

We encourage all people at Glencairn to make a personal commitment to prayer and fasting for these two weeks.

Prayer requests in line with our new strategic priorities:

- 1) **Reproducing Disciples:** Investing in one another's faith journey; using our gifts, and inviting younger disciples to spiritual growth and to serve in leadership roles.
- 2) **Loving and caring for people on the margins:** Create a safe space for people who are marginalized and invite them to get to know Jesus for themselves.
- 3) **Empowering our seniors:** We want to provide loving care for our seniors and give them opportunities to continue to use their gifts for the building of God's kingdom.

Additional items for prayer:

- Become a **people of prayer**, leaning into the heart of our good Father as we **listen** to and **obey** his voice.
- Ask God for more mentors, teachers and leaders for **children** and **youth** programs to model the way of living for Jesus.
- Grow in **generosity** in order to fulfill **God's vision** here at Glencairn through our budget.

(P.R.A.Y.) Prayer Room ~ Jan 14-29 in Country Hills room

To complement the sermon series in January to Pray the Psalms, this year's prayer room will focus on the themes: P - pause & praise, R - reflect & repent, A - ask & anticipate, Y - yield.

Drop in individually, with your family or with your life group
Mon-Sat evenings 7-9pm, Sundays 1-3pm or anytime the church is open!

Why fast?

"To let go of an appetite in order to seek God on matters of deep concern for others, myself and the world"

~ *Spiritual Disciplines Handbook* - Adele Calhoun

Isaiah 58:6-7: "Is not this the kind of fasting I have chosen: to loose the chains of injustice and untie the cords of the yoke, to set the oppressed free and break every yoke? Is it not to share your food with the hungry and to provide the poor wanderer with shelter – when you see the naked, to clothe them, and not to turn away from your own flesh and blood?"

God-given fruit of fasting:

- Keeping company with Jesus in relinquishment
- Praying for needs of the body of Christ
- Identifying and fellowshiping with Jesus by choosing to follow his sacrificial example
- Freeing up more time for prayer
- Repenting of self-indulgent, addictive or compulsive behaviours
- Letting these small deprivations remind you of Jesus' great sacrifice on your behalf
- Seeking strength from God for obedient love and service

~ *Spiritual Disciplines Handbook* - Adele Calhoun

Prayer & fasting January 14-28, 2024

My personal commitment to fast from:

☐ Food

One or more days: _____

One daily meal: _____

Specific food/treat: _____

☐ Social media

☐ Shopping

☐ Streaming services (ie: Netflix)

☐ Video games

☐ Habits: _____

☐ Comforts: _____

☐ Other: _____

Tips:

- ❖ *When craving what you are fasting from, use that as a cue to turn to God in prayer*
- ❖ *Let small deprivations remind you of Jesus' great sacrifice on your behalf*
- ❖ *Seek strength from God, when the Enemy wants to derail your resolve or desire to pray*