

# **Rainier Avenue Church**

## **Fasting Prayer Guide**



January 6 - 27, 2019

# FASTING

**Acts 13:2-3** *While they were worshiping the Lord and fasting, the Holy Spirit said, "Set apart for me Barnabas and Saul for the work to which I have called them." So after they had fasted and prayed, they placed their hands on them and sent them off.*

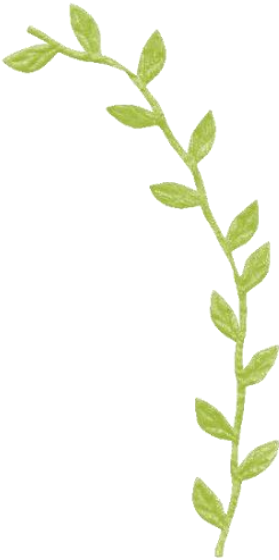


**Matthew 6:16** *"When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show others they are fasting. Truly I tell you, they have received their reward in full.*

“Although the physical aspects of fasting intrigue us, we must never forget that the major work of scriptural fasting is in the realm of the spirit. What goes on spiritually is much more important than what is happening bodily. You will be engaging in spiritual warfare that will necessitate using all the weapons of Ephesians 6. One of the most critical periods spiritually is at the end of the fast when we have a natural tendency to relax. But I do not want to leave the impression that all fasting is a heavy spiritual struggle - I have not found it so. It is also ‘righteousness and peace and joy in the Holy Spirit’ (Rom. 14:17). Fasting can bring breakthroughs in the spiritual realm that will never happen in any other way. It is a means of God’s grace and blessing that should not be neglected any longer. Wesley declares, ‘. . . it was not merely by the light of reason. . . that the people of God have been, in all ages, directed to use fasting as a means: . . . but they have been. . . taught it of God Himself, by clear and open revelations of His Will. . . . Now, whatever reasons there were to quicken those of old, in the zealous and constant discharge of this duty, they are of equal force still to quicken us.’ Now is the time for all who hear the voice of Christ to obey it.”

-Richard Foster's *Celebration of Discipline*

As we embark on a 21-day prayer and fasting journey we encourage you to spend time each day listening to and talking with God. May the Holy Spirit guide your time and help you intercede for others. This booklet includes prayer prompts and Scripture to inspire your time with the Lord. Our four main focuses will be praying for self, church, community, and world.



***John 15: 5-8*** *I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing... If you remain in me and my words remain in you, ask whatever you wish, and it will be done for you. This is to my Father's glory, that you bear much fruit, showing yourselves to be my disciples.*

## **January 6: Connection to God**

**John 10:3-4** *The one who enters by the gate is the shepherd of the sheep. The gatekeeper opens the gate for him, and the sheep listen to his voice. He calls his own sheep by name and leads them out. When he has brought out all his own, he goes on ahead of them, and his sheep follow him because they know his voice.*

Good Shepherd, thank you that you not only know my name, but that you know me intimately. Thank you for the gift of being able to hear your voice and follow you. Lord, may I hear your voice louder than the others. May my desires be aligned to your desires, my thoughts to your thoughts. I ask that our connection would be strengthened through this time of fasting and waiting on you. Thank you, Lord, that I can call to you and you will answer and tell me great and unsearchable things I do not know.

## **January 7: RAC as Body of Christ**

**1 Corinthians 12:26-28** *If one part suffers, every part suffers with it; if one part is honored, every part rejoices with it. Now you are the body of Christ, and each one of you is a part of it. And God has placed in the church first of all apostles, second prophets, third teachers, then miracles, then gifts of healing, of helping, of guidance, and of different kinds of tongues.*

Jesus, we desire to live in harmony with you, with each other, and with our world. May our church body flourish as one by the power of the Holy Spirit. May its members know their worth and have a sense of belonging and significance, whether they are a limb, muscle, or nerve. For each part is valuable to you. Help us to honor one another and share in one another's joys and sorrows. May vulnerability and humility bring us closer together as we display your glory through our fellowship. May our care and love for each other mark our church body. Let it be so!

