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# DAY OF FASTING AND PRAYER ~ 25-MAY-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**

This month, as we continue our journey in Biblical prayers, we encounter a very short one. It is, however, packed with things for us to contemplate and ponder. We find it in Mark 10.

## **SCRIPTURE MEDITATION**

**Mark 10:46-51** is the record of blind Bartimaeus. He was a blind beggar Jesus encountered on His way to Jerusalem the week before He was crucified. The encounter is very brief but there is a “prayer” that is worth spending time with. I would encourage you to spend time with each section of the prayer that is talked about and let the Lord really speak into your life in a personal way, just like He did for Bartimaeus.

### **Mark 10:47**

- Bartimaeus’s whole prayer is contained in this one sentence, “Jesus, Son of David, have mercy on me!”
  - What would it have meant to Bartimaeus to call Jesus the “Son of David”?
  - What does that mean to you in your life as a believer?
  - How do you see or acknowledge God as you pray to Him? Does He get the reverence Bartimaeus showed Jesus?

- Bartimaeus acknowledged who Jesus was by calling Him “Son of David”. He then acknowledged his own position in relation to Jesus in the second phrase.
  - Have you every cried out to the Lord and asked for His mercy?
  - What does this tell us about Bartimaeus’s attitude in relation to himself and to “Jesus, the Son of David”?
  - Does my attitude in prayer need some realignment with the reality of God’s divinity and my humanity?

### **Mark 10:51**

- After repeatedly calling out to Jesus, Bartimaeus is heard and brought into Jesus’s presence. Jesus asks him a single, simple question. “What do you want Me to do for you?”
  - If you were standing before Jesus and He asked you the same question, “What do you want Me to do for you?”, what would you say? **Don’t answer too quickly.** Think and ponder this question. What is the deepest desire of your heart? What is that one thing that you would like Jesus to do for you more than anything else? Spend some time asking God to show you what that desire really is.
  - I can’t promise you that God will give you that exact desire. However, Psalm 37:4 says, “Delight yourself in the LORD; and He will give you the desires of your heart.” As you ponder your deepest desires, let the Lord bring that desire (or those desires) into alignment with His best desires for you.

### **PRAYER CONCERNS**

I want us to pray in a similar way as we did with the Lord’s prayer a few months ago. The difference this time is, I would encourage you to begin each prayer time with Bartimaeus’s prayer. There are many international, national, and provincial concerns that continue to loom huge on the news fronts. As you pray through these spheres or sections we usually pray through

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(1-International, 2-National, 3-Provincial, 4-Local, and 5-Personal), begin each section or each prayer with “Jesus, Son of David, Have mercy on us (me)”.

As you stand before the LORD and worship Him through prayer today, may you know the sweetness of “delighting yourself in Him” and having your desires and His unite together in you. May you experience the wonder Bartimaeus felt as he looked into Jesus’s face and made his requests.

Pastor Orban

### **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>

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