

POSSESS
The **PROMISE**
JOSHUA 21:43-45

21 DAYS PRAYER & FASTING
SEPTEMBER 2026

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FOCUS OF OUR FAST

This year, at POS, we have experienced so many powerful moves of God! Our inner man has been strengthened, equipped and challenged! Let us continue to cultivate that in our spiritual life. There is no better way of doing that, than with a time of prayer and fasting!

Let us come together as a body of believers with expectation, trusting that as we seek God collectively, He will manifest His power in us and through us!

We invite you to join us on this life changing journey!



PRAYER

Prayer and fasting are powerful spiritual disciplines, ordained by God and commended to every born-again believer as essential practices of faith.

God has graciously given us the gift of prayer to connect with Him. Throughout both the Old and New Testaments, Scripture speaks extensively about the power and purpose of prayer. At its core, prayer is simply conversation and communion with God. Through prayer, we come to know Him more deeply, grow in relationship with Him, and express our thoughts, needs, and desires as we communicate with our Creator.

Through prayer, we pursue God's purposes and invite His will to be accomplished in our lives, personally, within our church family, and across our nation. Prayer draws us into intimacy with Him, aligning our will with His will. Like a child who freely pours out their

heart to a loving parent, we come before our Heavenly Father, sharing our needs and lifting the needs of others. Yet prayer is not only about petition; it is also an expression of worship. We praise God for what He does and worship Him for who He is.

Prayer is an action, not merely an attitude. Throughout the book of Psalms, we see King David repeatedly speaking of crying out to God and lifting his voice, demonstrating prayer as a deliberate and passionate act. There is no greater power on earth than prayer. Through it, we impact not only the physical world we inhabit but also the unseen spiritual realm, where God works powerfully on our behalf.



FASTING

In Matthew 6, Jesus provided clear instruction on how to live as a child of God, outlining three foundational practices of the Christian life: giving, praying, and fasting. He intentionally used the phrases “when you give,” “when you pray,” and “when you fast,” making it evident that these were not optional activities but expected expressions of a believer’s walk with God. By using the word when rather than if, Jesus affirmed that fasting, like giving and prayer, is a normal and ongoing part of a Christian’s life.

Fasting may be described as the voluntary setting aside of food, and at times other regularly enjoyed activities for a designated period. This practice is undertaken to humble oneself before God, to seek His will with greater focus, to express repentance, and to cultivate deeper intimacy with Him. During fasting, time ordinarily spent preparing and eating food is intentionally redirected toward prayer and the reading of God’s Word, allowing space for spiritual renewal and a greater sensitivity to His voice.

Fasting is a spiritual discipline that helps bring our flesh and its appetites into submission, opening the door for God to move supernaturally in our lives. When we deny the physical self, we weaken the pull of the flesh and nourish the spirit, allowing our spiritual life to grow and strengthen.

Choosing to surrender something as basic and essential as food to seek God provides a powerful opportunity to examine the sincerity of our hunger for Him. It reflects a humble determination to align ourselves with His will and purposes as we earnestly seek His direction and draw closer to Him.

While fasting can also involve abstaining from things such as entertainment, sports, or social media, the most common form of fasting in Scripture is refraining from food. Many things are optional for daily living, but food is essential for survival. Setting it aside for a season demonstrates that, for that time, we are prioritising our spiritual life above what sustains our physical life.

No matter where you are in your spiritual journey or what you are facing today, fasting can be a powerful benefit. It is a private discipline that produces visible results. We willingly fast from what we can see and taste because we have already tasted and seen the goodness of our Omniscient, Omnipresent and Omnipotent God!

The type of fast you choose for these 21 days is between you and God.

Twice a year, the Pentecostals of Sydney family undertake a twenty-one-day corporate fast together. When we fast together as a church, it releases unity and brings clarity of vision, positioning the Body to step fully into all that God has called the church at POS to become and accomplish. As you fast, pray for God’s purpose and plan for your life to be revealed, and for the fruit of His Spirit to be cultivated and matured within you.

A corporate fast is a unified commitment by believers for a specific, God-directed purpose, and it carries the potential for powerful outcomes. While it is undertaken together, it also remains a deeply personal and private journey, shaped by an individual’s devotion to prayer, fasting, and time spent in God’s Word.

