

PRAY WITHOUT CEASING

Rev. Fitzgerald Odonkor

Be unceasing in prayer; pray perseveringly [1 Thessalonians 5:17 AMP]

Prayer is perhaps the believer's most potent weapon to effect change in his circumstances and indeed in the world. By effective prayer armies can be defeated, demons trounced, judgment withheld and the forces of heaven released. By prayer also divinity intervenes in the affairs of mere mortals and destinies are reconfigured after God's plan. Prayer ultimately changes the one who is praying because it represents a complete leaning of the personality on the spiritual interception of any evil machinations against God's people.

Prayer then becomes a lifestyle and not an event and it is in this context that the exhortation of the apostle to pray without ceasing becomes hugely relevant. It is in this same light that Jesus our master strongly exhorts us to pray and not to faint [Luke 18: 1]. Scripture further reminds us that it is the earnest heartfelt, continual prayer of the righteous man that makes tremendous power available [James 5: 16b AMP]. Prayer, for the believer is therefore connected to the release of power and this power brings about change.

It is therefore important that during this time that we are putting renewed focus on prayer and fasting that we consider the elements of effective prayer or continuing prayer or unceasing prayer.

One key ingredient of persevering prayer is fasting or abstaining from food. By this act of our wills we place renewed emphasis on spiritual things and refocus on the power of God to respond to our requests to him. Fasting also helps to sharpen our spiritual senses in prayer to get specific direction on what are praying for. Such direction sharpens our ability to break the bonds of evil and to set the captives free [Isaiah 58: 6]. When we fast and pray we also become more keenly aware of needs around us and our responsibility to meet these needs [Isaiah 58:7]. Fasting may therefore, then be considered as one of the ways by which we pray unceasingly.

When we fast and pray we also devote more time to the Word of God and this focus has the effect of opening our spiritual eyes to serve God better and to appreciate his power in our lives [Ephesians 1:18-23]. Spending more time in prayer and the Word while fasting gives us spiritual focus and enables us to effectively appropriate the weapons of our warfare which indeed are mighty and which pull down strongholds [2 Corinthians 10: 4-6].

As we therefore fast and pray at the threshold of this new year our expectation is that there will be great deliverances from the strongholds of curses and wicked spirits; that the power of God will loose all manner of bondages and barrenness; that the intervention of the Holy Spirit will restore abundant prosperity and good success; that the hand of God will be made manifest to procure continuing victories for us in the various battles of life in which we find ourselves; that the uncharted days and weeks and months of this new year will be filled with pillars of testimonies and joy unending and that the heavens over our heads as individuals, families and ministries will be continually open to enable us hear from God and experience the rain of his Spirit.

The battle indeed is joined and the clarion call has been sounded; the horses and chariots stand ready for battle; we hear their hastening hoofs and we with our spiritual eyes sense the anxiety in their eyes and the urgency in the air. It is time to pray UNCEASINGLY.

Blessed 2016

The Purpose and Benefits of Fasting

By Derek Prince

Fasting is a vast and vital subject which has been overlooked by the majority of Christians for many centuries. Church history reveals that men and women who prayed and fasted played a very significant part in shaping the impact and destiny of the Church. As we face the present crisis in church life and in our nation there is no way we can continue to bypass fasting and come to the fulfillment of God's purposes.

Fasting is Essential

Fasting can be defined as abstaining from food for spiritual purposes. Simply going without food because it is not available or because of medical reasons is not, in a biblical sense, fasting. There must be a spiritual motivation to qualify a fast as scriptural. Fasting can also include abstaining from fluids, but that is the exception rather than the rule and can be dangerous for some individuals.

Although Moses and Esther abstained from drink, the general practice seems to be that people drank but did not eat. Matthew 4:2 states that Jesus was hungry after he had fasted for forty days and forty nights; there is no mention of him being thirsty.

In the case of Moses, he twice fasted for forty days and forty nights without eating or drinking (Deuteronomy 9: 9-18). On both occasions Moses "was on a supernatural plane in the presence of God."

