

The Good Samaritan Family Spiritual Fast Manual

January 4 – 10 Prayer and Preparation
January 11-17 Prayer and Fasting

Jesus said,
*“I came that they may have life,
and have it abundantly.”*

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Dear members and friends,

I commend you in your decision to join the Good Samaritan Church family's spiritual fast to begin 2010. What better way to begin the New Year than to dedicate the first portion of it to a time of seeking the Lord through prayer and fasting. Dedicating the first part of the year to God is a way of consecrating the whole year. (It's the "tithing" principle. Dedicate the first and best portion as a means of consecrating the whole).

The first two weeks of the New Year also corresponds to the days leading up to our Relaunch. The best way to prepare for the Relaunch is for each of us to grow in our intimacy with Christ and to seek God's Spirit to be poured out among us in a fresh and revitalizing way.

This manual will help you with some of the specific instructions concerning fasting as well as provide you with a prayer calendar to guide your time with God. The prayer calendar is divided into two weeks. The first week is a time of prayer and **preparation** for your fast. The second week is a time of prayer and **fasting**. *Our primary method of fasting will be to skip one meal per day for the week of January 11th.* During the fast we will be seeking to worship God as well as receive the gift of spiritual breakthroughs in our lives and our church.

Please read the instructions for the fast carefully. Beside the primary method of fasting there are three other methods from which to choose. There is also a page of suggestions for children and youth. Please use the prayer calendar to systematically study and pray the scriptures for each day. As you faithfully use this calendar, you will:

- Be encouraged to stay on the fast faithfully;
- Be supported in your desire to grow in intimacy with Christ
- Become more in tune with how God wants to make spiritual breakthroughs in your life and our church
- Help us as a congregation focus more intently on the mission of Christ and the vision God has given us.
- Prepare the way for God to birth a new movement of grace among us and through us.

Finally, during the week of prayer and fasting (i.e. January 11th – 17th) and in addition to your personal devotional time, I want to encourage you to take part in the following corporate prayer times.

Monday – Friday (January 11th – 15th)

- **6:30 a.m. – 7:00 a.m. in the Sanctuary**
- **12 Noon** (Wherever you are stop what you are doing a pray for a few minutes. As you do be aware of all the other Good Sam members who are doing the same)

Saturday-Sunday (January 16th – 17th)

24 hour prayer chain (The prayer chain will be organized in 1 hour time slots. Pray wherever you are during the hour of your assigned time. If you miss the sign-up at church pick your own hour to pray during the 24 period beginning at 8:45 a.m. on Saturday)

May God richly bless you and our whole community through our time of prayer and fasting.

Pastor Blake

Fasting Instructions

What is a Fast?

Throughout Scripture, fasting refers to abstaining from food for spiritual purposes. It is different from dieting or preparing for a medical test which may stress abstinence from food for physical reasons. Biblical fasting always has a spiritual purpose. Primarily, fasting is a way to **center on God**. John Wesley put it this way:

*First let it [fasting] be done unto the Lord with our eye singly fixed on Him.
Let our intention herein be this, and this alone, to glorify our Father which is
in heaven...*

Some of the great biblical people who fasted were Moses the lawgiver, Hannah the mother, David the king, Elijah the prophet, Daniel the seer, Anna the prophetess, Jesus the incarnate as well as his apostles. Some of the key figures in church history also have practiced fasting and testified to its value, such as: Martin Luther, John Calvin, John Knox, Jonathan Edwards and of course John Wesley who encouraged Methodists to fast every Wednesday and Friday.

Fasting does not change or impress God! Fasting changes us. Through prayer and fasting, Christians are empowered to discipline their daily relationship with the Lord.

What are the Benefits of Fasting?

