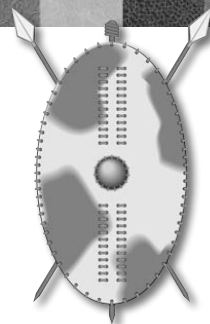


# The Shield

# IGNITE 21

MONDAY, 10TH JANUARY 2011 TO SUNDAY, 30TH JANUARY 2011



## 21 DAYS OF PRAYER AND FASTING

## WEEK 1

*"Now faith is being sure of what we hope for and certain of what we do not see." – Hebrews 11:1*

### DAY 1

(MONDAY, 10TH JANUARY 2011)

#### FOCUS: REPENTANCE & HUMILITY

**T**he Bible calls us to fast and pray as a way of humbling ourselves before God presence. Great leaders such as Moses, Elijah and Esther fasted as well. And they all found favour in the eyes of the Lord. What is a fast? It is the discipline of abstaining from food and drink for spiritual purposes. There are four types of fasts;

- Partial fast (abstaining from a certain drink or food type for a sustained period of time. For example, meat for a month).
- Normal fast (abstaining from meals for a short period of time, for example, a 6 am - 6 pm fast).
- Complete fast (abstaining from all food for a few days, for example, a 3-day fast from all meals and drinks except water)
- Supernatural fast (abstaining from all foods for a very long period of time, for example, a 40-day fast).

It is crucial and essential that as you fast, you :

- 1. Determine what type of 21 day fast you wish to take.** It might be a fast from all lunch meals (put a time lock on how you define lunch such as nothing from 8 am to 4 pm), or you may want to take a day fast (6 am sunrise to 6 pm sunset), or even a cycle of 3 day complete fasts interspaced by one day partial fast. Determine what your fast will be, and then observe it faithfully.
- 2. Having set the type of fast you will observe, set aside a time of prayer each day.** Remember to fast without prayer is nothing more than a hunger strike – that is not what we want to do before God. So set your prayer times and observe them. You may want to wake up an hour early each morning and spend 45 minutes praying (set your alarm clock). Alternatively, you may want to get to work early each morning, lock your office door and spend 15 minutes in prayer before work, another 15 minutes at lunch-break and a final 15 minutes at dinner or before you sleep. If you eat your breakfast or dinner together as a family, that would be an ideal time to include the children in these 21 days of prayer.

**3. Begin your fast by confessing your sins and cleansing your soul before God.** A good place to begin is by praying **Psalms 139: 23, 24**

*“Search me, O God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting”*

As you pray this, pause and listen to the prompting of the Holy Spirit – what comes to mind as you listen? Examine yourself. Does a verse of scripture come to mind, an action you need to confess? An unresolved memory of something you buried long ago? If so, note it down and act on it – say sorry to someone, return something, etc. To fast while you have hidden sin in your life, is pointless as God sees it and it blocks your prayers. Let us, therefore, make this the focus of our first two days of fasting.

**4. As you fast over these next 21 days, think through how you can bless the poor.** Acts of mercy and kindness towards the poor are an important part of fasting. If you are abstaining from food, then give the food, or the cost of your meals, to the poor around you. Go through your wardrobe and see if there is anything you can give away. Join Susan Mbugua at the HARC Ministry and help her feed the hungry children of Kibera. Give a financial gift towards this – and maybe sponsor their meals for one day. Look for ways to bless the poor around you as you fast.

