



40

DAYS OF PRAYER  
AND FASTING

PRAXEIS

# Why pray and fast?

We pray and fast because  
**only God can bring about  
his kingdom**

We pray and fast because  
**we know it makes a difference  
in people's lives**

We pray and fast because  
**a prayer movement always precedes  
a Disciple-Making Movement**



God calls us to ask  
- to pray and call  
out to him for  
the harvest.

God is preparing people's  
hearts and minds in all  
places to hear and  
respond to his message.

Luke 10:2

He told them, 'The harvest is plentiful, but  
the workers are few. Ask the Lord of the  
harvest, therefore, to send out workers into  
his harvest field.

The harvest is  
God's! Our job is  
to partner with  
him as he works.

We want to pray  
continually that  
God will raise up  
workers to reach  
his harvest.



# Praxeis locations



## **Australia**

A.C.T | Central Australia | NSW  
Victoria | Queensland  
Western Australia



## **The Nations**

Central India | Hong Kong  
Eastern Europe | New Zealand | USA  
Singapore | South East Asia | PNG



# Western Australia

The team in WA is growing.

God is on the move; using prayer and training opportunities like MyWorld and last year's Inside Out workshops to catalyse people into prayer and Disciple-Making Movements.

The growing WA team are engaging with a section of the Nepali community in Perth, reaching out to the Bhutanese community, as well as Hubs , Discovery Groups and church partnerships forming in the Hills suburbs of Parkerville, Mount Helena and regional WA.

God is building a strong foundation for a movement to begin.



'Pray for me as I coach several people each month. These conversations are proving to be crucial to help information move from head knowledge to life-style changing values. I'm humbled to see God at work, stretching people's faith and infusing them with courage and boldness. We're seeing prayers answered regularly and connections made with family and friends and others in our relational networks.' - Praxeis Worker, Jill Birt

## Let's pray together

- Thank God for the many people catching the vision of DMM and already making an impact in their community.
- Ask God to continue to strengthen the many DMM partnerships being forged across the state.
- Pray that the people who have just joined a Discovery Group will discover God's great love for them and his good plan for their lives.

## Story from WA



Close to tears, she blurted out: 'No more excuses, Lord! I'm not going to make any more excuses ...'

Annika had been excited to join the rest of the WA Praxeis team for dinner and hear from Phil Alessi. She didn't expect to hear so clearly from the Holy Spirit.

Phil talked about praying for five people in our relational networks and focusing on asking them if they would read the Bible with us. Annika, a young mum with a three-month-old baby and two young sons, had heard a lot about Discovery Groups and making disciples. But she had been avoiding the issue.

That Friday night the Holy Spirit disrupted her life and planted the seeds of faith and hope strongly in her heart - he wanted her to get on board and make disciples too. When Phil invited the group of more than 20 people to pray, Annika was the first to open her heart.

Her repentance and bold asking for opportunities to make disciples raised the sense of urgency and awareness of God at work in the room. It was palpable! Pray for her as she takes the right size steps in obedience to Jesus' command to make disciples.

# Singapore

Despite an active and well-resourced church, there is a significant cultural divide between Christians (the majority of who are English-speaking and university educated) in Singapore and people of other backgrounds, many who have come to the country to work and live.

There are approximately 5.7 million people in Singapore and the vast majority are not currently engaging with Jesus. Jesus said, 'Therefore ask the Lord of the harvest to send more workers!'

We are catalysing prayer across Singapore – engaging and resourcing people committed to praying for the nation.

We hold training and equipping sessions to help followers of Jesus discern and partner with God in the harvest. We are also working in creative ways among the harvest, forming Discovery Bible Study groups in people's context and communities.

## Let's pray together

- Ask God to raise up and identify people of peace, Discovery Groups and teams of harvest workers across Singapore and the Buddhist world.
- Pray for the growing number of workers who are now equipped to start their own Discovery Groups - may God open doors to hungry people.
- Thank God that he is preparing people - pray that he will teach the entire team to be spiritually transparent and stir up hunger in the many communities they spend time with.



# Queensland

We are passionate about echoing the gospel through Queensland - connecting with farmers, people in regional cities, from other faiths and cultures - all to introduce people to Jesus.

Prayer is where we begin – praying passionately and persistently for the harvest. We look for ways to access communities and people groups through simple acts of service. When we find people of peace, we coach and mentor them to reach their own family and friends.

