

**Praise and Worship + Intercessory Prayer**

**Praise and Worship (20 minutes)**

2 worship songs; 2 theme songs (please choose 2 songs):

1. *Good God Almighty*
2. *Yes He Can*
3. *Look What You've Done*
4. *Stand In Faith*

**ICEBREAKER (10 minutes)**

*After doing an icebreaker, please explain the value that you learn from the icebreaker.*

**Title: Physically and Spiritually Fit**

**Instruction:** The cell leader asks the cell members to share their experiences about doing fasting and praying and overcoming the challenges.

**Value:** Fasting will strengthen our physical body.

**SHARING THE APPLICATION OF THE WORD OF GOD (50-60 minutes)**

*Goal: all members could do and experience the truth of the Word of God.*

*Question: What are the theme and highlight of last week's sermon?*

## **SOUL HEALING #4**

### **PHYSICALLY & SPIRITUALLY FIT**

**I. MAINTAIN THE BALANCE OF OUR PHYSICAL, MENTAL AND SPIRITUAL HEALTH.**

- a. **3 John 1:1-4** <sup>1</sup>*The Elder, To the beloved Gaius, whom I love in truth: <sup>2</sup>Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers. <sup>3</sup>For I rejoiced greatly when brethren came and testified of the truth that is in you, just as you walk in the truth. <sup>4</sup>I have no greater joy than to hear that my children walk in truth.*
- b. **One of the figures in the Bible who has balanced quality of spiritual, mental and physical is Daniel.**
  - **Daniel 9:2-3** <sup>2</sup>*in the first year of his reign I, Daniel, understood by the books the number of the years specified by the word of the LORD through Jeremiah the prophet, that He would accomplish seventy years in the desolations of Jerusalem. <sup>3</sup>Then I set my face toward the Lord God to make request by prayer and supplications, with fasting, sackcloth, and ashes.*

**II. FASTING PRAYER IS A VERY BENEFICIAL DISCIPLINE TO BUILD PHYSICAL, MENTAL AND SPIRITUAL HEALTH.**

- a. **Fasting is very beneficial for the body health and healing.**
- b. **Benefits of fasting and prayer for health in the Bible**

- **Isaiah 58:6-9** <sup>6</sup> *“Is this not the fast that I have chosen: To loose the bonds of wickedness, To undo the heavy burdens, To let the oppressed go free, And that you break every yoke? <sup>7</sup>Is it not to share your bread with the hungry, And that you bring to your house the poor who are cast out; When you see the naked, that you cover him, And not hide yourself from your own flesh? <sup>8</sup>Then your light shall break forth like the morning, Your healing shall spring forth speedily, And your righteousness shall go before you; The glory of the LORD shall be your rear guard. <sup>9</sup>Then you shall call, and the LORD will answer; You shall cry, and He will say, ‘Here I am.’ “If you take away the yoke from your midst, The pointing of the finger, and speaking wickedness,*
- **Great effects of doing fasting and prayer correctly**
  1. **Your light shall break forth like the morning**
  2. **Your healing shall spring forth speedily**
  3. **Your righteousness shall go before you; The glory of the LORD shall be your rear guard**
  4. **You shall call, and the LORD will answer**
- c. **FASTING PRAYER DOESN'T ONLY CAUSE US TO EXPERIENCE HEALING BUT TO BRING HEALING FOR OTHERS.**
  - **Mark 16:17-18** <sup>17</sup> *And these signs will follow those who believe: In My name they will cast out demons; they will speak with new tongues; <sup>18</sup>they will take up serpents; and if they drink anything deadly, it will by no means hurt them; they will lay hands on the sick, and they will recover.”*
  - **Luke 9:1-2, 6** *Then He called His twelve disciples together and gave them power and authority over all demons, and to cure diseases. <sup>2</sup>He sent them to preach the kingdom of God and to heal the sick. <sup>6</sup>So they departed and went through the towns, preaching the gospel and healing everywhere.*
  - **Luke 9:40-42** <sup>40</sup> *So I implored Your disciples to cast it out, but they could not.” <sup>41</sup>Then Jesus answered and said, “O <sup>42</sup>faithless and perverse generation, how long shall I be with you and bear with you? Bring your son here.” <sup>42</sup>And as he was still coming, the demon threw him down and convulsed him. Then Jesus rebuked the unclean spirit, healed the child, and gave him back to his father.*

### III. **WHY IS FASTING PRAYER SO POWERFUL?**

- a. **FASTING PRAYER SURPRESSES FLESHLY DESIRES AND ACTIVATES OUR SPIRITUAL MAN**
- b. **40 DAYS FASTING PRAYER MOVEMENT FROM MAY 1 – JUNE 9, 2023.**

### IV. **HOW TO FAST CORRECTLY?**

#### 1. **FAST WITH COMMITMENT**

- **Daniel 1:8** <sup>8</sup> *But Daniel purposed in his heart that he would not defile himself with the portion of the king’s delicacies, nor with the wine which he drank; therefore he requested of the chief of the eunuchs that he might not defile himself.*
- **FAST WITH FAITH**

**QUESTION:** Have you fasted? What is the greatest challenge you have ever faced? Please share,

**APPLICATIONS:** After listening to the sermon, what commitment will you make so that you can do prayer and fasting?

**Prophetic Prayer (10 minutes)**

*The leader of prayer invites gives courage and leads the members to pray together.*

1. Great harvest and 1 million warriors.
2. Unity in Indonesia
3. God's mighty visitation and unity in Keluarga Allah Global.
4. The Senior Pastor, Ps. Obaja Tanto Setiawan, his family also other servants
5. The struggle of every congregation and the names are written on Harvest Card.

**Question: From the sermon on Sunday, who has applied the Word of God into practice and experienced the grace of God during the week?**

- *Members who have become doer and have experienced the grace of God are invited to share one by one.*
  - *If there is none to share their testimony or none of them has received any breakthrough though they have applied it in their daily life, then it's the "application sharing" leader and Cell Leader to testify (This is the importance of a cell leader to apply the Word of God in their life, to be the testimony for the cell member)*
- *Use the testimonies to:*
  1. *To uphold the Word.*
  2. *To show the advantage of becoming the doer of the Word.*
  3. *To know how the members can become the doer of the Word.*

*To encourage all members to become the doer of the Word that all could receive the grace of God.*

**PLAN and TARGET (15 minutes)**

*Cell leader leads this section which aims to evaluate the cell group and to plan the next week's cell group.*

**CLOSING PRAYER (5 minutes)**