God is very specific in how he wants us to fast, as laid out in **Isaiah 58**

<sup>1</sup> *The Lord told me, “Shout out loud. Do not hold back. Raise your voice like a trumpet. Tell my people that they have refused to obey me. Tell the family of Jacob how much they have sinned.*

<sup>2</sup> *Day after day they worship me. They seem ready and willing to know how I want them to live. They act as if they were a nation that does what is right. They act as if they have not turned away from my commands. They claim to want me to give them fair decisions. They seem ready and willing to come near and worship me.*

<sup>3</sup> *“We have we fasted and gone without food,” they say. “Why haven’t you noticed it? We have made ourselves suffer. Why haven’t you paid any attention to us?” On the day when you fast, you do as you please. You take advantage of all of your workers.*

<sup>4</sup> *When you fast, it ends in arguing and fighting. You hit one another with your fists. That is an evil thing to do. The way you are now fasting keeps your prayers from being heard in heaven.*

<sup>5</sup> *Do you think that is the way I want you to fast? Is it only a time for a man to make himself suffer? Is it only for people to bow their heads like tall grass that is bent by the wind? Is it only for people to lie down on black cloth and ashes? Is that what you call a fast? Do you think I can accept that?*

<sup>6</sup> *Here is the way I want you to fast. ‘Set free those who are held by chains without any reason. Untie the ropes that hold people as slaves. Set free those who are crushed. Break every evil chain.*

<sup>7</sup> *Share your food with hungry people. Provide homeless people with a place to stay. Give naked people clothes to wear. Provide for the needs of your own family.’*

<sup>8</sup> *Then the light of my blessing will shine on you like the rising sun. I will heal you quickly. I will march out ahead of you. And my glory will follow behind you and guard you. That is because I always do what is right.*

<sup>9</sup> *You will call out to me for help. And I will answer you. You will cry out. And I will say, ‘Here I am.’ Get rid of the chains you use to hold others down. Stop pointing your finger at others as if they had done something wrong. Stop saying harmful things about them.*

<sup>10</sup> *Work hard to feed hungry people. Satisfy the needs of those who are crushed. Then my blessing will light up your darkness. And the night of your suffering will become as bright as the noonday sun.*

<sup>11</sup> *I will always guide you. I will satisfy your needs in a land that is baked by the sun. I will make you stronger. You will be like a garden that has plenty of water. You will be like a spring whose water never runs dry.*

## DAY 2

(TUESDAY, 11TH JANUARY 2011)

### FOCUS: GRATITUDE

The focus of our fast today is praise and worship. **Psalm 50:23** says “Anyone who sacrifices thank offerings to me honours me, and makes it possible for me to show him that I am the God who saves.”

- Think through all the things you can thank God for today – your life, your health, your friends, your family, your education, your upbringing, your job. Yes, there might be things about your life that you are struggling with, but set those aside for today. Instead show God that you are grateful for so much more – both big and small things – the blue sky, flowers, laughter, the ability to run and skip. Let your heart overflow with gratitude today.
- As part of that overflow dig up (or google) a hymn you like and sing it to him (yes – you can sing it in your heart if you’re in the office). Make it a time of worship and praise to God for all He has done and continues to do for you and your loved ones.
- Pray through **Psalm 103**.

<sup>1</sup> *I will praise the Lord. Deep down inside me, I will praise Him. I will praise Him, because His name is holy.*

<sup>2</sup> *I will praise the Lord. I won’t forget anything He does for me.*

<sup>3</sup> *He forgives all my sins. He heals all my sicknesses.*

<sup>4</sup> *He saves my life from going down into the grave. His faithful and tender love makes me feel like a king.*

<sup>5</sup> *He satisfies me with the good things I long for. Then I feel young and strong again, just like an eagle.*

<sup>6</sup> *The Lord does what is right and fair for all who are beaten down.*

<sup>7</sup> *He told Moses all about his plans. He let the people of Israel see His mighty acts.*

<sup>8</sup> *The Lord is tender and kind. He is gracious. He is slow to get angry. He is full of love.*

<sup>9</sup> *He won't keep bringing charges against us. He won't stay angry with us forever.*

<sup>10</sup> *He doesn't punish us for our sins as much as we should be punished. He doesn't pay us back in keeping with the evil things we've done.*

<sup>11</sup> *His love for those who have respect for Him is as high as the heavens are above the earth.*

<sup>12</sup> *He has removed our lawless acts from us as far as the east is from the west.*

