



21 DAYS

— OF PRAYER —
AND FASTING



BRACKEN RIDGE
BAPTIST CHURCH



21 DAYS

— OF PRAYER —
AND FASTING



*Scan here to see all details about the 21 Days Of Prayer & Fasting
or go to brbc.org.au/events/21-days-of-prayer-fasting*



WHAT'S HAPPENING?



PRAYER MEETINGS

Throughout the 21 Days Of Prayer & Fasting, we will be having regular prayer meetings, particularly focussed on where God could be leading His community of BRBC.

WEEK 1

Monday 2nd August 6:30am (In Person)
Tuesday 3rd August 12pm (In Person & Zoom)
Thursday 5th August 7pm (In Person)
Saturday 7th August 8am (In Person)
Sunday 8th August 8:30am (In Person)

WEEK 2

Monday 9th August 6:30am (In Person)
Tuesday 10th August 12pm (In Person & Zoom)
Thursday 12th August 7pm (In Person)
Saturday 14th August 8am (In Person)
Sunday 15th August 8:30am (In Person)

WEEK 3

Monday 16th August 6:30am (In Person)
Thursday 19th August 7pm (In Person)
Saturday 21st August 9am (In Person) - Kingdom Come: 24hr Prayer Meeting
Sunday 22nd August (In Person) 6pm - Prayer Service

Zoom links online at brbc.org.au/events/21-days-of-prayer-fasting

All in person prayer meetings at the church (47 Norris Road, Bracken Ridge)



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PRAYER EVENTS



KINGDOM COME 24HR PRAYER MEETING

As we near the end of our 21 Days of Prayer & Fasting, we are going to gather for 24hrs of continual prayer to pray that God's Kingdom would come! We especially praying that God's kingdom would come in & through our church as we seek where He is leading us for the future. We are expectant for God to speak to us & move in power as we encounter Him!

**SATURDAY 21ST AUGUST 9AM -
SUNDAY 22ND AUGUST 9AM**

**AT BRACKEN RIDGE BAPTIST
CHURCH**



PRAYER SERVICE

To finish our 21 Days of Prayer & Fasting, we're coming together as a church for a special time of prayer & worship. As we've learning about effective prayer, repentant prayer & authentic prayer, we now have the opportunity to put it to practice as a community.

There will be moments of prayer & worship, and multiple stations around the church where we can meet with God...

SUNDAY 22ND AUGUST 6PM

**AT BRACKEN RIDGE BAPTIST
CHURCH**

LIFE GROUP MATERIAL

Throughout the 21 Days Of Prayer & Fasting, we will be going through "The Prayer Course Pt.2" in Life Groups. It's an opportunity to process life's most painful questions.

Prayer is an incredible gift that we have available to us all the time! But prayer can also stir up so many questions particularly when it doesn't feel like God has answered in the way we thought He should.

Following the first Prayer Course, these five sessions go deeper, provoking honest conversation around the hardest and most personal questions we all ask about prayer.

- **God on Mute: Engaging The Silence**
- **Maundy Thursday: How? "How am I going to get through this?"**
- **Good Friday: Why? "Why aren't my prayers working?"**
- **Holy Saturday: Where? "Where is God when heaven is silent?"**
- **Easter Sunday: When? "When will my prayers be answered?"**

This second prayer course takes parallels from the Easter story to help us understand how God is at work even through difficulty.

To access the material, you can collect a booklet from the foyer, or go to brbc.org.au/events/21-days-of-prayer-fasting and follow the links.

There are corresponding videos that can be accessed through our "RightNow Media" account with the church. If you don't have an account, simply go to rightnowmedia.org/Account/Invite/BrackenRidgeBaptistChurch. After creating an account simply search "The Prayer Course Pt.2" to access the 5 weeks or click [HERE](#) if viewing on your computer.

If you are unable for some reason to access the material through these different means, please simply email office@brbc.org.au or call 07 3261 5045.

unanswered prayer

the prayer course II



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WHERE COULD GOD BE LEADING US?

Throughout these 21 Days, we will be spending time together discerning where God could be leading us.

Having prayed, was there anything you sensed God was saying to our church? A verse? A picture? A word?

Collect one of the cards in the foyer, put it in the box and let us know. Alternatively go to brbc.org.au/events/21-days-of-prayer-fasting and follow the links.



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DEVOTIONAL



21 DAYS

— OF PRAYER —

AND FASTING

From 2nd-22nd August we're going to be in a season seeking God in prayer. Part of this will be discerning who God is calling us to be in the next season of BRBC. Over these 21 days, we encourage you to take part in this through this devotional centred around prayer & fasting with a response at the end of each devotion?

WHY?

Daniel 6:10

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.

Daniel 10:2-3

At that time I, Daniel, mourned for three weeks. I ate no choice food; no meat or wine touched my lips; and I used no lotions at all until the three weeks were over.

THERE IS POWER IN NUMBERS!

We will be praying for the same things at the same time!

Hebrews 4:16

Let us then approach God's throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need.

