

Prayer & Fasting

Week 2



Mustard Seed Faith

"if you have faith as small as a mustard seed,
you can say to this mountain,
'Move from here to there' and it will move.
Nothing will be impossible for you"
- Matthew 17:20

"Have faith in God ...
I tell you, whatever you ask for in prayer,
believe that you have received it,
and it will be yours
- Mark 11:22-24

***This booklet lovingly compiled for God's
People by the pastors of
Randfontein Baptist Church
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Introduction

Welcome to **Week 2** of our **Two Weeks of Prayer and Fasting**. I know that **Week 1** has already been a blessing, and we are looking forward to finishing strong!

You know, praying is a lot like sowing seeds. When we sow seeds it always involves faith and there is an expectation of a return in the form of a harvest. No farmer would ever go through all the labour involved in the sowing process without a firm attitude of expectation. So too, when we pray, we know that we never speak to God in vain. There is always an expectancy attached to every prayer request. We call this 'expectancy', 'faith'.

The following Scriptures seem to connect sowing and prayer by the common thread of faith:

***"if you have faith as small as a mustard seed,
you can say to this mountain,
'Move from here to there' and it will move.
Nothing will be impossible for you"***

 - **Matthew 17:20**

***"Have faith in God ...
I tell you, whatever you ask for in prayer,
believe that you have received it,
and it will be yours***

 - **Mark 11:22-24**

Do you see that 'moving mountains' requires speaking in faith, and prayer also involves 'faith in God' and 'believing' we have that which we have prayed for? In Matthew 17:20, the seeds we sow are the words we speak and in Mark 11:22-24, the seeds we sow can be likened to the prayers we pray.

Every farmer nurtures the seed he sows to make sure that his efforts or not in vain. There are certain things we could do to strengthen our faith as we wait for God to answer our prayers. We could read over the promises of God connected to our prayer requests and even write down our requests and visit them regularly.

Despite our knowledge of agriculture today, there is still a mystery to what happens to the seed farmers sow while the seeds lie in the ground. Day and night the seeds germinate, develop, and grow without the farmer being fully aware of what is happening. Those seed grow and replicate into new plants over and over again they yield a harvest.

The way in which prayer works in the Kingdom of God is also mysterious. We may make our requests, and when God receives them, whether we are mindful of our requests or not, God's Spirit is at work to answer our prayers.

 ***Jesus said, "This is what the kingdom of God is like. A man scatters seed on the ground. Night and day, whether he sleeps or gets up, the seed sprouts and grows, though he does not know how. All by itself the soil produces grain—first the stalk, then the head, then the full kernel in the head. As soon as the grain is ripe, he puts the sickle to it, because the harvest has come." – Mark 4:26-29***

In fact, Paul wrote that God is always doing 'immeasurably more than we can ask or imagine' with our requests (Ephesian 3:20-21).

So many factors determine how good a harvest will be that there is a point at which a farmer no longer has control over his harvest. However, he always has control over **how many** seed he sows, and every wise farmer will always plant as many seeds as possible for maximum yield. The harvest we wish to reap from our prayers is also under our control to a certain extent. When we pray much, we will reap much. When we regularly and consistently cover many areas of our lives in prayer, we find that we will see the favour of God all over our lives all the time. Only foolish people would not seize the 'prayer advantage' that God has given us.

 ***Remember this: The one who plants few seeds will have a small harvest. But the one who plants a lot will have a big harvest" – 2 Corinthians 9:6***

This week, be determined to sow for a 'maximum harvest' in 2021. God invites us all to make as many requests as would like - for as many areas of our lives that we would like to reap generous harvests in, in 2021.

SET UP YOUR PRAYER SCHEDULE FOR THE 'MAXIMUM PRAYER HARVEST'

In order to have the 'MAXIMUM PRAYER HARVEST', we simply need to sow as many 'prayer request seeds' as we can. Now this doesn't mean that we need to praying frantically for long uninterrupted periods of time each day. It simply means that we are deliberate and even systematic in our approach to prayer, much like a farmer would be deliberate and systematic when he plants his fields. What follows are practical suggestions for ensuring that we make the most of our **second week of prayer and fasting**. Since we are also making the commitment to fast, it makes sense that we would want this time to be as fruitful as possible.