<sup>13</sup> *A father is tender and kind to his children. In the same way, the Lord is tender and kind to those who have respect for Him.*

<sup>14</sup> *He knows what we are made of. He remembers that we are dust.*

<sup>15</sup> *People's lives are like grass. People grow like the flowers in the field.*

<sup>16</sup> *When the wind blows on them, they are gone. No one can tell that they had ever been there.*

<sup>17</sup> *But the Lord's love for those who have respect for Him lasts for ever and ever. Their children's children will know that he always does what is right.*

<sup>18</sup> *He always loves those who keep His covenant. He always does what is right for those who remember to obey His commands.*

<sup>19</sup> *The Lord has set up His throne in heaven. His kingdom rules over all.*

<sup>20</sup> *Praise the Lord, you angels of his. Praise him, you mighty ones who carry out His orders and obey His word.*

<sup>21</sup> *Praise the Lord, all you angels in heaven. Praise Him, all you who serve Him and do what He wants.*

<sup>22</sup> *Let everything the Lord has made praise Him everywhere in his kingdom. I will praise the Lord.*

## DAY 3

(WEDNESDAY, 12TH JANUARY 2011)

### FOCUS: FAMILY, FRIENDS, WORK PLACE, NEIGHBOURHOOD.

- What are the needs in your family right now? Ask God to give you wisdom and discernment in order to pray according to His will.
- Pray for salvation of your family members, ask God to give you an opportunity to minister and witness His love to them. Pray specifically for 2 of your family members, by name, that are not saved.
- Thank God for 2 or 3 of your friends who are close to God and have accepted Jesus as their Lord and saviour. Also pray for 2 or 3 of your close friends who are still far away from God. Pray that their eyes may be opened to the saving grace of God. Ask the Lord to reveal Himself to them as the awesome God that He is. If any are filled with hurt, shame, doubt, addiction or fear, pray that they will run to God and not away from Him.

- Repent for any wrong attitude and/or shortcoming that you have had towards your work. Ask God to transform you into a worker who gives glory to Him, and bestows honour upon his employer
- Pray for your leaders at the workplace, by name, thanking God for each and committing them into God's hand so that His will may be done in their lives.
- Thank God for your neighbourhood. Repent of any sour relationship or bad attitude that you may have towards your neighbours. Ask the Lord to grant you courage and boldness to tell your neighbours about Christ. Be proactive – invite them to church; participate in the neighbourhood meetings and committees as a way of connecting with them. Pray for healing in broken homes, freedom from sinful habits and other issues that God may bring to your mind.

**Heb 10:35, 36:** *“So don't throw away your bold faith. It will bring you rich rewards. You need to be faithful. Then you will do what God wants. You will receive what he has promised.”*

## DAY 4

(THURSDAY, 13TH JANUARY 2011)

### FOCUS: PRAY FOR PASTOR OSCAR

It is the policy of Nairobi Chapel that after four (4) years of ministry, the pastors take a three (3) month writing leave to sit down and write Bible Study materials and/or books. This year Pastor Oscar, Pastor Bea and Pastor Cathleen are taking time off to write some materials. Pray for Pastor Oscar goes first and will be away from mid-February 2011 to mid-May 2011 for three (3) months to write a book on Missions.

Thank God with him for the Grace God has given towards this end – Asbury Collage in Florida have invited him to be resident on their collage campus, providing an office, full access to the library, free access to all classes and faculty, a place to stay, a car and even funds for day-to-day needs. Thank God too, for a ticket and publishing funds that have been provided by another church in the US. Pray for protection over his time, discernment and a heart to hear from God. Pray that the Lord would use him through his writing to speak the heart of God and touch lives worldwide.

