



Come, let us return to the Lord.

He has torn us to pieces but he will heal us;

He has injured us, but he will bind up our wounds.

2 After two days he will revive us;

on the third day he will restore us,

that we may live in his presence.

3 Let us acknowledge the Lord;

let us press on to acknowledge him.

As surely as the sun rises, he will appear;

he will come to us like the winter rains,

like the spring rains that water the earth.” (Hos 6:1-3)

Date	Main Focus	Daily Theme
Fri 11 th Aug	Return Restore Refresh	Let Us Return - Confess / Repentance
<p>MORNING</p> <p><i>Joel 2:13 - And rend your heart and not your garments.” Now return to the Lord your God, For He is gracious and compassionate, Slow to anger, abounding in lovingkindness And relenting of evil.</i></p> <ol style="list-style-type: none"> 1. Pray for us as individuals, a church, a community and a nation to return to God as King 2. Pray for a pure heart and a steadfast spirit – putting Him first 3. Pray that our hearts would be illuminated with the light of His love – for God and for people 		
<p>EVENING</p> <p><i>Rev 2:4 - Nevertheless I have this against you, that you have left your first love.</i></p> <ol style="list-style-type: none"> 1. Pray for a rekindling of love and passion for God both for us and for our church. 2. Pray for God’s light in our lives and his strength to live for Him and resist temptation 3. Pray that we would receive God’s unfailing love and grace 		

Date	Main Focus	Daily Theme
------	------------	-------------

Sat 12 th Aug	Return Restore Refresh	Heal Us - Physical Healing
<p>MORNING</p> <p><i>Isa 53:5 But He was wounded for our transgressions, He was crushed for our wickedness [our sin, our injustice, our wrongdoing]; The punishment [required] for our well-being fell on Him, And by His stripes (wounds) we are healed. (AMP)</i></p> <ol style="list-style-type: none"> 1. Praise Jesus for what he did on the cross to bring about our healing and restoration. 2. Pray generally for a release of healing and miracles in our church and over the nation 3. Pray specifically for people we're aware of who need physical, emotional, mental or spiritual healing. 		
<p>EVENING</p> <p><i>1 Pet 2:24 He himself bore our sins" in his body on the cross, so that we might die to sins and live for righteousness; "by his wounds you have been healed."</i></p> <ol style="list-style-type: none"> 1. Pray that the church would increase in boldness and confidence to come to God and ask for his healing and intervention in every situation. 2. Pray for the complete and double restoration of health, relationships, finances and anything else that has been stolen from us by the enemy 3. Pray for the breaking of strongholds and negative mindsets that keep us in fear. 		

Date	Main Focus	Daily Theme
Sun 13 th Aug	Return Restore Refresh	Bind Up Our Wounds – Emotional Healing
<p>MORNING</p> <p>Join us for church this morning!</p>		
<p>EVENING</p> <p><i>Jer 33:6 Nevertheless, I will bring health and healing to it; I will heal my people and will let them enjoy abundant peace and security.</i></p> <ol style="list-style-type: none"> 1. Pray for freedom from all kinds of anxiety and mental stress. 2. Pray that we would walk in abundant peace and security in our mind and emotions, and that God's word and promises would be the loudest voice in our minds 3. Pray for young people and families in our community and nation who are facing depression and anxiety for full healing and perfect health. 		

Date	Main Focus	Daily Theme
Mon 14 th Aug	Return Restore Refresh	Revive Us – Spiritual Revival
<p>MORNING</p> <p><i>Acts 2:1-2 When the day of Pentecost arrived, they were all together in one place. And suddenly there came from heaven a sound like a mighty rushing wind, and it filled the entire house where they were sitting.</i></p> <ol style="list-style-type: none"> 1. Pray for a fresh release of the presence and power of God in and through our lives. 2. Pray for a renewed hunger for the Word of God and the Spirit of God 3. Pray for an increased passion for evangelism and discipleship – for people to come to know God 		
<p>EVENING</p> <p><i>Eze 37:14 I will put My Spirit within you and you will come to life, and I will place you on your own land. Then you will know that I, the Lord, have spoken and done it,” declares the Lord.</i></p> <ol style="list-style-type: none"> 1. Pray for an awakening that causes us to turn from our own ways and seek God’s kingdom first. 2. Pray for a fresh outpouring of the Holy Spirit on us individually and as a church community. 3. Pray for an increased hunger and appetite for the things of God - a longing for holiness, purity, and truth. 		

Date	Main Focus	Daily Theme
Tues 15 th Aug	Return Restore Refresh	Restore Us – Spiritual Restoration/re-building
<p>MORNING</p> <p><i>Isa 40:31 - But those who wait on the Lord shall renew their strength; they shall mount up with wings like eagles, they shall run and not be weary, they shall walk and not faint.</i></p> <ol style="list-style-type: none"> 1. Pray that our strength would be renewed as we wait on God in this season of fasting. 2. Pray that we would be filled with an unquenchable thirst for God’s presence and His Word. 3. Pray that the church would ‘run and fly’ in this season – that there would be great progress in reaching people and transforming lives. 		
<p>EVENING</p> <p><i>1 Pet 5:10 - And the God of all grace, who called you to his eternal glory in Christ, after you have suffered a little while, will himself restore you and make you strong, firm and steadfast.</i></p> <ol style="list-style-type: none"> 1. Pray for fresh encounters with the Presence of God – and the release of supernatural signs, wonders and miracles. 2. Pray for a spiritual awakening in our hearts, our church, our communities and our nation. 3. Pray that we would be made steadfast and solid in our faith, unshakeable no matter what we’re facing. 		

