

CELEBRATING HOLINESS



PRAYER AND FASTING GUIDE

CHURCH OF THE NAZARENE - AFRICA REGION

www.africanazarene.org

“Joshua told the people
‘Consecrate yourselves, for
tomorrow the Lord will do
amazing things among you.’”
Joshua 3:5

Overview

As the Church of the Nazarene, we are setting aside this time to Celebrate Holiness! Our beginning emphasis will be a period of prayer and fasting. This period will be marked by personal and corporate consecration as we prepare ourselves for the “showers of blessing”.

“Lord, I have heard of your fame, I stand in awe
of your deeds, O Lord. Renew them in our day,
in our time make them known” (Habakkuk 3:2).

The time of prayer and fasting is a time to petition our Father to ignite a hunger and passion for holiness in unprecedented ways within us and throughout the Church of the Nazarene in Africa; a time to ask God to light the fires of revival and to send showers of blessings down on His people. It is a time to pray for a holiness revival, and to allow the Holy Spirit to sanctify us and to prepare us to be His instruments to usher in a time of refreshing and a great harvest. This time will be a time of preparation before the Celebrating Holiness emphasis covering the next seven weeks..

This information was compiled to help each local church as they participate in this time of consecration.

- Prayer for Holiness Revival
 - Prayer Group Emphasis
 - Prayer Calendar
 - Prayer Walking

- The Hour That Changes the World
- Prayer Summit Model
- Concert of Prayer and Praise Model
- Fasting for Holiness Revival
 - A Prayer Calendar for the 47 days of the Lenten Period from Ash Wednesday to Easter Sunday with suggested programmes and activities for your local church and members of the congregation to participate in during the Celebrating Holiness Prayer and Fasting period.
 - A detailed explanation and possible programme for each suggested activity

Prayer for Holiness Revival

What is Prayer?

Prayer is communicating with God. It involves speaking to God as well as listening to His responses. Prayer is an invitation to intimacy with our Heavenly Father. It is based on our assurance that He loved us so much that He sent His only Son to die on the cross for our sins. Prayer is our response to that love by drawing close to Him and spending time with Him (John 15:9).

How should we pray?

- Decide on a time and a place to pray (Daniel 6:10)
- Come with a sincere Heart (Hebrews 10:22)
- Pray in Faith (Matthew 21:22; James 1:6)
- Pray in the Name of Jesus (John 14:13-14)

Some Components of Prayer:

- Praise and Adoration (Psalm 95:1-6; 1 Chronicles 29:11-13)
- Thanksgiving (Psalm 107:1; Colossians 1:3)
- Repentance (Matthew 6:12-13; 1 John 1:9)
- Petition - asking God to meet our needs (Matthew 6:9-13; James 1:5)
- Prayer for others (Colossians 1:3-12; James 5:13-16)

Praying for Personal Holiness Revival

King David's prayers teach us a great deal about praying for Personal Revival:

- He begged God to search his heart and to reveal any hidden sins (Psalm 139:23-24)
- He confessed his sins and asked for forgiveness (Psalm 51:3-5)
- He asked God to purify him from his sins (Psalm 51:7)
- He asked God to renew a steadfast Spirit in him and not to take the Holy Spirit away from Him (Psalm 51:10-11)
- He asked God to deliver him from a guilty conscience (Psalm 51:14)
- He acknowledged that God responds to a broken and contrite spirit (Psalm 51:17)
- He rejoiced, with confidence, in God's response to his petitions (Psalm 51:18-19)

Praying for Corporate Holiness Revival

When praying for Corporate Holiness, keep the following in mind:

- God finds lukewarm churches detestable (Revelation 3:16)
- God wants to revive our churches (Revelation 2:4-6)
- God wants to give us more of His Holy Spirit (Luke 11:13)
- Get rid of all idols and hindrances (Matthew 4:8-10; Colossians 3:8-10)

