

The YFCI Global Day of Prayer and Fasting

A Practical Guide



YOUTH FOR CHRIST
INTERNATIONAL

Youth for Christ International
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INTRODUCTION

From the very beginnings of YFC, prayer has been a foundational pillar. Our movement is sustained by and through prayer. Since the early 2000's, a day of prayer and fasting has been set aside each month for the purpose of praying for lost young people and to pray for more workers for the harvest. In 2021, I conducted a survey of the nations to find out how our teams were engaging with the Global Day of Prayer and Fasting. One of the key discoveries was the desire from the nations to know how to engage and a request for more resources. This Practical Guide was developed as a direct response to this request.

In it you will discover the what, why and how of our Global Day of Prayer and Fasting. There will be some reflection and discussion throughout that you could engage your team with as well as many practical ideas and some examples from YFC nations around the world. In addition, there is a list of recommended reading for delving deeper into the topic of fasting. We hope that you find this a welcome addition to the 'tools in your toolkit' as you continue to give young people the opportunity to know Christ.

In His service,

Lyndal Walker
YFCI Prayer Director

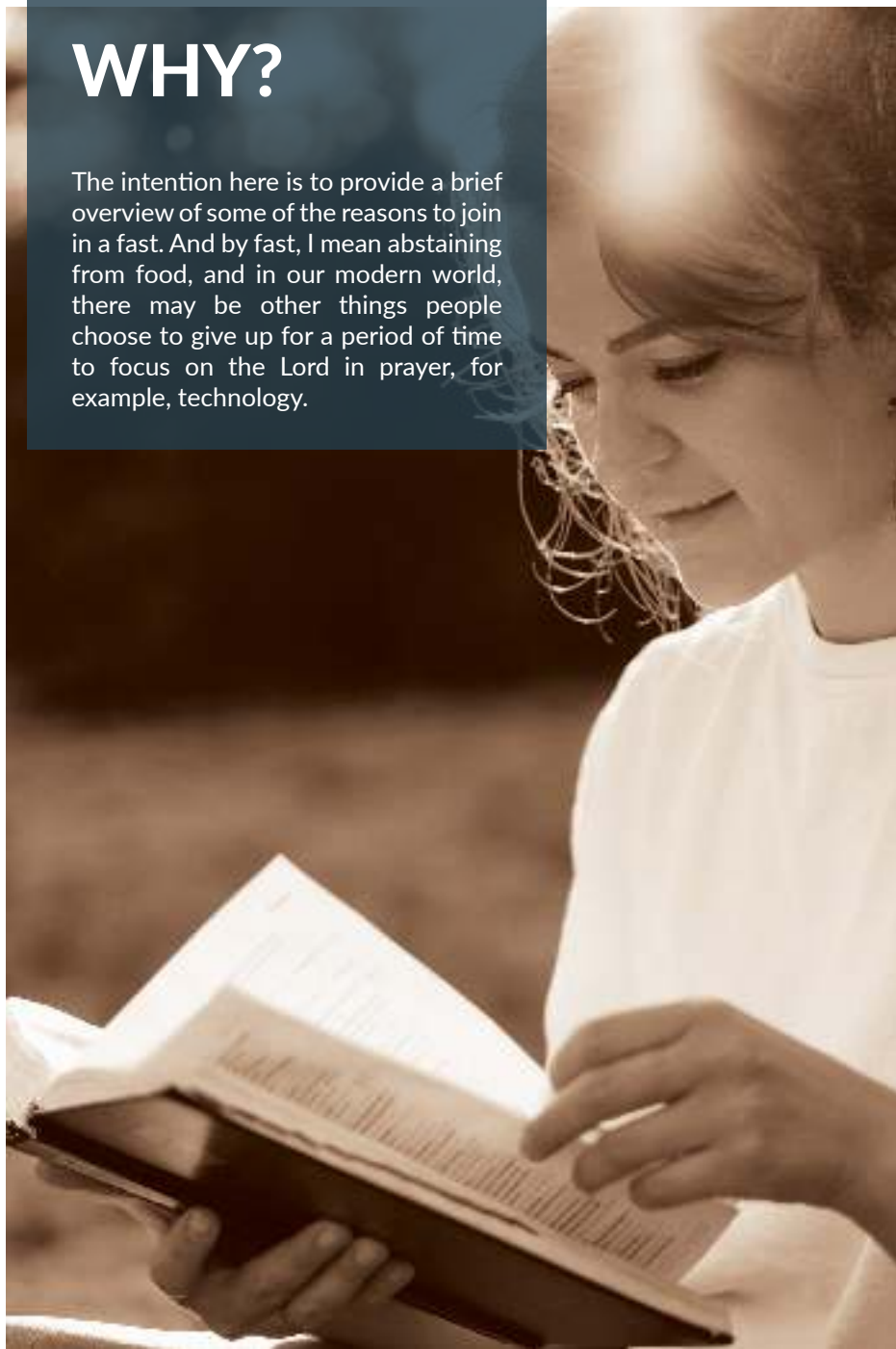


WHAT?

The Global Day of Prayer and Fasting is a prayer initiative of Youth for Christ International and takes place the first Monday of every month. All YFC staff, volunteers and board members are encouraged to set aside this day to fast and pray for lost youth and to ask God to raise up more harvest workers, those who are called to evangelism and discipleship of youth. We encourage you to also invite local churches and other youth organisations to fast and pray on this day, thereby building unity in the body of Christ.

WHY?

The intention here is to provide a brief overview of some of the reasons to join in a fast. And by fast, I mean abstaining from food, and in our modern world, there may be other things people choose to give up for a period of time to focus on the Lord in prayer, for example, technology.



1) Prayer and fasting is Biblical.

In the Old Covenant, fasting was a normal part of life, mainly on the Day of Atonement (Leviticus 16:29-31). Fasts were also done to mourn or show deep repentance, or to seek God for answers (2 Chronicles 20:3-4, Daniel 9:3-19, Esther 4:1-3, 15-17, Joel 1:13-14). Jesus also fasted and taught on fasting. For example, in Matthew 6:16 Jesus is teaching on prayer and fasting, “and when you fast...”. He did a 40 day fast Himself, led by the Holy Spirit (Luke 4:1-13). When Jesus finished the fast, Luke records that He then returned to Galilee ‘in the power of the Spirit’ (Luke 4:14). It appears the disciples of Jesus didn’t fast, as outlined in Mark 2:18-22, but they certainly did once Jesus returned to heaven (Matthew 9:15, Acts 13:1-3, Acts 14:23).