The primary benefit of fasting is that it can be a means to focus on God and to worship and deepen our relationship to Christ. There can be secondary benefits as well, such as:

- Restoring the loss of the “first love” for your Lord and result in a more intimate relationship with Christ.
- Experiencing a personal revival and becoming a channel of vitality for others.
- Increased effectiveness in intercessory prayer
- Guidance in decisions
- Better concentration
- Deliverance from addictions
- Physical well-being
- Insights and revelations
- Establishing better balance in your life
- More time in prayer with the Lord.

How to Fast

The primary method of fasting will be skipping one meal each day from January 11th – 17th. The period between January 4th – 10th will be a time to prepare for the fast week. There will be four categories of persons who fast based on experience or need. Pick the one that fits your situation. The first two categories will participate in a “normal fast” which involves abstaining from all food, but **not** from water. The third category is a “partial fast” which involves restriction of the diet, but not total abstinence from food. The fourth special category is for those who have a lot of experience with spiritual fasting and sense a special call from God to this week of fasting. Drink plenty of water for all four categories.

- 1. Primary** (If you have never fasted before or have very limited experience with fasting this category is suggested for you).
 - Eat two meals per day, one at breakfast before sunrise and one after sunset.
 - Be consistent; eat the breakfast and dinner meals at a routine hour.
 - Complete your meals within 75 minutes.
 - Drink plenty of water throughout the day.
 - Pray for prayer petitions and spend extra time in Scripture during the time of the skipped meal (i.e. lunch)

- 2. Second** (If you have fasted at least two or more times, this category is suggested for you)
 - Eat one meal per day after sunset.
 - Complete your meal within 75 minutes
 - Be consistent; eat the dinner meal at a routine hour.
 - Drink plenty of water throughout the day.
 - Pray for prayer petitions and spend extra time in Scripture during the time of the skipped meals (i.e. breakfast and lunch)

- 3. Third** (This category is for children, person’s under a doctor’s care, pregnant women, people with eating disorders, or others unable to miss a meal for health reasons)
 - Eat regular meals
 - Abstain from foods such as sweets, carbonated beverages, breaks, meats or any food you feel “you must have at least a little every day.”
 - Be consistent; eat your meals at a routine hour.
 - Pray for prayer petitions and spend extra time in Scripture during the day.

Other Guidelines for Categories 1, 2 and 3

- If you feel hungry that is expected and normal. Drink water and pray. Use your hunger for food as a call to prayer. As your body yearns for food, let your spirit get in touch with your deep desire for God.
 - No sweets should be eaten during the fast.
 - Eat a piece of fruit, slice of bread, crackers or vegetables (preferably raw) if you experience any of the following: headaches, fatigue, weakness, faint feelings nausea or fever.
 - If you're eating once a day (i.e. category 2) restrict or eliminate exercise during the fast.
 - Be in prayer daily, especially during the time of the skipped meal(s).
 - If you "fall off" the fast, get back on. Don't allow guilt, discouragement or anything else to condemn you (**Rule Number 1 = there is no guilt allowed on this fast.** It is not a sin to fall off, just a missed opportunity. Get back on...no problem!) Ask a prayer partner for help.
4. **Special Category** (If you are very experienced with spiritual fasting, have clearance from your Doctor and sense a special call from God to this week of fasting, use this category.)
- Eat no solid food for the week. Drink only water, fruit and vegetable juices.
 - Drink 100% juice with no sugar or other additives (The best juices are fresh carrot, grape, celery, apple, cabbage, or beet – because of their acid content orange or tomato are not advised unless mixed with equal portions of water).
 - "Green drinks" can be made from green leafy vegetables.
 - Drink plenty of water throughout the day.
 - In addition to the fruit and vegetable juices you may also add warm broth - e.g.
 - boil sliced potatoes, carrots and celery in water – do not add salt – after about a half hour, drain off the water and drink.
 - Gentle boil three carrots, two stalks of celery, one turnip, two beats, a half head of cabbage, a quarter of a bunch of parsley, a quarter of an onion, and a half clove of garlic. Drain off the broth and drink.
 - Restrict or eliminate exercise during the week.
 - Spend as much time as you can in prayer and searching the Scriptures during the week.
 - You may find this daily schedule helpful
 - 5:00 a.m. – 8:00 a.m. Fruit juices (diluted in 50 percent distilled water if the fruit is acidic)
 - 10:30 a.m. – noon Green vegetable juice
 - 2:30 p.m. – 4:00 p.m. Herb tea with a drop of honey. Make sure that it is not black tea or tea with a stimulant.
 - 6:00 p.m. – 8:30 p.m. Broth
 - Plenty of water throughout the day

Who Should Fast?