While at times the going can be tough, we are seeing God do the miraculous as people - hungry for God - start Discovery Groups and introduce their networks to Jesus.

We want everything we do to be simple and reproducible.

Our team is made up of people young and old (and in-between) stretching across the state. We gather together once a month online and once a year face-to-face for prayer, learning and encouragement.

## Let's pray together

- Thank God for the way that he opens doors, answers prayers and brings people across our paths who are hungry to meet him.
- Ask God to spark a movement in the spiritually dry regions of our state. Pray that places that seem like tough ground now will become full of people who want to meet Jesus.
- Praise God for the team of people who are working across the state - might they be inspired and refreshed in their work.
- Ask God to raise up workers in South East Queensland.

# People of Peace

Praying for 'people of peace' is one of the most important things we can do in Disciple-Making Movements.

People of peace are ordinary people who are open to spiritual things, hungry to know more and willing to share what they discover with others.

Through a person of peace, the message of Jesus can easily spread through their natural relationships, often to families and people groups the worker can't access.

We see this all through the New Testament (like the woman at the well - John 4:1-42), with each person being integral to the spread of the Gospel.

**Then, leaving her water jar, the woman went back to the town and said to the people, 'Come, see a man who told me everything I ever did. Could this be the Messiah?' They came out of the town and made their way toward him.**

**John 4:28-30**

## Let's pray for breakthrough!

That in all the regions we are placed, people of peace will meet our workers and begin discovering Jesus.

- Pray for each of our workers - that God will help them notice the people of peace God is preparing around them.
- Pray for people who are open and hungry to discover more about God - that they will be bold and reach out to a follower of Jesus in their network.
- Thank God for the people of peace he has placed around us - ask that we will be spiritually aware and ready to respond to their needs and questions.



# Central Australia

Our workers are currently based in Alice Springs. Our vision is also to see work established in Darwin, Katherine and right through the Northern Territory.

The Alice Spring's region is a multicultural community with a large Indigenous population, including the Pitjantjatjara, Warlpiri and Arrrente people.

Alice Springs is a town of extremes, with more residents per capita holding PhDs than any other in Australia; living alongside people who experience desperate poverty and high rates of domestic violence.

As Praxeis, we are committed to honouring, loving and serving the Indigenous people of this land. In everyday interactions through work and sport, we are endeavouring to build relationships and seek out people of peace.



## Let's pray together

- Pray that followers of Jesus in this region will catch the vision of DMM - that they might see how God is already at work and partner with him.
- Ask God to raise up people of peace and workers from among the Indigenous communities in a way that can easily spread along family and community lines.
- Pray for this entire community as they grapple with the many social extremes that they face - ask God for his healing, peace and wisdom.
- Pray for workers, people of peace and teams to be established in Darwin and other regions of the Northern Territory.

# Central India

The vision of Disciple-Making Movements is spreading like wildfire in Central India.

In this region - with a population of over 120 million people - there is less than 1% of people who are Christians. And yet, individuals, families and whole communities are joining Discovery Groups, learning about Jesus, becoming baptised believers and sharing with family and friends.

Our prayer is that this region will be transformed by the love and message of Jesus as people become disciples of him.

As more and more people come to faith, and more workers are identified, there is now a growing focus on finding and training leaders who can help coach and care for the hundreds of Discovery Groups.



## Let's pray together

- Thank God for the Disciple-Making Movement that is transforming people's lives and families in Central India.
- Ask God for protection for each of the DMM workers - there has been a number of cases where disciples are beaten and ostracised for their faith in Jesus.
- Pray that leaders will be identified across this entire region to support and equip the many workers and Discovery Groups.

# Seattle

The Seattle team is growing with increasing harvest connection and some exciting stories.

As part of their focus they have been connecting with Muslims. This last year, stories of Muslim families experiencing miraculous healing, as well as dreams and visions, have been taking place.

We also connect with people from many different nationalities and religious backgrounds to see a Disciple-Making Movement begin in our region.

Seattle is home to approximately 3.7 million people - with nearly a quarter of these people born outside of the USA .

The rise of technology companies like Microsoft and Amazon has led to a fast-growing economy, global workforce and a disappearing middle class. Seattle is recorded as being one of the least-churched regions in America.

