
DAY OF FASTING AND PRAYER ~ 23-FEB-22

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. *If you are new to our “fasting and prayer” day, there is some introductory material included on the last page that you may find helpful.*

2022 – PRAYERS FROM THE BIBLE

As we continue our 2022 journey, we take a stop along the way for a Psalm that isn’t really a prayer in and of itself. It does, however, contain a prayer. It also gives us a lot to ponder as we prepare to pray and spend time communication with the LORD.

SCRIPTURE MEDITATION

Psalm 19 is the Psalm we want to spend time in today. It is a beautiful Psalm declaring: the majesty of God and His creation, the word of the LORD and it’s benefits for those who follow it, and then ends with a three-part heartfelt prayer. When it is all put together, the prayer at the end simply grows out of everything that has preceded it.

Psalm 19:1-6

- Creation is often a theme of praise in the Psalms. In this Psalm, David is looking skyward and is marvelling at the glory of God as displayed in the sky.
 - When was the last time you sat and admired the sunrise, sunset, stars, etc. and used them as a springboard to praise the LORD?
 - How does the prairie winter sky inspire praise to the Creator in you?
 - How would you describe the “heavens” in terms of praising the LORD?

[This Photo](#) by Unknown Author is licensed under [CC BY-NC](#)

Psalm 19:7-11

- David turns His attention now the Word of God. The Bible that David had was certainly different than the one that we use. Yet even though it wasn't yet complete, nor did it contain the wonders of grace Jesus brought us, he still extolled its virtues.
 - Verses 7-9 each contain two statements about the Word of the LORD, and it's benefit or value. Which statement (or statements) speak to you the most? Which statements do you find the hardest to relate to or apply?
 - Do you find the Bible and your time in it to be as delightful as verse 10 portrays?
 - What warnings and/or rewards have you received in your pursuit and use of God's word in your life personally?

Psalm 19: 12-14

- Here we come to the actual prayer(s) contained in this Psalm. These verses are a peek into the heart of David. We can catch a glimpse of his tenderness and humility before God in this humble prayer. I love how this naturally grows out of the previous sections. God's unfathomable glory followed by his immutable and eminently practical and delightful Word build right into these three prayers of introspection, confession, and protection from sin.
 - Verse 12 prays to kept from sins that we don't realise we are committing. A beautiful and humble position.
 - Verse 13 prays against the sins that we commit knowing that we are committing them. Sometimes we want what we want, and we are not as sensitive or obedient to God's voice as we should be. Are there any sins that you need to deal with in this category?
 - Finally, in verse 14 we have a prayer for the protection of our thoughts and our words – two of the most difficult areas in life to control.

[This Photo](#) by Unknown Author is licensed under [CC BY-NC](#)

PRAYER CONCERNS

I want us to pray the same way this month as we did last month. There are many international, national, and provincial concerns that loom huge on the news fronts. However, I want us to again pray “the LORD’s prayer” in each of these areas. All too often we want to pray that God would do what I think is best. And although we would never admit it or say it in so many words, our prayers for the world and news issues often sound like, “My will be done on earth with Your power from heaven,” instead of, “**Thy will** be done on earth as it is in heaven”. So, let’s pray for the LORD’s will with the LORD’s prayer like we did last month. Pray it thoughtfully for each geographical section. If some specific thoughts or requests come to mind, ponder them in light of the LORD’s prayer and the glory of the LORD and His word as described in Psalm 19. How do these requests fit in and how can they be a part of these two passages of Scripture? The spheres or sections we usually pray for are: 1-International, 2-National, 3-Provincial, 4-Local, and 5-Personal. When you reach the “personal” sphere, I would encourage you to use the three prayers at the end of Psalm 19. Here is the text of “The LORD’s Prayer” from Matthew 6:9-13 (NASB).

Our Father who is in heaven, Hallowed by Your name.

Your kingdom come. Your will be done on earth as it is in Heaven.

Give us this day our daily bread.

And forgive us our debts, as we also have forgiven our debtors.

And do not lead us into temptation but deliver us from evil.

For Yours is the kingdom and the power and the glory forever. Amen

May God richly bless you as you focus on: His amazing Glory, the wonders and desirability of His Word, and the prayer that He gave us to use to lift our concerns to Him.

Pastor Orban

[This Photo](#) by Unknown Author is licensed under [CC BY-NC](#)

THOUGHTS AND TIPS CONCERNING FASTING

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>

[This Photo](#) by Unknown Author is licensed under [CC BY-NC](#)