

Horizontal lines for writing daily prayer requests.

Northwest Community Church

Read, Fast & Pray

2022



5 Minutes A Day Can Keep The Sad Away

5 Minutes A Day

If you're not used to reading the Bible daily, start with just 5 minutes a day. This reading plan will take you through 260 selected chapters of the Old and New Testaments, one chapter per day

A Five Day Week

Determine a time and location to spend 5 minutes a day for 5 days a week. It is best to have a consistent time and a quiet place where you can regularly meet with the Lord.

Dig Deeper To The Fifth

Pause in your reading to dig into the Bible. Below are 5 different ways to dig deeper each day. These exercises will encourage meditation. Try a single idea for a week to find what works best for you. Remember to keep a pen and paper ready to capture God's insights.

- 1 Underline or highlight key words or phrases in the Bible passage. Use a pen or highlighter to mark new discoveries from the text.
2 Put it in your own words. Read the passage or verse slowly, then rewrite each phrase or sentence using your own words.
3 Ask and answer questions. Questions unlock new discoveries and meanings. Ask questions about the passage using these words: who, what, why, when, where, or how. Jot down your answers to these questions.
4 Capture the big idea. God's Word communicates big ideas. Periodically ask: What's the big idea in this sentence, paragraph, or chapter?
5 Personalize the meaning. Respond as God speaks to you through the Scriptures. Ask: How could my life be different today as I respond to what I'm reading?



	July		
Wednesday	2022-07-13	2 Kings 17	
Thursday	2022-07-14		
Friday	2022-07-15		
Saturday	2022-07-16	2 Kings 18	
Sunday	2022-07-17	2 Kings 19	
Monday	2022-07-18	2 Kings 20	
Tuesday	2022-07-19	2 Kings 21+22	
Wednesday	2022-07-20	2 Kings 23	
Thursday	2022-07-21		
Friday	2022-07-22		
Saturday	2022-07-23	Philemon 1	
Sunday	2022-07-24	Colossians 1	
Monday	2022-07-25	Colossians 4	
Tuesday	2022-07-26	Daniel 1	
Wednesday	2022-07-27	Daniel 2	
Thursday	2022-07-28		
Friday	2022-07-29		
Saturday	2022-07-30	Daniel 4	
Sunday	2022-07-31	Daniel 5	
	August		
Monday	2022-08-01	Daniel 6	
Tuesday	2022-08-02	Nahum 1	
Wednesday	2022-08-03	Psalms 8	
Thursday	2022-08-04		
Friday	2022-08-05		
Saturday	2022-08-06	1 John 1-2	
Sunday	2022-08-07	2 John 1	
Monday	2022-08-08	3 John 1	
Tuesday	2022-08-09	Ruth 1/2	
Wednesday	2022-08-10	Ruth 3/4	
Thursday	2022-08-11		
Friday	2022-08-12		
Saturday	2022-08-13	Jeremiah 1-2	
Sunday	2022-08-14	Jeremiah 3	
Monday	2022-08-15	Jeremiah 4	
Tuesday	2022-08-16	Jeremiah 5	
Wednesday	2022-08-17	Jonah 1	
Thursday	2022-08-18		
Friday	2022-08-19		
Saturday	2022-08-20	James 1	
Sunday	2022-08-21	James 2	
Monday	2022-08-22	James 3	
Tuesday	2022-08-23	1 Chronicles 15	
Wednesday	2022-08-24	1 Chronicles 16	
Thursday	2022-08-25		
Friday	2022-08-26		
Saturday	2022-08-27	1 Chronicles 17	
Sunday	2022-08-28	1 Chronicles 21+22	
Monday	2022-08-29	1 Chronicles 28+29	

Tuesday	2022-08-30	Psalms 100	
Wednesday	2022-08-31	Song of Solomon 1-2	
	September		
Thursday	2022-09-01		
Friday	2022-09-02		
Saturday	2022-09-03	1 Peter 1	
Sunday	2022-09-04	1 Peter 5	
Monday	2022-09-05	2 Peter 1	
Tuesday	2022-09-06	Mark 1	
Wednesday	2022-09-07	Mark 2	
Thursday	2022-09-08		
Friday	2022-09-09		
Saturday	2022-09-10	Mark 3	
Sunday	2022-09-11	Mark 4	
Monday	2022-09-12	Mark 10	
Tuesday	2022-09-13	Mark 15	
Wednesday	2022-09-14	Mark 16	
Thursday	2022-09-15		
Friday	2022-09-16		
Saturday	2022-09-17	1 Samuel 7/8	
Sunday	2022-09-18	1 Samuel 9	
Monday	2022-09-19	1 Samuel 10/11	
Tuesday	2022-09-20	1 Samuel 12	
Wednesday	2022-09-21	1 Samuel 15	
Thursday	2022-09-22		
Friday	2022-09-23		
Saturday	2022-09-24	1 Samuel 16	
Sunday	2022-09-25	1 Samuel 17	
Monday	2022-09-26	1 Samuel 18	
Tuesday	2022-09-27	1 Samuel 19	
Wednesday	2022-09-28	1 Samuel 20	
Thursday	2022-09-29		
Friday	2022-09-30		
	October		
Saturday	2022-10-01	1 Samuel 28	
Sunday	2022-10-02	1 Samuel 31	
Monday	2022-10-03	Psalms 23	
Tuesday	2022-10-04	Hebrews 10	
Wednesday	2022-10-05	Hebrews 11	
Thursday	2022-10-06		
Friday	2022-10-07		
Saturday	2022-10-08	Hebrews 12	
Sunday	2022-10-09	Hebrews 13	
Monday	2022-10-10	Malachi 1	
Tuesday	2022-10-11	2 Samuel 5/6	
Wednesday	2022-10-12	2 Samuel 7/8	
Thursday	2022-10-13		
Friday	2022-10-14		
Saturday	2022-10-15	2 Samuel 11	
Sunday	2022-10-16	2 Samuel 12	

