



# KINGDOM BREAKTHROUGH

DANIEL FAST

## DANIEL FASTING

*At that time, I, Daniel, mourned for three weeks. I ate no choice food; no meat or wine touched my lips; and I used no lotions at all until the three weeks were over.*

*Daniel 10:2-3 (NIV)*

The Daniel Fast as the passage above indicates is a partial fast.

We are aware that people approach it differently. Some people decide to have all three meals in a day whilst others may decide to skip meals or have nothing at all on some days.

We encourage you to participate at the level that you are able. Please keep in mind the main aim of this fast is to give ourselves to seek the Lord. Those of you who have specific health issues please be wise during the fast.

### Practical Guidance

The following are recommended during the fast:

- Fruit
- Vegetables
- Wholemeal rice, pasta
- Pulses – lentils, barley etc.
- Water
- Soup
- (Fruit or herbal tea)
- (Meat and dairy are avoided)

Remember this is not a legalistic process! We trust that this will be a blessed time for you, individually and collectively, for the participating Churches as we ask the LORD for Kingdom Breakthrough.

## INTRODUCTION

We are really excited about starting the year with the Daniel fast. Over the last three years it has been a joy to do this together as church families. We are glad to welcome others on board as we journey together spending intentional time in His Word and in prayer.

This year our theme is Kingdom Breakthrough and our prayer is that we will grow together in passionate spirituality, radical community and missional zeal. Each week we will focus on one of these areas with some specific opportunities to get together in our communities (Burlington), relational cells (IIC) or as a whole church family.

Our encouragement and challenge is that everybody should endeavour to participate at some level so we can grow together. The Holy Spirit will reveal truths about ourselves and about others and He will help us to experience the Kingdom of God breakthrough in several areas.

*Then you will call on me and come and pray to me, and I will listen to you. 13 You will seek me and find me when you seek me with all your heart.*

*Jeremiah 29:12-13*

*Let joy be your continual feast.[a] 17 Make your life a prayer. 18 And in the midst of everything be always giving thanks, for this is God's perfect plan for you in Christ Jesus.[b] 19 Never restrain or put out the fire of the Holy Spirit. 20 And don't be one who scorns prophecies,[c] 21 but be faithful to examine them by putting them to the test, and afterward hold tightly to what has proven to be right.[d] 22 Avoid every appearance of evil. 23 Now, may the God of peace and harmony set you apart, making you completely holy. And may your entire being—spirit, soul, and body—be kept completely flawless in the appearing of our Lord Jesus, the Anointed One. 24 The one who calls you by name is trustworthy and will thoroughly complete his work in you.*

*1 Thessalonians 5:16-24 TPT*

# GUIDELINES

In these 21 days of praying and fasting, we will explore these twin subjects of grace and truth. We hope that this booklet will stimulate your appetite to delve into the scriptures yourself.

Each day provides:

A scripture passage to **Read** and to ponder on.

This is followed by

- a few reasons to **Adore** the Father
- points to **Ask** in prayer, meditation and reflection
- your **Act**, this may require inner adjustments, a change in attitude and conduct.

Finally we **Affirm** the truth of God's Word as part of a process of writing on our heart. So, grab your bible, notebook and pen and be prepared for the impact that these three weeks will have upon your life.

## Week 1 - Passionate Spirituality

Throughout this week we are going to be looking at seeing Kingdom Breakthrough in the area of our upward relationship with the Father. Everything that we do should flow from the place of intimacy with the Father. Jesus evidenced this throughout His earthly life as expressed in John 5:19 which says: 'I can do nothing of myself, I only do what I see the Father doing.' This is then echoed in John 15 where we are reminded that we can do nothing in and of ourselves unless we are dependent upon the vine.

As we go through this week our hope and prayer is that passion will arise in our hearts through exploring the Person, Presence, Praise, Promises, Prayer and Power of God. Passion is defined as 'having, showing, or caused by strong feelings or beliefs.' May our faith arise in the truth and wonder of who the Father is and the promises He has made to us throughout scripture. Be expectant for God to reveal your existing passions or new passions in increasing measure through this week. Let's pursue Him with all we have!

*10 I want to know Christ—yes, to know the power of his resurrection and participation in his sufferings, becoming like him in his death, 11 and so, somehow, attaining to the resurrection from the dead.*

*12 Not that I have already obtained all this, or have already arrived at my goal, but I press on to take hold of that for which Christ Jesus took hold of me. 13 Brothers and sisters, I do not consider myself yet to have taken hold of it. But one thing I do: Forgetting what is behind and straining toward what is ahead, 14 I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus.*

*Philippians 3:10-14 NIV*

## DAY 1 - PERSON

Read Exodus 3:13-14; John 14:6; Revelation 1:8

*13 Then Moses said to God, "Indeed, when I come to the children of Israel and say to them, 'The God of your fathers has sent me to you,' and they say to me, 'What is His name?' what shall I say to them?" 14 And God said to Moses, "I AM WHO I AM." And He said, "Thus you shall say to the children of Israel, 'I AM has sent me to you.'"*