Anyone who prayerfully believes that fasting can be a helpful means to focus more on God and experience a spiritual breakthrough in their lives and our church. Please consult your physician about fasting or choose option 3 if:

1. You are pregnant (Do not fast if you are pregnant – see category three)
2. You are on prescribed medication
3. You are under a doctors care
4. You have experienced illness from a previous fast
5. You do not normally eat anyway.

Your physician's orders take precedence over this fast! Follow your physician's orders!!!

Fasting Options for Children and Youth

Parents, please prayerfully consider including your children on the Fast. It will be a blessed experience for them and it will begin to lay a foundation for the future. Your support and encouragement are the key. You can adapt category 3 to fit their situation. Here are some more ideas:

Who? Children and Youth

Why? Primarily as a means of focusing more on God as well as being open to some of the secondary benefits described earlier. Also to help children and youth lay the foundation of practicing good spiritual habits that increase their awareness of the blessing of God in every area of their life.

How?

- Eat breakfast, lunch and dinner.
- Eat healthy snacks between meals such as fruit, vegetables etc.
- Drink water and milk only
- Choose to refrain from video games, TV or secular music or all three.
- No junk food during fast days.

What? Pray when you get up in the morning and when you go to bed at night. Read the assigned scriptures for the day.

Use the prayer calendar in this booklet as a guide for your prayer time

While fasting keep your countenance positive. Matthew 6:16-18 tells us not to advertise our fasting. Be sensible. God does not smile on “super fasters.” Expect God to use this time for God's purposes.

How to Use Your Prayer Calendar

Jesus said,
*Ask, and it will be given you;
search, and you will find;
knock, and the door will be opened for you.
For everyone who asks receives,
and everyone who searches finds,
and for everyone who knocks, the door will be opened.*

Your prayer calendar is a guide to join your Good Sam family in praying for a spiritual breakthrough in your life, our church and our community. We will be boldly asking the Lord to fill us with the Holy Spirit as we live into our relaunch.

The Prayer Calendar is divided into two sections corresponding to the two weeks prior to our relaunch. The first week is preparation for the following week of prayer and fasting. Find a time each day when you can be uninterrupted to devote yourself to the daily devotions. For each day during the first week there are two Scripture readings. The first is about someone in the Bible who was undergoing a fast (i.e. Jesus, Moses, Paul, Ezra, Esther, Anna and Daniel). The second reading is about the kind of attitude or mindset we are seeking through our prayer and fasting. Think of Fasting as a means to an end. The second passage is aimed at the end to which fasting is one means.

A couple of the passages the first week warn against making Fasting an end. There is no inherent virtue in not eating. The benefit is when Fasting is a means to call you to prayer and focus you more completely on your desire to grow closer to God. Fasting does not change God, but it can be a means God uses to focus your prayer and quiet your appetites that you might sense your deeper spiritual yearnings.

During the first week there are also suggestions about how to prepare spiritual and physically for the week of the fast.

The week of prayer and fasting begins on Monday, January 11th and last through Sunday, January 17th. Be sure to choose one of the four options for your fast and follow the instructions for that option as you use the prayer calendar for this week. The Scripture readings and prayers are intended to lead you into a more intimate relationship with God. As we have said many times before, we are relaunching the church around you. So the more vital your faith, the more “contagious” you are to spread that faith. Through the relaunch we will be seeking to put people in relationship with you primarily through our small groups. So be sure to connect with one of those in the coming weeks.

