

A Call to 28 Days of Focused Prayer & Fasting

September 20 - October 17, 2020

Preparing to Enter a New Era of Ministry

Dear Grace City Church Family,

This is a big moment in the life of Grace City Church.

We are standing on the edge of a new chapter, a new era in the life and ministry of our church family. And though it's tempting to sound cliché, this is truly a time to recognize that the best is yet to come. The Lord has been so kind and so faithful to bring us this far. He's not done.

As we prepare to begin meeting in our new permanent church home, we are reminded that this new building will merely facilitate the gathering of our church... while the life-blood of our church will continue to exist in the individual spiritual health and strength of each member of our church family. As we individually and collectively walk with Jesus and devote ourselves to His mission and His purposes for our lives, we believe that He will continue to pour out His blessing upon Grace City Church and lead us into a greater harvest for His glory, in Jesus' name.

Can you imagine the lives and legacies that will be changed and redeemed in the days to come? Not because of who we are...but because of His grace and mercy. Every gift, every sacrifice, every board, every nail, every drop of paint, every brick has been for that very purpose...that more people might meet, love, and follow Jesus.

To prepare our church family for this historic moment in our story, we are calling for a 4-week, 28 day season of intentional unified spiritual focus through Bible reading, prayer and fasting.

September 20 - October 17, 2020.

We've put together a suggested plan with some specific steps for each of us to engage. Daily Bible reading, daily devotional emails to help us focus our prayers, and a call to cut some things out (social media!) In order to cultivate greater sensitivity to the Spirit. I'm in!

That more people might meet, love, & follow Jesus,

Pastor Adam

BIBLE READING PLAN

| <u>DAY</u> | <u>DATE</u> | <u>PASSAGE</u> | <u>READ (x)</u> |
|-------------------|--------------------|-----------------------|------------------------|
| 28 | Sept. 20 | Galatians 1 | |
| 27 | Sept. 21 | Galatians 2 | |
| 26 | Sept. 22 | Galatians 3 | |
| 25 | Sept. 23 | Galatians 4 | |
| 24 | Sept. 24 | Galatians 5 | |
| 23 | Sept. 25 | Galatians 6 | |
| 22 | Sept. 26 | Ephesians 1 | |
| 21 | Sept. 27 | Ephesians 2 | |
| 20 | Sept. 28 | Ephesians 3 | |
| 19 | Sept. 29 | Ephesians 4 | |
| 18 | Sept. 30 | Ephesians 5 | |
| 17 | Oct. 1 | Ephesians 6 | |
| 16 | Oct. 2 | Philippians 1 | |
| 15 | Oct. 3 | Philippians 2 | |
| 14 | Oct. 4 | Philippians 3 | |
| 13 | Oct. 5 | Philippians 4 | |
| 12 | Oct. 6 | Colossians 1 | |
| 11 | Oct. 7 | Colossians 2 | |
| 10 | Oct. 8 | Colossians 3 | |
| 9 | Oct. 9 | Colossians 4 | |
| 8 | Oct. 10 | 1 Thessalonians 1 | |
| 7 | Oct. 11 | 1 Thessalonians 2 | |
| 6 | Oct. 12 | 1 Thessalonians 3 | |
| 5 | Oct. 13 | 1 Thessalonians 4 | |
| 4 | Oct. 14 | 1 Thessalonians 5 | |
| 3 | Oct. 15 | 2 Thessalonians 1 | |
| 2 | Oct. 16 | 2 Thessalonians 2 | |
| 1 | Oct. 17 | 2 Thessalonians 3 | |

PRAYER PLAN - Daily Devotional Emails with Points of Focus

We will be sending a short daily devotional email with a thought from that day's reading and some specific points of focus for prayer.

Examples of Prayer Focus Points:

Completion...that God give supernatural strength to finish the many details to get occupancy.

Celebration...that there be a spirit of celebration & thanksgiving around what God has done.

Salvation...that many people would come to know the work of Jesus through this new home.

Unity...that God grant us singular hearts around the mission of Grace City Church and power through his Holy Spirit to accomplish it.

Partners...that God continue bringing like-minded people to join our family & move the mission forward.