In the case of Esther, the limit she and her maidens set was three days (Esther 4:16). Esther's three days fast without water and the three days confirms the limit that Medical science set for the body to go without water.

This means that if for any reason you plan to abstain from fluids during fast you should not to do so for any period exceeding seventy-two hours.

JESUS HIMSELF FASTED. "And Jesus, full of the Holy Spirit, returned from the Jordan and was led about by the Spirit in the wilderness for forty days while tempted by the Devil, and He ate nothing during those days." (Luke 4:12) Jesus, as always, is the pattern, even in respect to fasting.

Before beginning effective ministry, it was necessary for Christ, already full of the Holy Spirit and attested to by the Father, to encounter and get the victory over Satan. Fasting enabled Him to accomplish this and to return "in the power of the Spirit." (Luke 4:14). If we are to do the work which Jesus did, we must start where Jesus started. Jesus began with fasting.

JESUS EXPECTS HIS DISCIPLES TO FAST. "When you fast, do not put on a gloomy face as the hypocrites do...anoint your head and wash your face so that you may not be seen as fasting by men." (Matthew 6:16-18). The Sermon on the Mount, generally regarded as the chapter for discipleship, initially addressed three things - giving alms, praying and fasting. In essence, Christ puts these on precisely the same level and in each case, does not say if, but when. Jesus assumed that all His disciples would fast. When asked, "Why don't your disciples fast like the Pharisees and the disciples of John?" Jesus replied, "The time is coming when they will fast." (Mark 2:18-19)

THE EARLY CHURCH FASTED. "While they were ministering to 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 13:2-3). It was while fasting that the early believers received vital revelation as to God's leadership choices and direction. Having learned the will of God, the early Church again fasted, prayed and laid hands on the men appointed so that God's will might be fulfilled. Scripture then significantly declares, "So they, being sent out by the Holy Spirit, went down to Seleucia...and appointed elders...in every church, having prayed and fasted." (Acts 13:4, 14:23). After a study of the New testament, I am convinced that the release of real life, the discovery of God's perfect will and the proper governing of God's people hinge upon corporate prayer and fasting.

The practice of fasting illustrates the beautiful balance between divine grace and human responsibility. Our redemption accomplished in Christ is all by grace, received through faith, but it is not apart from works. (Ephesians 2:5; Hebrews 6:7-12; James 2:14-26). We generally learn the benefits of what God requires us to do by doing it. The people who do not obey very seldom discover the benefits.

FASTING IS A WAY TO HUMBLE OURSELVES. "I put on sackcloth and humbled myself with fasting...zeal for your house consumes me...when I weep and fast, I must endure scorn." (Psalm 35:13; 69:10). David, one of the really great men of the Old Testament, humbled his soul by fasting on behalf of others who were sick, the condition of the nation, etc. Ezra likewise called a fast at the river Ahava in order that the exiles who were returning to Jerusalem might humble themselves and enlist the supernatural protection of God. (Ezra 8:31-34)

Why do we need to fast or "afflict our souls?" The soul in biblical terminology corresponds to what we today call the "ego." It is the 'I' part, the self-assertive part, the part that says, "I want," "I feel," "I'm important," "look at me," "bless me." It is what John refers to in his first epistle when he speaks about "the boastful pride of life." (1 John 2:16). Fasting is a God-ordained way of bringing the rebellious side of our soulish nature into subjection to the will and mind of God. Jesus, fasting, found strength to control his 'ego' and overcome the temptations of Satan in the wilderness. (Matthew 4:1-11)

This is important. The first Adam fell through eating; the last Adam, Jesus, overcame through fasting.

FASTING PURIFIES OUR FAITH. "Faith is being sure of what we hope for and certain of what we do not see." (Hebrews 11:1). What is faith? Faith is spiritual, it is not soulish. It is not emotion nor is it theology. It is in an inner realm of our nature which is hard for us to discern. When you have come to the end of your theology, ability, experience and knowledge of scripture, and when you have no more emotion left, then that little 'mustard seed' that is left that says as Esther did, "If I perish, I perish, but I'm going to obey..." that is faith. (Esther 4:16) God permits us, not only through fasting, but also in other ways, to be stripped of everything carnal and soulish, that we may come to bare faith. We do not really need a lot of faith, but we need pure faith. Effective faith is ultimately rooted in God's faithfulness.