What to Pray

- Pray that God will create a spirit of brokenness (Isaiah 57:15; James 4:6)
- Pray for a deeper understanding and desire for His Holiness (Isaiah 6:1-5)
- Pray that God will reveal hidden sins (Psalm 19:12-14)
- Pray for a hunger for the Word and a willingness to be obedient (Psalm 119:97,103; 1 John 2:3-6)
- Pray for Pastors to preach with power and conviction (1 Corinthians 2:1-4)
- Pray that believers would have a deeper love for Jesus Christ (Matthew 22:37-38)
- Pray for an outpouring of the Holy Spirit (Luke 11:13; Acts 1:8)

God's Promises

- God will heal our land (2 Chronicles 7:13-14)
- God will answer us if we ask according to His will (1 John 5:14)
- God will pour out His Spirit if we ask (Joel 2:28)
- God will give us victory (Romans 8:37-39)

Prayer Group Emphasis & Prayer Calendar

The entire congregation will be dedicated to prayer and fasting for a revival of Holiness for the duration of this period. In addition, each week we will pray for a specific area of the Africa Region and a specific group in the church.

Each week of the **Prayer Calendar** is marked with a prayer focus for each field on the region and a pressing issue that we are facing on the continent today.

During the week, that specific group should come together for pray, for lessons and studies on prayer and fasting, and to encourage each other and for the prayer focus field and issue.

- Week One: Women
- Week Two: Men
- Week Three: Young Adults
- Week Four: Youth
- Week Five: Children
- Week Six: Joint Prayer

Use the Prayer Calendar to plan prayer and fasting events. Keep in mind that our principal prayer request during this period is for *a revival of Holiness across Africa*.

Prayer Walking¹

What is Prayer walking?

“Prayer walking is simply praying in the very places where you expect God to answer your prayers.” (What Would Jesus Pray”, by Way Makers)

It is intercessory prayer in the very place in which you seek God to work. The concept of prayer walking brings the person who is praying into direct contact with the people in the community for whom you are passionately praying.

How Does it Work?

Prayer walking is walking alone or in groups, in a designated place or community, and praying for the needs of the people living there. It enables us to pray in close proximity to those in the community who need our prayers.

Prayer walking is praying on-site:

- Prayer walking is praying on behalf of other people.
- Prayer walking is getting in close proximity to those for whom you pray so you can clearly understand their needs and how to pray for them. It enables your heart to identify with the needs of others and puts your heart in the line of fire with all the spiritual dynamics that need to and will take place.

¹ Much of the material on Prayer Walking is courtesy of Bob Tremaine, Director of Missions, Parker-Palo Pinto Association

- Prayer walking helps sensitize you to the issues. The sounds, sights, and smells help to engage your spirit in intercession.

Prayer walking is praying with insight:

- It is responsive insight. What you pray for is in front of you.
- It is researched insight. It is praying with knowledge of the history of the areas or community in which you are praying.
- It is revealed insight. We need to pray and ask God to reveal to us what needs to focus on as we pray. We need to let the Holy Spirit direct us as we pray.

Practical prayer walking:

1. Pray with a partner or with a group
2. Pray with a purpose – God’s desire
3. Pray with God’s Word – pray God’s promises more than problems
4. Pray with God’s Spirit
5. Listen and watch for God

The Hour That Changes the World²

The prayer wheel below is designed to help keep focus when praying. It divides one hour into five minute segments for different types of prayer. After five minutes, change to another form of prayer. This method will enable you to spend more effective time in prayer for Holiness Revival across the Africa Region.



² Diagram designed by Dick Eastman, originator of the Change the World School of Prayer

Prayer Summit Model

A prayer summit is a joint prayer effort where you invite sister churches, other denominations, community leaders etc. to come together to pray for key issues in the community, but principally for an outpouring of the Holy Spirit.

Suggested Programme:

A. Welcome

1. Psalm 42:1-2; 84:1-2; 10-11; 133:1-3
2. Orientation
3. Prayer of preparation: groups of three. Each share for one minute your initial needs and pray for one another to empty your hearts of burdens and be prepared to focus on others and your community
4. Praise: Psalm 132
5. Worship songs

B. Personal repentance and consecration

Scripture: Joel 2: 12-14

1. Ask several to pray for direction, protection, and the manifest presence of God
2. Worship songs
3. Read James 4:8-10. Spend time in solitary prayer for your own spiritual condition