## January 8: Persecuted Christians

**John 3:16; Psa. 2:8; James 5:16** *This is how much God loved the world; He gave his Son, his one and only Son. And this is why; so that no one need be destroyed; but by believing in Him, anyone can have a whole and lasting life. God says, Ask of me, and I will make the nations your inheritance, and the ends of the earth your possession. The prayer of the righteous is powerful and effective.*

Lord, we know that turning from a traditional religion to following Christ comes at a great cost to our global brothers and sisters. Persecution by family, religious leaders, intimidation, loss of jobs, denial of education, arrests and interrogation, even imprisonment and death are realities in many countries today. We pray that...

- each new believer will hold fast to their new-found freedom in Christ
- the power and presence of the Holy Spirit will root God's Word in their hearts empowering them to face persecution
- those who experience visions and dreams of Jesus will search for truth and connect with believers who can lead them into new life
- the Body of Christ worldwide will be compelled to reach out to Unreached People Groups

## January 9: Personal Healing

**Matthew 4:23-25** *Jesus went throughout Galilee, teaching in their synagogues, proclaiming the good news of the kingdom, and healing every disease and sickness among the people. News about him spread all over Syria, and people brought to him all who were ill with various diseases, those suffering severe pain, the demon-possessed, those having seizures, and the paralyzed; and he healed them. Large crowds from Galilee, the Decapolis, Jerusalem, Judea and the region across the Jordan followed him.*

Jesus, thank you that you are our Healer, our Mighty Redeemer, the One who makes beauty from ashes and joy from mourning. Please bring to mind right now any areas where I need healing. (Pause and wait for God to reveal this to you.) Lord, I give to you this brokenness and declare that I want you to come and heal me from that which keeps me broken. There is power in the name of Jesus. Lord, help me to live a life of freedom through forgiveness, freely forgiving others as you have forgiven me. I trade a spirit of heaviness for a garment of praise. May your praise always be in my mouth.

## **January 10: Service to Others**

**Matthew 9:37-38** *Then he said to his disciples, "The harvest is plentiful, but the workers are few. Ask the Lord of the harvest, therefore, to send out workers into his harvest field."*

Lord, you see the brokenness in us and around us. Help us to see people as you see them—with dignity and honor. May we see your image in each person we encounter. We pray that more of our community would come to receive your love and be renewed in Christ Jesus. Help us to be salt and light to our neighbors. Show us how to be present in uncomfortable spaces. With humility and open hands we offer all that we are and give thanks for how you want to use us. May we recognize the ways we too are shaped and transformed by this work.

## **January 11: Justice Around the World**

**Mt 24:14; 1 Peter 3:9; Eph.6:18; Heb.13:3** *And this good news of the kingdom will be proclaimed throughout the world as a testimony to all nations (ethnic groups) and then the end will come. God is holding back the End because He doesn't want anyone lost. [In our spiritual warfare] God's Word is an indispensable weapon. In the same way prayer is essential in this ongoing warfare. Pray hard and long. Pray for your brothers and sisters. Keep your eyes open and keep each other's spirits up so that no one falls behind or drops out. Remember the victims of abuse, as if what happened to them had happened to you.*

Lord Jesus, we love you. Increase our trust in your love for us, for those around us, and for those far away. Stir in our hearts a desire to seek justice for those who are waiting to hear and experience the Good News of hope and freedom through Jesus. Show us what actions you are calling us to here and now.

## **January 12: Ministries of RAC and Church Staff**

**1 Corinthians 12:12-13** *For just as the body is one and has many members, and all the members of the body, though many, are one body, so it is with Christ. For in one Spirit we were all baptized into one body – Jews or Greeks, slaves or free – and all were made to drink of one Spirit.*

Lord, we thank you for the numerous RAC ministries that provide meaningful services and foster lasting friendships. We ask You to bless and protect the following ministries and staff of RAC...

- Rangkham's Café
- 10:19 Good Neighbor Teams
- Urban Impact
- Rob Daniels
- Mark Nsimbi
- Darlene Ndirangu
- Jessica McDonald
- Laurence Idos
- Dean Witt
- Michael Chew
- Gar Nishioka
- Neah Luu
- Heather Otieno
- Peter Chin
- Ron Venters



## **January 13: Service Using My Gifts**

**1 Corinthians 14:12** *Since you are eager for gifts of the Spirit, try to excel in those that build up the church.*

Jesus, help me to see the gifts that you have given me. May I see myself the way that you see me—as your beloved. Give me insight into who you knit me together to be. (Take a moment and ask God what He loves about you.) Thank you, Father, that you know me better than I know myself and that you delight in me! (Ask God what He thinks you are good at.) Thank you that you are my Creator and since I'm created in your image, I must be a creator too. Give me eyes to see what it is that I create in my area of influence. Give me courage to see myself as being created in your image and to use my talents in ways that honor you and bring you glory.