## Let's pray together

- Pray for the Seattle team as they continue to step out the vision of a Disciple-Making Movement. Pray for boldness as they look for people of peace around them.
- Ask God for workers who will lay down traditions and cross barriers to take the gospel to those who haven't yet heard it.
- Thank God that people are responding to him as a result of building relationships and training others in disciple-making
- and access ministries.



# Eastern Europe

God is doing miraculous things among the Gypsies across Eastern Europe.

Our vision is to see the Gypsy people experience God in a way that makes sense to them - creating and sharing Discovery Bible Study resources in their own language.

The team in Eastern Europe is growing, however, there are not enough workers to reach the many Gypsy communities in this region.

Still more Gypsy leaders and workers need to be equipped to make disciples.



## Let's pray together

- Pray for more workers and inside leaders.
- Praise God for the Discovery Groups that have begun in a number of villages in Transylvania, Romania.
- Ask God that the Discovery Bible Study resources developed will continue to be well received and used to spread the message of Jesus.
- Pray that a Disciple-Making Movement will be birthed across this region.

# Story from New Zealand

**After attending training led by the Praxeis team in New Zealand, Hannah met a person who was keen to know about Jesus.** Hannah's first instinct was to explain the gospel to this lady and pray with her.

But remembering her training and seeing an opportunity to share the message of Jesus more broadly, Hannah suggested to the seeking-lady that she gather her family together and explore the Bible.

That is exactly what she did!

Now this entire family is learning about Jesus and sharing what they are learning with others. There is already the potential of a second Discovery Group.

Through the power of God's hand in this situation and the expanse of movement thinking, many people have met Jesus. Hannah is now gathering other followers of Jesus together to learn more about Disciple-Making Movements.



# New Zealand

It seems not that long ago, we were praying for a work to begin in New Zealand.

Today we are celebrating the growth that we are seeing in New Zealand as people catch the vision of Disciple-Making Movement and meet Jesus for the first time.

We want to thank God for the way he is working in this country and ask that he would continue to stir up workers and the harvest.

There have been a number of Hubs formed and Discovery Groups started in a region known as the Golden Triangle (Auckland, Hamilton and Tauranga).

We continue to pray that God will show us where he is working as we look to identify workers and people of peace on the South Island and local universities.

## Let's pray together

- Praise God for his work in bringing people together in Hubs. Pray that from these Hubs, Discovery Groups will begin.
- Ask God to raise up workers in New Zealand universities and the South Island of the country. There are growing connections with people based in these areas.
- Pray that each of the people in the new Discovery Groups would discover Jesus and choose to be baptised.



# Sydney

Sydney is one of the most multicultural cities in Australia. God has given us an amazing opportunity to make disciples in Sydney which will impact far beyond the city limits.

Iraqi Catholics, university students, Aussie battlers, African, Indian and Irani Muslims are being discipled in homes, apartments, cafes and housing commission flats across the city.

As the growing team of workers prayer walk the streets, we connect with people and share the gospel; finding people of peace who are discipled to become leaders of simple churches.

We dream of people becoming disciples who multiply into the nations.

The West Sydney Praxeis team is pioneering in this rich kaleidoscope of nations and peoples. They have a vision to see churches planted in every ethnic group.

The Northern Beaches team is praying for new people to come to faith and catch the vision of Disciple-Making Movements in their region.

## Let's pray together

- Ask God to raise up workers among the different cultures the team is working with.
- Praise God for the Discovery Groups that have begun and the relationships that are being built.
- Thank God for the training that is taking place for new and potential Disciple-Making Workers. May God help each person see what he is already doing in their community and how they can partner with him.

# Melbourne

Working mainly in the city and Eastern Suburbs we are reaching out to a wide range of people in diverse cultures. Like Afghani's in the South Eastern Suburbs, East Timorese in St Albans, International Students, School Mums and young families as well as Anglo Aussies, Sri Lankans and Indians.

We want to see the whole city saturated with workers who are making disciples wherever they are. This includes the North, West and Southern suburbs, as well as the CBD.

## Let's pray together

- Praise God for each of our Praxeis workers in Melbourne. Pray for the filling of the Spirit so they can do all they need to do.
- Ask God for workers to be raised up in the North and West regions of Melbourne - that there will be people in these regions who catch the vision of DMM and run with it.
- Ask God for more, much more! More disciple-makers, more teams, more workers for the harvest and from the harvest. That God's heart for a Disciple-Making Movement throughout the city of Melbourne would be realised.

