



SPIRITUAL EMPHASIS CAMPAIGN

JESUS ^{THE} HIGH ROAD *Leader*

5 DAYS PRAYER & FASTING

MON 8TH - FRI 12TH SEPT 2025
Evening Prayer Sessions: 8pm - 9pm



Meeting ID: 815 5903 5380
Passcode: 222222



TIPS ON HOW TO FAST EFFECTIVELY (GUIDE)

WHAT IS FASTING?

Biblical fasting is a spiritual discipline that Jesus Himself encouraged while He was on earth. (Mathew 6:17-18) It refers to voluntary abstaining from food and drink for a specific period and for spiritual purposes (humbling yourself to seek God's face.) (Read Isaiah 58)

Fasting means putting away things you find pleasure in for the sake of God. It means pushing away things that are pleasant for you to seek God's face - for instance, love of tea, coffee, cake, chips, chocolate, etc. It could also include things like social media, TV, etc. Fasting is essentially saying, *"This much Oh God, I need you, I thirst for you"*

This is an "I GET TO experience God thing". It is like going into heaven for a tune-up, so we can keep our passion for God and enjoyment of Him at a high level. Figure out what works for you, commit to it, and make it a part of your Christian experience forever. It should be a lifestyle for every Christian. Fasting should go hand in hand with prayer, otherwise, it'll just be a hunger strike!

WHAT DOES FASTING DO?

Fasting increases your control over your life. We are spirits enclosed in bodies, however, most of the time, we let our bodies control our spirits. Fasting puts the control back in our hands so that our bodies can become servants to the Lord. Fasting does not change God and His standards of righteousness or His will, but it changes us. In other words, God doesn't need it, we do!

- **Fasting Changes things:** Fasting changes the destiny of nations and individuals. (Jonah 3:5-10). God will not despise a broken and contrite heart (Psalm 51:17)
- **Fasting brings God's power into difficult situations:** Divine guidance and wisdom come as we wait on God in prayer and fasting. (Deuteronomy 9:7-11)





- **Fasting revives us:** The power of self is reduced through surrender and God can then have greater freedom to work in us. (Philippians 2:13)
- **Fasting purifies us spiritually:** It is a spiritual discipline that keeps us engaged with God when we willingly give up our pleasures to focus on God.
- **Fasting leads to brokenness:** Fasting being an expression of humility and repentance, helps us in our submission and reverence of God as He works in us.

Substituting Meals

- Each day many of us are likely to spend a lot of our time on meals - thinking about what we're going to eat, then shopping, then cooking, then serving it, eating, and eventually cleaning up! It's possible to spend multiple hours of our day just on food.
- However, when you are on a fast, you are able to clear out that extra space so you can create time with God, and that is something that pleases God.
- Fasting can ideally save you so much time that you may not even know what to do with it! That is why our encouragement is that during the fast, all meal times should be spent in prayer and the word. In essence, at meal times, don't stick around your office or class, vanish! Take a prayer walk, or sit somewhere outside and read your bible and pray. Every one of those days, spend extra time with the Lord. You could for example read 5 books of the bible in one week! In the evening, cook and take care of your family if they are not fasting - sit on the table and bless them - and participate in your family devotions! Pray for your family.





DIFFERENT TYPES OF FASTS

A number of fasts exist; these include:

1. **PARTIAL FAST** – Having a restricted diet like Daniel did for the duration you have proposed. (Daniel 10:2-3)
2. **NORMAL FAST** — when you skip meals all through the day and have one meal at night OR a **Liquid Fast** when you skip all meals and only take water and juices
3. **ABSOLUTE FAST** –This is a dry fast where you can go up to 3 days without water and food. (Esther 4:16)

We are encouraging our community to engage in normal or liquid fast for the 5 days but as you feel led!

A liquid fast means no solid food, when you are essentially denying yourself the greatest pleasure of life - eating food! In the scriptures, we see the likes of Moses, Daniel, Ezekiel, and Jesus engaging in these types of fasts at different points.

PREPARING FOR YOUR FAST

Here are some simple tips to help you prepare for your fast:

1. **Set an objective for your fast.**

Is there something you want to trust God for this season? Is it spiritual renewal and growth? Is it for guidance? For healing? For the resolution of a certain problem in your life and family? For special grace to handle a difficult situation?

