



ICC FASTING 2025

Monday 6 January – Sunday 26 January

Prayer and Word

Prayer

“And whatever you ask in prayer, you will receive, if you have faith.” — Matthew 21:22 (ESV)

The Word of God

“Your word is a lamp to my feet and a light to my path.” — Psalm 119:105 (ESV)

OUR CHURCH

Occupy the Land — Take the Territory — Release the Roar

“So we fasted and petitioned our God about this, and he answered our prayer.”

Ezra 8:23 (NIV)

Fasting is a decision to sow to the Spirit, rather than to be ruled by your appetite.

“For he who sows to his flesh will of the flesh reap corruption, but he who sows to the Spirit will of the Spirit reap everlasting life”

Galatians 6:8 (NKJV)

Prepare: PRIOR TO BEGINNING FAST

- Resist the urge to have that 'last big feast' before you begin the fast.
- Cutting down meals a few days before you begin fasting will signal your mind, stomach and appetite that less food is acceptable.
- Highly recommend you wean yourself off caffeine and sugar products.
- Where possible, have meals prepared in advance.
- Look at your appointments and try to help minimise outings and further temptations or distractions.

Atmosphere: PREPARE THE ATMOSPHERE FOR YOUR DEVOTED TIME

- Play worship music in the background.
- Set mobile phone to silent or turn off.
- Find a quiet location with little disturbance.
- Let others know that you do not want to be disturbed.
- Fasting is not about keeping away or staying far from food. It is about your attraction to desperately wanting to see and hear God.

During: BE INTENTIONAL DURING THIS FAST

- Identify tangible items or relationships you want to abstain from or minimise.
- Minimise TV, social networking sites (e.g. Facebook, Instagram, TikTok).
- Cut down on watching unspiritual videos or movies, instead surround yourself with Christian materials such as praise and worship music, good Bible teachings and devotionals.

How to end

Don't overeat when the time comes to end your fast. Begin by eating smaller portions of food or snacks.

Prayer of Petition

A PETITION = A WRITTEN FORMAL REQUEST

“Is this not the fast that I have chosen: To loose the bonds of wickedness, To undo the heavy burdens, To let the oppressed, go free, And that you break every yoke?

Then your light shall break forth like the morning, Your healing shall spring forth speedily, And your righteousness shall go before you; The glory of the LORD shall be your rear guard.”

Isaiah 58:6-8 (NKJV)

In agreement with God’s Word, I will be fasting for:

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SIGN

DATE

I will be fasting and praying for International Christian Church on the following
Date: _____ 2025

“Now this is the confidence that we have in Him, that if we ask anything according to His will, He hears us. And if we know that He hears us, whatever we ask, we know that we have the petitions that we have asked of Him.”

1 John 5:14-15 (NKJV)



Setting the Standard for my 2025.

“And rising early in the morning, while it was still dark, He departed and went out to a desolate place, and there He prayed.”

Mark 1:35 (ESV)

Jesus habitually rose early to speak with His Father. He went to a quiet place with no distractions.

One of the many distractions for us is our phones. If you've decided to “fast” your phone time, here are a few practical hints that may help:

1. **Be like Jesus.** Start and finish the day with God. Set an alarm to pray and read His Word each morning. At night, listen to worship music, read and rest in His presence. **Isaiah 26:3**
2. **Turn your phone down** overnight or put it in another room. Say “Good morning” to the Lord rather than TikTok. **Col 3:2**
3. **Choose Peace.** Fill your mind with God's promises instead of the negative, trivial or terrible content on social media and the news that may steal your peace, make you anxious or fearful. Be wise and intentional in what you focus on. **Phil 4:8**
4. **Schedule time** (5 mins every few hours) to check your phone notifications. This will help avoid time-wasting and distractions. **Eph 5:16**
5. **Make your phone work for you.** We are the head not the tail. Your electronic devices don't dictate your priorities. Feed yourself with encouraging life-giving sites like Bible studies, devotions, worship music, and podcasts. **Rom 12:2**
6. **Make a daily appointment** (write it in your diary) to spend time with Jesus. Make it non-negotiable. Of all the appointments you may have in your day, this is the most important. **Psalms 1:1-2**

Today, locate all the scriptures listed above
in your Bible, read them carefully,
highlight them, and write down one key
insight or takeaway from each passage.

