



21 DAYS PRAYER & FASTING

Day 16 & 17 (24-25 January 2023)

Theme:

“The blessing of Abraham in Christ” (Galatians 3v13-14)

¹³ Christ redeemed us from the curse of the law by becoming a curse for us, for it is written: “Cursed is everyone who is hung on a pole.” ¹⁴ He redeemed us in order that the blessing given to Abraham might come to the Gentiles through Christ Jesus, so that by faith we might receive the promise of the Spirit.”

Both days have their respective prayer approach. Please follow the prayer approach for each day.

Life in the Spirit, a gem to be protected by prayer

Galatians 5v25 AMPC – “If we live by the [Holy] Spirit, let us also walk by the Spirit. [If by the Holy Spirit we have our life in God, let us go forward walking in line, our conduct controlled by the Spirit.]”

Galatians 3v14 MSG – “And now, because of that, the air is cleared and we can see that Abraham's blessing is present and available for non-Jews, too. We are all able to receive God's life, his Spirit, in and with us by believing - just the way Abraham received it.”

Ephesians 6v18 ESV – “praying at all times in the Spirit, with all prayer and supplication. To that end, keep alert with all perseverance, making supplication for all the saints”.

- The Bible in the book of Romans 8 details two types of lives Christians could make a choice to live by.
- Life in the Spirit – Romans 8v1, 2, 4, 5
- Life in the flesh – Romans 8v1, 4, 5, 6, 8, 9
- The scripture encourages us to choose the Life in the Spirit (v9 “...you are living the life of the Spirit, if the Holy Spirit of God dwells within you...”
- The life in the flesh is discouraged because it does not submit to the Word of God (v8). It caters to the appetites and impulses of the fallen carnal nature and thus cannot please God (v8 AMPC)
- Life in the Spirit is a gift of God to believers to help us cultivate godliness, prayerful life (Ephesians 6v8), fruits of the Spirit (Galatians 5v22-23), a disciplined life (Galatians 5v25)

Essence of Life in the Spirit

1. Life in the Spirit is the bedrock of all fruitful spiritual decisions any believer or leader can make.
2. Life in the Spirit becomes stronger and productive when believers pray, fast and study the Word of God regularly.
3. Like any “life,” Life in the Spirit requires nourishment, upkeep, regular maintenance through spiritual exercises that include prayer, walking in love, praying in tongues (praying in the Spirit) regularly, confession of God’s Word, meditating on the Word, personal worship.
4. Life in the Spirit is the fountain source of a prayer life that never runs dry (Ephesians 6v18), making sure the believer’s prayer life is “like a tree firmly planted [and tended] by the streams of water, ready to bring forth its fruit in its season; its leaf also shall not fade or wither...” (Psalm 1v3 AMPC)
5. “All matters of strength, power, supernatural help to think clearly, fight without losing and cope with the worst, resilience and fortitude, patience and forbearance are a product of a life in the spirit.” by Apostle Nzo
6. When you cooperate with the Holy Spirit, you grow in strength, you show more power to deal with circumstances.
7. You will never walk in the power of the Spirit without a relationship with the power giver.
8. In situations where answer to pray or solutions to a problem come after much patience, you need the Holy Spirit to help you to be resilient and patient.
9. Many people try to be patient and resilient but they are not kind and sweet during the waiting period.
 - People tend to complain, be moody and angry during the waiting period.
 - However, when the Spirit is your help, He will help you to be kind and strong while waiting for your miracle.
10. The Holy Spirit can do nothing without the Word of God in my life
11. The union between the Word of God and the Holy Spirit produce a life in the spirit that imitates Christ.