So let’s trust the words of Jesus and **ask** that we may receive; let’s **search** so that we may find; and let’s **knock** and see what doors God will open!

Prayer Calendar

January 4 – 10 Week of Prayer and Preparation for Fasting

Opening Prayer

(Can be used as is or as a model each day during the first week)

Gracious and loving God, I was made by you and for you. I acknowledge that you are my Creator, Savior and Lord – you're my only progenitor, hope and guide. I confess that I can do all things through Christ who strengthens me. Fill me with your Spirit this day that I might truly be an apprentice of Jesus - freely and heartily yielding all things to your pleasure and disposal. O Glorious and blessed God: Father, Son and Holy Spirit, you are mine and I am yours. I praise you for the gift of this day and your presence in it.

Monday, January 4th (13 days to Relaunch)

Opening Prayer (See above or use your own words)

Pray through the following Scripture Readings:

Luke 4:1-15 (Jesus retreats to the desert to fast and pray for 40 days)

Matthew 6:25-34 (Seek first the kingdom of God and God's righteousness)

Personal Prayer

Pray that through prayer and fasting you might seek first God's kingdom and righteousness and by so doing find that anxiety and worry slip away.

Relaunch Prayer

Pray for our relaunched Sunday School opportunities. Pray not only for people to serve, but also for all who will participate, that they would grow in the grace and knowledge of God and Jesus Christ.

Vision of One Prayer

Pray that everything we do through our relaunch would serve as a bridge and a clear path for "one" to experience the transforming love and grace of God.

Spiritual Preparation for the Fast

Give all of your worries and anxieties over to God. The Lord knows your needs. It is not necessary to fret over them. Try this spiritual breathing exercise: Exhale your worries and anxieties; Inhale the Holy Spirit and the kingdom of God.

Physical Preparation for the Fast

If you follow the physical preparations suggested for this week you will be able to transition more easily into the fast. If you don't, it might be more difficult and more of a shock to your body.

Begin to wean yourself off of caffeine and sugar products to ease your initial hunger or discomfort at the early stages of your fast.

Song (Sing or listen to worship song of your choice or sing "Seek Ye First" No 405)

Tuesday, January 5th (12 days to Relaunch)

Opening Prayer (See above or use your own words)

Pray through the following Scripture Readings:

Exodus 34:27-35 (Moses fasts and receives the words of the covenant – the Ten Commandments)

Colossians 3:1-17 (Set your heart on things above. Do everything in the name of Jesus)

Personal Prayer

Pray that Jesus might "put to death" in your life the things listed in Colossians 3:5-9. Pray that he might clothe you with the things listed in Colossians 3:12-15.

Relaunch Prayer

Pray for our relaunched youth opportunities. Pray not only for adult mentors, but also for current and future youth that they would know that they belong and that Jesus calls them to himself.

Vision of One Prayer

Pray that everything we do through our relaunch would serve as a bridge and a clear path for "one" to experience the transforming love and grace of God.

Spiritual Preparation for the Fast

Be specific in naming the things that are not of God in your life (e.g. the things listed in Colossians 3:5-9).

Expect God to use this season of prayer and fasting to deal with these issues in your life. The key to removing them is to replace them with the virtues named in verses 12ff (You can't, for instance remove anger from your life by trying harder not to be angry. Anger is a condition of the heart. An angry heart must be replaced by a compassionate one. Heart change is the work of God). Prepare for the fast by acknowledge your inability to "put to death" your sinful nature. Only Christ can do that.

Physical Preparation for the Fast

Continue to reduce your intake of caffeine and sugar products.