*Exodus 3:13-14 NKJV*

*Jesus answered, "I am the way and the truth and the life. No one comes to the Father except through me."*

*John 14:6 NIV*

*"I am the Alpha and the Omega," says the Lord God, "who is, and who was, and who is to come, the Almighty."*

*Revelation 1:8 NIV*

In Exodus, Moses is asking God how He should be described to the Israelites. God simply says, "I AM WHO I AM". This is a statement of completion, that God is the fullness of life. Jesus then begins to open this up more saying that He is the way, the truth and the life. It is through Him that we can know the complete I AM, the one who has been, who is and is to come. The one who knows the beginning and the end. In Him everything is complete and brought into fullness.

### **Adore**

Thank Him that He is the, "I AM".

Thank Him that as we follow Him as His disciples, we find fullness and Identity.

Thank Him for direction, truth and life, not just in part but in fullness.

### **Ask**

Him to reveal more of who He is to you through His word and times of intimacy.

That as He reveals more of who He is, you may be able to know more of the truth and life He has for you.

### **Act**

Spend some time resting in the character of Father, Son and Holy Spirit

Do some further study and look at the times when the father, Son and Holy Spirit are shown as, "I AM."

### **Affirm**

He is the great I AM and I am complete in Him. He defines my identity and leads into truth and life.

## DAY 2 - PRESENCE

Read Genesis 3:8-9; Matthew 3:13-17; Ephesians 5:18

*And they heard the sound of the LORD God walking in the garden in the cool of the day, and the man and his wife hid themselves from the presence of the LORD God among the trees of the garden. But the LORD God called to the man and said to him, "Where are you?"*

*Genesis 3:8-9 ESV*

*Then Jesus came from Galilee to the Jordan to be baptized by John. <sup>14</sup>But John tried to stop him, saying, "I need to be baptized by you, and are you coming to me?" <sup>15</sup>But Jesus answered him, "Let it be this way for now, because this is the proper way for us to fulfil all righteousness." At this, he permitted him to be baptized. <sup>16</sup>When Jesus had been baptized, he immediately came up out of the water. Suddenly the heavens opened up for him, and he saw the Spirit of God descending like a dove and coming to rest on him. <sup>17</sup>Then a voice from heaven said, "This is my Son, whom I love. I am pleased with him!"*

*Matthew 3:13-17 ISV*

*And do not get drunk with wine, for that is debauchery, but be filled with the Spirit*

*Ephesians 5:18 ESV*

As we see in Genesis the original intention and desire of the heart of God is that we would walk and live with Him. We were created for His presence. However, we know at The Fall this level of intimacy was broken. Jesus' baptism marked and instituted a significant change; the presence of the Spirit remained upon Him affirming the continued presence of the Spirit at work. This created a new way for us, where through Christ, we are called and have unlimited access to the presence of the Spirit and can be continually filled.

### Adore

Listen to, 'Your presence is heaven to me' <https://iic.io/2R>

Rest in the presence of the Spirit

Re-listen to the song above and reflect on what degree this is true for you

### Ask

The Father to create a greater and continual thirst for His presence (John 7 v 38-39)

For a continued awareness of His presence at work in creation, people and your everyday activities

### Act

Take time this morning to be filled afresh by the Holy Spirit (Ephesians 5 v 18)

Throughout today create 5 minute segments to dwell in His presence

### Affirm

I was created to and continue to live full of your Spirit

## DAY 3 - PRAISE

Read Revelation 5:12-14; 2 Chronicles 20:18-22; Acts 16:25-26

<sup>12</sup> *In a loud voice they were saying: "Worthy is the Lamb, who was slain, to receive power and wealth and wisdom and strength and honour and glory and praise!"*

<sup>13</sup> *Then I heard every creature in heaven and on earth and under the earth and on the sea, and all that is in them, saying: "To him who sits on the throne and to the Lamb be praise and honour and glory and power, for ever and ever!"*

<sup>14</sup> *The four living creatures said, "Amen," and the elders fell down and worshiped.*

*Revelation 5:12-14 NIV*

<sup>25</sup> *About midnight Paul and Silas were praying and singing hymns to God, and the other prisoners were listening to them. <sup>26</sup>Suddenly there was such a violent earthquake that the foundations of the prison were shaken. At once all the prison doors flew open, and everyone's chains came loose.*

*Acts 16:25-26 NIV*

The throne room of heaven gives us an insight of the priority and place of praise and worship. We also see two examples – one in the Old Testament and the other in the New Testament of how important exuberant praise was in their lives and how it brought about kingdom breakthrough. Let's praise to breakthrough!