2) Prayer and fasting is spiritually and physically refreshing.

Taking time away from the normal routines in life, including eating, to focus on the Lord in prayer, not only brings refreshment to our soul, but also to our body. Fasting has been shown to have several health benefits including weight loss, improved blood sugar control, decreased inflammation, and enhanced heart health¹. If one has

any medical conditions, one should seek the guidance of their medical professional before beginning a fast.

3) Prayer and fasting helps us ‘tune in’ to the Holy Spirit’s guidance.

For example, when the leaders of the church in Antioch were fasting and worshiping the Lord, the Holy Spirit said, “Set apart for me Barnabas and Saul for the work to which I have called them” (Acts 13:2). The leaders gained a mission strategy by worshiping and fasting.

4) Prayer and fasting releases the Holy Spirit’s power in our lives.

We see Jesus full of the Holy Spirit before he fasted (Luke 4:1) but after the 40 days He returned to Galilee ‘in the power of the Spirit’. We have been given the Holy Spirit to indwell us (1 Corinthians 6:19), and fasting leads us to access more of His power in our lives. Do we need to fast for 40 days for that to happen? This is something between the Lord and the one who chooses to fast. As Luke 4:1 says, Jesus was ‘led by the Spirit into the wilderness’. We must make sure we are being led by the Spirit, particularly when we are thinking about an extended, no food, fast.

¹ <https://www.healthline.com/nutrition/fasting-benefits>, accessed 13th Dec, 2022.

5) History demonstrates the impact of corporate prayer and fasting.

Dr. J. Edwin Orr, a revival historian in the 20th century, says revival is initiated by unified, concerted, extraordinary prayer². In his talk 'the role of prayer in spiritual awakening', Dr Orr provides compelling examples. A plea for prayer from Isaac Backus, a New England Baptist Pastor, to ministers of every Christian denomination in the USA, led to the second Great Awakening. All the denominations committed to praying the first Monday of the month and it was not long until revival came. A couple of other examples of revival that impacted society include the New York lunchtime prayer meetings that started with 6 people in 1857 then filled every church and public space in New York leading to 1 million conversions within a year (out of a population of 30 million) and the Welsh revival in 1904 which spread throughout the world. The Jesus Fast by Lou Engle and Dean Briggs, contains examples of more recent revivals started by prayer and fasting³. For more testimonies of revivals from around the world started by prayer and fasting, I highly recommend watching the documentary Transformations by the Sentinel Group⁴.

6) Prayer and fasting is a weapon in the spiritual battle for our young people.

There's an interesting case in the gospels where a father comes to Jesus about his boy who is being harassed

by a deaf and mute spirit (Matthew 17:14-21, Mark 9:14-29). He asks the disciples to cast the demon out. But they can't. Jesus is then summoned to do the job. He casts it out and, when asked why the disciples couldn't, in addition to saying that they had a lack of faith, the response was "this kind can come out only by prayer." Some biblical manuscripts say "prayer and fasting." There is a very real spiritual battle against our young people and if we want to see young people being set free to follow the Lord, then prayer and fasting is a weapon we must take up to intercede for breakthrough.

7) The laborers are few.

When Jesus ministered on earth, this is what He told his disciples after seeing how many were living without hope, "The harvest is plentiful, but the laborers are few; therefore pray earnestly to the Lord of the harvest to send out laborers into his harvest." (Matthew 9:37-38)

It is a command of the Lord to pray for more workers in the gospel, and in our instance, to pray for more to join in reaching young people who are "harassed and helpless" (Matt 9:36). The word for 'pray earnestly' in the Greek is deomai which literally means 'to beg'. In fact, there are many other instances in the New Testament where it is translated 'beg'. How desperate are we to see more people raised up to reach this generation? Let's beseech

the Lord of the harvest to send out more laborers to share the gospel with young people.

Youth for Christ is uniquely positioned to call for unified prayer and fasting the first Monday of the month. Whatever role we have within YFC, we are all called to pray. Join us as we take this opportunity to follow the Spirit's leading in praying and fasting to see more young people come to know Christ.



²The role of prayer in spiritual awakening, Dr. J. Edwin Orr, National Prayer Conference, Dallas Texas, 1976. Accessed on YouTube, Dec 13, 2022.

³Engles, L. & Briggs, D. (2016). 'The Jesus Fast', Chosen Books, Minnesota.

⁴<https://www.sentinelgroup.org/transformations>

REFLECT and DISCUSS

1. Are there any other reasons that you can think of to pray and fast? If yes, share with your team.
2. Watch ['The role of prayer in spiritual awakening'](#) by, Dr. J. Edwin Orr. (Note, you can do auto-translate in YouTube if you would like captions in another language). You may like to watch it with members of your team. Note down the things that stood out to you while watching and share with the team. What is one action you can do as a response to watching this talk?
3. Choose one of the books from the recommended books/ resource section and commit to reading it within the next two months. (Note, if you know of good books in your own language, feel free to read these or see if translations of these books are available).



HOW?

Now we know some of the reasons to fast, how do we actually go about spending a whole day in prayer and fasting? Following are some practical ideas to help get you started in this area. There is no 'set' way to spend a day in prayer and fasting but we can certainly learn from others, and of course, the best teacher is always the Holy Spirit (John 14:26). From the list of ideas and models represented, you may like to start by asking the Holy Spirit what you should try. He may even give you some totally brand new ideas. There is precedence in the word of God for both individual fasting and corporate fasting. But first, we will address some preliminary thoughts related to preparation for the day.

HOW? With the right heart attitude

Jesus said:

“And when you fast, do not look gloomy like the hypocrites, for they disfigure their faces that their fasting may be seen by others. Truly, I say to you, they have received their reward. But when you fast, anoint your head and wash your face, that your fasting may not be seen by others but by your Father who is in secret. And your Father, who sees in secret will reward you.” (Matthew 6:16-18, ESV).

