

Prayer Changes Everything!

Since the beginning of our church in 2015, we have set our hearts to be a people of prayer. Our rally cry has simply been, "Pray First." In every situation, whether good or bad, we try to pray before we act. Many times people act first and then want God to bail them out of that situation, but prayer should be our first response, not our last resort.

Understanding the necessity of prayer is not enough. In order for it to become a part of our life, it needs to become something we look forward to doing. I'm convinced most people don't enjoy prayer because they have never been taught how to pray. That's where this simple prayer journal can help. Using several prayer models out of the Bible and having some guides to make prayer more personal, this booklet is designed to bring joy into your time with God.

When you discover the beauty of daily conversation with Him, you'll experience the presence of God that will change your life.

Once you learn how to pray, prayer can become a part of everyday life. And then...

Before the day begins —

Before you go to bed —

Before you go to work or school —

Before you send that text —

Before you eat, drive or travel —

When bad things happen —

Before bad things happen —

In every situation — PRAY FIRST!

Prayer changes everything!

- Pastor Ruben Cortez

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Church Services: Sunday 10am
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PRAYER & FASTING



Prayer & Fasting, January 3 TWENTY-ONE DAYS

*Very early in the morning, while it was still dark,
Jesus got up, left the house and went off to a
solitary place, where He prayed.
Mark 1:35*



Why Should I Fast?

When we fast, we deny ourselves things we love for something we love even more. There are many ways to fast—all foods, partial fasts, and media fasts.

What Does the Bible Say About Fasting?

Biblical fasting, unlike fasting for medical or health reasons, must be done with an attitude of seriousness and sincerity. When we fast, we willingly deprive the body of nourishment and the pleasurable taste of food. The body requires food for sustenance; therefore our hearts and minds must be totally focused and directed toward God so that He may be the full source of our strength during our period of fasting.

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Fasting must also be done in an attitude of humility. It is not necessary for others to know we are fasting; it is directed toward God. 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. Matthew 6:17-18 NIV

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In addition to our attitudes toward God and our stance before man, our motives must also be correct. We should fast to further the building up of God's kingdom by seeking to minister to others. The prophet Isaiah received from the Lord the acceptable motives for our fasts. 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 him, and not to turn away from your own flesh and blood? Isaiah 58:6-7 NIV

Fasts may last for varying lengths of time—one day, three days, seven days, or more. We should prayerfully seek the Lord about the length of our fast. Fasting should have an object in mind; we should have a clear idea of the need and purpose. One of the most pressing reasons for Christian fasting may be revival: Will you not revive us again ... Psalm 85:6 NIV

Types of Fasts

- ✓ **FULL FAST** Drink only liquids (you establish the number of days).
- ✓ **DANIEL FAST** Eat no meat, no sweets, and no bread. Drink water and juice. Eat fruits and vegetables.
- ✓ **THREE DAY FAST** This fast can be a Full Fast, a Daniel Fast, or giving up at least one item of food.
- ✓ **Partial Fast** A partial fast is 6:00am-3:00pm, or from sunup to sundown. You can select from three types of fasting—a Full Fast, Daniel Fast or giving up at least one item of food.
- ✓ **MEDIA FAST** Eliminate any choice of media influence—television, movies, Internet, gaming systems, cell phones, etc.

Pastora Monica Yvette

If you have No Word Life, No Worship Life, No Prayer Life and No Church Life....you may not be in the best place to be making spiritual decisions for your family.

1. No word 2. No Worship 3. No Prayer 4. No Church

Ground yourself in the above four things and make sure you're hearing from God and not the god in the mirror or another spirit.

This Year is HIS Year ! - Pastora Monica Yvette

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TWENTY-ONE DAYS

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