
DAY OF PRAYER AND FASTING ~ 15-NOV-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

As we continue our 2022-23 journey, we take a stop along the way for part of a Psalm that is actually several short prayers. It gives us a lot to ponder and to pray as we think about our lifestyle and what it is we focus on as we go through our days.

SCRIPTURE MEDITATION ~ PSALM 119:33-40

Psalm 119:33-40 is one of the stanzas in this amazing Psalm that is virtually all prayer. There are several types of stanzas with different emphases all centred around the Word of God. This stanza contains 8 verses that are all prayers regarding the lifestyle of the Psalmist. He wants his life governed and directed by the Lord’s ways and not by his own desires. I am including the text from both the New International Version (NIV) and the English Standard Version (ESV). What I would encourage you to do is to take some time with each verse individually. Read the verse. Ponder it. See how it applies to your life and situation. Write it out in your own words (in one or two sentences only) as a personal prayer. Do this for each of the 8 verses in the stanza. Then as you go through your day and week, use these prayers as the Lord brings them back to mind, and as you encounter situations where they are appropriate and applicable.

NIV

Psalm 119:33-40

ESV

³³ *Teach me, Lord, the way of your decrees,
that I may follow it to the end.*

³³ *Teach me, O Lord, the way of your statutes;
and I will keep it to the end.*

³⁴ *Give me understanding, so that I may keep your law
and obey it with all my heart.*

³⁴ *Give me understanding, that I may keep your law
and observe it with my whole heart.*

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*35 Direct me in the path of your commands,
for there I find delight.*

*36 Turn my heart toward your statutes
and not toward selfish gain.*

*37 Turn my eyes away from worthless things;
preserve my life according to your word.*

*38 Fulfill your promise to your servant,
so that you may be feared.*

*39 Take away the disgrace I dread,
for your laws are good.*

*40 How I long for your precepts!
In your righteousness preserve my life.*

*35 Lead me in the path of your commandments,
for I delight in it.*

*36 Incline my heart to your testimonies,
and not to selfish gain!*

*37 Turn my eyes from looking at worthless things;
and give me life in your ways.*

*38 Confirm to your servant your promise,
that you may be feared.*

*39 Turn away the reproach that I dread,
for your rules are good.*

*40 Behold, I long for your precepts;
in your righteousness give me life!*

PRAYER THOUGHTS

Many godly people of years gone by have left us prayers that they prayed or used personally. Sometimes it isn't even from the distant past that prayer comes to us with meaning and significance. This prayer is from a Presbyterian service I recently had the privilege of leading. It may be a great prayer starter for you as you continue to spend time in the Lord's presence

God of promise and purpose,

You set before us a vision of your new heaven and earth,

yet we confess we easily cling to the past.

We hold on to grudges and resentment.

We grumble about change even when we see the need for it.

We resist making room for those who have faced discrimination in our community.

Forgive these old ways of thinking and acting.

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Create in us hearts made new by your mercy and love...

PRAYER CONCERNS

For each one of us there are special concerns and areas of interest. As we interact with the news and social media, etc. We are faced with many concerns, needs and requests that resonate with us. I would like to encourage you to simply pray for those items in each of the areas listed below. As you think on these various spheres, what situations, needs and/or requests come to mind. Spend time with the Lord for each of these things.

International:

- ...

National:

- ...

Provincial:

- ...

Local:

- ...

Personal:

- ...

I trust that as you have spent time with the Lord, praying in and from His word and praying for what He has led you to, that you have felt drawn deeper into His presence. May an awareness of that presence go with you throughout the rest of the day, week, and month.

God bless and thanks for praying with us.

Pastor Orban

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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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