DAY 2

Get in the Word.

In these last days we need to know the Word like never before.

So, when the enemy fires those inevitable darts at us we can boldly say, like Jesus did in the desert, "It is written..." The gates of hell cannot prevail against the Word of the Lord!

In Psalm 91 it says that because you have made the Lord your dwelling place you will fear no evil. No harm will come upon you when you choose to abide in His Word, when His Word becomes your weapon. Nothing can take away the promise that He gave us... Take heart! He has already won.

"All your promises glow with fire; that's why I'm a lover of your Word... Your righteousness has no end; it is everlasting, and your rules are perfectly fair.... I still delight and cherish every message you speak to me. Give me more revelation so that I can live for you, for nothing is more pure and eternal than your truth."

Psalm 119:140-144 (TPT)

Stay in an attitude of worship and using a Bible search tool, like YouVersion, ask God to show you who you are in Him. Write down the scriptures He leads you to.

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Revolutions.

I used to listen to people planning their New Year's resolutions and think the name should be changed to "revolutions" since carrying them out could be revolutionary and life changing.

This year let's make a "revolutionary" decision! Let's do what Jesus did. Let's make it our plan in 2025 to know God better, understand His Word more deeply, spend quality time in prayer, wait on Him, listen for His voice and follow His lead.

As Jesus explained in **John 5:19**, "I tell you the truth, the Son can do nothing by himself. He does only what He sees the Father doing. Whatever the Father does, the Son also does."

Luke 5:16 says Jesus often slipped away to pray.

In **Matt 14:23** it says, "He went up on the mountain by Himself to pray."

Jesus regularly drew aside early in the morning and at the end of a busy, tiring day to hear God's direction, rest and enjoy His company and be strengthened for what was to come. Time in communion with God was a priority for Jesus.

If time away with His Father was so important and necessary to Jesus, how much more for us?

What are two changes I can make this year to better prioritise this in my life, and what specific actions will I need to take to implement them?

1.

2.

Let's begin a Godly revolution in our own lives by putting aside our own agendas and desires to make the Lord our priority. He will revolutionise our lives, families, church, and the unsaved world. Daily spending time in the Word and in prayer will not make us time-poor. If we seek first the kingdom of God and His righteousness (**Matt 6:33**), we can trust that God will take care of the rest. His Word promises He will!

DAY
4

The Power of Worship.

Worship changes things in the spirit realm. Simply put, worship is anything we do that puts God in His rightful place: First. When we elevate Him above everything else, we override our own thoughts and desires. And it's a kick in the guts for the devil.

Why was King David called a man after God's heart when we know he was a man full of sin? It was all about his heart posture, devotion and repentance. He always ran back into the arms of God no matter what he did. God is asking us to be worshippers in every aspect of our lives.

"Let every activity of your lives and every word that comes from your lips be drenched with the beauty of our Lord Jesus, the Anointed One. And bring your constant praise to God the Father because of what Christ has done for you!"

Col 3:17 (TPT)

PRAY:

It's time to worship Him and enthrone Him in your circumstances. Lift His name above your situation. Pray in the spirit, sing loud, sing soft, be still, fall on your face, dance around... it doesn't matter how you worship, as long as you truly worship Him.