FASTING PLAN - 3 Ways

****Spiritual Fasting Defined:** *"An intentional setting aside of regular activities to awaken a greater hunger for God and to seek His presence and blessing."*

We are recommending 3 kinds of fasting:

| | |
|--|---|
| 1) Fasting from Social Media & Screen time | Facebook, Twitter, Netflix, etc... Limit/reduce screen time in measurable ways. |
| 2) Fasting from Food for one 24 hour period per week | Tues PM thru Wed PM - *Consult your doctor as needed. |
| 3) Your Choice | "What's one thing, Lord, You want me to give up, cut out, go without during this time?" |

EXPLANATION

The Word of God, Prayer, & Fasting

The Word of God, prayer, and fasting are spiritual tools and weapons that Jesus himself engaged throughout his ministry. His followers through the ages have continued to utilize these spiritual tools as well.

We want to unite our hearts and minds around these verses, these truths, these prayer points and these intentional acts of fasting - tuning out the distractions of this world to tune in to the things of God during this time of preparation.

These practices and this time is about cutting things out (ie Social media) in order to cultivate greater sensitivity to the Spirit of God. It's about changing our inputs and outputs in some very practical and measurable ways for the purpose of spiritual growth, sensitivity, and a cleansing of the mind, heart, soul and body.

Instead of staring at a screen...maybe you read a good book? Engage some fun family activities? Listen to some worship music? Discuss the day's chapter of the Bible? Pray for friends and needs around you?

Imagine what it would be like to give ourselves to an intentional season of spiritual preparation and then gather for the first time and sing praises to Jesus as we mark the beginning of a new era of mission and ministry in the story of Grace City Church!

Pray about how the Lord would have you participate. Get specific. Be creative. Be intentional. And go for it. What does He want you to cut out? Change up? Add in?

What might the Lord do in your life, my life, our lives through a season of intensified focus like this?

Not out of guilt or compulsion, but as a loving invitation and serious call to prepare for future Kingdom service and impact...all for the name of Jesus. To dedicate ourselves and this space as a House of prayer, a House of praise, a House of holiness, a House of gospel ministry.

Let's set aside 28 days, read a chapter a day, pray united prayers, cut some things out, add some things in and give ourselves fully to the work of the Lord.

Setting Up for Success

You'll need:

- **A Time** - Set a planned meeting with the Lord and stick to it. It's best if it can be the same time each day. Just don't leave it to chance. Set a time.
- **A Place** - Don't waste time wandering. Pick a private place where you can be free from external distractions.
- **A Plan** - Use this guide as a resource. We encourage you to have your Bible and a journal on hand. You may also want to listen to 1-2 songs of worship music to help guide your mind and heart into a focused time with the Lord. Use the pages of a journal to write down anything that comes to mind that might be a distraction to keep you from praying. Capture thoughts or things that really jump out at you in your reading & prayer time. One of the hurdles many people experience in prayer is mental distractions. Have a plan for how you will capture those invading thoughts if needed and then stay focused in prayer.
- **A Partner** - "Two is better than one..." Support each other as a City Group and/or Find 1-2 people who will check in on how you're doing and with whom you can do the same. Maybe you meet up to spend some time in prayer together? Or simply check in to encourage each other to follow through.

MY PERSONAL PRAYER LIST

Family: _____

Friends: _____

Neighbors: _____

Co-workers: _____

Classmates/Teammates: _____

Acquaintances: _____

Leaders, Pastors, Governing Officials: _____

ADDITIONAL RESOURCES

How To Pray: A 7-Step Process

UPWARD

1. **Who God Is** - Start with focusing on God's character & attributes. What attributes lead us to praise Him & come to Him in prayer?
2. **What God Has Done, Is Doing, & Will Do** - Thank & Praise Him for His redemptive work in your life and His promises and faithfulness to you now and in the future. Be specific. What spiritual and physical blessings come to your mind?

INWARD

3. **Who You Are** - Review your new identity in Christ because of God's saving work in your life. (Son/Daughter, Redeemed, Forgiven, Servant, Missionary, Chosen, Loved, Accepted, etc) Thank him and ask for renewed strength & faith to believe what is true about you in Christ.
4. **How You Live** - Offer any prayers of confession regarding any known sin in your life. Repent of any actions, attitudes or speech that come to your mind that you know were sinful and not in step with God's will for you in Christ. Ask for His strength to walk in step with the Holy Spirit and to bear His fruit in your life.