Song (Sing or listen to worship song of your choice or sing “Standing in the need of Prayer” No. 352)

Wednesday, January 6th (11 days to Relaunch)

Opening Prayer (See above or use your own words)

Pray through the following Scripture Readings:

Acts 13:1-3; 14:21-25 (The early Christians, including the apostle Paul, fasted and prayed to discern the Holy Spirit’s leading)

Isaiah 58:6-12 (Fasting that is unaccompanied by justice and mercy is useless. Fasting is meant to sensitize us to the compassion and call of God, not avoid it)

Personal Prayer

Pray that you will never make a spiritual practice such as fasting an end rather than a means. (The end of any spiritual practice, including fasting, is God and becoming more like Christ and therefore living in a way that brings glory to God. Isaiah 58 describes such a life)

Relaunch Prayer

Pray for our relaunched worship services (The Source at 8:45 a.m; The Bridge at 10:15 a.m. and Mandarin at 11:30 a.m) that they would be occasions to celebrate all that God has been doing the other six days of the week.

Vision of One Prayer

Pray that everything we do through our relaunch would serve as a bridge and a clear path for “one” to experience the transforming love and grace of God.

Spiritual Preparation for the Fast

Get clear in your mind (from Isaiah 58) what pleases God. Clarify what the purpose of your fast will be and how it can sensitize you to God’s justice, righteousness, compassion and love.

Physical Preparation for the Fast

Continue to wean yourself from caffeine and sugar products.

Song (Sing or listen to worship song of your choice or sing “What does the Lord Require” No. 441)

Thursday, January 7th (10 days to Relaunch)

Opening Prayer (See above or use your own words)

Pray through the following Scripture Readings:

Ezra 8:21-23 (Ezra the priest proclaims a fast so that the exiles might have a safe journey back to Jerusalem)

Matthew 11:28-30 (Prayer and fasting done with the right motive can bring us to Jesus who gives rest to our weary souls and overburdened lives)

Personal Prayer

Identify any heavy burdens you are carrying. Through prayer exchange them with the yoke of Christ (i.e. his law of love).

Relaunch Prayer

Pray for our relaunched small groups that they will be the source of a movement of God’s grace in our lives, our church and our world.

Vision of One Prayer

Pray that everything we do through our relaunch would serve as a bridge and a clear path for “one” to experience the transforming love and grace of God.

Spiritual Preparation for the Fast

In what ways do you think God is preparing you to grow spiritually?

Physical Preparation for the Fast

Continue to reduce your intake of caffeine and sugar products.

Song (Sing or listen to worship song of your choice or sing “Be Still, My Soul” No. 534)

Friday, January 8th (9 days to Relaunch)

Opening Prayer (See above or use your own words)

Pray through the following Scripture Readings:

Esther 4 (Esther must go before the king to plead for the lives of her people, the Jews. A fast is called among the people that they might be saved)

Romans 12:1-2 (We are to present our bodies and minds in worship of God)

Personal Prayer

The world has a way of conforming us to it. Pray that God might renew your mind and transform your life so that you might share more fully in the life of God.

Relaunch Prayer

For the Leaders of our Small Groups that God would bless them with an extra measure of God's Spirit.

Vision of One Prayer

Pray that everything we do through our relaunch would serve as a bridge and a clear path for "one" to experience the transforming love and grace of God.

Spiritual Preparation for the Fast

Identify negative or harmful thought patterns that rob you of an abundant life. Prepare to let God address those through a renewing of your mind.

Physical Preparation for the Fast

Continue to wean yourself from caffeine and sugar products.

Song (Sing or listen to worship song of your choice or sing "Take My Life, and Let it Be" No. 399)

Saturday, January 9th (8 days to Relaunch)

Opening Prayer (See above or use your own words)

Pray through the following Scripture Readings:

Luke 2:36-38 (Anna the prophetess continually fasted and prayed. She prophesized about the baby Jesus)

Galatians 5:16-26 (The aim of prayer and fasting is to overcome the desires of the sinful nature and cultivate the fruit of the Spirit)

Personal Prayer

Pray for the fruit of the Spirit to grow in your life.

