
DAY OF PRAYER AND FASTING ~ 18-OCT-22

Welcome to “the cowboy church’s” day of prayer and fasting. 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 “Prayer and Fasting” day, there is some introductory material included on the last page that you may find helpful.*

2022-23 – A “YEAR” IN GOD’S HOUSE OF PRAYER

Encouragement is such an important part of life. Life can be so difficult where there is a significant lack of encouragement. One of the places that we can offer encouragement and where we can be encouraged is in prayer. Often when we know someone cares about us and is praying for us, it is an encouragement. Also, prayer can open us up to encouragement directly from the Lord, Himself. Paul often combines encouragement with prayer in his letters to the churches. Let’s look to one of his examples today.

SCRIPTURE MEDITATION ~ PHILIPPIANS 1:3-11

Philippians 1:3-11 is a great example of Paul using encouragement and prayer together. As we meet this month, tucked in between Thanksgiving and Remembrance Day, I found Paul’s opening words quite appropriate,

“I thank my God every time I remember you.” (v3 NIV)

Let’s follow Paul’s example and spend some time together today, remembering, thanking and praying.

Philippians 1:3-8

- What encouragements did Paul communicate with the Christians in Philippi?
- How do they apply to you today?

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

- What encouragements can you take from the Lord from these verses?
- What encouragements can you give to other Christian that you know based on these verses?

Philippians 1:9-11

- As Paul begins his actual prayer, he marries two aspects of our Christian life that we don't often put together – love and knowledge/insight. Most often we think of love growing in terms of increased affection or better actions towards one another. Paul, however, comes up with a different mix. He wants to their love to grow in “knowledge and depth of insight...”
 - Why does Paul pray for their love to grow in this way? (hint, Paul gives us some of his thinking in the next verses.)
 - What does it mean to you to be “pure and blameless for the day of Christ”?
 - A challenging thought and question that is sometimes good to contemplate is, “Do I see the “fruit of righteousness that comes through Jesus Christ” in my life today?”

PRAYER THOUGHTS

Many godly people of years gone by have left us prayers that they prayed or used personally. Sometimes this can be a help in launching some of our own personal prayers and prayer times. Here is a different one from last month. It is “short and sweet” and yet it has the tendency to cut through a lot of life and get to the core. It is taken from a book called “A Guide to Prayer” Published by Upper Room Books, p225.

*Almighty God,
May the transforming power of Your gospel
be at work in my life today and always.
Amen.*

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

PRAYER CONCERNS

There is much in this world that we can and should be remembering before the Lord. Here are some suggestions based on the situation around us the prayers we have just spent time pondering.

International:

- God's mercy on this, His, world, politically and environmentally
- The encouragement of the Lord in the life of His disciples around the globe.

National:

- Salvation for all those involved in National politics and policy creation.
- May God be seen once again in our Country.

Provincial:

- New Provincial leadership.
- The salvation of our Provincial leaders.

Local & Personal:

- God's continued blessing and guidance in each area of ministry here at "the cowboy church"
 - The Word, music, fellowship, and prayer.
 - Continued blessing of the finances for His ministry here.
- Ask the Lord to place someone(s) on your heart today to encourage. Take some time to pray for and encourage that person, (phone, text, email, letter, card, etc.). May your love for them grow in knowledge and deep insight...

May we be found by the Lord to be pray-ers and encouragers in His great kingdom.

Thanks for praying with us.

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](#)