C. Prayer for special needs in the community

Scripture: 2 Chronicles 7:14

1. Invite key leaders to come forward and pray for key issues in your community
2. Read Joel 2:28. Pray for an outpouring of the Holy Spirit on your community

D. Small Prayer Circles

1. Gather men together and women together
2. Share personal needs. Pastors also suffer from criticism, lack of commitment of members, competition, and fear of failure. Do not discuss requests
3. Move around the circle with each person praying for the person to their left/right until each person has had the opportunity to pray and someone has prayed for them

E. Mountain Moving Prayer

Scripture: Jeremiah 33:1-11

1. Pray for family members: parents/grandparents pray for lost children
2. Pray for marriages to be rescued, restored; confession and repentance; attitude adjustment
3. Pray for churches to become houses of prayer for all nations; board members, leaders

F. Revival, Renewal

Scripture: Acts 3:19; Ezekiel 37; Psalm 85:6

1. Pray Scripture themes about revival, renewal, a fresh outpouring of the Holy Spirit
2. Invite next generation leaders under age 40 to come and kneel; surround with prayer for renewal

G. Prayers of Praise and Thanksgiving

Scripture: 1 Chronicles 29:11-13, Ps 95:1-6, Ps 100

1. Gather in threes. Give thanks to God for what He has done during these days/hours. Pray expanded prayers from favorite Bible promises about faith or hope

Concert of Prayer and Praise

A concert of Prayer and Praise is a time when the congregation comes together to read Scripture, sing songs, testify about answered prayers, and encourage one another.

The programme must be prepared in advance.

Scriptures songs, and other duties should be allocated to various people so that there will be a great variety of people leading the service.

The following is an example of a Concert of Prayer and Praise. However, Programs can be made to suite your context.

Concert of Prayer and Praise Model

- ***Distribute this guide to selected leader participants in advance to prepare to lead the congregation.***
- ***Select as many leaders/readers as possible.***
- ***Please follow text on prayers below.***
- ***Please read all Scripture from the NIV.***

Pastor or Worship Leader: Welcome to a house of prayer for all nations. “My house will be called a house of prayer for all nations” (Mark 11:17). Please stand as we join our voices in praise and worship. Let’s worship together.

Worship Leader: Praise and Worship songs – 15 minutes:

Some suggested songs: Here I Am to Worship;
Come, Thou Almighty King

Prayers of Praise and Worship

Leader A: Read Psalm 96

Sing together: Hallelujah, thine the glory

Everyone pray in unison: Pray prayers of Praise, Worship, and Thanksgiving

Prayers of Reflection and Confession

Leader B: Read 2 Corinthians 7:1

Sing together: Have Thine Own Way Lord, or I Surrender All

Please kneel at your chair for a time of quiet reflection, and prayers of confession and repentance

Prayers of Holiness Revival

Leader C: Read Habakkuk 3:2

Sing together: Sweeping this way

Get into groups of three to five and pray for Holiness Revival on the Africa Region

Prayers of Intercession

Leader D: Read Zechariah 4:6

Sing together: I'm pressing on the upward way

Pray in groups of three to five. Pray for church Leaders

Prayers for the Unsaved

Leader E Read Psalm 2:7-8

Sing together: Send the light

Cry out in unison on behalf of those who do not know Jesus Christ as their personal Saviour.

Prayers for Families

Leader F: Read Genesis 18:19; Deuteronomy 6:6

Sing together: Because He lives

Get into groups of two and pray for each other's families. Pray also for families in general

Prayers for Healing

Leader G: Read Exodus 15:26b

Sing together: I am the Lord that healeth thee

I invite those with health concerns to come forward for prayer, and others to join in praying for them

Prayers of Thanksgiving

Leader H: Read Psalm 100

Sing together: To God be the glory

Pray together in unison prayers of Thanksgiving and adoration

Prayer for Africa Fields and Region

Leader A:

Now, we will pray for each of the seven fields in our region. We begin with Africa Central and East Fields. Our strategy coordinator for Central Field is Rev Paul Mtambo. Our strategy coordinator for East Field is Rev Don Gardner.

