

MESSENGERS
OF
HOPE



PRAYER AND FASTING GUIDE

DWELL
Deeper

COME TO ME, ALL YOU WHO ARE
WEARY AND BURDENED, AND I WILL
GIVE YOU REST. TAKE MY YOKE UPON
YOU AND LEARN FROM ME FOR I AM

GENTLE AND HUMBLE IN HEART,
AND YOU WILL FIND REST FOR
YOUR SOULS. FOR MY YOKE IS
EASY AND MY BURDEN IS LIGHT.

Dear CIAG family,

For the next six days, we are inviting you to make room for God together with us. Our prayer is that He will replenish what has been depleted, restore delight in His presence, break what needs to be broken, heal what needs to be healed, and renew our ability to see His vision for our lives, families, ministries, church, and islands.

Each morning will begin with Scripture to **behold** an attribute of God, and simply be with Jesus. At lunchtime, we will pray personally into the areas for which we are fasting.

From Monday through Friday, we will gather on Zoom from 8:00-8:30 p.m. to intercede together.

Finally, on Saturday, Aug 29th at 7pm, we will conclude the fast at our Worship Night as we respond to Ezekiel's vision of the river growing deeper.

We are not asking everyone to complete the same type of food fast, and we are not comparing sacrifice. Choose a meaningful and wise fast that helps you make room for God. Come expectant, but not pressured. We do not have to manufacture His vision or carry it in our own strength.

OUR CONFIDENCE

The dream begins with God. It is carried by God's power and sustained by God's faithfulness. With love and expectation,

Pastors Steven & Erika

THE HEART OF THIS FAST

We can dream again because the vision begins in the heart of God, and the One who calls us is faithful.

Some seasons make it difficult to dream. When life is full, ministry is demanding, and needs are many, our vision can shrink to simply surviving the present. Dreaming can begin to feel like one more responsibility.

This fast is not about producing a bigger plan or persuading God to bless our ambitions. It is an invitation to slow down, dwell deeper in His presence, release what we have been carrying, and allow the Holy Spirit to help us see what God sees.

We will pray the prayer of Jabez not as a formula for personal success, but as a prayer of surrender: "Bless us so we can bless others. Enlarge what You have entrusted to us. Let Your hand be with us." We do not want wider territory without deeper dependence.

As we move toward Worship Night, Ezekiel 47 reminds us that the river flows from God's presence and brings life wherever it goes. We are asking God to lead us deeper in His presence, renew His vision within us, and enlarge our capacity for the assignment He has entrusted to us.

KEY SCRIPTURES

- 1 Chronicles 4:9-10
- 1 Thessalonians 5:24
- Ezekiel 47:1-12

01 RELEASE

Lay down pressure, weariness, control, and burdens God never asked us to carry.

02 RETURN

Rediscover delight in God's goodness, Word, worship, and presence.

03 RENEW

Invite the Holy Spirit to expose, cleanse, heal, and break unhealthy patterns.

04 DREAM

Discern what begins in God's heart rather than pursuing personal ambition.

05 ENGLARGE

Pray for greater capacity, deeper discipleship, stronger leaders, and wider Kingdom fruit.

06 GO DEEPER

Yield more fully to the indwelling presence and leadership of the Holy Spirit.

Fasting does not earn God's favour or prove our spirituality. It is a voluntary act of worship in which we set aside an appetite, routine, or distraction so that we can give greater attention to God.

POSSIBLE APPROACHES

- Fast one designated meal each day and use that time for prayer.
- Fast from sunrise until 3:00 or 6:00 p.m.
- Follow a Daniel-style partial fast with simple foods.
- Undertake a more substantial food fast if you are experienced and medically able.
- Modify the food component for health reasons while fasting entertainment, recreational media, sweets, or another meaningful distraction.

PREPARE YOUR HEART AND SCHEDULE

- Decide your fast before Monday so the week begins with clarity.
- Reduce unnecessary commitments and distractions.
- Keep your Bible and devotional guide ready for the morning.
- Protect the 8:00-8:30 p.m. prayer time Monday through Friday.
- Expect hunger or inconvenience to become an invitation to turn your attention toward God.

