

Mt. Rubidoux SDA Church

A TIME OF PRAYER AND FASTING

***“FAITH, COMMITMENT &
STEWARDSHIP”***

“Prayer is heaven’s ordained means of success in the conflict with sin and the development of Christian character. The divine influences that come in answer to the prayer of faith will accomplish in the soul of the suppliant all for which he pleads. For the pardon of sin, for the Holy Spirit, for a Christlike temper, for wisdom and strength to do His work, for any gift He promised, we may ask, and the promise is, ‘Ye shall receive.’” -Acts of the Apostles, 563, 564

September 15 – October 6, 2018

**Week 1: The Upper Room Experience
*(September 15 – September 21)***

**Week 2: Walking By Faith
*(September 22 – September 28)***

**Week 3: The Blessings of Commitment and Stewardship
*(September 29 – October 6)***

Mt. Rubidoux SDA Church
A Time of Prayer and Fasting
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GENERAL GUIDELINES FOR PRAYER AND FASTING

What is a Fast?

- The Hebrew word for fasting means to “cover the mouth”
- The Greek word for fasting means “not to eat”
- Fasting involves turning away from foods that the body craves, or humbly denying ourselves of something of the flesh in order for the inner man to concentrate on God in worship, service and prayer
- Fasting is a form of spiritual and scriptural sacrifice
- Fasting gets God’s attention and says we are serious about our relationship with Him

Reasons for Fasting

- Jesus directed it
- To humble ourselves
- To return to God
- To worship and express love to God
- Develop a closer relationship with God
- To become more sensitive to the Holy Spirit
- For spiritual victory
- Intensifying your prayer life
- To develop God’s heart within us
- For guidance and direction in making important decisions

Hindrances to Fasting

- Fear
- Busyness
- Uncomfortable symptoms – headache, weakness, depression, loss of energy
- Don’t like to be hungry

Results of Fasting

- God will bless you abundantly
- Your health will be strengthened
- You will bring healing and restoration to those in need

Spiritual Preparation

- Prepare yourself by laying a spiritual foundation of repentance. Ask God to search your heart and to forgive your sin
- Spend time in worship, song and thanksgiving
- Spend much time in Bible study
- Ask God to help you focus your petitions on your objectives

Physical Preparation

- Begin cutting down food quantities for a few days before you fast
- Simplify your diet for several days before the fast (i.e. fruits, vegetables, bread)

How to Fast

- Primary method is abstaining from food (water allowed)
- You may choose other ways to fast such as from social media etc.
- Refrain from sweets, candy, soft drinks
- If you feel hungry, drink water and pray
- If you experience fatigue, headache or weakness eat a piece of fruit or unsalted crackers
- Connect with a prayer partner and set times for prayer
- If you falter, get back on the fast and pray for encouragement
- Break the fast gradually with small amounts of fruit or juice. Avoid the tendency to compensate for all the food you haven't eaten throughout the day by eating lightly following the fast

What are we Fasting About?

- Spiritual wisdom and guidance for the Pastoral Team
- To know the heart of God for us as a body of believers
- Unity and reformation among us
- Increase in Faith
- To be better stewards of all that He affords us

If you have children, encourage them to participate in the fast by having a day where they refrain from sweets, chips etc. They may also give up a day of television, or video game.

“Consecrate yourselves to God in the morning; make this your very first work. Let your prayer be, take me, O Lord, as wholly Thine. I lay all my plans at Thy feet. Use me today in Thy service. Abide in me, and let all my work be wrought in Thee....Surrender you plans to Him, to be carried out or given up as His providence shall indicate. Thus day by day you may be giving your life into the hands of God, and thus your life will be molded more and more after the life of Christ.” Steps to Christ, 70

HOW TO PRAY FOR AN HOUR

As you give God quality time every day, He is faithful. He will work in unprecedented ways in your life. He wants us to know Him, and to ask Him for wisdom and for everything we need.

1. Praise – Recognize God’s nature – Psalm 63:2
2. Waiting – Silent soul surrender. He will quiet your heart – Psalm 46:10
3. Confession – Temple cleansing time. He brings peace – Psalm 139:23
4. Scripture praying – Word – enriched prayer – Jeremiah 23:29
5. Watching – Developing holy alertness – Colossians 4:2
6. Intercession – Remember those around you, and the world – 1 Timothy 2:1-2
7. Petition – Share your specific personal needs with God – Matthew 7:7
8. Thanksgiving – Confess specific blessings of all kinds – 1 Thess. 5:18
9. Singing – Worship in song. Use prayer songs – Psalms 100:2
10. Meditation – Ponder words of Scripture and Spirit of Prophecy – Joshua 1:8
11. Listening – Receive spiritual instruction from God – Ecclesiastes 5:2
12. Praise – Begin and end prayer with the focus on God – Psalm 52:9

(The Hour That Changes the World – by Dick Eastman, used with permission)

