



COME FOR
PRAYER &
WORSHIP

FEB 9TH,
THE WAVE,
6.30PM

FEB 16TH,
TCF,
6.30PM

FEB 23RD,
CBTB,
6.30PM

THREE WEEKS OF FASTING, TO SEEK THE SPIRIT IN OUR REGION

Churches in our region are collaborating in our desire to see the Lord reach the Bellarine and Surfcoast. We are setting aside time (Feb 09-23) to unify as churches to minister TO THE Lord in prayer and fasting, seeking an outpouring of more of His Spirit. Open to his leading and direction for 2025.

Fasting Guide and Reflection Booklet: A Kingdom Collaboration

In early December, Tim King (Bellarine Pastors Network leader), Mark Johnson (The Wave), Steve Brown (TCF), and Dave Rock (CBTB) met to explore how we could collaborate for the Kingdom of Jesus in our region.

Initially, we had a plan, but as we prayed, we sensed the Lord inviting our church communities to unite in prayer and fasting throughout February, seeking the Spirit's guidance.

Denis Plant, a retired minister from the Bellarine, shared a word that resonated with what we had been sensing. He wrote: *"Many of our longings and prayers today omit the repentance stage and hop over to blessings of a Holy Spirit Revival. But we must face up to our worldly condition to be delivered from it and pray for the Holy Spirit's conviction and grace of repentance, so we can love the Lord."*

Church Gatherings and Prayer Rooms

We will come together as church communities on Sundays February 9th, 16th, and 23rd at 6:30PM to seek God's heart and discern His message during this season of fasting. We will also be utilising the prayer rooms in our respective churches to provide opportunities where we can seek God in prayer during this time.

Using This Booklet

Throughout the Bible, God's people have fasted in response to challenges, acknowledging the need for personal transformation as they sought the Spirit's direction.

This booklet is designed to guide your reflections during the fast. Each day includes a verse to meditate on, along with prompts to help you reflect:

Upwards: What is this saying about God?

Inwards: What is the Spirit saying to you?

Outwards: How is the Spirit leading you to pray for our region?

At the end of each day, you can write down what you sense God is saying to you. These may be things just for you but there also may be things God wants to reveal through you to us.

Understanding Fasting

Fasting is the practice of abstaining from food for a set time to heighten our awareness of our dependence on God. As John Mark Comer notes: *“It’s one of the most powerful — and neglected — of all of Jesus’ practices.”*

What Fasting Is Not

Some may want to substitute fasting with giving up activities like social media. While this practice fosters self-control (a fruit of the Spirit, Galatians 5:23), it is not fasting. True fasting involves denying physical desires, particularly food, to awaken the realisation that we are dependent on God for everything.

Fasting and the Governance of the Spirit

In Romans 8, Paul contrasts the mind governed by the Spirit with the mind governed by the flesh. While “flesh” (Greek: *sarx*) refers to physical desires like food, water, or companionship – gifts from God – these desires are not meant to control us. Instead, our minds should be governed by the Spirit, bringing us closer to the Father (Romans 8:13–21).

By temporarily denying bodily desires, fasting strengthens our reliance on the Holy Spirit and deepens our awareness of our dependence on God and reveals desires and appetites that have control over us. This practice leads to worship and fulfills the greatest commandment: “Love the Lord your God with all your heart, soul, mind, and strength” (Mark 12:30). Richard Foster explains:

“More than any other single discipline, fasting reveals the things that control us. We cover up what is inside us with food and other good things, but in fasting, these things surface.”

Fasting transforms us, preparing our hearts for the work God wants to do in and through us.

Fasting Wisely

If you are new to fasting, you may need to consult a medical professional to ensure it is safe for you. If you are pregnant, breast feeding or have some other medical condition fasting may not be right for you. If that’s the case, then consider what act of self-control you can exercise, denying yourself of a normal practice to help focus on God.

Fasting can take various forms:

- Complete abstinence from food.

- Partial fasting (skipping specific meals or foods).
 - o For example: skipping lunch each day, stopping coffee, Daniel fast (just vegetables)
- If you can't fast, an act of self-control (limiting other activities to focus on God).