## **January 14: Center Park**

**Romans 12:3-6** *For by the grace given me I say to every one of you: Do not think of yourself more highly than you ought, but rather think of yourself with sober judgment, in accordance with the faith God has distributed to each of you. For just as each of us has one body with many members, and these members do not all have the same function, so in Christ we, though many, form one body, and each member belongs to all the others.*

Jesus, Body Broken for us, we pray for Our Body. We thank you for the people from Center Park who make up Our Body. Thank you for their faithful presence in our community and the ways that they offer the gift of deep friendship. You teach us through our bodies, and Our Body, that we belong to one another.

We thank you for the people in our community who move more slowly and in different ways, for people who cannot see the physical world but hear with increased clarity, and for people whose spoken words require close listening. Help us to change our

pace and to be in step with you, to see and hear like you, and to listen in new ways.

For the places where there is deep loneliness, we pray for your presence. For the places where bodies are in pain, we pray for your healing touch. For the ways your kingdom is being revealed, we celebrate and dance!

We receive the gift of friendship, the gift of presence and the gift of time from these friends at Center Park. We remember and echo the faithful prayers of Linda Deeds, "Lord, We Pray for the Whole World."

## January 15: Longing

**Romans 8:26-27** *In the same way, the Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit himself intercedes for us through wordless groans. And he who searches our hearts knows the mind of the Spirit, because the Spirit intercedes for God's people in accordance with the will of God.*

Heavenly Father, you know exactly what I need and the desires of my heart. I give to you my longing for \_\_\_\_\_  
\_\_\_\_\_.

Sustain me as I hunger and thirst for more of you, Lord. Keep me ever mindful of my citizenship in your Kingdom, doing what you desire here on earth. Strengthen me as I fix my eyes on you and walk the path you have set before me, trusting you with the unknown. Thank you that your perfect love casts out fear. I give to you my fear of \_\_\_\_\_. Will you replace it with your abundant love and grace?

## January 16: Children and Youth of RAC

**Mark 10:14-16** *He said to them, "Let the little children come to me, and do not hinder them, for the kingdom of God belongs to such as these. Truly I tell you, anyone who will not receive the kingdom of God like a little child will never enter it."*

Heavenly Father, thank you for the abundant and vibrant group of children that are part of our church body. They are a gift to all of us! They teach us the ways of your Kingdom. We pray that they would learn to love and serve you in an authentic way, that their faith would remain with them as they grow up. We pray for the many volunteers who hold up the ministry. Give wisdom, patience, and energy to the many adult leaders who make a sacrificial commitment to our children and families. We pray for Jessica McDonald as she leads the nursery, toddler, and preschool ministry.

We pray especially for Dean Witt and his leadership over the youth group. Strengthen him as he seeks to follow your lead. Protect our youth as they face temptations of this world. We also ask for you to send the right person to join us as the new Children's Pastor.

May we recognize these children as a gift to our congregation. We look to them to show us the way of childlikeness that Jesus taught about.

## January 17: Human Trafficking

**Eph. 6:10-12** *Finally, be strong in the Lord and in his mighty power. Put on the full armor of God, so that you can take your stand against the devil's schemes. For our struggle is not against flesh and blood, but against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms.*

Lord, we thank you for *the Set Free Movement of the Free Methodist Church*, whose purpose is to end modern day slavery of all kinds, by working on behalf of the poor, the marginalized, the overlooked and especially those who are exploited; and whose mission happens within the scope of discipleship by local leaders.

We pray for these teams, their leaders, funding, protection, relationships with police and the community, hope and faith for the participants, love and patience for the caregivers...

- India and the Philippines: teaching children, parents and churches to identify and prevent human trafficking
- Budapest, Hungary: the team leader, Ildiko, who is seeking to establish a united front to abolish slavery
- Taiwan: supporting female migrants who may be at risk of exploitation
- Bulgaria: A prevention home for Roma girls is now open
- Bogota, Columbia: The 'Bee-hive' is a home for at-risk girls

Dear God, Father of the Fatherless, Defender of the oppressed, Protector of the downtrodden, hear our prayers for the sake of Jesus our Lord and Savior.