# Busting the myths of fasting

We're a pretty ordinary bunch of people who like to eat when hunger hits but we're fasting because we see that prayer and fasting precede breakthrough in God's Kingdom.

When we think about fasting there are a few myths we need to bust.

**Myth: Fasting is what super spiritual people do.**

Actually, we fast because we are weak and we need to see God's power. 2 Cor 12:9 says 'My grace is sufficient for you, for my power is made perfect in weakness'.

**Myth: Fasting adds to our righteousness, giving us extra access to God.**

Fasting is no magic pill. It doesn't force or manipulate God to do something we want him to do. It doesn't mean that we desire less, actually we want more - more of God and his Kingdom to come.

**Fact: Fasting is, however, putting our self-reliance aside.**

Through fasting, we destroy the myth of self-sufficiency and direct our attention toward God. Fasting is common among the exploding church planting movements around the world.

### Let's thank God for:

- the power and effectiveness of prayer. Jesus said when two or three are gathered in His name, He will be there with them
- those who are joining with others to strategically pray for breakthrough in their communities during this time
- his glory as he reveals it among all people, everywhere.

### Ask God to shift things spiritually:

- in each of us. To realise our own desperate need for God so His power can be made perfect in our weakness
- for areas and people groups that are really tough to reach with the gospel, like the Gypsies in Hungary and Romania or the Anglo Aussies of Australia and our Indigenous communities
- for Apostolic leaders and teams to form in these difficult regions
- as we seek God in the challenges of ministry - for clear understanding regarding structure, best practise and personal focus as we disciple leaders and disciple-makers.



# Indonesia

Our work is to take part in God's movement taking place around this unreached people group.

We train and equip a number of workers and local leaders in Disciple Making Movements and mentoring. Through this, we are building collaborative long-term relationships with a number of local leaders to support them as they make disciples.

In a student city close by, we are working to catalyse a disciple-making movement among young people.

Working together with local partners we are developing a discipleship hub where practitioners can meet regularly to pray and encourage one another. The young people living in this student city come from all over the country.

## Let's pray together

- Be praying for our leaders in this region as they mentor and coach a growing number of workers!
- Pray that their innovative approach to Access Ministries will continue to assist the harvest and help the team identify people of peace.
- Thank God for the way people from other faiths are discovering him through Discovery Groups - these groups are rapidly multiplying and we praise God for the way that he is working in this country.



# UniVision

With over 300,000 international students arriving every year to study in Australian universities alone, our campuses are truly one of the most fertile grounds for the gospel.

We are praying together, being trained, coached and mentored to reach the campuses where God has placed us across Australia and New Zealand.

We want to see local and international students reached with the gospel and sent into workplaces, families and even back into some of the most unreached people groups in the world.

As we pray, we find open and hungry students through spiritual conversations. Discovery Bible Studies are created where students learn to follow Jesus.

## Let's pray together

- Thank God for the way he is bringing people together from all over the world to study here in Australia and New Zealand.
- Pray for God to work in the students lives, preparing their hearts for the gospel, so that they will be open to exploring his word.
- Ask God to raise up a network of leaders and workers across the universities who have caught the vision and are passionate about seeing a Disciple-Making Movement take hold on their campus.

Our growing team is made up of Chinese lecturers, Sydney students, Melbourne graduates and New Zealand workers who share God's vision for universities.

# Praying in anticipation

There are many regions in Australia and around the world we are praying for. Praying that God will help us spread the vision of Disciple-Making Movements in these places as people catch the vision and become DMM workers in their community.

We are praying and building relationships in South Australia, Tasmania, Canada, the United Kingdom and PNG to name a few.

God is at work! We are excited to see what will happen in these places as we come together and pray.



## Let's pray together

- Pray for opportunities and partnerships to be formed in regions of Australia where we have no work established - like South Australia, Tasmania and Darwin in the Northern Territory.
- Thank God for the relationships we are building with potential workers. Pray that God will clearly show them their part as disciples in his plan for their community.
- Ask God to be preparing the hearts of people who are spiritually hungry in each of these regions.

# Creating space

The heart of prayer and fasting is to create space for God to speak.

