

The power of Prayer and Fasting in Launching Catalytic Movement on your campuses

By Tariku Fufa

1. What is prayer?

It is a two way communication with God. It is a conscious talking, listening and interaction with Him.

Jr 33: 3 “Call to me and I will answer you and tell you great and unsearchable things you do not know.”

Would you like to talk to God about the campuses where you want to launch movement right now?

2. What to pray for?

Personal , Ministry , National and Global issues.

Phil 4: 6 “Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.”

1 Tim 2: 1-4 “ I urge, then, first of all, that petitions, prayers, intercession and thanksgiving be made for all people— for kings and all those in authority, that we may live peaceful and quiet lives in all godliness and holiness. This is good, and pleases God our Savoir, who wants all people to be saved and to come to a knowledge of the truth.”

You may want to pray about the students, campus communities, volunteers and networks of like hearted people before you even try to meet them.

3. Why do we pray?

- God said so. *Matt 7: 7-12.*

“...For everyone who asks receives; the one who seeks finds; and to the one who knocks, the door will be opened...”

Remember: prayer can open new doors and provide you with opportunities and possibilities to reach out to the unreached campuses of your own.

- To see God at work.

“...Most assuredly, I say to you, whatever you ask the Father in My name He will give you” John 16:23.

Do you want to see God exalting His name and multiplying His glory in those campuses where your heart desires to go?

- To get God's help.

"With man this is impossible, but with God all things are possible." Matt 19: 26

What are some challenges and obstacles you can think of?

- To see powerful things happening.

"The prayer of a righteous person is powerful and effective." James 5: 16.

Do you believe that your prayer can change things upside down?

4. How to pray?

- In Jesus name. *Jn 14:14.*

"And I will do whatever you ask in my name, ...you may ask me for anything in my name, and I will do it."

- By faith.

"... All things, whatever you ask in prayer, believing, you will receive" Matthew 21:22.

- According to God's will. *1 Jn 5: 14.*

"This is the confidence we have in approaching God: that if we ask anything according to his will, he hears us."

- Faithfully. *Rom 12: 13 "Be ...faithful in prayer."*

5. When to pray?

- All the time *1 Thess 5 :17"pray continually"*
- As a Spirit brings burden. *James 5:11"Is any one of you in trouble? He should pray"*

God's Chosen Fast

Isa 58:6 "Is not this the fast that I choose: to loose the bonds of wickedness, to undo the thongs of the yoke, to let the oppressed go free, and to break every yoke?"

Introduction

Among great bible saints who fasted were: Old Testament – Moses(the law giver), David(the king), Elijah(the prophet), Daniel(the seer), Hannah.

New Testament – Jesus and His disciples. Early Churches – Martin Luther, John Calvin, John Knox, Jonathan Edwards, John Wesley, Charles Finney, Etc.

Ever since I (Tariku Fufa) gave my life to Christ in Sept, 1991, I have been practicing God's Chosen Fast in my life and ministry at least once a week. Such practice have helped significantly in seeking and experiencing God's face, tapping into His power and overcome the challenges from the Satan, this world and my own flesh itself. Throughout all my spiritual journeys, I enjoyed the intimate presence of God in and with me and hence I have been always victorious and triumphant.

I joined full time Christian work with Campus Crusade for Christ in Ethiopia as soon as I came out of campus life. Then, I was sent to Uganda to go through the 9 months training. Coming back from Uganda, I took 8 days of consecutive fasting and praying time just to seek His face for the journey ahead. It was 60 miles away from home and at a place where nothing could destruct me. It was unforgettable experience with life changing encounter with God. And this material is outcome of this experience. I wrote it while listening to God and devotedly studying scripture. Then, I have trained thousands of students and prayer warriors in Ethiopia and witnessed when it changed their lives and helped them experience this spiritual discipline and walk in the power of the Holy Spirit.

Four types of fasting□

1) The normal fast

Without food yet with water. Luke 4:2. Matt 4:2 He fasted forty day & forty nights, and afterward he was hungry.

2) The Absolute fast

Abstaining from drinking as well as eating. Ezra 10:6, Es 4:16, Acts 9:9

3) The Partial fast (very applicable for students and busy people)

Daniel 10:3- "I ate no delicacies, no meat or wine entered my mouth."

The emphasis here is up on restriction of diet rather than complete abstention

The partial fast is of great value, especially where circumstances make it impossible or inconvenient to undertake the normal one (particularly for students who are busy and always out there in class or libraries or travelling).

- Missing one meal per day as you go on your usual business (You have a specific prayer request on you heart that you could show to the Lord through faith)
- Eating simple foods like vegetables or cereals for a long period of time as you seek the face of the Lord.

4) The public fast

On national level , Joel 2:15; Jeremiah 36:6; Isa 58

The importance of fasting

1) For personal sanctity

Ps 69:10 – I humbled my soul with fasting. Matt 5: 4 – Blessed are those who mourn

Humility is the basic ingredients of true holiness. Fasting is a divine corrective to the pride of human heart. It is a discipline of the body with a tendency to humble the soul. Ezra 8: 21

Jesus fasted before beginning His ministry. Saul and Barnabas were set apart while fasting. Act 13:1-3

What role does humility play in reaching the unreached campuses of your country? Can Pride affect someone from not getting there?

2) To be heard on high

Ezra 8: 23 –So we fasted and besought our God for this, and he listened to our entreaty.

Fasting is designed to make prayer mount up as an eagle's wings.

Jeremiah 29 : 13-14 ... Seek with all your heart, I will be found...

Do you want your prayers to open new campuses with catalytic movement be heard on high? Then, what can you learn from these scriptures?

3) To change God's mind

The people of Nineva believed God: they proclaimed a fast...when God saw what they did...God repented of the evil which he had said he would do to them. Jonah 3: 5-10

Sin is visited with judgement but repentance with mercy. Jr 18 : 7-8

Ex: Ahab humbled himself and God changed His mind. 1 Kings 21 : 27 – 29. David did same in 2 Sam 12 :16-22.

Would you like to see God's intervention in the way your campuses and community in there are behaving?

4) To free the captives

Isa 58:6 – Is not this the fast that I choose to loose the bonds of wickedness, to undo the thongs of the yoke, to let the oppressed go free and to break every yoke? People are bound by nicotine, alcohol, drugs, sex desires and gambling fever. Others are deceived and entangled by satanically inspired cults and societies are are by various forms of black magic, witchcraft and spiritism.

Therefore, do you too want to pray and fast? Can you do it at least once per week? Do you want to practice this spiritual discipline and tap into that power of God to see God working in those campuses where you don't have any ministry presence?