

---

# DAY OF PRAYER AND FASTING ~ 17-JAN-23

**W**elcome 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 “fasting and prayer” 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**

We continue into 2023 with a look at our own lives and what God desires for us. As we look into 2023, I hope that the Lord will give you a fresh vision for what your life with Him could look like this year. May you find hope and encouragement in this time together

## **SCRIPTURE MEDITATION ~ PSALM 37:1-7A**

**P**salm 37 is an amazing Psalm of contrasts. It deals with the striking difference between the outcome of those who trust in the LORD and those who don’t. As we start a new year, it is a good time to stop, contemplate our own life and actions, and see which category we are fitting into. As God’s children, are we truly trusting Him or are we “doing it on our own”? Let’s take a look together at the opening of this Psalm and consider some of the verbs that we are called to act on...

*Read through these verses and then the following questions. Don’t answer the questions yet. Ask the Lord to open your heart to His voice and re-read these verses. Then take some time to ponder the verses and the questions together.*

<sup>1</sup>Do not fret because of evildoers,  
Be not envious toward wrongdoers.

<sup>2</sup>For they will wither quickly like the grass  
And fade like the green herb.

<sup>3</sup>Trust in the Lord and do good;  
Dwell in the land and cultivate faithfulness.

<sup>4</sup>Delight yourself in the Lord;

---

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

And He will give you the desires of your heart.

<sup>5</sup> Commit your way to the Lord,  
Trust also in Him, and He will do it.

<sup>6</sup> He will bring forth your righteousness as the light  
And your judgment as the noonday.

<sup>7</sup> Rest in the Lord and wait patiently for Him; ~ *Psalm 37:1-7a (NASB)*

### **Psalm 37:1-3**

- The Psalm starts with an admonition to not look with longing or even with stress (“Do not fret...”) at the life of those who choose their own way rather than God’s. Sometimes it looks like a lack of scruples, morals, ethics, conscience, etc. can be a benefit. David assures us that is not the case. We are then given a set of actions to counter-act the looking with longing to the “other side of the fence” ...
  - Do you have people in your circle of friends/acquaintances that you are tempted to envy because of their seeming success even though they are not following God’s ways?
  - What are the 4 verbs in verse 3 that we are given to do?
  - What kind of time commitment would these sets of actions take in your life?

### **Psalm 37:4-6**

- Verse 4 is often quoted as a “stand alone” promise with no real regard for the context. How does this verse fit in with the previous 4 actions that God calls us to?
- What does it look like (in your personal life) to “Delight yourself in the LORD...?”
- The promises contained in verses 4-7 come with preceding actions on our part (3 more, on top of the previous 4 from verse 3). How do those actions fit into your daily life today?
- If you were sitting face to face with the Lord and he asked you, “What are the desires of your heart?”, what would you answer? Be honest with yourself and look past the simple “wish-list”.

### **Psalm 37:7a**

---

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

- A bit of a summary here as David launches into another section. Even though we have been given 7 sets of actions (9 if you count the two in this verse) it can be a great encouragement. Really, this verse, sums it all up. Let's get a little personal for a moment (not that we haven't been already 😊). Does the picture of “resting” and “waiting patiently” describe your Christian life? If not, what would have to change? If so, are there ways or areas that could use some tweaking?
- May God bless you as you work through these verses with Him.

## PRAYER THOUGHTS

**H**ere is a fairly simple prayer to start our year of. May it be the prayer of all our hearts as we embark deeper into 2023.

Lord, let me dedicate  
 All this year to thee,  
 In whatever worldly state  
 Thou wilt have me be:  
 Not from sorrow, pain or care,  
 Freedom dare I claim;  
 This alone shall be my prayer  
 “Glorify thy name.”

*Lawrence Tuttiett (1825-1897)*

## 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 Psalm we have just spent time pondering.

### **International:**

---

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

- Conflict Zones
  - There are several areas around this globe that are involved in significant conflict or war (Ukraine/Russia, several in the Middle East, Africa...). Let's pray for "God's will be done on earth as it is in heaven".
- Pray for the salvation of world leaders.
- World Churches
  - May the Lord find His children willing to "dwell in the land" into which He has placed them and "to cultivate faithfulness" to Him.

**National:**

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

**Provincial:**

- Provincial leadership concerns.
- The salvation of our Provincial leaders.
- That our government's policies would somehow reflect God's glory and His will.

**Local & Personal:**

- God's continued blessing and guidance in each area of ministry
  - The Word, music, fellowship, prayer, and church finances.
- Many in our circles who are struggling with physical and/or mental health issues.
- Pray any other requests you may have.

I hope and trust that you will find joy in "delighting" in the Lord today. May you find hope and comfort in Him, so that you can truly rest in His presence, His plans, and His promises for you.

Thanks for praying with us.

---

Pastor Orban [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](#)