



PRAYER & FASTING

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FASTING INFORMATION



PRAYER & FASTING

22 DAYS IN 2022

January 9th – 30th (22-Day Devotional Guide in 2022)

Welcome to our 22 days of prayer and fasting for 2022. As we step into a new year, how important it is for us once again to take time to filter out all the distractions, the various invitations, voices, perhaps conflicts, certainly weights and burdens; and give some space and focus to our relationship with Jesus, to the trajectory of our lives this year and to the picture of who we see ourselves to be at the end of December. To help us do this, then what better way to put first things first and to bring that opportunity to focus than to set aside twenty-two days at the start of 2022 as we pray, and for some fast, together over this time.

As we are devoted all by ourselves our hope is that as King's Church here in Aberdeen, we will find not only times of personal refreshing and blessing but also of reviving and deepening of our relationship with God

These 22 days are designed to be flexible so that you can engage at various levels for both prayer and for fasting. If this is your first time of committing to pray and fast, then we encourage to start where you are and invite the Lord to speak to you as you position yourself to encounter him.

We hope that this devotional will encourage you in your focus, your prayers and your personal reflections as we step out together into this year for our church, going where we have never been before. This year, we have tried to create some moments of encouragement for you as you pass through the devotional plan, with QR codes to scan that will take you to short videos that we pray will help you to maintain focus and to keep going

We do pray that all of us will encounter and experience God in a new way as we commit afresh to him over this season. As you are embarking on these next 22 days think about why you are fasting. Is it for spiritual renewal, fresh direction, perhaps healing in your life, maybe the salvation of a loved one, the return of a prodigal, the resolution of a specific problem or maybe for a major decision? Ask the Holy Spirit to confirm his leading and purpose for you.

As we pray together over these three weeks, make your primary goal to know Jesus more, to experience his presence more and to allow him to speak to you and lead you.

Take time to personally pray every day; don't make it complicated or intense but find a place and a time to just talk with him on a daily basis and seek his face. Plan to pray as failing to plan is as sure as planning to fail.

As God helps you to focus, can we invite you to consider what is the ONE thing that the Lord would have you address, give time and attention to pray through and change this year. As Paul declared in Philippians 3:13 what would be your "one thing" you're going to do in 2022?

During these days of PRAYER and FASTING, I am praying and believing God for this ONE THING:

DEVOTIONAL

Day 1 - January 9th

Give thanks for what is behind us.

2 Chronicles 20:21-22

²¹After consulting the people, Jehoshaphat appointed men to sing to the Lord and to praise him for the splendour of his holiness as they went out at the head of the army, saying: 'Give thanks to the Lord, for his love endures for ever.'²²As they began to sing and praise, the Lord set ambushes against the men of Ammon and Moab and Mount Seir who were invading Judah, and they were defeated.

As we make the transition from 2021 into 2022 and begin this new year of twenty-two days of prayer and fasting together, let us take time today to look back from 2 Chronicles 20:21 and remember, recount, and appreciate everything that the Lord has done and been for us in this last year. What a great encouragement for us to “give thanks for He is indeed good, and His love has carried us through this last year”

Day 2 - January 10th

Give praise for what is before us.

2 Chronicles 20:21-22

²¹After consulting the people, Jehoshaphat appointed men to sing to the Lord and to praise him for the splendour of his holiness as they went out at the head of the army, saying: 'Give thanks to the Lord, for his love endures for ever.'²²As they began to sing and praise, the Lord set ambushes against the men of Ammon and Moab and Mount Seir who were invading Judah, and they were defeated.

As we step into 2022, we have no idea what is before us, good and potentially challenging. On this second of twenty-two days of prayer and fasting together, let us take time today to look ahead and praise the Lord in advance for everything that the Lord will do in this coming year. It is as we make a decision to praise the Lord before we have encountered what is ahead that the Lord will go ahead of us and prepare the way. Let this be a year of praise in every circumstance.

Day 3 - January 11th

What's going to die?

Isaiah 6:1-4

In the year that King Uzziah died, I saw the Lord, high and exalted, seated on a throne; and the train of his robe filled the temple. ² Above him were seraphim, each with six wings: with two wings they covered their faces, with two they covered their feet, and with two they were flying. ³ And they were calling to one another: 'Holy, holy, holy is the Lord Almighty; the whole earth is full of his glory.' ⁴ At the sound of their voices the doorposts and thresholds shook, and the temple was filled with smoke.