Fasting, prayer, and engaging with God’s word are inseparable disciplines. Fasting without prayer is simply abstaining from food; it is prayer and the Word that give fasting its spiritual power. For this reason, we intentionally include both prayer and the reading of God’s Word into every day of the fast.

When the spiritual disciplines of giving, praying, fasting, and studying the Word are actively working together in a believer’s life, God’s power is released, and genuine spiritual growth takes place.

PREPARING TO ENTER THE TWENTY-ONE DAY PRAYER & FASTING JOURNEY

Before you begin the fast, take time to prepare by making a clear plan and a verbal commitment to the Lord. Approaching the fast with purpose and determination helps strengthen your resolve and reduces the likelihood of wavering during challenging moments. Being mindful that you are fasting alongside other believers, can also provide accountability and encouragement to persevere.

If you do encounter difficulty, do not be discouraged. God understands your weaknesses and sees the sincerity of your heart. What matters most is that you do not give up. If you stumble or unintentionally break your fast, don't quit—simply refocus, recommit, and continue forward.

There are many different types of fasts. Find the fast, or combination of fasts, that best suits you/your family.

For example, as we enter this 21 day fast, you may want to begin with a full fast for 1-3 days and then continue with a Daniel Fast or some other type of partial fast for the remainder of the 21 days. No matter which type of fast you decide on, you must remember that if you take medication or have a medical condition, consult your doctor prior to starting. Drinking lots of water is important whilst fasting.



Full Fast

Drink only liquids – especially water. On this type of fast you may also have clear broth and 100% fruit or vegetable juice to maintain your physical strength. You establish the number of days for your fast in your prayer time. Be sure to consult your doctor if you take medication.

Daniel Fast

This type of fast is found in the Book of Daniel. The Daniel Fast is abstaining from meats, sweets, bread and any drink, except water, for a specific time (Daniel 1:12; 10:2-3). The easiest way to think of this fast is you eat vegetables, whole grains, fruits, and drink only water. Be sure to consult your doctor, especially if you have any medical condition.



Other types of Fasts

- Give up one item of food or drink such as tea, coffee, soft drinks, sweets or give up one meal per day.
- Choose to fast between certain hours e.g. from sunup to sundown.
- Eat one meal only per day

FAQ

CAN CHILDREN FAST?

The greatest way to show your children the power of fasting is to lead by example. If they want to participate in the corporate fast, or if you want to have a family fast, consider giving up desserts or soft drinks. In addition to giving up an item of food, you could also give up social media or visual entertainment as a family and spend that time reading and discussing Bible stories.

WHAT IF I HAVE A MEDICAL CONDITION?

Consult your doctor before starting any type of food fast. Decide together what is feasible. If your health condition prohibits you from fasting food, try fasting foods you eat in addition to your main meals e.g. desserts, junk food, or coffee. Be deliberate in setting aside time to pray and read your bible.

WHAT IF I START AND CAN'T FINISH OUT THE FAST...HAVE I FASTED FOR NOTHING?

Seeking God through prayer and fasting is never a waste of time. Try finishing up with a different type of fast. But don't quit!

I FORGOT AND ATE SOMETHING THAT WASN'T ON MY FAST...DO I NEED TO START AGAIN?

No, think of fasting as a marathon, rather than a sprint. Don't give up! If you fall, get up and keep trying. Conquering your flesh is difficult, but with the help of God's Spirit, you will be victorious. Don't allow Satan to condemn you (Romans 8:1). Remember, God knows your heart! Don't quit!

DO I CONTINUE TO EXERCISE WHILST FASTING?

Moderate exercise is good. But it is best to always consult a doctor if you intend to do a complete fast. You may not have the energy for a high level of exercise.

WHAT IF I HAVE A MANUAL LABOUR JOB?

If you have a job that requires you to expend a lot of physical energy, you may want to consider one of the 'other' types of fasts rather than a complete fast, that allows you to receive enough nutrition to perform your job.

what we are praying & fasting for

Your family. Fasting provides a powerful opportunity to pray and intercede intentionally for your family. It is vital to fast and pray for the future of your children and grandchildren. God seeks men and women with passionate, prayerful hearts who will stand in spiritual battle on behalf of their loved ones.

Through fasting, your spiritual eyes are opened to the needs of your family. As you seek the Lord, He will reveal the specific areas where your family members require prayer and guidance.