GET A PRAYER JOURNAL

For your week to be an effective week of prayer, you're going to have to keep a record of your prayer requests somewhere. It could be in any bound book with a few clear pages in it. Do not use pieces of paper because these will become lost and unorganised. Set aside a page or two pages for each day. Then you can divide each day's page/pages into three sections. Each section will be allocated to one 'prayer block'.

This booklet is a mini-journal to get you started in your week of praying for 'MAXIMUM PRAYER HARVESTS'. Feel free to use it as a practice journal, or to use your own prayer journal if you already have one.

SET UP 3 PRAYER BLOCKS FOR EACH DAY

Set aside 3 blocks of prayer each day for the next 7 days. These are simply 'blocks of time' that you will allocate to prayer daily. Choose the times at which you will pray and how much time you will spend in prayer in each session. You can plan this for the whole week. For example, if you prayed at more or less the same time and for the same amount of time each day, you could plan your prayer times in one sitting:

Example: *Each Morning my prayer time will be 6-6:15 am*
Each Afternoon my prayer time will be 1-1:30 pm
Each Evening my prayer time will be 8-8:15 pm

The time each person will choose will vary from person to person, and the length of time each person spends on each prayer session will also be changed to suit each person. We have already seen that Daniel prayed three times a day:

 ***‘Daniel bowed down on his knees and prayed just as he always had done’ – Daniel 6:10***

David also regularly prayed three times a day:

 ***‘I speak to God morning, noon, and night. I tell him what upsets me, and he listens to me!’
– Psalm 55:17, E.R.V.***

PLAN YOUR REQUESTS

There’s no reason why you cannot plan what your prayer requests will be ahead of time. You can choose to write down the requests as they come to mind, or you can write them out ahead of time. You can also choose to set aside different times of the day for different prayer focuses. For example:

- you may choose ***mornings*** to focus on all prayer related to your walk with God and things that personally concern you as an individual (such as your personal spiritual growth, work, studies, ministry, etc.)
- you may choose ***afternoons*** to focus on other people and their needs, plus the needs in your church and community
- you may choose ***evenings*** for a time of thanksgiving and also to pray for your family (for example you can pray for one family member each evening)

These are just examples. You may have other categories that you would like to pray for. You may also want to dedicate different days to different focuses. There is no hard and fast rule for this.

Don’t feel that you need to fill your prayer blocks in one sitting. You will probably find something new that you’d like to pray for each day. Also, the Holy Spirit may lead you as you start to pray....

LISTEN & FOLLOW THE HOLY SPIRIT'S LEADING

The Holy Spirit is there to guide us in our prayers:



'In certain ways we are weak, but the Holy Spirit is here to help us. For example, when we don't know what to pray for, the Spirit prays for us in ways that cannot be put into words' – Romans 8:26 C.E.V.

As you pray, allow the Holy Spirit to show you what His plans are for this year. He may very well show you special things He has planned for your life. He may also raise the level of your requests and guide you to pray for something far bigger than what you had in mind. He is the **God of Miracles** and the **God of the Supernatural**. Allow Him to take the limits off your prayer requests!

KEEP IT SIMPLE - DON'T OVERANALYSE YOUR PRAYERS

It is quite common to be overwhelmed with all the prayers you could pray and all the needs you feel you would like to take to God in prayer. You may also feel anxious that you don't leave out something very important. At the end of the day, you could feel overwhelmed with a very long list and trying to choose between different needs may leave you confused.

Just remember that you don't *have* to pray for every single need you have in just this one week. You can come before God any day and at any time for the rest of your life on earth – literally! Even if you don't get to every need this week, you will probably be praying for a whole lot more this week than you would have. That's for sure.

So, write down your requests as they come to mind as the Holy Spirit leads you. Pray for the things you are able to within the time you allocated to that particular prayer block. If you only get to one or two requests, that is perfectly ok. It's better to pray fewer prayer requests and to pray through them well than to race through so many that you feel your prayers were too rushed. Remember you want to leave your times of prayer with the feeling that God has heard you and that you are confident you have laid the request before God's throne. Even if you just pray for one request during each prayer block, that's ok. And if you miss one or two prayer blocks in the week, that

is also ok. I do believe that you will still be amazed at how many things you *have* taken before the Lord in prayer in the next 7 days.

