



HEAVEN ON EARTH

PRAYER, FASTING & KINGDOM COME
A 7 Day Prayer & Fasting Journal

INFINITY CHURCH



OUR HEART BEHIND HEAVEN ON EARTH

Your kingdom come. Now what does that look like?

The Lord's Prayer may be the most-prayed prayer in history, and right in the middle of it is one of the boldest requests we can make: "your kingdom come, your will be done, on earth as it is in heaven." We're asking for the reality of heaven, where God's will is done perfectly, joyfully and without delay, to break into our homes, workplaces and streets. So here's the question for this season: **do we pray it like we mean it? And do we live like we prayed it?** In Matthew 6 Jesus sets this teaching on prayer in the middle of a whole life of giving, praying, fasting and treasuring the right things. This week of prayer & fasting and the resources in this journal will help you build that life in the secret place, one day at a time.

Monday 19 – Saturday 24 October

Week of prayer & fasting

Morning prayer 6am weekdays & 7:30am weekends

Glorify Worship night Monday 19th Oct 7:30PM

How to approach this week

- Read pages 3–8 before the week begins
- Choose your fast, then journal one day at a time
- Make the space by committing to some of our extra gatherings this week



WHAT DOES KINGDOM COME LOOK LIKE?

When Jesus prays “your kingdom come,” He’s not asking for a place in the clouds, but for God’s rule and reign to be seen here and now. His ministry shows us what that looks like:

THE BROKEN ARE HEALED

The sick are made whole.
[Matthew 4:23](#)

THE CAPTIVE ARE SET FREE

From sin, addiction, fear and shame. [Luke 4:18](#)

ENEMIES ARE RECONCILED

Walls between people come down. [Ephesians 2:14](#)

THE LOST ARE FOUND

People far from God come home.
[Luke 15:20-24](#)

THE POOR HEAR GOOD NEWS

The overlooked are seen, fed and loved. [Luke 7:22](#)

GOD IS WORSHIPPED

In every nation, tribe and language. [Revelation 7:9](#)

It starts in here

The kingdom of God is “in your midst” (Luke 17:21). Before God’s will is done in our city, it must be done in our hearts in our schedule, our finances, our appetite and our ambitions.



OUR PATTERN FOR PRAYER



"Our Father in heaven, hallowed be your name, your kingdom come, your will be done, on earth as it is in heaven. Give us today our daily bread. And forgive us our debts, as we also forgive our debtors. And lead us not into temptation, but deliver us from the evil one."

Matthew 6:9-13 NIV

NOTICE THE ORDER

FIRST, HIS

His name

His kingdom

His will

THEN, OURS

Our bread

Our forgiveness

Our protection

Prayer isn't getting God on board with our plans, it's getting on board with His. **It isn't placing an order; it's positioning our hearts** to receive what He has in store, until His will becomes our desire.

Pause to consider:

This week, pray the Lord's Prayer slowly, phrase by phrase, and really consider it for yourself. Which line do you find hardest to pray? Ask God to help you grow in this area though the week.



THE THREE WHENs

Read Matthew 6:1-18 and listen for one small word Jesus keeps repeating:

“WHEN YOU GIVE...”

Matthew 6:2

“WHEN YOU PRAY...”

Matthew 6:5

“WHEN YOU FAST...”

Matthew 6:16

Not if, **when**. Jesus assumes His followers will give, pray and fast. These aren't extras reserved for pastors, leaders or super-Christians; they're normal Kingdom life. And He holds them together, with the same warning and the same promise each time:

THE SAME WARNING

If applause is what you're after, applause is all you'll get.

THE SAME PROMISE

Your Father, who sees what is done in secret, will reward you.

Giving, prayer & fasting are not secular status symbols, intended for public consumption, they are sacred sacrifices, intended for personal conviction.



“Your Father, who sees what is done in secret, will reward you.”

Matthew 6:18



THREE ACTS THAT INVITE THE KINGDOM

Giving • Releasing My Grip

Generosity says, “God, You are my provider, not my bank balance.” Every time we give, we loosen money’s grip on our hearts and make room for His Kingdom.

Reveals the state of our trust.

Praying • Aligning My Will

God already knows what we need. Prayer is how we show Him we know He knows — and trust that He has it in hand. It brings our will in line with His.

Reveals the state of our relationship with the Father.

Fasting • Silencing My Appetites

Fasting says, “God, I want You more than I want food.” It’s prayer with the volume turned up — clearing away what we’ve put in front of Him, like clouds parting for the sun.

Reveals the state of our desires.

Why they belong together

Prayer without fasting can become words without hunger. Fasting without prayer is just going without lunch. Giving without prayer can become mere charity. **Together, our money, our voice and our body all say the same thing: Your kingdom come.**



WHERE YOUR TREASURE IS



“Do not store up for yourselves treasures on earth... But store up for yourselves treasures in heaven... For where your treasure is, there your heart will be also.” Matthew 6:19–21 NIV

Straight after giving, prayer and fasting, Jesus ties them together with one thread: **sacrifice**. Each one costs us something, and that cost is the point.

