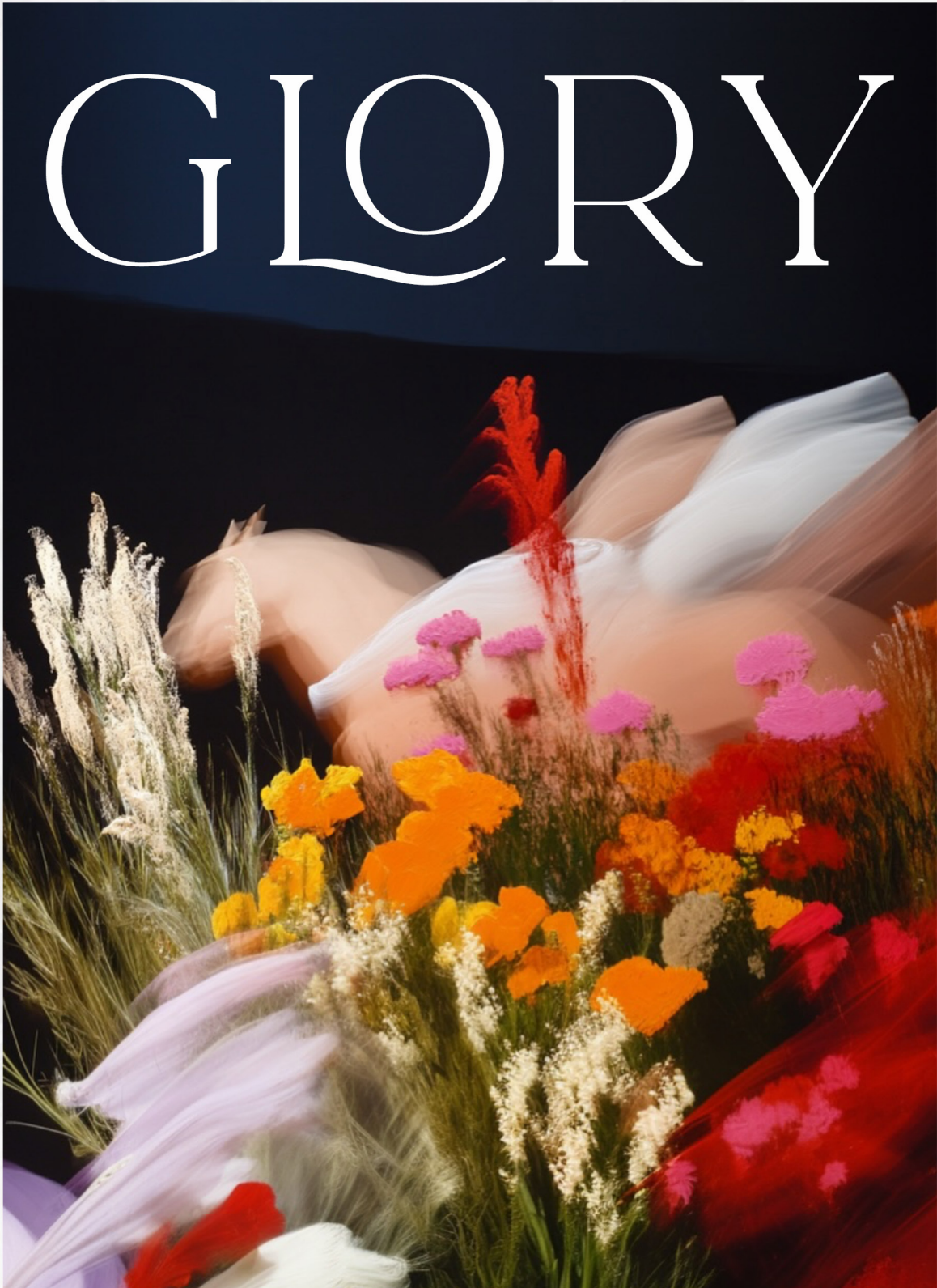


**LORD REVEAL YOUR**

# GLORY



**3 DAYS PRAYER + FASTING**

**16-18 JUNE 2026**

*“Out of his heart will flow rivers of living water.”*

**JOHN 7:37-39**

# Introduction

The glory of God is His kindness, His mercy and His manifest presence and power displayed both in heaven and on earth. It is intrinsic to His nature and although already present to a degree in our lives and to an extent in the earth, the Glory of God can be revealed in greater measure.