### **Adore**

Use the song, 'Great In Power' <https://iic.io/31> or a song of your choice/heart to praise God

Praise God for his unfailing character – give him honour, glory and praise.

### **Ask**

For a greater joy and confidence to be released in our gathered times of praise

For a revelation of God's goodness even in the face of challenges

Pray for the grace to praise no matter what

### **Act**

Play worship songs/music and sing praise till you sense a breakthrough

List 5 reasons why God deserves praise

### **Affirm**

I give you praise, honour, glory and power forever and ever

## DAY 4 - PROMISES

Read 2 Corinthians 1:18-22; 2 Peter 1:1-4; 1 John 2:24-25

*<sup>20</sup>For no matter how many promises God has made, they are “Yes” in Christ. And so through him the “Amen” is spoken by us to the glory of God. 2 Corinthians 1:20 NIV*

*Simon Peter, a servant and apostle of Jesus Christ, To those who through the righteousness of our God and Saviour Jesus Christ have received a faith as precious as ours: <sup>2</sup>Grace and peace be yours in abundance through the knowledge of God and of Jesus our Lord. <sup>3</sup>His divine power has given us everything we need for a godly life through our knowledge of him who called us by his own glory and goodness. Through these he has given us his very great and precious promises, so that through them you may participate in the divine nature, having escaped the corruption in the world caused by evil desires. 2 Peter 1:1-4 NIV*

*Let what you heard from the beginning abide in you. If what you heard from the beginning abides in you, then you too will abide in the Son and in the Father. And this is the promise that he made to us—eternal life. 1 John 2:24-25 ESV*

Throughout Scripture there are a phenomenal amount of promises from the Father to us that we need to access and live out with faith and patience. We may have promises that we have not yet seen fully fulfilled in scripture and in our personal lives. However, we can be assured of His promises, as Peter reminds us that the Father God remains faithful to His promises even when we are faithless.

His promise to us is that we can abide in Him. Abiding relates to the place that we live from. We can live from His presence, and promises now, and into eternity. In Jesus, all the promises of God are yes and Amen!

### **Adore**

Thank Father God that you have been given the promise of eternal life  
Find promises in scripture and thank Him for them and what they mean for your life  
Listen for any promises the Father is speaking to you for 2019 and meditate on them  
Listen to the song – ‘Yes and amen’ <https://iic.io/2S>

### **Ask**

That you will know a deeper level of these promises by growing in His nature, reflecting Him as you abide in Him

For wisdom on how to apply His promises to your heart and life

### **Act**

List the promises that God has given you personally

Spend time thanking Him for each of these

Speak the promises over your life and others that need to know them

### **Affirm**

I stand on God’s promises to me! And all His promises are Yes and Amen in Christ

## DAY 5 - PRAYER

Read Matthew 6:9-13; Luke 11:9-13; Acts 4:24-31

<sup>9</sup>*In this manner, therefore, pray: Our Father in heaven, Hallowed be Your name.*

<sup>10</sup>*Your kingdom come. Your will be done On earth as it is in heaven.*

<sup>11</sup>*Give us this day our daily bread.*

<sup>12</sup>*And forgive us our debts, As we forgive our debtors.*

<sup>13</sup>*And do not lead us into temptation,*

*But deliver us from the evil one.*

*For Yours is the kingdom and the power and the glory forever. Amen.*

*Matthew 6:9-13 NKJV*

Prayer is one of the primary ways that we can see Kingdom Breakthrough. Jesus modelled a lifestyle of prayer and taught His disciples to do the same. We see this very clearly in the all-encompassing prayer outlined in Matthew 6. The disciples grasped this as after Jesus' ascension they continued to be committed to prayer to see transformation.

### **Adore**

Give thanks to the Father for His open invitation to ask (that your joy may be full); seek (his heart and face); knock (be persistent)

Give thanks for His assurance of answered prayer

Give thanks that the Father is greater than any opposition we face

### **Ask**

Using Acts 4:24-31 ask the Lord for an increasing passion and boldness in our gathered times of prayer

Ask God for wisdom keys to see breakthrough in a specific area on your heart

Ask God to teach you to pray – be open to what He may say

### **Act**

Pray specifically for an area of breakthrough in your work, home or individual's life

Find somebody to agree with you in prayer – physically or over the phone/text

Expect and pray for someone to have an encounter with the power of God (step out in faith)

### **Affirm**

The prayer of a righteous person is powerful and effective. I am righteous.

My prayer is therefore powerful and effective and brings transformation.

## DAY 6 - POWER

Read Ephesians 1:19-20; 3:14-20

*[I always pray that] you will know that God's power is very great for us who believe. It is the same as the mighty power He used to raise Christ from death and put him at his right side in the heavenly places.*

*Ephesians 1:19-20 ERV*

Power is the ability or capacity to do. God's power is therefore God's ability to do. Ephesians 3:20 says "God is able to do exceedingly abundantly above all that we ask or think, according to the power that is at work within us." Any limitation of God's power is what we allow within us. God's ability enables us to be holy, righteous, bold, fearless and courageous. God's power heals, protects and provides.