Personal Prayer Goals

NWCC Prayers for 2022: Our identity is in Jesus and we glorify Him!

1. Our identity is in Jesus, the Truth.

God, would you help us understand truth in our identity in You, which leads to liberty, victory, authority, and walking worthily. Help us to defeat strongholds individually and corporately. Let us encounter you and be transformed by your love!

2. We glorify Him for what He has done, and what He will do.

God, we give you glory with 12 stones (Joshua 4:1-14) for our 25th anniversary year: community, joint ministry, portability, groups, camps, missions, families, youth, young adults, apprenticeship, renewal, and celebration. We ask to see your mighty hand in each of these areas so that our communities know about you.

Memory Verse: Ephesians 1:13-14 NLT

... (you) have also heard the truth, the Good News that God saves you. And when you believed in Christ, he identified you as his own by giving you the Holy Spirit, whom he promised long ago. The Spirit is God's guarantee that he will give us the inheritance he promised and that he has purchased us to be his own people. He did this so we would praise and glorify him.

Personal Prayer Goals 2022

- 1) _____
- _____
- 2) _____
- _____
- 3) _____
- _____

Daily Prayer Requests:

2022 Prayer Goals

Glorify Him as his own people in twelve ways

God, here are 12 stones for our 25th anniversary year, 12 stones of our corporate identity. Just as Joshua setup 12 stones in the promised land to remember all that God had done for His people (Joshua 4:1-24), we pray these 12 stones “so that all the peoples of (Calgary) may know that the hand of the Lord is mighty, and so that you may fear the Lord your God forever.” (Joshua 4:24 NRSV) We will highlight one per month to glorify You!

We thank God for where we have been—our...

- Community**—NW Calgary, Edgemont, Schools, ECA
- Joint Ministry**—planting, True Light, multicultural identity
- Portability**—different locations, configurations, adaptability
- Groups**—homes, studies, prayer, campaigns, seminars
- Camps**—camp-outs, Camp Chestermere, weekends
- Missions**—trips, missionaries, local, international, BGC
- Families**—children engaged, in worship, multi-generational
- Youth**—Discovery Zone, ROC, events, weekends
- Young Adults**—leading, worshiping, inviting
- Apprenticing**—coordinators/pastors/apprentices from here
- Renewal**—in prayer, healing, mentoring
- Celebration**—many milestones, 25th anniversary

We pray for where we are going—our...

- Community**—be Christ in our Community and bring NW Calgary communities to Christ with even more new people and new faith!
- Joint Ministry**—True Light and their new leaders (Pastor John and Wang Ke) to thrive
- Portability**—keep us flexible and open to new ministry no matter the current challenges
- Groups**—increase our sense of belonging and unity until everyone in NWCC is connected
- Camps**—direct in the new things at camp as Pastor Kara chair the board
- Missions**—guide us and enable next trips
- Families**—give us more children and teachers to fill the rooms at ECA
- Youth**—guide us in new ways to engage the youth in this season
- Young Adults**—bless our YA with fellowship, encouragement, unity and diversity
- Apprenticing**—give Vanessa and Tyler Dobson success in their ministry
- Renewal**—guide us into individual empowerment in the Holy Spirit
- Celebration**—grow our giving and thanksgiving in this anniversary year

