



**GOD
WITH
»» US**

FASTING BOOKLET FEB 2022

I AM THANKFUL TO GOD FOR...

Answered Prayers

List the highlights, answered prayers and lessons learned in 2021.

SPIRITUAL GROWTH GOALS FOR 2022

THIS YEAR, I'M BELIEVING GOD FOR....

Personal

*Physical Healing • Financial breakthrough • Rich Generosity
• Relational breakthrough*

Family

Restoration of Relationships • Household Salvation

Education /Career

Excellence • Promotion • Wisdom

Ministry

Life Group Growth • Salvation of Colleagues, Classmates, Friends and Neighbours

My Prayer Partner:

Choose a prayer partner for this fast to share your prayer points with.

THIS FAST, I'M COMMITTING TO PRAY FOR...

Name	What I'm Praying For

Praise Centre

Church Leadership • Ministry • Events • Provision

Community & Neighborhood

My Campus • Neighborhood • Local Government • Outreach Opportunities

Nation

Government Officials • Spiritual Revival • Peace and Order

CHUCRH GATHERING SCHEDULE

<p>Monday, 21 February 7.30PM at church and Zoom</p>	<p>A night of corporate worship on the first Monday Prayer Night of 2022. Let's seek the Lord together on Day 1 of our fast.</p>
<p>Midweek</p>	<p>Gather with your Life Group for first fellowship of the year.</p>
<p>Friday, 25 February 7.30PM at church and Zoom</p>	<p>On Day 5 we will have a Worship Rally, then open the fast together. BYO food.</p>

MY FASTING PLAN

DAY 1

- Water only
- Liquid only
- One meal only
- Media (Youtube, Netflix)
- Other_____
- Attend Prayer Meeting
7.30PM at Church

DAY 2

- Water only
- Liquid only
- One meal only
- Media (Youtube, Netflix)
- Other_____

DAY 3

- Water only
- Liquid only
- One meal only
- Media (Youtube, Netflix)
- Other_____

DAY 4

- Water only
- Liquid only
- One meal only
- Media (Youtube, Netflix)
- Other_____

DAY 5

- Water only
- Liquid only
- One meal only
- Media (Youtube, Netflix)
- Other_____
- Attend Worship Rally
7.30PM at Church

EBENEZER

“Till now the Lord has helped us”

READING: 1 SAMUEL 7:3-14

“Then Samuel took a stone and set it up between Mizpah and Shen and called its name Ebenezer; for he said, ‘Till now the Lord has helped us’”

1 Samuel 7:12

When Samuel was the prophet for Israel, Israel was often attacked by the Philistines. So long as the Israelites trusted the Lord, the Lord would give them victory over the Philistines. But when they turned away from God, they would be defeated by the Philistines.

One time the Philistines captured the Ark of God from Ebenezer and brought it to the town of Ashdod (1 Sam 5). They carried the Ark into the temple of Dagon and put it beside an idol of Dagon. In the morning the people of Ashdod found that Dagon had fallen with his face to the ground in front of the Ark of the Lord (1 Sam 5:1-4).

Then the Lord struck the people of Ashdod and the nearby villages with a plague of tumours. In the end, the Philistines sent the Ark of the Lord back to Israel (1 Sam.6:3).

After the Ark was returned to Israel, Samuel said to the Israelites,

“If you want to return to the Lord with all your hearts, get rid of your foreign gods and your images of Ashtoreth. Turn your hearts to the Lord and obey him alone; then He will rescue you from the Philistines.” (1 Sam 3:17)

So Samuel gathered all the Israelites to Mizpah. They confessed that they had sinned against the Lord and they cried out to God to save them from the Philistines. Samuel also sacrificed a lamb to God on behalf of the people.

When the Philistines heard that Israel had gathered at Mizpah, they

came to attack them. But that day, the Lord spoke with a mighty voice of thunder from heaven and the Philistines were thrown into such confusion that the Israelites defeated them.

Samuel then took a large stone and placed it between the towns of Mizpah and Shen. He named it Ebenezer (which means “the stone of help”), for he said, ***“Up to this point the Lord has helped us!”***

Samuel became Israel’s judge at Mizpah, and during Samuel’s lifetime the hand of the Lord was against the Philistines.