IMPORTANT HEALTH NOTE

Pregnant or nursing team members, minors, anyone taking medication, people living with diabetes or another medical condition, and anyone with a history of disordered eating should adapt the food portion of the fast and seek appropriate medical guidance. Stay hydrated and do not ignore concerning symptoms.

What Does “Enlarge Our Territory” Mean? We are not asking God to make us important or merely give us more activity. Healthy enlargement may include more people, but it can also mean greater capacity to love, healthier teams, stronger systems, deeper discipleship, increased compassion, new leaders, courageous obedience, and more lives transformed by Jesus.

THE SIX-DAY *Journey*

MORNING: BEHOLD WHO HE IS

Read the Scripture and devotional. Do not begin with ministry intercession or a prayer list. Be with Jesus. Worship, listen, reflect, and allow His character to reshape you.

LUNCHTIME: PRAY INTO YOUR ASSIGNMENT

Use the time you would normally eat to pray for your personal fasting focus, ministry area, the people you serve, and the day's corporate focus.

8:00 P.M. STAND TOGETHER IN PRAYER

Monday-Friday, join the CIAG Team on Zoom from 8:00-8:30 p.m. The gathering will be led by CIAG leaders. Saturday's Worship Night replaces Zoom.

DAY OF FAST

THEME

ATTRIBUTE

01 Mon, Aug 24

Release the Weight

God is Gentle

02 Tues, Aug 25

Return to Delight

God is Good

03 Weds, Aug 26

Break What Must
Be Broken

God is Holy

04 Thurs, Aug 27

Dream Again

God is Faithful

05 Fri, Aug 28

Enlarge Our Territory

God is Powerful

06 Sat, Aug 29

Into Deeper Waters

God is Present

COMPLETE THIS PRIVATELY BEFORE MONDAY.

Do not try to create impressive answers. Ask the Holy Spirit to help you name what you are releasing, receiving, and believing.

THE FAST I WILL PRACTISE

- ☐ **One meal daily**
- ☐ **Time-based fast**
- ☐ **Daniel/partial fast**
- ☐ **Modified fast**
- ☐ **Other:**

What practical boundaries will help me protect this week?

What weight, pressure, or fear do I need to release?

What needs to be broken, healed, forgiven, or restored in me?

Where do I need to return to delight in God?

What God-given vision may He be inviting me to believe and obey?

What people, ministry area, or assignment will I carry in prayer?

A SIMPLE POSTURE

Lord, help me make room for You. Let me see what You see, love what You love, and take the next faithful step You place before me.

DAY 01 • Release the Weight • God is Gentle

Read: *Matthew 11:28-30; Psalm 23:1-3*

MORNING (BE WITH JESUS)

Jesus describes Himself as gentle and humble in heart. He does not lead through shame, intimidation, or crushing pressure. He invites weary people to come near, learn His ways, and find rest for their souls.

God's gentleness is not weakness. It is strength expressed with tenderness. He knows how to correct without crushing, lead without driving, and restore without shaming us for our need. Some responsibilities are truly ours to carry, but fear, control, comparison, and the demand to satisfy everyone are not the yoke of Jesus.

Begin this fast by receiving rather than achieving. Let the Shepherd lead you beside quiet waters. Notice the difference between the voice of Jesus and the voice of pressure.

BEHOLD

Where have I confused God's voice with pressure, fear, hurry, or condemnation?

SIMPLE PRACTICE: Read Matthew 11:28-30 slowly three times. Sit in silence for two minutes. Repeat: "Jesus, You are gentle with me."

LUNCHTIME (PRAY INTO YOUR ASSIGNMENT)

- Release the burdens, outcomes, and expectations you have been carrying.
- Pray for your marriage, family, emotional health, and healthy rhythms.
- Intercede for CIAG team members who are weary, discouraged, or serving from an empty place.

8:00 P.M. PRAYER FOCUS

Rest, renewal, healthy families, freedom from burnout, and the grace to serve from the yoke of Jesus.

WRITE: What am I carrying that Jesus never asked me to carry?

DAY 02 • Return to Delight • God is Good

Read: *Psalm 34:8; Psalm 63:1-8; James 1:17*

MORNING (BE WITH JESUS)

God is not merely useful; He is good. His presence is not only the place where we bring needs and receive answers. His presence is where our souls rediscover what they were created for.