Psalm 5:3

*In the morning, Lord, you hear my voice;
in the morning I lay my requests before you
and wait expectantly.*

Philippians 4:6

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.

John 14:13-14

Jesus answered,

And I will do whatever you ask in my name, so that the Father may be glorified in the Son. You may ask me for anything in my name, and I will do it.

1 John 5:14

This is the confidence we have in approaching God: that if we ask anything according to his will, he hears us.

Ephesians 6:18

And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord's people.

Jeremiah 29:12

Then you will call on me and come and pray to me, and I will listen to you.

Colossians 4:2

Devote yourselves to prayer, being watchful and thankful.

James 5:13

Is anyone among you in trouble? Let them pray. Is anyone happy? Let them sing songs of praise.



DAY 1 - 2nd August

BIBLE READING - DANIEL 10:2-3

At that time I, Daniel, mourned for three weeks. I ate no choice food; no meat or wine touched my lips; and I used no lotions at all until the three weeks were over.

REFLECTION

Daniel knew he had to focus on God. He removed all distractions. Are you willing to go this extra mile and fast and pray for 21 days for our world, our church and, specifically who God is calling us to be in the next season of BRBC. Are you ready to remove from your life anything that will prevent your focus on communicating with God? If so, you are ready for the challenge!

PRAYER

Today we continue to pray for our pastors here at Bracken Ridge Baptist. For our Lead Pastor David. Continue to give him wisdom as he leads us forward. We pray for Stephen, Dave, Ash, Kass, Alex and Deanna as they support him and the rest of our church family. God bless them.

Lord we pray for the Open Doors ministry that seeks to support and advocate for those who cannot worship you openly. Today we pray for all those Christians who are persecuted in some way for following you. Thank you for the freedom we have in Australia, we are grateful to you for those freedoms, and we pray for your protection over them.

We bring to you all our family members. Wonderful Father you know how we pray for them regularly and love them deeply. Please keep their hearts open to your Spirit. We pray for their physical, emotional, and spiritual health.



DAY 2 - 3rd August

BIBLE READING - DANIEL 6:1-3

It pleased Darius to appoint 120 satraps to rule throughout the kingdom, with three administrators over them, one of whom was Daniel. The satraps were made accountable to them so that the king might not suffer loss. Now Daniel so distinguished himself among the administrators and the satraps by his exceptional qualities that the king planned to set him over the whole kingdom.

REFLECTION

Due to the “excellent spirit” in Daniel, Darius made Daniel one of the governors of the whole kingdom. Even his jealous co-workers could find no fault in this man of God. Today ask yourself “How do others see me? Do they know I am a Christian by my actions and words?”

PRAYER

God, we give you praise for the Embrace ministry of our church that seeks to love and support women in our church and reach out to those beyond as well. We ask for your continued guidance and wisdom. We pray that the connections made will increase our ability to serve you well.

Thank you, God, for all the wonderful work that Eagles Wings has done in the lives of children and families in Zambia. We pray for protection over the teachers and students and their families. We pray for the growth of the Ukufuma program that provides funds for graduates to move into tertiary education. Bless them and their supporters.

Dear Jesus, we bring our friends to your throne room. We thank you for the way they enrich our lives. Please pour your blessings over them. Give them peace. Not like the world gives but the peace that comes from you.



DAY 3 - 4th August

BIBLE READING - DANIEL 6:4

At this, the administrators and the satraps tried to find grounds for charges against Daniel in his conduct of government affairs, but they were unable to do so. They could find no corruption in him because he was trustworthy and neither corrupt nor negligent.

REFLECTION

Daniel was a model servant to his earthly king as well as his heavenly King. No one could find fault with him. Reflect on your own faults. Pray for guidance from our heavenly King, just as Daniel did.

PRAYER

We ask for the Men's Group in our church to continue to grow and draw in all the blokes, especially those who need encouragement and support. We bring them to you Jesus, give them strength, wisdom, and courage in their lives every day.

Today we ask for blessing on Luke, Belle, Salem, Judah, and Isaiah in Thailand. We pray for safety, good health, and refreshment.

Loving God we ask for protection over our extended family. Thank you for generational blessings. We pray for the breaking of anything from our past that is not in your will, that your name will be glorified as we serve you in our families in whatever way you ask us to.



DAY 4 - 5th August

BIBLE READING - DANIEL 6:5

Finally these men said, "We will never find any basis for charges against this man Daniel unless it has something to do with the law of his God."

REFLECTION

These men were creating a trap for Daniel, hoping he would fall. Today Satan does an excellent job of creating traps all around us.

Pray that you can be vigilant and recognise and resist the enemy's plans.

PRAYER

We pray for all School Chaplains in our area. Kylie (Bald Hills), Rachael (Brighton) Lachie (Grace), Stuart (Norris Rd), Luke (Bracken Ridge High), & the new chaplain coming at Sandgate High. Give them great wisdom and compassion in their everyday engagement in some of the toughest places to serve you.