The Life Application Study Bible (p. 1589) says in relation to this verse:

“Jesus was condemning not fasting but hypocrisy - fasting in order to gain public approval...The Pharisees voluntarily fasted twice a week to impress the people with their ‘holiness.’ Jesus commended acts of self-sacrifice done quietly and sincerely. He wanted people to adopt spiritual disciplines for the right reason, not from a selfish desire for praise.”

It is important, therefore, that we enter fasting with the right heart attitude, in response to the Lord’s invitation, not so that we may look more spiritual than others. A few verses earlier, when Jesus was teaching on prayer, he again addressed hypocrisy - the Pharisees prayed overtly to be seen by others (Matthew 6:5). His instructions are “but when you pray, go into your room and shut the door and pray to your Father who is in secret. And your Father who sees in secret will reward you.” (v 6). Again, the point wasn’t to admonish all public prayer, but to call out the wrong heart attitude of those who wanted to impress others. We see the disciples gathered together in the ‘upper room’

devoting themselves to prayer (Acts 1:13-14), the early church gathered together for prayer (Acts 2:42, Acts 12:12). Jesus himself prayed publicly in front of his disciples (John 17).

HOW? With minimal distractions

In the context of your work with YFC, you may consider prayer and fasting on the 1st Monday of the month your work for that day. That is, everything else is off the agenda for this day. We recommend that no other meetings, no phone calls, and no direct ministry with young people is arranged for this day*. Prayer and fasting is your work for the day. This is a time to seek God, to be refreshed in Him and to pray for your ministry and the young people you reach out to. As Oswald Chambers so aptly wrote, “prayer does not fit us for the greater works; prayer is the greater work⁵.”

*This needs to be confirmed by your boss or supervisor beforehand.

HOW? With intention

Before you begin your time of prayer and fasting, decide on some practicalities so when you enter into prayer, you can fully focus on prayer and fasting. For example, how long will you fast for? Where will you fast? Will you fast by yourself or with others? If with others, who and where will you meet? What will you fast from? What materials will you need? (Bible, journal, pen, music, materials to be creative with). What will be the focus or theme of your prayers? Determining these things in your heart beforehand will also help you persevere through the day when you might be tempted to give up.

REFLECT and DISCUSS

1. What kind of attitude do you currently have towards prayer and fasting? What challenges you from the words of Jesus in scripture about the attitude one should have when fasting?
2. How are you at removing distractions from your day? What are some things you can do personally to help minimize distractions on a day of prayer and fasting? List them.
3. Plan out a solo day of prayer and fasting based on the questions listed under the ‘with intention’ section.

⁵ Chambers, O. (1935). My Utmost for His Highest, Oct 17. Accessed 13th Feb, 2023 from <https://utmost.org/classic/greater-works-classic/>



Individual Prayer and Fasting Ideas

1. Use the alliteration 'Intimacy, Intercession and Increase' (based on John 17) to guide your time of prayer*

* This can also be used for corporate prayer

Intimacy - For the first part of the day, focus on your own intimacy, your relationship with God. Spend half an hour to an hour in worship. Read and meditate on the word of God. A resource you may want to consider is our monthly e-prays which have a scripture to read and questions to think about. You may also consider using tools like lectio divina or gospel contemplation (appendix A) or writing in a journal. Tell God what is on your heart and what you are hoping and praying for yourself. Ask Him if there's anything you need to do in personal obedience to Him.

Intercession - Spend the next part of the day in intercession, praying for and on behalf of others. Pray for the list of lost young people you are praying for. Pray for the specific situations or circumstances you want to see a breakthrough in. Pray for your ministry or people in the ministry you want to intercede for. Ask the Holy Spirit to lead you in how to pray for these things. You may spend time using scripture to pray over situations or people.

Increase - The last part of the day is focused on praying for an increase in the kingdom. Pray for lost young people to be found. Pray for more harvest workers. Pray for your



community, nation and area. Pray for wisdom in your own evangelism and discipleship. You may even like to go for a prayer walk and ask the Lord if there is anyone He would like you to speak with along the way.

2. A day in nature

Jesus would go off by himself in nature often. For example, He would go to a garden, a mountain, or the wilderness. Choose a place that helps you become more aware of the presence of God through creation. You may like to stroll and pray (heavy exercise isn't recommended when fasting).

3. Silent retreat

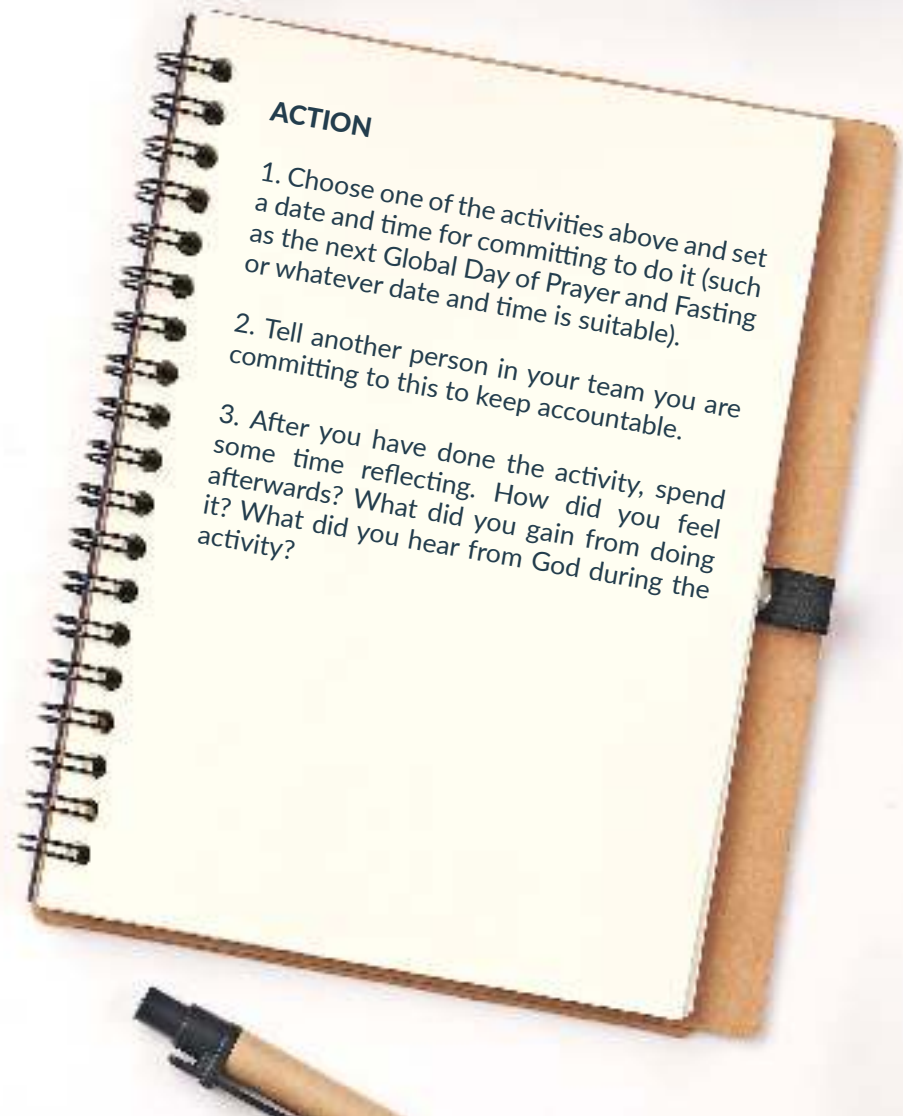
A silent retreat is when you intentionally set aside time to just be quiet and still before the Lord without interacting with anybody else and removing all distractions. The location can be in your own home, a church, a park, wherever there will be minimal distractions. You can use a guide to help you meditate on God's word and hear from Him. For some free silent retreat guides, go to <https://www.newim.org/guided-silent-retreats>

