



2019 Prayer and Fasting Focus

As a Church leadership of Heritage of Faith, we call a fast as did Joel in Joel 2 below, to see God restore and release blessings as well as deliver His people from all afflictions and limitations.

FAST BETWEEN: Monday 15 April 2019 – Thursday 18 April 2019

NOTE: You can decide to fast how you like, the main thing is a focused time of intense prayer over this period. We will break fast as a family after the Good Friday Easter Service with some light snacks.

Focus Prayer Points

- 1. Focus on our Nation & Israel - 2 CHRONICLES 7:14 / PSALM 122:6**
 - Godly Leaders
 - Spirit of Wisdom
 - A Generation that will turn to God
 - Protection over Israel specifically

- 2. Pray for Church Leaders Nationally - 1 TIMOTHY 2:1-2 / GENESIS 12:3**
 - Unity amongst church leaders
 - Spirit of Wisdom
 - Holy Spirit led

- 3. Pray for your Families / Relatives - EXODUS 20:12 / GENESIS 28:14 / COLOSSIANS 3:21**
 - Salvations
 - Labourers across their paths
 - Godly principles established

- 4. Pray for Heritage of Faith Church Family - Psalm 133:1 / COLOSSIANS 3:13 / MARK 10:9**
 - Unity in the church
 - Favour flowing in all areas especially finances and divine contacts
 - Blood covering
 - Breakthroughs / deliverances

- 5. Divine Health & Divine Financial Release - 2 CORINTHIANS 8:9 / PSALM 90: 16-17**
 - Working of miracles and healings
 - Manifestations of Wealth transfer
 - Total prosperity (Spirit, Soul and Body)

- 6. Divine Restorations - JOEL 2:25-26**
 - Restorations of identities in Christ
 - Restoration of broken relationships
 - Restoration of lost inheritances



- Debt cancelations

7. Marvels, Wonders and Extraordinary things - PSALM 90:16-17 / EPHESIANS 3:20

- No limitations - All limitations removed
- Supernatural interventions
- Supernatural manifestations

CALL TO FAST:

JOEL 2:12,15 NKJV

“Now, therefore,” says the LORD, “Turn to Me **with all your heart, With fasting**, with weeping, and with mourning.”
....Blow the trumpet in Zion,
Consecrate a fast, Call a sacred assembly;”

BLESSINGS THAT FOLLOW:

JOEL 2:25-26 NKJV

“**So I will restore to you the years** that the swarming locust has eaten,
The crawling locust, The consuming locust, And the chewing locust,
My great army which I sent among you. You shall eat in plenty and be satisfied, And
praise the name of the LORD your God,
Who has **dealt wondrously with you;**
And **My people shall never be put to shame.**”

3 TYPES OF FASTS RECORDED

A FULL FAST (Not for Beginners) - These fasts are complete - no food and no drink.

A REGULAR FAST - Traditionally, a regular fast means refraining from eating all food. Most people still drink water or juice during a regular fast.

A PARTIAL FAST Most common (Recommended) - This type of fast generally refers to omitting a specific meal from your diet or refraining from certain types of foods. Daniel Fast (Fruit & Veg).

For more detailed information on fasting visit: <https://www.jentezenfranklin.org/fastingt看tips>

Disclaimer: If you have medical conditions, please seek medical advice prior to fasting.