Stress, disappointment, and distraction can slowly distort our view of God. We may continue serving Him while losing our delight in Him. Fasting reveals the lesser things we have used for comfort, escape, or satisfaction and reminds us that they cannot carry the weight of our souls.

Today, do not rush toward a ministry plan. Remember specific ways you have tasted God's goodness. Let gratitude awaken affection. Abiding in Jesus is not another task; it is the source from which lasting fruit grows.

BEHOLD

Am I seeking only relief from God, or am I seeking God Himself?

SIMPLE PRACTICE: Name five expressions of God's goodness you have experienced. Thank Him slowly without asking for anything.

LUNCHTIME (PRAY INTO YOUR ASSIGNMENT)

- Ask God to renew your appetite for Scripture, prayer, worship, and holiness.
- Pray that your ministry will flow from intimacy rather than striving or performance.
- Intercede for the people you serve to taste and see the goodness of God.

8:00 P.M. PRAYER FOCUS

Spiritual hunger, delight in God, deeper abiding, and a CIAG culture that values His presence above performance.

WRITE: What has been dulling my spiritual appetite?

DAY 03 • Break What Must Be Broken • God is Holy

Read: Isaiah 6:1-8; Psalm 139:23-24; 1 Peter 1:15-16

MORNING (BE WITH JESUS)

God is completely pure, perfect, and set apart. There is no darkness, corruption, deception, or evil in Him. When Isaiah saw God's holiness, he became aware of his own condition, received cleansing, and then heard a renewed call.

God's holiness does not only expose us; it transforms us. During a fast, irritation, fear, resentment, insecurity, pride, unhealthy appetites, or self-reliance may rise to the surface. That exposure is not failure. It is an invitation to honesty, cleansing, healing, and freedom.

Do not defend, explain, or minimise what the Spirit reveals. Stay near the Holy One who also forgives and restores. Greater influence without healing can spread pain; greater responsibility without freedom can deepen unhealthy patterns.

BEHOLD

What within my heart, habits, relationships, or leadership does not reflect the character of Jesus?

SIMPLE PRACTICE: Sit with Psalm 139:23-24. Let conviction remain specific and hopeful. Write one word the Spirit brings to your attention.

LUNCHTIME (PRAY INTO YOUR ASSIGNMENT)

- Confess sin and release any unforgiveness, offense, or resentment.
- Pray for healing from disappointment, rejection, insecurity, grief, or past pain.
- Intercede for humility, holiness, forgiveness, trust, and unity throughout the CIAG Team.

8:00 P.M. PRAYER FOCUS

Personal freedom, healing, holiness, reconciled relationships, and protection from gossip, comparison, offense, and division.

WRITE: What must not be allowed to follow me into the next season?

DAY 04 • Dream Again • God is Faithful

Read: 1 Thessalonians 5:23-24; Philippians 1:6; Ephesians 3:20-21

MORNING (BE WITH JESUS)

We can dream again because the dream does not begin with us. It begins in the heart of God. We are not fasting to invent a more impressive future, create a larger ministry, or place additional pressure upon ourselves. We are making room to see what God sees, desire what He desires, and participate in what He is already doing.

Pressure can reduce our vision to survival. We may stop believing for transformation, stronger families, salvations, new leaders, healing, or greater Kingdom impact. Yet the limitations of the present moment do not limit the purposes of God.

Every vision must be tested by Scripture, surrendered to God's timing, and carried in dependence upon His Spirit. Our confidence is not in the strength of our plans, but in the faithfulness of the One who calls us.

BEHOLD

Lord, what do You see for my life, family, and the area You have entrusted to me?

SIMPLE PRACTICE: Release the need to plan everything. Sit with the words: "The One who calls you is faithful." Notice what hope begins to rise.

LUNCHTIME (PRAY INTO YOUR ASSIGNMENT)

- Pray over your relationship with God, family, calling, health, finances, and future.
- Ask for clarity to distinguish God's vision from personal ambition, comparison, or pressure.
- Intercede for fresh vision, faith, creativity, and one clear next step in your ministry area.

8:00 P.M. PRAYER FOCUS

God-given vision for our lives and ministries, renewed hope, courageous obedience, and confidence in God's timing and faithfulness.

WRITE: By God's grace, I believe He may be inviting me to...