4. A day of creativity

We are all creative beings, whether we think we are creative or not. We see God's creativeness all around us. Through a creative process, you can engage with God in a new way. Use a writing pad, some pencils to write or draw. Or play some music that you can create a dance to. Using crafting materials, create something that reflects your prayer. As you engage in something creative, ask the Lord what He may want to speak to you about. You can respond through your creativity. You may turn your prayers into a poem or a painting or write some prose. Enjoy the fellowship with your Creator as you do so.

5. Fasting from TV and screen time

Use the time you would normally watch a favourite TV show or peruse social media or other enjoyable 'screen time' activities to feast on the Lord. Notice if a desire to watch that show or go on social media wells up within you. Redirect that desire towards the Lord and tell Him your desire at that moment is to seek Him rather than other pleasures.



ACTION

1. Choose one of the activities above and set a date and time for committing to do it (such as the next Global Day of Prayer and Fasting or whatever date and time is suitable).
2. Tell another person in your team you are committing to this to keep accountable.
3. After you have done the activity, spend some time reflecting. How did you feel afterwards? What did you gain from doing it? What did you hear from God during the activity?



Corporate Prayer and Fasting Ideas

When meeting corporately for a day of prayer and fasting, we recommend that you start all together in worship and some encouraging time in the Word of God. Worship is a powerful way of praying, giving God the glory He deserves and allowing people to set their hearts right with Him. You may decide to stay all together for the day or allow people time to have some individual prayer. The following ideas are in no particular order.

1. Create an interactive prayer room or prayer space

An interactive prayer room is a place of creativity where people can express prayer through various means. This space consists of 5 or 6 stations that encourage people to engage all of their senses in prayer - touch, taste, smell, sound, sight. The stations may be centered around a theme you have chosen for the day, with applicable

bible verses at each station. You may have stations set up for painting or drawing, writing, listening to music, even communion. Different physical prompts can be used to help the person engage in prayer, for example, a map of the world with the countries you are praying for highlighted.

2. Use the Lord's prayer as a guide for leading people in prayer

The Lord's prayer has guided people's prayer life ever since it was recorded. Using the passage from Matthew 6:9-13, the prayer can be broken down into parts and a substantial amount of time can be focused on the themes that come out of each. Here is a resource you may use with permission or adapt for your needs, for a prayer time with your team or group of friends to walk through the Lord's prayer, [The Lord's Prayer Guided Prayer.pptx](#).

3. Virtual prayer meetings

Prayer meetings can be held virtually to connect people who are in different

locations. Utilising a virtual meeting allows for you to gather your team across a nation or region for a time of prayer and fasting. Various platforms can be utilized such as Zoom, WhatsApp, Facebook, Trello, Google slides and forms, to communicate and share creative points of engagement for people.

4. Harp and Bowl - worship and prayer

Harp and Bowl prayer is taken from the heavenly vision that John saw as recorded in Revelation 5:8-14, with the harp representing worship and the bowls full of incense representing the prayers of the saints. In harp and bowl prayer, worship often begins with set songs but spontaneity arises when someone is led to pray a particular prayer. The worship leader picks up on the theme of the prayer and starts singing a spontaneous song related to the prayer, often repeating the key lines until someone else or the prayer leader is inspired to pray something else. Harp and bowl is very free and doesn't require a lot of structure. We recommend that you have different worship leaders and musicians lined up to take over from each other if you want to do it for an extended period of time so the musicians can take a break. The International House of Prayer in Kansas City often uses this model in their prayer room. If you are interested in seeing how it works, watch their [livestream](#).

5. Prayer walking

Prayer walking is a great way to saturate an area in prayer. You may have specific places in mind you could prayer walk where young people gather such as schools, skate parks, drop in centers, sporting clubs or other places

