



Dwelling
PLACE

PRAYER & FASTING —

2nd - 22nd September 2024

Prayer and Fasting 2024

DWELLING PLACE

Since the beginning of Oasis in 2015, our community has embraced 14 dedicated days each year for deepening our connection with God through prayer and fasting. Together, we seek to draw nearer to His heart, inviting His guidance and blessings upon our community, our families, our church, and our leaders, with a faithful expectation of His mighty works.

This year, our focus is on the theme “Dwelling Place.” This powerful scriptural theme highlights the importance of developing a close, intimate relationship with God, making His presence our ultimate refuge. Below are selected verses that encapsulate the beauty of establishing our dwelling place with the Most High:

Psalm 91:1-2 "Whoever dwells in the shelter of the Most High will rest in the shadow of the Almighty. I will say of the Lord, 'He is my refuge and my fortress, my God, in whom I trust.'"

John 15:4 "Remain in me, as I also remain in you. No branch can bear fruit by itself; it must remain in the vine. Neither can you bear fruit unless you remain in me."

Psalm 84:1-4 "How lovely is your dwelling place, Lord Almighty! My soul yearns, even faints, for the courts of the Lord; my heart and my flesh cry out for the living God. Even the sparrow has found a home, and the swallow a nest for herself, where she may have her young—a place near your altar, Lord Almighty, my King and my God. Blessed are those who dwell in your house; they are ever praising you."

Each of these scriptures emphasizes the peace, protection, and profound relationship available to us when we choose to make God our dwelling place. They invite us into a deeper communion with the Him, encouraging us to rest in His presence, trust in His care, and experience His unending love.

As we journey on these 14 days of prayer and fasting, we're eager to soak in God's presence, surrender wholeheartedly to Him, and lift our worship higher. Our aim is to nurture a deep, personal relationship with God, mirroring the peace and safety the psalmist felt under God's protective embrace.

This booklet is your companion for the journey ahead, designed to guide you through daily scripture reflection and prayer, and introduce you to the practice of fasting. Together, let's consecrate this time as sacred and holy, uniting in prayer to seek all that the Lord has in store for us.

Ps Christie & Ewen Blaikie

WHAT IS PRAYER

Prayer is communicating with God. It is how we make deeper connection with Him. Prayer is most effective when it isn't something we do every now and then, but when it's a lifestyle we cultivate. To understand how to have a lifestyle of prayer, we can look at the example Jesus gave during His life on earth.

Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where He prayed. **Mark 1:35**

HAVE A CERTAIN TIME

Jesus got up early in the morning to spend time with His Heavenly Father. Make a daily appointment with God — whether it's first thing in the morning, at lunch, or in the evening — and faithfully keep it.

HAVE A CERTAIN PLACE

Jesus had a specific place He went to pray. Having a designated place to pray helps us remove distractions and frees us to worship and pray out loud.

HAVE A CERTAIN PLAN

When Jesus taught His disciples how to pray, He gave them a prayer outline. We call it "The Lord's Prayer." As we pray every day, our plans for our prayer time can vary, maybe including worship music, Bible reading, and quiet time to listen to God. It doesn't always have to look the same; it just helps when we have a plan for connecting regularly with God.

WHAT IS A FAST?

Fasting is not a hunger strike, it doesn't earn points with God. Fasting is when you're hungrier for something you can't see, than what you can see.

We hope that through fasting, you will gain spiritual clarity, experience personal spiritual breakthroughs and push through unbelief in what ever personal journey you are going through. 'I don't think the devil is intimidated by my fasting, he is intimidated by my authority" Bill Johnson.

Traditionally, fasting is the practice of abstaining from food and most drinks for a period of time. That time is then replaced with prayer and time with God. However this practice isn't limited to food. People also give up things in their lives that distract them from God. Here are some non-foods that people commonly fast from:

Social media
Technology
Television
Specific social activities

EXAMPLES OF FASTING IN THE BIBLE

Jesus fasted to acknowledge his dependence and to gain spiritual strength through reliance on the Holy Spirit and God's Word. He did this before he began his public ministry (**Luke 4:1-2**).

Nehemiah fasted for confession, repentance and favour in the sight of the king to get permission to rebuild the walls of Jerusalem (**Nehemiah 1:4**).

David humbled himself for God to intervene because of injustice (**Psalms 35:13**).

