



Here is a suggested 5 Point Prayer Plan that works well in conjunction with an extended time of fasting (e.g. 40days/lent) to use and adapt as it best suits your situation.

1. Love God – Love People. [1 John 4:11-16](#)
2. Make a list of friends you will pray for on each of these 40 days, praying they will find their DESTINY and a new life in Jesus Christ. Invite them to encounter Jesus in the life of your Church. [John 10:10](#)
3. Research Australia's Christian heritage for yourself. Discover our nation's DESTINY in Christ in prayer and share this with your friends and family. www.chr.org.au
4. Pray each day for God's continuing outpouring of His Holy Spirit on Australia to fulfil our prophetic DESTINY as a South Land of the Holy Spirit and a missionary sending nation. [Acts 2:17-21](#)

The Vision

The vision is to hold a National Day of Prayer and Fasting every year for 5 years on the Sunday before Lent begins, and to use the National Day of Prayer and Fasting to promote a 40-day period of prayer and fasting during Lent.

During the period of Lent there is a clear focus on what Jesus Christ has done through the work of the Cross which helps bring clarity of purpose and makes unifying across denominational barriers easier. The vision of this 40-day period of prayer and fasting is the same as the National Day of Prayer and Fasting, that is the spiritual renewal and transformation of our nation through the saving grace of the Lord Jesus Christ. **How you choose to observe this call to prayer is up to you.** You could do a Daniel Fast, or miss one meal a day or fast one day a week.

For more information about prayer and fasting go to: [Christian Fasting](#) and [Prayer](#) pages.

In 1901, at the time of Federation, 96.1% of Australians claimed to be Christians. In the last census in 2011 only 61.1% of Australians called themselves Christians. The actual figures for those who practise their faith through church attendance is much lower. Church

attendance has been falling since Federation with only 8.8% going to church weekly. We need revival and transformation in our personal lives, in our churches and in our society.

Our nation is falling into deep moral decay. Jesus Christ is the only answer (**John 14:6**). **Our nation needs to find God. As it says in Acts 17:27, "His purpose was for the nations to seek after God... and find him". Our nation can only find God as each individual finds Christ (Acts 2:38-40). That miracle will come as we accept the Scriptural challenge found in 2 Chronicles 7:14, "If my people who are called by my name will humble themselves and pray ..."**

This national call to prayer finds its Biblical inspiration in Joel 2:15-16, *"Blow the trumpet in Zion, declare a holy fast, call a sacred assembly. Gather the people, consecrate the assembly; bring together the elders. . ."*

Now is the time for action. We as people of faith must rise to the occasion and seek God. *"Come let us know, let us press on to know the Lord . . . and He will come to us . . ."* Hosea 6:3. The only answer for us as a nation is a national awakening. **We encourage the Christian people of Australia to rise up and "stand in the gap on behalf of the land"** as in Ezekiel 22:30.

Now is the time to make a stand for the truth. Now is the time **to share the good news of God's love through Jesus Christ.** Now is the time to see this nation fulfil its DESTINY as the 'Great South Land of the Holy Spirit'.



History

The National Day of Prayer and Fasting had been in discussion phase amongst several Christian leaders from different church denominations for many years; Dr Graham McLennan, Warwick Marsh, Bill Muehlenberg to name a few. It was first raised at a meeting of the National Prayer Council at Parliament House in June 2003. It was decided at that stage to proceed with a [National Day of Thanksgiving](#).

Brian Pickering from the Australian Prayer Network is the coordinator for the National Day of Thanksgiving held annually each year in May.

During a meeting of Christian leaders at Parliament House, Canberra for the National Prayer Breakfast on 28th February 2011, a unanimous decision was made to proceed with a National Day of Prayer and Fasting for marriage and family to be held on Sunday, 24th July 2011. It is significant that the 24th July was first proposed by Aboriginal Christian leader Pastor Norman Miller from Cairns.

Following this day, and after much prayer and consultation across the wider body of Christ, it was decided to adopt a 5-year Prayer Plan and place the National Day of Prayer & Fasting on the Sunday before Lent each year starting in 2012. In 2012, the theme was Marriage and Family; in 2013, the theme was LIFE. In 2014, the third such event in this plan, will be on 2nd March with the theme REVIVAL.

The list of supporters and endorsers of the NDOPF is growing daily and now includes key Christian leaders such as Bishop Peter Elliot from the Catholic Church based in Melbourne, and (former) Anglican Archbishop of Sydney Rev Harry Goodhew along with others such as Pastor Paul Bartlett who is on the State Executive of the Australian Christian Churches and Rev Keith Garner from Wesley Mission in Sydney.

Please find below the list of just some of those Christian leaders who were part of the initial launch of the NDOPF at the meeting at Parliament House in 2011.

- Dr Graham McLennan: [National Alliance of Christian Leaders](#)
- Ps Matt Prater: [New Hope Brisbane](#)
- Bruce Lindley: [Harvest International Ministries](#)
- Ps Ben Irawan: [Life Centre](#), NSW
- Ps Matt Madigan: [Hope Project Church](#), Sydney
- Wesley Leake: [Business Blessings](#), Brisbane
- Dr Hilary and Paul Moroney: [Canberra House of Prayer](#)
- Warwick Marsh: [Australian Christian Values Institute](#)
- Ps Norman and Barbara Miller: [Centre for International Reconciliation & Peace](#)
- David and Marilyn Rowsome: [Canberra Declaration](#)
- Darryl Stewart: Illawarra Pastors Network
- Bill Muehlenberg: [CultureWatch](#)