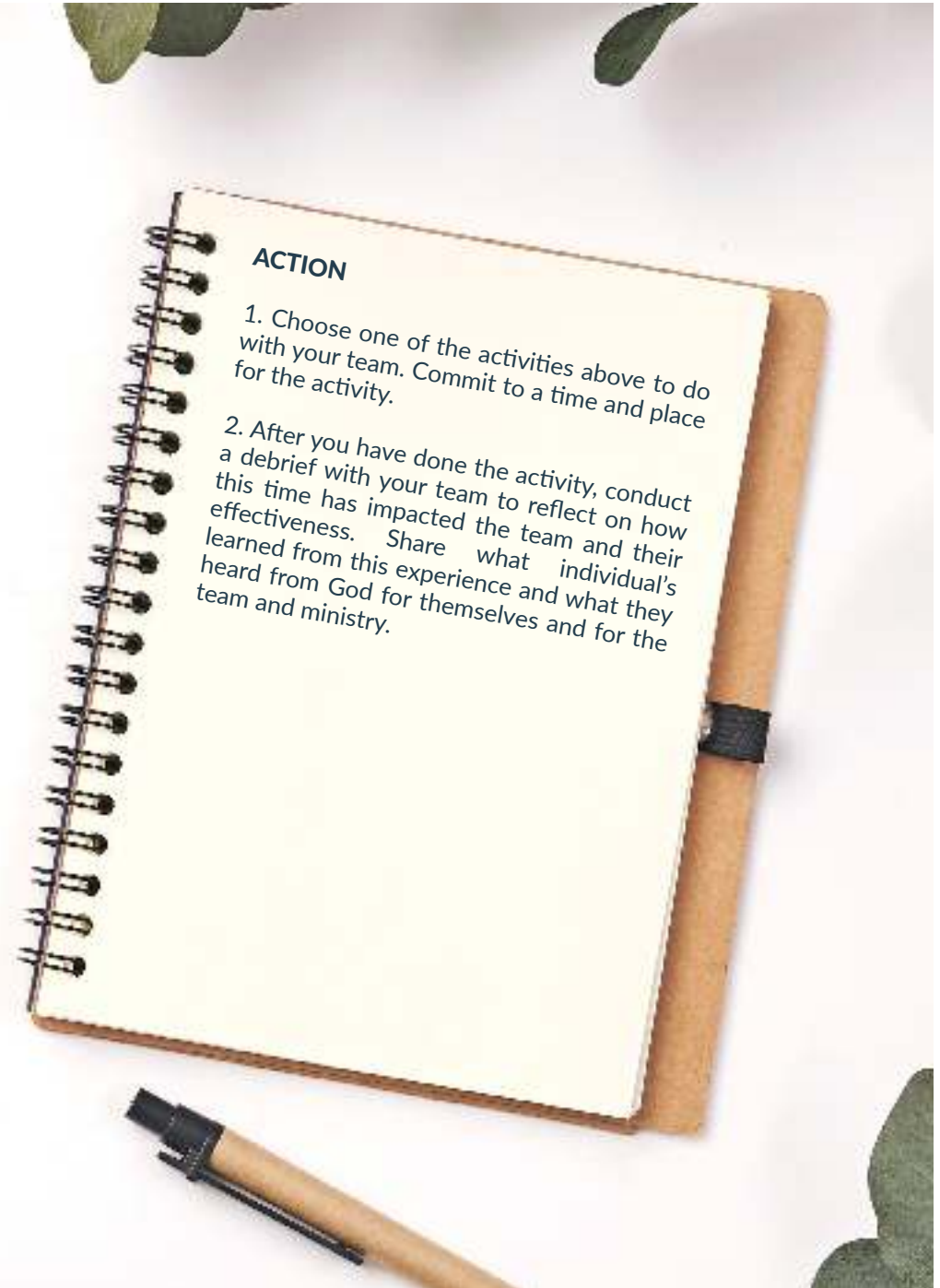
where young people study, work, play. Or you could have a map of the town you are in and divide it up into sections for your team to spread out and pray for. We recommend that you prayer walk with at least two people, but feel free to do it with more. Meet with your team before you go out to set some guidelines and to spend time listening to God together. The Navigators have a great prayer walking resource you could use at https://www.navigators.org/wp-content/uploads/2020/08/Prayer-Walk_Tool.pdf.

6. Local House of Prayer

Check your city or area to see if there is a House of Prayer near you. These are normally venues that are specifically set aside for continuous prayer, sometimes even for 24-7 prayer. (For an example of a regional house of prayer, see <https://www.qhop.ca>). They normally have a set schedule for their time of prayer on any day of the week. Consider enquiring if your team could join in with the House of Prayer for one Monday every now and then. Stepping out of our own spaces helps to create unity within the body of Christ in a particular area. If your city or region doesn't have a House of Prayer, you may like to consider what it could look like to gather local churches together for an evening of prayer for youth on the first Monday of the month with different churches hosting at different times.

7. Retreat center

Another idea for an on occasion day of prayer and fasting is to book out a whole retreat center for your team. Getting away together as a team from the usual place helps to bring refreshment and focus.



ACTION

1. Choose one of the activities above to do with your team. Commit to a time and place for the activity.
2. After you have done the activity, conduct a debrief with your team to reflect on how this time has impacted the team and their effectiveness. Share what individual's learned from this experience and what they heard from God for themselves and for the team and ministry.



**EXAMPLES FROM
AROUND THE WORLD**



Namibia

On the Global Day of Prayer and Fasting, the Youth for Christ Namibia team based at Hodygos Training Centre in Okahandja gather together from 9:00am to 4:30pm for a day of prayer and fasting. The National Prayer Coordinator typically is the one who organizes their time. A theme is decided upon for the day and the prayer coordinator transforms one of their meeting rooms into an interactive prayer room with flags of the world strung up around the room and different prayer stations set up according to the theme. An hour is spent in worship then someone shares from the Word of the God based on the theme. A small group activity to get the participants to engage with the theme is conducted and often games are a part of the day to build teamwork and unity. The prayer stations can be done individually or in small groups. Communion is another element that

plays a vital part in the day. Prayer for each other and ministry needs may also happen. Sometimes they may go out into the community to pray for others. See Appendix B for an example outline of the day and some photos.

Southern Africa

On the first Monday of the month, the Southern Africa nations partake in a prayer chain to ensure that the whole 24-hour day is covered in prayer. Each nation is allotted a two to three hour time slot and provided with a prayer letter compiled by the Southern Region Spiritual Formation Coordinator. The prayer letter contains praises and prayer requests submitted monthly by each nation's spiritual formation coordinator. Each nation is then responsible for covering their time slot in prayer. For example, in Botswana, the spiritual formation coordinator arranges for staff and volunteers to cover 15 minutes each to make sure their prayer slot is saturated in prayer.



The Americas

Brazil

In YFC Brazil, all the local leaders and volunteers are invited to a virtual prayer meeting on the evening of the first Monday of the month. The local ministry leaders send their requests via WhatsApp to the prayer coordinator and, at the meeting, each participant prays for those requests and for what is included in the global ePray.