The work of Missions at Chapel falls under Pastor Oscar's docket. Praise God for our growing Missions ministry. The main areas we engage in are:

- a) LOGOS School with 400 children. The vision of LOGOS is to “Educate children for life and eternity”.
- b) Church Planting. Praise God for the many churches we have planted to date. Our desire is to plant 6 new small churches this year, two of which will prayerfully be Kiswahili services just next to us at the Short Term Prison and in Ngando.
- c) Social Justice – as we work with the poor through our Frontline ministries led by Pastor Faith.
- d) Jubilee Scholarships – we have 30 children in High School on full scholarship, but we want to scale that up to 1,000 children by the year 2015.

e) Local & International Partnerships – teaming up with other churches around Kenya, and the world, for the sake of the gospel. Pray for good fellowship with 10 key churches in Kibera, and all the churches in Ngando, and for 4 new partnerships with international churches.

f) Evangelism and Outreach – this year our goal is to witness to at least 20,000 people around the nation, the majority being in High School, hence our partnership with K-Krew.

As the church continues to grow, Pastor Oscars responsibilities change with the growth. There is an increasing need for him to spend time networking in industry, government and internationally, if we are to see our vision fulfilled. Additionally, there is a heightened need for him to start ministering to more than just the Chapel congregation, and to spend time networking with other church leaders and pastors – mentoring the next generation of shepherds, and ministering within the “Samaria” God has called us to, as well as speaking internationally.

Both in Kenya and all around the world, Nairobi Chapel is held in high esteem as a church of integrity and many churches look upon us for leadership in terms of models, and a new way of thinking about and doing ministry. Pastor Oscar feels increasingly impressed by the Spirit of God to give attention to this side of our ministry, and to unleash the full potential of Chapel as a model church. Pray therefore for wisdom for him as he seeks to heed the leading of the Lord.

## DAY 5

(FRIDAY, 14TH JANUARY 2011)

### FOCUS: PRAY FOR PASTOR JANET

Thank the Lord for the rest and reflection Pastor Janet has had during her just completed 6 month sabbatical. Pray that, as she comes back to work and takes over her duties, the Lord would lead and guide her. Nairobi Chapel is strategically placed for further growth and expansion in it’s ministries and we are gifted with a wonderful team of Pastor’s who fall under Pastor Janet’s leadership as the Associate Pastor. Pray wisdom for her and for clear connection with the Lord in discerning his heart and leading for our ministries overall.

For over a year now our Strategic Team has been working on a “5 year Plan”. This year’s goals will be our first attempt to align all ministries and goals to that 5 year plan. With our vision – to plant 300 churches by the year 2020, reach at least 1,000,000 people with the gospel, disciple 100,000 people into Christ-like maturity, and raise 1,000 scholarships for the education of needy children – we have set the goal of accomplishing 2% of that overall goal for 2011; an additional 3% in 2012; a further 15% by 2015; and the remaining 80% by 2020.

The seeming slow start is owing to the fact that we must first also lay down the foundation to the vision: systems, materials, curriculum, training and personnel, before we can actually hit our big, hairy, audacious goals. But 2% also means sharing the gospel with 20,000 people; planting 6 churches, discipling 2,000 young believers (through Plug-In), and raising 200 scholarships for deserving children. Pray for Pastor Janet as she leads the team in this endeavour.

In Matthew 9, the Lord Jesus said “The harvest is plentiful but the labourers are few. Pray ye therefore that the Lord of the harvest would send out more labours into the harvest field.” This continues to be as true today as it was in Jesus’ day ... the fields are ripe with harvest, but we need many, many more labourers. Pray that our Leadership Development Program (Kinara), that trains people for full-time church work, would grow tremendously, even to the place where we have 50 or more interns per year. But also pray that the vast resource of the church members skills, gifts, talents and time, would become accessible for this work. We will be instituting a systematic volunteer management system to help us tap this vast resource. Pray for it’s great success as Pastor Janet leads us in this.