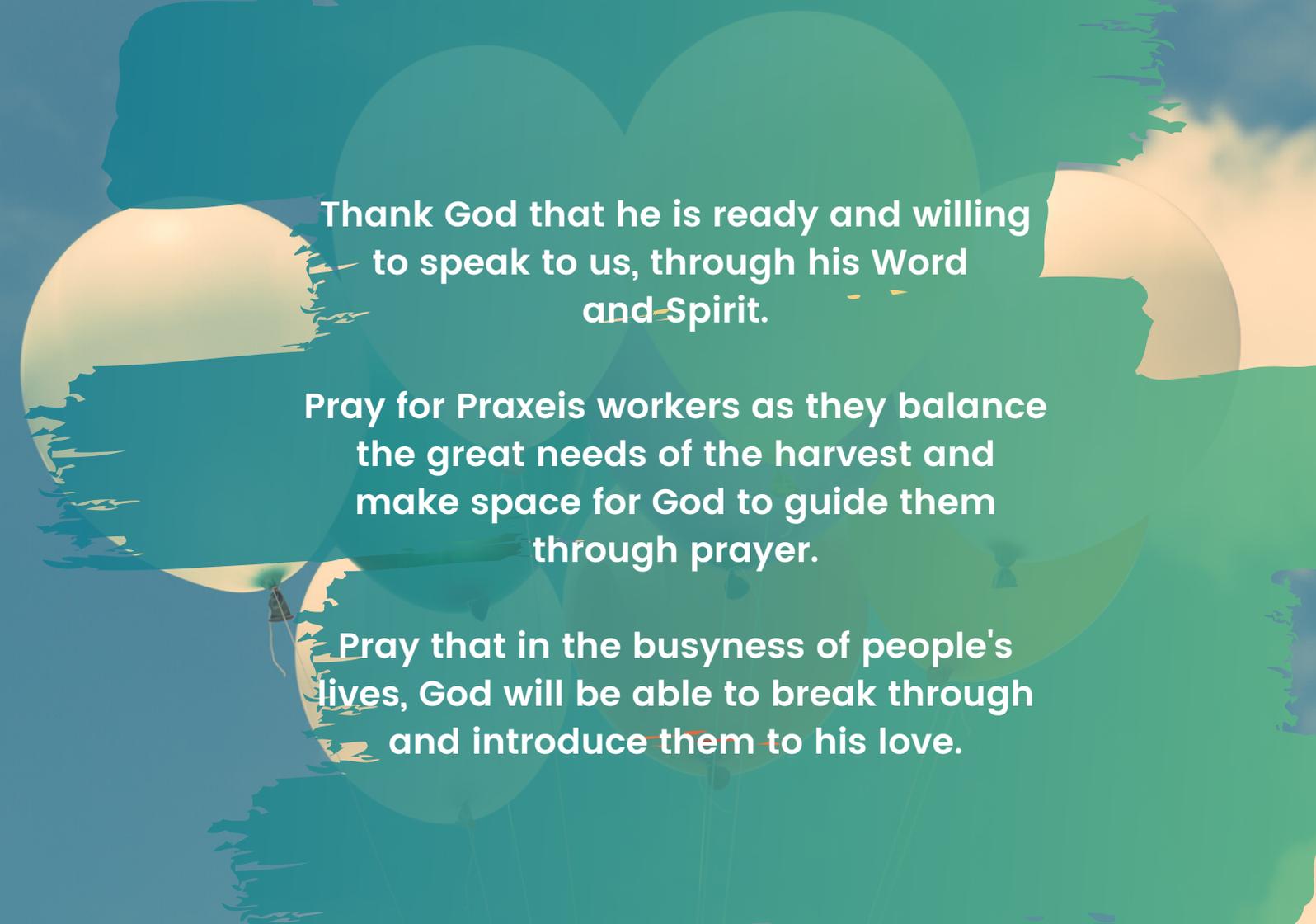
Constant busyness leads to all kinds of problems: stress, anxiety and excessive tiredness. In our busy schedules, there is little 'margin' for God in our lives and space to reflect. We know from experience that busyness kills spirituality.

It's hard to pray for others when we don't have any margin in our lives. Without making space we can miss hearing the voice of his Spirit.

## How do we create breathing room?

Have a read of Mark chapter 1 and Luke chapter 6. In each of these chapters, Jesus is really (really!) busy. However, in the middle of it all we see that he stops to pray.