In 2 Samuel 12:17-23 he fasted for healing and miraculous intervention. Mordecai and the Jews fasted upon hearing news of Haman's wicked plot for their extermination (**Esther 4:3**).

The Early Church fasted while worshiping and committing their ministry to the Lord. They also sought the Lord through fasting for guidance, confirmation and the

appointment of elders (**Acts 13:2; 14:23**).

Jesus expected His disciples to fast, but he did not command it (**Matthew 6:16**).

MOTIVATION FOR FASTING

Knowing our purpose and motivation for fasting is an essential ingredient if we are going to succeed in what God has called us to. Below are some examples as to the reason we may fast:

- Repentance and to grow deeper in our relationship with God.
- To awaken a spiritual hunger for God that may be dulled because of a "desire for other things."
- To demonstrate our love and desire for God above all things (even his gifts).
- Spiritual strength against an enemy attack.
- To express our ache for his return. Jesus said, "I have food to eat that you know nothing about" (John 4:32).
- To break demonic bondage. "This kind does not come out except by prayer and fasting" (Matthew 17:21).
- To divide our bread with the poor. "To house the homeless poor, to loosen bonds of wickedness, to let the oppressed go free" (Isaiah 58:6-7).

TYPES OF FASTS

Full Fast: Drink only liquids (you establish the number of days).

The Daniel Fast: Eat no meat, no sweets and no bread. Drink water and juice. Eat fruits and vegetables.

3-Day Fast: This fast can be a Full Fast, Daniel Fast or give up at least one item of food.

Partial Fast: A partial fast is from 6:00 am to 3:00 pm or from sunup to sundown. You can select from three types of fasting—a Full Fast, Daniel Fast or give up at least one item of food.

Fasting from Activities: Some people may be unable to fast from food due to medical reasons, or perhaps this is their beginning point. Martyn Lloyd-Jones said, “Fasting should really be made to include abstinence from anything which is legitimate in and of itself for the sake of some special spiritual purpose.”

If a health condition does not permit you to go without food, consider fasting from television, computer, social media, or some other regular enjoyment that would bend your heart toward greater enjoyment of Jesus. Paul even talks about married couples fasting from sex “for a limited time, that you may devote yourselves to prayer” (1 Corinthians 7:5).

HOW TO BEGIN

Start with a clear goal. Be specific. Why are you fasting? Do you need direction, healing, restoration of marriage or family issues? Are you facing financial difficulties?

Ask the Holy Spirit for guidance. Pray daily and read the Bible.

Preparing Spiritually: Confess your sins to God. Ask the Holy Spirit to reveal areas of weakness. Forgive all who have offended you and ask forgiveness from those you may have offended (Mark 11:25; Luke 11:4; 17:3-4). Surrender your life fully to Jesus Christ and reject the worldly desires that try to hinder you (Romans 12:1-2).

Deciding What to Fast: Choose a fast that suits you. Remember with whatever fast you choose to replace that time with prayer and bible study.

Deciding How Long: You may fast as long as you like. However if this is your first time at fasting or you have a medical condition, then start slow. Most people can easily fast from food for one to three days, but you may feel the grace to go longer,

As a church, we will fast corporately over 14 days.

Use wisdom and pray for guidance.

WHAT TO EXPECT

When you fast from food, your body detoxifies by eliminating toxins from your system. This can cause mild discomfort such as headaches and irritability, especially during withdrawal from caffeine and sugars. And naturally, you will have hunger pains. Limit your activity and exercise moderately. Take time to rest. Fasting brings about miraculous results, and you are following Jesus' example when you fast. Spend time listening to praise and worship. Pray as often as you can throughout the day. Get away from your normal distractions as much as possible and keep your heart and mind set on seeking God's face.

HOW TO END YOUR FAST

Don't overeat when the time comes to end your fast. Begin eating solid food gradually; eat small portions or snacks.

HOW TO USE THIS GUIDE

The following pages contain our prayer meeting calendar and prayer plan for the next two weeks. We encourage you to attend as many of the prayer meetings as possible and set aside time each day to reflect on the scripture and pray into both the personal and community prayer focus points. Share your journey with those in your connect group and volunteer team and spur each other on in this season of intentional prayer and fasting.