DAY 05 • Enlarge Our Territory • God is Powerful

Read: 1 Chronicles 4:9-10; Zechariah 4:6; Ephesians 3:16-21

MORNING (BE WITH JESUS)

Jabez prayed for blessing, enlarged territory, God's hand, and protection. He did not ask for expansion separated from God's presence. In the same way, we do not want more ministry carried by human strength alone.

Healthy enlargement may mean more people reached, but it can also mean deeper discipleship, stronger leaders, wiser systems, greater compassion, increased capacity, and more faithful stewardship. Expansion is not simply about doing more; it is about becoming able to carry what God entrusts to us in His way.

God is powerful. Nothing is too difficult for Him, yet His power is not given to build our personal kingdoms. His Spirit strengthens us to obey and participate in His purposes. Marvel at His ability before you measure your limitations.

BEHOLD

Where have I been relying primarily on my own personality, experience, resources, or strength?

SIMPLE PRACTICE: Read Zechariah 4:6 aloud. Open your hands before God as a sign of releasing self-reliance.

LUNCHTIME (PRAY INTO YOUR ASSIGNMENT)

- Pray for your ministry area, leaders, volunteers, systems, resources, and the people you serve.
- Ask God to strengthen what must support healthy growth before expansion comes.
- Intercede for salvations, discipleship, families, children, outreach, LifeGroups, RNB, King's Army, and every CIAG ministry.

8:00 P.M. PRAYER FOCUS

Greater Kingdom fruit, new leaders, stronger teams, wise stewardship, salvations, discipleship, and impact throughout the Cayman Islands and beyond.

WRITE: What would healthy enlargement look like in the area I serve?

DAY 06 • Into Deeper Waters • God is Present (His Spirit Dwells Within Us)

Read: Ezekiel 47:1-12; 1 Corinthians 3:16; John 7:37-39

MORNING (BE WITH JESUS)

The river in Ezekiel's vision flowed from the temple - the place of God's presence - and brought life wherever it went. In the New Testament, God's people are His temple: His Spirit dwells within and among us.

We are not trying to persuade a distant God to come near. Through the Holy Spirit, God is present with His people. He has not abandoned us or left us to carry His calling alone. As our awareness and surrender deepen, His life can flow through us to bring refreshment, healing, witness, and fruit to others.

The river became too deep to cross by human control. As a prayerful application, it reminds us that God may invite us beyond self-management into deeper trust. He replenishes us not merely so that we feel better, but so that His life can flow through us.

BEHOLD

Where have I been living, leading, or serving as though I am alone?

SIMPLE PRACTICE: Sit quietly and acknowledge: "You are here. Your Spirit dwells within Your people." Do not manufacture an emotion; receive the truth of His presence.

LUNCHTIME (PRAY INTO YOUR ASSIGNMENT)

- Pray for personal replenishment, healing, joy, hope, spiritual hunger, and fresh filling.
- Intercede for tonight's Worship Night and for freedom, unity, spiritual gifts, salvation, healing, and lasting transformation.
- Pray that the river of God's life will flow through CIAG into homes, workplaces, communities, and the nations represented in Cayman.

8:00 P.M. PRAYER FOCUS

No Zoom tonight. Continue the fast as you are safely able and join us in person for Worship Night. We will conclude the fast together at the end of the gathering.

WRITE: Where is the Holy Spirit inviting me to move from control into deeper trust?

THE CULMINATION OF OUR FAST

Continue your chosen fast through the day as you are safely able. Bring your notes from the week and come ready to worship, surrender, receive, and respond. We will use the **increasing depth of Ezekiel's river** as a prayer journey:

01 ANKLE-DEEP

Step in: thank God for His faithfulness and respond afresh to His invitation.

02 KNEE-DEEP

Bow: release burdens, repent, forgive, and surrender what the Spirit has revealed.

03 WAIST-DEEP

Yield: place your strength, plans, ministry, family, and future into God's hands.

04 WATERS TO SWIM IN

Trust: receive fresh filling and move from self-reliance into deeper dependence upon the Holy Spirit.

CONCLUDING THE FAST

We will conclude together near the end of Worship Night, with prayer and Communion. Jesus — not merely the food that follows — is our source, strength, and satisfaction.

MY RESPONSE:

What has God revealed or replenished in me?

What am I releasing?

What am I believing God for?

What is my next faithful step?