FOLLOW THE CHURCH'S DAILY PRAYER FOCUSES

There will also be guidelines given by the church that we would like each person to pray for. So, in your prayer journal, please write them down and pray for as many as you are able to each day. It's very important that we join in agreement in prayer, even though we may not be able to meet together physically. This way, we can still pray the '*Prayer of Agreement*' that Jesus taught us to pray:



"... I tell you that if two of you on earth agree about anything you ask for, it will be done for you by my Father in heaven"

– Matthew 18:19

PRAYER IS NOT ALL ABOUT 'ASKING' – IT'S ALSO ABOUT THANKING, PRAISING, RESTING, BEING REFRESHED, & LOVING GOD

Though this is a week of prayer, it isn't only a time of *asking God* to meet needs. It's also about spiritual revival and building up our relationship with God. That involves intimacy. So, you may want to set aside time for other important devotional prayer practices, such as worship; listening, meditating, thanksgiving, adoration (expressing your love for God); or even just being still in His Presence.

THE WORD OF GOD GUIDES AND STRENGTHENS PRAYER

Another thing to remember is that times of prayer are not meant to replace times of Bible Reading and Bible Study. You may feel that your time is limited and that you won't have enough time in the day for Bible Reading and Study - and Prayer. Feel free to replace a prayer block with a time for Bible Reading and Study. This may mean, for example that instead of having three prayer blocks each day, you have one block for Bible Reading and Study and two for prayer.

..... Enjoy your time with God in prayer this week. Sadly, we may not be able to get together in person, but we are all in this **Season of Prayer and Fasting** together, and as you receive the church's prayer guidelines, we will all be praying for many of the same requests.

Lots of Love in Christ

Pastor Brett, Marisa and the Leadership team at RBC

- MONDAY -



PRAYER BLOCK #1 – TIME:

My Prayer Requests: _____



PRAYER BLOCK #2 – TIME:

My Prayer Requests: _____



PRAYER BLOCK #3 – TIME:

My Prayer Requests: _____

DAILY PRAYERS: Please take time out today to pray for those infected and affected by Covid-19 and the Lockdown

- TUESDAY -



PRAYER BLOCK #1 – TIME:

My Prayer Requests: _____



PRAYER BLOCK #2 – TIME:

My Prayer Requests: _____



PRAYER BLOCK #3 – TIME:

My Prayer Requests: _____

DAILY PRAYERS: Please take time out today to pray for those infected and affected by Covid-19 and the Lockdown

- WEDNESDAY -



PRAYER BLOCK #1 – TIME:

My Prayer Requests: _____



PRAYER BLOCK #2 – TIME:

My Prayer Requests: _____



PRAYER BLOCK #3 – TIME:

My Prayer Requests: _____

DAILY PRAYERS: Please take time out today to pray for those infected and affected by Covid-19 and the Lockdown

- THURSDAY -



PRAYER BLOCK #1 – TIME:

My Prayer Requests: _____



PRAYER BLOCK #2 – TIME:

My Prayer Requests: _____



PRAYER BLOCK #3 – TIME:

My Prayer Requests: _____

DAILY PRAYERS: Please take time out today to pray for those infected and affected by Covid-19 and the Lockdown

- FRIDAY -



PRAYER BLOCK #1 – TIME:

My Prayer Requests: _____



PRAYER BLOCK #2 – TIME:

My Prayer Requests: _____



PRAYER BLOCK #3 – TIME:

My Prayer Requests: _____

DAILY PRAYERS: Please take time out today to pray for those infected and affected by Covid-19 and the Lockdown

- SATURDAY -



PRAYER BLOCK #1 – TIME:

My Prayer Requests: _____



PRAYER BLOCK #2 – TIME:

My Prayer Requests: _____



PRAYER BLOCK #3 – TIME:

My Prayer Requests: _____

DAILY PRAYERS: Please take time out today to pray for those infected and affected by Covid-19 and the Lockdown

- SUNDAY -



PRAYER BLOCK #1 – TIME:

My Prayer Requests: _____



PRAYER BLOCK #2 – TIME:

My Prayer Requests: _____



PRAYER BLOCK #3 – TIME:

My Prayer Requests: _____

**DAILY PRAYERS: Please take time out today to pray for those
infected and affected by Covid-19 and the Lockdown**