We pray that your personal relationship with God will grow deeper through this time, and we are expectant for God to move mightily in our community as we unite in intercession before Him!

Journal

COMMITMENT OVER THIS SEASON

Use the space below to write down your commitment to God for the next 14 days, including the sessions you might commit to and what you're fasting from during this period. Then intentionally declare what you're contending for in this season of Pray and Fasting in faith.

PRAYER & FASTING

2nd - 22nd September 2024

Highlights for September

Prayer & Fasting 2nd - 22nd September

Opening Night 2nd September

Miracle Offering & Break Fast Celebration 15th September

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
2nd // DAY 1 FASTING COMMENCES 7-8 PM OPENING PRAYER MEETING TO COMMIT TO THE P&F	3rd // DAY 2	4th // DAY 3 7:00 - 8:00 PM PRAYER MEETING	5th // DAY 4	6th // DAY 5	7th // DAY 6 10:00 - 11:00 AM FAMILY PRAYER MEETING	8th // DAY 7
9th // DAY 8 7-8 PM PRAYER MEETING	10th // DAY 9	11th // DAY 10 7:00 - 8:00 PM PRAYER MEETING	12th // DAY 11	13th // DAY 12	14th // DAY 13 10:00 - 11:00 AM FAMILY PRAYER MEETING	15th // DAY 14 10 AM MIRACLE SERVICE END OF FAST CELEBRATION

MONDAY & WED NIGHT PRAYER GATHERINGS 7-8PM (JANDAKOT & BALDIVIS LOCATIONS)
SATURDAY FAMILY PRAYER GATHERINGS 10-11AM (AT EACH VENUE)

PLEASE NOTE THERE WILL BE NO CHILDCARE, HOWEVER THERE WILL BE OPPORTUNITIES FOR PRIMARY SCHOOL AGED CHILDREN TO GET INVOLVED WITH GUIDANCE FROM NEXT GEN LEADERS.

PRAYER PLAN

Day 1 // Monday 2nd September

SURRENDER

Scripture: Colossians 3:1-4

"Since, then, you have been raised with Christ, set your hearts on things above, where Christ is, seated at the right hand of God. Set your minds on things above, not on earthly things. For you died, and your life is now hidden with Christ in God. When Christ, who is your life, appears, then you also will appear with him in glory."

Devotional: Today, we begin our journey of prayer and fasting by fixing our eyes on the things above, where Christ reigns in glory. Let us set our hearts and minds on heavenly things, knowing that our true life is found in Him. As we fast and pray, may we long for the day when we will appear with Christ in His glory.

Journal

Day 2 // Tuesday 3rd September

TRANSFORMATION

Scripture: 2 Corinthians 5:17

"Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!"

Devotional: Let us rejoice in the new life we have in Christ. Let us leave behind our old ways and embrace the transformation that He brings. May our prayers be filled with thanksgiving for the new creation that we are in Him.

Journal

Day 3 // Wednesday 4th September

PRAISE

Scripture: Psalm 150

"Praise the Lord. Praise God in his sanctuary; praise him in his mighty heavens. Praise him for his acts of power; praise him for his surpassing greatness. Praise him with the sounding of the trumpet, praise him with the harp and lyre, praise him with timbrel and dancing, praise him with the strings and pipe, praise him with the clash of cymbals, praise him with resounding cymbals. Let everything that has breath praise the Lord. Praise the Lord."

Devotional: Today, let us lift our voices in praise and worship to the Lord, for He is worthy of all honor and glory. Let every instrument and every breath be dedicated to praising His holy name. As we fast and pray, may our worship be a pleasing offering to the Lord.

Journal

Day 4 // Thursday 5th September

SUBMISSION

Scripture: James 4:7

"Submit yourselves, then, to God. Resist the devil, and he will flee from you."

Devotional: Today we submit ourselves to God and resist the schemes of the enemy. As we draw near to God, may He give us the strength to stand firm against the devil's attacks. Let us hold fast to the promise that when we resist the devil, he will flee from us.

Journal

Day 5 // Friday 6th September

PERSEVERANCE

Scripture: Hebrews 10:36

"You need to persevere so that when you have done the will of God, you will receive what he has promised."

Devotional: Persevere in faith, knowing that God is faithful to fulfill His promises. Let us not grow weary in doing good, but trust in the Lord's perfect timing. May we have patient endurance as we wait for the fulfillment of His promises.

