

We encourage all people at Glencairn to make a personal commitment to prayer and fasting for these two weeks.

### **Prayer requests in line with our strategic priorities:**

- 1) **Reproducing Disciples:** Investing in one another's faith journey; using our gifts, and inviting younger disciples to spiritual growth and to serve in leadership roles.
- 2) **Loving and caring for people on the margins:** Creating a safe space for people who are marginalized and invite them to know Jesus.
- 3) **Empowering our seniors:** Providing loving care for our seniors and giving them opportunities to continue using their gifts for the building of God's kingdom.

### **Additional items for prayer:**

- Become a **'pray first'** culture, both personally and as a church body.
- Ask God for **teachers** for our **children** to model the way of living for Jesus.
- **Families** of youth would be **curious** to attend church with their teens.
- **Wisdom** in ministering to believing and not-yet believing youth at the same time
- For youth and young adults to **follow Jesus with their whole life.**
- **Younger leaders** would be stretched to grow and exercise their gifting.
- Build **rich community** with our singles.
- **Embrace** and **welcome** those **exploring faith** in Jesus.
- **Care for** and **empower** our **seniors** as vital members of our faith family.
- Grow in **generosity** in order to fulfill **God's vision** here through our budget.

## 'Pray First' Prayer Room Jan 5-19 in Country Hills room

"I urge you, **first** of all, to **pray...**" ~ 1 Timothy 2:1a (NLT)

This year's prayer room will focus on Worship, Forgiveness, Contemplation, Gratitude and Intercession. Engage in this self-directed, interactive space to 'pray first' this new year. Drop in individually, with your family or with your life group anytime the church is open!

### 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 5-19, 2025

### My personal commitment to fast from:

Food

One or more days: \_\_\_\_\_

One daily meal: \_\_\_\_\_

Specific food/treat: \_\_\_\_\_

Social media

Shopping

Streaming services (ie: Netflix)

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*