783 BC, the year that Uzziah died, saw Isaiah the prophet of the day seeing all the societal problems and spiritual darkness that surrounded him, but what was most important came into sharp focus as He “saw the Lord, high and lifted up”, bringing fresh vision and direction to his future. As we look to focus on what is important for ourselves at this start of the year, what has to “die” by that meaning to have no longer impact or influence in our lives. Is it fear, a relationship, pleasure, accumulation of “stuff”? As we “die” to our physical appetite during this period of fasting let's ask God to bring fresh focus on Him once again

Day 4 - January 12th

What do we see?

Isaiah 6:1-4

*In the year that King Uzziah died, I **saw the Lord, high and exalted, seated on a throne**; and the train of his robe filled the temple. ² Above him were seraphim, each with six wings: with two wings they covered their faces, with two they covered their feet, and with two they were flying. ³ And they were calling to one another: 'Holy, holy, holy is the Lord Almighty; the whole earth is full of his glory.' ⁴ At the sound of their voices the doorposts and thresholds shook, and the temple was filled with smoke*

The death of Uzziah cleared the way for Isaiah to focus afresh on an upward vision, and see the Lord, high and exalted, seated on a throne. That upward fresh focus reminded the prophet once again that the King of Kings has an immovable settled position of sovereignty over everything, including every area of our lives. Do we see the Lord as King over area of our lives, is he sovereign over our decisions, our choices, our priorities? Can we invite Him again to be enthroned in our lives today? To see Him once again as Lord of Lords and King of Kings.

Day 5 - January 13th

What do we see?

Isaiah 6:1-4

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Isaiah saw the temple was filled with the garment that the Lord was wearing, carrying the representation of royalty, of authority, of majesty. The Lord's influence was everywhere in Isaiah's visual field. What a wonderful picture for us to see also, that the influence, the regal hallmarks of the King filled his focus. Could it be as we pray and fast over these days that we also allow the filling of Holy Spirit to be our experience, our focus. Let's pray that we get a fresh understanding of who we are in 2022, "children of the King of Kings", and that we again invite the Holy Spirit to fill us.

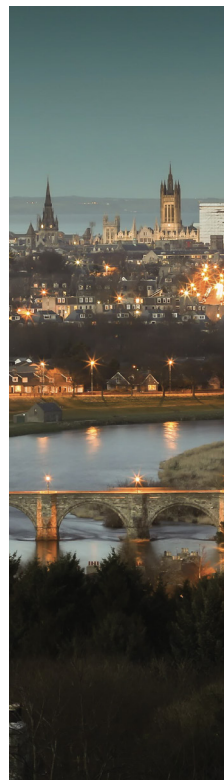
Day 6 - January 14th

Seek First

Matthew 6:31-33

³¹ So do not worry, saying, "What shall we eat?" or "What shall we drink?" or "What shall we wear?" ³² For the pagans run after all these things, and your heavenly Father knows that you need them. ³³ But seek first his kingdom and his righteousness, and all these things will be given to you as well.

There will be many priorities that will occupy our thoughts, vision for the year ahead. Which One thing will we put at the top of the list, as the first priority, that we will give our best to? Today we have a reminder that every other priority comes into alignment behind where our focus goes first. We all know that the direction of our lives follows the vision of our lives, that what we focus on is where we go. Can we pray today for that enabling, that humility, that submission to seek, to diligently set our focus on and search for the outworking of God's kingdom in our lives, our family, our daily lives and for the indwelling of His righteousness in our lives.



Day 7 - January 15th

Draw Near

James 4:7-8

"Therefore submit to God. Resist the devil and he will flee from you. Draw near to God and He will draw near to you. Wash your hands, you sinners, and purify your hearts, you double-minded."