Journal

Day 6 // Saturday 7th September

TRUST

Scripture: Proverbs 3:5-6

"Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight."

Devotional: Trust in the Lord with all our hearts and lean not on our own understanding. As we fast and pray, let us surrender our ways to Him and seek His will in all that we do. May we find comfort in knowing that He will guide us and make our paths straight.

Journal

Day 7 // Sunday 8th September

ENDURANCE

Scripture: Galatians 6:9

"Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up."

Devotional: As we press on in prayer and fasting, let us not grow tired of doing good. Let us remain steadfast in our faith, knowing that in due time, we will reap a harvest of blessings if we do not give up. May our perseverance be a testament to our trust in the Lord's faithfulness.

Journal

Day 8 // Monday 9th September

SEEKING GOD'S PRESENCE

Scripture: Psalm 27:4

"One thing I ask from the Lord, this only do I seek: that I may dwell in the house of the Lord all the days of my life, to gaze on the beauty of the Lord and to seek him in his temple."

Devotional: We desire above all else to dwell in the presence of the Lord. As we fast and pray, may our hearts be set on seeking His face and beholding His beauty. Let us prioritize spending time in His presence, for in Him we find true joy and peace.

Journal

Day 9 // Tuesday 10th September

HEAVENLY PERSPECTIVE

Scripture: Revelation 4

"After this I looked, and there before me was a door standing open in heaven. And the voice I had first heard speaking to me like a trumpet said, 'Come up here, and I will show you what must take place after this.'"

Devotional: Today we are reminded of the open door that stands before us in heaven. Let us heed the voice of the Lord calling us to come up higher and see the things He wants to reveal to us. May we have eyes to see and ears to hear the heavenly perspective He wants to impart to us.

Journal

Day 10 // Wednesday 11th September

SACRIFICE

Scripture: Romans 12

"Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship."

Devotional: Let us present ourselves as living sacrifices to the Lord in our time of prayer and fasting. May our worship be genuine and pleasing to God as we offer ourselves wholly to Him. Let us be transformed by the renewing of our minds and live out His will in our lives.

Journal

Day 11 // Thursday 12th September

DELIGHT IN GOD'S WORD

Scripture: Psalm 119:92-116

"If your law had not been my delight, I would have perished in my affliction. I will never forget your precepts, for by them you have preserved my life. Save me, for I am yours; I have sought out your precepts. The wicked are waiting to destroy me, but I will ponder your statutes. To all perfection I see a limit, but your commands are boundless."

Devotional: Meditate on the Word of God and find delight in His commands. As we face challenges and afflictions, may His precepts be our guide and protection. Let us seek His saving grace and trust in His boundless wisdom to sustain us in all circumstances.

Journal

Day 12 // Friday 13th September

HOPE

Scripture: Isaiah 40:31

"But those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint."

Devotional: As we near the end of our prayer and fasting journey, may we find renewed strength in the hope we have in the Lord. Like eagles soaring high, let us trust in His power to lift us up and carry us through every trial. May we persevere in faith, knowing that He will sustain us and strengthen us in our time of need.

Journal

Day 13 // Saturday 14th September

FAITHFULNESS

Scripture: 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."

Devotional: Let us conclude our season of prayer and fasting by emulating the steadfast faith of Daniel. Like Daniel, let us be devoted to seeking the Lord in prayer, regardless of the circumstances around us. May we be known for our unwavering commitment to God, giving Him thanks and praise in all things.

Journal

Day 14 // Sunday 15th September
Miracle Offering and Praise & Thanksgiving Service 10am
PRAISE

Scripture: Psalm 150:6

"Let everything that has breath praise the Lord. Praise the Lord."

As we come to the end of our 14-day journey of prayer and fasting, let us lift up a final chorus of praise to the Lord. Let every breath we take be dedicated to praising His holy name. May our worship be a sweet offering to Him, for He alone is worthy of all honour and glory.

Amen.

Journal

Take the space below to reflect on your prayer & fasting season. Write down any testimonies or answer to prayer.

SHARE YOUR TESTIMONEY

Oasis don't forget to share all the good things God has done in your life over the past 14 days with others and on our testimony page. Your testimony, no matter how small or big, can inspire and uplift others, strengthening our faith together.