Fasting also allows you to pray for God's protective covering over your family. The Bible gives the example of Esther, whose people faced great danger. Before approaching the king, Esther called for a three-day fast, seeking God's protection and favour (Esther 4:16).

Financial needs. Fasting for financial needs is a spiritual discipline that combines prayer, fasting, and seeking God's guidance to align your heart with His provision. Fasting is not just about asking for provision but also about cultivating dependence on God and wise stewardship.

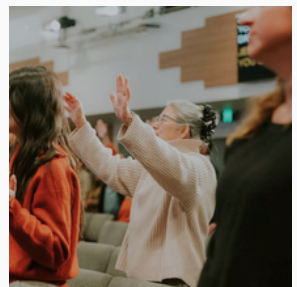
Identify the specific financial need you are fasting and praying about. It may be paying off debt, finding a job, increasing income, or financial breakthrough for your family. Write it down and bring it before the Lord in faith.

Be specific in your petitions and ask God to guide you in financial decisions. Pray for wisdom to manage what you already have. Intercede for opportunities, favour, and blessings according to His will.

For deliverance. If you are struggling with addictions or entangling sin, you can undertake a fast to break these strongholds, as referenced in Hebrews 12:1. Besetting sins are habits that trap us, hinder us from fulfilling God's purpose for our lives, and prevent us from walking fully in the Spirit.

Through fasting we can break free from the addictions and habits that are not pleasing to God. If we ask Him, God will reveal to us what may be hindering us from growing in our spiritual walk.

God can empower you through His Spirit to overcome sin and keep walking with Him as your spiritual being is strengthened and your spiritual eyes of discernment are opened to the temptations of the enemy.



what we are praying & fasting for

For guidance. Are you facing a major life decision and feeling uncertain about which path to take? Perhaps it's a new job opportunity, a broken relationship, or an unfulfilled dream. Fasting can help you tune out the competing voices around you and clearly discern God's guidance.

When you are unsure or confronted with a significant choice, that is the perfect time to fast and seek God's direction. During a fast, your spiritual sensitivity is heightened, allowing you to hear His voice more clearly.

For health and healing. The Bible gives us a perfect example of how denying ourselves physically can bring good health. We find in Daniel 1 the story of Daniel, Meshach, Shadrach, and Abendigo.

Daniel and the three others refused to eat the king's meat and they "appeared better and fatter in flesh than all the young men who ate the portion of the king's delicacies" (Daniel 1:15). If you have a physical health problem, fast for healing in consultation with your doctor. According to Isaiah 58 when you fast, "... your health will spring forth speedily."

For Australia. When God announced judgment on Nineveh, the king called the entire nation to fast, repent, and turn from their evil ways, hoping that God would show mercy. In response to their humility and fasting, God relented and did not destroy the city.

Today, more than ever, our nation and our world need believers who will fast and pray for revival and breakthrough in the midst of darkness. We need God's presence and His glory to fill our personal lives, our nation, and the world around us.

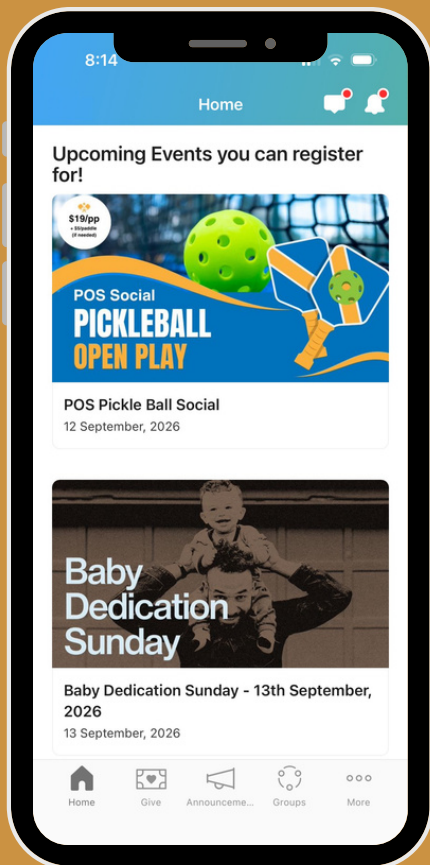
For the lost. If we truly desire to reach the lost in our communities, our nation, and across the world, we must engage in spiritual warfare through dedicated fasting and prayer. These disciplines are not just acts of personal devotion but are powerful tools that align our hearts with God's will and release His authority in the spiritual realm.

