

P R O M I S E D P R E S E N C E

PRAYER & FASTING

1 8 M A Y - 2 4 M A Y 2 0 2 6

REAL LIFE CHURCH



WORSHIP NIGHT

2 4 M A Y 5 P M

HELLO THERE!

The theme for us, as RLC, for this prayer and fast is to be more aware of His **PROMISED PRESENCE** within us. This 7-day devotional is an invitation to rediscover fasting as a way of drawing closer to God's presence, not just His answers. Each day we will slow down and rediscover the promise at the center of our faith: God is not distant, He is present, and He dwells within us. Each day invites us to become more aware of His nearness, to recognise our lives as His dwelling place, and to respond with simple, daily practices of attentiveness and surrender.

As we pray and fast, this is not about striving to reach God, but learning to walk with the One who is already with us and in us, guiding, comforting, teaching, and filling us for everyday life

Romans 12:1-2 MSG: So here's what I want you to do, God helping you: Take your everyday, ordinary life—your sleeping, eating, going-to-work, and walking-around life—and place it before God as an offering. Embracing what God does for you is the best thing you can do for him. Don't become so well-adjusted to your culture that you fit into it without even thinking. Instead, fix your attention on God. You'll be changed from the inside out. Readily recognize what he wants from you, and quickly respond to it. Unlike the culture around you, always dragging you down to its level of immaturity, God brings the best out of you, develops well-formed maturity in you.

Although food fasts are most common, there are many different things that we have become dependent on to survive. There are various fasts that you can commit to:

1. **Total Fast** – to abstain from all food for a set time and only drink liquids
2. **Partial Fast** (Abstaining from) – choosing to fast specific meal times e.g. fasting from sunrise until sunset
3. **Selective Fast** (Abstaining from) – removing certain foods from your diet e.g. meat, sugar, breads etc.
4. **Soul Fast** (Abstaining from) – not using things such as social media, series, tv etc.

7 DAY GUIDE

We have created this guide to help you as we pray daily as Real Life Church; for ourselves, our church, our community, and our country. The 7 day guide will include a devotion, scriptures to read, a prayer to direct your day and action steps to practically live out each point of the day.

Tip: As you prioritise prayer over these next 7 days:

- Slow down in your fasting days
- Have a certain time of prayer as well as moments of prayer throughout the day
- Create a specific place where you can meet with God (Eliminating as many interruptions as possible)

A question to ask yourself before you start your fast:

- What would I like God to do in my life and in my community through this week of fasting?
- What do I delight in most or depend on to survive?
Perhaps this will indicate what you need to fast/abstain from.

NOTE: Worship Night 24 May 5pm at Church.

DAY 1 - 18 MAY

THE PROMISE GIVEN

Scripture:

John 14:16-17 And I will ask the Father, and he will give you another advocate to help you and be with you forever— ¹⁷ the Spirit of truth. The world cannot accept him, because it neither sees him nor knows him. But you know him, for he lives with you and will be in you.

Jesus promised that we would not be left alone. His Spirit would not only be with us—but in us. This is the foundation of our faith journey: God has chosen to dwell within His people.

Do you live today aware of His promised presence or as if you are on your own?

Action:

Pause 3 times today and pray:

Holy Spirit, thank You that You are with me and in me.

DAY 2 - 19 MAY

THE PROMISE WITHIN

Scripture:

1 Corinthians 6:19-20 ¹⁹ Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; ²⁰ you were bought at a price. Therefore honor God with your bodies.

God's promise is not abstract, it is personal. Your life is now His dwelling place. Every part of your day becomes a space where His presence lives.

What area of your life feels "off-limits" to God's presence?

Action:

Set a reminder and declare: I am His dwelling place. Invite Him into the "off limit" areas.

DAY 3 - 20 MAY

THE PROMISE THAT STAYS

Scripture:

Psalms 139:7-10 Where can I go from your Spirit? Where can I flee from your presence? ⁸ If I go up to the heavens, you are there; if I make my bed in the depths, you are there. ⁹ If I rise on the wings of the dawn, if I settle on the far side of the sea, ¹⁰ even there your hand will guide me, your right hand will hold me fast.

God's presence is not temporary or fragile. There is nowhere you can go where He is not already there and He remains with you in every moment.

Where do you most need to remember that His presence does not leave you?

Action:

In a quiet moment, say:
You are here. You remain with me.

DAY 4 - 21 MAY

THE PROMISE THAT COMFORTS

Scripture:

Isaiah 66:13 As a mother comforts her child, so will I comfort you.

John 14:16 And I will ask the Father, and he will give you another advocate to help you and be with you forever

God's promised presence is not distant, it is tender and personal. He meets you in your emotions, your home, and your story with real comfort.

Where do you need to experience His comfort right now?

Action:

Pray: Holy Spirit, let me experience Your nearness here.

DAY 5 - 22 MAY

THE PROMISE THAT SPEAKS

Scripture:

John 14:26 But the Advocate, the Holy Spirit, whom the Father will send in my name, will teach you all things and will remind you of everything I have said to you.

The Spirit within you is not silent. He teaches, reminds, and gently leads your thinking and actions back to Jesus' truth in everyday moments.

What situation today needs His voice, teaching or reminding, more than your own reasoning?

Action:

Ask today: Spirit, what are You reminding me of right now?

DAY 6 - 23 MAY

THE PROMISE WE WALK IN

Scripture:

Galatians 5:16 So I say, walk by the Spirit, and you will not gratify the desires of the flesh.

God's presence is not just something we believe, it's something we walk in. Step by step, we learn to stay in rhythm with Him.

Where are you rushing ahead or holding back instead of walking with Him?

Action:

Assess these questions rthroughout the day: Where is He leading me. Am I following? Where did I walk with Him today?

DAY 6 - 23 MAY

THE PROMISE THAT FILLS AND SENDS

Scripture:

Acts 2:1-4 When the day of Pentecost came, they were all together in one place. ² Suddenly a sound like the blowing of a violent wind came from heaven and filled the whole house where they were sitting. ³ They saw what seemed to be tongues of fire that separated and came to rest on each of them. ⁴ All of them were filled with the Holy Spirit and began to speak in other tongues as the Spirit enabled them. Where are you rushing ahead or holding back instead of walking with Him?

The promised presence is not static. The Spirit fills us continually and sends us into the world carrying God's presence to others.

Who in your world needs to encounter God's presence through you?

Action:

Pray: Holy Spirit, fill me again, and send me.



WORSHIP NIGHT

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