

2019 BIBLE, PRAYER & FASTING

WHAT TO DO

- Determine your Bible reading plan for 2019: _____
- Determine your January prayer goals: _____
- Determine your type of fast and frequency: _____
(See the reverse.) _____

JANUARY 2019 READINGS

Sustained by God's Word and
Following Jesus

- 1 Hebrews 1:1-14
- 2 Hebrews 2:1-18
- 3 Hebrews 3:1-19
- 4 Luke 3:1-20
- 5 Luke 3:21-38

Epiphany

- 6 Matthew 2:1-12
- 7 Matthew 2:13-23
- 8 Luke 4:1-15
- 9 Luke 4:16-30
- 10 Luke 4:31-44
- 11 Luke 5:1-16
- 12 Luke 5:17-32

Church-wide day of fasting

- 13 Luke 5:33—6:11
- 14 Luke 6:12-26
- 15 Luke 6:27-49
- 16 Luke 7:1-17
- 17 Luke 7:18-35
- 18 Luke 7:36—8:3
- 19 Luke 8:22-39

- 20 Luke 8:40-56
- 21 Luke 9:1-17
- 22 Luke 9:18-27
- 23 Luke 9:28-45
- 24 Luke 9:46-62
- 25 Luke 10:1-24
- 26 Luke 19:1-10

Prayer Summit at 6PM

- 27 Colossians 1:1-23
- 28 Colossians 1:24—2:5
- 29 Colossians 2:6-19
- 30 Colossians 2:20—3:17
- 31 Colossians 4:2-18

2019 CORPORATE PRAYER GOALS

*They are like trees planted along the riverbank,
bearing fruit each season.*

*Their leaves never wither,
and they prosper in all they do.*

– Psalm 1:3 NLT

Pray for...

- A. Freedom and fruit:
 - 1. Freedom that bears fruit.**
 - 2. 15 examples of strengthened marriages.**
- B. Resources for ministry:
 - 3. 15% increase in giving for new ministry.**
 - 4. Guidance for our joint China Mission.**
- C. Renewal in prayer:
 - 5. 15 mentoring pairs growing in relationship with Jesus and each other.**
 - 6. 15 people at prayer meetings and 30 at prayer summits.**

Notes for 6 prayer goals:

1. Pray for freedom that bears fruit in spiritual growth, depth of love, and authentic relationships. We want freedom and inner healing for our men and women from all sin and evil. That freedom then results in fruit – finding our identity in Christ and using our gifts to serve.
2. Pray for strengthened and restored marriages. We want unity and community, new marriages blessed, renewed families for a healthy body. Our marriages are then truly an example to the world of Jesus' relationship with the Church.
3. Pray for increased generosity and financial obedience resourcing the next things for our mission. We want good stewardship, generosity with resources, tithing, and trust in God's provision.
4. Pray for the next things for the Neil Taylor Care Center, NWCC, and CTLGC. We want clarity & confirmation in leadership, joint ministry, and mission in China.
5. Pray for God's will in growing disciples and leaders leading to the next things for our church.
6. Pray for our corporate prayer ministries and individual abiding time with God. We want the Spirit's renewal in praise, thanksgiving, confession and hearing God.

FASTING INFORMATION

WHAT TO DO

- Determine your fasting goal through prayer.** For example, you may wish to fast for a family member, for your marriage, for an addiction, for a decision that you need to make, for emotional or physical health, for your finances, for a child, to love God more, etc.
- Commit to a type of fast** (see below).
- Commit to daily prayer** (with personal and corporate prayer goals).
- Commit to attending Prayer Summit on January 27, 2019.**
- Commit to attending Pre-Service Prayer on Sundays.** 8AM in the board room, or 9:30AM in chair room.
- If you would like to receive prayer, attend After Service Prayer.**
- Commit to Bible Reading.** Feed on the living Word who will speak to you!
- Commit to attend a small group with prayer / pray in your small group.**
- Fast together as a small group.** Fast on the day of your group meeting. Fast for the same things.
- As you fast, monitor the inner attitude of your heart.** At first, you'll focus on the physical aspects of the fast, but it is most important to monitor the inner attitude of the heart. Outwardly you perform regular duties of the day, but inwardly you will be in prayer and adoration, song and worship to God!

TYPES OF FASTS

Partial Fast: (particularly if you have never tried fasting before)

1. 24 hour Partial Fast
 - A full day of fasting, from one meal to the same meal on the next day, for example, lunch to lunch.
 - You can drink fruit or vegetable juices.
 - You can fast 1 day per week or 1 day a month, or anything in between.
2. One-Meal-Per-Day Fast
 - Fast one meal per day for one or more days per week.
3. Daniel Fast (Daniel 1:12)
 - A partial fast with a vegetarian or vegan diet. This can be a multi-day fast.
4. Modified Fast
 - Continual removal of certain foods from your diet. E.g. junk food, caffeine, sugar.
 - This is a good choice if you have physical reasons why you should not fast from food. e.g. diabetes, hypoglycemia, expectant mothers, heart patients, etc.
If you have a medical condition always seek medical advice.

Full Fast: (if you've done partial fast before)

- Drink only clear juices or water for 24 hours.
- Ignore the hunger pangs. We are to be masters of our stomach, not its slave!
- If you can, devote meal times to prayer and Bible reading.
- If you've done 24 hours before, God may lead you to try multi-day fasts.
If you do, eat lighter meals before and after the fast. And always ask your doctor.

Media Fast: (additional to the above)

- Ask the Lord about fasting from internet, phones, social media, movies, TV, video games, etc.