The world is filled with people who are hungry for hope, truth, and the love of Christ, yet many are trapped in darkness, unaware of God's salvation. Fasting and prayer prepare us spiritually to stand in the gap for them, breaking strongholds and interceding on their behalf.

As we humble ourselves before God, He empowers us with boldness and wisdom, equipping us to share the gospel effectively. Through these spiritual disciplines, we become active participants in God's redemptive plan, bringing hope and transformation to a lost and hurting world.



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*"Then I set my face toward the Lord God to make request by prayer
and supplications, with fasting."
Daniel 9:3*

We begin our 21-day journey today! Make a personal commitment to fast, pray, read His Word and seek the Lord daily over the next 21 days.

Prayer Focus: Lord, over the next 21 days, I declare a time of focussed consecration unto You. I ask You to journey with me and I submit myself to Your purpose and plan and what You desire to do through me.

Psalm 42:1, "As the deer pants for the water brooks, So pants my soul for You, O God."

*"Ask, and it shall be given you; seek, and you shall find; knock, and it shall be opened unto you."
Matthew 7:7*

God desires us to be specific in our prayers. Come before the Lord with humility and confidence. The Lord invites us to ask, seek and knock! Seeking is more than asking for answers; it is pursuing God's presence and purpose. Allow the Holy Spirit to lead you. Knocking speaks of persistence and expectation.

Prayer Focus: Lord, I choose to keep asking, knocking, and seeking in faith, trusting that You are a good Father who knows what I need before I ask. Open the doors that advance Your kingdom, close the doors that would hinder my walk with You, and make me faithful to keep praying until I see Your promises fulfilled.

Matthew 6:8, "For your Father knows the things you have need of before you ask Him."

"And whenever you stand praying, if you have anything against anyone, forgive him, that your Father in heaven may also forgive you your trespasses."
Mark 11:25

Forgiveness is an integral part of a Christian's life. Search your heart today. Is there anything you need to ask God to forgive you for? Ask the Lord to show you if you are holding any unforgiveness towards someone and make it right! Don't allow unforgiveness to hinder your prayers!

Prayer Focus: Lord, I come before You today and ask You to search my heart. I desire to be right with You and with those around me. Bring to light anything that I need to ask forgiveness for or to others, extend forgiveness to.

1 John 1:9, "If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness."

*"My grace is sufficient for you, for My strength is made perfect in weakness. Therefore most gladly I will rather boast in my infirmities, that the power of Christ may rest upon me."
2 Corinthians 12:9*

God's grace has the last word! We experience God's grace through His active presence and empowering Spirit, that enables us as believers to live victoriously. We desire His strength to replace our weaknesses.

Prayer Focus: Lord, I depend on Your grace and the empowering work of Your Spirit rather than relying on my own strength. I acknowledge my weakness and bring it before You and ask that Your power works through my weaknesses. Let my life bring glory to You as Your power is revealed through my weakness.

Psalm 119:11, "Your word I have hidden in my heart, That I might not sin against You."

*"Death and life are in the power of the tongue: and they that love it shall eat the fruit thereof."
Proverbs 18:21*

Words have the power to build up or tear down. Our tongues need to be submitted to God. Throughout Scripture, our speech is connected to our heart, our witness, and our worship. Praying this verse means asking God to make your words an instrument of life.

Prayer Focus: Today I surrender my words to You. Let my speech be pleasing in Your sight and directed by the Holy Ghost. Remove criticism, gossip, anger, and fear from my mouth, and replace them with truth, grace, encouragement, and faith. Guard my mouth from words that bring hurt, division, fear, or unbelief. May every word I speak bring glory to Your name and produce fruit that honours You.

Psalm 51:10, "Create in me a clean heart, O God, And renew a steadfast spirit within me."

*"Stand therefore, having your loins girt about with truth."
Ephesians 6:14a*

The armour is not merely symbolic. As believers, we depend on God's power. This verse speaks of spiritual readiness and daily surrender. It is the first piece of the armour of God that we are told to actively 'put on' emphasising a life anchored in God's truth. In Paul's day, a soldier's belt held everything together and prepared him for battle. Spiritually, truth is an anchor in our lives.

Prayer Focus: Lord, I gird myself with Your truth today. Let Your Word shape my thoughts, my decisions, and my actions. Fasten my heart to what is true and give me discernment to recognise deception.