OUTWARD

5. **Intercession - Pray For Others** - Use your list from the previous page to pray for those in need of salvation. Pray for anyone you know who is sick, hurting, or in need of prayer.
6. **Additional Focuses & Requests** - Pray for the specific prayer focus for this week. Use the passages of Scripture listed to guide your prayer.

UPWARD

7. **Thanksgiving & Worship** - Thank Him for hearing and answering according to His will. Review any attributes of God that you are especially thankful for in this moment.

11 Simple Reminders About Prayer:

1. Prayer is a great blessing and benefit for Christians
2. Prayer is a means by which God accomplishes His will (prayer works & changes things!)
3. Prayer is a means by which Christians get rightly aligned with God's will (prayer works & changes us!)
4. Christians pray in Jesus' Name because all the promises of God are yes and amen in Christ alone
5. Prayer is rooted in faith not feelings
6. God hears us when we pray
7. Unconfessed sin hinders our prayer and experience of God's presence
8. Prayer is simply conversation with God
9. You can pray anytime, anywhere as well as at designated times
10. You can pray in any physical posture and with your eyes opened or closed
11. There are a variety of types of prayer (adoration, praise, confession, thanksgiving, supplication, intercession, lament, warfare, listening...)

THE TOUCHSTONES OF PRAYER*

What It Is

| | |
|---------|--|
| Work | Prayer is a duty and a discipline. |
| Word | Prayer is conversing with God. |
| Balance | Prayer is adoration, confession, thanks, and supplication. |

What It Requires

| | |
|--------------|--|
| Grace | Prayer is “in Jesus’ name,” based on the gospel. |
| Fear | Prayer is the heart engaged in loving awe. |
| Helplessness | Prayer is accepting one’s weakness and dependence. |

What It Gives

| | |
|-------------------|--|
| Perspective | Prayer reorients your view toward God. |
| Strength | Prayer is spiritual union with God. |
| Spiritual Reality | Prayer seeks a heart sense of the presence of God. |

Where It Takes Us

| | |
|----------------|---|
| Self-Knowledge | Prayer requires & creates honesty and self-knowledge. |
| Trust | Prayer requires & creates restful trust and confident hope. |
| Surrender | Prayer requires & creates surrender of the whole life in love to God. |

**Taken from “Prayer: Experiencing Awe & Intimacy with God”, by Tim Keller, p141*

40 Biblical Blessings to Pray For Others:

| | |
|-------------------------------------|-----------------------------|
| Salvation | Patience |
| Sanctification | Focus |
| Strength | Perspective |
| Wisdom | Holiness |
| Protection | Righteousness |
| Courage | Joy |
| Boldness | Faithfulness |
| Opportunities for Witness | Confidence |
| Provision | Humility |
| Encouragement | Favor |
| Clarity | Insight |
| Hope | Understanding |
| Peace | Faith |
| Deliverance | Generosity |
| Justice | Fellowship/Intimacy w/Jesus |
| Guidance | Obedience |
| Discernment | Contentment |
| Growth | Holy Ambition |
| Grace & Mercy in trials & hardships | Purity |
| Perseverance | Gratefulness |

7 Short Sample Prayers:

1) PRAYER OF THANKSGIVING FOR THE LOVE OF GOD:

“Father, thank you for loving me. Thank you for sending your son Jesus to make a way to adopt me as your child. Help me hear your loving voice and let out a deep sigh of relief in your presence. Thank you that I can pour out my heart to you and come to you anywhere with anything at anytime. Remind me of your amazing love for me today... that because of Jesus, there’s nothing I could do to make you love me more and nothing I could do to make you love me less. Abba, Father, I belong to you. In Jesus’ Name, Amen.”

2) PRAYER OF WORSHIP & PRAISE:

“Our Father in heaven, hallowed be Your name! You are God and there is no other. You are worthy of praise and glory and honor. You are above all, the Author of life and salvation and without you nothing exists. I stand in awe of You. May my words be few! Holy, Holy, Holy is the Lord God Almighty... Who was and is and is to come. The whole earth is full of your glory. Let the whole earth bless your name forever and ever. You who created all things, sustain all things, and uphold all things by the Word of your power. May you receive glory and honor and may your name be lifted high through the people of GCC now and forever. Amen.”