Relaunch Prayer

Pray for our Lay Leaders that they might be guided by the Holy Spirit in all that they do. Pray that God would give them the energy, creativity and faith to lead us well.

Vision of One Prayer

Pray that everything we do through our relaunch would serve as a bridge and a clear path for "one" to experience the transforming love and grace of God.

Spiritual Preparation for the Fast

Reflect on the difference between "living by the Spirit" and "gratifying the desires of the flesh." Get in touch with your deeper desire to live by the Spirit. Believe it or not, it is the deeper desire.

Physical Preparation for the Fast

Caffeine and sugar products should be almost completely eliminated from your diet. Begin to eat smaller meals today. Cutting down on your meals a few days before you begin the fast will signal your mind, stomach, and appetite that less food is acceptable.

Song (Sing or listen to worship song of your choice or sing "Spirit of God, Descend upon My Heart" No. 500)

Sunday, January 10th (7 days to Relaunch)

Opening Prayer (See above or use your own words)

Pray through the following Scripture Readings:

Daniel 10:1-3 (Daniel's vision leads him to a partial fast for 21 days)

Philippians 4:4-9 (Prayer and thanksgiving replace worry. Thinking about that which is excellent and praiseworthy keeps us focused on God)

Personal Prayer

Give thanks for Sunday – the day of resurrection. Pray that you might experience God's grace through worship today.

Relaunch Prayer

Pray for our pastors and staff that they might be guided by the Holy Spirit in all that they do. Pray that God would give them the energy, creativity and faith to lead us well.

Vision of One Prayer

Pray that everything we do through our relaunch would serve as a bridge and a clear path for "one" to experience the transforming love and grace of God.

Spiritual Preparation for the Fast

Anticipate the joy you are going to experience by drawing closer to God through this week of prayer and fasting.

Physical Preparation for the Fast

No caffeine and sugar products. Eat smaller meals **or** eat only raw foods today. Resist the urge to have a big feast before you fast. It will only make the fast more difficult and uncomfortable.

Song (Sing or listen to worship song of your choice or sing "Rejoice, Ye Pure in Heart" No. 160)

January 11-17 Week of Prayer and Fasting

Opening Prayer

(Can be used as is or as a model each day)

Loving God, I submit myself to your leadership as I pray and fast for a spiritual breakthrough in my life and in our church. Help me to be strong and steadfast on this fast. Please strengthen me when I become weak. I will depend on your strength and power throughout this week. Thank you for loving me and trusting me to be a vital part of your church. I love you and I pray in Jesus' name.

Monday, January 11th (6 days to Relaunch)

Opening Prayer (See above or use your own words)

Pray through the following Scripture Readings:

Joel 2:1-2, 12-17

2 Corinthians 5:20b-6:10

Matthew 6:1-6, 16-21

Prayer for repentance and cleansing (Use your own words or the prayer below or both)

O God, maker of every thing and judge of all that you have made; from the dust of the earth you have formed me and from the dust of death you would raise me up. By the redemptive power of the cross, create in me a clean heart and put within me a new spirit, that I may repent of my sins and lead a life worthy of your calling; through Jesus Christ my Lord. Amen.

Relaunch Prayer

Pray for the worship teams and leaders who are preparing Sunday's services. Pray that they might encounter God in their preparation and that encounter would "spill over" into our worship next Sunday.

Vision of One Prayer

Pray for "ones" to invite to church with you next Sunday. Pray that God would bless their life and that they might be open to your invitation.

