



3 DAYS CHURCHWIDE

FAST & PRAYER

16 - 18 JANUARY, 7PM GATHERINGS

Abide in Him



JOHN 15

Casey City Church Fast & Prayer 2022

Welcome to our churchwide Fast and Prayer

We pray that this time of commitment will help you feel renewed spiritually, connect with God, and see incredible breakthroughs for you and those you are standing in the gap for.

This booklet aims to serve you as a guide to prepare you for fasting and allow to seek what type of fasting is most suitable for you. Throughout your fast you will be able to capture your thoughts and reflections in the sections provided.

Gatherings will be in-person & online. To join online, either scan the QR Code or use this Zoom link (16-18 January, 7pm):



<https://us02web.zoom.us/j/89841804205>
Meeting ID: 898 4180 4205

WHAT IS FASTING?

Fasting is giving up things we have a right to for the sake of experiencing God's pleasure.

Fasting is a spiritual discipline which helps us to seek God and to develop spirituality.

WHY DO WE FAST?

- To strengthen our faith
- To build up our spiritual man.
- To seek God
- To prepare for spiritual warfare
- To break yokes of bondage

• **SCRIPTURES FOR YOUR REFLECTION**

- *ISAIAH 58:3-12*
- *MATTHEW 12: 28-29, 17:21*
- *MARK 9:29*
- *LUKE 4:1,14*
- *JAMES 4:7-8*
- *EXODUS 34:28*
- *EPHESIANS 6:12*

WHAT DO WE FAST FROM?

You might consider a partial or an absolute fast.

Some things you might fast are:

- Certain meals/Certain foods
- Media fast
- Things which distract us from God

Preparing to fast

- Ask God what type of fast He is calling you to do over the 3 days.
- Pray for Him to strengthen you to be obedient to what He shows you.
- Reduce and adjust food intake.
- Avoid high fat or sugary foods or junk foods.
- Consider removing caffeine, carbonated drinks and television.
- Consult your doctor if you have a medical circumstance, which may be affected.

During your fast

- Separate yourself for quiet meditation, seeking God, worship and the Word.
- Listen and expect God to speak to you.
- Journal what you are sensing God saying.
- Drink plenty of water.
- Drinking fruit juice decreases hunger pains and gives natural sugar energy.
- Herbal tea with a drop of honey.
- Avoid caffeine (tea/coffee)
- Take short walks.
- Take power naps as able.
- Most of all, gather together, especially during the allocated prayer times.

Day 1 'Abide'

*"I am the true grapevine, and my Father is the gardener. He cuts off every branch of mine that doesn't produce fruit, and he prunes the branches that do bear fruit so they will produce even more." **John 15:1-2 NLT***

DEVOTIONAL

Only Jesus reveals to us who we really are.

We are fruit-bearing branches in a fallen world. We are grafted into Jesus, the "true vine" by faith. Once there, we find ourselves in God's vineyard. He expects us to bear fruit. To do so, we branches must be filled by the true vine to the point that we overflow into fruitfulness.

*So, filled with what? Reflect on verse 11, **"I have told you these things, that My joy and delight may be in you, and that your joy and gladness may be of full measure and complete and overflowing."***

God does not fill His branches with some strange substance that merely passes through us into a harvestable fruit that is then taken away. From Jesus, The True Vine, we receive something supernatural that transforms and defines who we are. Once we are filled, we see His intended side-effect in the form of harvestable fruit now available for the benefit of others.

God wants us to be filled with His joy. He prunes and shapes each one of us to maximise the amount of joy and gladness we are filled with. The world around us will be drawn to God by the overflow of the contents of our hearts.

What does our Heavenly Father want to prune from your life? Ask Him. Wait for the answer. Yield to His loving hand as He maximises your joy and gladness, and ultimately, your fruitfulness.

Day 2 'Remain'

"You have already been pruned and purified by the message I have given you. Remain in me, and I will remain in you. For a branch cannot produce fruit if it is severed from the vine, and you cannot be fruitful unless you remain in me."

John 15:3-4 NLT

DEVOTIONAL

In today's passage, Jesus says YOU ARE ALREADY CLEAN, not if, not maybe. You are!! It is His declaration of your position in Christ. You need to be convinced of it. You are clean. Jesus said so.

Man believes with the heart, and with the mouth, confession is made unto salvation. Jesus said that if you believe in your heart and confess with your mouth that Jesus is the Christ, you shall be saved. Today, there is power in knowing that what Jesus said is true.

Now knowing you are clean, you must "abide". This word, abide means, "to remain." It's a verb. It requires the thought of taking action to move to a place where we actively and willingly "remain" in Christ.

Why do we need to "remain" now that we are "already clean"?

God is Holy, and the thought of being clean through the Word allows us to abide in Him. To "abide" (remain) in Christ is to come to a place of dwelling in him; of being present, even standing and even the thought that Jesus gave to His disciples of - 'tarry in Jerusalem until you be endued with power from on high - is the same thought of abiding. We need to actively come to that place of being or abiding and remaining in Him daily.

He is the Vine. The vine is the source, and life to the branches comes and flows from the source. Without the source, we can do nothing. We cannot sustain the life flow without the life source.

When Jesus instructed the disciples to "tarry (remain) in Jerusalem until you be endued with power from on high" it was the same thought of abiding. God had power to give them. They needed to remain. They did and the power came. The bearing of fruit is the result of abiding and remaining in Him.

The production of good fruit results from our constant abiding in Him. It won't be a case of what kind of fruit we produce. We are transformed from the source. It will be Godly fruit.

REFLECTION JOURNAL

P.R.A.Y.

P – PAUSE – Pause, be still. Meditate on what you have read.

Allow it to sink in deeply.

R – REFLECT – Reflect on the verse. What is God saying to you today through His Word? Speak aloud a verse to remember. Perhaps write it down.

A – ASK – Ask for God’s help. The challenge is to be with Jesus and become more like Him. How does today’s Word challenge you to do that?

Y – YIELD – Yield to His will in your life. God lovingly invites you into the beautiful plan He has for you, His church, and the world.

Take up His invitation to live differently, understanding His plan is beyond anything we could ask or imagine.

Day 3 'Fruitfulness'

"Yes, I am the vine; you are the branches. Those who remain in me, and I in them, will produce much fruit. For apart from me you can do nothing. Anyone who does not remain in me is thrown away like a useless branch and withers. Such branches are gathered into a pile to be burned. But if you remain in me and my words remain in you, you may ask for anything you want, and it will be granted! When you produce much fruit, you are my true disciples. This brings great glory to my Father."

John 15:5-8 NLT

DEVOTIONAL

Today we focus on fruitfulness. Verse 5 shares the natural process and outcome of the branch that remains connected to the vine – it bears "much fruit". We recently went cherry-picking as a family for the first time and I was blown away at the clusters of cherries that were on the tree. It was not only a beautiful sight but the joy of eating them as you picked was refreshing. There was such a delight in seeing a tree that bore not only fruit but much fruit.

This passage draws on the truth that fruitfulness in our lives does the same thing to God and others. It is the litmus test to true discipleship that brings glory to God.

From a natural standpoint, Fruitfulness happens when we can receive all the needed nutrients and it's in the right season.

There are seasons in life that will always see us being more fruitful than at other times. But like a fruit tree, as it remains rooted and its branches connected, there will always be an opportunity for the tree/vine to bear fruit in the right season.

As you reflect on fruitfulness, may I suggest that you commit to the process of "remaining" no matter the season, then put before the Lord the type of fruit you would like to bear. Unlike a natural tree, you would be able to bear a variety of fruit. Let this year be the season of bearing much fruit – an overabundance!

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