



mamlaka Hill chapel  
Empowered to transform

---

R U A K A

# PSALMTIME

**A PRAYER & FASTING GUIDE**

**24<sup>th</sup> – 28<sup>th</sup> JANUARY, 2022**

### WHAT IT'S ABOUT...

Prayer and fasting is defined as voluntarily going without food in order to focus on fellowship with God. It is a way to demonstrate to God and to ourselves that we are serious about our relationship with Him. Although fasting is almost always time away from food, there are other ways to fast. Anything you can temporarily give up (that habitually takes much of your time and affection e.g. video games, TV, social media and such) in order to better focus on God can be considered a fast (also read 1 Corinthians 7:1-5).

Having a dedicated time of prayer and fasting is not a way of manipulating God into doing what you desire. Rather, it is simply to draw close to God and in a sense force yourself to focus and rely on God for the strength, provision and wisdom you need.

### WHILE FASTING

**Focus & Pray** - Set aside time to work through the content in this guide. Pray and be attentive to the voice of God. Be ready to respond to God's Word and the leading of the Holy Spirit.

**Replenish** - During mealtime, read the Bible and pray instead. Drink plenty of water and rest as much as you can. Be ready for temporary bouts of physical weakness and mental annoyances like impatience and irritability.

### FINAL TIPS

- We will be staying away from solid food from 6am-6pm
- Fasting without prayer is simply starvation. Plan on how you will engage in prayer every day of this week. Create time from your schedule.
- If you are fasting with others, you may want to meet together in a REAL Group setting physically or online. You can share what God is showing you in your devotional time as well as spend time in prayer together.
- If you slip up, don't get discouraged. Just get right back on track and keep going. God's mercies are "new every morning" (Lamentations 3:22-23). He wants you to finish and He will give you the grace and strength to do it; you will experience a heightened awareness of His presence

What a joy it is that you have chosen to join us for this week's fasting and prayer!

**DAY ONE**  
**GREAT IS OUR GOD**

Today, let us inspect three psalms that point our focus to God and hopefully our affections as well: **Psalm 29, Psalm 148 and Psalm 150.**

Why is it that we praise God? The following psalms show us God's mighty handiwork and also how great He is and therefore deserving of all praise we can accord to Him. Would you take time to magnify Him this day? See God for who He is and worship Him and may a song of praise be ignited from within you for our God!

- Allow your mind to picture His great voice and ruler-ship as the psalmist depicts in **Psalm 29** all through your day;
- See the angelic beings and all creation giving Him praise (of which we too are part of) as in **Psalm 148** and join in!
- May **Psalm 150** make you want to just get up on your feet and give Him a dance right from your heart where only He can see; lift up your voice and praise Him today in prayer and song!

**Psalmthing with others:** Read through the Psalms as prayers of praise and one more thing, locate some of your favourite songs of praise unto God; dare to discover more by sharing yours with someone else's at home, work or neighbourhood and let's together get to PRAISE THE LORD!

**\*\*\*\*SONGS OF THE DAY\*\*\*\***

**AFRIKA – Rev. Kathy Kyuna  
ft. Pst. Pat and Jane**

<https://www.youtube.com/watch?v=CvjE84GQgk>

1. Afrika yote yakusifu  
Afrika yote yakusifu  
Wasomali na Wakongo  
Warwanda na Waganda  
Afrika yote yakusifu  
Afrika yote yakusifu  
Wanaijeria, Zimbabwe  
Na Liberia, Wamoroko

**Chorus**

Kwa makofi, na nderemo  
Kwa Kucheza, na shangwe  
Kwa makofi, na nderemo  
Kwa Kucheza, na shangwe

2. Hapa Kenya, Yesu  
twakusifu  
Hapa Kenya, Yesu twakusifu  
Wakikuyu, na Wakamba  
Wajaluo, na Waluhya  
Hapa Kenya, Yesu twakusifu  
Hapa Kenya, Yesu twakusifu  
Wamasai, Wameru

Wapokomo, Mijikenda  
(Chorus)

3. Afrika yote yakusifu  
Afrika yote yakusifu  
Madagascar, Afrika Kusini  
Senegali, Namibia  
Afrika yote yakusifu  
Afrika yote yakusifu  
Tanzania, Burundi  
Angola, Komoro  
(Chorus)