12. The Holy Spirit is seen as a shaping agent, shaping us to become more like Christ.
13. The Holy Spirit becomes the helper to direct your life in praying, assisting you to pray and to go deeper in prayer.
14. The Holy Spirit helps in making the right choices in knowing how to handle our minds when defeatist and ungodly thoughts bombard our minds.
15. Teaching to overcome the desires of the flesh that make Christ “invisible” and questionable.
16. When we get saved, God through the indwelling of the Holy Spirit gives you a new life that does not originate from the 5 senses, your thoughts, desires and drives.
17. This life originates from the Spirit and it becomes clearer and stronger as we feed on the Word of God daily.
18. We call this life, Life in the Spirit.
19. It is God reprogramming your life anew, allowing you to fellowship with Him through the Word and Spirit in you.
20. This life in the Spirit has new purposes, new DNA, new view of life, new potential, objectivity and guidance.
21. When God wants to communicate important information to the believer, He uses this life in the Spirit to guide you and to reveal to you things to come.
22. The life of a believer can be divided into two: life in the flesh and life in the spirit.
23. It is God’s desire for us to live in the Spirit constantly in order
 - to obtain victory for every warfare,
 - to love in every demanding situation,
 - to have non-stop prayer life to face life fearlessly,
 - to be at peace, remaining still in God, in the midst of a life that goes up and down and is unpredictable together with its people and its promises,
 - to draw strength from the Holy Spirit in times of extreme emotionally draining seasons,
 - to get revelations of the Word in times of meditation and ministry,
 - to grow in godly convictions about moral (right) things in a world of confusion.

24. According to the Amplified translation John 14v16-17 the role of the Holy Spirit is
- (1) Comforter,
 - (2) Counselor,
 - (3) Helper,
 - (4) Intercessor,
 - (5) Advocate,
 - (6) Strengthener, and
 - (7) Standby

The Holy Spirit has 7-fold meaning.

The Winner inside you wants to help you through this 7-fold blessings.

25. Don't decide without the Holy Spirit
26. Don't pray without hearing from the Holy Spirit on how long to pray, who to include in your prayer and how you should pray.
27. Don't face battles in without hearing from the Holy Spirit on how to fight specific battles.
28. Don't make friends without hearing from the Holy Spirit on how far should you take any friendship.
29. Do not deal with an offense (people who have offended you) without the Holy Spirit directing you on how to forgive before you address the matter.
30. Your forgiveness has nothing to do with how people respond to your confrontation, addressing the issue or talking about the issue.

Life in the flesh vs. Life in the Spirit

Life in the flesh/ desires of the flesh	Life in the Spirit / fruit of the Spirit
Evil	Good
Destructive	Productive
Easy to ignite	Difficult to ignite
Difficult to restrain	Easy to live out
Self-centered	Self-giving
Oppressive and possessive	Liberating and nurturing
Decadent	Uplifting
Sinful	Holy
Deadly	Abundant life

Scriptural Benefits of Life in the Spirit

1. Just be aware that when you grow in your life in the spirit you will have little or no problems dealing with the sins of the flesh in Galatians 5v19-21 (AMPC), namely

a) Immorality

Ephesians 4v17 AMPC – “So this I say and solemnly testify in [the name of] the Lord [as in His presence], that you must no longer live as the heathen (the Gentiles) do in their perverseness [in the folly, vanity, and emptiness of their souls and the futility] of their minds.”

b) Impure thoughts

Ephesians 4v18 AMPC – “Their moral understanding is darkened and their reasoning is beclouded. [They are] alienated (estranged, self-banished) from the life of God [with no share in it; this is] because of the ignorance (the want of knowledge and perception, the willful blindness) that is deep-seated in them, due to their hardness of heart [to the insensitiveness of their moral nature]”

c) Indecency / Lustful pleasures

Ephesians 4v19 AMPC – “In their spiritual apathy they have become callous and past feeling and reckless and have abandoned themselves [a prey] to unbridled sensuality, eager and greedy to indulge in every form of impurity [that their depraved desires may suggest and demand].”

d) Idolatry /worship of idols (Aramaic Bible)

e) Sorcery / witchcraft (NIV) / use of chemicals (God’s Word translation)

f) Enmity / hatred / hostility (NLT)

g) Strife, quarrelling (NLT), brawler, quarrelsome, contentious, argumentative, a fighter, unkind, pretentious.

h) Jealousy

i) Anger (ill temper), outburst of anger, prone to anger, quick tempered, cranky, irritable, contentious, provoking to dispute, petty fights, wrangle, wrath, rage, fury, wild, irascible, hard to get along with (CEV).