Jesus embodied the Glory of God (John 1:12) and as depicted in the Gospel of John, He performed specific miracles to reveal His glory. During these three days of prayer and fasting, we want to seek the heart of God in a focused way, aligning ourselves with His will and praying that rivers of living water will flow out of our church so that the glory of God is manifested in and through us.

"On the last day of the feast, the great day, Jesus stood up and cried out, "If anyone thirsts, let him come to me and drink. Whoever believes in me, as the Scripture has said, '**Out of his heart will flow rivers of living water.**' Now this he said about the Spirit, whom those who believed in him were to receive, for as yet the Spirit had not been given, because Jesus was not yet glorified."

John 7:37-39 ESV

## The Seven Miracles Revealing the Glory of Jesus

- Turning Water into Wine - John 2:1-10
- Healing the Official's Son - John 4:46-54
- Healing the Crippled Man - John 5:1-15
- Feeding the Multitudes - John 6:1-14
- Walking on Water - John 6:15-21
- Healing the Man Born Blind - John 9:1-41
- Raising Lazarus from the Dead - John 11:1-44

## Conditions for the Glory of God to be Revealed

### 1. The Compassion and Love of God

The Lord in His sovereignty steps into situations and manifests His glory simply because He wants to demonstrate His love and kindness.

### 2. Faith

Faith is often a condition for the Glory of God to be revealed. When we believe God is who He says He is and trust Him with our lives, we create space for Him to work.

### **3. A Contrite Heart**

A contrite heart attracts the presence of the Lord. Although God is awesome and mighty, He is revealed in and through those whose hearts are humble and have a reverence for His Word (Isaiah 66:1-3).

### **4. Spiritual Hunger and Thirst**

Those who actively seek God—who hunger and thirst for righteousness—will be filled (Psalm 42:1-2; Isaiah 55:1; Matthew 5:6; John 7:37-39).

## **How Fasting Conditions Our Heart**

Fasting is an opportunity for us to deny our flesh of some of its comfort—such as food—and to focus on desiring the glory of God to be manifest in and through us. To see His power displayed in our loved ones and in our nation. Jesus taught His disciples to pray,

"Thy Kingdom come! Thy will be done, on earth as it is in heaven."

# What is Fasting?

The Biblical principle of fasting is a process of forgoing something (primarily food) in order that we might turn our gaze upon God in a more intense and focused way. We don't fast to convince God to do things for us; rather, we fast in order to seek His face and align our hearts with His.

While fasting implies abstaining from food, it more importantly means feasting on God—an utter dependence upon the presence of God beyond the sustenance of food. In doing so, we prove the words Jesus quoted during His own fast:

"...man does not live by bread alone but by every word that proceeds from the mouth of God..."

(Matthew 4:4)

## How to Fast

### **Start Slowly: Walk Before You Can Run**

A 'slow and steady' approach to progression in this discipline is particularly important. It might be a good idea to start with a partial fast, like missing one meal a day during the fast, or trying a 'Daniel fast' which involves giving up all delicacies and concentrating on vegetables, fruits, nuts, and water.

### **Types of Fasting You Might Consider**

- Full Fast—Abstain from all food and water for a set time
- Partial Fast—Give up certain foods (like meat, sweets, or drinks)
- Daniel Fast—Eat only vegetables, fruits, nuts, and water
- Fast from Other Things—Social media, sugar, talking, entertainment, screens and devices

### **Build It Up Gradually**

Move on in your fasting, trying one 24-hour period. After success in this fasting, move onto a longer fast. You might try the whole 3 days, or build a more consistent rhythm of the first 2-3 days of every month.