I invite all of us to stand together. Let's read Psalm 96:2-3 in unison (projected on the screen/s): "Sing to the Lord, praise his name; proclaim his salvation day after day. Declare his glory among the nations, his marvelous deeds among all peoples" (Psalm 96:2-3, NIV).

I encourage persons on my **right** to form small circles to pray together for Central Field and Rev Mtambo, the district superintendents and pastors. Persons on my **left**, please form small circles to pray for East Field and Rev Gardner, the district superintendents, and pastors.

Pray some of these themes for each field: manifest presence of God, evangelism, disciple-making, holiness, church development, districts and leaders, strategic

mission expansion, sacrificial stewardship, and authentic renewal in the Spirit.

Now, I invite small groups to pray for two minutes. When singing begins, please close your prayer time.

Sing: These Are the Days of Elijah

Leader B: We continue praying, and focus on the Horn of Africa and Lusophone Fields. Our strategy coordinator for Horn of Africa is Rev Ermias Choliye. Our strategy coordinator for Lusophone Field is Rev Dr Paulo Sueia.

I invite all of us to stand together. Let's read Psalm 22:27-28 in unison (projected on the screen/s): "All the ends of the earth will remember and turn to the Lord, and all the families of nations will bow down before him, for dominion belongs to the Lord and he rules over the nations" (Psalm 22:27-28, NIV).

I encourage persons on my **right** to form small circles to pray for Horn of Africa and Rev Choliye, the district superintendents and pastors. Persons on my **left**, please form circles to pray for Lusophone Field and Rev Sueia, the district superintendents and pastors.

Pray some of these themes for each field: manifest presence of God, evangelism, disciple-making, holiness, church development, districts and leaders, strategic mission expansion, sacrificial stewardship, and authentic renewal in the Spirit.

Now, I invite small groups to pray for two minutes. When singing begins, please close your prayer time.

Sing: Ancient of Days

Leader C: We continue praying, and focus on Middle and West Africa Fields. Our strategy coordinator for

Middle Africa is Rev Chanshi Chanda. Our strategy coordinator for West Field is Rev Mark Louw.

I invite all of us to stand together. Let's read Matthew 24:14 in unison from the screens: "This gospel of the kingdom will be preached in the whole world as a testimony to all nations, and then the end will come" (Matthew 24:14, NIV).

I encourage persons on my **right** to form small circles to pray for Middle Africa and Rev Chanda, the district superintendents and pastors. Persons on my **left**, please form small circles to pray for West Africa and Rev Louw, the district superintendents and pastors.

Pray some of these themes for each field: manifest presence of God, evangelism, disciple-making, holiness, church development, districts and leaders, strategic mission expansion, sacrificial stewardship, and authentic renewal in the Spirit. Pray for two minutes, close when the singing begins.

Sing: Shout to the Lord

Leader D: We will close with prayer for the South Field and the Regional Office. Our strategy coordinator for South Field is Rev Collin Elliott. Our Regional Director, Dr Filimao Chambo, leads the church across the region. Please form small circles right where you are, and prepare to pray aloud together.

I encourage persons on my **right** to form small circles to pray for South Africa Field and Rev Elliott, the district superintendents and pastors. Persons on my **left**, please form small circles to pray for the Regional Office and Dr Filimao Chambo and his team.

Then pray for your specific District Superintendent, the pastors on your district, and your pastor.

Pray for some of the same themes: manifest presence of God, evangelism, disciple-making, holiness, church development, districts and leaders, strategic mission expansion, sacrificial stewardship, and authentic renewal in the Spirit.

Now, I invite small groups to pray for two minutes. When singing begins, please close your prayer time.

After the song, you are free to move to fellowship (over lunch if possible) with renewed vision and passion for our mission to make Christlike disciples in the nations beginning in Africa.

Sing: He Reigns

Worship Leader: Keyboard postlude "O Worship the King"

Fasting for Holiness Revival

*“Declare a holy fast;
call a sacred assembly.
Summon the elders and
all who live in the land
to the house of the LORD
your God, and cry out
to the LORD.”
Joel 1:14*

What is Fasting?

Fasting is eating sparingly or abstaining from food altogether, either from necessity or desire.

