

# GMCNY 40 Days of Prayer & Fasting (Jan. 1- Feb. 9 2018)

यदि मेरो आफ्नै नाउँ दिइएको मेरो प्रजाले आफैलाई नम्र पारेर प्रार्थना गर्छ, र मलाई खोजेर आफ्ना दुष्ट चालहरूबाट फर्कन्छ, तब म स्वर्गबाट तिनीहरूको प्रार्थना सुनेछु, र तिनीहरूका पाप क्षमा गर्नेछु, र तिनीहरूको देशलाई म स्वस्थ पार्नेछु। -२ ईतिहास ७:१४ (2 Chronicles 7:14)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
You are encouraged to memorize at least 1 Bible Verse each day. प्रत्येक दिन कम्तिमा एउटा बाईबल पद कण्ठ गर्नुहोस्	<b>1</b> All Members (Colos.1:16b)	<b>2</b> All Members (Isaiah, 44:2)	<b>3</b> All Members (Isaiah 26:3)	<b>4</b> Silvanus, Aleno, Mr. Homer & Ms. Janette, Birendra, Romi, Jivan (1 John 2:17)	<b>5</b> Silvanus, Aleno, Mr. Homer & Ms. Janette, Birendra, Romi, Navraj (Luke 16:10)	<b>6</b> Silvanus, Aleno, Mr. Homer & Ms. Janette, Ujjwal, Sher, Asha (2 Corn. 4:18)
<b>7</b> All Members (Holy Communion) (Romans 11:36)	<b>8</b> Silvanus, Aleno, Mr. Homer & Ms. Janette, John, Doma, Chakra (Psalm 149:4a)	<b>9</b> Silvanus, Aleno, Mr. Homer & Ms. Janette, Chime, Jiya, Luckey (Psalm 147:11)	<b>10</b> All Members (Romans 6:13b)	<b>11</b> Silvanus, Aleno, Mr. Homer & Ms. Janette, Birendra, Romi, Jivan (Psalm 25:14a)	<b>12</b> Silvanus, Aleno, Mr. Homer & Ms. Janette, Birendra, Romi, Navraj (James 4:8)	<b>13</b> Silvanus, Aleno, Mr. Homer & Ms. Janette, Sher, Asha, Manu (Mark 12:30)
<b>14</b> All Members (Hebrew 13:5)	<b>15</b> Silvanus, Aleno, Mr. Homer & Ms. Janette, Jiya, Chime, Chakra (Ephesians 1:5)	<b>16</b> Silvanus, Aleno, Mr. Homer & Ms. Janette, John, Doma, Luckey (Galatians 5:14)	<b>17</b> All Members (Romans 12:5)	<b>18</b> Silvanus, Aleno, Mr. Homer & Ms. Janette, Birendra, Romi, Manu (Galatians 6:2)	<b>19</b> Silvanus, Aleno, Mr. Homer & Ms. Janette, Birendra, Jivan, Navraj (1 John 3:16)	<b>20</b> Silvanus, Aleno, Mr. Homer & Ms. Janette, Sher, Asha, Ujjwal (Romans 12:18)
<b>21</b> All Members (Romans 14:19)	<b>22</b> Silvanus, Aleno, Mr. Homer & Ms. Janette, Jiya, Luckey, Chime (2 Corint. 3:18b)	<b>23</b> Silvanus, Aleno, Mr. Homer & Ms. Janette, John, Doma, Chakra (Romans 12:2b)	<b>24</b> All Members (John 8:31-32)	<b>25</b> Silvanus, Aleno, Mr. Homer & Ms. Janette, Birendra, Romi, Ujjwal (Romans 8:28)	<b>26</b> Silvanus, Aleno, Mr. Homer & Ms. Janette, Birendra, Jivan, Navraj (James 1:12)	<b>27</b> Silvanus, Aleno, Mr. Homer & Ms. Janette, Chakra, Sher, Asha (1 Corin. 10:13b)
<b>28</b> All Members (Phil. 1:6)	<b>29</b> Silvanus, Aleno, Mr. Homer & Ms. Janette, Jiya, Chime, Luckey (Ephesians 2:10)	<b>30</b> Silvanus, Aleno, Mr. Homer & Ms. Janette, John, Doma, Chakra (1 Corin. 12:6)	<b>31</b> All Members (1 Peter 4:10)	<b>1</b> (Feb) Silvanus, Aleno, Mr. Homer & Ms. Janette, Birendra, Romi, Ujjwal (2 Timothy 2:15)	<b>2</b> Silvanus, Aleno, Mr. Homer & Ms. Janette, Birendra, Romi, Jivan, Navraj (Matthew 10:42)	<b>3</b> Silvanus, Aleno, Mr. Homer & Ms. Janette Sher, Asha, Chakra (Phil. 2:5)
<b>4</b> All Members (Lord's Supper) (2 Corin. 12:9a)	<b>5</b> Silvanus, Aleno, Mr. Homer & Ms. Janette Jiya, Chime, Luckey (Matt. 28:19-20)	<b>6</b> Silvanus, Aleno, Mr. Homer & Ms. Janette, John, Doma, Ujjwal, Chakra (1 Peter 3:15b-16)	<b>7</b> All Members (Psalm 67:2)	<b>8</b> Silvanus, Aleno, Mr. Homer & Ms. Janette, Birendra, Romi, Navraj, Jivan, Manu (Eph. 5:15)	<b>9</b> All Members Breaking the Fast (NYC Pastors' Prayer Meeting) (Acts 13:36)	<b>"O LORD, Please, do something new in my life. Do something new in my family. Do something new in my Church. Do something new among Nepalese in NYC. Do something new in NYC. - Amen.</b>