3) PRAYER FOR GOD’S KINGDOM & WILL TO BE DONE:

“Father, we ask that you work in us individually, corporately as a church family, and in the lives of those who do not know you in the Wenatchee Valley. May your Kingdom come in undeniable ways, bringing not only extra-ordinary signs of your power, but also bringing about the intensified ordinary work of Your Spirit among us...convicting of sin, bringing salvation and renewal in every sphere of society. We desire Your will above all and submit our own plans to your Kingdom will and agenda. Amen.”

4) PRAYER FOR ONGOING GRACE:

“Father, we ask that you would continue to show yourself gracious and faithful, as you have in the the past, as you have to each one of us personally and as you have in the short unfolding story of Grace City...would you grant an abundant overflow of your grace to flow through us, as Your Spirit works in our lives. Cause us to look to you for our every need in 2018. We ask this in Jesus’ Name and for His glory, Amen.”

5) PRAYER OF CONFESSION & FORGIVENESS:

“Father, if we say we do not have sin we deceive ourselves. Show me my hidden faults. Convict me by Your Spirit. Forgive me for _____... Lord, help me to step fully into the light of your grace and your truth and seek whatever help I need to put my sin to death. Lead me to seek forgiveness from anyone whom I have sinned against. Show me anyone against whom I am harboring bitterness and grant me a heart of forgiveness. Lead me to do my part to pursue and preserve the unity and peace of this Body. Thank you for the grace to both receive and extend forgiveness through Jesus & the price of forgiveness that He already paid. Amen.”

6) PRAYER FOR PROTECTION & PERSEVERANCE:

“Father, lead us not into temptation but deliver us from evil! Grant that we would walk so closely with You that, by your grace, we would say “NO!” to the tempter and seek the way of escape that you provide. Keep our foot from slipping as we hide Your Word in our heart and take every thought captive to make it obedient to Christ. Preserve us to the end, that we may stand firm in the faith and honor You with all our days. Amen.”

7) PRAYING THE LORD’S PRAYER:

“Our Father in Heaven, holy is Your name, Your Kingdom come, Your will be done on earth as it is in Heaven. Give us this day our daily bread. Forgive us our sins as we forgive those who sin against us. And lead us not into temptation, but deliver us from evil, for Yours is the Kingdom, and the power, and the glory forever... Lord, we look to You, we trust in You, our hope is in You. Thank you for what you are doing and how you are providing for us. Continue to draw us closer to yourself and conform us to the image of Jesus. We glorify your name and submit our lives to your will. In Jesus’ Name, Amen.”

28 Quotes on Prayer:

1. "If you are not praying, then you are quietly confident that time, money, and talent are all you need in life." - Paul Miller
2. "Prayer is an offering up of our desires unto God for things agreeable to his will, in the name of Christ, with confession of our sins and thankful acknowledgement of his mercies." - Westminster Catechism
3. "Prayer is primarily a wartime walkie-talkie for the mission of the church as it advances against the powers of darkness and unbelief. It is not surprising that prayer malfunctions when we try to make it a domestic intercom to call upstairs for more comforts in the den...Until you know that life is war, you cannot know what prayer is for: Prayer is for the accomplishment of a wartime mission." - John Piper
4. "Prayer is asking God to incarnate, to get dirty in your life. Yes, the eternal God scrubs floors. For sure we know he washes feet. So take Jesus at his word. Ask him. Tell him what you want. Get dirty. Write out your prayer requests; don't mindlessly drift through life on the American narcotic of busyness. If you try to seize the day, the day will eventually break you. Seize the corner of his garment and don't let go until he blesses you. He will reshape the day." - Paul Miller
5. "If you know that you, like Jesus, can't do life on your own, then prayer makes complete sense." - Paul Miller
6. "Prayer is where the action is." - John Wesley
7. "These men knew how to pray and how to prevail in prayer. Their faith in prayer was no passing attitude that changed with the wind or with their own feelings and circumstances; it was a fact that God heard and answered, that His ear was ever open to the cry of His children, and that the power to do what was asked of Him was commensurate with His willingness. And thus these men, strong in faith and in prayer, "subdued kingdoms, wrought righteousness, obtained promises, stopped the mouths of lions, quenched the power of fire, escaped the edge of the sword, from weakness were made strong, waxed mighty in war, turned to flight the armies of the aliens." Everything then, as now, was possible to the men and women who knew how to pray. Prayer, indeed, opened a limitless storehouse, and God's hand withheld nothing." - EM Bounds