j) Selfishness / acts of selfishness / selfish ambition

- k) Divisions / dissensions / not only argue and cause trouble but they are envious (CEV)
 - l) Party spirit (factions, sects with peculiar opinions)
 - m) Envy
 - n) Drunkenness
 - o) Wild parties (NLT)
2. Life in the Spirit will help you grow in the fruits of the Spirit.
3. The role of the fruits of the Spirit:
- a) Christlikeness
 - b) Character development
 - c) Integrity
 - d) Christian morality and ethics
4. Galatians 5v22 The fruits of the Spirit. Each believer needs to grow in the fruits of the Spirit and take the fruits of the Spirit seriously (the work which His presence within us accomplishes).
- a) Love (the God kind of love which we received – Romans 5v5)
 - b) Joy
 - c) Peace
 - d) Patience (every temper)

Gentle, kind, considerate, forbearing, longsuffering, quality of endurance, perseverance, mild disposition, ability to remain calm, tolerant, forbearance, possessing quiet endurance under stress or annoyance, tranquil.
 - e) Kindness
 - f) Goodness (meekness, humility)

Good behaviour, modest, orderly, disciplined, respectable life-style, honourable, dignified, decorous, good deportment, not forward, boastful, arrogant, presumptuous, well behaved, orderly, decent, grave and correct in the whole appearance, carriage and conduct.
 - g) Faithfulness

Reliable, trustworthy, honest, dependable, opposite to faithlessness, dishonesty, hypocrisy.

h) Gentleness

i) Self-control

Temperate, keeping oneself in hand, self-controlled, disciplined, self-restraint, able to govern oneself in all respects, in passions, in spirit, self-controlled over appetites and affections, strong in a thing, masterful, free from extremes and excesses, moderation.

Ten Biblical categories of key teachings (thoughts) on the Holy Spirit

1. Indwelling and infilling of the Holy Spirit

Romans 8v9 AMPC – “But you are not living the life of the flesh, you are living the life of the Spirit, if the [Holy] Spirit of God [really] dwells within you [directs and controls you]. But if anyone does not possess the [Holy] Spirit of Christ, he is none of His [he does not belong to Christ, is not truly a child of God].

You are living the life of the Spirit, the Holy Spirit dwells within you.”

2. Power we receive from the Holy Spirit

Acts 1v8 AMPC – “But you shall receive power (ability, efficiency, and might) when the Holy Spirit has come upon you, and you shall be My witnesses in Jerusalem and all Judea and Samaria and to the ends (the very bounds) of the earth.”

3. The Holy Spirit and His gifts – 1 Corinthians 12v4-11

4. Significance of praying in other tongues as the spirit gives alteration

1 Corinthians 14v2 AMPC – “For one who speaks in an [unknown] tongue speaks not to men but to God, for no one understands or catches his meaning, because in the [Holy] Spirit he utters secret truths and hidden things [not obvious to the understanding].”

5. Fruits of the spirit

Galatians 5v22 AMPC – “But the fruit of the [Holy] Spirit [the work which His presence within accomplishes] is love, joy (gladness), peace, patience (an even temper, forbearance), kindness, goodness (benevolence), faithfulness,”

6. Holy Spirit helping us to pray, making intercession through us

Romans 8v26-27 AMPC – “²⁶ So too the [Holy] Spirit comes to our aid and bears us up in our weakness; for we do not know what prayer to offer nor how to offer it worthily as we ought, but the Spirit Himself goes to meet our supplication and pleads in our behalf with unspeakable yearnings and groanings too deep for utterance. ²⁷ And He Who searches the hearts of men knows what is in the mind of the [Holy] Spirit [what His intent is], because the Spirit intercedes and pleads [before God] in behalf of the saints according to and in harmony with God’s will.”

7. How to be led by the Holy Spirit

Romans 8v14-16 AMPC – “¹⁴ For all who are led by the Spirit of God are sons of God. ¹⁵ For [the Spirit which] you have now received [is] not a spirit of slavery to put you once more in bondage to fear, but you have received the Spirit of adoption [the Spirit producing sonship] in [the bliss of] which we cry, Abba (Father)! Father! ¹⁶ The Spirit Himself [thus] testifies together with our own spirit, [assuring us] that we are children of God.”