Fasting is a spiritual discipline which began in Old Testament times. The first account of fasting that we see in the Bible is recorded in Exodus 34:27-28, “Then the Lord said to Moses, ‘Write down these words, for in accordance with these words I have made a covenant with you and with Israel.’ Moses was there with the Lord forty days and forty nights without eating bread or drinking water. And he wrote on the tablets the words of the covenant – the Ten Commandments.”

Jesus fasted for forty days in the desert before he was tempted by the devil (Matthew 4:1-11), and demonstrated how we can overcome the great temptations the devil puts in our paths by knowing, believing in, and reciting God’s Word.

There are many other references to fasting in the Bible, such as Luke 2:36-37, Acts 13:1-3, and Acts 14:23.

Spiritual fasting entails setting aside activities as well as

reducing the intake of food and replacing these activities with the exercise of prayer and preoccupation with spiritual concerns. It is a time to rely on God for strength, clarity of mind and heart, and direction; a time of focused fellowship with God.

Three types of fast are generally recognized: *normal*, in which there is no intake of food for a prescribed period of time, though there may be an intake of liquids; *partial*, in which the diet is limited, though some food is allowed; and *absolute*, in which there is a total abstinence from food and liquids in all forms.³

Fasting things other than food may include abstaining from entertainment and reading, choosing a time of solitude and silence to seek God's face, abstaining from sexual relations.

- Fasting for holiness revival should always be accompanied with prayer, confession of sin, studying the word of God (Psalm 51:1-13, Psalm 119:9-16)
- Fasting should be done with a humble spirit (Isaiah 58:5)
- It should be done with a sincere heart and the sole objective of glorifying God (Matthew 6:16-18).
- Fasting should be done with a Joyful and Thankful heart (Matthew 6:17-18)
- Fasting should be accompanied with obedience to God's commands (Isaiah 58)
- Another way to take the attention away from ourselves and our needs and desires is to focus

³ Elwell, W. A., & Comfort, P. W. (2001). *Tyndale Bible dictionary*.

on others and to meet their needs during our time of fasting (Isaiah 58:6-7)

Some Practical Guidelines for Fasting

- Some people find it easier to ease into fasting. Start by skipping one meal, and increase your time of fasting gradually
- People with chronic diseases such as Diabetes should consult with their physician before starting to fast
- Young children can fast by giving up entertainment, toys and even sweets for a time
- Arrange prayer meetings and Bible study groups during your fasting period to encourage one another
- Plan to break fasting together by sharing holy communion and a light meal afterwards
- Do not over eat after an extended period of fasting because your digestive system will need time to adjust to food again
- “Receiving God's best blessing from a fast requires solid commitment. Arranging special time each day with God is absolutely crucial in attaining intimate communion with the Father. You must devote yourself to seeking God's face, even (and especially) during those times in which you feel weak, vulnerable, or irritable. Read His Word and pray during what were mealtimes. Meditate on Him when you awake in the night. Sing praises to Him whenever you please”. (Dr Bill Bright, Your Personal Guide to Fasting and Prayer)

Prayer and Fasting Guide developed by Rev Samantha Chambo, Africa Regional NMI Coordinator

Celebrating Holiness Prayer & Fasting Emphasis with Suggested Activities

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
WEEK ONE Weekly Prayer Emphasis		Small group prayer meeting				Official Launch – CELEBRATING HOLINESS Initiative
WEEK TWO Africa South Field Africa Regional Office Group: Women		Small group prayer meeting		All night prayer prayer meeting		Concert of Prayer & Praise
WEEK THREE Africa Middle Field Global Ministry Centre Group: Men		Small group prayer meeting			Prayer Summit	
WEEK FOUR Africa Lusophone Field Africa Central Field Group: Young Adults		Small group prayer meeting		All night prayer prayer meeting	Prayer Walk	

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
WEEK FIVE Horn of Africa Field Africa West Field Group: Youth		Small group prayer meeting				
WEEK SIX Africa East Field HIV/AIDS & Famine Victims Group: Children		Small group prayer meeting		Prayer Walk		
WEEK SEVEN Outpouring of Holy Spirit Over Africa & the World Group: All		Small group prayer meeting		Prayer Retreat, Prayer Camp		CELEBRATION SERVICE