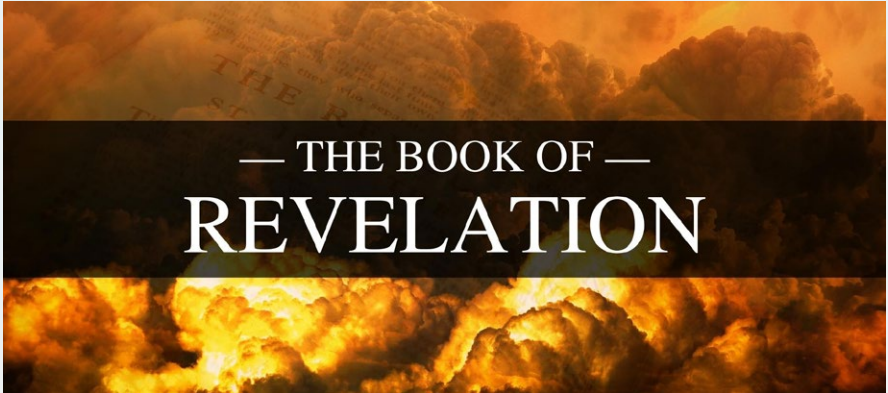
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DAY
5



AUTHOR: John, during his exile on Patmos

WHEN: It's debated, some say before 70 AD, others say around 95 AD

AUDIENCE: Seven Churches in Asia (modern Türkiye)

LET'S TALK ABOUT REVELATION

Many Christians avoid reading Revelation. It can feel hard to understand (and even a little daunting), but it shouldn't be like that.

Some things to remember when you read:

- God only gives **good gifts**.
- We have a sure and secure promise – Jesus is coming **AND** we will get to see Him.
- This is a book of Prophecy, God wants us to **understand** what He is telling us (it isn't a secret code).
- You are **loved** by God and saved through Jesus.
- You can ask the Holy Spirit to **help** you understand.
- You can ask other mature Christians to read with you and **talk** about Revelation together.
- Remember this book should be revealing God's **wonderful and eternal** plan to us.
- Read it through the **lens of Jesus' love**.

Action:

Find a promise in Revelation and send the verse to a friend to encourage them.



A day of Gratitude.

Today we are living out **Thessalonians 5:18**

“Give thanks in all circumstances; for this is the will of God in Christ Jesus for you.”

Gratitude opens our spiritual eyes. There's a beautiful cycle in giving thanks to God: the more we thank Him, the more we see Him working in us and around us. Gratitude helps us to carry a different spirit, His personal care and His perfect timing.

Reasons to Give Thanks to God

1. Relationship with God – Romans 8:38-39
2. Everlasting life. When Jesus was resurrected from the grave, He gave us the opportunity to have an everlasting life.
3. God's grace and forgiveness. We deserved the death that Jesus suffered on our behalf but because of His sacrifice we have been forgiven.
4. God's creation. No matter where you are in the world or what you are going through, you can appreciate God's creation.
5. We are never alone. You may feel you are alone or forgotten, but you always have God with you. He sees you wherever you are and knows your pain.

REQUESTS

Father, I come to you...

PRAISE

Your promises are 'Yes and Amen'...

GRATITUDE

God, thank you for...

Thank you Jesus for guiding my every step through mountains or valleys. Shine on me, so that others may see and experience the goodness of God. Hallelujah!



Communion - Remembering His Sacrifice.

"This is my blood of the covenant, which is poured out for many for the forgiveness of sins."

Matthew 26:28 (NIV)

Jesus' blood bridges the gap between man and God. It gives eternal life and restores the fellowship between God and us. Jesus had to die once and for all sins.

The bread represents Jesus' body. By His stripes or wounds, we are healed. You can receive threefold healing: Body, Soul and Spirit.

The juice represents the blood of Jesus as well as His sacrifice to save all mankind. By His blood, your debt of sin has been paid and you're forgiven.

When you take communion, you give the blood of Jesus a voice over your life.

- The blood of Jesus silences every voice speaking against you and replaces the negative with all things Calvary represents.
- An exchange happens and you receive salvation, health, provision and a new identity. A divine exchange.