Whatever it is, it is not easy, it is a denial of the flesh to elevate the Spirit.

For practical advice, see the article "How to Properly Fast as a Christian":
<https://www.wikihow.com/Fast-As-a-Christian>

How to Fast

- Choose what you are going to fast from
- Ask someone to be your prayer and accountability partner for the period of the fast
- Prepare what you will replace it with – what is your prayer when you feel the pull of what you're fasting from?
 - o *Suggested prayer: "Thank you that you are my source of life for everything. Give us a heart of humility to see where we have put things above you and to seek your face to repent so that we might know you more and obey what you are calling us to."*
- Have a set time each day to do the daily reflection

Let us seek God together, trusting He will work in us individually and as a community.

Passage: 2 Chronicles 7:14 (NIV)

February 10th

"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."

"If" – it reminds you that you have a choice. Despite the power and majesty of God there is one part of you he won't control, you heart. This verse also reminds you that your loving God always has the door open to you. "If" you turn to him, his throne of Grace is always available to you.

Upwards: What is this saying about God?

Inwards: What is the Spirit saying to you?

Outwards: How is the Spirit leading you to pray for our region?

February 11th

“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.”

Some people are God’s some are not. You are part of his people, his child, because of his mercy and grace to you through Jesus choosing to lay down his life to redeem you.

Upwards: What is this saying about God?

Inwards: What is the Spirit saying to you?

Outwards: How is the Spirit leading you to pray for our region?

February 12th

“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.”

Fatih in God didn’t start with us. We were “called”. We can only call on God in our deepest places of despair because “I have called you by name; you are mine.” (Isaiah 43:1)

Upwards: What is this saying about God?

Inwards: What is the Spirit saying to you?

Outwards: How is the Spirit leading you to pray for our region?

February 13th

“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.”

God has many names that give us an understanding of the glory of his character:

- Jehovah Jireh: The LORD our provider (Genesis 22:14)
- Jehovah Rapha: The LORD our Healer (Exodus 15:26)
- Jehovah Nissi: The LORD our Banner (Exodus 17:15)
- Jehovah Raah: The LORD our Shepherd (Psalms 23:1)
- Jehovah Tsidkenu: The LORD our Righteousness (Jeremiah 23:6)
- Jehovah Shammah: The LORD is Here (Ezekiel 48:35)

Upwards: What is this saying about God?

Inwards: What is the Spirit saying to you?

Outwards: How is the Spirit leading you to pray for our region?

February 14th

“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.”

We can't turn to God without humility. Humility is the forerunner for God's favour. We won't see God's favour in our region without humility. Is there an area of your life you need to bring humbly before God?

“All of you, clothe yourselves with humility towards one another, because, ‘God opposes the proud but shows favour to the humble’. Humble yourselves, therefore, under God’s mighty hand, that he may lift you up in due time.” (1 Peter 5:5-6)

Upwards: What is this saying about God?

Inwards: What is the Spirit saying to you?

Outwards: How is the Spirit leading you to pray for our region?

February 15th

“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.”

Secure in our identify as God's chosen people and with a posture of humility, we are invited to pray – approach God and speak with him.

Tyler Staton, in his book 'Praying Like Monks, Living Like Fools', suggests that *“the aim of prayer is to get us in on what God is doing, become aware of it, join in, and enjoy the fruit of participation”*.

Upwards: What is this saying about God?

Inwards: What is the Spirit saying to you?

Outwards: How is the Spirit leading you to pray for our region?

February 16th

“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.”

Throughout the bible, God's people are invited to seek God. This invitation is accompanied by the promise that he will be found:

- *“But if from there you will seek the LORD your God, you will find Him if you seek Him with all your heart and with all your soul”* (Deuteronomy 4:29)
- *“Seek the Lord while He may be found”* (Isaiah 55:6)
- *“I love those who love me, and those who seek me find me”* (Proverbs 8:17)

- "Seek and you will find" (Matthew 7:7)

Upwards: What is this saying about God?