John 17:17, "Sanctify them through thy truth: Thy word is truth."

*"...and having on the breastplate of righteousness."
Ephesians 6:14b*

Righteousness guards our hearts as we live in obedience to Christ and submit our lives to Him. To be righteous is to do what is right and good in God's eyes. True righteousness is possible for humanity, but only through the redeeming blood of Jesus through baptism and the indwelling of His Spirit.

Prayer Focus: Lord, I put on the breastplate of righteousness over my heart. Help me to walk in holiness, integrity, and obedience. Protect me from sin, condemnation, and anything that would draw me away from You. Guard my heart. Let Your Spirit strengthen me so that my life reflects Your righteousness.

Romans 8:1, "There is therefore now no condemnation to them which are in Christ Jesus, who walk not after the flesh, but after the Spirit."



*"And your feet shod with the preparation of the gospel of peace."
Ephesians 6:15*

In the Apostle Peter's Day, a victorious soldier had to be prepared for battle. A soldier's battle shoes were studded with nails or spikes, to help him keep his balance in combat. But shoes are also for moving. God expects us to go on the offensive and take the gospel of peace to others. Sharing our faith is one of the best ways to maintain our own sure footing. God knows that, when we are active in speaking of Him to others, we not only charge into Satan's territory, but we dig our shoes more deeply into truth.

Prayer Focus: Lord, prepare my feet to walk in Your ways today. Give me a heart that is ready to follow You wherever You lead me. Let me not walk in fear, anger, confusion or anxiousness but to walk in the peace of God. Give me awareness to be ready to share the Gospel when You give me opportunity. Fill my mouth with the right words, wisdom, courage and love. Direct my steps today.

2 Timothy 2:15, "Be diligent to present yourself approved to God, a worker who does not need to be ashamed, rightly dividing the word of truth."

FAITH WAVE DAY

SEPTEMBER 8

"ABOVE ALL, TAKING THE SHIELD OF FAITH WITH WHICH YOU WILL BE ABLE TO QUENCH ALL THE FIERY DARTS OF THE WICKED ONE." EPHESIANS 6:16

The Roman shield was as large as a door and would cover the soldier entirely. A shield is vitally important to a soldier. It provides a blanket of protection. It is meant to be taken up in all circumstances. It is the first barrier against the enemy's attack. Satan's attacks can sometimes cause us to doubt God. Faith reminds us to believe God. Faith is the doorway to hope in God. Faith is a protective barrier between us and the schemes of Satan. When we believe God and take Him at His word, we remain grounded in truth, the lies of the enemy lose their power, and we become overcomers. In that way, faith is our shield.

Prayer Focus: Lord, I take up the shield of faith today.

Increase my faith. Help me to trust You even when I cannot see what You are doing. Help me lift my faith above my feelings and remember that You are faithful, powerful and with me. Let my faith extinguish every fiery dart that comes against me.

Hebrews 11:6, "But without faith it is impossible to please Him, for he who comes to God must believe that He is, and that He is a rewarder of those who diligently seek Him."

*"And take the helmet of salvation."
Ephesians 6:17a*

When a soldier dressed for battle, the helmet was the last piece of armour to be put on. It was the final act of readiness in preparation for combat. A helmet was vital for survival, protecting the brain. Salvation is not limited to a one-time act of the past or even a future hope. God's salvation is ongoing. It is daily protection and deliverance from our sin nature and Satan's temptations. As we wear the helmet of salvation every day, our minds become more insulated against the suggestions, desires, and traps the enemy lays for us. We choose to guard our minds from excessive worldly influence and instead think on things that honour Christ. In doing so, we wear our salvation as a protective helmet.

Prayer Focus: Thank You, Lord, for the salvation I have through You. I put on the helmet of salvation today. Protect my mind. Guard my thoughts. Let my thoughts be true, good, pure and pleasing to You.

Philippians 4:7, "And the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus."

*"And the sword of the Spirit, which is the word of God."
Ephesians 6:17b*

God refers to His Word as a sword. The Word of God reaches our heart, the very centre of action, and exposes our motives and feelings. The sword is both an offensive and defensive weapon used by soldiers. Swords were used to protect oneself from harm or to attack the enemy to overcome or kill. The sword that Paul refers to here is the Word of God. We need to know how to handle the Word of God properly. The purpose of the sword of the Spirit, is to make us strong and able to withstand our enemy. The more we know and understand the Word of God, the more useful we will be in doing the will of God and the more effective we will be in standing against the enemy.