The act of communion invokes God's divine power over your life and bloodline, as well as recalibrates the course of your life to get back on your God-assigned course. If there's a voice that needs to be silenced in your life, take communion and ask the blood of Jesus to make a Divine Exchange.

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DECLARE WHAT WOULD YOU LIKE TO RECEIVE

I would like to receive salvation, healing, divine prosperity, restoration, forgiveness, peace, power and protection

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Hurray! WEEK ONE DONE!



Priscilla Shirer's 5 P's Bible Study Method.

This method provides a structured way to engage deeply with Scripture.

Follow these steps with your favourite scripture.

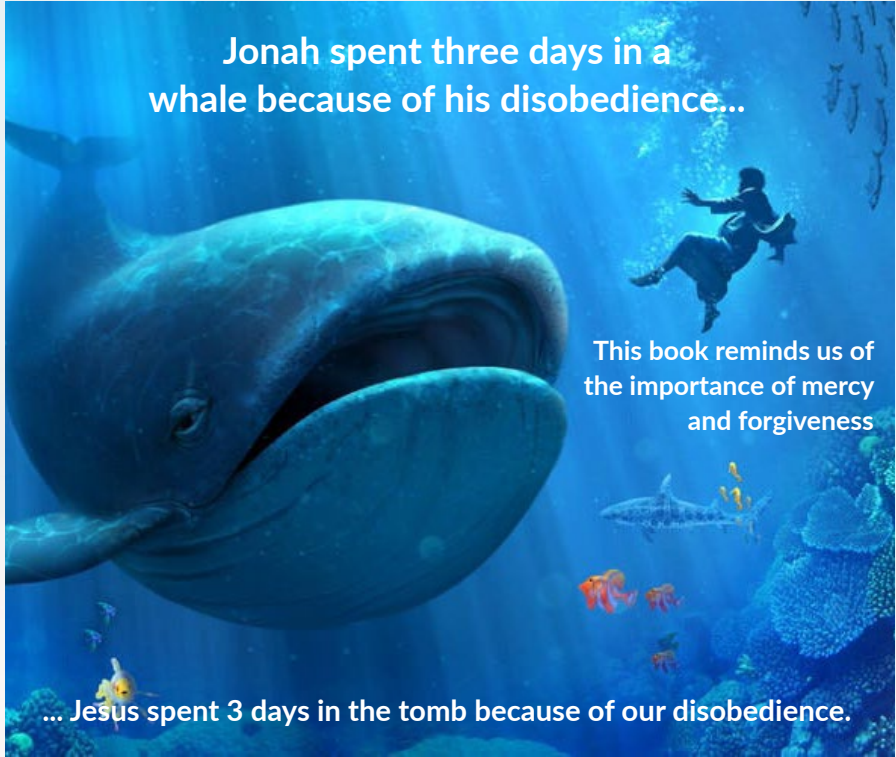
Or Psalm 121 is a great place to start.

Step	Description
1. Position Yourself	Describe your prayer or preparation (e.g., prayer focus, quiet space).
Your Notes/ Reflections	
2. Pore Over the Passage	Write the scripture reference and any key phrases or words that stood out.
Your Notes/ Reflections	
3. Paraphrase	Rewrite the passage in your own words.
Your Notes/ Reflections	
4. Pull Out Principles	List the main spiritual lessons or truths discovered.
Your Notes/ Reflections	
5. Pose the Question	Write down reflective questions and personal applications.
Your Notes/ Reflections	
6. Plan Obedience	Identify a specific action. How will you do this?
Your Notes/ Reflections	

DAY
9

Jonah.

Sent to prophecy to Ninevah (Assyria)



Jonah spent three days in a whale because of his disobedience...

This book reminds us of the importance of mercy and forgiveness

... Jesus spent 3 days in the tomb because of our disobedience.

THEMES:

God's compassion is for all humanity.

We should reflect God's heart through our concern for others.