We pray for those nations still devastated by COVID and ask for the health care workers who are on the front line of duty in caring for the sick and dying.

Lord we bring to you our work colleagues. Give us the courage to always lift up your name in however you direct us. Speak to us clearly and help us to be as wise as serpents and gentle as doves.



DAY 5 - 6th August

BIBLE READING - DANIEL 6:6-9

So these administrators and satraps went as a group to the king and said: "May King Darius live forever! The royal administrators, prefects, satraps, advisers, and governors have all agreed that the king should issue an edict and enforce the decree that anyone who prays to any god or human being during the next thirty days, except to you, Your Majesty, shall be thrown into the lions' den. Now, Your Majesty, issue the decree and put it in writing so that it cannot be altered—in accordance with the law of the Medes and Persians, which cannot be repealed." So King Darius put the decree in writing.

REFLECTION

Daniel's conspirers were many, but he had a much higher force on his side. GOD. Think about your life today and the people in this world that discourage you, use you, persecute you or just make life difficult. God came to Daniel's rescue, and he ultimately will to you too.

Romans 8:31 says *What, then, shall we say in response to these things? If God is for us, who can be against us?*

PRAYER

We bring to you today our political leaders. We give thanks for the stable government of Australia compared with many corrupt nations in the world. Please give all those who govern, strength and guidance, especially those who follow you. We pray for Scott Morrison. Give him daily wisdom.

Today we pray for the persecuted Christians in North Korea, China, Afghanistan, and Sri Lanka. Dearest Father protect them from the evil one. Give them joy and sustain them despite the tremendous persecution they endure. May they remain true to you and receive your supernatural strength.

Father we bring to you our neighbours, those people we see regularly over the fence or at the shops. Please help us partner with you as you bring your kingdom into this world that needs you so desperately.



DAY 6 - 7th August

BIBLE READING - DANIEL 6:10

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.

REFLECTION

Instead of worrying about our problems, and whether God is going to deliver us from them, trust God like Daniel did and stay in the routine of praying and fasting, giving thanks to God in every situation and trusting that no matter how God responds, He does know what is best for us.

PRAYER

Great Physician, we pause to bring all those who are sick or hindered by various disabilities. Give them joy despite their trials, and healing for their symptoms. Protect their spirits from discouragement and despair.

And we pray for all those in our church who are daily gripped by fear and anxiety. Bring peace into their lives we pray. Show us how we can rest in You and cast all our worries upon you.

Today we pray for all those courageous church planters seeking to start new communities of faith. Bless their endeavours to bring your kingdom here in Australia.

Thank you, God, for using us in so many varied and spontaneous ways. Thank you that you chose to use us to bring your kingdom. You left twelve imperfect people in charge and still use us, thousands of years later. Give us courage and discernment as we fulfil the task you have given each of us.



DAY 7 - 8th August

BIBLE READING - DANIEL 6:11

Then these men went as a group and found Daniel praying and asking God for help.

REFLECTION

Daniel trusted God 100%. He knew he was breaking the law and the consequences of that. But the Lord God is his King. What do you think your percentage rating would be when it comes to trusting God with every aspect of our life?

PRAYER

We pray for our Kids Church & Junior Church and for all the children who attend each Sunday. Give Kass, Deanna and all the volunteers great compassion and wisdom as they teach your word and share your love.

We ask for your continued blessing and on all Baptist missionaries from Australia. (Global InterAction). We pray again for Luke and Belle, but also all the others, especially those who are serving in countries unreceptive to Christianity.

Dear Lord, we bring to you those we love who have not chosen to follow you. Please open their eyes to your love. Take away all stumbling blocks to them coming to love and serve you like we do. We ask this in your merciful name Dear Jesus. Amen



DAY 8 - 9th August

BIBLE READING - DANIEL 6:12-13

So they went to the king and spoke to him about his royal decree: “Did you not publish a decree that during the next thirty days anyone who prays to any god or human being except to you, Your Majesty, would be thrown into the lions’ den? “The king answered, “The decree stands—in accordance with the law of the Medes and Persians, which cannot be repealed.” Then they said to the king, “Daniel, who is one of the exiles from Judah, pays no attention to you, Your Majesty, or to the decree you put in writing. He still prays three times a day.”

REFLECTION

Notice the first thing the men reported to the king was that Daniel was an exile from Judah. Bringing up his past. Daniel was never ashamed of being an exile. He used this misfortune not to define him but to bring Glory to God. It is important to remember that our past or our physical ailments should not define who we are but rather, through the help of Christ, refine us and make us better. Pray that God will help you use your past or weaknesses to help others, for his glory.

PRAYER

Also, today we ask for your blessing on all the people studying your word through KYB. Thank you for Lyn and Cora who lead this ministry locally and the ladies of CWCI who lead nationwide.

We pray this morning for the amazing compassionate work of Australian Baptist World Aid. We pray for John Hickey (Aust) and John Mansfield (Qld) who lead this work. Sustain them in their tireless efforts to show your love to all in need.