Jesus lived in the awareness and consciousness of this power at work in Him. Luke 5:17 describes how He was in a certain place teaching and the power of the Lord was present to heal.

### **Adore**

Thank God for the Spirit of power that lives in you.

Praise Him for resurrection life

### **Ask**

Father, please show me any areas of resistance, hindrances, unbelief which limits your power flowing through me. (Where necessary repent)

Lord, help me to live in the awareness of Your tremendous power resident in me.

Show me how to activate and work this power.

Open my eyes to see how to channel this power to help neighbours, friends and family. Listen to what the Father says to do.

### **Act**

One way of overcoming unbelief or resistance to the flow of God's power through you is to find scriptures to help you believe the truth

Do what Father has revealed to you to do – to demonstrate His power

God's power can be transmitted through touch, laying of hands and issuing orders.

Read Luke 4:39, Mark 1:41. What are you going to do?

### **Affirm**

The Spirit that raised Christ from the dead lives in me. Rivers of living water flow from within me.

## DAY 7- REVIEW DAY

Today spend some time reflecting over the past week. Use the questions below to capture what God has been saying.

What are you thanking God for?

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What has stood out from this week? Why do you think this is the case?

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What are the significant things God has been saying?

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How do you need to respond to what He's saying?

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Where is there evidence of the start of/or manifestation of spiritual breakthrough?

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How can you press into this to see His Kingdom Breakthrough?

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## WEEK 2 - RADICAL COMMUNITY

One definition of ‘radical’ is to return to the roots. This week we will be looking back at what the Early Church understood what it meant to be community. It won’t take us long to realise the ‘radical’ and transformational nature of truly living as community. In New Testament times the community introduced people to Jesus and this led to radical personal transformation and quickly radical societal change too.

And where did the community meet? In the temple courts to worship, on the streets to be part of God’s miracles, and in their homes (households) to feast together. This way of community minded living quickly saw many added to their number. The gospel of truth transformed lives and families and soon took the known world by storm. Could God do that here in Ipswich? He is and He is doing it through our churches. As we travel through this week let’s consider what more of Radical Community living could look like in our lives.

We see Radical Community expressed incredibly in the passage below:

*That day about three thousand took him at his word, were baptized and were signed up. They committed themselves to the teaching of the apostles, the life together, the common meal, and the prayers.*

*Everyone around was in awe—all those wonders and signs done through the apostles! And all the believers lived in a wonderful harmony, holding everything in common. They sold whatever they owned and pooled their resources so that each person’s need was met. They followed a daily discipline of worship in the Temple followed by meals at home, every meal a celebration, exuberant and joyful, as they praised God. People in general liked what they saw. Every day their number grew as God added those who were saved.*

*Acts 2:42–47 The Message (MSG)*

## DAY 8 - RADICAL LOVE

Read Romans 8:28-39; Romans 12:9-21; 1 Corinthians 13:3-7

*37 Yet in all these things we are more than conquerors through Him who loved us. 38 For I am persuaded that neither death nor life, nor angels nor principalities nor powers, nor things present nor things to come, 39 nor height nor depth, nor any other created thing, shall be able to separate us from the love of God which is in Christ Jesus our Lord.*

*Romans 8:37-39 NKJV*

*Love never gives up, Love cares more for others than for self. Love doesn't want what it doesn't have, Love doesn't strut, doesn't have a swelled head, doesn't force itself on others, isn't always me first, doesn't fly off the handle, doesn't keep score of the sins of others, doesn't revel when others grovel, takes pleasure in the flowering of truth, puts up with anything, trusts God always, always looks for the best, never locks back but keeps going to the end. Love never dies.*

*1 Corinthians 13:3-7 MSG*

Jesus modelled perfect love to his disciples and to us, a love that was so strong even death couldn't end it. His love was sacrificial, grace-filled and true. He has called and commanded us to walk in love with one another.

### **Adore**

Read Romans 8:37-39 out loud a number of times  
Speak it to your very soul and then turn it into praise  
Thank God for His amazing love for us  
Thank God that together we are more than conquerors

### **Ask**

Use 1 Corinthians 13:3-7 to ask God to speak to you about the way you love  
Ask God to deepen our collective love for one another  
Who is God asking you to show your love to and what does that look like?  
Where do you need to say sorry or forgive someone?

### **Act**

What are you going to do about what you have heard to demonstrate radical love within your community?

### **Affirm**

God's love never gives up on us and we choose to radically love one another

## DAY 9 - RADICAL RELATIONSHIPS

Read John 17. This is Jesus' prayer of unity for us all. Meditate on these words throughout the day.