Portuguese language prayer call

The Regional Director for the Portuguese speaking nations associated with the Americas organizes a virtual prayer gathering for people across four nations. This happens once every two to three months. Their time begins with people introducing themselves if they haven't been on the call before which is followed by a short devotional and prayer time. A corporate prayer time may also occur during this time for any specific large, general needs, for example, a crisis a nation may be experiencing. Most of the time is reserved for breaking into rooms of 3-4 people, using random zoom division. This is the most important time when people can share requests and pray for each other. The prayer call usually takes between 60 and 90 minutes, depending on how long the people in small groups meet.



Asia/ Pacific

Philippines

In the Philippines, the leadership encourages the YFC team to fast for at least one meal on the first Monday of the month. They then meet together in the evening at the YFC center and provide a zoom link for those who are unable to attend in person. Meeting together in person, however, is strongly encouraged. The team spends 30 to 40 minutes in worship and being in the presence of God. For the next hour to an hour and half, time is spent in intercession for YFCI, the nation, the local city, YFC Philippines, or depending on the leading of the Holy Spirit, other needs may arise to be prayed for. Afterwards, they pray for one another and close with a final corporate prayer.

Nepal

In Nepal, the National Director coordinates a prayer call from 10am to noon the first Monday of the month. The YFC workers in different provinces bring the prayer points from their region to the meeting and they pray for them as a group. Another initiative they have introduced is to pray specifically for 3 young people they want to see raised up in leadership and 3 young people who they want to see disciplined. They make a list of their prayer requests and circulate these lists to all the staff and volunteers. They are requested to pray continuously for these young people until the 1st Monday of the Month. South East Asia Prayer Call

On the first Monday of the month, the Regional Director, Scott Johnson, leads a virtual prayer meeting with members of YFC in South East Asia. There is a WhatsApp group with each of the participants and this is used for communicating what time the gathering will take place and the zoom link. The meetings go for about an hour and different needs are shared and prayed for.

Southeast Asia Prayer Call

On the first Monday of the month, the Southeast Regional Director leads a virtual prayer meeting with members of YFC in Southeast Asia. A WhatsApp group with each of the participants is used for communicating what time the gathering will take place and the zoom link. The meetings last about an hour and different needs are shared and prayed for. Nations have also taken responsibility to lead the time of prayer on different occasions.



Europe, Middle East and North Africa

Germany

In Germany, anyone who would like to participate in the Global Day of Prayer and Fasting meets at 9:00am and begins by reading the monthly [e-pray](#) published by YFCI. The bible verses mentioned in the e-pray are read and discussed. If there are prayer requests mentioned in the e-pray, these are prayed for. Prayer is also offered for the different ministries of YFC Germany but also the YFC International movement in general. Worship is included when possible.

The German team work during their day of prayer and fasting but also meet again at lunch time for another extended prayer time. Fasting is encouraged but is optional.

Britain

YFC Britain has a Prayer and Presence day every second month. These prayer days consist of extended times of worship, times of quiet listening prayer where people can have the option of leaving the main meeting area if solitude is required, deep teaching from speakers and experts in their field to build up faith as well as intercession for young people, for provision, for the future direction of the ministry and each other. Often prayer also includes intercession for the body of Christ, local YFC centres, other organisations and events. The day is between 5 and 6 hours in length and includes lunch and other short breaks when necessary.

Snap Shots of other prayer and fasting from around the world

YFC Britain

In the summer of 2022, YFC Britain decided to stop all ministries to focus on 40 Days of Prayer (you can see a short clip from their National Director [here](#)). There was a schedule for each day to guide the team in the process with many activities to help the staff and volunteers engage with and listen to God. In fact, much of the time was designed to listen to what God was saying to them both individually and corporately. Here is their daily rhythm for this time:

Daily times (Mon-Fri - except Tuesday)

9:00-10:00 – Hour of administration
10:00-10:15 – Morning Reflection – based on day's Theme (On Zoom)
10:15-11:00 – Activity 1
11:30-12:15 – Activity 2
13:30-14:15 – Activity 3
14:30-15:15 – Activity 4
15:15-15:30 – Afternoon sharing – (On Zoom) What did you hear/sense today?

Tuesday's Times

9:00-10:00 - Administration
10:00-11:30 – Prayer and worship collective (in office)
11:45-12:15 – Activity 1 – Individual Daily Reflection
13:45-14:30 – Activity 2 - Prayer List (this weekly activity may change)
14:45-15:45 – Worship & Waiting Collective (in office) & Feedback/Sharing - What did you sense God is speaking?

Weekend - Daily Times (optional)

No Admin/Regular Work
Activity 1 - Any time

The activities completed throughout the 40 days were informed by the following resources:

Forty Days and Forty Nights: A Guide for Spending Time Alone with God by Brother Ramon.

Invitation to Retreat by Ruth Haley Barton.

Spiritual Disciplines Handbook by Adele Ahlberg Calhoun.
For an example day go to this [link](#) or see Appendix C.

YFC Canada

In September 2018, a group of seven YFC staff from Central Alberta decided to pray and fast for seven days for the salvation of youth in their area. They decided to be specific - twelve salvations by Christmas. Every Monday morning their small group thanked God for the twelve young people who were going to say yes to Him. During one of the programs at the end of November, they shared the good news about Jesus to the young people and asked them if they would like to start a journey with Jesus. Twelve young people raised their hands to respond to the invitation. That was just the beginning with many more also responding to the good news in the subsequent months.

The motivating verse for the team to start being really intentional in prayer and fasting was John 14:13-14 which says, "Whatever you ask in my name, this I will do, that the Father may be glorified in the Son. If you ask me anything in my name, I will do it."

(This is recounted from the Jan 2019 edition of YFC Canada ePray).