Giving Costs **MONEY**

the thing we trust for security

Prayer Costs **TIME**

the thing we never have enough of

Fasting Costs **COMFORT**

the thing our flesh demands most

We often think, “When I feel closer to God, I’ll give, pray and fast more.” Jesus says it the other way round: **put your treasure there first, and your heart will follow**. Sacrifice isn’t God taking from us, it’s God relocating our hearts.



“But seek first his kingdom and his righteousness, and all these things will be given to you as well.” Matthew 6:33 NIV



DESIRE BECOMES A DECISION

Not to earn God's love, we already have that, fully, through Jesus, but because love wants what the Beloved wants. This week, I will:

1 ***Build a secret place***

Time _____ Place _____

Commit to a fast

2 I'll fast from _____

When _____

3 ***Practice generosity***

I'll give (money, time, hospitality) _____

4 ***Pray for kingdom***

The person or place I'm praying for _____

5 ***Make the space***

☐ 6am weekday prayer ☐ 7:30am weekend prayer

☐ Monday worship night

Signed _____ Date _____

Health concerns? Talk to your doctor and choose a fast that's safe for you. To talk or pray with someone, speak with one of our pastors.



4 TIPS FOR FASTING WELL

1

Start Small

Begin with one meal, then two, then a full day or 15 minutes of prayer if that's where you are. Choose a fast that stretches you but is realistic for your health.

2

Plan What You'll Do Instead

Decide in advance what you'll fast and when, then replace that time with prayer. Without a plan, a fast is just going without lunch.

3

Consider Others

Let family, housemates or colleagues know ahead of time — or better still, fast together with them.

4

Turn Hunger into Prayer

When hunger comes, don't dwell on it. Let each pang turn your attention to Jesus and the people you're praying for.



Even now, "declares the Lord," return to me with all your heart, with fasting and weeping and mourning." Joel 2:12 NIV



CHOOSING YOUR FAST

Decide in advance what you'll fast and when. You could fast:

A MEAL

Skip one or more meals a day and pray instead.

A DAY

Liquids only for a day or more. See your doctor first.

A FOOD GROUP

A Daniel fast, or giving up sugar, caffeine or meat.

A DAILY HABIT

Social media, TV, streaming or another regular comfort.

HOW LONG?

Many people can fast one to three days; some feel led to go longer. If you're new, start slow, and seek medical advice before any extended fast.

WHAT TO EXPECT

Headaches, tiredness or irritability are common as you come off caffeine and sugar. Rest well, keep activity moderate, and let hunger be your cue to pray.

HOW TO END

Don't overeat when you finish; ease back in with small portions. You might combine fasts, a full fast for a day, then a Daniel fast.



THE DANIEL FAST

Daniel and his friends ate only vegetables and drank only water for ten days, rather than the king's rich food (Daniel 1:8–16).

The Daniel Fast follows their example.

ENJOY

Whole grains: brown rice, oats, barley

Legumes: beans, lentils, split peas

All fresh fruit

All fresh vegetables

Nuts & seeds (incl. plain milks)

Unleavened bread

Water to drink

SET ASIDE

Meat, Dairy & animal products

White rice & white flour

Fried foods

Caffeine & fizzy drinks

Refined sugar & sweeteners

Preservatives & additives

Margarine & high-fat foods

Simple meal ideas

Breakfast — oats with berries & nuts

Lunch — lentil & vegetable soup

Dinner — brown rice, beans & roast vegetables

Adapted from Jentezen Franklin's Fasting God's Way, via the INC Fresh Air fasting guide.



FASTING FAQs

Can Children Fast?

Children shouldn't skip meals, but they can join in. Give up dessert, soft drinks or screen time together as a family.

I Have a Medical Condition. Can I Fast?

Talk with your doctor first, especially if you're pregnant, take regular medication, or have a history of disordered eating. You can fast from a daily habit instead.

Should I Keep Drinking Water?

Yes. Going without water is not recommended for a fast of any length.

Can I Tell People I'm Fasting?

Let the people it affects know, and fast together where you can, just don't make a show of it. Jesus asks us to fast for the Father, not for an audience.

What If I Can't Finish?

Any time spent seeking God is valuable. It doesn't earn His love, you already have that. Simply adjust your fast next time.



SIX DAYS OF PRAYER

Each day: meet God in your secret place, pray the day's focus and its line of the Lord's Prayer, keep your fast, and look for a way to be generous. Tick them off as you go.