Loving God, we again pray for our family. Thank you for those who love and serve you faithfully, we are so grateful to you for this blessing. We do not take it for granted. For those who do not love you, give us vigilance, wisdom, and unending love to serve them with all our might.



DAY 9 - 10th August

BIBLE READING - DANIEL 6:14

When the king heard this, he was greatly distressed; he was determined to rescue Daniel and made every effort until sundown to save him.

REFLECTION

The king had to make a decision. He had been tricked and trapped. When we are making life- defining decisions we should pray for wisdom and direction from God and not rely on our own understanding.

PRAYER

We pray for the Nikki Hodgson as she leads the Ruth and Naomi caring circle for widows. Give her wisdom and compassion as she seeks to support those dealing with the loss of their husband.

Today we pray for Carinity (QB Aged Care and home support). We ask for protection over the governance of this organisation, and for the emotional, physical, and spiritual needs of both those being cared for and the carers. God protect them all.

Dear Lord, you were the kindest and wisest friend to your followers. You prayed for your friends fervently. Give us the same passion to pray for our friends. Thank you for those who love you and please bless those who don't. Open their eyes to You.



DAY 10 - 11th August

BIBLE READING - DANIEL 6:15-16

Then the men went as a group to King Darius and said to him, "Remember, Your Majesty, that according to the law of the Medes and Persians no decree or edict that the king issues can be changed."

So the king gave the order, and they brought Daniel and threw him into the lions' den. The king said to Daniel, "May your God, whom you serve continually, rescue you!"

REFLECTION

Man's fate for Daniel was sealed but God had other plans. Are you at a point in your life where you feel your fate is sealed? Have you had a health diagnosis that seems impossible to cure? Or made a decision that you regret? God has a plan for you that will always be greater than ours. Trust God in any situation that seems hopeless.

PRAYER

We pray for the seniors in our church. God bless them. Thank you for the many fruitful years of ministry they have given to our church family. Thank you for their continued prayers and faithfulness.

We pray today for persecuted Christians in Mali, Algeria, Libya, Tunisia, Egypt, Sudan, Ethiopia, Somalia, and Congo. Surround them with your angels for protection, fill them with your love, joy, and courage.

We also pray for those nearest and dearest in our families. May we always be an example of Jesus to them. May we represent Jesus faithfully and carefully. Always give us strength and courage as we interact with them.



DAY II - 12th August

BIBLE READING - DANIEL 6:17

A stone was brought and placed over the mouth of the den, and the king sealed it with his own signet ring and with the rings of his nobles, so that Daniel's situation might not be changed.

REFLECTION

Daniel's situation appeared hopeless. Sometimes we are faced with situations like this, and we feel alone and defeated. Above all God needs you to look at your problem NOT through man's eyes but rather through HIS eyes.

PRAYER

We pray for all the defence and police personnel who protect us in Australia. Give them strength and protect them from harm.

We also pray for the ethnic ministries in Queensland churches. We pray they will serve you faithfully in their own communities and be comforted and challenged. Especially we pray for their young people as they grow up in two different cultures.

We pray again for our colleagues and all those people we see weekly. Thank you for the way they enrich our lives. Help us to enrich theirs and open their eyes to your kingdom of light and truth and power.



DAY 12 - 13th August

BIBLE READING - DANIEL 6:18

Then the king returned to his palace and spent the night without eating and without any entertainment being brought to him. And he could not sleep.

REFLECTION

While Daniel was at relative ease in the Lion's den, God was working on his behalf. Opening the eyes and hearts of the people around him. God does the same for us. While we are in our "lions' den" we should keep our eyes on God, pray, and let HIM fight our battle.

PRAYER

We pray today for the younger people in our congregation. Give them courage to dedicate their lives to you and learn the habits and routines of putting you first in their lives. We praise you for them and their energy and optimism. Please protect them.

We remember the QB Indigenous Services group that seeks to serve the first peoples of Australia. Bless them as they work with the many challenges facing them today. May your name continue to be glorified in all they do.

We pray for our neighbourhood where there are so many people who have challenging lives. Give us open eyes to see where you are working so we can jump on board and bless them with your love. Open their eyes to Jesus.



DAY 13 - 14th August

BIBLE READING - DANIEL 6:19

At the first light of dawn, the king got up and hurried to the lions' den.

REFLECTION

We can only imagine the audience that was watching to see if Daniel's God would prevail. People are always watching us, as Christians, to see if our God we serve is real. Wait patiently on your rescue because it is coming.

PRAYER

Today we pray for our Pastor David. Open his eyes to your plan for our church family. Bless him and Sarah as they lead us into the future. Go before them and refresh them.

God bless all our people involved in worship teams and to all the musicians who love to use their skills for your glory.

We pray for the students and staff at Malyon College. We pray for Dave Ang, Ash Hicks, Deanna Pink, and Cam Basile as they continue their studies there. Give them insight and endurance.