--

Date	Main Focus	Daily Theme
Wed 16 th Aug	Return Restore Refresh	Live In His Presence – Dwell in His Presence / Create Space and Time.
<p>MORNING</p> <p><i>Psm 16: 11 - You make known to me the path of life; in your presence there is fullness of joy; at your right hand are pleasures forevermore</i></p> <ol style="list-style-type: none">1. Pray that we would press into the Presence of the Holy Spirit and for the fullness of joy to be released to us.2. Pray for the transformative power of the Holy Spirit to work in our lives and make us whole.3. Pray for real and lasting fruit and outward evidence to be seen of transformed lives – that would live differently as a result of the Holy Spirit’s presence.		
<p>EVENING</p> <p><i>Psm 91:1 He who dwells in the shelter of the Most High will abide in the shadow of the Almighty.</i></p> <ol style="list-style-type: none">1. Pray for God’s protection and covering over those who are fasting and seeking Him in this season.2. Pray that people would be drawn to God’s presence and transformed as they spend time with Him.3. Pray for an increased sensitivity, awareness and hunger for the Presence of God in our everyday lives.		

Date	Main Focus	Daily Theme
Thurs 17 th Aug	Return Restore Refresh	Let Us Acknowledge – Praise & Worship / Exaltation
<p>MORNING</p> <p><i>Psm 95:2-3 Let us come into his presence with thanksgiving; let us make a joyful noise to him with songs of praise ³For the Lord is a great God, and a great King above all gods.</i></p> <ol style="list-style-type: none"> 1. Pray that we would worship our God in Spirit and Truth – that we would come into His presence with thanksgiving and praise. 2. Pray for fresh anointing and power to come as we worship. 3. Pray that we would enter into continual praise at all times and in all situations. 		
<p>EVENING</p> <p><i>Isa 61:3 to grant to those who mourn in Zion - to give them a beautiful headdress instead of ashes the oil of gladness instead of mourning, the garment of praise instead of a faint spirit; that they may be called oaks of righteousness, the planting of the Lord, that he may be glorified</i></p> <ol style="list-style-type: none"> 1. Pray that your church would be continually clothed with the garment of praise and that the spirit of heaviness would be broken. 2. Pray that we would be empowered to praise in all situations and at all times. 3. Pray for our lives to be changed as we worship and praise you – that there would be outward transformation as we're transformed inwardly. 		

Date	Main Focus	Daily Theme
Fri 18 th Aug	Return Restore Refresh	Press On – Strength / Endurance / Resilience
<p>MORNING</p> <p><i>Rev 2:10 - ... Be faithful unto death, and I will give you the crown of life.</i></p> <ol style="list-style-type: none"> 1. Pray for renewed strength and unshakeable faith in times of trouble and difficulty. 2. Pray that your people would increasingly put their trust in you and that we would keep our eyes on the crown. 3. Pray for those who are far from God and those who are struggling in their faith – that God would open their eyes and their hearts to Him and would work powerfully in their lives. 		
<p>EVENING</p>		

Jam 1:4 - Let perseverance finish its work so that you may be mature and complete, not lacking anything.

1. Pray that we would continually grow in faith and draw close to God.
2. Pray that we would overcome doubt and unbelief to trust in God's promises and character.
3. Pray that our lives would be anchored in the Word of God and our walk of faith would be strengthened day by day.

Date	Main Focus	Daily Theme
Sat 19 th Aug	Return Restore Refresh	He Will Appear - Acknowledging His Promises
<p>MORNING</p> <p><i>Isa 54:10 Though the mountains be shaken and the hills be removed, yet my unfailing love for you will not be shaken nor my covenant of peace be removed," says the Lord, who has compassion on you.</i></p> <ol style="list-style-type: none"> 1. Thank God for the many promises that He has given us, and the fact that He is faithful and will do it. 2. Pray that our Nation will come to the knowledge of Christ and will confess that Jesus is Lord according to your word. 3. Pray for the blessing, peace and prosperity of our land (Jer 29:7) 		
<p>EVENING</p> <p><i>Matt 24:35 - Heaven and earth will pass away, but my words will never pass away.</i></p> <ol style="list-style-type: none"> 1. Pray that we would be able to always put our trust in God's promise, and not stumble as we intently pursue God (2 Pet 1:5-11). 2. Pray for the fulfilment of every promise that is pending or waiting in our personal lives, family life, our church and for Nation, we remember and remind ourselves as your words will never pass away. 3. Thank God that he does not lie or change His mind (Num 23:19) and that in Christ all his promises are Yes and Amen. 		

Date	Main Focus	Daily Theme
Sun 20 th Aug	Return Restore Refresh	Come Like the Winter (Former) rain and Spring (Latter) rain.
<p>MORNING</p> <p>Join us for church this morning!</p> <p><i>Zec 10:1 Ask the LORD for rain in the springtime; it is the LORD who sends the thunderstorms. He gives showers of rain to all people, and plants of the field to everyone.</i></p>		
<p>EVENING</p> <p>Join us this evening as we celebrate and give thanks to God for all that has taken place over this time of fasting.</p>		