### **Plan Your Time Intentionally**

As you prepare to fast, try and plan your diary intentionally. It is good to try not to get too busy when you are fasting so that you can give some set time to prayer. Try not to fill up the time you would have been eating with work and meetings; rather, keep it free to intentionally seek God. Check that your medical conditions comply with you fasting. If needed, check it out with your GP.

**Monitor and Pay Attention**

Try to pay attention to the attitude of your heart. What is God revealing? What needs to change? When you start, you will begin to feel hunger pangs or discomfort: it's not real hunger. Try to resist and allow the pangs to trigger you to offer up prayers to God. Soon the pangs will pass.

**Keep Worshipping**

While outwardly you may be getting on with what you have to do, inwardly be in singing and adoration in your heart to the Lord. Don't let the fast become merely a physical exercise; keep your heart focused on Jesus.

**Break Your Fast Wisely**

Be aware of the weakness in your body and try not to do anything too strenuous that would put you and/or others at risk. Break your fast with a light meal rather than heavily overeating. Your body has adjusted to the fasting period, and eating too much too quickly can cause discomfort.

# Day One: A Time of Thanksgiving

## Focus

Day One is a time to come before God with thanksgiving. Take time to intentionally give thanks for the different ways the Lord has shown His kindness to you in big and small things. Reflect on how He has been good to others you know. Thank Him for His faithfulness to us as a Church. Allow the Holy Spirit to shine His light on anything in your life that does not align with His purposes and repent of it.

Begin your time of prayer with 2 minutes of silence, being still before the Lord, becoming aware of His presence.

## Scripture Readings

### Psalm 100:4-5 ESV

"Enter his gates with thanksgiving, and his courts with praise! Give thanks to him; bless his name! For the Lord is good; his steadfast love endures forever, and his faithfulness to all generations."

### Psalm 103:1-4 ESV

"Bless the Lord, O my soul, and all that is within me, bless his holy name! Bless the Lord, O my soul, and forget not all his benefits, who forgives all your iniquity, who heals all your diseases, who redeems your life from the pit, who crowns you with steadfast love and mercy."

### Philippians 1:3-6 ESV

"I thank my God in all my remembrance of you, always in every prayer of mine for you all making my prayer with joy, because of your partnership in the gospel from the first day until now. And I am sure of this, that he who began a good work in you will bring it to completion at the day of Jesus Christ."

### 1 John 1:5-10 ESV

"This is the message we have heard from him and proclaim to you, that God is light, and in him is no darkness at all. If we say we have fellowship with him while we walk in darkness, we lie and do not practice the truth. But if we walk in the light, as he is in the light, we have fellowship with one another, and the blood of Jesus his Son cleanses us from all sin. If we say we have no sin, we deceive ourselves, and the truth is not in us. If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness."

## Prayer Prompts

- Spend time to intentionally give thanks for the different ways the Lord has shown His kindness to you in big and small things, in the complete miracles and in the incomplete ones where His grace has kept you going.
- Reflect on how He has been good to others you know and give thanks for them.
- Thank Him for His faithfulness to us as a Church.
- Allow the Holy Spirit to shine His light on anything in your life that does not align with His purposes and repent of it.
- Find someone to agree with in prayer as you make yourself accountable.
- Do your best to bless someone with an encouraging word from the Lord.

# Day Two: A Time of Intercession

## Focus

Day Two is a time of intercession and warfare. We come before the Lord to pray for our nation, for the persecuted Church, for troubled spots in the world, and for the peace of Jerusalem.

Begin your time of prayer with 2 minutes of silence, being still before the Lord, becoming aware of His presence.

## Scripture Readings

### 2 Chronicles 7:14

"if my people who are called by my name humble themselves, and pray and seek my face and turn from their wicked ways, then I will hear from heaven and will forgive their sin and heal their land."

### Ephesians 6:12-18

"For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand. Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place, and with your feet fitted with the readiness that comes from the gospel of peace. In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. Take the helmet of salvation and the sword of the Spirit, which is the word of God. And pray in the Spirit on all occasions with all kinds of prayers and petitions. Be alert and always keep on praying for all the Lord's people."