Song (Sing or listen to worship song of your choice or sing "Spirit of the Living God" No. 393)

[You are welcome to join us for prayer at the church every morning this week M-F from 6:30 a.m. – 7:00 a.m. Also at noon you are encouraged to pause and pray for a few minutes wherever you are]

Tuesday, January 12th (5 days to Relaunch)

Opening Prayer (See above or use your own words)

Pray through the following Scripture Readings:

2 Chronicles 7:14-16

Hosea 14:1-9

Micah 7:8-9, 18-20

Malachi 3:6-12

Prayer for corporate repentance and cleansing (Use your own words or the prayer below or both)

Gracious God, we as your people humble ourselves before you, repenting for our disobedience and rebellion as a church and a nation. We repent for building monuments to our greed and worshiping fallen idols. We repent for thinking that our successes are the result of our strength, our might, and the work of our hands. We repent as a church for not keeping your Word and adequately representing your Son, Jesus Christ, to the world. Forgive us for not allowing you to control our lives. Have mercy upon us, as we return to you, seeking your face. There is no God like you. Please pardon our sins and forgive our transgressions. Take delight in showing us your mercy. In Jesus' name. Amen.

Relaunch Prayer

Pray that we might be able to "seed" all of our small groups in preparation to include new people into them during the relaunch

Vision of One Prayer

Pray for "ones" to invite to church with you next Sunday. Pray that God would bless their life and that they might be open to your invitation.

Song (Sing or listen to worship song of your choice or sing "Have Thine Own Way, Lord" No. 382)

[You are welcome to join us for prayer at the church every morning this week M-F from 6:30 a.m. – 7:00 a.m. Also at noon you are encouraged to pause and pray for a few minutes wherever you are]

Wednesday, January 13th (4 days to Relaunch)

Opening Prayer (See above or use your own words)

Pray through the following Scripture Readings:

Psalm 139:1-18, 23-24

Ephesians 2:1-10

Prayer for personal spiritual breakthrough (Use your own words or the prayer below or both)

All powerful and loving Lord, you know me as I am. There are no secrets hidden from you. You know the games I play and the “masks” I wear. Please save me from believing my own delusions and help me to see as you see. I am fearfully and wonderfully made, yet I also fall short of your perfect intention for my life. Help me to come to the end of myself that I may come to the beginning of You. I seek a spiritual breakthrough in my life which is only possible through the gift of your grace. I yearn for that grace now. I hunger for more of you. I thirst for the refreshing waters of spiritual renewal. I am completely dependent upon you through Jesus Christ my Savior and Lord. Amen.

Relaunch Prayer

Pray that we might truly be relaunch around the mission of Jesus. Pray that we might become a movement of his grace, crossing every boundary to stand with people Jesus misses most and include them in our life together.

Vision of One Prayer

Pray for “ones” to invite to church with you next Sunday. Pray that God would bless their life and that they might be open to your invitation.

Song (Sing or listen to worship song of your choice or sing “Freely, Freely” No. 389)

[You are welcome to join us for prayer at the church every morning this week M-F from 6:30 a.m. – 7:00 a.m. Also at noon you are encouraged to pause and pray for a few minutes wherever you are]

Thursday, January 14th (3 days to Relaunch)

Opening Prayer (See above or use your own words)

Pray through the following Scripture Readings:

Nehemiah 1

Joshua 24:1-28

Prayer for corporate spiritual breakthrough (Use your own words or the prayer below or both)

All loving and faithful God, renew, relaunch, reform, revitalize our church. Remove any obstacles that we may have erected that are blocking a full measure of your grace and power. We submit our church, our ministries, our mission, all of our resources to your direction and disposal. Renew our worship, strengthen our fellowship, increase our discipleship, extend our ministry and expand our mission so that you might be glorified and our nation might be reformed. Confessing our shortcomings and lack of faith, we seek a renewal of our covenant with you. It is you alone that we desire to serve and it is for your world that you love that we dedicate our lives through Jesus Christ our Lord. Amen.

Relaunch Prayer

Pray that as we relaunch the church we might remain true to our essential “DNA.” The church in every era is always missional, relational and incarnational.

Vision of One Prayer

Pray for “ones” to invite to church with you next Sunday. Pray that God would bless their life and that they might be open to your invitation.