*"A new commandment I give to you, that you love one another...By this all men will know that you are my disciples, if you have love for one another."*

*John 13:34-35 NIV*

The Trinity is a perfect relationship, in perfect unity. We are made in this image. The Father, Son and Holy Spirit's very nature shows how we are designed for intimate relationships. We were never created to travel this journey alone. God gives us friends, family, work colleagues, extended households and other Christians as a gift.

Christ-like relationships require giving of ourselves in a way that establishes trust—being transparent and vulnerable so that we own up to our areas of weakness. Whether with my own family or extended Christian family, God has called us to love others so that the world will know we belong to Him. As Christian's we are God's representative to a dying world, even if we don't say a word, our actions reveal our heart attitude.

### **Adore**

Many songs proclaim the truth of our need for relationships

Use one such as 'He loves us' – Jesus culture. A beautiful version can be found here:  
<https://iic.io/2U>

Thank God for His love and extend this love to each other  
Start your day proclaiming these truths

### **Ask**

Ask God for encouragement for those you are travelling your faith journey with  
Listen for words of scripture, pictures and prophesy that you can share with the Christians in your life

### **Act**

Spend time thanking God for those Christians in your life and pray for them  
If you feel it's appropriate send the person a card with the words of encouragement in  
Pray for opportunities to love those who you aren't yet walking closely with

### **Affirm**

We are one in Christ. We live and are growing in unity.

## DAY 10 - RADICAL HOSPITALITY

Read Acts 2:42-47; Romans 12:13

*Everyone around was in awe—all those wonders and signs done through the apostles! And all the believers lived in a wonderful harmony, holding everything in common. They sold whatever they owned and pooled their resources so that each person's need was met. They followed a daily discipline of worship in the Temple followed by meals at home, every meal a celebration, exuberant and joyful, as they praised God. People in general liked what they saw. Every day their number grew as God added those who were saved.*  
*Acts 2:43–47 MSG*

*Share with God's people who are in need. Practice hospitality.*

*Romans 12:13 NIV*

Something powerful happens when we as believers open our lives and home to practice radical hospitality. Jesus often responded to hospitality and within these contexts miracles took place (e.g. The wedding at Cana) It is clear that hospitality was pivotal to seeing deep relationships develop and the power of God released. This is something that we are called to practice.

### **Adore**

Thank God for people who evidence the gift of hospitality

Thank God for the blessing of provision and being able to show hospitality to others

### **Ask**

How can you use what God has given you?

We eat 21 meals a week, ask God how you could use just a couple of those meals to really connect with people around you

How can you spend quality time with a friend this week, giving God the opportunity to work miracles in that space and in that time?

### **Act**

Be encouraged to go into this week pressing into what God is saying about being hospitable

Pray for God to highlight who He wants you to spend time with and to perhaps open your home to

Reach out to that person and invite them in, whether that is for a coffee, or a meal or just a chat. Amazing miracles happen when we gather in His name

### **Affirm**

We are committed to being hospitable to one another.

## DAY 11 - RADICAL GENEROSITY

Read Matthew 26:6-13; Luke 21:1-4

*Jesus saw rich people dropping offerings in the collection plate. A poor widow put in two pennies. He said, "This widow has given by far the largest offering today. Others offered what they'll never miss; she gave extravagantly what she couldn't afford; she gave her all! The widow gave her all in service to her community and her God. She committed everything she needed for her own life, into His hands.*

*Luke 21:1-4 MSG*

*A woman walked up to Jesus and in a lavish gesture of devotion poured costly oil over His head. The disciples were offended. "What a total waste!" they grumbled, "we could have sold it for a great deal of money and given it to the poor." Jesus knew their thoughts and said, "Why are you critical of this woman? She has done a beautiful act of kindness for me.*

*Matthew 26:7 TPT*

This alabaster jar of expensive oil was the woman's future security, a 'nest egg' against times of hardship. Her love for Jesus was so deep that she sacrificed it for Him in an act of radical generosity.

### **Adore**

Make a list of God's generous blessings to you  
Spend time thanking God for his rich blessings in your life  
Listen to and meditate on 'I give myself away' <https://iic.io/30>

### **Ask**

Ask God to show you who He wants to bless through your acts of kindness, each day  
Consider your giving to God's family  
What is He saying to you?

### **Act**

Love each other deeply, as much as I have loved you; for the greatest love of all is a love that sacrifices all (John 15: 12-13)  
Freely you have received; freely give  
What is God asking you to do today?

### **Affirm**

Radical generosity is growing and springing forth from our hearts.

## DAY 12 - RADICAL TRUTH

Read Psalm 15; John 16:12-15

*The one whose walk is blameless, who does what is righteous, who speaks the truth from their heart;*

*Psalm 15:2 NIV*

*But when he, the Spirit of truth, comes, he will guide you into all the truth. He will not speak on his own; he will speak only what he hears, and he will tell you what is yet to come.*

*John 16:13 NIV*

Jesus' relationships with his disciples were based on 'high invitation and welcome' and 'high challenge'. He always operated out of truth and love. We need to learn to balance our relationships with fellow believers with truth and love. We also need people around us who will be led by the Holy Spirit and speak truth and love to us.

