huge part of your diet, your body will not want to give it up, so it will be important that you start at least a week or two in advance to the fast.
4. Increase your intake of fresh fruits, nuts, seeds, grains, and vegetables.

## A FEW CLEANSING SUGGESTIONS

### Master Cleanse:

- 2 tablespoons of fresh squeezed lemon or lime
- 1 - 2 tablespoon of pure maple syrup
- Pinch of cayenne pepper all mixed in 8 ounces of water.

You can adjust ingredients to taste and adjust amounts depending upon how much you wish to make at a time.

### Cleansing Supplements:



These are products that can be taken for a short period of time to help with cleaning out the process. There are a variety of cleansing supplements that can be found in your health food store, however, the best products are usually natural or plant base. Some of the ingredients you should be looking to find in your cleansing supplement are as follows: dandelion root, alfalfa, burdock, fennel, red clover, red raspberry, milk thistle, ginger powder, black cohosh, turmeric root, artichoke leaf, etc.

### Liver Flush:

The liver is the primary cleansing organ of the body, and so it is important that it is functioning to its optimum.

- 1 glass of water
- 1 lemon

Mix and drink at room temperature.



# RELEVANT BIBLICAL SCRIPTURES



## JOEL 2:12

*"Therefore also now, saith the LORD, turn ye even to me with all your heart, and with fasting, and with weeping, and with mourning."*

## MATTHEW 9:15

*"And Jesus said unto them, Can the children of the bridechamber mourn, as long as the bridegroom is with them? but the days will come, when the bridegroom shall be taken from them, and then shall they fast."*

## DANIEL 9:3 - 5

*"And I set my face unto the Lord God, to seek by prayer and supplications, with fasting, and sackcloth, and ashes: <sup>4</sup>And I prayed unto the Lord my God, and made my confession, and said, O Lord, the great and dreadful God, keeping the covenant and mercy to them that love him, and to them that keep his commandments; <sup>4</sup>We have sinned, and have committed iniquity, and have done wickedly, and have rebelled, even by departing from thy precepts and from thy judgments:"*

## ISAIAH 58:3 - 6

*"Wherefore have we fasted, say they, and thou seest not? wherefore have we afflicted our soul, and thou takest no knowledge? Behold, in the day of your fast ye find pleasure, and exact all your labours. <sup>4</sup>Behold, ye fast for strife and debate, and to smite with the fist of wickedness: ye shall not fast as ye do this day, to make your voice to be heard on high. <sup>5</sup>Is it such a fast that I have chosen? a day for a man to afflict his soul? is it to bow down his head as a bulrush, and to spread sackcloth and ashes under him? wilt thou call this a fast, and an acceptable day to the LORD? <sup>6</sup>Is not this the fast that I have chosen? to loose the bands of wickedness, to undo the heavy burdens, and to let the oppressed go free, and that ye break every yoke?"*

## ACTS 13:1-3

*"Now there were in the church that was at Antioch certain prophets and teachers; as Barnabas, and Simeon that was called Niger, and Lucius of Cyrene, and Manaen, which had been brought up with Herod the tetrarch, and Saul. <sup>2</sup>As they ministered to the LORD, and fasted, the Holy Ghost said, Separate me Barnabas and Saul for the work whereunto I have called them. <sup>3</sup>And when they had fasted and prayed, and laid their hands on them, they sent them away."*

## EZRA 4:15 - 16; 8:21

*"Then Esther told them to reply to Mordecai: Go gather all the Jews who are present in Shushan, and fast for me; neither eat nor drink for three days, night or day. My maids and I will fast likewise. <sup>16</sup>And so I will go to the king, which is against the law; and if I perish, I perish!"*

*"<sup>21</sup>Then I proclaimed a fast there at the river of Ahava, that we might humble ourselves before our God, to seek from Him the right way for us and our little ones and all our possessions"*

## JONAH 3:6 - 7, 10

*"For word came unto the king of Nineveh, and he arose from his throne, and he laid his robe from him, and covered him with sackcloth, and sat in ashes. <sup>7</sup>And he caused it to be proclaimed and published through Nineveh by the decree of the king and his nobles, saying, Let neither man nor beast, herd nor flock, taste any thing: let them not feed, nor drink water:*

*<sup>10</sup>And God saw their works, that they turned from their evil way; and God repented of the evil, that he had said that he would do unto them; and he did it not."*

# QUOTES

Bear up the hands that hang down, by faith and prayer; support the tottering knees. Have you any days of fasting and prayer? Storm the throne of grace and persevere therein, and mercy will come down.

- JOHN WESLEY

## IS PRAYER YOUR



STEERING WHEEL

SPARE TIRE?

- CORRIE TEN BOOM

FASTING,  
*coupled with*  
MIGHTY PRAYER,  
*is powerful.*

- JOSEPH B. WIRTHLIN

seven  
**7 days**  
WITHOUT  
**PRAYER**  
MAKES  
1 week!

- ALLEN E. VARLETT

"WE HAVE TO  
PRAY WITH  
OUR EYES ON  
GOD, NOT  
ON THE  
DIFFICULTIES.

- OSWALD CHAMBERS



# MINISTRY OPPORTUNITIES

During this special period, we are praying for laborers.

A very important area of ministry is follow-up. This covers our guests, converts and persons who either submit prayer requests or have had prayer requests submitted on their behalf.

Consider the following data regarding 2019.

- We welcomed a total of 816 guests - 91 more than 2018.
- Fifty-five (55) persons were baptized in the name of Jesus.
  - Seventy-two (72) persons were filled with the Holy Ghost.
  - Forty-three (43) persons were reclaimed.
  - We received prayer requests for three hundred and fifty-four (354) persons.

A dedicated team of members is needed to undertake the effective follow-up work that is needed. Our failure to respond would beg the question about the extent to which we care.

As you pray and the Lord speaks to you about your involvement in this ministry, please respond positively.



# MORE ABOUT LEAVING A LASTING LEGACY

During this special period, the Lord desires to touch us in a very significant way so that we shall speak and act in such a manner as to enable us to leave for our children a lasting legacy.

The word legacy is frequently used to cover material things which do not last forever. Our focus must, therefore, cover non-material legacies such as truth, virtues, values and attitudes portrayed in the Bible.

Children need to be indoctrinated in the doctrines of the Bible. This process requires parents and teachers who are unwaveringly committed. Their teaching must be in words and deeds.

A recommitment to this process is a must during this period.

**TRAIN UP A CHILD  
IN THE WAY HE SHOULD GO:  
AND WHEN HE IS OLD,  
HE WILL NOT  
DEPART FROM IT.**

PROVERBS 22:6

The apostle Paul gave to Timothy an exhortation which is applicable to us today. "Let no man despise thy youth; but be thou an example of the believers, in word, in conversation, in charity, in spirit, in faith, in purity." (1 Timothy 4:12)

This fast should mark a turning point for all of us, leading to:

- The building of maximum marriages.
- Living a life void of offence towards God and man.
- Attending church services regularly and punctually.
- Walking in love and humility.
- Dressing modestly.
- Living as transformed non-conformists.
- Praying without ceasing.
- Involvement in ministry.
- Earnestly contending for the faith once delivered to the saints.
- Loving the Lord with all our heart, soul and mind.

"Give me a child until he is 7 and I will show you the man."

- ARISTOTLE



"If children live with criticism, they learn to condemn.

If children live with honesty, they learn truthfulness."

- DOROTHY LAW NOLTE