Ask the Holy Spirit to clarify what He wants you to take away from this time. This will enable you to pray more specifically and strategically.

2. **Commit to your fast**

For Jesus, it was a matter of when, not if, his followers would fast. (Matthew 6:16-18; 9:14-15). Before you fast, decide on...

- a. How long will you fast?

We are doing a 5-day community fast. If you are unable to commit to that long, I encourage you to at least go for 2 days or 3 days.

- b. What type of fast?

We are encouraging a liquid fast for our





community, but if you have a serious health condition, please consult with your doctor before you begin.

- c. What physical or social activities will you restrict?

While you should be able to carry on with many of your normal activities, you could choose to restrict some in order to focus on prayer

- d. How much time each day will you devote to prayer and God's Word?

The idea is to substitute your normal mealtimes with time in prayer. However, you could, for example, decide to do a one-hour prayer walk each lunch time to pray through the items on the prayer guide.

Making these commitments ahead of time, writing them down and even sharing with someone you trust will help you sustain your fast when physical temptations and life's pressures tempt you to abandon it.

3. Prepare Spiritually

Pray about your upcoming time of fasting. Ask God to give you an expectant heart and show you any areas of your life that need to be aligned to His will.

Pray for spiritual protection over yourself and your family as you fast. The enemy will often intensify the natural battle between body and spirit (Galatians 5:16-17).

4. Prepare Physically

Don't binge eat before the fast begins! Cut down on caffeine, high fat and sugary foods several days before the fast. Raw fruits and veggies are a great way to condition your body for the fast!

The Importance of Water:

While fasting, drink a lot of room-temperature water.

The average temperature in your body is 56 degrees - cold water could easily shock your system leading you to end up with gastric cramps. Even for juice — don't drink iced drinks, especially after the 3rd day of your fast. Hot drinks can also help.

Try and drink at least 8 glasses (2l) of room-temperature water a day; this will help your system clean itself up. For juices, stick to non-acidic juices such as apple, papaya, sugarcane, watermelon, grapefruit, or coconut. Herbal tea without caffeine with a little honey also works.

Remember, whenever gastric juices cause you irritation and acidity - drink water.





TIPS WHEN FASTING

1. Drink lots of water. (at least 2L daily at room temperature)
2. Spend your freed-up mealtimes in prayer and reading God's word
3. Go to work – you'll be even more productive! Exercise regularly. (Though modest)
4. Look nice, dress up, clean up. Don't go around announcing to everyone! If anyone asks, why aren't you eating? Then say; oh, I am not eating today; That's it! Don't get into any arguments about it.
5. When breaking your fast, do it gradually, begin by drinking fluids or very light meals as your body adjusts. Never break a long fast with solid protein, could cause you harm!
6. Have an accountability partner or a prayer partner; After all the Bible says, two are better than one! (Ecclesiastes 4:9)
7. Expect Transformation- Long for and expect change as you fast. Seek to draw closer to God and learn His will.





**High road leader in sandals
of grace, Acknowledging
humanness, tears on his face.
Doing what's right for reasons so
pure, Giving more than He took,
love to assure. Gathering people,
the Good News to hear, Placing
them first, they came far & near.
Forgiving so freely, He didn't
keep score, Valuing all people
gave Him instant rapport. Living
a life so authentic and real,
Speaking words of great hope
had such an appeal. Sharing His
message with love on His face,
High Road Leader in sandals of
grace.**

~John C. Maxwell





DAY 1: JESUS THE HIGH ROAD

LEADER - VALUING ALL PEOPLE (CHAPTERS 1 & 2)

Scriptures:

Matthew 5:13-16: *"You are the salt of the earth. But if the salt loses its saltiness, how can it be made salty again? It is no longer good for anything, except to be thrown out and trampled underfoot. You are the light of the world. A town built on a hill cannot be hidden. Neither do people light a lamp and put it under a bowl. Instead they put it on a stand, and it gives light to everyone in the house. In the same way, let your light shine before others, so that they may see your good deeds and glorify your Father in heaven."*

