

3 DAYS OF PRAYER & FASTING

SPIRIT & TRUTH MINISTRIES

JANUARY 22 - 24, 2020
WEDNESDAY - FRIDAY
WATCH LIVE 8PM-9PM

DAY 1: **Church & Nation**

DAY 2: **Health & Families**

DAY 3: **Youth & Personal
Breakthrough**

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MESSAGE FROM OUR PASTOR

We want 2020 the year of harvest and great blessings.

We encourage everyone to be one in us in consecration in the beginning of this wonderful year!

We will be devoting ourselves in prayer and fasting in the presence of the Lord in the following schedules and venue...

*8PM at Zuri Residences (Taytay brethren)
Outreaches - Ask someone within your
outreach to host a watch party on Facebook*



BING OCAMPO
PASTOR, SPIRIT & TRUTH MINISTRIES

GUIDE OF PRAYER & FASTING

WHAT IS PRAYER? Prayer is conversing and communing with God and listening to Him for the purpose of aligning our will to His. We come before God in the name of Jesus, based on His Word (the Bible), and guided by His Holy Spirit. When we pray, we worship Him, pour our hearts out in thanksgiving to Him as our Heavenly Father, bring to Him our needs and the needs of others, and ask that His Kingdom come and His will be done in our lives (Matthew 6:9-13; 1 John 5:14-15; John 16:23-24; Jude 20).

WHAT IS FASTING? Fasting is the voluntary abstinence from food for a specified duration of time to express remorse and repentance from sin, to earnestly seek God's will, or to be more intimate with God as we spend extended time in reading His Word and in prayer. Foregoing something essential such as food, gives us an opportunity to express how sincere and determined we are in aligning ourselves with God's heart by humbly seeking His answers to our questions, praying for His provisions for our needs, and asking for spiritual breakthroughs.

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GUIDE OF PRAYER & FASTING

While modern-day Christians may also fast (abstain) from other things like entertainment, sports, and social media, abstaining from food is the typical expression of fasting in the Bible because we can survive our entire lives without many things but we cannot go on forever without food. Meaning, we have chosen God and His pleasure more than what sustains our physical life (Nehemiah 1:4, 9:1; Esther 4:3; Daniel 9:3; Joel 2:12; Matthew 6:16-18; Acts 13:2; Isaiah 58).

WHY WE SHOULD FAST GOD EXPECTS US TO FAST.

Whenever you fast, do not put on a gloomy face as the hypocrites do, for they neglect their appearance so that they will be noticed by men when they are fasting. Truly I say to you, they have their reward in full. But you, when you fast, anoint your head and wash your face.

– Matthew 6:16-17

Jesus said "When you fast", not "If you fast." This means that fasting, like prayer, is not an option. Fasting is part of the Christian life.

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GUIDE OF PRAYER & FASTING

JESUS FASTED.

And after He had fasted forty days and forty nights, He then became hungry.
– Matthew 4:2

Before Jesus' ministry, He fasted for forty days. He knew He needed spiritual strength to fulfill His purpose. Fasting makes us physically weak but spiritually stronger and more prepared to do God's work.

THE EARLY CHURCH FASTED.

Then, when they had fasted and prayed and laid their hands on them, they sent them away. – Acts 13:3 (see also Acts 14:23)

The Church fasted for Saul (Paul) and Barnabas. Later, Paul and Barnabas appointed leaders in various churches, fasting and praying before commending these leaders to the Lord.

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FASTING DEMONSTRATES HUMILITY BEFORE GOD.

But as for me, when they were sick, my clothing was sackcloth; I humbled my soul with fasting; and my prayer kept returning to my bosom. – Psalm 35:13
(See also 1 Kings 21:27-29; Ezra 8:21)

Humility lets us experience God's grace. When we humble ourselves in prayer and turn from our wicked ways, God promises to hear us and answer us according to His perfect will.

FASTING MAKES US SENSITIVE TO THE LEADING OF THE HOLY SPIRIT.

Jesus, full of the Holy Spirit, returned from the Jordan and was led around by the Spirit in the wilderness for forty days, being tempted by the devil. And He ate nothing during those days, and when they had ended, He became hungry. – Luke 4:1-2

(See also Acts 13:2, Matthew 17:21, Mark 9:29)

We are prone to forget our priorities. Fasting is a visible reminder that God takes precedence over all our needs.

Fasting lifts up matters at hand to God who is able to do awesome works that will bring Him great glory.

GUIDE OF PRAYER & FASTING

FASTING BRINGS ABOUT PERSONAL AND NATIONAL SPIRITUAL REVIVAL.

And My people who are called by My name humble themselves and pray and seek My face and turn from their wicked ways, then I will hear from heaven, will forgive their sin and will heal their land.
– 2 Chronicles 7:14

So I gave my attention to the Lord God to seek Him by prayer and supplications, with fasting, sackcloth, and ashes. – Daniel 9:3

Fasting prompts revival to an individual and to the country. It brings forth a stirring that will heal, change, and prepare us for greater things in God's kingdom.

FASTING IS GOOD FOR OUR HEALTH.