Prayer Focus: Thank You, Lord, for Your Word. I ask that You bring enlightenment to my mind today as I read and study Your Word. Bring Scriptures to my mind. Help me to live according to Your Word and use my Sword effectively.

Hebrews 4:12, "For the word of God is living and powerful, and sharper than any two-edged sword, piercing even to the division of soul and spirit, and of joints and marrow, and is a discerner of the thoughts and intents of the heart."

*"Therefore I exhort first of all that supplications, prayers, intercessions, and giving of thanks be made for all men, for kings and all who are in authority, that we may lead a quiet and peaceable life in all godliness and reverence."
1 Timothy 2:1-2*

We are commanded in God's Word to pray for those in authority. It's an awesome privilege and responsibility that we have been given to join with God through prayer for our Pastor and family. They carry a heavy burden and a great responsibility caring for the church.

Prayer Focus: Lord, lead Pastor and Sis. Robyn as they minister with wisdom, boldness, discernment and compassion. We pray a hedge of protection over them and their children. We pray for their health and that You will strengthen them in every area of their physical being.

Hebrews 13:17, "Obey those who rule over you, and be submissive, for they watch out for your souls, as those who must give account. Let them do so with joy and not with grief, for that would be unprofitable for you."

*"Then He said to them, "The harvest truly is great, but the laborers are few; therefore pray the Lord of the harvest to send out laborers into His harvest."
Luke 10:2*

It is a mandate from the Lord for us to reach the world with the Gospel of Jesus Christ. It is through our daughter works and campus churches that we are reaching the expansive city of Sydney and the greater regions of New South Wales.

Prayer Focus: Lord, we pray for our campus churches. We pray specifically for the cities of Mudgee, Edmondson Park, Liverpool, Central Coast, Blacktown and their surrounding areas. We pray protection, and that You strengthen the leaders of these churches. That You will grant them wisdom and favour with man in the communities they are reaching. Lord, we pray that they will reap where they have not sown. We pray that Your Spirit will draw men and women to where the services are being held.

Psalm 67:2, "May your ways be known throughout the earth, your saving power among people everywhere."

*"But the fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness, gentleness, self-control. Against such there is no law."
Galatians 5:22-23*

The Bible tells us that there are eight fruit of the Spirit that we need to cultivate in our life. Understand that a tree can bear good fruit or bad fruit. It depends on what it feeds on. You will notice that all the fruit of the Spirit are visible in the character of God. He desires to cultivate them in us.

Prayer Focus: Lord, I come to You today and ask You to cultivate in me _____ (what you know you struggle with or need to cultivate). I ask You to help me bear good fruit for the benefit of others to partake of. I desire to be more like You.

John 15:5, "I am the vine, you are the branches. He who abides in Me, and I in him, bears much fruit; for without Me you can do nothing."

*"The Lord bless you and keep you. The Lord make His face shine upon you and be gracious to you. The Lord lift up His countenance upon you, and give you peace."
Numbers 6:24-26*

Encourage and bless other people today. Pray these verses over your family. Ask God to help you be aware of those around you that you can speak words of life to today. The word of God is alive and when you speak it, you are speaking life!

Prayer Focus: Lord, I pray that You will open my eyes to those around me that need encouragement and a word of love today. Let me be a blessing to those around me in my words and deeds. Let Your love shine through me to others.

Proverbs 12:25, "Worry weighs a person down; an encouraging word cheers a person up."

*"Fear not, for I am with you; I will bring your descendants from the east, And gather you from the west; I will say to the north, 'Give them up!' And to the south, 'Do not keep them back!' Bring My sons from afar, And My daughters from the ends of the earth."
Isaiah 43:5-6*

No matter how far someone has strayed geographically, emotionally, or spiritually, they are never out of God's reach. As long as there is breath, there is hope! Never give up hope for your loved one that has walked away from the Lord. God works beyond what we can see.

Prayer Focus: Lord, I pray for _____ (prodigal's name) that You expose the darkness that surrounds them. I pray that You will bring people into their life that will lead them back to You. Help me to show Your love to them. I ask for wisdom on how to minister to them. I pray against shame and ask that You draw them back unto You.