### 1 Timothy 2:1-4

"I urge, then, first of all, that petitions, prayers, intercession and thanksgiving be made for all people—for kings and all those in authority, that we may live peaceful and quiet lives in all godliness and holiness. This is good, and pleases God our Savior, who wants all people to be saved and to come to a knowledge of the truth."

### Hebrews 13:3

"Remember those who are in prison, as though in prison with them, and those who are mistreated, since you also are in the body."

### **Matthew 24:1-14**

"Therefore keep watch, because you do not know on what day your Lord will come. But understand this: If the owner of the house had known at what time of night the thief was coming, he would have kept watch and would not have let his house be broken into. So you also must be ready, because the Son of Man comes at an hour when you do not expect him...And this gospel of the kingdom will be proclaimed throughout the whole world as a testimony to all nations, and then the end will come."

### **Psalm 122:6**

"Pray for the peace of Jerusalem: May those who love you be secure."

## **Prayer Prompts**

- Pray for those in local government and for those who govern the nation for wisdom and revelation.
- Pray that the Lord will awaken this nation that many in our local area and across the nation will respond to the Gospel wherever it is shared.
- Pray that every false ideology that holds many captive in Ilford will be exposed for what it is so that many will encounter the Light of Christ.
- Pray for the persecuted Church that they will know the presence of Christ and not lose their faith in their suffering.
- Pray for those who advocate for them for wisdom and favour with governments and international bodies.
- Pray that the Lord of Peace will be made manifest in the many troubled parts of our world, that the work of the enemy will be frustrated and pushed back.

# Day Three: A Time of Supplication and Surrender

## Focus

Day Three is a time of supplication and surrender. We bring specific needs before the Lord, including praying for loved ones by their name for salvation, healing and breakthrough.

Begin your time of prayer with 2 minutes of silence, being still before the Lord, becoming aware of His presence.

## Scripture Readings

### Matthew 7:7-11

"Ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you. For everyone who asks receives, and the one who seeks finds, and to the one who knocks it will be opened. Or which one of you, if his son asks him for bread, will give him a stone? Or if he asks for a fish, will give him a serpent? If you then, who are evil, know how to give good gifts to your children, how much more will your Father who is in heaven give good things to those who ask him!"

### Psalm 37:4-5

"Take delight in the Lord, and he will give you the desires of your heart. Commit your way to the Lord; trust in him and he will do this."

### Psalm 103:17-18

"But the steadfast love of the Lord is from everlasting to everlasting on those who fear him, and his righteousness to children's children, to those who keep his covenant and remember to do his commandments."

### 2 Corinthians 3:17-18

"Now the Lord is the Spirit, and where the Spirit of the Lord is, there is freedom. And we all, who with unveiled faces contemplate the Lord's glory, are being transformed into his image with ever-increasing glory, which comes from the Lord, who is the Spirit."

### 2 Corinthians 4:1-4

"Therefore, since through God's mercy we have this ministry, we do not lose heart. Rather, we have renounced secret and shameful ways; we do not use deception, nor do we distort the

word of God. On the contrary, by setting forth the truth plainly we commend ourselves to everyone's conscience in the sight of God. And even if our gospel is veiled, it is veiled to those who are perishing. The god of this age has blinded the minds of unbelievers, so they cannot see the light of the gospel that displays the glory of Christ, who is the image of God."

#### **Matthew 11:28-30**

"Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light."

### **Prayer Prompts**

- Pray and commit your ways and your specific plans to the Lord.
- Pray that you will see a greater manifestation of the glory of God in every area of your life. That you may be more like Christ bearing much fruit for His glory.
- Talk honestly to The Lord about your specific needs trusting Him for a breakthrough.
- Pray and cancel every assignment of the enemy over your life and those close to you.
- Pray by name for those you know that their eyes will be open to see the light of the glory of Christ.
- Pray specifically for others close to you and in City Gates Church who are sick, oppressed or needing a miracle of work, finance or family related issues.

# Lord, Reveal Your Glory

City Gates Church

25-29 Clements Road, Ilford, IG1 1BH

020 8514 0188

[info@citygates.london](mailto:info@citygates.london)

[www.citygates.london](http://www.citygates.london)

Elim Charity 251549