

BTBAB DAY OF PRAYER & FASTING

Thank you for joining us to seek the heart of God for BTBAB.

A full comprehensive prayer guideline will be sent out to all our partners about a week before each of our official prayer days. If you are not yet on our monthly email prayer list and you'd like to, pls email us at: info@btbab.org

Meanwhile pls. find below are some basic information about prayer that we believe is essential for engaging in prayer & fasting.

Provisional Prayer Dates for BTBAB in 2011

Thursday, 24 March 2011

Thursday, 23 June 2011

Saturday, 8 October 2011 (Yom Kippur)

About Prayer

Prayer is act of communicating with God – and it is a two-way thing. If you are not hearing God, it does not mean He is sleeping (see Ps 121: 1-5). It may mean you are not able to hear from Him. We fast so that we can hear from Him.

Prayers That Avails much (Prevailing Prayer)

Some people pray and some people travail in prayer: the difference between these two kinds of prayer is either the condition of their heart and/or their persistence (Ps 132: 3-5). When we seek God diligently, he promises to show up (Heb 11: 6). Fasting is one way of seeking Him diligently.

It is healthy for an individual or a leader (Ps 35:13; Dan 6:18; 9: 3), organization (1 Cor 7: 5), a ministry (Mt 17: 33), a nation (Esther 4:3; Joel 1: 14), or a church (Acts 2: 40-42) to regularly call a day of fasting to seek God together. This was a regular exercise of the early church (Acts 14: 21-23).

Prayer may also involve specific practical instructions of the Holy Spirit, the purpose of which is to invoke the favour of God, and/or to redeem a person or a nation (Isa 58: 6-14)

About Fasting (Ps 35: 13; Isa 58: 3-6; Mt 17:21)

In Mathew 6: 16, Jesus says "...*when* you fast..." If the Lord did not expect Christians to fast regularly, then He should have said "*if* you fast" not *when* you fast. Every Christian should fast.

The purpose of fasting is to prepare the believer to receive from God.

Types of biblical fasting

- Dry fast (no food and no water)
- Wet fast (fluids only)

NB: We believe that two kinds of fasting mentioned above are biblical and should form the basis for those interested in undertaking a fast. Actually, ordinary fasting on its own (i.e. without any spiritual reason) is healthy – because it gives the body a rest and allows for the body to be cleansed of toxins.

Common-sense to fasting

1. If you have never fasted, start with skipping a meal first and then build up.
2. If you have any medical problems, please consult a medical person before you fast.
3. If fasting does not free you up to spend time with God, then forget it.
4. As a general rule, you should not go on a dry fast unless God specifically leads you to.
5. During fasting avoid caffeine and acidic fluids. Warm water with some honey and a hint of lemon can be good fluids to take during fasting.

6. As a rule, I advise people to break their fast gradually (I suggest that for every day you fast, allow for an hour to break your fast – this means when you break your fast, start with fluids, or semi-solid food (i.e. avoid solid or fatty foods). Also fluids with lots of acid are not good for an empty stomach. Non-fatty vegetables like lettuce/cabbage, or fruits like banana can be good for breaking fast – especially for those on dry fast)

Helping us on this day

- *Writing things down:* Get out your pen and write whatever pictures or words or scriptures that God gives you for this ministry. We encourage you to do this for yourself also – this day of fasting is not only for BTBAB but also for your personal breakthrough.
- We will like to know anything you feel the Lord speaks to you about BTBAB during this day. We ask that you email us at: prayer@btbab.org

Why is BTBAB calling this days of prayer

- Since summer 2007, several words from our partners seems to indicate that the Lord is leading BTBAB to a season of much prayer. At the time, we had thought it would last for 6months but it would seem now that we need to maintain the prayer chain indefinitely as God continues to enlarge the boundaries of our work.
- Since the 2007 retreat, a lot of partners have written in to say they sense that BTBAB is on the brink of a breakthrough and that this blessing will flow into personal areas of friends & partners of this ministry. We believe that in late 2009, we experience this breakthrough and now we need to sustain it with further prayer.
- Throughout 2009 & 2010, God continue to indicate that we need to be persistent in prayer and so we have decided that as organization we will hold a day of prayer & fasting every 3months indefinitely.

Preparing for war (James 4: 6-10)

BTBAB is a ministry often placed in the frontline of spiritual warfare. We do have authority over the work of the enemy but also we don't want to be ignorant of his schemes. In this light, we ask you to prepare yourself for this day of prayer. Here are some ways you can do this:

- *Humility before God*
Submit yourself first to God...and then it is easier to resist the devil (James 4: 7)
- *Unforgiveness can be a hindrance to prayer (Mt 6: 14-15).* Check with the Lord if you have any grudge in your heart against anyone and release them in forgiveness
- *Humility before men (James 4: 6)*
Come with an open heart before God knowing that you are not superior to anyone in your prayer group. God always uses those who do not place themselves above others

Covering yourself after war (Luke 10:19)

God has promised that the devil cannot harm us even when we destroy his work (see Luke 10:19). So we can boldly trust God for His protection

Don't ever walk away with your back to the enemy – David never did: After Goliath was taken down by his sling, he still went over and caught off his head.

So after prayer, please pray protection over yourself and over others praying for BTBAB today.

Keeping the momentum

Maintaining the prayer chain

During this time of prayer, we want people to communicate – i.e. share with other people praying that day about what how they feel God is leading us to pray. To this effect, we encourage you to

call people in other prayer cells (if you are led) and share anything you feel God is saying for us to pray about. This way, we ensure that there is no break in the prayer chain.