

Prayer and Fasting Schedule Name:

Wednesday (Wake at 5:45 am for 6:00am prayers) (No food after 12am) 6:00am (Choose Scriptures for your petition or open your Bible and be Spirit led). 9:00am 12:00pm 3:00pm 6:00pm (Break fast) 8:30pm (Vigil)	Scriptures Psalm 32. (Choose and note your scriptures here)	Notes The promise is God will instruct me in the way We should go. He will guide us with his eye upon us.
	Break your Fast at 6pm. Eat before Bible Study and Vigil.	

NB: This is to help you plan your prayer and fasting sessions. Try and take a 10 mins break at the times above so our prayers are being sent up in unison.

Choose scriptures that support our petition about the situation in Ukraine. Base your prayer on your chosen scriptures and build your prayer standing on God's promises and standing on God's word.

This is a wet Fast. Which means, you may drink as much water as you wish. I find that when the hunger pangs begin to set in... that is when you can feed the Spirit with God's word, not only will you forget your hunger but you will feel Spiritually full when you fully engage with The Word.

If you are at home it may be easier for you to find 5 -10 minutes to pray at the suggested times so that our voices and petitions go up to God in one accord.

If at work, try and take your breaks if possible at the suggested times and try and find a broom cupboard or somewhere to pray! If not a silent prayer, a prayer from the heart for a minute without announcement...between you and God will suffice. God knows our circumstances and He knows our hearts.

If you have a medical condition... **DO NOT FAST** from food and drink! Instead Fast from/Sacrifice something else...

Eg. Television, radio, biscuits, smoking, swap your favourite coffee for something healthier, music, newspapers, news or have simple basic foods that nourish but are not enticing.

Jasmine

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9:00am		
12:00pm		
3:00pm		
6:00pm (Break fast)		
8:30pm (Vigil)		

Guidance on how to structure your Prayer Sessions (if needed).

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|---------------------|-------------------------|
| Scripture | A = Adoration |
| Prayer | C = Confession |
| Covering | T = Thanksgiving |
| Confession | S = Supplication |
| Thanksgiving | |
| Petition | |

Covering means; ask for God’s protection as this is Spiritual work you will be engaging in and we need protection.

Confess any sins you know of, and unknown sins so that the enemy can’t hurl any accusations against us before God.

The rest is self explanatory. Even if you just join in with the Prayers at given times that would be great!