- | | |
|----|--|
| 01 | <i>Families</i>
Praying "Our Father in heaven" |
| 02 | <i>Marriages</i>
Praying "Forgive us, as we also have forgiven" |
| 03 | <i>Health</i>
Praying "Give us today our daily bread" |
| 04 | <i>Persecuted Christians across the world</i>
Praying "Deliver us from the evil one" |
| 05 | <i>The future of Infinity Church</i>
Praying "Your kingdom come" |
| 06 | <i>Our city & those who don't yet know Jesus</i>
Praying "On earth as it is in heaven" |



"Devote yourselves to prayer, being watchful and thankful."
Colossians 4:2 NIV

Day 01

Date _____

Today I...

- ☐ Prayed
- ☐ Kept my fast
- ☐ Demonstrated generosity

FAMILIES

Praying the Lord's Prayer: "Our Father in heaven"

People in my prayers

Thanking God for

Where would you love to see heaven break through in your home?

Pray with your own words, or for:

- Peace and unity in the homes of our church family
- Strength for parents and protection for children
- Walls to come down in strained relationships



"But as for me and my household, we will serve the LORD."

Joshua 24:15

Notes & free thoughts

Day 02

Date _____

Today I...

- ☐ Prayed
- ☐ Kept my fast
- ☐ Demonstrated generosity

MARRIAGES

Praying the Lord's Prayer: "Forgive us, as we also have forgiven"

People in my prayers

Thanking God for

Is there anyone you need to forgive, or ask forgiveness from?

Pray with your own words, or for:

- Oneness, honour and faithfulness in our marriages
- Healing where trust has been broken
- Couples preparing for marriage



"So they are no longer two, but one flesh. Therefore what God has joined together, let no one separate."

Matthew 19:6

Notes & free thoughts

Day 03

Date _____

Today I...

- ☐ Prayed
- ☐ Kept my fast
- ☐ Demonstrated generosity

HEALTH

Praying the Lord's Prayer: "Give us today our daily bread"

People in my prayers

Thanking God for

What do you need to trust God with today, knowing He already knows?

Pray with your own words, or for:

- Healing for those who are unwell or waiting on results
- Wisdom for doctors and strength for carers
- Mental and emotional health across our church



"Dear friend, I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well." 3 John 1:2

Notes & free thoughts

Day 04

Date _____

Today I...

- ☐ Prayed
- ☐ Kept my fast
- ☐ Demonstrated generosity

PERSECUTED CHRISTIANS

Praying the Lord's Prayer: "Deliver us from the evil one"

People in my prayers

Thanking God for

How can you stand with believers who suffer for their faith?

Pray with your own words, or for:

- Courage and protection for believers in danger
- Comfort for our families with ties to persecuted regions
- The gospel to keep spreading, whatever the cost



"Continue to remember those in prison as if you were together with them in prison, and those who are mistreated as if you yourselves were suffering."

Hebrews 13:3

Notes & free thoughts

Day 05

Date _____

Today I...

- ☐ Prayed
- ☐ Kept my fast
- ☐ Demonstrated generosity

THE FUTURE OF INFINITY CHURCH

Praying the Lord's Prayer: "Your kingdom come"

People in my prayers

Thanking God for

What would you love to see God do in our church?

(E.g healings, salvations, miracles)

Pray with your own words, or for:

- God's vision and direction for Infinity Church
- New leaders, volunteers and people to join us
- Worship in every tongue: English, Farsi and Arabic



"Unless the LORD builds the house, the builders labour in vain."

Psalm 127:1 NIV

Notes & free thoughts

Day 06

Date _____

Today I...

- ☐ Prayed
- ☐ Kept my fast
- ☐ Demonstrated generosity

OUR CITY & THOSE WHO DON'T YET KNOW JESUS

Praying the Lord's Prayer: "On earth as it is in heaven"

People in my prayers

Thanking God for

Who in your world doesn't yet know Jesus? Write their names.

Pray with your own words, or for:

- Peace and wellbeing for South Morang and the north
- Friends and family who don't yet know Jesus
- Courage to share His love where we live and work



"Seek the peace and prosperity of the city to which I have carried you into exile. Pray to the LORD for it, because if it prospers, you too will prosper."

Jeremiah 29:7 NIV

Notes & free thoughts



REFLECTIONS

Looking back on this week of prayer and fasting, what have you learnt?

About God?

About what I'd put in front of Him?

Where have I seen heaven on earth?



A PRAYER FOR HEAVEN ON EARTH

Father, thank You that You see us in the secret place, and that Your love for us is not earned, but given through Jesus. Forgive us for the times we have prayed “your kingdom come” while holding tightly to our own kingdom, and for hearing Your words and not acting in obedience. We give ourselves to You again. Teach us to pray. Give us grace to fast. Loosen our grip on what we treasure, and make us generous like You. Empower us with faithfulness to pursue your ways always. Let Your kingdom come in our hearts, our homes, our church and our city. Let Your will be done here, on earth, as it is in heaven. In Jesus’ name, Amen.

ANSWERED PRAYERS

Keep a record of how God answers. Let healings, salvations and breakthroughs become our everyday stories.

I prayed for

God answered



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