## DAY 6

(SATURDAY, 15TH JANUARY 2011)

### FOCUS: PRAY FOR PASTOR BEA

Pray for Pastor Bea as she leads the Quest ministry (Children’s’ Church). Thank God for how well this ministry is doing, for all 600 children who attend our Sunday School, for the materials being developed, and for the eternal impact this ministry is having as children come to know the Lord as their saviour, and as they grow in faith. Thank God, too, for the wonderful, strong team that works alongside Pastor Bea – Sarah, Beryl, Laura, Bella, Lydia, and David.

On her Writing Leave, she will be writing a Full Sunday School curriculum modelled on what they have been doing in Sunday School. Our Sunday School ministry plays the role of being a standard setter for other churches and any material coming out of it will have widespread application. Pray, therefore, for the leading of God as this material is developed, for His anointing over it and that it will have huge Kingdom impact. Thank God for one of our members, Mrs Ruth Mugambi, who is to edit the material; and for Bible Society of Kenya, who have agreed to finance its development and publication.

This year we’re praying that God will enable us to heighten the ministry of Evangelism in every sphere of our church – in the Sunday services, Sunday School, Xpressions, missions, E-groups, individual members’ lives, etc. So pray for the Quest team as they train teachers and reach out to the children in the communities around us through Bible Clubs at St. Christopher’s and Santak Estate, and through the continuing programme with over 600 children at Jamuhuri Primary School. They also wish to adopt Kawangware Primary School with over 1,000 children into the same outreach. Their prayer is that they would have over 2,000 contact opportunities to share about Christ with children this year. Pray that more parents and people join the team and help.

This year over 100 children will be going for “Kids’ Camp” in Mombasa. This involves a lot of work, but the kids LOVE it. Pray that the plans already being put in place would go smoothly. Pray, too, for many parent volunteers to attend and help at the Camp.

## FOCUS: PRAY FOR PASTOR ALBO

- **Pray for our Sunday services.** The intention of these services is to deeply connect with and engage our church members. Our aim for each service is what we call the “5 WOWs” of a service:

1. That our welcome and care for our church members and visitors would WOW them.
2. That our worship of God in song would be absolutely stunning – a clear indicator that we love God.
3. That our fellowship and fun time before the sermon would be warm, fun and heart-engaging, and that our stories of how God is at work in our lives would be deeply encouraging and faith building.
4. That our preaching of the Word of God would completely knock you off your feet, cut deep to the heart and be convicting. That everyone who attends the service would go away at the end saying, “God has surely spoken to me today!”
5. That at the end of the service, the camaraderie, talk, laughter, and fellowship of the members as they greet one another and catch up would be a sign of the deep fellowship we have as the family of God, and would WOW us from Sunday to Sunday.

Pastor Albo, and his team. Are responsible to nurture all this among us. Please pray that God would grant him great success as he leads us.

- **Praise God, too, for the wonderful worship and service team that we have.** Countless hours are spent each week practicing and preparing for each Sunday service. Pray that the songs they pick would be Spirit-led, the testimonies shared would be heart-rending and the preaching of the Word would be powerful and convicting. Pray that lives would be constantly transformed as people sit under the teaching of God’s word.
- **The Audio-visual side of the service needs constant care and upgrading.** Our present overhead screen being an example. Pray that this year God will give us funds for this specific purpose – a new screen (estimated to cost about Sh 10m), new high-definition cameras, a video mixer, a new audio mixer and a host of other necessary equipment that keep the sound and visuals good. These things are very important, but they don’t ever feel ‘urgent’ until one day, things begin to play up and expire! Pray, therefore, that we can keep up with the technology side of service management and that God would miraculously provide the big funds needed for that.
- **Pray for the preaching for the Word this year.** Thank God for the wonderful preachers He has given us. Our sermon series have been carefully chosen to grow our members and deal with those challenging areas of life where we long to see God’s grace. This month, Pastor Oscar preaches on an area that is breaking families, relationships and health. Next month, Pastor Janet will be preaching on ‘Faith’. Pray for God’s very clear leading as they prepare from week to week.