God responds to our repentance from sin and selfishness.

Action:

Is there someone you need to forgive today?

Ask God to help you show mercy and forgiveness.



"Who Do You Say I Am?"

Read Mark 8:27–38.

The disciples had been with Jesus continuously for around three years when He asked them this question. They were witnessing miracles, listening to His wisdom, growing in faith as their relationship with Him deepened. They believed they knew Him well. Until Jesus shocked them with God's plans for His death and resurrection.

The disciples were expecting the Messiah to overthrow Rome. No wonder they were shocked by Jesus' words. They had to put aside their expectations and agenda. They had to surrender to His ways, and accept His Lordship.

Even after three years of the daily presence of Jesus, the disciples still had much to learn about the Messiah. We do too.

When Jesus asks us "who do you say I am" our answer must be based in the truth from the Word of God and our relationship with Him. All close relationships thrive on time and effort. Reading the Word, talking and listening to the Lord is how we grow. We learn to trust Him in the difficult times and are able to testify to the goodness, mercy and love of our God.

Today Jesus is asking us, "Who do you say I am in your life? Am I Jehovah Jireh (your Provider), Jehovah Shalom (your Peace)? Am I Jehovah Tsdkenu (the God who heals)? Do you trust Me as Adonai (Lord and Master)?"

Where do you struggle to see who God is?

Action:

Take time to reflect on Jesus' question, "Who do you say I am?" Write down your response, then, identify one area where you may struggle to fully trust Him (e.g., as Provider, Healer, or Lord). Pray specifically for guidance and surrender in that area, asking God to reveal Himself more deeply to you through His Word.

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Obedience: It Pays to Obey God.

As believers we can sometimes complicate things too much. In 1 Sam 5:22 it tells us that obedience is better than sacrifice. In this season God has shown me that He might ask things of us that we do not understand. But even when it looks impossible... even when we don't understand... We can be sure He knows what He's doing and that it is good.

“No eye has seen, no ear has heard, and no mind has imagined what God has prepared for those who love him.”

1 Cor 2:9b (NLT)

PRAY:

Play soaking worship music and sit in the presence of God. Ask Him to remind you of the things He has asked of you and write them down. Let Him show you the things that have prevented you from obeying Him in this.

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Obedience will Cost You.

Obedience may cost you your comfort, it may cost you to decide to give up control and just trust Him. It may cost you friends, loved ones and even family. But the blessings cannot compare, the joy of knowing Him and the peace beyond understanding that He gives cannot compare to the things we may have to give up.

“But whatever were gains to me I now consider loss for the sake of Christ. What is more, I consider everything a loss because of the surpassing worth of knowing Christ Jesus my Lord, for whose sake I have lost all things. I consider them garbage, that I may gain Christ and be found in him...”

Phil 3:7-9a (NIV)

PRAY:

Stay in His presence. Submit these hindrances to God. Lay down the burden of not obeying, of allowing guilt, shame, fear or ungodly beliefs to stop you. Repent if you need to. Now write down what His report is and what He says to you.

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Sabbath.

Focus on rest, renewal, and reconnecting with God in ways that fit your lifestyle. Here are some practical, contemporary activities you can do:

1. Rest and Recharge

Set aside work or any tasks that cause stress. Take naps, enjoy leisure time, or simply relax. Take a walk or spend time enjoying a calm environment.

2. Spend Time in Worship

Spend time in personal worship at home, listen to worship music or read Scripture to reflect and draw closer to God.

3. Engage in Fellowship

Share a meal, connect with family or close friends. Sabbath can be a time to strengthen relationships and bond. If you live alone, consider reaching out to a friend or hanging out with friends.

4. Disconnect from Technology

Take a break from screens (phone, computer, TV) to fully disconnect and focus on rest and relationships.

5. Practice Gratitude and Reflection

Reflect on the past week—thank God for blessings, lessons, and guidance. Journal thoughts, prayers, and any insights you receive during this time of rest.