What a wonderful promise as we come to the end of week one of our twenty-two days. God has promised that not only do we need to set our focus on seeking Him but also set our feet on following after Him, knowing that as we increased our intimacy with God, he will open the ever-increasing possibility of closeness of relationship with him. Let us pray today that as we disconnect from passions and desires in our fasting that we reconnect to that place of intimacy at the feet of Jesus

Day 8 - January 16th

Listen up

John 10:27

"My sheep listen to my voice; I know them, and they follow me"

From seeking after God to drawing near to God and as we finish this first week of turning our focus upward towards the Lord, let us also pray that we are more sensitive and aware of his voice and His call on our lives in 2022. This verse reminds us that it is as the sheep spend so much of their time in the shepherd's presence and company that it's no surprise that the sheep recognise and follow the voice and direction of the shepherd. Pray that we may hear the clear voice of God, find His direction for our lives, and follow where He leads as we step together into this year, with an upward vision to see the Lord



***"Draw near to God and
He will draw near to you."***

Day 9 - January 17th

I am ruined



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Week two intro from Pastor Iain

Isaiah 6:3-6

And the angels were calling to one another: Holy, holy, holy is the LORD Almighty; the whole earth is full of his glory.’⁴ At the sound of their voices the doorposts and thresholds shook, and the temple was filled with smoke.’⁵ ‘Woe to me!’ I cried. ‘I am ruined! For I am a man of unclean lips, and I live among a people of unclean lips, and my eyes have seen the King, the LORD Almighty.’⁶ Then one of the seraphim flew to me with a live coal in his hand, which he had taken with tongs from the altar. ⁷With it he touched my mouth and said, ‘See, this has touched your lips; your guilt is taken away and your sin atoned for.’

Isaiah saw the temple was filled with the garment that the Lord was wearing, carrying the representation of royalty, of authority, of majesty. The Lord’s influence was everywhere in Isaiah’s visual field. What a wonderful picture for us to see also, that the influence, the regal hallmarks of the King filled his focus. Could it be as we pray and fast over these days that we also allow the filling of Holy Spirit to be our experience, our focus. Let’s pray that we get a fresh understanding of who we are in 2022, “children of the King of Kings”, and that we again invite the Holy Spirit to fill us.

Day 10 - January 18th

My guilt has gone

Isaiah 6:3-6

⁵ ‘Woe to me!’ I cried. ‘I am ruined! For I am a man of unclean lips, and I live among a people of unclean lips, and my eyes have seen the King, the LORD Almighty.’⁶ Then one of the seraphim flew to me with a live coal in his hand, which he had taken with tongs from the altar. ⁷With it he touched my mouth and said, ‘See, this has touched your lips; your guilt is taken away and your sin atoned for.’

Isaiah had an amazing realisation that although inwardly he acknowledged his guilt, sin and shame, he was immediately reminded that God had made a way for him to receive cleansing, forgiveness, the price of sin paid for and because of the external provision for his sin, the pronouncement “not guilty”. Today, let us spend time, thanking God for Jesus’ death on calvary, that we are no longer guilty but because he died in our place, we are also pronounced “not guilty”. Let us take today to be thankful for what God has done for us.

Day 11 - January 19th

The Downward climb of Humility

James 4:6-10

⁶ *He gives us more grace. That is why Scripture says: 'God opposes the proud but shows favour to the humble.'*⁷ *Submit yourselves, then, to God. Resist the devil, and he will flee from you.* ⁸ *Come near to God and he will come near to you. Wash your hands, you sinners, and purify your hearts, you double-minded.*

⁹ *Grieve, mourn and wail. Change your laughter to mourning and your joy to gloom.* ¹⁰ *Humble yourselves before the Lord, and he will lift you up.*

Well done, we have reached the halfway point in our twenty-two days of prayer and fasting for 2022. It is a good time to remind ourselves that we can do and achieve nothing of worth or eternal value outside of God. Humility expresses our need of Him. In submitting every day to His will and plans for our lives, it is declaring that He knows best and that His timing in our lives is perfect. Prayer is a posture of humility acknowledging God as God and inviting Him to be Lord over every area of our lives. Fasting sharpens the physical senses and brings us again to acknowledge that without Him we are and have nothing. Let us submit to God afresh today in every area of our lives.

Day 12 - January 20th

Spring cleaning our minds

Romans 8:5-6

⁵ *Those who live according to the flesh have their minds set on what the flesh desires; but those who live in accordance with the Spirit have their minds set on what the Spirit desires.* ⁶ *The mind governed by the flesh is death, but the mind governed by the Spirit is life and peace.*

Once a year many people take time to do a deep clean, to remove that long term build-up of dust and left-over rubbish from around the house, historically often at springtime. We have the privilege at the start of the year to disconnect from the day-to-day stuff that clutters our minds to do a deep clean. Fasting is like deep cleaning, helping us to disconnect from the bodily drivers allowing our minds and our thinking to align with God's priorities and direction. Allow God today to cleanse our thinking, our inner self. How we think about ourselves, the people around us and the circumstances of life. Allow our thoughts, thinking patterns and our inner spiritual life to be transformed by the renewing of our mind as Paul puts it in Romans 12:1-2.