Give us creativity, wisdom, and endurance as we pursue the roles you have given us. Whether that is caring, creating, managing, advising, teaching, transporting, or parenting (see all the above) we need your help God to keep on doing the tasks you have assigned to us.



DAY 14 - 15th August

BIBLE READING - DANIEL 6:20

When he came near the den, he called to Daniel in an anguished voice, “Daniel, servant of the living God, has your God, whom you serve continually, been able to rescue you from the lions?”

REFLECTION

Although Daniel had been in the Lions’ Den all night it was Darius who was suffering. Today consider how your commitment to this prayer challenge has gotten the attention of people around you.

PRAYER

We thank you today for our Girls Brigade that meets on a Tuesday night. We pray for every girl and every leader who gives up their time. Bless and protect them each week.

God bless Kylie Weber as she faithfully leads this ministry.

Lord we pray for all Queensland Baptist women and the upcoming Anew Conferences: especially the Mapleton one attended by our Bracko ladies. We pray for safety for everyone as they travel and for your name to be glorified state-wide. May your name be precious, and your faithful women be encouraged.

Dear Father, we know your father heart is for all to come to love and worship you. We especially pray for our family and others we love who choose to reject you. Please open their eyes and give them a supernatural understanding of faith.



DAY 15 - 16th August

BIBLE READING - DANIEL 6:21

Daniel answered, "May the king live forever!"

REFLECTION

Daniel conveyed that he still valued the king for who he was and forgave his actions. He exemplified the kind of servant we should model ourselves after. Think of the people who you know you should forgive and ask for God's help in doing this.

PRAYER

In our church family there are many elderly people who no longer have good mobility and become lonely. We pray for them and for others who may be lonely for other reasons including the worrying effects of covid lockdowns. Please be their comfort and solace. Help us to be kind and compassionate in our interactions with everyone as everyone carries some burden we don't know about.

Today we remember the 600 chaplains working in Queensland schools with SU Qld. Pray for the continuation of this wonderful resource for our schools. Pray for protection as there is always opposition to chaplains having access to schools. Give each chaplain a wonderful term, encouraging the supporting the students at school.

We pray again for our families. We pray for the breaking down of strongholds from the past that may be still affecting us today. Heal us from past traumas and undesirable influences and guide us in creating families that honour you and bless future generations. We especially pray for young people in our families; that they will follow you courageously.



DAY 16 - 17th August

BIBLE READING - DANIEL 6:22

“My God sent his angel, and he shut the mouths of the lions. They have not hurt me, because I was found innocent in his sight. Nor have I ever done any wrong before you, Your Majesty.”

REFLECTION

Daniel did not waste time sharing his testimony and letting everyone know that God had delivered him from the lions. Sometimes our testimonies can be difficult to share because they often bring back painful memories. But remember. If you don't share your story, then God doesn't get His Glory.

PRAYER

We pray for our Youth meeting on Friday night. Give Ash and the other youth leaders strength and creativity. Protect this ministry from disruption or discouragement. Bring these young people to have strong relationships with each other and you.

We pray for the leadership and administration of this body that oversees all the Baptist churches in Queensland. Give them all wisdom.

We thank you for our friends who travel with us in this great adventure of following you, Lord. Thank you for their kindness and faithfulness to us. We are grateful for them and the blessing they are to our lives. Protect them especially as they cope with ill-health, frailty, work pressures, parenting and other stresses. May we be you to them.



DAY 17 - 18th August

BIBLE READING - DANIEL 6:23

The king was overjoyed and gave orders to lift Daniel out of the den. And when Daniel was lifted from the den, no wound was found on him, because he had trusted in his God.

REFLECTION

King Darius had encountered God through Daniel. He later commands the entire kingdom to worship the God of Daniel, bringing about God's Glory. Pray about how you can expand your testimony to reach new people. All for the Glory of God

PRAYER

Dear Lord, we pray for our Boys Brigade who meet on Monday nights. We pray for the faithfulness of their leader Nathan Scowen and the other leaders involved. Please bless these boys as they meet every week and discover new skills and new things about You.

We pray for persecuted Christians in Mexico and Columbia. We pray that God will continue to give them strength and encouragement. Thank you for hearing our prayers each and every day.

We pray for our extended families and all those members with whom we have connections or closeness. We pray that you will give them protection from the evil one. Please keep them from temptation and deliver them into your kingdom. May you be glorified Jesus.



DAY 18 - 19th August

BIBLE READING - DANIEL 6:24

At the king's command, the men who had falsely accused Daniel were brought in and thrown into the lions' den, along with their wives and children. And before they reached the floor of the den, the lions overpowered them and crushed all their bones.

REFLECTION

God will take care of evil doers in his own righteous way and in his own righteous time. Don't waste your time on revenge. Love your enemies and pray for them. God may be using you to reach them.

PRAYER

We continue to pray for protection for all the dedicated Volunteers at BRBC. We praise you for their faithfulness and give thanks for the faithful witness of Bracko for so many years in our community.