FASTING BRINGS INSIGHT INTO THE SPIRITUAL REALM. "Momentary, light affliction is producing for us an eternal weight of glory far beyond all comparison, while we look not at the things which are seen: for the things which are seen are temporal, but the things which are not seen are eternal. For we walk by faith, not by sight." (2 Corinthians 4:17-18; 5:7). There are two realms: the visible and the spiritual. One is seen yet is transient and impermanent. The other invisible yet eternal.

When we are comfortable and too much at home in the seen world, we are not in proper contact with the next. Paul, a man of much fasting, many afflictions and a clear vision of eternity, suggests that it takes affliction of our souls to fix our gaze on the eternal, our real home. Fasting, when practiced with the right motives, is a discipline that weans us from the things of time and imparts spiritual sensitivity.

FASTING MAKES WAY FOR THE HOLY SPIRIT. "The flesh sets its desire against the Spirit, and the Spirit against the flesh; for these are in opposition to one another." (Galatians 5:17). "The flesh" does not mean our physical body, but rather refers to the nature of a rebel. Insofar as the flesh or "old man" is at work, the Spirit is not at work. Fasting enables us to deal with this inner root nature and to command the old man, "Stand aside, I'm going to let the Holy Spirit have His way." Probably the biggest mistake of the Church is that of trying to do the will of God without the Holy Spirit. As a result, every area of the Church's inheritance has been blighted and the nation suffers from lack of redemption.

God's Word declares that there is a way to effect revival, renewal and restoration in the Body of Christ and healing in nations. (2 Chronicles 7:14; Isaiah 58; Acts 2:16-21). The first thing God asks us to do is humble ourselves in the appointed scriptural way by confession of sin, repentance and fasting. The responsibility for this call rests upon the leaders. If the leaders will not do it, the people of God will never do it effectively. The destiny of the Church and of the nations is in our hands. May God help us all rise to the challenge.

Prayer and Fasting Tit-Bits

Mike Murdock

Focus on Fasting. Fasting is a feared weapon in battle. It is a tool that sharpens your spiritual sensitivity to God.

Ps. Emmanuel Agbobli

NOTHING happens here on earth, on earth everything manifests. Take advantage of this time of prayer and fasting to provoke heaven to act on your behalf.

- Choose a prayer partner and pray at agreed times (you may pray from different locations).
- Wake up early in the morning to pray every day of the fast before leaving for work/school. Dawn prayer meetings comes off at some of our branches. Be a part of it.
- Use your lunch break as an opportunity to pray. There will be lunch hour prayer services at some of our branches. Be a part of it.
- There will be corporate prayer times at all branches and households of faith during the fast. Don't miss out!!!

