

Each January, Glencairn encourages all who are able to participate in a church-wide two weeks of prayer and fasting.

Join us with expectation that God will meet us as we seek His face!

Some requests to guide your prayers:

- Grow in engaging in prayer as a **conversation** with God, both listening and speaking
- Be **awakened** from those things that distract us in order to turn to a true vision of who God is through Jesus (see Ephesians 5:14)
- Increase in our ability to **hear** from God and **obey**
- Move forward in **faith** in **deepened trust** that our God is a good Father
- Embrace our call to **make disciples** - with those who come through our doors for various programs (nearly 800 individuals weekly) and in our spheres of influence (ie: neighbourhood, work, school)
- Grow in **generosity** in order to fulfill **God's vision** here at Glencairn through our budget
- Pray for more **leaders** to say 'yes' to **serve sacrificially** in their areas of giftedness and passion
- Ask God for more mentors, teachers and leaders for **children** and **youth** programs to model the way of living for Jesus

Opportunities for prayer:

Awake prayer room - Jan 15-29 In Country Hills room

- Interactive & immersive prayer experience
- Drop in as family groups, with life groups, on your own Monday-Saturday 9am-3pm, evenings 7-9pm, Sundays after church

Sunday morning prayer: 9-10am in prayer room

Evening of extended worship: Saturday, Jan 21, 7:30-9pm

Why fast?

“To let go of an appetite in order to seek God on matters of deep concern for others, myself and the world”

~ *Spiritual Disciplines Handbook* - Adele Calhoun

Isaiah 58:6-7: “Is not this the kind of fasting I have chosen: to loose the chains of injustice and untie the cords of the yoke, to set the oppressed free and break every yoke? Is it not to share your food with the hungry and to provide the poor wanderer with shelter – when you see the naked, to clothe them, and not to turn away from your own flesh and blood?”

God-given fruit of fasting:

- Keeping company with Jesus in relinquishment
- Praying for needs of the body of Christ
- Identifying and fellowshiping with Jesus by choosing to follow his sacrificial example
- Freeing up more time for prayer
- Repenting of self-indulgent, addictive or compulsive behaviours
- Letting these small deprivations remind you of Jesus’ great sacrifice on your behalf
- Seeking strength from God for obedient love and service

~ *Spiritual Disciplines Handbook* - Adele Calhoun

Prayer & fasting January 15-29, 2023

My personal commitment to fast from:

Food

One or more days: _____

One daily meal: _____

Specific food/treat: _____

Social media

Shopping

Netflix/other streaming service

Video games

Habits: _____

Comforts: _____

Other: _____

Tips:

- ❖ When craving what you are fasting from, use that as a cue to turn to God in prayer
- ❖ Let small deprivations remind you of Jesus’ great sacrifice on your behalf
- ❖ Seek strength from God, when the Enemy wants to derail your resolve or desire to pray