We pray for the Christians in Zambia and for the impact of the spread of Islam as it creeps further south in the African continent. Give the Christians endurance and help them to remain faithful in the face of opposition.

We pray for our workplaces and other places we regularly attend. Bless the people we work through us, as we seek to honour You Jesus by working effectively, efficiently, and enthusiastically.



DAY 19 - 20th August

BIBLE READING - DANIEL 6:25-27

Then King Darius wrote to all the nations and peoples of every language in all the earth:

“May you prosper greatly.

“I issue a decree that in every part of my kingdom people must fear and reverence the God of Daniel.

“For he is the living God, and he endures forever;

his kingdom will not be destroyed, his dominion will never end.

He rescues, and he saves; he performs signs and wonders in the heavens and on the earth.

He has rescued Daniel from the power of the lions.”

REFLECTION

Celebrate God. Thank God for answered prayers. And tell others about what God has said to, or done for, you. Rejoice! Just as King Darius has here.

PRAYER

We pray for schools in our area. Norris Road, Bracken Ridge, Bald Hills, Bracken Ridge High, and Sandgate District High School. Thank you that we have such wonderful education here in Australia, and that we can be involved in RI in schools. We pray for protection over all the RI teachers. We also pray for St. Joseph's and St. John Fisher College where there is also faith education for these precious children.

Continue to pray for persecuted Christians in Iran, Iraq, Syria, Russia, and Turkey. In these places where following Jesus is dangerous, please protect your precious children as they strive to remain faithful to you. Inspire us to emulate their courageous faith.

We pray for safety and harmony in our neighbourhood. Please watch over people and property but most of all may your name be respected and the peace that comes only from You surround our homes and community.



DAY 20 - 21st August

BIBLE READING - DANIEL 6:28

So Daniel prospered during the reign of Darius and the reign of Cyrus the Persian.

REFLECTION

Daniel prospered! Daniel had kept pressing through, praying, fasting, and believing in the power of God. Pray today, that like Daniel, we get to experience God's grace and mercy through trust in Him as he rescues us from the trial of life.

PRAYER

We pray for everyone in Bracko that comes from different backgrounds and countries. Comfort them when they miss their own cultures and encourage them as we operate as one body, using our diverse gifts to serve Jesus together.

Today we pray for the Christian women in PNG, our near neighbours. In this country where so many missionaries have sacrificed and given their lives to serve, we pray for the many, many men, women and children who now follow Jesus.

We again ask for your guidance and blessing as we go about doing the tasks you prepare us for.

Take away discouragement and anxiety and replace this with your joy and peace. May our reward for serving you be fruit for your kingdom. Praise you Jesus for doing your work and allowing us to be part of it.



DAY 21 - 22nd August

BIBLE READING - DANIEL 10:12

Then he continued, "Do not be afraid, Daniel. Since the first day that you set your mind to gain understanding and to humble yourself before your God, your words were heard, and I have come in response to them.

REFLECTION

Just like Daniel from the moment we submitted ourselves to praying for something or someone, God heard our prayers. He loves us and answers our prayers in many different ways and in his perfect timing. All the events of our lives are part of his perfect masterpiece. Keep on praying and trusting God in all things.

PRAYER

Today, in this time of pandemic, we bring before you, all the hospitals in our area. We pray for all the health professionals in our church family as they work on the coal face, caring for people. We ask you to protect them and give them great wisdom and compassion as they go about their professions.

We pray for persecuted Christians in Malaysia and Indonesia. In countries where Christians are very much in the minority, please give the Christians wisdom to navigate their jobs and families while still being faithful in following Jesus.

We continue to pray fervently for unsaved loved ones. We love them so much and want them to follow you, Jesus and serve you well. Take away anything in us that stops them seeing you clearly. Take away anything in their past that blocks their view of the true God. Take away anything in their heart that fills it with things that can't satisfy. Give them a desire for you, Jesus.



FASTING



WHAT DOES THE BIBLE TEACH ABOUT FASTING?

BIBLICAL FASTING INVOLVES ABSTAINING FROM EATING (AND/OR DRINKING) FOR SPIRITUAL PURPOSES:

In the Old Testament, Israel celebrated certain annual fasts, the most prominent being the Day of Atonement. There were also occasional fasts tied to specific historical events, sometimes individual and sometimes corporate. Here are a few of the occasions for fasting: at a time of grief (I Sam. 31 :13; Nehemiah 1 :4), at a time of repentance (I Sam 7:6; I Kings 21 :27), as an expression of humility (Ezra 8:21; Psalm 69: 10) and as an expression of a need for God's guidance and help. All of these fasts express a common dependence on God. Several New Testament passages give us insight about fasting.

FASTING TEACHES US THAT GOD'S WORD NOURISHES US:

Matthew 4: 1-4 records the only example of Jesus fasting, just prior to his being tempted in the wilderness. He faced temptation with these words "Man shall not live on bread alone, but on every word that proceeds out of the mouth of God." Jesus is quoting Deuteronomy 8:3-5 which talks about the 40 years Israel spent in the wilderness, depending daily on manna to sustain them. He says that God humbled them and let them be hungry in order to teach them to depend on God's Word to sustain them. By His example of fasting, Jesus reminds us that food alone can't sustain us. We need to be nourished by God's Word.