Song (Sing or listen to worship song of your choice or sing “O Breath of Life” No. 543)

[You are welcome to join us for prayer at the church every morning this week M-F from 6:30 a.m. – 7:00 a.m. Also at noon you are encouraged to pause and pray for a few minutes wherever you are]

Friday, January 15th (2 days to Relaunch)

Opening Prayer (See above or use your own words)

Pray through the following Scripture Readings:

Isaiah 53:7-9

John 3:16; John 10:1-18; John 15:1-17

1 John 4:7-21

Prayer to experience the pure love of God (Use your own words or the prayer below or both)

Amazing Love, how could it be, that you my King would die for me. Your pure love overwhelms me and I am just in awe. You laid down your life for me; no greater love can be known. Reveal to me more of the depths of your love, for it is absolutely transforming. Break away the clouds of doubt and the thick layers of my intellect and let me grasp the wonder of it all. I praise you! I thank you! I worship you! Amen

Relaunch Prayer

Pray that we will be a radically hospitable community, ready to warmly welcome and receive all who will come to be a part of our small groups and celebration on Sunday.

Vision of One Prayer

Pray for “ones” to invite to church with you next Sunday. Pray that God would bless their life and that they might be open to your invitation.

Song (Sing or listen to worship song of your choice or sing “Love Divine, All Loves Excelling” No. 384)

[You are welcome to join us for prayer at the church every morning this week M-F from 6:30 a.m. – 7:00 a.m. Also at noon you are encouraged to pause and pray for a few minutes wherever you are]

Saturday, January 16th (1 days to Relaunch)

Opening Prayer (See above or use your own words)

Pray through the following Scripture Readings:

Isaiah 52:13-53:3

John 12:27-32

John 14:1-7, 18-19

Prayer for Life (Use your own words or the prayer below or both)

Lord, I marvel at the fact that you opened the way to life through the suffering, death and resurrection of Jesus. The One who was flogged, mocked and crucified is exalted and lifted up – Jesus Christ my Savior. His name is above every name and at the name of Jesus every knee shall bow and every tongue confess that Jesus Christ is Lord. I celebrate the life you have opened not only for me but for all who would come. Grant to me the joy of life in your service and bring me at last with all your people to the full joy of life eternal. Raise me, O Lord from the death of sin to the life of righteousness; through Jesus Christ my Lord. Amen.

Relaunch Prayer

Pray that our guests in worship tomorrow might find their way into one of our groups as soon as possible.

Vision of One Prayer

Pray for the one’s you have invited to church tomorrow. Pray that they might encounter God through our worship and fellowship.

Song (Sing or listen to worship song of your choice or sing “Guide Me, O Thou Great Jehovah” No. 127)

[The 24 hour prayer chain begins this morning at 8:45 a.m. Remember your time if you signed up. If you didn’t sign up choose an hour over the next 24 to pray for what God wants to do through us to expand the mission of Jesus. Pray especially for those who have been invited to join us tomorrow, that their path might be clear and we would warmly receive them and bless them with the love of Christ].

Sunday, January 17th (Relaunch)

Opening Prayer (See above or use your own words)

Pray through the following Scripture Readings:

John 18-20

Prayer for victory over evil (Use your own words or the prayer below or both)

Almighty God, your Son Jesus Christ was lifted high upon the cross so that he might defeat evil and draw the whole world to himself. Grant that I who glory in this death for my salvation, might also glory in his call to take up my cross and follow him. I renounce the spiritual forces of wickedness, reject the evil powers of this world and repent of my sin. I accept the freedom and power God gives me through Christ to resist evil, injustice and oppression in whatever forms they present themselves. I confess Jesus Christ as my Savior, and put my whole trust in his grace and I promise to serve him as my Lord. I believe Lord, help my unbelief through Jesus Christ my Lord. Amen.

Relaunch Prayer

Pray for the Holy Spirit will be poured out upon us as an the day of Pentecost

Vision of One Prayer

Pray for everyone and anyone who needs to experience the transforming love of Christ today.

Song (Sing or listen to worship song of your choice or sing “Blessed Assurance” No. 369)