John 3:16-17 (MSG): *"This is how much God loved the world: He gave his Son, his one and only Son. And this is why: so that no one need be destroyed; by believing in him, anyone can have a whole and lasting life. God didn't go to all the trouble of sending his Son merely to point an accusing finger, telling the world how bad it was. He came to help, to put the world right again."*

John 13:34-35: *"A new command I give you: Love one another. As I have loved you, so you must love one another. By this everyone will know that you are my disciples, if you love one another."*

Reflection: Jesus calls us to be salt and light, to make things better and brighter wherever we go. There are three roads we can walk in life: the Low Road (selfishly taking more than we give), the Middle Road (maintaining status quo and keeping score), or the High Road (following Jesus' example by giving more than we take). Jesus modeled high road leadership every day by valuing all people, serving others out of love, and making sacrifices to serve rather than be served.





Prayer Points:

- Pray for grace to commit to being salt and light in every situation today, bringing out God's flavor and the light of the gospel wherever we are.
- Seek forgiveness for areas where you've been lukewarm or stagnant in your faith
- Pray for strength to commit to following Jesus' example by valuing all people equally, seeing them through His love rather than their past or present circumstances.
- Pray for boldness to be an ambassador of Christ. Seek grace to reach out to those who are overlooked, marginalized, or considered "outsiders"
- Pray for wisdom to be a door that opens rather than closes the way to God for others. Like Jesus, pray to see more in people than their sin.
- Ask for courage to love and serve people you don't naturally like or understand
- Ask God to help you choose the high road consistently, giving more than you take

Additional Scriptures:

Luke 9:23-24 (Deny self in pursuit for Jesus)

Philippians 3:18-21 (Our citizenship is in heaven)

2 Corinthians 5:19-20 (We are Christ's ambassadors)

1 Peter 2:9-12 (Chosen for priestly work, living as holy people)





DAY 2: EMULATE JESUS AND GIVE MORE THAN YOU TAKE – A KINGDOM LED HIGH ROAD LIFESTYLE (CHAPTER 3)

Scriptures:

John 15: 1: *Greater love has no one than this: to lay down one's life for one's friends.*

Matthew 10:7-8 - 7: *As you go, proclaim this message: 'The kingdom of heaven has come near.'*
8 *Heal the sick, raise the dead, cleanse those who have leprosy, drive out demons. Freely you have received; freely give.*

John 4:38: *I sent you to reap what you have not worked for. Others have done the hard work, and you have reaped the benefits of their labor.*

Reflection: God is the ultimate giver; He gave His one and only son for our sins. He made he who knew no sin to be sin, so that we may be the righteousness of God. Immanuel, God with us walked the journey and gave us His all. Like Him, once we accept Him as our Lord, and Savior, our life is not our own, we understand we were purchased at a great price. His giving was His nature, and so should be ours, it starts with our hearts and should be matched with attitudes, actions and words. As the ultimate high road leader Jesus emphasized how essential it is to give, making servanthood both the motive and method of leadership.

Prayer Points:

- Pray for the heart, attitude, and motive to give more than we take and live a Kingdom focused – Christlike lifestyle. Christ gave because He knew who he was. He gave freely because of His identity and purpose.





- Commit to pouring out your all-your love, devotion, and resources-to God, just like Mary of Bethany. (Matthew 26:6-13, Mark 14:3-9, Luke 7:36-50, John 12:1-8)
- Seek the grace and intentionality to go the extra mile in all our engagements. Have a second mile giving mentality and attitude in our lives like Rebekah (Genesis 24:12-14).
- Pray for the heart to treat all with kindness instead of in kind (expecting reciprocity). Giving starts with how we see/view others – may we have the right perspective (Jesus' perspective).
- Pray for the heart to focus our investments on eternal intangibles rather than temporary possessions. A generosity that will outlive us! (Matthew 6:19-20)
- Seek God's cleansing for sins of omission and commission, asking for a pure heart in living a high road lifestyle (Psalm 51:10, Psalms 139:23-24).
- Pray for restoration and renewed intimacy with God, removing all hindrances, and remembering that giving reflects the ultimate Giver (Isaiah 59:1-2 and John 3:16).