Fasting improves our physical condition. Many impurities in the body are burned up when the body is denied food, thus, clearing the mind, cleansing, and healing the body. Even people who are underweight who fast for spiritual purposes have been known to gain weight after completing their fasts. Many Bible teachers say that a three-day fast is especially beneficial for spiritual cleansing and also for breaking addictive habits. (*"What Does the Bible Say About Fasting?"*, Christ Unlimited Ministries, www.bible.com)

GUIDE OF PRAYER & FASTING

PRECAUTIONS

While there are benefits in fasting, some should not fast without professional medical supervision.

For example:

- Persons who are physically too thin
- Persons who are prone to eating disorders
- Those who suffer from weakness or anemia
- Persons who have been diagnosed with certain ailments that require continuous nutrition
- Pregnant and nursing women
- People taking prescription medication

Consult your doctor before you begin your fast. Be aware that some doctors may not have been trained in this area so their understanding about it may be limited.

STARTING AND BREAKING YOUR FAST

It is important for you to start and end your fast gradually. Start cutting down on your food intake, especially those with caffeine (coffee, tea, softdrinks) days before you fast. More importantly, pray in advance for God to sustain you physically, mentally, and spiritually during your fast. For the first few meals after your fast, do not immediately go back to your normal food intake. Taking soft food in moderate amounts is best to allow your body to adjust and get back to its normal digestion.

SUGGESTIONS FOR PRAYER

A doration. We worship God for who He is, what He has done, and will continue to do. We focus on the greatness and goodness of God, and acknowledge Him in our lives. We express that His glory and pleasure are more important than our concerns and needs.

C onfession. To confess means to acknowledge our sins before God. Sin offends God, hence we do not make excuses for or make light of it. In this time of fasting and prayer, let us ask God for the grace to continuously turn away from sin.

T hanksgiving. We thank God for what He has done and will continue to do in our lives. We also thank Him in advance for how He will answer our prayers. We should always pray with an attitude of gratitude.

S upplication. We humbly bring before God our requests and the requests of others. We express our dependence on God who is our strength, healer, provider, protector, comforter, guide, and friend.

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CHURCH & NATION

JANUARY 22 | DAY 1

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HEALTH & FAMILIES

JANUARY 23 | DAY 2

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YOUTH & PERSONAL BREAKTHROUGH

JANUARY 24 | DAY 3

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PRAYER LIST OF PRAYER & FASTING

A. THE PHILIPPINES

1. The President, Vice President, Cabinet Members, and their advisers
2. The Senators and Congressmen
3. The Chief Justice and the all justices
4. The Military and Police force
5. The local government officials down to the barangay officials
6. For public officials to serve with integrity, wisdom, faithfulness, God's protection, and guidance
7. For corrupt officials to be exposed and brought to justice
8. For righteousness, justice, peace, and economic prosperity
9. For more Filipinos from all walks of life to be saved and for them to develop a genuine reverential fear of the Lord
10. For major national issues (drugs, graft and corruption, forced labor and human trafficking, family fragmentation and absentee parents, moral decline, idolatry, materialism, ungodly values, pornography, sexual promiscuity, rise of HIV, teenage pregnancies, gender confusion, screen addiction, traffic problem, and for bills and laws that are being proposed/that have passed which are clearly against God's word and will)

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PRAYER LIST OF PRAYER & FASTING

B. THE CHURCH

1. Lives of all STEM leaders and members to be characterized by love for God and others, purity and holiness, humility and brokenness, integrity
2. Faithfulness to fulfill God's mission for STEM (to honor God and to make Christ-committed followers who will make Christ-committed followers)
3. Pastor Bing Ocampo and his family (holiness, intimacy with the Lord, wisdom and power to lead the STEM discipleship movement, to be Spirit-filled at all times)
4. STEM Elders, Pastors, group leaders, church planters, missionaries, campus workers, staff members and volunteers (passion in serving God, holiness, good health and protection, spiritual growth and intimacy with the Lord, to be controlled and empowered by the Holy Spirit, to be people of moral excellence and integrity)

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PRAYER LIST OF PRAYER & FASTING

5. That STEM members will be people devoted to prayer and reach the young generation through campus ministries in high schools, colleges, and universities across the nation

C. PERSONAL BREAKTHROUGH

1. Spiritual revival – know God more intimately, live to please God and honor Him
2. Develop Christ-like character by being filled with the Holy Spirit and the fruit of the Spirit (love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control)
3. Physical healing and living a balanced life (keep increasing in wisdom, stature, in favor with God and men)
4. Breakthrough over sins and bad habits

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PRAYER LIST OF PRAYER & FASTING

D. FAMILY

1. For a Christ-centered family
2. Husbands to love their wives and be the spiritual leaders of their homes
3. Wives to respect and submit to their husbands
4. Fathers and mothers to be models of Christ-like behavior to their children
5. For parents to be intentional in disciplining their children to know and love God
6. Children to obey, honor, and respect their parents
7. For forgiveness and restoration of relationships – that family members live harmoniously with love and respect, serving God and others together
8. Salvation of household and relatives

E. FINANCES

1. Freedom from debt
2. Good stewardship of God's money and financial blessings
3. Tithe regularly and be generous
4. Business, professional, and career growth

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SHARE ANSWERED PRAYERS

Share your answered prayers.
Post online with hashtag:
#STEM3daysprayerfasting

OR EMAIL US AT: **contact@stemla.org**

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