Also pray for other organizations you know working against human trafficking and/or with victims or offenders.

Some local organizations: REST (Real Escape from the Sex Trade), EPIK Project, Genesis Project, Northwest Family Life.

## January 18: Homelessness

**Matthew 25:35** *For I was hungry and you gave me food, I was thirsty and you gave me drink, I was a stranger and you welcomed me.*

Jehovah Jireh, our Provider: you see those that have been pushed to the margins and suffer from oppression. You are close to the poor and suffering. We ask you to be close to those in our city who are experiencing homelessness right now. Keep them safe, warm, and provide nourishment and encouragement. We pray for the many local organizations that are working directly to provide for basic needs. May they have ample funding and volunteers. Lord, help me to see those on the street corners as you do. Show me what actions you are calling me to. We cry out for more of you, for your Kingdom to come, for your will to be done: on earth as it is in Heaven. Oh, Lord, we cry out for freedom for the captives, for wholeness for the broken, for health for the sick. For no more pain, no more tears, no more suffering. Lord, hear our prayer.

## January 19: Clinging to Truth

**Song of Songs 2:16** *My beloved is mine and I am His.*

We all have lies which the enemy uses to bring us down. As Christians we must learn to recognize them and stand against them. Satan always uses lies and we need to counteract these lies with God's truth. What scripture could we use to counteract the lie that Jesus really doesn't love us? Let's speak forth the scripture every day when we wake up. It so well sums up the relationship we have with Him... My Beloved! He is mine, I am His!

Jesus, open our hearts to you; open our eyes to your love. I give myself to you and I receive you as my Beloved!

## **January 20: RAC Fellowship**

***Psalm 77:13-14*** *Your ways, O God, are holy. What god is so great as our God? You are the God who performs miracles; you display your power among the peoples.*

Lord, we thank you for the numerous RAC groups that provide meaningful times of fellowship and foster lasting friendships. We ask You to bless and protect the following groups of RAC...

- Adoption & Foster Care Group
- Sexual Abuse Survivors Group
- Young Adults
- Small Groups
- Bible Quizzing
- Worship Team
- Intercessory Prayer Team
- Mom2Mom Group
- YoungLives
- Children & Youth Ministries

## **January 21: Hillman City**

***Luke 10: 27*** *Love the Lord your God with all your heart and with all your soul and with all your strength and with all your mind; and love your neighbor as yourself.*

Lord, we thank you for our neighbors in Hillman City. We ask You to bless the land of Hillman City as we pray for...

- the Hillman City Business Association and other businesses and organizations in the area
- residents of Hillman City
- revival in our neighborhoods
- gentrification and racism
- Justice and cease to violence
- (Pray however the Lord leads as you think of the area around our church building.)

## **January 22: Government**

**Amos 5:21-24** *I take no pleasure in your solemn assemblies...but let justice flow like water, and uprightness like a never failing stream!*

### **A Prayer for Reconciliation**

Where there is separation,  
there is pain.  
and where there is pain,  
there is story.

And where there is story,  
there is understanding,  
and misunderstanding,  
listening,  
and not listening.

May we-- separated peoples, estranged strangers  
unfriended families, divided communities--  
turn toward each other,  
and turn toward our stories,  
and understanding  
and listening,  
with argument and acceptance,  
with challenge, change  
and consolation

Because if God is to be found,  
God will be found  
in the space  
between.  
Amen

From Daily Prayer with the Corymeela Community (Padraig O Tuama)

## January 23: Immigrants & Refugees

**Psalm 9:9** *The Lord is a refuge for the oppressed, a stronghold in times of trouble.*

God, hear our prayers.

We pray for our people and our neighbors at our southern border. That they will be treated fairly and justly.

We lift up the children who have been forcibly separated from their parents. We lift up the families to you.

We pray against the spirit of fear and hatred that claims our border. We call upon you, God, the author of peace and justice, to show your glory at our border.

In Jesus' name, amen.

From "Love Your Neighbor" by Sergio Cortes

## January 24: Revival

**2 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 I will forgive their sin and will heal their land.*

Lord, please show me how to humble myself before You and before others. Let revival start with me, my choices, my influence, and my relationships. As we seek Your face together at Rainier Avenue Church, may Your light shine forth through us to our neighbors, our city, our nation, and our world.

(Take a moment and ask God who/what He wants you to pray for today. Maybe there is someone you know who needs to hear how much Jesus loves them and is for them.)