Date	Topics
Monday 11 th 6.30pm – 7.30pm	<p><i>It is required of every Christian to fast...Jesus said 'Moreover when you fast....'</i> Mat 6:16, Isaiah 58</p> <p>Pray dedicating the twenty-one day fast unto the LORD.</p> <p>Pray confessing any iniquity of the heart and rededicate yourself to Jesus. 1 John 1:9</p> <p>Pray that you will finish strong in the fast: no sickness, accidents, temptations that will defeat the purpose of the fast.</p> <p>Declare that the lines will fall unto you in pleasant places and you will be revived and equipped for every good work during the fast.</p>
Tuesday 12 th 6.30pm – 8pm	<p><i>We are in the end times where perversion is the order of the day. We need divine help</i></p> <p>Pray that the people of God will stand for the truth of God's word in the midst of perversion and that with all boldness, we shall speak the Word of God. Pray that signs and wonders will be evident in our ministrations Mark 16:17 - 18, Acts 4:23 - 30</p> <p>Pray that leaders and members will know God and serve him with a perfect heart and a willing mind 1Chron. 28:9</p> <p>Prayer for the manifestation of the supernatural at our services and that as a church we will perceive and avert evil before it occurs. Acts 27:9-10, Acts 27: 21-22</p>
Wednesday 13 th 6.30pm – 7.30pm	<p><i>Islamic State (IS) is a major pointer to the return of Christ Jesus. Their presence has caused havoc in many nations.</i></p> <p>Pray and block the infiltration of Islam extremism ie ISIS, Boko Haram in your country. Ps 2:1-4</p> <p>Pray that God will deliver your nation from terrorist attacks. Ps 23: 4</p> <p>Pray for the Salvation of Islamic States, Iraq, Iran, Syria, Egypt, Libya etc Isa 19:18-22</p> <p>Pray for the salvation of Islamic Extremists eg ISIS, Boko Haram in Nigeria</p>
Thursday 14 th 6.30pm – 7.30pm	<p><i>HCI is embarking on many church projects ie Building, Harvest City Project, Harvest Schools etc to advance the work of the Kingdom. Jesus' ministry was supported financially by the likes of Susanna Luke 8:1-3. Paul's ministry and the church in Jerusalem was also supported by the church in Macedonia Phil 4:15</i></p> <p>Pray that leaders and members will understand and give to the cause of the kingdom. 2 Cor 9:6</p> <p>Prayer for the release of supernatural resources to complete building projects at all our branches Neh. 2:20, James 1: 17</p> <p>Pray that Holy Ghost will grant leaders and members, wealth creation ideas and the capacity to build sustainable businesses. Deut 8:18</p>
Friday 15 th 6.30pm – 8pm	<p><i>Winning the lost at all cost is for every born again believer and this work must be done with urgency.</i></p> <p>Pray that leaders and members will be passionate about lost souls and will compel all men to come to Christ. Luke 14:23</p> <p>Pray that members will be committed to the Households of Faith and become instruments for winning the lost</p> <p>Pray that God will open doors of missions and evangelism for the church, so that more branches will be opened in Ghana, Africa and the rest of the World. Matt 9:38, Luk 10:2</p> <p>Pray that new branches will be established in the power and grace of God</p> <p>Pray for divine supply: material, financial resources and protection especially for the Missions team as they do the work of ministry.</p>
Saturday 16 th 3pm – 6pm	<p><i>The Pulpit begets the pew</i></p> <p>Pray that God should grant HCI Spirit-filled and Spirit-directed men and women at all levels of leadership. Leaders who are sensitive to the promptings of the Holy Ghost to lead and guide his people.</p> <p>Pray that leaders at all levels will have a sustained passion and great boldness to preach and teach the unadulterated Word of God. Acts 4:20, Acts 4:29-30</p> <p>Pray that leaders of HCI will be committed and focused on God's agenda for this age and not become distracted. Rom 8:29, Eph 4:11-16, 2 Peter 1:10</p> <p>Pray that God will preserve the lives of Leaders and church workers worldwide. Rom 15:30-31</p>