Additional Scriptures:

1 John 4:19: We love because he first loved us

Luke 10:25-37: The Parable of the Good Samaritan

Genesis 24:12-14: Rebekah second mile giving

John 15:13: Greater love has no one than this: to lay down one's life for one's friends





DAY 3: LOVE AUTHENTICALLY WITHOUT KEEPING SCORE (CHAPTERS 4 & 5)

Scriptures:

John 8:10-11: 10 Jesus straightened up and asked her, "Woman, where are they? Has no one condemned you?" 11 "No one, sir," she said. "Then neither do I condemn you," Jesus declared. "Go now and leave your life of sin."

Luke 23: 34 Jesus said, "Father, forgive them, for they do not know what they are doing." And they divided up his clothes by casting lots.

Jeremiah 31: 34 No longer will they teach their neighbor, or say to one another, 'Know the Lord,' because they will all know me, from the least of them to the greatest," declares the Lord. "For I will forgive their wickedness and will remember their sins no more."

Matthew 6:12 -15: 12: And forgive us our debts, as we also have forgiven our debtors. 13 And lead us not into temptation, but deliver us from the evil one. 14 For if you forgive other people when they sin against you, your heavenly Father will also forgive you. 15 But if you do not forgive others their sins, your Father will not forgive your sins.

Reflection: No matter how many offences we gave Jesus or what kind of negative score we have, when we seek forgiveness, He wipes the slate clean! Through His life and teachings He taught the importance of forgiveness. He forgave his executioners, the thief on the cross, Peter, his disciples, you and I. Yes we are forgiven and restored in Him! We should emulate our Lord and Savior Jesus Christ embracing authentic Christ-like living and to be willing to be known for who we truly are and not for who we want us to perceive us to be.





Prayer Points:

- Pray for the heart to prioritise forgiveness over judgement and vengeance.
- Pray and commit to love without judgement, give without expectation and condition, and forgive (without keeping score and heart of kindness and compassion).
- Pray and commit to serve others without the competitive spirit to be “first place” and be available, content, generous, gentle, listeners, loving, reliable, sacrificial, self-controlled, thoughtful, to be foot washers.
- Pray for the wisdom and grace to renounce all forms of deception, speak and live God’s truth plainly, living with integrity before God and others. Sincere - without wax!
- Pray for the Holy Spirit to help convict us to come boldly to the throne of grace to find mercy and help in our time of need. (Hebrews 4:15-16)
- Pray that God may help us trust that He can (has and will) rescue us from every temptation we face. (Hebrews 2:17-18)
- Pray in repentance where we have fallen short of the glory of God relying on God’s love and mercies (Romans 5:8)

Additional Scriptures:

Matthew 18:21 -35: The Parable of the Unmerciful Servant

Hebrews 12:2: Jesus endured the cross, scorning its shame for us

1 Corinthians 13:4-5: Love without keeping score of wrongs

Ephesians 4:32: Kindness and compassion modelled by Jesus

Hebrews 4:15-16: Come boldly to the throne of grace to find mercy and help in our times of need





DAY 4: JESUS: OUR MODEL OF AUTHENTIC RIGHTEOUSNESS (CHAPTERS 6 & 7)

Scriptures:

John 13:5: *After that, He poured water into a basin and began to wash his disciples' feet, drying them with the towel that was wrapped around him.*

Micah 6:8: *He has shown you, O mortal, what is good. And what does the Lord require of you? To act justly and to love mercy and to walk humbly with your God.*

2 Corinthians 4:1 -2: *God has given us this work to speak his message. Because he has been so kind to us, we are not afraid to continue. 2 We refuse to do anything secretly that we might be ashamed of. We do not tell lies. We do not change God's message to deceive people. No. We tell God's true message clearly. God himself sees that we teach people in an honest way. Everyone should understand that we only do what is right (EASY*

2 Corinthians 4:1 -2: *Therefore seeing we have this ministry, as we have received mercy, we faint not; But have renounced the hidden things of dishonesty, not walking in craftiness, nor handling the word of God deceitfully; but by manifestation of the truth commending ourselves to every man's conscience in the sight of God. (KJV)*

Reflection: Our Lord and Savior Jesus Christ did the right things for the right reasons. He models purity and expects our hearts to be sincere and motives pure. We strive for the approval of God over the applause of men, not keeping score. Becoming Christlike our high road leader requires us to value relationships over rules, truth over manmade laws, servanthood over religion. Jesus washed the feet of his disciples as a model of service, the feet of Judas though he betrayed Him, Peter though he denied Him, Thomas though he doubted Him, making it a beautiful example of grace extended even to those that hurt us. He exemplified love through forgiveness, the ultimate right thing for the right reasons.





