

## 2016 Prayer Guide

*Thy Kingdom Come, Thy Will Be Done on earth as it is in heaven...*



Each day pray Matthew 6:10 seven times. Additional Scriptures to help guide you in your prayer time are listed for each day. There is a passage(s) that fits with the theme of the day and an example of a Biblical character or people who surrendered to God's kingdom in their life. Please allow God's Spirit to direct you as you pray.

### ***Monday Jan. 4***

***God's kingdom to come in my life***

Psalm 57 – a steadfast heart for God  
Ruth 1:15-18 – Ruth, a life of commitment

My life...

Home, work, hobbies, friends, personal spiritual growth

### ***Tuesday Jan. 5***

***God's kingdom to come in my household***

Joshua 24:14-24 – as for me and my house we will serve the Lord  
Luke 8:40-42; 49-55 -Jairus and his daughter

My home...

Pray for each person by name

### ***Wednesday Jan. 6***

***God's kingdom to come in Calvin Church***

Romans 12:9-21 – marks of a Christian church  
1 Thess. 1:2-10 – Believers in Thessalonica; work of faith, labor of love and steadfastness of hope

My church...

Children's ministry, missions, discipleship, college ministry, home groups, sharing the gospel, Sunday morning worship

### ***Thursday Jan. 7***

***God's kingdom to come in Corvallis***

Acts 5:28-42 – the believers filled the city with the teaching of the gospel  
Nehemiah 1:1-11 – prayer for his city  
Jeremiah 29:7; Jonah 4; Psalm 137

My town...

OSU, schools, businesses, fire department, police, government leaders, the homeless, Love INC, Friends of the Family, Options Pregnancy Resource Centers, Intervarsity at OSU & DeGarmos, ACORN Outreach

### ***Friday Jan. 8***

***God's kingdom to come in the world***

Revelation 7:9-17 – a great multitude from every nation  
Psalm 67  
John 3:16-21 – Jesus came to save sinners

My world...

Cru & Melissa Crabtree, unreached people groups, persecuted church, refugees, Bridge Builders International, Latvia & Paula Hewitt in Ireland, Servant Partners & the Davies in South Africa, Streams of Life in Uganda, Asante Kids

***Saturday January 9, 9-11 am***

***Lord, how are you leading us in 2016?***

Tim of prayer followed by a meal at 11 am to conclude our week of prayer and fasting.

# Why Fast as a Believer in Jesus?

## *A few things to chew on...*

In leading up to our week of prayer and fasting beginning Sunday, January 3<sup>rd</sup> Saturday, January 9<sup>th</sup>, I wanted to communicate why fasting is something that is one aspect of our being disciples of Jesus. Let me try and answer a few questions in regards to fasting. I have taken some of what I share from CRU (Campus Crusade for Christ's website; CRU.org).

1) **What is Christian fasting?** Biblically, fasting is abstaining from food, drink, sleep or sex to focus on a period of spiritual growth. Other ways to participate in a fast beyond food, perhaps due to health reasons, would be giving up something like TV, coffee, sweets, etc. Specifically, we humbly deny something of the flesh to glorify God, enhance our spirit, and go deeper in our prayer life.

2) **Why fast?** From CRU:

- Fasting was an expected discipline in both the Old and New Testament eras. For example, Moses fasted at least two recorded forty-day periods. Jesus fasted 40 days and reminded His followers to fast, saying, "when you fast," not if you fast.
- Fasting and prayer can restore the loss of the "first love" for your Lord and result in a more intimate relationship with Christ.
- Fasting is a biblical way to truly humble yourself in the sight of God (Psalm 35:13; Ezra 8:21). King David said, "I humble myself through fasting."
- Fasting enables the Holy Spirit to reveal your true spiritual condition, resulting in brokenness, repentance, and a transformed life.
- The Holy Spirit will quicken the Word of God in your heart and His truth will become more meaningful to you!
- Fasting can transform your prayer life into a richer and more personal experience.
- Fasting can result in a dynamic personal revival in your own life-and make you a channel of revival to others.

3) **Some tips for fasting (taken from the link below)**

<http://www.whatchristianswanttoknow.com/10-fasting-tips-a-christian-guide/>

- Plan your fast; how long will it be.
- Consider your schedule; do not make your fast inconvenient to others (such as family).
- Tell only the people you must; don't draw attention to others that you are fasting.
- Wean yourself off of caffeine; begin several days before you fast.
- Avoid media as much as possible; disconnecting from TV, internet and radio can help you stay focused on hearing from God and the purpose of the fast.
- Beware of your emotions; our emotions can be somewhat up and down when we abstain from food or other things we are in the habit of partaking. Ask God for the grace to ride these emotions out.
- Rest; if you are fasting from food you may need to take more time to rest than usual.
- Stay physically active; take walks to get fresh air. This can renew you.
- Be still and focus on God; fasting is a time set aside to spend more time study and meditating on God's Word and praying.

In summary, fasting isn't just about what we give up. It's about emptying ourselves to be filled with more of God. It's about using the time we would have used for whatever we give up, to press in to God. Even young children can take part in this and can begin to understand a little about this important spiritual discipline.