4. Hapa Kenya, Yesu  
twakusifu  
Hapa Kenya, Yesu twakusifu  
Kikuyu, Kikamba  
Kijaluo, Kimasai

Praise him with Nyatiti  
Praise him with Kayamba  
Praise him with Watete  
Karing'aring'a

**BEHOLD OUR GOD – Sovereign Grace  
Music**

<https://www.youtube.com/watch?v=Gqri3Lkf58>

1. Who has held the oceans in His hands?  
Who has numbered every grain of sand?  
Kings and nations tremble at His voice  
All creation rises to rejoice

**Chorus**

Behold our God seated on His throne  
Come, let us adore Him  
Behold our King! Nothing can compare  
Come, let us adore Him!

2. Who has given counsel to the Lord?  
Who can question any of His words?  
Who can teach the One Who knows all things?  
Who can fathom all His wondrous deeds?

3. Who has felt the nails upon His hands  
Bearing all the guilt of sinful man?  
God eternal humbled to the grave  
Jesus, Savior risen now to reign

Men: You will reign forever

Women: Let Your glory fill the earth

## DAY TWO REPENTANCE

Let us be cognizant of our sinful nature and run to the mercy that God gives us through His son, Jesus: **Psalm 32 and Psalm 51**.

God created us to be in constant fellowship with Him; in right standing – righteousness. His deposit in us, the Holy Spirit, convicts us of our sin for He communicates truths of the purity of God to us.

Our usual response to sinning against God is either of three things:

1. We can hide it under the carpet and pretend it is not there which does not nullify its effects as the psalmist portrays in **Psalm 32**; or
2. We can admit our sin and sadly sit with the guilt and make it our companion allowing the enemy a foothold to drive us into even more sin; lastly,
3. We could admit our sin and then confess and receive God's forgiveness and be restored back to good fellowship with our Holy, Holy, Holy God as seen in **Psalm 51**.

Read and pray through the two psalms.

- May the confessions of the psalmist awaken in us the motivation to always be ready to admit when we err and plead for mercy from God
- Take time throughout the day to call to mind the ways you have sinned against God and lay yourself bare before Him in confession, seeking forgiveness
- Receive God's pardon, allow Him to take away all guilt and shame and renew a right spirit within you!

**Psalmthing with others:** A challenge is posed, that after receiving mercy, we ought to tell others of the forgiving, restoring nature of our God. Would you purpose to share this with someone else who needs God's mercy today!

### \*\*\*\*SONGS OF THE DAY\*\*\*\*

#### **CREATE IN ME A CLEAN HEART – Keith Green**

<https://www.youtube.com/watch?v=BGpMcDeRpM>

Create in me a clean heart, O God  
And renew a right spirit within me

Cast me not away from Thy presence, O Lord  
And take not Thy Holy Spirit from me  
Restore unto me, the joy of Thy salvation  
And renew a right spirit within me

#### **NAOMBA – Adawnage**

<https://www.youtube.com/watch?v=w0tC60eRFhg>

1. Sikudhani mimi nimekupa weh, huzuni kiasi hicho  
Dhambi nyingi, maombi hayatoki, nisamehe Baba  
Uchovu na uvivu umenijaza, moyoni sina amani

Naomba unipe raha, msamaha, naomba uwashe taa  
Popote niendapo, chochote nifanyacho sasa, nifungue macho  
Nipate kuona, kuhisi, nipate upako wako

#### Chorus

Naomba Baba, mimi naomba, mikono nimeinua  
Nishike Baba, unifiche mikononi mwako  
Nionyeshe Baba wema wako, unifanye chombo chako  
Naomba, naomba, Baba mie naomba

2. Sikudhani mimi nikiteleza, nakusulubu tena  
Uchungu mwingi, machozi yakutoka weh, nisamehe Baba  
Unizibie ufa, nisijenge ukuta, Baba umetukuka  
Naomba unipe raha, msamaha, naomba uwashe taa  
Popote niendapo, chochote nifanyacho sasa, nifungue macho  
Nipate kuona, kuhisi, nipate upako wako  
(Chorus)

## DAY THREE

### MOURNING AND REJOICING

Seasons of life are such as there is a time for everything and today we take time to lay our hearts before God for the times of rejoicing we have experienced and also the hurt and pain. We shall do this not only on our own accord but also stand in the gap for others. Let us prayerfully go through **Psalm 13, Psalm 25 and Psalm 145**.