<p>Sunday 17th</p>	<p><i>The reason why Jesus died for our sins was to have a relationship with us. This must be the focus of our service to Him</i></p> <p>Pray that leadership and members of HCI will give themselves wholly to the doctrines of the church of God and that there would be no holding back or partial service. 1Ti 4:14-15</p> <p>Pray that leadership and members will receive grace to understand the times and seasons of God throughout 2016 and that they will be careful to walk in the will of God through the help of the Holy Spirit 1Ch 12:32</p> <p>Pray that God will grant leaders and members divine provision and protection throughout 2016 Psa 34:10, Exo 23:20, Psa 118:17</p>
<p>Monday 18th 6.30pm – 7.30pm</p>	<p>Pray that the youth of HCI will be addicted to the Word of God</p> <p>Pray that God will deliver the youth and children of HCI from wrong company and immoral practices.</p> <p>Pray for a visitation of God to raise the Youth and Teens ministry of HCI to be endued with power from heaven to do exploits for God in their days and to leave a landmark for the generation after them to follow. Ps105:5; Isa 40:29-31</p>
<p>Tuesday 19th 6.30pm – 8pm</p>	<p><i>The GO can only build according to divine pattern when there is a constant supply of God's spirit.</i></p> <p>Pray for divine wisdom and guidance for the General Overseer (GO). Hos 12:10</p> <p>Pray that the GO will not judge by appearance or make decisions based on hearsay but rather he would be led only by the Spirit of God Is 11:3, 1Kings 13:11 - 18</p> <p>Pray that God will deliver him from wicked spirits and evil men sent to contaminate him and compromise his ministry. Act 8:17 – 21</p> <p><i>Pray for a constant supply of the spirit of God and that he will preach the word of God with great passion and conviction.</i></p> <p>Pray for divine provision and protection for his family. Eph. 6:18-20, 2Thes 3:1 -3; 1Chron 13:1</p>
<p>Wednesday 20th 6.30pm – 7.30pm</p>	<p><i>Praise is your verbal and physical response to the greatness of God. Music...singing...worship... create an atmosphere for miracles. You are responsible for the climate you permit around you. The Atmosphere You Permit Determines The Product You Produce. – Dr. Mike Murdock</i></p> <p>Verbalise your acknowledgement of God's sovereignty in your life, your family, ministry, business and HCI.</p> <p>God has been gracious to us, as a people and also as a ministry. Ps 103:1-5</p> <p>Appreciate God in deep praise and worship. Psalm 18</p>
<p>Thursday 21st 6.30pm – 7.30pm</p>	<p>Pray that members of the HP committee will see HP 2016 (all program committees in the UK) as an opportunity to see souls saved and transformed.</p> <p>Pray that HP committee members (all program committees including Camp committee in the UK) will be united in purpose as they plan for HP 2016. (Their local programs)Gen 11:6</p> <p>Pray that God will sustain, provide and protect every family involved with HP 2016 (Committee members, Singers, Drama, Ushers etc)</p> <p>Pray for divine favour to attract financing and support from the right partners.</p> <p>Pray taking authority over the spiritual atmosphere and for the tangible manifestation of the Holy Ghost during HP 2016 Gen 28:16-17.</p> <p>Pray for a word in season for the preacher and for the Spirit of conviction to bring lost souls to Jesus during the ministration of God's word at HP 2016.</p>
<p>Friday 22nd 6.30pm – 7.15pm</p>	<p><i>Eligibles need the intervention of God in the area of marriage</i></p> <p>Pray asking forgiveness for the sins of parents and eligibles that may have given the enemy the opportunity and legal right to work against their marriage plans. Matt. 6:12</p> <p>Destroy any ungodly soul ties and influence of every former sexual partner – parents, boyfriend, girlfriend etc</p> <p>Break every satanic covenants, vows, agreements and declarations made on behalf of any eligible that is working against their life. Gal. 3:13, Psalm 107: 2</p> <p>Pray that God will help those in wrong relationships to break it and look up to him</p> <p>Pray that God will favour every eligible in the area of marriage</p> <p>Declare that God will connect every eligible to their right partners and that their marriage will be</p>