FASTING TEACHES US THAT DOING GOD'S WILL SUSTAINS US:

John 4:31-35 records Jesus encounter with the woman at the well. When the disciples return they encourage Jesus to eat. He responds by saying "I have food to eat that you know not of," then He adds "My food is to do the will of the Father." Again, Jesus reminds us that food alone is not enough. We are sustained by doing God's will.

FASTING TEACHES US THAT JESUS HIMSELF SUSTAINS US:

In John 6:48-50 Jesus says "I am the bread of life. Your fathers ate the manna in the wilderness, and they died. This is the bread which comes down out of heaven, so that one may eat of it and not die." We see this pictured symbolically in the bread and the cup of the Lord's Supper. Jesus is the source of eternal life. Fasting is feasting on Jesus. Jesus commanded that fasting would be a part of His disciple's spiritual life. In Matthew 6:16-18, He says "when you fast," not "if you fast." He warns us not to fast to impress people, but to be near to the heart of God.

FASTING IS DESIGNED TO INTENSIFY OUR DEPENDENCE ON GOD BY WEAKENING OUR DEPENDENCE ON FOOD AND OTHER THINGS.

THE PURPOSE OF FASTING

Fasting reveals and heals our dependence on food (and other things) to fill the discomfort caused by low self-esteem, unfulfilling work, unloving relationships, uncontrollable circumstances, etc. It removes the false peace derived from the pleasure of eating. Richard Foster, in His Classic Celebration of Discipline, says, “More than any other discipline, fasting reveals the things that control us. This is a wonderful benefit to the true disciple who longs to be transformed into the image of Jesus Christ. We cover up what is inside us with food and other good things, but in fast- ing these things surface. If pride controls us, it will be revealed almost immediately. David writes, “I humbled my soul with fasting” (Psalm 69: 10). Anger, bitterness, jealousy, strife, fear- if they are within us, they will surface during fasting.”

Fasting teaches us we can go without getting what we want and survive.

Fasting can free us from having to have what we want. Therefore, fasting can teach moderation or self-control, not only in relation to food, but in other areas as well. It teaches contentment (1 Timothy 6:6).

Fasting expresses and deepens our hunger for God.

Richard Foster says, “Fasting reminds us that we are sustained “by every word that proceeds from the mouth of God: (Matt. 4:4). Food does not sustain us; God sustains us. In Christ, “All things hold together” (Col. 1: 17). Therefore, in experiences of fasting we are not so much abstaining from food as we are feasting on the word of God and on Christ Himself. Fasting is feasting.” Fasting for other reasons, such as a “spiritual disguise” for losing weight, is an aberration to Biblical fasting. Fasting to even appear spiritual to others is more akin to the Pharisees than Jesus’ instructions. Fasting must always, first and foremost, center on God. It must be about Him.



STEP 1: CLARIFY THE PURPOSE OF YOUR FAST

Why are you fasting? (For the purpose of the 21 Days, see above.) Ask the Holy Spirit to clarify His leading and objectives for your prayer fast. This will enable you to pray more specifically and strategically. Fasting is God-led and God-initiated. That means that He fuels a desire to fast and pray. He loves it when we fast.

STEP 2: SPECIFY THE NATURE OF YOUR FAST

Pray about the kind of fast you should undertake. Jesus implied that all of His followers should fast. (Matthew 6:16-18; 9:14, 15) For Him it was a matter of when believers would fast, not if they would do it.

Before you fast, decide the following up front:

- How long you will fast - one meal, one day, one week, several weeks, certain days (Beginners should start slowly, building up to longer fasts)
- The type of fast God wants you to undertake - discussed in the Types of Fasts section below.
- What physical or social activities you will restrict
- How much time each day you will devote to prayer and God's Word

STEP 3: PREPARE YOUR HEART, MIND, AND BODY FOR YOUR FAST

Fasting is not a spur-of-the-moment thing. It is planned and we must prepare. The very foundation of fasting and prayer is repentance. Un-confessed sin can hinder your prayers. Here are several things you can do to prepare your heart:

- Fasting requires reasonable precautions. Consult your physician first, especially if you take prescription medication or have a chronic ailment. Some persons should never fast without professional supervision.
- Do not rush into your fast. Prepare your body. Eat smaller meals before starting a fast. Avoid high-fat and sugary foods. Eat raw fruit and vegetables for two days before starting a fast. Physical preparation makes the drastic change in your eating routine a little easier so that you can turn your full attention to the Lord in prayer.
- Prepare your heart and mind remembering that God is your Father and He loves you and is for you.
- Confess every sin that the Holy Spirit calls to your remembrance and accept God's forgiveness (1 John 1:9). Seek forgiveness from all whom you have offended, and forgive all who have hurt you. (Mark 11:25; Luke 11:4; 17:3,4) Make restitution as the Holy Spirit leads you.
- Surrender your life fully to Jesus Christ. (Romans 12:1,2) Meditate on the attributes of God, His love, sovereignty, power, wisdom, faithfulness, grace, compassion, and others (Psalm 48:9, 10; 103:1-8, 11-13).
- Begin your time of fasting and prayer with an expectant heart. (Hebrews 11:6)
- Do not underestimate spiritual opposition. Satan sometimes intensifies the natural battle between body and spirit. (Galatians 5:16, 17)
- Finally, and of deep importance, Jesus instructs us in Matthew to not let others know about your fasting. The strict details of your fast should not be something you constantly talk about to others. It should remain between you and God.

TYPES OF FASTS

Now that we have explored the Old and New Testament teaching and instruction on fasting, we can proceed to discuss specific kinds of fasts. Let us begin with the helpful words of Richard Foster:

“AS WITH ALL THE DISCIPLINES, A PROGRESSION SHOULD BE OBSERVED; IT IS WISE TO LEARN TO WALK WELL BEFORE WE TRY TO RUN.”

Since the purpose of fasting, as we saw above, is to focus on God, to humble ourselves and to remind ourselves that we are sustained by every word that proceeds from the mouth of God, then the task in fasting is connecting our “going without” to “hungering for God.” This takes time, focus and prayer in itself. Please do not expect to be an “expert” at fasting right away. Fasting is a discipline that can take a very long time to understand well. Also, do not let this fact deter you or intimidate you.

Fasting is not unlike a beautifully written masterpiece of literature.

It is simple enough for a youth to understand and enjoy, and yet magnificently rich enough for the scholar to devote his/her entire life to.

ABSTAINING FROM CERTAIN TYPES OF FOOD (MEAT, SWEETS, ETC.) - DANIEL 10:3

This type is a good first step for beginners to fast or those with health needs and special or restrictive diets. Choose to abstain from something like breads, sweets, sodas, coffee or even red meat. Perhaps spend some time reading through Daniel’s fast in Daniel chapter 1 and chapter 10. Stick to only fruits and vegetables like Daniel, or try something similar.

Determine the timing and duration of your fast and begin. You may choose to go without this specific type of food on only certain days like Fridays, or you may go without during the weekdays only or perhaps every day. Finally, choose the duration of your fast. This community wide fast is 21 days but that does not mean you must go without for all of the 21 days. Determine the timing and duration ahead of time and pray through it.



ABSTAINING FROM ALL FOOD (ESTHER 4:16; ACTS 9:9)

This kind of fast is more difficult but can be broken up by timing and duration. This seems to be the most prevalent of the fasts we see in the Bible. It is also the most intimidating, but refuse to let it scare you. Fasting from all food is not scary if you determine beforehand when you will do so and for how long.

Here are some ideas:

- Start slowly. Begin with fasting for only a part of a day (lunch, or lunch and dinner). Do this for one day a week, or perhaps three days a week. You determine the timing and duration. Take a step of faith. Fasting is risky and involves our faith.
- Next, try fasting from food but not beverages. This means that according to your timing and duration, you would not eat any solid foods but only water, juices, smoothies or perhaps simple soup broths.
- Do this for the first one or two weeks. Devote the time that you normally would eating to Scripture reading and prayer. Focus on Jesus' statements about food.
- Next try a 24-hour fast. This means that you get up and eat a good breakfast and drink only water or juice until the following breakfast the next day. Set aside specific time, during normal meal times if possible, to pray and seek God. Finally, you may progress to a two or three day fast. For some, progression may lead to a multi-day, even multi-week fast. But remember the purpose of your fast.

ABSTAINING FROM THINGS BESIDES FOOD (DANIEL 6:18)

The king's voluntary "fasting" from entertainment in the time of Daniel helps us further understand yet another type of fast.

Fasting from non-food items like entertainment can be particularly helpful and accessible for everyone.

Think of abstaining from television, social media, video games, all reading except the Bible, music, texting, etc. for the duration of your fast. This can be a very powerful decision even as a supplement to food fasts.

Choosing your fasting plan is a very personal decision. We are all at different places in our walk with God and our spirituality should never be a cause for comparison or competition. There is nothing more “inherently spiritual” about one type of fast as opposed to another. Your personal fast should present a level of challenge to it, but know your body, know your options, and most importantly, seek God in prayer about this and follow what the Holy Spirit leads you to do. It’s also important to not let what you eat or do not eat become the focus of your fast. This is a time to disconnect enough with your regular patterns and habits in order to connect more closely to God.

**NO MATTER WHAT KIND OF FAST YOU CHOOSE,
AND EVEN IF YOU CHOOSE NOT TO FAST,
PLEASE SEEK GOD IN PRAYER AND READING.**





*Scan here to see all details about the 21 Days Of Prayer & Fasting
or go to brbc.org.au/events/21-days-of-prayer-fasting*