8. The Spirit of wisdom and revelation

Ephesians 1v17 AMPC – “[For I always pray to] the God of our Lord Jesus Christ, the Father of glory, that He may grant you a spirit of wisdom and revelation [of insight into mysteries and secrets] in the [deep and intimate] knowledge of Him,”

9. The anointing of the Spirit – various levels of the anointing

1 John 2v20 AMPC – “But you have been anointed by [you hold a sacred appointment from, you have been given an unction from] the Holy One, and you all know [the Truth] or you know all things.”

10. The conviction of the Holy Spirit

John 16v8 AMPC – “And when He comes, He will convict and convince the world and bring demonstration to it about sin and about righteousness (uprightness of heart and right standing with God) and about judgment”

DAY 16 (24th of January)

- In Galatians 5v19-21 we are dealing with the works of the flesh that work against the life in the Spirit.
- The works of the flesh they need to disappear, uprooted, prayed away, and be controlled by disciplining the body (1 Corinthians 9v27).
- Every believer is required to locate areas of struggle and ask for the grace of God to handle those areas.

Prayerful Approach – Life in the flesh (Galatians 5v19-21)

- 1) Ask the Holy Spirit to help you identify areas in your life that need His intervention, healing, repentance and help to break in your life.
- 2) Write down the specific behaviors that need the Holy Spirit to squash in your life
Ephesians 4v18 AMPC – “Their moral understanding is darkened and their reasoning is beclouded. ...”
- 3) If necessary ask the Holy Spirit to show you someone genuine, matured in God and loving so that you be accountable to regarding the changes that need to be made in your life.
- 4) Always put Christ before you in prayer and ask the Holy Spirit to help you to grow up to be like Christ.

Romans 8v29 AMPC – “For those whom He foreknew [of whom He was aware and loved beforehand], He also destined from the beginning [foreordaining them] to be molded into the image of His Son [and share inwardly His likeness], that He might become the firstborn among many brethren.”

Ephesians 4v13 AMPC – “[That it might develop] until we all attain oneness in the faith and in the comprehension of the [full and accurate] knowledge of the Son of God, that [we might arrive] at really mature manhood (the completeness of personality which is nothing less than the standard height of Christ’s own perfection), the measure of the stature of the fullness of the Christ and the completeness found in Him.”

- 5) We prayerfully examine our lives on what areas of the life in the flesh, desires of the flesh according to Galatians 5v19-21 require
- My courage for specific areas and items in my life to pray about for more grace,
 - My seriousness to change,
 - My decision to quit doing things that I need to stop doing,
 - My wisdom to seek help from matured Christians who will speak life and solutions into my life (Galatians 6v1),
 - My honesty to seek forgiveness from those I have hurt,
 - My openness to admit that I am struggling,
 - My intensified prayer in order that improvements might be seen

DAY 17 (25th of January)

(The Fruits of the Spirit is the cornerstone, the signature, and the proof-supreme of Life in the Spirit)

- On this day we are dealing with the much required growth and development in our spiritual lives by focussing on the fruits of the Spirit found in Galatians 5v22-23.
- The purpose of the fruit of the Spirit is:
 - a) Christlikeness
 - b) Character development
 - c) Integrity
 - d) Christian morality and ethics
- Every believer needs to pray for growth, visibility, fruitfulness, and productivity of the Fruits of the Spirit.
- In areas where you feel there is a lack in your development ask God to help you by following the prayer approach.

Prayerful Approach – Fruits of the Spirit (Galatians 5v22-23)

- 1) Ask the Holy Spirit to help you identify areas in your life that need His intervention, healing, repentance and help to break in your life.
- 2) Write down the specific behaviors that need the Holy Spirit to squash in your life
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- 5) We prayerfully examine our lives on what areas of the life in the flesh, desires of the flesh according to Galatians 5v19-21 require

- My courage for specific areas and items in my life to pray about for more grace,
- My seriousness to change,
- My decision to start doing in specific areas of the fruits of the Spirit,
- My wisdom to seek help from matured Christians who will speak life and solutions into my life (Galatians 6v1),
- My honesty to seek forgiveness from those I have hurt,
- My openness to admit that I am struggling,
- My intensified prayer in order that improvements might be seen.