2 Peter 3:9, "The Lord is not slack concerning His promise, as some count slackness, but is longsuffering toward us, not willing that any should perish but that all should come to repentance."

*"For the weapons of our warfare are not carnal but mighty in God for pulling down strongholds, casting down arguments and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ."
2 Corinthians 10:4-5*

The enemy's battleground is our mind. That is why we must be aware of our thoughts and what we allow to dwell there. Our thought patterns must align with the word of God. Every addiction, fear, bondage and stronghold must be identified and cast down through the Name of Jesus. It is an action on our part to bring our thoughts into obedience and submission to God.

Prayer Focus: Lord, I bind my mind to Your mind and my will to Your will. I ask You to expose any thought patterns or lies that I have believed that have become strongholds in my life. There is no fear in love and Your perfect love casts out fear. I pray You surround me with Your love right now and set me free from fear and _____ that has kept me bound.

John 8:36, "Therefore if the Son makes you free, you shall be free indeed."

*"Again I say to you that if two of you agree on earth concerning anything that they ask, it will be done for them by My Father in heaven."
Matthew 18:19*

Turning Point is our main event at POS. It is a time of refreshing and renewal not only for our POS family but for many others from around Australia and the Pacific. Today, our focus is to pray for our guest preachers and speakers.

Prayer Focus: Lord, today we lift up to You those that will come and minister at Turning Point this year. We pray that You will give them Your mind and that they will flow with Your Spirit and minister under the power of Your Spirit. We pray travelling mercies and protection as they come. Let Your anointing be over every word that is spoken, every word that is sung, every instrument that is played and that the hearts of the people will be open to receive.

1 Corinthians 2:4, "And my speech and my preaching were not with persuasive words of human wisdom, but in demonstration of the Spirit and of power."

*"Therefore I exhort first of all that supplications, prayers, intercessions, and giving of thanks be made for all men, for kings and all who are in authority."
1 Timothy 2:1-2*

Our Australian government need our prayers. Whether it is our national, state or local government, they need our prayers. As believers, we are exhorted to lift them up in prayer and submit ourselves to the authority that God has placed over us. We see throughout the Bible how God answered the prayers of His people and changed the laws of the land and brought favour to them.

Prayer Focus: Lord, I pray for Godly wisdom will be imparted to our local, state and national leaders. I ask You Lord, to open their ears and heart to be attentive unto Godly counsel. I pray that they will be men and women of integrity and character and that their decisions will be according to Your will and purpose.

Daniel 6:25, "I make a decree that in every dominion of my kingdom men must tremble and fear before the God of Daniel."

*"And it shall come to pass afterward that I will pour out My Spirit on all flesh; Your sons and your daughters shall prophesy, your old men shall dream dreams, your young men shall see visions. And also on My menservants and on My maidservants I will pour out My Spirit in those days."
Joel 2:28-29*

It is a promise in the Word of God that His Spirit will be poured out on all flesh. In Acts 2, we are promised that the gift of the Holy Ghost will be given when we ask in faith. The indwelling of His Spirit is what gives us the power to witness and overcome sin and will be what transforms our bodies when Jesus returns.

Prayer Focus: Lord, in these last days, I pray that You will pour out Your Spirit upon all that seek to be filled. Refresh me in the power of Your Spirit today. Let the Holy Spirit overflow within me today.

Romans 8:26, "Likewise the Spirit also helps in our weaknesses. For we do not know what we should pray for as we ought, but the Spirit Himself makes intercession for us with groanings which cannot be uttered."

*"Oh, give thanks to the Lord, for He is good! For His mercy endures forever. Oh, give thanks to the God of gods! For His mercy endures forever. Oh, give thanks to the Lord of lords! For His mercy endures forever."
Psalm 136:1-3*

Today, we give thanks to the Lord for what He has done in our personal lives and in the life of our church over the past 21 days! He is a faithful God! It is a day to rejoice and be glad in Him! To celebrate the victory of fulfilling your promise to God in completing the fast! Celebrate the goodness of the Lord!

Prayer Focus: Thank You, Lord, for Your faithfulness! I worship and praise You today! I give thanks unto You and bless Your name! You are great and greatly to be praised!

Psalm 150:6, "Let everything that has breath praise the Lord. Praise the Lord!"



21 DAYS PRAYER & FASTING
SEPTEMBER 2026