6. Engage in Creative Activities

Use your free time to enjoy hobbies — any activity that brings you peace and joy.

7. Serve or Volunteer

If you feel called to, serve others in a meaningful way, such as visiting someone in need, or helping a neighbour.

The key is to create space for rest and intentional reconnection with God and those around you, taking a break from the busyness of everyday life.



Communion and Reflection.

Today, as you take communion, have faith to receive God's promises over your life. All because of what Jesus did on the cross.

“But He was pierced for our transgressions, He was crushed for our iniquities; the punishment that brought us peace was on Him, and by His wounds we are healed.”

Isaiah 53:5 (NIV)

We are remembering that we can go boldly before the presence of God. All of us can.

By taking communion, you are testifying that Jesus is the Healer. We are also prophetically declaring divine alignment for every part that needs alignment.

Today we will seal every thought, promise and truth in God's Word concerning our lives whilst we silence every negative voice in our lives with the blood of Jesus by taking communion.

When you take communion, you establish the power of Calvary and everything it represents.

Finish up by writing your reflections of the fast so far.

Thoughts	Promises

Congratulations, Week 2 complete



The Lord is my Shepherd.

“The Lord is my shepherd [to feed, to guide and to shield me], I shall not want. He lets me lie down in green pastures, He leads me beside the still and quiet waters. He refreshes and restores my soul (life); He leads me along in the paths of righteousness for His name’s sake.”

Psalm 23:1-3 (AMP)

Psalm 23 describes God as a good Shepherd who leads, provides, protects and restores. He is deeply committed to your wellbeing, even going as far as to send Jesus to save you. Worshipping God involves recognising His care for you and your loved ones as well as thanking Him for His guidance. By trusting Him as your Shepherd, you honour His role in your life.

Reflection Questions:

- In what ways has God provided for me recently?
- How can I trust Him more deeply as my Shepherd?

Action:

Slowly pray through Psalm 23, personalising it with your own words.

Pray:

Lord, you are my Shepherd and I lack nothing. Thank You for Your care, provision, and restoration. Refresh my soul and guide me in Your ways. Amen.



Waiting in His Presence.

“Wait on the LORD; be of good courage, and he shall strengthen thine heart: wait, I say, on the LORD.”

Psalm 27:14 (KJV)

The world around us demands constant action and attention. It's easy to get caught up in the noise and busyness of life, but it is in the quiet moments that we experience the sweetness of God's presence. Psalm 27 calls us to wait on the Lord. Waiting in stillness before God is a form of surrender. When we wait on Him, we turn down the noise around us and allow space for His presence and direction.

Reflection Questions:

- Do I make time to simply sit in God's presence without speaking?
- How can I cultivate stillness in my relationship with Him?

Action:

Spend ten minutes quietly in God's presence today. Resist the urge to speak; instead, focus on being still and listening for His voice.

Pray:

Lord, teach me to wait on You. Help me to lay aside distractions and be still in Your presence. Amen.



Worshiping God for Who He is.

“Come, let us bow down in worship, let us kneel before the Lord our Maker; for he is our God and we are the people of his pasture, the flock under his care.”

Psalm 95:6-7 (NIV)

Worship begins with focusing on God’s holiness, majesty, and love, shifting attention from our needs to His glory.

It transforms your prayer life by shifting your focus from yourself or from circumstances to HIM, the one worth focusing on.

Worship, thanksgiving, praise, waiting, surrender, and intimacy through the Holy Spirit open the door to His presence.

Be encouraged. By making this a priority and foundation of your prayers you will see your relationship with God deepen and flourish.

“Everything you have made will praise you, fulfilling its purpose.”

Ps 145:10 (TPT)

Reflection Questions:

- How often do I worship God simply for who He is?
- What attributes of God can I praise today?

Action:

Spend time worshiping God through song, spoken praise, or quiet adoration, focusing on His character.