## January 25: Oppressed in our Community

**Isaiah 58:6** *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?*

**Deuteronomy 10:19** *And you are to love those who are foreigners, for you yourselves were foreigners in Egypt.*

### PRAYER FOR THE OPPRESSED

We toil, we build, we give,  
and we do it all for those who are over us.  
We do it for pennies, for rations, for scraps,  
and we do it to survive.  
We are exhausted, we are depleted, and we are broken.  
Yet we gain nothing.  
We are valued less than human.  
They have exploited us.  
We cry out for justice! We cry out for deliverance!  
Lead us out of Egypt, guide us out with your mighty hand!  
In Jesus' name, amen.

### PRAYER FOR ALLIES

God, hear our prayers.  
Our neighbors toil, they build, they give, all for this nation.  
They are exhausted, they are depleted, and they are broken.  
They are valued less than human. They have been exploited.  
They cry out for justice! They cry out for deliverance!  
Lead them out of Egypt, guide them out with your mighty hand!  
In Jesus' name, amen.

From "Love Your Neighbor" by Sergio Cortes

## January 26: Local Education

**1 Corinthians 2:12-16** *We have not received the spirit of the world but the Spirit who is from God, that we may understand what God has freely given us. This is what we speak, not in words taught us by human wisdom but in words taught by the Spirit, expressing spiritual truths in spiritual words. The man without the Spirit does not accept the things that come from the Spirit of God, for they are foolishness to him, and he cannot understand them, because they are spiritually discerned. The spiritual man makes judgments about all things, but he himself is not subject to any man's judgment: "For who has known the mind of the Lord that he may instruct him?" But we have the mind of Christ.*

All-knowing and Almighty God, we thank you for the gifts of your Spirit and wisdom. We pray to be faithful stewards of both our hearts and minds and that of the students in our local systems of education. We seek to find ways to support all participants of the schools in academics, emotional intelligence, interpersonal relationships, and spiritual wisdom.

We pray for our...

- local schools (public, private, home)
- afterschool programs
- Othello Youth Center
- Equity in education
- Southeast Seattle Education Coalition
- RAC members involved in PTAs

## **January 27: Praise, Thanksgiving, and Justice**

**Psalm 30: 4,11-12** *Sing praises to the LORD, O you his saints, and give thanks to his holy name. You have turned my morning into dancing; you have loosed my sackcloth and clothed me with gladness, that my glory may sing your praise and not be silent. O LORD my God, I will give thanks to you forever!*

As we close our weeks of prayer and fasting we invite you to offer praise and thanksgiving for the ways God has met you in this time and the things revealed to you throughout your journey. In this spirit of thanksgiving, we encourage you to end your time of fasting with the following prayer based on Psalm 146:5-10. Pause as you pray. Listen to the Spirit and add names of people, organizations or whatever comes to your mind.

Lord, we as the Body of Christ at RAC pray for our brothers and sisters among us and around the world. Jesus, you know better than we do just how broken our world is and we thank you that your love continues to flow out through our prayers.

Our sure HOPE is in you, O LORD. You are faithful forever. In your power and love: Execute justice for the oppressed. Give food to the hungry. Set the prisoners and slaves free. Give sight to the blind; care for the sick, disabled, the old and the young. Lift up those who are crushed--the street children, the prostituted, all victims of abuse. Watch over the foreigner, the immigrants fleeing violence, those displaced because of war, the refugees. Sustain the fatherless, the widows and their children, the homeless and those who are power-less.

In the Name of Jesus and the power of the Cross, we ask you, The Almighty One, to frustrate the ways of the wicked, the proud and the greedy. Bring them in humility to repent and be forgiven. All for Jesus' Sake, Amen.

**THE LORD'S PRAYER**

**OUR FATHER**

WHO ART IN HEAVEN,  
*hallowed be your name,*

YOUR KINGDOM COME,  
YOUR WILL BE DONE,  
**ON EARTH AS IT IS IN HEAVEN.**

GIVE US THIS DAY OUR DAILY BREAD.

*and forgive our debts,*

AS WE ALSO HAVE FORGIVEN OUR DEBTORS.

AND LEAD US NOT INTO TEMPTATION,  
**BUT DELIVER US FROM THE EVIL ONE;**

MATTHEW 6:9-13

*for yours is the kingdom and the power and the glory forever. Amen.*