

***Day of Prayer
and
Fasting
February 27, 2010***



***Kenmore Community Church
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Introduction...

I'm glad you have chosen to participate with us in a day of prayer and fasting. We plan to eat breakfast on Saturday morning, then fast through lunch and dinner using the time we would normally spend preparing and consuming those meals to pray. We will end the fast individually with breakfast on Sunday morning. You may drink as much water or fruit juice as you desire during the fast.

If there are medical reasons why you cannot fast, that is okay. Please join us in praying throughout the day.

Since some of you may not be familiar with fasting as a spiritual discipline, I have included a few thoughts about fasting for you to review.

May this day of prayer and fasting draw each one of us closer to the Lord.

Pastor Mark

Fasting....

1. A biblical definition of fasting is a Christian's voluntary abstinence from food for spiritual purposes.
2. Jesus expected that His followers would fast on occasion. Matthew 6:16-17, "But when you fast, do not look somber as the hypocrites do, for they disfigure their faces to show men they are fasting. I tell you the truth, they have received their reward in full. But when you fast, put oil on your head and wash your face, so that it will not be obvious to men that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you." By giving us instructions on what to do and what not to do when we fast, Jesus assumes that we will fast.

SUPPLICATION continued

5. Our Missionaries

Mark & Helen Downing – Missionary Training –
Brazil
Gordy & Tabita Beck – Immigrants—Austria
Beck Osell – Christian Education – Ethiopia
Scott & Ruth Millar – Church Planting –
Argentina
Andy & Lynette Tillman – Church Planting –
Philippines
Steve & Barbara Wilkinson – Theological
Education – Philippines
Kelly & Cherrie Green – Missionary training-
Columbia

6. Those You Know With Health Concerns

7. Any other burdens or concerns you are feeling

3. Fasting is to be done for a purpose.

To Strengthen Prayer (Ezra 8:23)

To Seek God's Guidance (Acts 14:23)

To Express Grief (2 Samuel 1:11-12)

To Seek Deliverance or Protection

(2 Chron. 20:3-4)

To Express Repentance and Return to God

(Jonah 3:5-8)

To Humble Oneself Before God (Psalm 35:13)

To Express Concern for the Work of God

(Nehemiah 1:3-4)

To Minister to the Needs of Others

(Isaiah 58:6-7)

To Overcome Temptation and Dedicate Yourself
to God (Matthew 4:1-11)

To Express Love and Worship to God

(Luke 2:37)

Prayer...

The following pages contain a prayer guide which you may choose to use during the day to help organize your prayer times. The guide follows the ACTS method of praying which divides our pray time into four sections: Adoration, Confession, Thanksgiving, and Supplication.

If you prefer to organize your prayer time in a different way, that is perfectly fine. The main thing is to spend a significant about of time in prayer throughout the day.

ADORATION...Begin your prayers by praising God. Think about His attributes (i.e. Love, Mercy, Power, Wisdom, Knowledge, Control over things).

Revelation 4:8b and 11 "Holy, holy, holy is the Lord God Almighty, who was, and is, and is to come." "You are worthy, our Lord and God, to receive glory and honor and power, for You created all things, and by Your will they were created and have their being."

Adoration:

Compassionate	Redeemer
Forgiving	Healer
Everlasting	Alpha and Omega
Merciful	Tender-hearted
Prince of Peace	Abba Father
Ruler of All	Eternal
Slow to Anger	Just
Judge	Holy
Loving	Comforter
Faithful	Gentle
Creator	All Wisdom
All Knowing	All Seeing
All Righteousness	Light
Gracious	Life
King	Peace

Heavenly Father,

I want to come before You now to praise and adore You, Father, for who You are. (Say the things He is to you.) Help me to know You more, as You really are.

Pray that we would all mature in our faith so that we could multiply leaders in the church who are people of character, full of the Holy Spirit and wisdom.

Pray that we would follow the example of Stephen and fully commit ourselves to the cause of Christ.

Pray that the leaders of our church would clearly discern God's plan and vision for our church as they consider where to focus our energies in the coming months. Some of the questions they are considering are: Should we add a second service designed to reach out to a different group of people than we are reaching now? Should we start a ministry designed to reach the 18-30 age group? Is there some other ministry that God is leading us to consider?

2. Pray for those you know who have not yet put their faith and trust in Jesus. Pray for their salvation. Pray that the Holy Spirit would draw them. Pray that God would give you an opportunity to share with them.