Inwards: What is the Spirit saying to you?

Outwards: How is the Spirit leading you to pray for our region?

February 17th

"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."

The object of our seeking is God's face. Looking into someone's face requires intimacy and by doing so we glimpse an outward expression of their inner being – their character, personality, emotion. The desire to seek God's face is expressed in the Psalms:

- "You have said, 'Seek my face'. My heart says to you, 'Your face, Lord, do I seek'" (Psalm 27:8)
- "Seek the LORD and His strength; Seek His face continually" (Psalm 105:4)

Seeking God's face is typically associated with receiving his blessing:

- "Who may ascend the mountain of the LORD? Who may stand in his holy place? The one who has clean hands and a pure heart, who does not trust in an idol or swear by a false god. They will **receive blessing from the LORD** and vindication from God their Savior. Such is the generation of those who seek him, **who seek your face, God of Jacob**" (Psalm 24:3–6).
- "The Lord **bless you** and keep you; **the Lord make his face to shine upon you** and be gracious to you; **the Lord lift up his countenance upon you** and give you peace" (Numbers 6:24-26)

Upwards: What is this saying about God?

Inwards: What is the Spirit saying to you?

Outwards: How is the Spirit leading you to pray for our region?

February 18th

"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."

We have a tendency to not be aligned with God's ways and desires for us. When confronted with this truth we need to be willing to turn, to change direction.

"That is why the LORD says, "**Turn to me now**, while there is time. Give me your hearts. Come with fasting, weeping, and mourning. Don't tear your clothing in your grief, but tear your hearts instead." Return to the LORD your God, for he is merciful and compassionate, slow to get angry and filled with unfailing love. He is eager to relent and not punish." (Joel 2:12)

Upwards: What is this saying about God?

Inwards: What is the Spirit saying to you?

Outwards: How is the Spirit leading you to pray for our region?

February 19th

“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.”

What we are turning from is our “wicked ways”. However, in order to turn from them, we need a recognition of our wickedness and evil.

“Search me, God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting.” (Psalm 139:23-24)

Upwards: What is this saying about God?

Inwards: What is the Spirit saying to you?

Outwards: How is the Spirit leading you to pray for our region?

February 20th

“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.”

When we come to God in heartfelt repentance, he promises to hear us. God is a God who listens. Our repentance does not fall on deaf ears.

- *“The righteous cry out, and the Lord hears them; he delivers them from all their troubles”* (Psalm 34:17)
- *“But God has surely listened and has heard my prayer. Praise be to God, who has not rejected my prayer or withheld his love from me!”* (Psalm 66:19-20)
- *“Then you will call on me and come and pray to me, and I will listen to you”* (Jeremiah 29:12)

Upwards: What is this saying about God?

Inwards: What is the Spirit saying to you?

Outwards: How is the Spirit leading you to pray for our region?

February 21st

"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."

Remember who God is and where he sits. This reminds us that the God who we seek and who hears us, is sitting on the throne in heaven, ruling over all creation. It's incredible that this God of all power and dominion wants us to seek him and promises to hear us.

Upwards: What is this saying about God?

Inwards: What is the Spirit saying to you?

Outwards: How is the Spirit leading you to pray for our region?

February 22nd

"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."

God forgives our sin. Amazingly, God's response to our sin is not punishment or retribution, but forgiveness. The prophet Micah reflects on the nature of God, saying: *"Who is a God like you, who pardons sin and forgives the transgression of the remnant of his inheritance? You do not stay angry forever but delight to show mercy. You will again have compassion on us; you will tread our sins underfoot and hurl all our iniquities into the depths of the sea"* (Micah 7:18-19).

John also conveys the pattern of confession and forgiveness: *"If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness"* (1 John 1:9).

Upwards: What is this saying about God?

Inwards: What is the Spirit saying to you?

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February 23rd

"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.**"

Not only does God promise to forgive sin, but he also promises to bring healing. He doesn't leave it up to us to fix what is broken, he is actively involved in restoration.

Upwards: What is this saying about God?

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