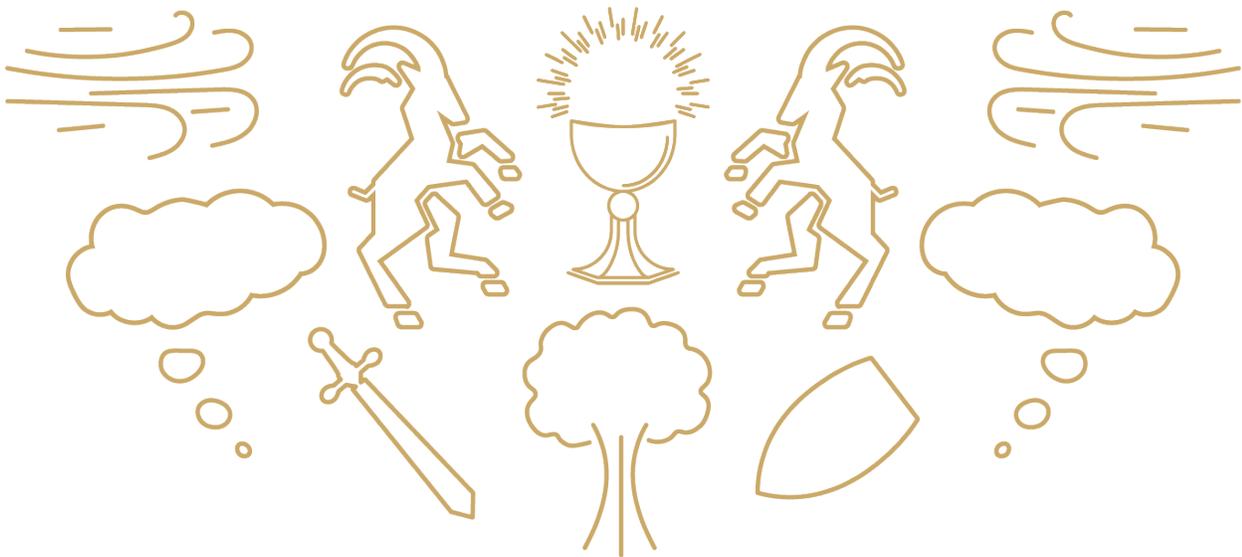


# **HIS KINGDOM COME**



**PRAYER, FASTING AND CONSECRATION**

SEPTEMBER 14-18, 2020



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**KING'S PARK**  
INTERNATIONAL CHURCH

*King's Park International Church is a multi-ethnic, multi-generational church in the RTP/Durham area of North Carolina. Our mission is to know God, grow together, discover purpose and make a difference.*

**KINGSPARK.ORG**

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# A PRACTICAL GUIDE TO FASTING

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## WHY FAST?

Fasting is a spiritual tool God uses to advance His kingdom, change the destiny of nations, spark revival and bring victory in people's lives. King's Park begins each semester with five days of prayer and fasting to humble ourselves before God, consecrate ourselves to Him and corporately agree for breakthroughs.

**Jesus fasted.** He knew He was going to need spiritual strength to fulfill His purposes. Fasting makes us spiritually strong and prepares us to do God's work.

*Then Jesus was led by the Spirit into the wilderness to be tempted by the devil. After fasting forty days and forty nights, He was hungry. Matthew 4:1-2*

*Jesus returned to Galilee in the power of the Spirit, and news about Him spread through the whole countryside. Luke 4:14*

**Fasting is an act of humility and consecration.** As we humble ourselves, through prayer and fasting, we receive God's grace and have access to His heart.

*There, by the Ahava Canal, I proclaimed a fast, so that we might humble ourselves before our God and ask Him for a safe journey for us and our children, with all our possessions. Ezra 8:21*

**Fasting helps us become sensitive to the Holy Spirit.** When we deny ourselves of natural cravings and worldly distractions, we become more sensitive to God's voice. Then we are better able to focus on God and submit to His will.

*While they were worshiping the Lord and fasting, the Holy Spirit said, "Set apart for me Barnabas and Saul for the work to which I have called them." Acts 13:2*

**Fasting brings revival.** Throughout history, God has brought revival and delivered nations from destruction in response to prayer and fasting. Fasting helps us prevail in prayer and intercession.

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

**Fasting is healthy.** Fasting cleanses your digestive system from toxins. Doctors consider fasting a cure for certain allergies and diseases. The discipline of fasting helps break unhealthy addictions in our lives.

## PLANNING YOUR FAST

*Joshua told the people, "Consecrate yourselves, for tomorrow the Lord will do amazing things among you." Joshua 3:5*

**Pray.** Spend time reading the Bible before the fast. Ask the Holy Spirit for guidance in your prayers. Write down your faith goals and specific prayer requests for your family, friends, church and nation. Pray about the kind of fast you will undertake.

**Commit.** Once you've prayed about the kind of fast you'll undertake, commit to it ahead of time. Write down your plan. Ask God for grace to help you follow through with your decisions.

**Act.** Start eating smaller portions a few days before the fast. Avoid food high in sugar and fat. Plan to limit physical and social activities for the week of the fast. Ask someone to be your prayer partner throughout the fast.

**NOTE: Consult a physician, especially if you are pregnant, nursing, or taking medication. If your situation does not allow you to do a full fast, determine what will work best for you.**

## WHILE FASTING

*Jesus answered, "It is written: 'Man shall not live on bread alone, but on every word that comes from the mouth of God.'" Matthew 4:4*

**Focus.** Set aside time to work through the devotionals. Be ready to respond to God's Word and the leading of the Holy Spirit.