Circumstances may try to prove to you that God has forgotten you. For some more than others, times of pain, sorrow and endless questions prevail for long periods. It is our hope that as you read through **Psalm 13 and 25**, you see that such was also the reality of the psalmist and may you find strength in their story and the truths about God written there-in. May you experience God's watchful eyes over You with love and may you cast all your burdens unto Him!

Joy comes in the morning, and for some of us we have had this happen again and again! The Lord has done marvelously well for you and this is the time to mention it before Him in thanksgiving. God is in the details! As is in **Psalm 145**, pray in praise of His works; dare to come up with your own psalm describing God's work in your life and those around you, speak of His mighty deeds to all who will hear you!

As you read and pray through these psalms:

- See God's footprint throughout every season in your life
- Acknowledge your dependence on Him in the good times and bad
- Find rest in Christ alone not in the changing times

**Psalmthing with others:** Take time to pray for others who are in your life that you are aware of their pain or hurt; mourn with them. For those you know that are in a season of rejoicing, go ahead and thank God with them. Also, share with someone your life stories and listen to theirs; join in prayer.

### \*\*\*\*\*SONGS OF THE DAY\*\*\*\*

#### **Kaa nami – Angela Chibalonza**

[https://youtu.be/Jq\\_gtDlyAxl](https://youtu.be/Jq_gtDlyAxl)

Kaa nami, ni usiku tena;  
Usiniache gizani Bwana;  
Msaada wako haukomi;  
Nilipeke yangu kaa nami.

Siku zetu hazikawi kwisha;  
Sina mwingine wa kunifaa;  
Mimi nitaongozwa na nani;  
Ila wewe Bwana, kaa nami.

Sichi neno uwapo karibu;  
Nipatalo lote si taabu;  
Kifo na kaburi haviumi;  
Nitashinda kwako, kaa nami.

Nilalapo nikuone wewe;  
Hata gizani nimulikiwe;  
Nuru za mbinguni hazikomi;  
Siku zangu zote, kaa nami.

#### **Great is thy faithfulness – hymn**

<https://youtu.be/Ok1WhFtVp0o>

1. "Great is Thy faithfulness," O God my Father,  
There is no shadow of turning with Thee;  
Thou changest not, Thy compassions, they fail not  
As Thou hast been Thou forever wilt be.

#### Refrain

"Great is Thy faithfulness!" "Great is Thy faithfulness!"  
Morning by morning new mercies I see;  
All I have needed Thy hand hath provided—  
"Great is Thy faithfulness," Lord, unto me!

2. Summer and winter, and springtime and harvest,  
Sun, moon and stars in their courses above,  
Join with all nature in manifold witness  
To Thy great faithfulness, mercy and love.

3. Pardon for sin and a peace that endureth,  
Thine own dear presence to cheer and to guide;  
Strength for today and bright hope for tomorrow,  
Blessings all mine, with ten thousand beside!

## DAY FOUR

### FAMILY RELATIONSHIPS

God, in His wisdom, places us in the families we are in. Let us take time to ponder and pray over our families today through **Psalm 127:3-5, Psalm 128 and additionally Ephesians 6:1-4.**

God gave us families that we may never be alone and actually serve Him as a household. Families are diverse in structure and interactions; all of us are human in nature which many a times will mean incidences of conflict, high highs and the lowest of lows will continue to be with us even in families. God wants all families to love, teach and take care of each other.

Our reading in Ephesians is calling us to a certain kind of interaction between children and their parents and vice versa; one with obedience, honour and discipline in light of our walk with God for we all belong to Him.

The Psalms paint a picture of what the family of one who is walking upright with God looks like: One that is loving, supportive, honouring and a blessing even to others as God continually pours blessings upon them.

As you read and pray through these scriptures:

- Pray that God would give your spouse, parents, siblings and children hearts that follow after Him because by so doing, unity, harmony and blessings will be found in your midst
- Consider living life in reverence of God – a blessed life (see Psalm 128). What would you need to change, stop doing or start doing in order to be one who follows the ways of God? Start today!
- Take the instructions of Ephesians 6:1-4 seriously and pray to actualize what it says, a step at a time
- Be intentional about investing time and resources towards building better relationships with family

**Psalmthing with others:** Call up or meet with some family members and join together in prayer for your spouses, parents, siblings, and children; let the others know you're praying for and with them, God answers prayer!