### **Adore**

Thank God for those He has placed around you who show you great love and speak holy truth into your life

Thank Father God for His Spirit who leads and guides us

Listen to 'No longer Slaves' <https://iic.io/2Y>

### **Ask**

Ask the Holy Spirit to help you examine yourself- do you accept challenge from God and others easily?

Do you find it easy to encourage others with the truth of what God is saying? If not ask for boldness

Ask the Holy Spirit to reveal areas of His truth that we need to grow in as cells missional communities and church family

### **Act**

Who can you encourage today?

Do you have a struggling friend who needs some encouragement of truth?

Proclaim the truth the Holy Spirit revealed over your cell/missional community/ church family

### **Affirm**

We are open to loving challenge and are committed to encourage one another

## DAY 13 - RADICAL COMMUNITY

Read 1 Corinthians 12:12-27; Colossians 3:12-17

*Now you are the body of Christ and each of you is part of it.*

*1 Corinthians 12:27 NIV*

*Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience. Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you. And over all these virtues put on love, which binds them all together in perfect unity.*

*Colossians 3:12-14 NIV*

All of us have a part to play within the family of God. We must serve one another with compassion, kindness, humility, gentleness and patience. We must forgive one another quickly and allow peace and love to hold us together.

### **Adore**

Thank God for the opportunity to serve Him with the talents, gifts and graces He has given to you.

Thank God for the different gifts He has given others within your local church/cell/missional community

Listen and reflect on, 'Awesome in this Place' Hillsong <https://iic.io/2V>

### **Ask**

Consider Colossians 3:12-14 and ask God which of these virtues He is affirming in you and which one He wants to grow in your life.

Is there someone today you need to forgive or ask forgiveness from?

### **Act**

How can you show these virtues to another disciple today?

Send a message to somebody to encourage them about the gift they are to the body

### **Affirm**

We are the body of Christ and we each have a part to play.

## DAY 14 - REVIEW DAY

Today spend some time reflecting over the past week. Use the questions below to capture what God has been saying.

What are you thanking God for?

What has stood out from this week? Why do you think this is the case?

What are the significant things God has been saying?

How do you need to respond to what He's saying?

Where is there evidence of the start of/or manifestation of spiritual breakthrough?

How can you press into this to see His Kingdom Breakthrough?

## WEEK 3 - MISSIONAL ZEAL

Definition of zeal - great energy or enthusiasm in pursuit of a cause or an objective.

Other words connected to zeal- passion, zealousness, committedness, ardour, love, fervour, fire, avidity, fondness, devotion, devotedness, enthusiasm, eagerness, keenness, appetite, taste, relish, gusto.

What would it look like for hundreds of people with a zeal for Jesus being let loose in Ipswich this year?

What would it look like for hundreds of people willing to speak of Jesus with gusto?

What about hundreds of people willing to show the love of Jesus to others with passion and fervour this year?

How about hundreds of people living with the fire of the Holy Spirit within them and being let loose to perform miracles empowered by God?

What would that look like in your home, your neighbourhood, your school, your workplace, on the streets of Ipswich, even in the supermarket?

This year let's live knowing what we have been saved from, be captivated by God's love and with zeal let's share His love. As we walk through this week, expect God's heart for the lost to take hold of you so that this year you can live with a passionate energy to see lost people found by God.

## DAY 15 - ZEAL FOR THE LOST

Read Luke 15:1-10

*Then Jesus told them this parable: "Suppose one of you has a hundred sheep and loses one of them. Doesn't he leave the ninety-nine in the open country and go after the lost sheep until he finds it? And when he finds it, he joyfully puts it on his shoulders and goes home. Then he calls his friends and neighbours together and says, 'Rejoice with me; I have found my lost sheep.' I tell you that in the same way there will be more rejoicing in heaven over one sinner who repents than over ninety-nine righteous persons who do not need to repent.*

*Luke 15:3-7 NIV*

There is great rejoicing in heaven when someone responds to the message of the Kingdom (just as there was over you!) Do you remember that first love? When you realised you were loved, saved and chosen? Now you are part of God's lost and found team... celebrate that you have been found by Jesus and sent now to the lost to bring them home.

