

**JGC Prayer & Fasting 2024**

**Fanning the Flame:**   
**Finishing Faithfully** 

March 11-15



# Fanning the Flame: Finishing Faithfully



**Key verses:**

**1 Timothy 1:6-7**

This is why I remind you to fan into flames the spiritual gift God gave you when I laid my hands on you. For God has not given us a spirit of fear and timidity, but of power, love, and self-discipline.



# The purpose of our Fast

The very reason why we fast is to be more intimate with God, focusing our attention on God as we spend more time in praying and studying His Word, the Bible. It is a temporary break from something we do everyday that attaches us more to the things of the world and less on the kingdom of God.

Fasting is our way of suppressing our artificial, temporary, physical needs and desires, and sacrificing for the greater purpose of aligning ourselves to the will of God for us, our families, our communities and the church.



JGC FASTING & PRAYER 2024

# How to Fast?

We can fast in different ways, but we recommend that we choose from these two options for our March Fasting & Prayer.

## **12-hour a day for 5 days Fast (sunrise to sunset)**

Abstain from eating (any food) and drinking (any form of liquid including water) between 6:30am to 6:30pm



*In addition, you can also opt to spend less time or total break from using personal gadgets, social media, games, and similar activities.*

## **Daniel's Fast (vegan)**

Abstain from eating any animal products (meat, dairy, etc.), processed foods, caffeine, and alcohol for 5 days.

# Guide to Fasting & Prayer



1

PLAN YOUR TYPE OF FAST DAYS  
BEFORE OUR CORPORATE  
FASTING DATE.



2

START CUTTING DOWN ON  
YOUR FOOD INTAKE,  
ESPECIALLY THOSE WITH  
CAFFEINE BEFORE YOU FAST.



3

PRAY IN ADVANCE FOR GOD  
TO SUSTAIN AND LEAD YOU  
PHYSICALLY, MENTALLY, AND  
SPIRITUALLY DURING THE FAST.



4

SPEND MORE TIME IN PRAYING,  
READING AND STUDYING THE  
WORD OF GOD.



5

WATCH THE DAILY VIDEO  
DEVOTIONS TO BE  
SHARED BY OUR CHURCH  
LEADERS.



6

FINALLY, ATTEND THE  
SATURDAY DAWN WATCH AS  
WE END THE FAST WITH DEEP  
GRATITUDE.



# Prayer items

## Church

01

Pastors and Elders  
Ministry Heads  
Care group leaders  
and members  
Projects  
Family Camp

## Family

02

Fathers and  
Husbands  
Mothers and Wives  
Children  
Unsaved family  
members and  
relatives

## Nation

03

Government Leaders  
Education  
Health System  
Businesses  
Economy

## Community

04

Community Leaders  
Non-government  
Organizations  
Non-profit  
organizations  
Church ministries in  
the communities

## Our Mission

05

Leaders  
Mission field  
Missionaries  
Partners in the  
ministry  
Plans and timetable



# Prayer & Fasting Calendar



Day 1 March 11	Day 2 March 12	Day 3 March 13	Day 4 March 14	Day 5 March 15	Dawn Watch Saturday
Fasting & Prayer	Fasting & Prayer	Fasting & Prayer	Fasting & Prayer	Fasting & Prayer	Break of Fasting
Devotion leader:	Devotion leader:	Devotion leader:	Devotion leader:	Devotion leader:	Devotion leader:
<b>Pastor Dana</b>	<b>Sis Aileen</b>	<b>Pastora Fin</b>	<b>Sis Kristine</b>	<b>Bro. Ahmed</b>	<b>Pastor Choi</b>
Online Prayer Meeting	Online Prayer Meeting	Online Prayer Meeting	Online Prayer Meeting	Online Prayer Meeting	In Person Church
Caregroup assigned: "In Christ"	Caregroup assigned: "Blessed CG"	Caregroup assigned: "Kare Care"	Caregroup assigned: "Carefree"	Caregroup assigned: "Men's CG"	Caregroup assigned: "Fearfully & Wonderfully Made CG"