8. "The story of every great Christian achievement is the history of answered prayer." - EM Bounds
9. "Reading a book about prayer, listening to lectures and talking about it is very good, but it won't teach you to pray. You get nothing without exercise, without practice. I might listen for a year to a professor of music playing the most beautiful music, but that won't teach me to play an instrument." - Andrew Murray
10. "Prayer is not learned in the classroom but in the closet." - EM Bounds
11. "Men may spurn our appeals, reject our message, oppose our arguments, despise our persons, but they are helpless against our prayers." - J Sidlow Baxter
12. "You can do more than pray after you have prayed, but you cannot do more than pray until you have prayed." - A.J. Gordon
13. "You know the value of prayer: it is precious beyond all price. Never, never neglect it." - Sir Thomas Buxton
14. "Talking to men for God is a great thing, but talking to God for men is greater still. He will never talk well and with real success to men for God who has not learned well how to talk to God for men." - EM Bounds
15. "It is one thing to believe such power is available in prayer, but another thing to practice it." - J. Oswald Sanders
16. "Prayer is not the foe of work, it does not paralyze activity. It works mightily...It springs activity, stimulates desire and effort. Prayer is not an opiate but a tonic, it does not lull to sleep but arouses anew for action. The lazy man does not, will not, cannot pray, for prayer demands energy." - EM Bounds
17. "Prayer does not fit us for the greater work; prayer is the greater work." - Oswald Chambers
18. "Books on praying, like marriage manuals, are not to be treated with slavish superstition, as if perfection of technique is the answer to all difficulties; their purpose, rather, is to suggest things to try. But as in other close relationships, so in prayer: you have to find out by trial and error what is right for you, and you learn to pray by praying." - JI Packer

19. "If you want that splendid power in prayer, you must remain in loving, living, lasting, conscious, practical, abiding union with the Lord Jesus Christ." - C.H. Spurgeon
20. "You don't need self-discipline to pray continuously; you just need to be poor in spirit." - Paul Miller
21. "Only praying believers...and believing pray-ers, can move the hand of God to break Satan's death grip on other's lives, praying fervently that God would grant them repentance, would save, and set free." - Anonymous
22. "The easiest thing about prayer...is giving up. We're like the naughty boy who rings the doorbell and runs away." - Terry Virgo
23. "We do not drift into spiritual life; we do not drift into disciplined prayer. We will not grow in prayer unless we plan to pray. That means we must self-consciously set aside time to do nothing but pray." - DA Carson
24. "There has never been a spiritual awakening in any country or locality that did not begin in united prayer." - A.T. Pierson
25. "Satan trembles when he sees...the weakest saint upon his knees." - Anonymous Couplet
26. "Prayer is a sincere, sensible, affectionate pouring out of the heart or soul to God, through Christ, in the strength and assistance of the Holy Spirit, for such things as God has promised, or according to the Word of God, for the good of the Church, with submission in faith to the will of God." - John Bunyan
27. "At the center of self-will is me, carving a world in my image. At the center of prayer is God, carving me in his Son's image." - Paul Miller
28. "God is most glorified in you when you are most satisfied in Him." - John Piper

A LIST OF PAUL'S PRAYERS

Another helpful way to learn to pray is to use the Apostle Paul's prayers as a template to inform the content of our own prayers. You can look near the beginning of nearly all of Paul's letters in the New Testament and find exemplary prayers. Here is a list of Paul's prayers to consider reading and then turning into your own prayer for those you are praying for:

- **Romans 1:8-12**
- **1 Corinthians 1:4-9**
- **Ephesians 1:3-14**
- **Ephesians 1:15-23**
- **Ephesians 3:14-21**
- **Ephesians 6:10-20**
- **Philippians 1:3-11**
- **Colossians 1:3-7**
- **Colossians 1:9-14**
- **1 Thessalonians 1:2-5**
- **1 Thessalonians 2:13**
- **1 Thessalonians 3:11-13**
- **1 Thessalonians 5:23-24**
- **2 Thessalonians 1:3-4**
- **2 Thessalonians 1:11-12**
- **2 Thessalonians 2:13-17**
- **2 Thessalonians 3:1-5**
- **Philemon 4-6**