Day 13 - January 21st

Hunger for?

Matthew 5:6

"Blessed [joyful, nourished by God's goodness] are those who hunger and thirst for righteousness [those who actively seek right standing with God], for they will be [completely] satisfied.

No doubt by day 13 we are now adjusting to hunger pain, and our body responding to the absence of that which we used to find nourishment from. This is inevitable. Can we pray today for God to continue to reorientate our hunger towards living right before Him, living to please Him and instead of physical cravings for what is absent, food or otherwise, we have the opportunity to develop a craving for righteousness, that God has promised will be completely satisfied.

Day 14 - January 22nd

Flavour for?

Psalms 34:8

Taste and see that the Lord is good; blessed is the one who takes refuge in Him.

We have five basic taste sensations: sweet, salty, sour, bitter and savoury. It is only by coming into contact with the various flavours contained in food that specific nerve endings and receptors microscopically embedded into the surface of our tongues (that we call taste buds); generate a pleasurable sensation in the brain allowing us to experience the wonder of taste, which in turn sends a message to say this is good. In the same way it is only as we come into contact with God and His word and realise that the experience registers deep in our spirit as good. Let us be encouraged as we pray and fast that it is in the making time to contact and connect with God in prayer and learn more about Him through His word that we will also experience and know that we can taste and see that He is indeed good.



"Blessed are those who hunger and thirst for righteousness for they will be satisfied."

Day 15 - January 23rd

Appetite for?

John 4:31-36

Meanwhile his disciples urged him, 'Rabbi, eat something.'³² But he said to them, 'I have food to eat that you know nothing about.'³³ Then his disciples said to each other, 'Could someone have brought him food?'³⁴ 'My food,' said Jesus, 'is to do the will of him who sent me and to finish his work.

Hunger is the natural outcome of fasting and now on day fifteen, it is the physiological response expected when limited or no food has been consumed. Jesus reminds us that there is another type of food that is more beneficial and rewarding and can be found as we take this time to find God's will for our lives and for this season. Not only in the doing of the Lord's will but also in persevering, continuing and finishing that which He has called us to do. Be encouraged as we finish week two of our prayer & fasting journey to persevere, to keep on, to endure and to finish what we have committed to do as we daily seek God's will. Let us invite God today to reveal his will and purpose for us as we focus inward on who we are in Him and who He has called us to be and what He has called us to do.

Day 16 - January 24th

My guilt has gone

Isaiah 6:6-8

Then one of the seraphim flew to me with a live coal in his hand, which he had taken with tongs from the altar. ⁷With it he touched my mouth and said, 'See, this has touched your lips; your guilt is taken away and your sin atoned for.'⁸ Then I heard the voice of the Lord saying, 'Whom shall I send? And who will go for us?' And I said, 'Here am I. Send me!'

As we step into these last seven days of our twenty-two days of prayer and fasting, we return to Isaiah as we focus on where we are going in 2022, and what does the Lord want us to do. As we look up and see the Lord, so we look in and see ourselves, but also look outward to the world around. Isaiah's motivation for the next season of his life was discovered as God's heart, passion and will to find someone to be sent to reach those around and communicate to the world was declared. He asks Isaiah "who will go, and who will I send" Let us seek the courage, the boldness, the readiness to declare as Isaiah did at this the start of 2022, "Here am I lord, send me!"

Day 17 - January 25th

What to do?

Matthew 6:9-10

⁹ *'This, then, is how you should pray: 'Our Father in heaven, hallowed be your name,* ¹⁰ *your kingdom come, your will be done, on earth as it is in heaven.*

Could it be that God is inviting us to embody, to demonstrate, to bring His kingdom, His will to bear though our lives this year. As we finish this last lap of our twenty-two days, just as Jesus was teaching his disciples how to pray, how to communicate with God our father, one of the principles he conveyed was that we should pray that His will as it is outworked in the heavenly realm should be in the same way outworked here on earth in our time bound experience. Heaven is a place where God reigns and as we continue to pray, can we invite God to reign in our lives, to bring His kingdom to bear on our personal lives, our families, the life of our church, our city and our nation. Let's pray bold prayers that unity and alignment between heaven and earth would be our experience in 2022 and that His kingdom would indeed come!