	<p>peaceful. Pray for the spirit of wisdom and counsel to help marriage counsellors' direct counselees' and marriages in distress.</p>
<p>Saturday 23rd 3pm – 6pm</p>	<p><i>“Marriages can only succeed when couples are united in their decisions” – Mr & Mrs. Crabbe.</i> Pray that married couples will be united in all decisions and will also pray together. Gen. 2:25 Pray exercising authority over any satanic interference and curse of failure in marriages. Pray arresting any spirit of bitterness, unforgiveness, mistrust and resentment in marriages. Pray against the spirit of divorce and adultery in marriages. Pray that families will be preserved from sudden calamities ie armed robbery, rape, strange diseases, motor accidents etc. Luke 11:4 Pray commanding the blessings of marriage to become evident in the lives of married couples</p>
<p>Sunday 24th</p>	<p>Pray that members will be committed to every opportunity provided by the church to win the lost ie MOVE, DOZ, HYM, HOF etc . Pray for passionate leaders who will move the work of ministry forward Pray for a spirit of unity and oneness to pursue the course of Christ through these ministries Jer 32:39 Pray that through these ministries mentorship will be provided to members at all levels 1Tim 4:12b Pray for a revival at the HOF.</p>
<p>Monday 25th 6.30pm – 7.15pm</p>	<p>Pray that the children in HCI will have a personal encounter with the Holy Ghost and also know God for themselves. Pray that God will deliver the children in HCI from embracing strange doctrines and religions. Pray against any attack of sickness and disease targeted at the children in HCI Pray for divine ability and grace to enable the children in HCI withstand peer pressure and that Jehovah will deliver them from ungodly associations Pray for a restoration of relationship between parents and children Malachi 4:6</p>
<p>Tuesday 26th 6.30pm – 7.15pm</p>	<p><i>The pastors working in our rural communities are doing a great work and need our support and encouragement to fulfil God's mandate for HCI.</i> Pray that the pastors and members in our rural (UK branches as well) will be established in the will, word and ways of God 1 Tim 1:2-4 Pray that the pastors will walk in divine protection from hostile forces in the rural communities eg Occultism, Traditionalists, Islamic Leaders etc (UK: Secularism, the fight against the church) http://www.telegraph.co.uk/education/12036287/Britain-is-no-longer-a-Christian-country-and-should-stop-acting-as-if-it-is-says-judge.html Pray for supernatural provision for the young Pastors and their families Pray that God will deliver every pastor, especially the young ones from immoralities and fleshy desires. Pray that signs and wonders will be done by the hands of the ministers to confirm God's word.</p>
<p>Wednesday 27th 6.30pm – 7.15pm</p>	<p>Pray that God will preserve the lives of the President, the Vice, the Chief Justice and Speaker of Parliament. (The Queen, the Prime Minister, the Speakers of both Houses, The Lord chief Justice) 1 Tim 2:1-4 Pray for divine protection of Ghana before, during and after the elections 2016. Ps 121:4 (from terrorists activities in the UK.) Pray against national disasters, fire outbreaks and floods and plane crash in Ghana (flooding from rains etc, road accidents in the UK) Pray the God will open more doors for business opportunities in Ghana to revive and stabilize the economy. (For church members in the UK. That members shall create their own jobs and be employers) Isa 45:14 Pray for God's protection for the nation and people (in the country in which you live for good health) against the infiltration of strange diseases. Exo 12:13 Prayer for the peace, prosperity and Holy Ghost revival in Ghana, (and in the UK) Ps. 122:6-8, Hab 3:2</p>

<p>Thursday 28th 6.30pm – 7.15pm</p>	<p>Pray that God will cause and lead revivals in branches of HCI Hos 6:2 Pray for a strong desire in the hearts of leaders and members to seek God for a revival in our land Pray for a move of God to raise an army of prayer warriors who will seek God until revival breaks forth Hos 10:12 Pray for a move of God where the desire of leaders and members will seek to destroy the works of the devil in all our branches – 1John 3:8, Ezra 37:10, Ezek 3:17</p>
<p>Friday 29th 6.30pm – 7.15pm</p>	<p>Pray that every yoke of bondage, poverty, setback, family cycles of defeat and limitations, disappointment, failure, chains of wickedness and frustration, heavy burdens intended to crush us, shall all be destroyed. Isaiah 58:6 Destroy any family altars that will work against your life in 2016 and build holy altars unto the Lord in your life Judges 6:25-26, Phil 1:2 Pray that God will send helpers your way when you need them. Pray that God will bless and enlarge the territory of your life, ministry, academic and business pursuits 1 Chron 4:10</p>
<p>Saturday 30th 6.30pm – 7.15pm</p>	<p>Pray committing 2016 into the able hands of God. 2 Tim 1:12 Consecrate the New Year With The Blood for: Ex. 12:13 Pray that God will bring helpers your way and that He will lead you into fruitful lands Pray that you will not give up or quit in 2016 no matter the challenges Job 13:15</p>
<p>Sunday 31st</p>	<p><i>What a mighty God we serve. He has brought us through another 21 days of fasting and answered prayers.</i> Thank God for answered prayer. Bless God for his protection, provision, kindness, grace and favour in 2016</p>