Praying in the Names of God

Our Father (Isa. 64:8)
My Savior (Ps. 42:5)
My Redeemer (Ps. 19:14)
My Salvation (Ex. 15:2)
Prince of Peace (Isa. 9:6)
Our Guide (Ps. 48:14)
My Friend (Job 16:20)
Holy One among you (Hos. 11:9)
My Advocate (Job 16:19)
Bread of Life (John 6:35)
My Confidence (Ps. 71:5)
Faithful and True (Rev. 19:11)
Comforter in Sorrow (Jer. 8:18)
Wonderful Counselor (Isa. 9:6)
My strong Deliverer (Ps. 140:7)
Defender of Widows (Ps. 68:5)
A consuming Fire (Deut. 4:26)
A sure Foundation (Isa. 28:16)
God Almighty (Gen. 17:1)
God who avenges me (Ps. 18:47)
God of all comfort (2 Cor. 1:3)
My Hiding Place (Ps. 32:7)
My Hope (Ps. 71:5)
Light of Life (John 8:12)
Lord of the Harvest (Matt. 9:38)
Refuge and Strength (Ps. 46:1)
My Support (2 Sam 22:19)
The Good Shepherd (John 10:11)
Righteous Judge (2 Tim. 4:8)
Light of Life (John 8:12)
The Most Holy (Dan. 9:24)
God who saves me (Ps. 51:14)
Jealous (Ex. 34:14)
Our Peace (Eph. 2:14)
Good Teacher (Mark 10:17)
My Stronghold (Ps. 18:2)

“Some trust in chariots and some in horses, but we trust in the name of the Lord our God.” – Psalm 20:7

MY 5 FINGER PRAYER

3 The following finger is the tallest. It reminds us of our leaders, the governors, those who have authority, and our church leaders. They need God's guidance.

(1 Timothy 2:1-2)

2 The next finger is the index. Pray for those who point the way, who teach you, instruct you, and heal who. They need support and wisdom to show direction to others. Always keep them in your prayers.

(1 Thess. 5:25)

1 The Thumb is the closest finger to you. So start praying for those who are closest to you. They are the persons easiest to remember. To pray for our dear ones is a "sweet obligation."

(Philippians 1:3-5)

4 The fourth finger is the ring finger. Even though it may surprise you, it is our weakest finger. It should remind us to pray for the weakest, the sick or those plagued by problems. They need your prayers.

(James 5:13-16)

5 And finally we have our smallest finger, the smallest of all. Your pinkie should remind you to pray for yourself. When you are done praying for the other four groups, you will be able to see your own needs from God's perspective.

(Philippians 4:6, 19)

On this day, _____, _____ started praying for others in a special way.

FAITH, COMMITMENT, AND STEWARDSHIP

September 15 – September 21

The Upper Room Experience

“As the disciples waited for the fulfillment of the promise, they humbled their hearts in true repentance and confessed their unbelief....They reproached themselves for their misapprehension of the Savior. Like a procession, scene after scene of His wonderful life passed before them. As they meditated upon His pure holy life they felt that no toil would be too hard, no sacrifice too great. If only they could bear witness in their lives to the loveliness of Christ’s character....Putting away all differences, all desire for the supremacy, they came close together in Christian fellowship.” – Acts of the Apostles, 36-37

Ask God to make us one in Him, so that we may hear His voice clearly

Sabbath September 15

Humble Yourself before God

Meditation texts:

- Psalm 51:10
- 2 Chronicles 7:14
- 2 Corinthians 13:5

Sunday September 16

Ask God to Remove any Hindrances to His blessings

Meditation Texts:

- John 16:13
- Romans 8:16
- John 16:7
- Philippians 3:7

Monday September 17

Cast Yourself Before Him

Meditation Texts:

- Psalms 139:23,24
- Matthew 14:14
- Luke 4:18

Tuesday September 18

Confess Your Faults Before Him

Meditation Texts:

- 1 John 1:9
- James 5:16
- Proverbs 28:13

- Psalm 32:5

Wednesday September 19

Pray for Unity and Reformation Among Us

Meditation Texts:

- Philippians 2:2,3
- Acts 2:1
- 1 Corinthians 1:10
- Matthew 18:19, 20

Thursday September 20

Pray for the Leading of the Holy Spirit

Meditation Texts:

- Ephesians 1:18
- 1 Corinthians 2:10, 11, 14
- Psalms 119:130
- Isaiah 30:21

Friday September 21

Expecting Great Things

Meditation Texts:

- 1 Corinthians 2:12
- Isaiah 58:11
- Psalms 84:11
- Psalms 90:17

“God uses broken things. It takes broken soil to produce a crop; broken clouds to give rain, broken grain to give bread; broken bread to give strength. It is the broken alabaster box that gives forth perfume. It is Peter, weeping bitterly, who returns to greater power than ever.” -

Vance Havner

FAITH, COMMITMENT, AND STEWARDSHIP

September 22 – September 28

Walking By Faith

“God will do great things for those who trust in Him. The reason why His professed people have no greater strength is that they trust so much in their own wisdom, and do not give the Lord an opportunity to reveal His power in their behalf. He will help His believing children in every emergency if they will place their entire confidence in Him and faithfully obey Him.”