YFC Africa

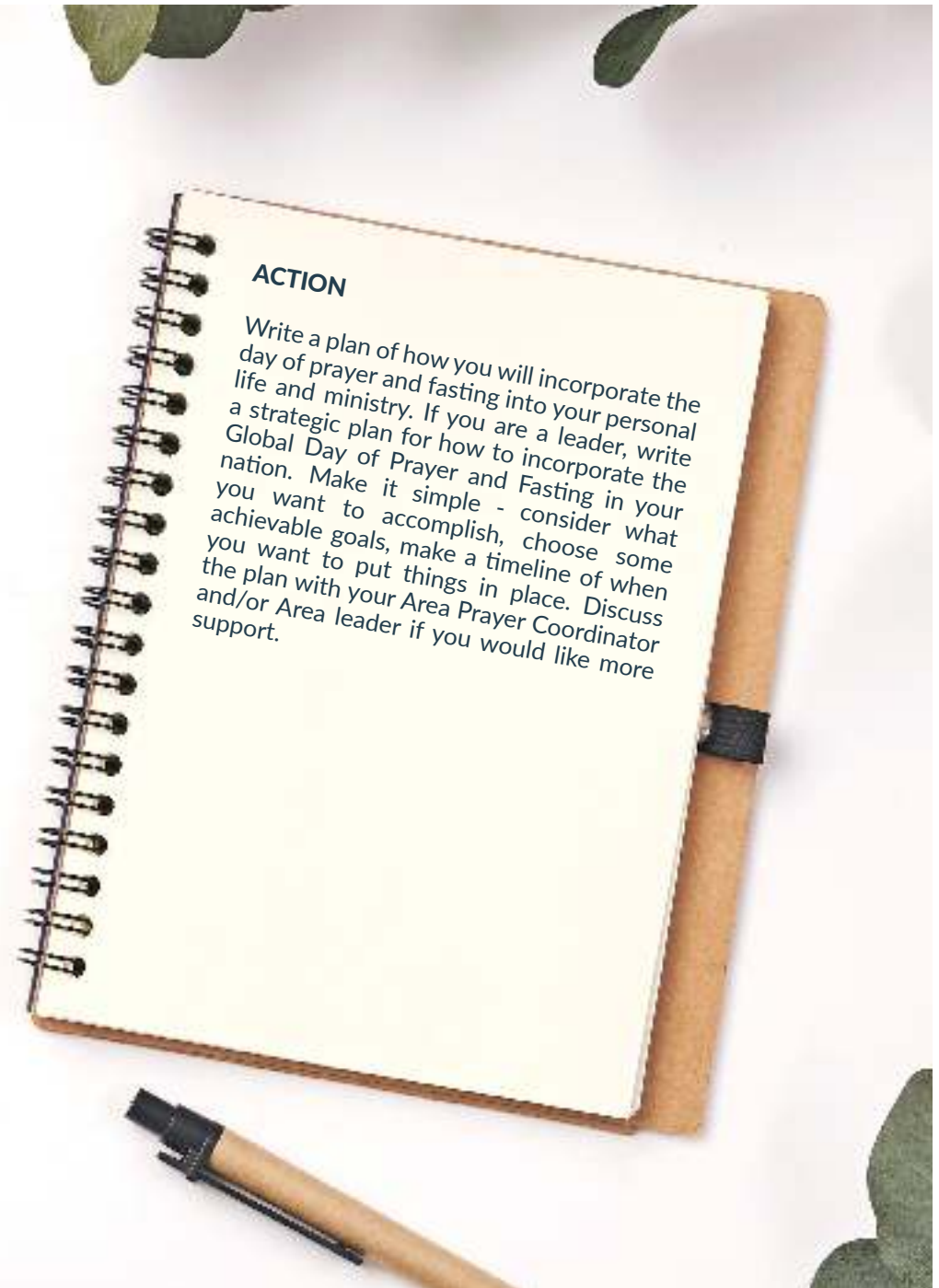
Every Thursday, the YFC Africa Area office spends the day in prayer and fasting. This day is usually a half day for staff - the focus is not so much on work but spending time with the God of the work. Following is what it looks like for them:

1. An extended time (60 - 90 minutes) to study the Word of God or go through a book like (Heart Transformation Manual).
2. Time of Prayer (30 - 45 minutes) using the Pray Africa Pray schedule & also personal requests from staff.
3. Time of Testimonies (20 minutes). Staff will testify about God's goodness in their lives or those of family members and friends.
4. Time of Reflection (the rest of the day). This is usually done after the devotion where staff are encouraged to reflect on what they have learned through the time of devotion (Word of God, Prayer & Testimonies) as they go back to their work space.

If staff need some counseling, this is usually done one-on-one after the time of devotion.

YFC Bolivia

YFC Bolivia conducts bi-weekly prayer meetings, very early on Monday and Friday mornings, via zoom.



ACTION

Write a plan of how you will incorporate the day of prayer and fasting into your personal life and ministry. If you are a leader, write a strategic plan for how to incorporate the Global Day of Prayer and Fasting in your nation. Make it simple - consider what you want to accomplish, choose some achievable goals, make a timeline of when you want to put things in place. Discuss the plan with your Area Prayer Coordinator and/or Area leader if you would like more support.

Appendix A

Lectio Divina

Lectio Divina is Latin for “divine reading” and is a method of reflective reading and prayer that leads us into the deeper meaning of Scripture and the transformation of our lives. It is best to choose a short, familiar passage of Scripture, no more than ten verses long. You could try starting with Isaiah 55:1–5, Psalm 23, Mark 10:46–52, or Psalm 62:1–8. There are four stages:

- Read the verses out loud, slowly. Take your time. Repeat the reading two or three times. Listen with the “ear” of your heart. What word or phrase stands out to you?
- Reflect on the word or phrase that stands out to you, repeating it over and over, allowing it to settle deeply in your heart. Don’t try to analyze it. Simply savor it. Let an attitude of quiet receptiveness permeate the prayer time. Be attentive to what you sense the Lord speaking to your heart.
- Respond to the Lord as you continue to repeat and savor the word or phrase. A prayer of praise or petition may arise. Offer that prayer to the Lord and then return to repeating the word or phrase in your heart.
- Rest in God. Sit still in the presence of God. Is there a thought or feeling you have at the end of this experience? Journal what God impressed upon you.

Gospel Contemplation

A prayerful and imaginative way of reading and reflecting on Scripture.

- Choose a passage from the Gospels (Matthew, Mark, Luke, and John) where Jesus is interacting with others.
- Ask God to be present and speak to you through His Word.
- Read through the selected passage at least twice, until the story becomes familiar.
- Close your eyes and imagine the scene. Engage it with all your senses. What do you see? Smell? Hear? Touch? Taste?
- Focus on Jesus. What is He doing? What is He saying? How is He interacting with others?
- Focus on the crowd. How are they reacting to Jesus? What are they saying? What emotions are they feeling?
- Focus on yourself. Where are you in the scene? How is Jesus interacting with you? How are you responding?
- Close with prayer. Spend some time talking to God about what you experienced through the story.