**Pray.** Join us for the daily prayer calls and consider meeting us for the evening prayer walks.

**Replenish.** During mealtime, read the Bible and pray. Drink plenty of water and rest as much as you can. Be ready for temporary bouts of physical weakness and mental annoyances like impatience and irritability.

# BREAKING THE FAST

*This is the confidence we have in approaching God: that if we ask anything according to His will, He hears us. And if we know that He hears us—whatever we ask—we know that we have what we asked of Him. 1 John 5:14-15*

**Eat.** Reintroduce solid food gradually. Your body will need time to adjust to a normal diet. Start with fruits, juices and salad, then add more vegetables. Eat small portions throughout the day.

**Pray.** Don't stop praying! Trust God's faithfulness and timing. Carry your newfound passion for God throughout the rest of the year. Be in faith for God to answer your prayers.

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## MY FASTING PLAN

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### DAY 1

- WATER ONLY
- LIQUID ONLY
- ONE MEAL ONLY
- OTHER \_\_\_\_\_

### DAY 2

- WATER ONLY
- LIQUID ONLY
- ONE MEAL ONLY
- OTHER \_\_\_\_\_

### DAY 3

- WATER ONLY
- LIQUID ONLY
- ONE MEAL ONLY
- OTHER \_\_\_\_\_

### DAY 4

- WATER ONLY
- LIQUID ONLY
- ONE MEAL ONLY
- OTHER \_\_\_\_\_

### DAY 5

- WATER ONLY
- LIQUID ONLY
- ONE MEAL ONLY
- OTHER \_\_\_\_\_

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# MY PRAYER PLAN

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## I AM BELIEVING GOD FOR:

- **Personal Faith Goals** (*spiritual revival, physical healing, abundance, rich generosity*)

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- **My Family** (*restoration of relationships, household salvation*)

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- **My Education/Career** (*excellence, promotion*)

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- **My Ministry** (*small group growth, salvation of colleagues and classmates*)

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## I AM COMMITTING TO PRAY FOR:

- **My Church** (*church leadership, provision, discipleship ministry*)

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- **My Community** (*educational institutions, local government, outreach opportunities*)

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- **My Nation** (*government officials, spiritual revival, economic prosperity, peace, order*)

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- **Other:**

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***Participate in daily prayer calls at 12PM by calling 919-551-8101. Join us for daily prayer walks on the church campus at 7PM.***

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## DEVOTIONAL

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# 1 KINGDOM IDENTITY

**SCRIPTURE READING: DANIEL 1**

**PRAYER FOCUS: DANIEL 1:12-13**

*Please test your servants for ten days: Give us nothing but vegetables to eat and water to drink. Then compare our appearance with that of the young men who eat the royal food, and treat your servants in accordance with what you see.*

### PRAYER

Father, we come to You in the name of Jesus. Holy Spirit, be a witness within us to the reality of God's kingdom. Help us to keep our identity as citizens of Your Kingdom in this contentious time, just as Daniel and his friends did when they were under pressure.

# 2 KINGDOM ENDURANCE

**SCRIPTURE READING: DANIEL 2**

**PRAYER FOCUS: DANIEL 2:44**

*In the time of those kings, the God of heaven will set up a kingdom that will never be destroyed, nor will it be left to another people. It will crush all those kingdoms and bring them to an end, but it will itself endure forever.*

### PRAYER

Father, we come to You in the name of Jesus. Holy Spirit, be a witness within us to the reality of God's kingdom. Help us to endure testing, knowing that Your kingdom will never be destroyed. Help us to have hope in difficulty, trusting that we will receive a blessing when the test is over.

# 3 KINGDOM PERSECUTION

**SCRIPTURE READING: DANIEL 3**

**PRAYER FOCUS: DANIEL 3:17**

*If we are thrown into the blazing furnace, the God we serve is able to deliver us from it, and He will deliver us from Your Majesty's hand. But even if He does not, we want you to know, Your Majesty, that we will not serve your gods or worship the image of gold you have set up.*

## PRAYER

Father, we come to You in the name of Jesus. Holy Spirit, be a witness within us to the reality of God's kingdom. Give us the courage to resist the false gods of our time, as Daniel did in his time. Help us to boldly testify to You, the one true God.

# 4 KINGDOM CONFIDENCE

**SCRIPTURE READING: DANIEL 7**

**PRAYER FOCUS: DANIEL 7:27**

*Then the sovereignty, power and greatness of all the kingdoms under heaven will be handed over to the holy people of the Most High. His kingdom will be an everlasting kingdom, and all rulers will worship and obey Him.*

## PRAYER

Father, we come to You in the name of Jesus. Holy Spirit, be a witness within us to the reality of God's kingdom. Keep us from taking pride in ourselves, in our nationality, in ideologies or politics. We know all of these things will fail. Oh God, help us to only put our confidence in You and in Your kingdom.

# 5 KINGDOM PRAYER

**SCRIPTURE READING: DANIEL 6; 9:1-19**

**PRAYER FOCUS: DANIEL 6:10, 9:3**

*Now when Daniel learned that the decree had been published, he went home to his upstairs room where the windows opened toward Jerusalem. Three times a day he got down on his knees and prayed, giving thanks to his God, just as he had done before.*

*I turned to the Lord God and pleaded with Him in prayer and petition, in fasting, and in sackcloth and ashes.*

## **PRAYER**

Father, we come to You in the name of Jesus. Holy Spirit, be a witness within us to the reality of God's kingdom. Create in us a hunger for Your word and give us patience in studying and understanding Your Scripture. Give us grace to endure in fasting and praying, trusting that You hear our prayers and You are bringing Your kingdom into the earth.