### **Adore**

Thank God for the power of the gospel that still saves today

Play Reckless love - <https://iic.io/2X> and give thanks that the love of God is still pursuing people

### **Ask**

Who are the lost sheep that God is placing on your heart? Pray for a revelation of the heart of God for them

Pray for a fervent zeal and passion for those God has entrusted you to reach (Relational Cells / missional communities)

Ask for God's wisdom and boldness to take the next step

### **Act**

Pray for breakthrough that veils will be removed and for the love of God to overwhelm them

Make a conscious effort to engage with the person/people group on your heart (text/card/coffee/invite for a meal)

### **Affirm**

We believe and are living out the power of the gospel for the lost

# DAY 16 - ZEAL FOR THE BROKEN

Read Isaiah 61:1-4; Matthew 25:31-46

*The Spirit of the Sovereign Lord is on me, because the Lord has anointed me to proclaim Good News to the poor. He has sent me to bind up the broken-hearted, to proclaim freedom for the captives and release from darkness for the prisoners, to proclaim the year of the Lord's favour and the day of vengeance of our God, to comfort all who mourn.*

*Isaiah 61:1-2 NIV*

*Go to the lost, confused people right here in the neighbourhood. Tell them that the kingdom is here. Bring health to the sick. Raise the dead. Touch the untouchables. Kick out the demons. You have been treated generously, so live generously.*

*Matthew 10:8 MSG*

*The King will say; I was hungry and you fed me, I was thirsty and you gave me a drink, I was a stranger and you invited me in, I was shivering and you gave me clothes, I was sick and you stopped to visit, I was in prison and you came to me. Whenever you did this for someone overlooked or ignored, that was me — you did it to me.'*

*Matthew 25:40 MSG*

The desire of Christ is that His Church will walk in the same compassion and power that He walked in so that those who are hurt and broken will know wholeness, healing and salvation.

## **Adore**

Give thanks to the Father for His anointing to minister to the broken and to the hurting.

Thank the Lord for the power of His love that sets people free from fear and bondage  
Spend time worshipping with this song 'God of Justice -we must Go! (Tim Hughes)  
<https://iic.io/2W>

## **Ask**

What is God saying to you through the Matthew 10:8 passage?

## **Act**

What are you going to do about what God is speaking to you about?

If nothing comes to mind why not find something you can do this week that helps you serve the lost people in your 'neighbourhood' (workplace, street, school, family)?

## **Affirm**

Through us the broken-hearted and wounded will be healed. (Psalm 147)

# DAY 17 - ZEAL FOR THE PRODIGALS

Read Luke 15:11-32

<sup>20</sup>So he got up and went to his father.

*“But while he was still a long way off, his father saw him and was filled with compassion for him; he ran to his son, threw his arms around him and kissed him.*

<sup>21</sup>*“The son said to him, ‘Father, I have sinned against heaven and against you. I am no longer worthy to be called your son.’*

<sup>22</sup>*“But the father said to his servants, ‘Quick! Bring the best robe and put it on him. Put a ring on his finger and sandals on his feet. <sup>23</sup>Bring the fattened calf and kill it. Let’s have a feast and celebrate. <sup>24</sup>For this son of mine was dead and is alive again; he was lost and is found.’ So they began to celebrate.*

*The Father is looking to forgive us. While we are still making excuses to stay away He is already making it possible for us to return.*

*Luke 15:20-24 NIV*

When a person who once used to be in the family chooses to walk away, the Father’s heart always yearns for their return. When they do so they are welcomed back with great rejoicing.

## **Adore**

Thank the Father that there is always a place in His heart for the backslider and the prodigal sons and daughters

Thank the Father for the opportunities He gives us to welcome home the prodigals into our families and churches

## **Ask**

Pray specifically by name asking the Father for an increased sense of conviction and repentance of the prodigals we know

Ask that our hearts will be soft towards prodigals and any ‘older brother syndrome’ be removed

Pray that as the prodigals return they will find love and be established in the Father’s house

## **Act**

List the names of the prodigals you know and send them a message of encouragement or act of kindness

## **Affirm**

We love prodigals and we reach out to them with the Father’s love.

## DAY 18 - ZEAL FOR SHARED MISSION

Read Luke 10:1-3; Acts 13:1-5

*After this the Lord appointed seventy-two[a] others and sent them two by two ahead of him to every town and place where he was about to go.<sup>2</sup> He told them, “The harvest is plentiful, but the workers are few. Ask the Lord of the harvest, therefore, to send out workers into his harvest field.”<sup>3</sup> Go! I am sending you out like lambs among wolves.*

*Luke 10:1-3 NIV*

*<sup>2</sup>While they were worshipping the Lord and fasting, the Holy Spirit said, “Set apart for me Barnabas and Saul for the work to which I have called them.”<sup>3</sup>So after they had fasted and prayed, they placed their hands on them and sent them off.*

*Acts 13:2-3 NIV*

As Jesus sent His disciples out in twos, He still calls and sends us out on mission in teams. He gives us those running mates who keep us focused on the harvest and who help us through the times when we feel like lambs amongst the wolves. The Church in Antioch after fasting and worshipping sent Paul and Barnabas on the mission the Spirit had assigned them to.

Have you discovered the specific people group the Lord is leading you to reach yet? Have you joined up with others on any specific mission?

