

# VICTORY OUTREACH CAPE TOWN

## PRAYER AND FAST SCHEDULE

JANUARY 13<sup>TH</sup> – JANUARY 26<sup>TH</sup> 2025.

THEME: EXPANSION.....GENERAL ANCHOR SCRIPTURE: ISAIAH 54:1-17

DATE	DAY	PRAYER TARGET	ANCHOR SCRIPTURE	TYPE OF FAST
13 <sup>th</sup> Jan.	Monday	<b>EXPANSION IN:</b> <ul style="list-style-type: none"> <li>• Prayer Life</li> <li>• Word Study Life</li> <li>• Worship Life</li> </ul>	Isaiah 54:1-17	<b>Absolute Fast</b>
14 <sup>th</sup> Jan.	Tuesday	<b>EXPANSION IN:</b> <ul style="list-style-type: none"> <li>• Capacity</li> <li>• Mentality and</li> <li>• Ability</li> </ul>	Isaiah 54:1-17	<b>Daniel Fast</b>
15 <sup>th</sup> Jan.	Wednesday	<b>EXPANSION IN:</b> <ul style="list-style-type: none"> <li>• Ministry</li> <li>• Marriage</li> <li>• Work/Career/Business/Study</li> </ul>	Isaiah 54:1-17	<b>Partial Fast</b>
16 <sup>th</sup> Jan.	Thursday	<b>EXPANSION :</b> <ul style="list-style-type: none"> <li>• Spiritually</li> <li>• Emotionally</li> <li>• In Godly Relationships</li> <li>• Godly Homes, and Functional Families.</li> </ul>	Isaiah 54:1-17	<b>Partial Fast</b>

17 <sup>th</sup> Jan.	Friday	<b>EXPANSION IN:</b> <ul style="list-style-type: none"> <li>• Love</li> <li>• Kindness</li> <li>• Patience</li> <li>• Compassion</li> <li>• Empathy and Care</li> </ul>	Isaiah 54:1-17	<b>Absolute Fast</b>
18 <sup>th</sup> Jan.	Saturday	<b>EXPANSION IN:</b> <ul style="list-style-type: none"> <li>• Passion</li> <li>• Impact</li> <li>• Reach</li> <li>• Soul Winning and</li> <li>• Discipleship.</li> </ul>	Isaiah 54:1-17	<b>Absolute Fast</b> <b>Expansion Prayer Hour (7am -8am)</b>
19 <sup>th</sup> Jan.	Sunday	<b>EXPANSION IN:</b> <ul style="list-style-type: none"> <li>• Peace of mind</li> <li>• Sound Health</li> <li>• Sound Mind &amp;</li> <li>• Mental Health</li> </ul>	Isaiah 54:1-17	<b>Partial Fast</b>
20 <sup>th</sup> Jan.	Monday	<b>EXPANSION:</b> <ul style="list-style-type: none"> <li>• Numerically</li> <li>• Financially</li> <li>• Strategically</li> <li>• Administratively and</li> <li>• Managerially</li> </ul>	Isaiah 54:1-17	<b>Daniel Fast</b>
21 <sup>st</sup> Jan.	Tuesday	<b>EXPANSION IN FAVOUR:</b> <ul style="list-style-type: none"> <li>• With People.</li> <li>• With the City.</li> <li>• With entities and agencies.</li> <li>• With Systems and Structures.</li> </ul>	Isaiah 54:1-17	<b>Daniel Fast</b>

22 <sup>nd</sup> Jan.	Wednesday	<b>EXPANSION IN OUR:</b> <ul style="list-style-type: none"> <li>• Hunger for God.</li> <li>• Thirst for Righteousness.</li> <li>• Love for His Presence.</li> <li>• Quest to do His will.</li> </ul>	Isaiah 54:1-17	<b>Partial Fast</b>  <b>Corporate Prayer Time @ Team Night.</b>
23 <sup>rd</sup> Jan.	Thursday	<b>EXPANSION IN OUR MINISTRY;</b> <ul style="list-style-type: none"> <li>• Internationally</li> <li>• Regionally</li> <li>• Locally</li> <li>• Personally</li> </ul>	Isaiah 54:1-17	<b>Partial Fast</b>
24 <sup>th</sup> Jan.	Friday	<b>EXPANSION OF GOD'S ANOINTING AND GRACE UPON OUR LEADERS:</b> <ul style="list-style-type: none"> <li>• Internationally</li> <li>• Regionally</li> <li>• Locally</li> <li>• In Ministries at all levels.</li> </ul>	Isaiah 54:1-17	<b>Absolute Fast</b>
25 <sup>th</sup> Jan.	Saturday	Pray for EXPANSION IN whatever personal area (s) you desire.	Isaiah 54:1-17	<b>Daniel Fast Women's Prayer</b>
26 <sup>th</sup> Jan.	Sunday	<b>EXPANSION IN OUR:</b> <ul style="list-style-type: none"> <li>• Praise</li> <li>• Gratitude and</li> <li>• Thankfulness</li> </ul>	Isaiah 54:1-17	<b>Partial Fast</b> <b>Communion Service</b>

## TYPES OF FAST EXPLAINED:

**1. Absolute/Full Fast:**

\* *Dry - No food nor liquid. You determine the length of time or days.*

**2. Partial Fast:**

\* *You set a convenient time you can handle e.g. 6am-3pm, 6am – 6pm or Sunrise to Sundown. You can drink water.*

**3. Daniel Fast:**

\* *Eat no meat, no sweets and no bread. You eat only fruits and vegetables.  
Drink water.*

**4. Regular Fast /Liquid only:**

\* *Choose any liquid of your choice. You set the length of time or days.*