Prayer Points:

- Pray for the heart to see people as valuable and not broken, and commit to serve them as we would Christ.
- Pray for the wisdom to share truth with grace as modelled by Jesus Christ.
- Repent for manmade rules that hinder our walk with Jesus and reliance on the Holy Spirit, and for imposing them on others.
- Pray for the wisdom and grace to use our “leadership advantage” as High road leaders to serve and for the great commission.
- Pray for a deeper understanding of who Jesus is based on His “seven I am statements” (John 6:35, John 8:12, John 10:9, John 10:11, John 11:25-26, John 14:6, John 15:1,) and live boldly as the light and salt of the world for His purposes.
- Pray for the humility and wisdom to deal deeply with our own shortcomings instead of blaming or condemning others (Plank before speck heart, attitude, and lifestyle)
- Pray that we live out our design for togetherness as members of Christ's body and companions who strengthen one another . Our very name speaks of, and exemplifies that identity - Karura “Community” Chapel (Romans 12:5 and Ecclesiastes 4:9-12). (Koinonia)

Additional Scriptures:

1 Corinthians 13:13: God desires love

Luke 15:11-32: The Parable of the Prodigal Son

John 1:14: Jesus full of grace and truth

John 3:17: God sent Jesus to save us





DAY 5: JESUS: THE PEOPLE-CENTERED UNIFIER (CHAPTERS 8 & 9)

Scriptures:

Mark 9:35: *Sitting down, Jesus called the Twelve and said, "Anyone who wants to be first must be the very last, and the servant of all."*

Revelations 3:20: *Here I am! I stand at the door and knock. If anyone hears my voice and opens the door, I will come in and eat with that person, and they with me.*

Mark 10:15-16: *Truly I tell you, anyone who will not receive the kingdom of God like a little child will never enter it." 16 And he took the children in his arms, placed his hands on them and blessed them.*

Reflection: In our Kingdom life, being first equates to being last - being servants of all! Jesus reached out to those who were despised, unrecognised, and lowly. The approach Jesus took, one of love brought people together, and everything He did was fueled by love, truth, and grace! He is calling us to a higher level - His level of love, service, and fellowship.

Prayer Points:

- Pray for the heart to look for good in others (Proverbs 25:11 and Luke 23:43) and for the attitude to express gratitude to everyone (John 6:11 and John 11:41)
- Thank God for the gift of salvation and His unending grace and mercy and receive the Kingdom of God like little children - with joy, gladness and sincerity! (Ephesians 2:8 and Mark 10:15-16).
- Pray for an authentic and love expressive lifestyle - letting others know you care (Matthew 3:16-17)
- Pray for an encouraging spirit, seeing others as valuable as you serve and lift them (Ephesians 4:49, John 20:21 and Matthew 16:18)
- Pray for the grace, wisdom, and attitude to show kindness and consideration in every situation (Matthew 18:12-14, Proverbs 15:1)





- Pray for the body of Christ that the needs of individuals and churches are met, souls are won into the Kingdom and lives are transformed for God's glory! John 17:9-18, Matthew 19:13-15, Luke 22:31-32, Philippians 4:19, Revelations 3:20
- Praise our Heavenly Father, our Lord and Savior Jesus Christ, and the Holy Spirit for answered prayers, both seen and unseen (Isaiah 65:24).

Additional Scriptures:

Philippians 4:19 : God may meet others at their points of need

John 11:41: Jesus expresses gratitude to God for hearing Him

Matthew 3:16-17: This is my Son, whom I love; with him I am well pleased.

Colossians 3:17: Do all in the name of the Lord with gratitude

2 Corinthians 5:16-19: See others with the lens of Christ