-Patriarchs and Prophets, 493

Ask God to increase your faith as you trust in Him

Sabbath September 22

Lord Increase Our Faith

Meditation texts:

- Mark 10:27
- Mark 11:24
- John 15:7
- Joshua 1:3-7

Sunday September 23

Lord Remove the Spirit of Doubt Among Us

Meditation Texts:

- John 20:29
- Hebrews 11:6
- John 15:7
- Proverbs 3:5-6

Monday September 24

Lord Empower Us to Take Steps of Faith by Acting on the Promises of God

Meditation Texts:

- Numbers 14:6-9
- Mark 10:27
- Isaiah 41:10
- Isaiah 43:19

Tuesday September 25

Giants of Faith – Part I (Abraham)

Meditation Texts:

- Genesis 15:1-6
- Genesis 22
- Hebrews 11:8-10

Wednesday September 26

Giants of Faith – Part II (Joseph)

Meditation Texts:

- Genesis 39-41
- Genesis 45:7,8
- Hebrews 11:22

Thursday September 27

Giants of Faith – Part III (Moses)

Meditation Texts:

- Exodus 3-5
- Exodus 14
- Hebrews 11:23-29

Friday September 28

Giants of Faith – Part IV (Elijah)

Meditation Texts:

- 1 Kings 17
- 1 Kings 18

“There are many who, though striving to obey God’s commandments, have little peace or joy. This lack in their experience is the result of a failure to exercise faith. They walk as it were in a salt land, a parched wilderness. They claim little, when they might claim much; for there is no limit to the promises of God. Such ones do not correctly represent the sanctification that comes through obedience to the truth. The Lord would have all His sons and daughters happy, peaceful, and obedient. Through the exercise of faith the believer comes into possession of these blessings. Through faith, every deficiency of character may be supplied, every defilement cleansed, every fault corrected, every excellence developed.” – Acts of the Apostles, 563

“The prayer that comes from an earnest heart, when the simple wants of the soul are expressed just as we would ask an earthly friend for a favor, expecting it would be granted- this is the prayer of faith.” – My Life Today, 19

FAITH, COMMITMENT, AND STEWARDSHIP

September 29 – October 6

The Blessings of Commitment & Stewardship

“That which lies at the foundation of business integrity and of true success is the recognition of God’s ownership. The Creator of all things, He is the original proprietor. We are His stewards. All that we have is a trust from Him, to be used according to His direction. This is an obligation that rests upon every human being. It has to do with the whole sphere of human activity. Whether we recognize it or not, we are stewards, supplied from God with talents and facilities and placed in the world to do a work appointed by Him. Money is not ours; houses and grounds, pictures and furniture, garments and luxuries, do not belong to us. We are pilgrims, we are strangers. We have only a grant of those things that are necessary for health and life...Our temporal blessings are given us in trust, to prove whether we can be entrusted with eternal riches. If we endure the proving of God, then we shall receive that purchased possession which is to be our own-glory, honor, and immortality.” – The Adventist Home, 367

Ask God for power to commit our ways to Him and to be better stewards of all He has given

Sabbath September 29

Recognizing God’s Ownership of Everything

Meditation Texts:

- Leviticus 27:30
- Psalms 24:1
- Deuteronomy 8:16-17
- Deuteronomy 10:14

Sunday September 30

Interceding for Financial Breakthroughs – Confess before Him to repent from poverty thinking and to turn from bad attitudes in giving and financial practices that put us in debt

Meditation Texts:

- Genesis 22:14
- Psalms 34:8-10
- John 15:8; 16-17

Monday October 1

Our Responsibility with God’s Resources

Meditation Texts:

- 1 Chronicles 29:10-20
- Proverbs 3:9-10
- 1 Corinthians 4:1-2

Tuesday October 2

Our Accountability to God for His Resources

Meditation Texts:

- Matthew 6:19-21
- Matthew 25:14-30

Wednesday October 3

Surrendering of Our Time to God

Meditation Texts:

- Psalms 90:12
- Ephesians 5:15-16

Thursday October 4

Surrendering of Our Resources to God

Meditation Texts:

- Proverbs 3:9
- 2 Corinthians 9
- Malachi 3:8-12
- 2 Corinthians 8:1-15

Friday October 5

Surrendering of Our Talents to God

Meditation Texts:

- Luke 12:42-48
- 1 Peter 4:10
- Colossians 3:23-24

Saturday October 6

Praising God for Answered Prayer

- Psalms 34
- Psalms 138
- Matthew 25:21

“Walk continually in the light of God. Meditate day and night upon His character. Then you will see His beauty and rejoice in His goodness. Your heart will glow with a sense of His love. You will be uplifted as if borne by everlasting arms. With the power and light that God imparts, you can comprehend more and accomplish more than you ever before deemed possible.” – Ministry of Healing, 514

May the Lord richly bless you as you continue to grow in Him.