"बितेका कुराहरूलाई भूल, उहिलेका कुराहरूलाई विचार नगर। हेर, म एउटा नयाँ कुरो गर्दछु! त्यो अब हुन आउँछ। के तिमीहरू त्यो देख्दैनौ? म मरुभूमिमा एउटा बाटो र रूखो जमिनमा खोलाहरू बनाउँदछु। -यशैया ४३:१८-१९ (Isaiah 43:18-19)

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**WARNING:** If you are a diabetic or with a history of medical problems, please REMAIN on your essential diets and follow your doctor's advice. DO NOT harm yourself physically and emotionally. You can still enter the spirit of fasting while remaining on your regular diets.

## अत्यावश्यक सल्लाहहरू (General Guidelines/Suggestions):

- जनवरी १, २, ३ तारिख अनि प्रत्येक आईतबार र बुधबार मण्डलीका सबै विश्वासीजनहरू उपवासमा रहनेछौं । अरु दिनहरूमा भने आफ्नो नाम भएको दिनमा मात्र उपवास बस्नुहोस ।
- पहिलो दिन यसैया ५८ अध्याय पुरै पढ्नुहोस अनि मनन् गर्नुहोस । अरु दिनमा पनि यो अनि यस्तै अरु बाईबल खण्डहरू पढ्नुहोस्
- प्रत्येक दिन (उपवास नबसेको दिनमा पनि) कम्तिमा डेढ घण्टा देखि २ घण्टा निश्चित समय र स्थानमा व्यक्तिगत रूपमा प्रभुसँग एकान्त समय, प्रार्थना र बाईबल अध्ययन गर्नुहोस । सकेसम्म नाम उल्लेख भएको व्यक्तिहरू एकै ठाउँमा भेट्नुहोस र सामुहिक प्रार्थना र बाईबल अध्ययन गर्नुहोस् ।
- २४ घण्टाको अवधिमा १८ घण्टा ठोस खानेकुराको सेवन नगर्नुहोस तर तपाईं डाक्टरको सल्लाह अनुसार औषधि सेवन गर्दै हुनुहुन्छ र ठोस खानेकुरा खानु जरुरी छ भने त्यो गर्नुहोस ।
- बाँकी ६ घण्टाको समयमा भने तपाईंले सधै खाने जस्तै सामान्य भोजन गर्नुहोस । उदाहरणको लागि: राति १२ बजेदेखि भोलिपल्ट बेलुका ६ बजे सम्म उपवासमा रहने र यस अवधिमा प्रसन्न मात्रामा पानी, जुस वा कुनै पनि तरल खानेकुरा मात्र खाने । यसले गर्दा तपाईंको पेटमा ग्यास (gas form) हुन पाउँदैन । बेलुका ६ बजेपछि कुनै पनि समय आफ्नो नियमित भोजन गर्नुहोस । यो एउटा उदाहरण मात्र, हो तपाईंले आफ्नु परिस्थिती अनुसार समय समायोजन गर्न सक्नुहुन्छ । **याद गर्नुहोस:** उपवास भनेको केवल खालि पेट बस्नु (diet गरे जस्तो मात्र) होईन । यो एउटा विशेष आत्मिक तथा शारीरिक अनुशासन र विशेष उद्देश्यको लागि परमेश्वरकहा विन्ति गर्नु र उहाँको आवाज सुन्नु हो (यसैया ५८ हेर्नुहोस) ।
- यो उपवासको प्रमुख उद्देश्य अविगेलको पुर्ण र चाडो चंगाई, हाम्रो मण्डलीमा ठुलो आत्मिक जागृति अनि मण्डली बृद्धि र NYC मा भएका नेपाली भाषि सबै मानिसहरूले प्रभुलाई चिन्न सकुन भन्ने हो । यी बाहेक तपाईं आफ्नो व्यक्तिगत जीवन, परिवार, मण्डली र यस सहर लगायत अन्य विषयहरूको लागि निरन्तर प्रार्थना गर्नुहोस ।
- जव तपाईं प्रार्थनामा बस्नुहुन्छ आफ्नो पाप पश्चाताप आराधना र अन्तरविन्ति (पुकारा गर्ने आफ्नो लागि अनि अरुको लागि) गर्नुहोस । सम्बन्धित बाईबल खण्ड पढ्नुहोस अनि मनन् गर्नुहोस: परमेश्वरको आज्ञा अनि प्रतिज्ञालाई खोजि गर्नुहोस् ।
- बाईबलको साथमा एउटा नोटबुक र पेन पनि राख्नुहोस । परमेश्वरले तपाईंलाई देखाउनुभएको कुराहरू लेख्नुहोस् ।