3. The Ministries of our church

Children's Ministry - Tia Troutman
Youth Ministry - Tia Troutman
Small Group Ministry
Worship Team - Lee Gunter
Outreach - Bob Moore
Missions - Grace Engstrom
Fellowship -
Welcoming Ministry - Andy & Christy Cowan
Volunteer Ministry - Leann Weeck
Men's Ministry -
Women's Ministry - Sheryl Madden
Inside Service Ministry -
Outside Service Ministry -

4. The elders - Bob Moore, Don Strange, Lee Williams, Pastor Mark Rogers

SUPPLICATION...Finally, pray for specific issues and people who have asked for your prayers, or simply for things which you would like God to help you with.

Philippians 4:6 "Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God."

Pray for...

1. The Spiritual Growth of our church

Pray that we would embrace Christ's mission and be His witnesses.

Pray that we would prepare for Christ's mission by practicing the spiritual habits of prayer, Bible study, and understanding and utilizing our spiritual gifts, talents and abilities.

Pray that we would understand the work of the Holy Spirit, be filled with the Spirit, be transformed by the Spirit, and empowered by the Spirit.

Pray that we would become the church God wants us to be: devoted to the Apostle's teaching, loving and caring about one another, praying for one another, and loving God with all our heart, soul, mind, and strength.

Pray that we would know how to share the good news of Jesus Christ with others and give our testimonies when God gives us the opportunity.

Pray that we would be bold and courageous in sharing our faith and taking a stand for God in our culture.

Pray that we would be purified by God's discipline and that we would not let hidden or unconfessed sin hinder our relationship to God.

Confession...Continue your prayers by telling God you are sorry about your wrongdoing (be specific) and ask Him to forgive you and help you in those areas.

John 1:9 "If we confess our sins, He is faithful and just and will forgive us our sins and purify us from all unrighteousness."

Personal Sins:

Lack of love, devotion and service to God
Idolatry (honor, priority, worship and devotion to other gods, things, jobs, people, etc.)

Prayerlessness

Stubbornness, rebellion and disobedience

Selfishness

Greed

Materialism

Covetousness

Pride

Holding a grudge, refusing to forgive, bitterness

Lust, adultery, sexual immorality, pornography

Deceit, lying

Slander, malicious gossip

Anger

Drug abuse, drunkenness

Witchcraft, New Age, the occult

Neglect of the poor

Racism, discrimination

Not sharing my faith

Heavenly Father,

I confess my (specifically name your sins) as sinful and displeasing to You. I turn from it, forsake it, and renounce it. Thank You for forgiving me and purifying me.

CONFESSIOIN continued...

II Chronicles 7:14 "If my people, who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then I will hear from heaven and will forgive their sin and will heal their land."

Corporate Sins:

- Complacency and passivity
- Critical spirit
- Power struggles, selfishness
- Divisiveness
- Allowing sins to continue, unwilling to confront
- Following our own plans instead of God's
- Poor stewardship
- Unwillingness to share our faith
- Stubbornness in following our leaders
- Turning others off to Christ by our actions
- Disobedience to God's Word
- Our lack of love for Christ
- Staying within the four walls of the church
- Not being a light in the community

Heavenly Father,

We confess (specifically name each corporate sin) as sinful and displeasing to our Lord, Jesus Christ. We turn from it, forsake it and renounce it. We thank You for Your forgiveness and purifying of our lives and our church.

THANKSGIVING...Next, thank God for the many ways in which He has blessed you and answered your prayers.

Psalms 103:1-6 "Praise the Lord, O my soul; all my inmost being, praise His holy name. Praise the Lord, O my soul, and forget not all His benefits—who forgives all your sins and heals all your diseases, and crowns you with love and compassion, who satisfies your desires with good things so that your youth is renewed like the eagle's. The Lord works righteousness and justice for all the oppressed."

Thanksgiving for:

Salvation	His Word
Forgiveness	His leaders/ministers
Deliverance	Church teachers
Blessings	Power of prayer
Eternal rewards	His protection
Comfort	His guidance
Compassion	His provision
Healing	His generosity
Homes	Beauty of creation
Families	Handiwork in creation
Food	Friends
Relationships	Fellowship
Patience	Kindness
Attentive to our needs	Counselor

Heavenly Father,

We want to express our thankfulness to You for all the things that You have done, what You are doing, and what You will do in our lives in the future. (List things that He has done personally in your life, or our church, which you are thankful for.) Father, make us truly grateful to You.