### **Adore**

Thank the Lord for the missional opportunities He is opening up for you and others in your Relational Cell/missional community/church

Thank God for the areas you know where His kingdom is breaking through and for the manifestation of the harvest

### **Ask**

Ask God where the harvest is ready and pray for the workers

For creative ideas that will develop into missional vision and like-minded people to partner with

### **Act**

Plan to do something ‘missional’ with another believer

Meet for a prayer walk/time, go on a litter pick in your area, arrange a coffee with some mutual non-Christian friends for example

Enjoy the sharing of mission!

### **Affirm**

I am part of God’s team, together we are bringing in the harvest.

## DAY 19 - ZEAL FOR IPSWICH

Read Jeremiah 29:7; Matthew 9:35-38; Ephesians 6:10-20

*Seek the peace and prosperity of the city to which I have carried you into exile. Pray to the Lord for it, because if it prospers you too will prosper.* *Jeremiah 29:7 NIV*

*Jesus went through all the towns and villages, teaching in their synagogues, proclaiming the good news of the kingdom and healing every disease and sickness. When he saw the crowds, he had compassion on them, because they were harassed and helpless, like sheep without a shepherd. Then He said to His disciples, "The harvest is plentiful but the workers are few. Ask the Lord of the harvest, therefore, to send out workers into His harvest field."* *Matthew 9:35-38 NIV*

*Finally, be strong in the Lord and in His mighty power. Put on the full armour of God, so that you can take your stand against the devil's schemes.*

*Ephesians 6: 10-11 NIV*

This town is deeply loved by God and He has a desire to see many in it coming into His Kingdom. May we pray for His blessing on Ipswich and work for it by contributing to our communities. May we intentionally go out into our town day by day (including today!) in His armour and strength to share His Gospel love with those He brings into our lives.

### **Adore**

Contemplate and then give thanks for what God is doing in Ipswich – in His church, through His church, in the town, in your community, neighbourhood, place of work, place of education, place of leisure

Consider singing a song/or speaking a prophetic blessing over one of these areas

### **Ask**

Ask God to continue to inspire His church to look for new ways of bringing His blessing and compassion on Ipswich, as a church or working with other organisations e.g. police

Listen to what He says to you about this and share it with fellow Christians to test it and encourage them in mission

### **Act**

Send an encouraging message to someone you know involved in spreading God's love to this town

Commit to exploring where God wants to use you in Ipswich – it may be continuing to do what you do, or it could be something completely new

### **Affirm**

God is Lord over Ipswich and wants to bring His blessing and salvation to many. Let fresh belief in this arise in our hearts.

## DAY 20 - ZEAL FOR THE NATIONS

Read Philippians 2:9-11; Revelation 5:6-10

*So God lifted him up to the highest place. God gave him the name that is above every name. When the name of Jesus is spoken, everyone will kneel down to worship him. Everyone in heaven and on earth and under the earth will kneel down to worship him. Everyone's mouth will say that Jesus Christ is Lord. And God the Father will receive the glory.*  
*Philippians 2:9-11 NIRV*

*<sup>9</sup>And they sang a new song, saying: "You are worthy to take the scroll and to open its seals, because you were slain, and with your blood you purchased for God persons from every tribe and language and people and nation.*

*<sup>10</sup>You have made them to be a kingdom and priests to serve our God, and they will reign[a] on the earth."*

*Revelation 5:9-10 NIV*

One day all the nations will bow before Jesus- the Lord and king of all. Until that day we must proclaim to the nations that The Father loves them. (Matthew 28:18). Some of us are called to literally go to the nations, however all of us are called to proclaim to the nations and pray for the nations.

### **Adore**

Use 'For the sake of the World' <https://iic.io/2Z> as a prayer.

Thank God for what He is doing in specific nations you are connected to (or look up information on a specific nation He brings to your heart)

Thank God for the nations He has brought to Ipswich

### **Ask**

Ask God to light that passion and zeal for his Kingdom in your heart

Ask him to captivate you so that you can go to the nations

### **Act**

Spend some time praying for your churches mission partners around the world

Spend some time finding out what you can specifically pray for them at this time or send them a word of encouragement.

Pray for those who are persecuted and standing strong, pray for those who are a shining light to the nations. (use <https://www.opendoorsuk.org> to help)

### **Affirm**

One day every knee will bow and every tongue will confess that Jesus is Lord.

# DAY 21 - REVIEW DAY

Today spend some time reflecting over the past week. Use the questions below to capture what God has been saying.

What are you thanking God for?

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What has stood out from this week? Why do you think this is the case?

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What are the significant things God has been saying?

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How do you need to respond to what He's saying?

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Where is there evidence of the start of/or manifestation of spiritual breakthrough?

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How can you press into this to see His Kingdom Breakthrough?

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# NOTES



# DANIEL FAST

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**IIC** *Making Disciples  
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BAPTIST CHURCH