Pray:

Lord, I worship You for who You are — my Creator, Redeemer, and Sustainer. May my heart overflow with praise for Your greatness. Amen.



Praise Him for His Mighty Works.

“Great is the LORD, and highly to be praised, And His greatness is [so vast and profound as to be] unsearchable [incomprehensible to man]. One generation shall praise Your works to another and shall declare Your mighty and remarkable acts.

Psalm 145:3-4 (AMP)

The greatness of God is seen in His mighty works throughout all human history. Worshipping God involves recounting His deeds and celebrating His faithfulness.

Reflection Questions:

- What are some of God’s “mighty acts” that I can celebrate today?
- How can I share his greatness with others?

Action:

Take 5 minutes to think about moments where God worked powerfully in your life or the lives of others. Speak those moments back to God in praise, thanking him for his faithfulness.

Write a Prayer of Thanksgiving:

Thank You for the ways You have worked powerfully in my life. I am ready to be ‘Weaponised by Heaven’ to make a difference in the world.

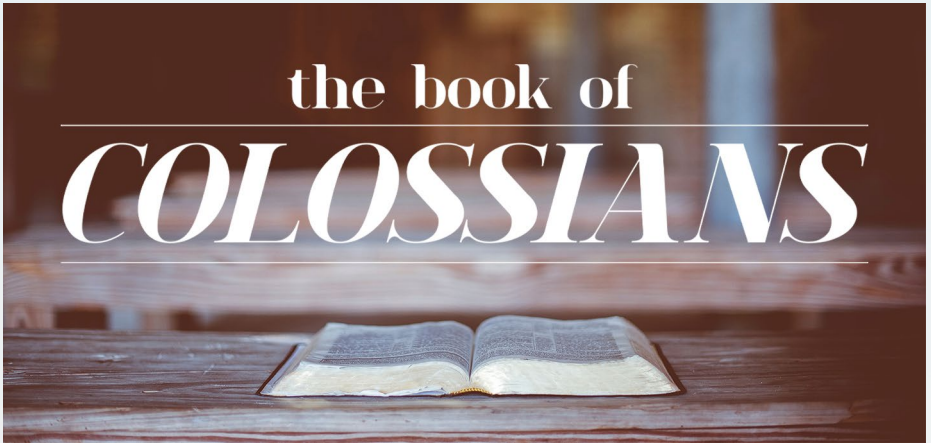
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DAY
19



AUTHOR: Paul – a prison letter

READ WITH: Philemon – Colossae was Philemon’s church

**THE COLOSSIAN CHURCH WAS IN TROUBLE.
PAUL WROTE TO ADDRESS THEIR PROBLEMS:**

Dispute about Jewish tradition

Heresy about Jesus’ humanity and deity



CHAPTER 1 & 2

Don’t be drawn away from Christ, everything we need is found in Christ

CHAPTER 3 & 4

Focus on God, life, unity and forgiveness in Christ

Paul wrote this letter to the Colossians from prison. Even in the worst circumstances, Paul knew that Jesus had defeated the accuser. Read Colossians 2:13-15 today and declare Jesus’ victory over every condemning word that has ever been spoken over you.



Offering Thanksgiving as a Sacrifice.

“Rejoice always, pray continually, give thanks in all circumstances; for this is God’s will for you in Christ Jesus.”

1 Thessalonians 5:18 (NIV)

Thanksgiving demonstrates trust in God’s sovereignty and gratitude for His goodness. When we thank God in every circumstance, we acknowledge that He is worthy, no matter what we go through, and we remind ourselves of His faithfulness in our life.

Reflection Questions:

- What blessings in my life can I thank God for today?

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- How can I thank Him even in difficult situations?

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Action:

Write down 10 things you are thankful for and spend time thanking God for each one.
Make thanksgiving a regular part of your prayer life.

1.	2.	3.	4.	5.
6.	7.	8.	9.	10.