(Reference: Walker, L. (2020). *Intimacy, Intercession and Increase: A 31-day adventure with Jesus to explore a life of prayer*. YFCI, Denver, Colorado. pp. 41-42).

Appendix B

An example of a day of prayer and fasting held by YFC Namibia

9am Gather in prayer space. Worship for an hour (in this case, a worship team wasn't required. The team used an A/V set up with YouTube clips playing and a person operating this).



10am Theme for the day - sharing from the Word of God - Galatians 5:22: the fruit of the Spirit.



10.30am Break

11am Game - Family Feud

11.30am Activity - painting small white polystyrene ball with the 'fruit' you are struggling to manifest in your life (love, joy, peace, patience, gentleness, kindness, goodness, faithfulness, self-control). Gather in small groups to share what you painted on your ball and pray for one another in order to grow in this area.



12.30pm Break

1.15pm Prayer Activity - With a partner, use a small 'world globe' to pray for different nations that you randomly point to.

1.30pm Prayer Stations

- Africa tree with flags of the African nations



- YFC Namibia - painted hands and the names of different ministries (called a prayer cloth)



- Prayer for young people - pictures of emojis praying for different things that impact young people



- Operation Hannah - a kitchen scene set-up. Praying for mothers and the ministry of Operation Hannah. Bowl and towel set up for anyone who feels led to wash the feet of someone.



People are free to go around and engage with each prayer station as they feel led.

2.15pm Short break

2.30pm Communion - Someone shares a brief teaching and leads everybody in a time of communion.

3.00pm Prayer Activity - Prayer for upcoming outreach and the team going. Praying and prophesying (giving words of encouragement) over each other individually.

4.30pm Finish for the day

6.30pm Option to 'break the fast' with a meal together.

Appendix C

An example of daily activities from YFC Britain during their 40 days of prayer.



Activity 1 - Individual - Read - Exodus 24:1-18

Prayer ask God to prepare your heart for all that God will seek to do in and through you over this 40 day period
Silence, Write down anything you sense He is saying (pictures & words)
Reflect "For Moses, the forty days and nights were spent upon Mount Sinai - first of all to gaze upon the revelation of Gods glory and splendour by the dazzling brightness of God's outshining. Secondly he received from God the ten commandments. Thirdly he prostrated himself in intercession, pleading for sinful Israel and bearing the burden of the people of God in prayer."
Surrender any resistance you may have to moving into a place of solitude to be with God, as thoughts come to mind hand them to God

Questions:

1. How do you gaze upon the revelation of Gods glory in your own life?
2. What might God which to impart on to you in this period?
3. What is your version of prostrating before God to plead for other people?

Prayer - consider prostrating before God now to pray for Youth for

Christ (where there is sin, may we repent, where there is apathy may we reconnect, where there is drift may we realign)

Activity 2 - Walking - (Sensio Divina)

Sensio Divina simply means "holy sensing" - a sacred way of sensing the Divine in nature, using our senses to encounter the presence of God (Romans 1.20). It begins with the premise that the universe is the beloved creation of God, and that God is present in all things. The early Celtic Christians believed that God could be encountered everywhere and would go to both the sacred texts of Scripture and into nature to experience revelation of God.

Go for a walk & As you walk. - use the below to guide you.

1. Intentionally spend the first few minutes of your walk, breathing deeply, drinking in big gulps of the fresh air and then releasing your breath slowly.
2. As you walk, notice how your body occupies the space you are in. Are you tense?
Relaxed? Energetic? Lethargic? Invite God to accompany you in this time.
3. Now allow yourself to become increasingly aware of your surroundings, engaging one by one with each of your senses. Open your heart to noticing how God may be speaking to you through what you encounter.
What do you see?
What does it feel like to touch that leaf, that stone, the ground?
As you quieten yourself what can you hear?
Become curious about what your senses are heightened to in this time.
Allow yourself to wonder. Notice any images, emotions, memories that may arise.
4. Hold all you are noticing before God. Is there something you particularly want to dwell upon? Invite God to speak to you about this. We can trust in His goodness as He meets us where we are.
5. As you come to the end of your time of Sensio Divina, you may like to make a gesture of gratitude for this time - a prayer, a smile raised towards Him, maybe even kneeling.

Activity 3 - Department - Meet with your team - (Department leader to decide on if online or in person)

Share how you are feeling/finding this time?

(each person should share uninterrupted for 2 minutes at least)

Have you heard anything from God for either yourself, others or the Movement? (each person should share uninterrupted for 2 minutes at least)

Pray together for Youth for Christ to experience the glory of God, receive direction on what God has for us, pray for where we are weak and need to repent Pray for one another

Activity 4 - Study - Design your own Bible study (however you want in picture, mind map, written out)

The study is to be on the passage Exodus 24:1-18 - Afterwards work through your own

Bible study as if you are the student and make a note of anything new you may be hearing as you reflect on it...for any new thoughts, bring them before God and ask Him to reveal anything He would like you to do with such discoveries.

RECOMMENDED BOOKS/RESOURCES

Bickle, M. (2020). Harp and Bowl Handbook: A practical guide to sustaining enjoyable prayer meetings. International House of Prayer, Kansas City.

Engle, L & Briggs, D. (2016). The Jesus Fast: The call to awaken the nations. Chosen (a division of Baker Publishing Group). Minneapolis, Minnesota.

Madigan, M. (2019). Invitation to a Fast. Ark House Press. Australia.

Orr, Dr J.E. (1976). The role of prayer in spiritual awakening, National Prayer Conference, Dallas Texas. Accessed on YouTube, Dec 13, 2022.

[The Role Of Prayer In Spiritual Awakening by J Edwin Orr](#)

Transformations. Documentary by Sentinel Group. <https://vimeo.com/ondemand/transformations>

YFCI Fasting Guidelines

<https://epray.yfci.org/wp-content/uploads/sites/32/2017/01/yfci-fasting-guidelines-2.pdf>

Walker, L. (2020). Intimacy, Intercession and Increase: A 31-day adventure to explore a life of prayer. YFCI, Denver, Colorado.