Week Three intro from Pastor Iain



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Day 18 - January 26th

Where to go?



Nehemiah 2:3-5

*3 I said to the king, 'May the king live for ever! Why should my face not look sad when the city where my ancestors are buried lies in ruins, and its gates have been destroyed by fire?' 4 The king said to me, 'What is it you want?' Then I prayed to the God of heaven, 5 and I answered the king, 'If it pleases the king and if your servant has found favour in his sight, let him **send me to the city***

Finding God's pathway for our lives often emerges from what the Lord has already placed in our hearts; what breaks our hearts or what excite our hearts. Nehemiah illustrates this as he invites the king in his life, King Artaxerxes to "send him to the city" the city of Jerusalem, to the people and the place that were breaking his heart when he heard of their desperation and destruction. Our trajectory as a church together has not shifted, our destination has not altered, our priority has not been lost. As Nehemiah's heart was broken for the people in his home city. Let us pray that our King Jesus would once again in 2022 "send us to the city" that we might rebuild it, person by person; family by family; street by street.

Day 19 - January 27th

Who with?

Psalm 133

How good and pleasant it is when God's people live together in unity! 2 It is like precious oil poured on the head, running down on the beard, running down on Aaron's beard, down on the collar of his robe. 3 It is as if the dew of Hermon were falling on Mount Zion. For there the Lord bestows his blessing, even life for evermore.

More than ever we need each other, the support, encouragement, affirmation and lifting of each other up. King David paints a vivid picture of the positive influence of people living together in unity in Psalm 133. He describes it as like the anointing oil, where all the various spices required as ingredients are broken, crushed and mixed together with olive oil giving up their individual flavours for the special and fragrant oil that influences everything it touches; as it is described running down over the whole garment worn by the priest. Also, unity among people brings positive impact as its refresh's others even at a long distance just as dew from mount Hermon in the north of Israel is carried to mount Zion in the south. Let us pray for strength, courage and humility to allow our own individual desires, priorities, wills to also be broken and crushed as we look to walk together, work together and do God's will together in 2022

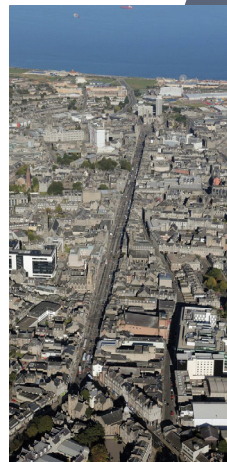
Day 20 - January 28th

This thing

John 20:22

And with that he breathed on them and said, 'Receive the Holy Spirit

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Day 21 - January 29th

All things

Mark 14:35-36

35 He went a little farther, and fell on the ground, and prayed that if it were possible, the hour might pass from Him. 36 And He said, "Abba, Father, all things are possible for You. Take this cup away from Me; nevertheless, not what I will, but what You will."

What impossible thing are we praying for this year? What has the Lord revealed these past three weeks? What big, impossible and audacious request has He put in our hearts? We believe in a God for whom nothing is impossible. It is so important to hold on to the expectation of a fulfilled promise, an answered prayer, a transformed tomorrow, a changed life, whatever it is we are praying for, press into the Lord more, that He would bring an answer to our cries, knowing that, just as Jesus reminded his father, "all things are possible for him". But let us remember that greater than our prayers, greater than our cries, greater than our faith and belief is the sovereign will of the father, even Jesus acknowledged that it was the will of the father that surpassed the desires of the son. Let's maintain appropriate perspective of our God.

Day 22 - January 30th

One Thing

Phil 3:12-14

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 towards what is ahead, 14 I press on towards the goal to win the prize for which God has called me heavenwards in Christ Jesus.

Today concludes our twenty-two-day prayer & fasting journey. Well done for staying the course, for running the race. There have been many prayers prayed, much thanks been given, many cries expressed, many declarations sent forth. God has surely spoken, communicated, revealed Himself afresh, let his heart be known to us. What is our "One thing" that we press on towards for 2022. What is our goal in 2022? Can we pray that the Lord gives us the empowerment, strength, courage, will and stamina to keep our one thing in 2022 our main thing, and that the outworking of His calling in our lives will bring glory and honour to Jesus, every day.



King's Church Aberdeen
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