Pray:

Father, thank You for Your endless blessings in my life. Teach me to live with a heart of gratitude, giving thanks in all circumstances. Amen.



The Power of Communion.

“This is my blood of the covenant, which is poured out for many for the forgiveness of sins”.

Matthew 26:28 (NIV)

Jesus' blood bridges the gap between man and God. It gives eternal life and restores the fellowship between God and us.

When you take communion, you give the blood of Jesus a voice over your life.

- The blood of Jesus silences every voice speaking against you and replaces the negative with all the things Calvary represents.
- An exchange happens, and you receive salvation, health, provision, new identity. A divine exchange happens.

When we take communion, we establish the power of Calvary and everything it represents.

When we take the Communion, we testify Jesus is the Healer. We are remembering that we can go boldly before the presence of God – ALL OF US can.

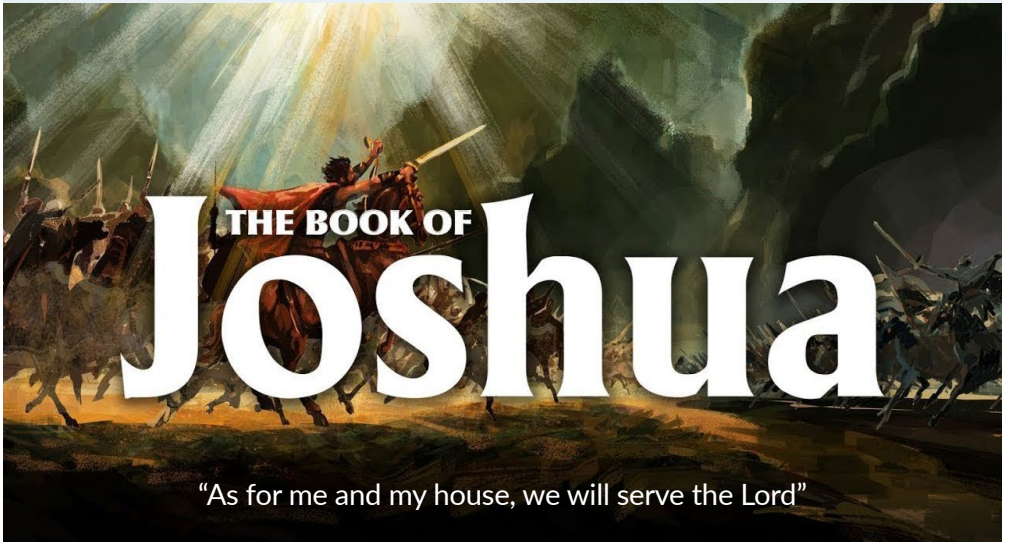
We also are prophetically declaring divine alignment for every part that needs realignment.

Action: If there's a voice that needs to be silenced in your life... take communion and ask the blood of Jesus to make a divine exchange.

What would you like Jesus to do today?

- Declare what you would like to receive.
- I receive: the healing that Jesus bought me at the cross, divine prosperity (spirit, soul and body), restoration, forgiveness, peace, power or protection.
- Silence the negative voices speaking to you and replace them with what God says of who you are.

Congratulations. You're Finished!



1. Joshua lingered before the Lord – He stayed in prayer and worship even when Moses left. **Exodus 33:11**
2. Joshua believed that the promise of God is bigger than the threat of the enemy. **Numbers 14:6-9**
3. Joshua led the people into the promises of God. **Joshua 23:1-5**
4. Joshua set the example of faith for future generations. **Joshua 24:15**

Joshua prioritised being in the presence of the Lord. He trusted God’s word and believed God’s promises. He was strong and courageous because his hope was in God. Joshua’s last words were a declaration that he and his family would serve the Lord. What is your declaration of faith? Write it out today and ask God to lead you to live a strong, courageous and faith-filled life.



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ICC Newcastle is a member of the Australian Christian Churches.