

# Lunch Prayer Time

## Personal Reflection and Worship

### ADORATION

Read 1 Chronicles 29:10-13

Spend some time praying about some of the attributes of God that David mentions in his prayer. Express to God your worship of who he is as God.

Read Revelation 4

Spend some time praying about the character of God that is revealed in this chapter.

### CONFESSION

Read Psalm 139:23-24 and then pray these verses back to God using your own words. Be still before the Lord. Listen for the voice of the Holy Spirit. If the Holy Spirit brings things to your mind to confess — do it!

### THANKSGIVING

Read Ephesians 1:3-14 Spend some time thanking God for the wonderful gifts that you just read about. Thank God for as many spiritual blessings as you can.

### SUPPLICATION

Read Philippians 4:4-7 Make a list of needs in your life or in the lives of loved ones. Offer the list to God. Ask him to help you not be anxious over your requests, but instead to trust him and his sovereign will for your life.

**What Did God Teach You?**

## Dinner Prayer Time

### Focused Prayer For Christian Alliance Church

#### ADORATION

Read John 15:1-17 Spend some time praising God for the qualities of Jesus found in this bible passage. Ask him to help you remain in Jesus even as you seek to love your Christian brothers and sisters more fully.

#### CONFESSION

Read Matthew 25:14-30 While we are grateful for all of the opportunities that God has given us to serve his kingdom, and while we are thankful for all of the changed lives he has allowed us to be part of... we acknowledge that we could have done more. Given me. Served more. Loved more. Spend some time seeking God's heart for the lost in our community. If you feel led, confess that our church has, at times, failed in being the hands and feet of Jesus. Confess that we can and must do better — for the harvest is, indeed, ready. Seek his forgiveness for the times we have failed to be the Church of Jesus Christ that we should be.

#### THANKSGIVING

Read 1 Corinthians 12 Spend some time thanking God for His Church and for the wonderful ways that he has gifted it by the giving of gifts to his people. Spend some time thanking God for Christian Alliance Church and the impact it has had on you and your family's lives.

#### SUPPLICATION

Read Ephesians 6:18, John 17:20-26 and Matthew 24:14 Spend some time asking God to do great things in Christian Alliance Church. Pray that our people will Love Jesus more fully. Pray that our folks will value the principle of Grow Together. Pray that we will be a church that will Serve Our World. Ask God to help us to see and seek the harvest of people who desperately need Jesus in their lives. Seek him to help us love others more fully, and to have a deep burden for those who are perishing. Ask God to do more that we can ask or imagine within our church family.

#### **Final Thoughts:**

Thank you for taking this spiritual adventure together! I know a 12 hour fast isn't anywhere close to Jesus' 40 day fast, but I am grateful that you set apart this time to seek the face of God. I would like to challenge you to consider making this practice part of your spiritual development by seeking to do something similar once a month. You can re-use this guide, or make up one of your own. You can also find some guides online. My prayer, is that you allowed God to draw you closer through this experience, and that he will use it to grow you and our entire church family. As I love to say... This is GOOD STUFF!

# What Did God Teach You?

# Christian Alliance Church Prayer and Fasting Guide

## What are we doing?

We are fasting from food on Tuesday (or another day if it works better for you) from 7 AM to 7 PM. If you desire, Pastor Steve will be at 224 at 1PM for the Lunch Prayer Time and 6PM at Maple Street for the Dinner Prayer Time. He would love to have you join him!

## Why are we fasting?

**Remember:** Fasting is the temporary denial of something that is in itself good, in order to intensify our need for something greater. So, as we observe a period of fasting from food today, we are going hungry to intensity our need for Jesus, and his work in our lives and our Church Family.

## What is the focus of our fasting time?

Our focus will be to seek God's will for our lives and the future of our church as we seek him in prayer. I would suggest that you take the time where you would usually eat a meal, and instead of eating, spend that time in focused prayer using the ACTS Prayer Model

### ACTS PRAYER MODEL

ADORATION

CONFESSION

THANKSGIVING

SUPPLICATION

