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# DAY OF FASTING AND PRAYER ~ 22-SEP-21

## INTRODUCTION TO “DAY OF FASTING AND PRAYER”

*If you are new to fasting and prayer, the following introductory material may be of help. However, if you have been doing this with us for the past few months, and are comfortable with fasting, feel free to jump to the next page.*

**Welcome** to “the cowboy church’s” day of fasting and prayer. I trust that as you engage with the LORD in this way that you will grow deeper in your relationship with Him.

Often, we approach fasting as a way of showing God how serious we are about the things we are asking from Him. We think that because we are giving up food, time, etc. that He will pay closer attention to us and our requests. Not True. Fasting is not a means of manipulating God to give us what we ask for. Really, it isn’t even about asking for things in prayer. It is about sitting with God, in His divine presence, and allowing Him to lead and guide our time. It is a time for praise and worship, for scripture meditation and for prayer according to His desires and His will. Through the time of fasting, our prayer focus should be one of aligning ourselves with the will of God and deepening our relationship with Him. In this way, He can lead us into His thoughts, attitudes, and possible action plans in our daily and community (church) life.

Here are a couple of articles that may give added information along with some practical tips for fasting. I may not agree with everything on these sites but there is a wealth of practical information that can be helpful when you add fasting to your life regularly.

<https://www.cru.org/us/en/train-and-grow/spiritual-growth/fasting/personal-guide-to-fasting.html>

<https://www.cru.org/us/en/train-and-grow/spiritual-growth/fasting/7-steps-to-fasting.2.html>

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## **SCRIPTURE MEDITATION**

This month we are back to a time of Biblical meditation followed by times of prayer. We will be spending time in Psalm 145 today and hopefully be aided by this Psalm in our prayer time both today and on into the future.

**Psalm 145** is a Psalm written by David. In it David talks all about different ways and different things we can praise God for. He doesn't stop there though. He adds that these are things to be passed on to others around us and on to the following generation(s). We will look at this Psalm in three sections and have some personal reflections questions for each section.

### **Psalm 145:1-7**

- In what way(s), apart from salvation, has God shown you His greatness and/or mighty acts in your own personal life?
- When have you seen or experienced His “abundant goodness”?
- With whom have you shared these memories or actions of God?
- Ask the LORD to bring to mind some actions that perhaps you don't recall or have missed noticing and a person or two with whom to share them.

### **Psalm 145:8-13**

- Some descriptive words (from the NASB) used in the first two verses of this section to describe God and His actions. Ponder them in light of your own life.
  - Gracious
  - Merciful
  - Slow to Anger
  - Great in lovingkindness
  - Good

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- Have I thanked God for them in my life?
- How can I be making them known in my circles (with the whole focus being praising and blessing God)?

### **Psalm 145:14-21**

- What conditions are applied to the “interventions” of the LORD in these verses?
- What do these conditions look like when they are put into practice in my everyday life?
- Is my speech characterized by praise to the LORD or by something else?

### **PRAYER CONCERNS**

Here are some prayer concerns that you can be praying for...

#### **National**

- New Government
  - Peace and stability to facilitate God’s worship and God’s message being proclaimed to all peoples, ages, etc. across this country.
  - Salvation for our federal leaders
- National Church
  - God’s glory in this country through His people and His church
  - Evangelical Free Church of Canada (our association)
    - Wisdom in our leaders for national, regional and international concerns: Covid, new and existing ministry opportunities and international missions.

#### **Provincial**

- Ongoing Covid-19 concerns
- Salvation for our provincial leaders
- Regional Church

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- Alberta Parkland District (our district)
  - Selection of a new superintendent this fall
  - Churches across the province that are struggling with finances and personnel shortages (i.e., pastors, church leaders, etc.)

## Local

- Upcoming elections - Strathcona County
- The homeless as the season begins to change and the nights get colder and longer
- Our Schools
  - Safety and security for our students, teachers, and other staff
- Local Church
  - “the cowboy church”
    - Wisdom and discernment in our leadership
    - Finances
    - Congregants who may be suffering, with physical health, mental health or other concerns
  - Strathcona County
    - That God would be visible in and through His churches in this community.

## Personal

- Whatever requests the Lord has laid upon your heart.

## Closing Praise

- Remember all that God has done (Ps. 145) and, once again, praise Him and pass it along.

May the LORD bless you this day as you focus on Him, His glory, and events in this country.

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