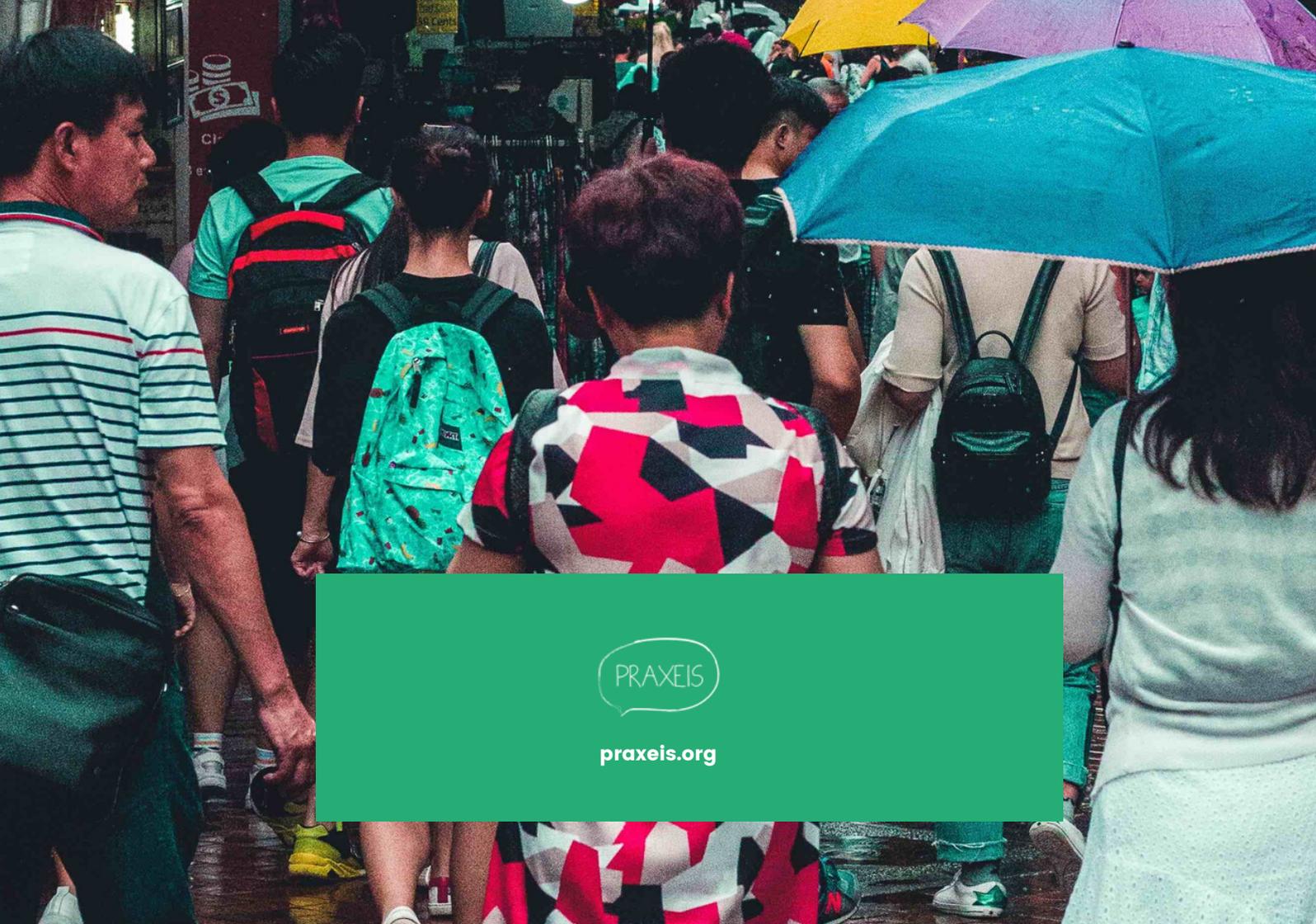
Jesus knew prayer was important and he made the space to do it. There's no secret formula for creating breathing room, we just need to do it. Have a look at your schedule: what can be rearranged, what can be cut and what can become a time of prayer as you do it?



**Thank God that he is ready and willing  
to speak to us, through his Word  
and Spirit.**

**Pray for Praxeis workers as they balance  
the great needs of the harvest and  
make space for God to guide them  
through prayer.**

**Pray that in the busyness of people's  
lives, God will be able to break through  
and introduce them to his love.**



[praxeis.org](https://praxeis.org)