- जनवरी ७ अनि फेब्रुवरी ४ मा प्रभुभोज हुनेछ । फेब्रुवरी ९ मा समापन सभा हुनेछ ।
- All members are encouraged to hold prayers and fasting on Jan 1,2,3 and on every Sundays and Wednesdays until Feb 9, 2018. As far as other days, please have a look at the calendar.
- Please read and meditate on Isaiah 58 on day 1 (Jan 1st) and read it as well as other related passages from the Bible everyday.
- Set apart specific time and place to have a personal Bible studies, quite time and prayers for at least **1 and half - 2** hours everyday. Try to meet in small group for Bible study and prayers together.
- You (except Homer Dai and Janette Didee) are encouraged to avoid solid food for eighteen hours - avoiding breakfast and Lunch. However, **if you are in medication, please FOLLOW your doctor's advice.**
- For example, you can avoid any solid food items starting from 12:00 midnight until 6:00pm on next day. After 6pm, you can have your regular Dinner as usual. Since, you would carry out your day to day normal activities during these days, I would encourage you to drink enough fluid such as water, juice and other supplement drink so that your stomach won't be able to form gas. Remember: taking fasting is not all about harming your body/health. Prayers with fasting is done

with spiritual purpose and proper discipline. It's an especial time to be in isolation and solitude with the LORD for greater spiritual awakening in personal life, family, church, community and the city where we live or serve (See Isa. 58).

- The main reason to hold this fasting and prayers is: to see complete and speedy healing and recovery of Abigail, to see greater revival and both numerical and spiritual growth of our church, to see Nepali speaking hindus and buddhist friends and neighbors coming into saving grace of Jesus Christ, and to see greater spiritual breakthrough in NYC. Along with these major prayer points, you are encouraged to pray for complete spiritual transformation in your personal life, family and people around you.
- When you sit for prayers, follow this simple method- Repent your sins, Give Thanks to the LORD for his grace and forgiveness, Worship Him and Intercede. Read related bible passage, memorize some key verses and meditate on them.
- Have a notebook and pen along with your Bible. Write down what God shows/reveals to you.
- There will be Lord's supper on Jan 7 and Feb 4. We will break our 40 Days Fasting on Feb 9. God willing we will invite some pastors from NYC to join us to pray together for revival in NYC on Feb 9.