#### \*\*\*\*SONG OF THE DAY\*\*\*\*

**ENDA NASI – Reuben Kigame and Sifa Voices**

<https://www.youtube.com/watch?v=jnql8PYbbv4>

1. Tunaomba uwepo wako uende nasi  
Ewe Bwana wa majeshi tusikie  
Kama huendi nasi  
Hatutaki kutoka hapa  
Hatuwezi pekee yetu enda nasi

2. Tu watu wa shingo ngumu tusamehe  
Hatufai mbele zako turehemu  
Tusafishe ee Baba  
Tuonyeshe uso wako  
Twahitaji neema yako enda nasi

#### Chorus

Tutavua mapambo yetu  
Vitu vyote vya dhamani kwetu  
Mioyo yetu, twaleta, mbele zako  
Tutakase na utembee nasi

3. Tunaomba utuonyeshe njia zako  
Kwa maana umetuita kwa jina lako  
Twalilia ee Baba, utukufu na uso wako  
Bila wewe tutashindwa enda nasi  
(Chorus)

**DAY FIVE**  
**THE CHURCH OF CHRIST**

The word “church” is a translation of the Greek word [ekklesia](#), which is defined as “an assembly” or “called-out ones.” The church is the body of Christ, of which He is the head - that is, all those who have placed their faith in Jesus Christ for salvation. Today we focus on **Psalm 133, Psalm 15** and **John 17:20-26**

Yes, it is our place as the church to stay in faith and earnest prayer for the church. The scriptures we’re going through today additionally depict what is to be our ‘code of conduct’ as believers which in broad terms is UNITED. We ought to be one, such is what will glorify God. In **John 17** we see Christ make a prayer to God for the unity of believers. Satan works to divide us but Christ works to unite us. Unity multiplies the effectiveness of our testimony of Christ. A divided church loses persuasive force as it then becomes no different from the world which is all about seeking gain for self, individuality, independence, all about me, me, me!

Such unity as is seen in **Psalm 133** is possible only by the grace of God through which we have the love of God welling up within us fueling our witness, and making it impossible for the world to ignore the Christ whose name we bear. “See how they love one another,” the world says. That is the powerful testimony.

Let us pray that:

- The grace of God will enable us to work together in unity to proclaim the Gospel of Jesus Christ
- We may courageously take up the task of living a blameless life before God (**Psalm 15**)
- As believers of Christ, as His church we would endear ourselves to treating each other with the love our heavenly Father has so graciously extended to us abundantly (**Psalm 15**)

\*\*\*\*SONGS OF THE DAY\*\*\*\*

**BIND US TOGETHER LORD – Bob Gillman**

<https://www.youtube.com/watch?v=VuhIBLp5aHM>

Refrain

Bind us together Lord, Bind us together  
With cords that cannot be broken.  
Bind us together, Lord,  
Bind us together,  
Bind us together with love.

1. There is only one God,  
There is only one King;  
There is only one Body,  
That is why we sing:  
(Refrain)

2. Made for the glory of God,  
Purchased by His precious Son;  
Born with the right to be clean,  
For Jesus the victory has won.  
(Refrain)

3. You are the family of God,  
You are the promise divine;  
You are God's chosen desire,  
You are the glorious new wine.  
(Refrain)

**AS WE GATHER – Maranatha Singers**

<https://www.youtube.com/watch?v=96wFybfqspM>

As we gather may Your Spirit work within us  
As we gather may we glorify Your Name  
Knowing well that as our hearts begin to worship  
We'll be blessed because we came  
We'll be blessed because we came

The steadfast love of the Lord never ceases  
His mercies never come to an end  
They are new every morning, new every morning  
Great is Thy faithfulness, O Lord  
Great is Thy faithfulness

What a blessed time of fasting!

Let's meet to end our fast together on Friday, 28<sup>th</sup> January, 2022 from 6pm – 10pm



mamlaka Hill chapel

Empowered to transform

---

R U A K A