

Week of Prayer & FASTING

24 - 28 January 2022



Date	Time		Host(s)	Venue	Address / Log In
Mon 24th Jan	Morning	07:00 - 07:40 hrs	Dave Chapman	Zoom	Contact the church office / your LifeGroup leader
Mon 24th Jan	Lunchtime	12:00 - 12:30 hrs	David Ash	Zoom	Contact the church office / your LifeGroup leader
Tues 25th Jan	Morning	07:00 - 07:40 hrs	Tim Hardman	Zoom	Contact the church office / your LifeGroup leader
Tues 25th Jan	Morning	10:00 - 11:00 hrs	Bradley & Robinson	In-Home	Limited space - more details & to book in visit: jubilee.org.uk/events
Tues 25th Jan	Lunchtime	12:00 - 12:30 hrs	David Ash	Zoom	Contact the church office / your LifeGroup leader
Tues 25th Jan	Evening	19:30 - 21:00 hrs	Hardman & Civval	In-Home	Limited space - more details & to book in visit: jubilee.org.uk/events
Wed 26th Jan	Morning	07:00 - 07:40 hrs	Tim Hardman	Zoom	Contact the church office / your LifeGroup leader
Wed 26th Jan	Lunchtime	12:00 - 13:00 hrs	David Ash	Zoom	Contact the church office / your LifeGroup leader
Wed 26th Jan	Evening	19:30 - 21:00 hrs	Graham & Tee	All Saints	All Saints Church Centre, Etwall Road, Mickleover, Derby, DE3 0DL
Thurs 27th Jan	Morning	07:00 - 07:40 hrs	Dave Chapman	Zoom	Contact the church office / your LifeGroup leader
Thurs 27th Jan	Lunchtime	12:00 - 13:00 hrs	David Ash	Zoom	Contact the church office / your LifeGroup leader
Thurs 27th Jan	Evening	19:30 - 20:30 hrs	TBC	Zoom	Contact the church office / your LifeGroup leader
Friday 28th Jan	Morning	07:00 - 07:40 hrs	Tim Hardman	Zoom	Contact the church office / your LifeGroup leader
Friday 28th Jan	Evening	19:30 - 21:00 hrs	Various - Turbo Prayer	St Johns	St John the Evangelist, Devonshire Drive, Mickleover, Derby, DE3 9HD

Notes

Please note that the Zoom log in is different for the morning meetings with Burton Family Church

The Tuesday mid-morning & evening gatherings are in-person one meeting in two locations, places are limited so booking is required - to book visit: jubilee.org.uk/events

Wednesday & Friday nights are in-person and open to all (i.e. no booking required), Friday night 'turbo prayer' will be a mix of worship, creative prayer, specific focus groups etc.

To download a copy of our songbook visit: jubilee.org.uk/songbook | To download more details on fasting visit: jubilee.org.uk/fasting

2022

This is a natural time of year to look forward. Pray for the year ahead and all that God wants to do both in your life and in Jubilee. Pray for our Easter Guest service (with Steve Hurd speaking). Pray for our different ministry areas - thank God for the faithful leaders & volunteers we have. Pray for new opportunities to speak for Jesus and be a blessing to those around us in 2022.



Ultimately, we want to see people saved! Let's be praying that this year will be a year of salvation. Pray for God to grow us as a church and increase our numbers so that we can be a greater blessing to the city and reach more people with the Gospel. Pray also for your own friends to come to know Christ, and for opportunities to speak God's love and goodness to those around you.



We have felt a fresh stirring again to pray about buildings. We would love to have somewhere for Jubilee to call 'home'. This isn't just about convenience (although it would certainly be a great blessing!), rather, it is about having a base from which we can serve the city. The ideal would be somewhere fairly central that would work for both midweek and Sunday meetings, offices and community outreach space.

LoveDerby.

LoveDerby Days have given us new opportunities to reach & serve our city. Pray for the dates this year, for great projects & teams to serve. Pray for opportunities to speak about why we love our city and for opportunities to pray & invite people to Jubilee. Pray for other churches in Derby, for God to bless them, just as we are praying His blessing on us, that together we might be a blessing to our city.



Let's pray for God to bless our church plant in Burton, for salvation and for new people to be added. There is a real need for growth in the core of the church and for key people to lead ministry areas. Pray for pioneering young families and future leaders to join. Pray also for wisdom for Matt & Lou and the leadership team as they seek God and plan the way forward.



CAMBODIA - Sam & Abi Little and their family are planning to move to Siem Reap this summer to begin the process of planting a new church there. Please pray for a team, for finance and for jobs for Sam & Abi.
UKRAINE - As Russian troops congregate on the Russia/Ukraine border, Igor, who leads our churches in Ukraine has asked us to pray for peace, and for strength & faith if war breaks out.

Fasting Guidelines

Fasting isn't	Fasting is
a necessity. God loves you very much. He won't be angry with you if you don't fast.	a choice. Jesus expects that his followers will fast, not just the keen ones Matthew 6. 16-18. Luke 5.34-35.
a way of twisting God's arm to answer your prayers.	a submission of your will and your body to the Lord. He changes your heart as you spend time with Him. You end up praying for His will to be done.
a priority hotline to heaven.	dialling down the noise of the immediate, the here and now and shifts your attention onto the eternal. This is not about flesh and blood but rather a battle in the heavenly realms. Eph 6.12
a diet.	a discipline for a fixed period. By saying 'no' to food which you encounter and desire on a daily basis, you can train to say 'no' sin.
a chance to spend more time in bed/ online/ watching TV/ working through lunch.	time to spend with God, focusing your attention on Him in prayer and worship.
a badge to wear so your friends, colleagues or family can either be impressed by your resolve or hide the cake out of pity.	a personal commitment between you and the Lord. Don't advertise it but don't lie about it either - it can lead to some great conversations! Fasting together and encouraging one another in the process can be very powerful.
imagining how good your next meal will taste.	a reminder of God and our dependence on Him. Every time you get a pang of hunger is a time to pause, to listen, to worship, to pray.
	a prayer amplifier. Your body shows your spirit what it is like to be hungry. For me, it feels like turning the volume up.
	an insight into what it is like to be hungry and a reminder to be thankful for every single meal.

Be sensible

If you are pregnant or breast feeding, don't fast.

If you are unwell or have a medical condition such as diabetes or a digestive disorder. We would normally suggest you sought the advice of your doctor before fasting but because of the pressure on the NHS we would suggest that you DO NOT fast.

If you have an eating disorder or are recovering from one, just shelve this idea: your priority needs to be developing a healthy relationship with food. God loves you very much.

If you have had an eating disorder a long while in the past, EXAMINE your motives to fast really carefully. If there is a hint of your old way of thinking, don't even go there. If your motives are clear then be very accountable during your fast with someone who has permission to ask you tough questions.

Don't drink alcohol during or immediately after a fast but do drink plenty of water (*good advice if you are fasting or not*).

Avoid feasting immediately before and after fasting. When you start eating again, especially after a longer fast, start with a small meal or snack.

Be intentional

Before our week of prayer and fasting, plan WHEN you will fast and WHAT prayer meetings you want to attend.

Are you going without food for the 7 days solid? Are you going without lunch for the week so you can pray in the middle of the day? Will you intentionally miss 1 meal for the first time? If you know that you can easily fast for 1 day, are you going to try that 2nd or 3rd day?

Whatever your fast looks like, be expectant. Spending more time with your Father is always a good thing!