God rescued the Israelites when they humbled themselves before Him. And His gracious intervention reminded them to always love, obey and worship Him.

Many of us have experienced God’s help in our lives. But when we are faced with new challenges and problems, instead of trusting God and surrendering ourselves to Him, we panic and become anxious. We forget God’s goodness, which we have experienced in the past.

Samuel wanted the Israelites to remember God’s love, protection, provision and goodness in their lives up to that point. And because they weren’t out of the woods yet, this Ebenezer would remind them to keep the faith in the days ahead.

During the fast, let us reflect on how the Lord has helped us until now. What is your ‘stone of help’ that serves as a reminder of how the Lord has helped you until now?

DAY 1

READING: 1 SAMUEL 4

When the Israelites lost the Ark of the Lord in a battle with the Philistines, the news of having lost it was so devastating to Israel's judge Eli, that he fell backwards from his chair, broke his neck and died (1 Samuel 4:18).

If the Ark of the Lord was in the battlefield with the Israelites, why did God allow them to be defeated by their enemy and the Ark to be captured?

In 1 Samuel 4:3, it says that the Israelites made the decision to use the Ark of the Covenant as protection in a moment of desperation because they had lost a battle to the Philistines.

Most people know when they are being used, and dislike it. A friend likes the perks of being around you because of what they can benefit from the 'friendship'. A co-worker gets close because of the credit they can get from your work relationship. A family member emotionally manipulates you to get his or her way.

In this situation, Israel as a nation was using God. We can discern this because the sons of Eli had come to the battlefield with the Ark of the Covenant that day, and this duo didn't know God and could not have cared less about the customs of priests among the people:

¹²Now the sons of Eli were scoundrels who had no respect for the LORD¹³ or for their duties as priests. Whenever anyone offered a sacrifice, Eli's sons would send over a servant with a three-pronged fork. While the meat of the sacrificed animal was still boiling,¹⁴ the servant would stick the fork into the pot and demand that whatever it brought up be given to Eli's sons. All the Israelites who came to worship at Shiloh were treated this way.¹⁵Sometimes the servant would come even before the animal's fat had been burned on the altar. He would demand raw meat before it had been boiled so that it could be used for roasting.¹⁶The man offering the sacrifice might reply, "Take as much as you want, but the fat must be burned first." Then the servant would demand, "No, give it to me now, or

I'll take it by force."17So the sin of these young men was very serious in the LORD's sight, for they treated the LORD's offerings with contempt.

1 Samuel 2: 12-17 (NLT)

Could it be that you have been attempting to use God? And if so, in what ways?

- Do you only pray when you want God to give you something, when you're not feeling unfulfilled?
- When you serve, are you frustrated you don't get more attention?
- Are you generally disappointed with God unless something good happens to you?
- Do you read the Bible solely to live a better life?
- Do you easily forget to thank God?

Even with the loss of the Ark, the Israelites were not yet ready to come before God in full repentance.

Seven months after the Ark was captured, the Philistines returned it and the people of Kiriath-jearim came to get it. They took it to the home of Abinadab and ordained Eleazar, his son, to be in charge of it. The Ark remained there for twenty years. And during that time, all Israel mourned because it seemed the Lord had abandoned them. (1 Sam 7:2).

It took twenty years for the people to finally humble themselves before God, under Samuel's leadership.

And Samuel said to all the house of Israel, "If you are returning to the LORD with all your heart, then put away the foreign gods and the Ashtaroth from among you and direct your heart to the LORD and serve him only, and he will deliver you out of the hand of the Philistines."

1 Samuel 7: 3

Israel had done nothing to deserve God's help. They tried to use God to get what they wanted, but God cannot be controlled by His creation. It was not until they returned to God with all their heart that the Lord listened to their cry for help and rescued them.

An idol is whatever you look at and say, in your heart of hearts, “If I have that, then I’ll feel my life has meaning, then I ‘ll know I have value, then I’ll feel significant and secure.”

Is there an idol that keeps you from wholeheartedly trusting God?

APPLICATION

What does God want me to do?

PRAYER

Respond to God's Word by writing your prayer.
