A close up of a heart

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**The King’s Church, Epsom**

**Daniel Fast Prayer Bulletin (3rd – 16th January 2024)**

**What Is Daniel Fast?**

Daniel Fast is based on Daniel 10:2-3. *“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.”* The “Daniel Fast” is the avoidance of choice (regular) food for fruits and vegetables. There is no prescriptive way to do a Daniel fast. However, you may find these guidelines helpful.

* Abstain from your regular food and eat only fruits and vegetables for the duration of the fast. No teas and coffees. Avoid dairy products.
* We are fasting & praying for 14 days. However, some may choose to do a 7-day version. Ensure you pray at least three times each day. Suggested times: 9am; 12noon; 3pm or 6pm
* We are free to eat three times. You may choose to go without until you break the fast in the evening each day. You may choose the time you break. Many people break their fast between 5 & 6pm daily.
* We encourage children to fast at parent’s discretion. They may break at lunch time.
* We are not mandating the fast, but we are strongly encouraging people to do it.
* We are aware that some people will not be fasting for medical or other reasons known to them. We respect everyone’s choices and decisions. There will be no Tea and Coffee after service on Sundays.
* We will have a bring and share meal on Sunday, 21 January 2024 to mark the end of the fast.
* There are some useful guidelines about what to eat, which you can find on this [link](https://ultimatedanielfast.com/ultimate-daniel-fast-food-guidelines/) , but please keep it simple, don’t over think it.
* There will be no LIFE groups during the fast, but please keep in regular fellowship with each other.

**Why Are We Fasting?**

At any point in time, throughout human history, God has always been and will always be man’s greatest need. In the 21st century, with all its fast paced, local, national, and global challenges, the Church of God need to seek God more than ever before.

At King’s, we have dedicated 2024 to the pursuit of God. We want to experience his presence, power, and purpose for us as a Church. We want to be a church where the presence and power of God is not simply talked about but experienced in greater fashion than before. We want God to show us his priorities for Epsom and the neighbouring towns where our members come from. We want each person who attends King’s to be equipped to lead a victorious Christian life and be a faithful witness for Jesus.

These are a few of the reasons why we are praying and fasting. This will not be a one-off activity for us, we will have seasons of prayer and fasting throughout the year. We want to know God better and grow deeper in him.

Please use the prayers below as a guide each day. Pray on your own, pray as a family, pray with your prayer partner, or prayer triplet, and also join us daily on zoom at 7pm to pray for 30mins each day.

**Zoom details: 87443932048 I Passcode: amen**

**Wednesday, 3rd January 2024 – Prayers for hearts and souls that yearns for God**

* **Read Psalm 84 (Online facilitator – Segun)**
* Pray that God will give us hearts that cry out for him
* Pray that love for God will dislodge all other ungodly desires in us

**Thursday, 4th January 2024 – Prayers for the presence of God to go with us in 2024**

* **Read Exodus 33:12-23 (Online facilitator – Linda)**
* Pray for God’s tangible presence with us throughout the year
* Pray that we will be like Moses, desiring the presence of God
* Pray that God will reveal his glory among us

**Friday, 5th January 2024 – Prayers for definite and personal encounters with God**

* **Read Exodus 3: 1-15 (Online facilitator – Peter)**
* Pray that each of us will have powerful, personal encounters with God this year
* Pray that we will get to know the “I AM” God
* Pray that we will all sense his call afresh in our lives

**Saturday, 6th January 2024 – Prayers for Circumcised Hearts**

* **Read Deuteronomy 30: 1-10** **(Online facilitator – Deji)**
* Pray for hearts that love and obey the Lord
* Pray for “prodigals” to come back to the Lord
* Pray for God’s pruning and refining work to consistently keep us faithful

**Sunday, 7th January 2024 – Prayers for Our Families**

* **Read 2 Timothy 1:3-5 (Online facilitator – Shina)**
* Pray for Christ to be the centre of our homes
* Pray for Christian values to be passed down from generation to generation
* Pray for parents to be examples to children

**Monday, 8th January 2024 – Prayers for Aspects of Vision 2034 (Online facilitator – Tayo) 7AM & 7PM**

* **Read Proverbs 29:18;** **Romans 12:9-21**
* Pray that God will open our eyes as a church to his priorities for the next 10 years
* Pray for the consistent and continuous leading of the Holy Spirit
* Pray for God’s love to grow amongst us; pray that we’ll be consistent and faithful disciples
* Pray for us to continue to value and nourish our diversity in age, ethnic background, and status
* Pray for us to grow in our openness and boldness to preach the gospel

**Tuesday, 9th January 2024 – Prayers for elders**

* **Read Hebrews 13:17-18 (Online facilitator – Robin)**
* Pray that God will keep our elders in love, obedient and faithful to God always
* Pray God’s protection over them and their families
* Pray that the church will rise up to support them fully

**Wednesday, 10th January 2024 – Prayers for One another**

* **Read Colossians 1: 9-14 (Online facilitator – Agnes)**
* Pray that we all grow in the knowledge of God’s will
* Pray that we live lives that pleases God and bear fruit
* Pray that darkness will not have dominion over any of us

**Thursday, 11th January 2024 – Prayers for Aspects of Vision 2034**

* **Read Matthew 17:14-20 (Online facilitator – Pat)**
* Pray that as a Church we will be in Faith for great things in 2024 and beyond
* Pray that God will give us a big vision to see the impossible made possible
* Pray for the miraculous in and through us. On the streets, in our homes and in our services

**Friday, 12th January 2024 - Prayers for Aspects of Vision 2034**

* **Read Romans 12:3-8** **(Online facilitator – Hillary)**
* Pray that we are able to review, recruit and strengthen all teams (areas of service) to ensure they are thriving, with committed leaders and members.
* Pray that everyone fully gets on board with vision 2034

**Saturday, 13th January 2024 – Prayers for faithfulness to the Great Commission**

* **Read Matthew 28:18-20** **(Online facilitator – Ade)**
* Pray that we will be committed as a church and individuals to the Great Commission
* Pray that we will make disciples that stays and grows to become disciples themselves
* Pray for the baptism of the Holy Spirit among us

**Sunday, 14th January 2024 – Prayers for Our Mission Partners**

* **Read Philippians 1:3-6 (Online facilitator – Ayanfe)**
* Pray for Ademola and Bilhah in Mozambique
* Pray for Miro and Sneza in Serbia
* Pray for Ade and Kemi to settle well in England and wisdom for the future
* Pray for New Beginnings Home in Albania
* Pray for Rob, Jane, and 5000+

**Monday, 15th January 2024 – Prayers for Commission and the Global Church 7AM & 7PM**

* **Read 1 Timothy 2:1-4 (Facilitators – Tayo (am) Chester (PM)**
* Pray for Guy and Heather and the Commission Leadership team
* Pray for Our King, Prime Minister, and Cabinet
* Pray for Peace in the world. Remember war torn areas
* Pray for Persecuted Christians

**Tuesday, 16th January 2024 – Prayers of Thanksgiving**

* **Read Psalms 107 (Online facilitator – Segun)**
* Reflect on what God has said and done in the past 14 days. Think about how you have changed. Consider all the things you prayed for over these 14 days and thank God for those things he has done. Thank him in anticipation of the things he will do.