	October		
Monday	2022-10-17	2 Samuel 13	
Tuesday	2022-10-18	2 Samuel 15	
Wednesday	2022-10-19	2 Samuel 18	
Thursday	2022-10-20		
Friday	2022-10-21		
Saturday	2022-10-22	Matthew 5	
Sunday	2022-10-23	Matthew 6	
Monday	2022-10-24	Matthew 7	
Tuesday	2022-10-25	2 Chronicles 5	
Wednesday	2022-10-26	2 Chronicles 6	
Thursday	2022-10-27		
Friday	2022-10-28		
Saturday	2022-10-29	2 Chronicles 7+8	
Sunday	2022-10-30	2 Chronicles 9	
Monday	2022-10-31	2 Chronicles 10	
	November		
Tuesday	2022-11-01	2 Chronicles 14+15	
Wednesday	2022-11-02	2 Chronicles 16	
Thursday	2022-11-03		
Friday	2022-11-04		
Saturday	2022-11-05	2 Chronicles 24	
Sunday	2022-11-06	2 Chronicles 25+26	
Monday	2022-11-07	2 Chronicles 29	
Tuesday	2022-11-08	2 Chronicles 30+31	
Wednesday	2022-11-09	2 Chronicles 32	
Thursday	2022-11-10		
Friday	2022-11-11		
Saturday	2022-11-12	2 Chronicles 33	
Sunday	2022-11-13	2 Chronicles 34	
Monday	2022-11-14	2 Chronicles 35	
Tuesday	2022-11-15	Zechariah 1-2	
Wednesday	2022-11-16	Psalms 103	
Thursday	2022-11-17		
Friday	2022-11-18		
Saturday	2022-11-19	1 Timothy 1	
Sunday	2022-11-20	1 Timothy 3	
Monday	2022-11-21	2 Timothy 3-4	
Tuesday	2022-11-22	Hosea 1-2	
Wednesday	2022-11-23	Hosea 3-4	
Thursday	2022-11-24		
Friday	2022-11-25		
Saturday	2022-11-26	Revelation 19-20	
Sunday	2022-11-27	Revelation 21	
Monday	2022-11-28	Revelation 22	
Tuesday	2022-11-29	Ezekiel 1-2	
Wednesday	2022-11-30	Ezekiel 18	
	December		
Thursday	2022-12-01		
Friday	2022-12-02		

Saturday	2022-12-03	Ezekiel 3	
Sunday	2022-12-04	Ezekiel 33	
Monday	2022-12-05	Jude 1	
Tuesday	2022-12-06	Esther 1+2	
Wednesday	2022-12-07	Esther 3+4	
Thursday	2022-12-08		
Friday	2022-12-09		
Saturday	2022-12-10	Titus 2	
Sunday	2022-12-11	Zephaniah 3	
Monday	2022-12-12	Ezra 3	
Tuesday	2022-12-13	Ezra 6	
Wednesday	2022-12-14	Ezra 7	
Thursday	2022-12-15		
Friday	2022-12-16		
Saturday	2022-12-17	Psalms 139	
Sunday	2022-12-18	Philippians 2	
Monday	2022-12-19	Philippians 4	
Tuesday	2022-12-20	2 Corinthians 4-5	
Wednesday	2022-12-21	2 Corinthians 8-9	
Thursday	2022-12-22		
Friday	2022-12-23		
Saturday	2022-12-24	Psalms 97	
Sunday	2022-12-25	Matthew 1-2	
Monday	2022-12-26	Matthew 17	
Tuesday	2022-12-27	Matthew 26	
Wednesday	2022-12-28	Matthew 27	
Thursday	2022-12-29		
Friday	2022-12-30		
Saturday	2022-12-31	Matthew 28	

No So Fast

What To Do?

- Determine your fasting goal through prayer. For example, you may wish to fast for:
 - a family member
 - your marriage
 - an addiction
 - a decision that you need to make
 - emotional or physical health
 - finances
 - a child
 - to love God more
 - fill in the blank _____.
- Pray daily—personal and the church’s yearly prayer goals
- Attend *Prayer Summits*
- Attend Sunday *Pre-Service Prayer*
- Join a small group with prayer/pray in your small group
- Receive prayer from *After Service Prayer* team
- Choose a fast below
- Read the Bible daily
- Fast as a small group—on the day of your group meeting or 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!

How Fast?

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.
- Drink fruit or vegetable juices.
- Fast 1 day per week or 1 day a month, or anything in between.

2) One-A-Day Fast

- Skip one meal per day for one or more days per week.

3) Danny Fast, nice to meet you (Daniel 1:12)

- A partial fast with a vegetarian or vegan diet. This can be a multi-day fast.
- Remove certain foods from your diet—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 seek medical advice.

Furious Fast: (if you’ve done partial fast before)

- Drink only clear juices or water for 24 hours.
- Distract yourself from the hunger pangs—read, walk, chat, play
- If you can, devote meal times to prayer and Bible reading.
- If you’ve fasted for 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, phone, social media, (Youtube, Facebook, Twitter, Instagram) movies, television (sports, Netflix, Disney +, Crave etc.), video games and/or the news.

Our Identity Is In Jesus And We Glorify Him!

Memory Verse

...(you) have also heard the truth, the Good News that God saves you. And when you believed in Christ, he **identified you as his own** by giving you the Holy Spirit, whom he promised long ago. The Spirit is God’s guarantee that he will give us the inheritance he promised and that he has purchased us to be **his own people**. He did this so we would **praise and glorify him**.

Ephesians 1:13-14 (NLT)

Identify as His own with the truth in four areas

God, would you help us understand truth in the area of identity, so that we can have liberty, victory, and authority, and so we can walk worthily before you. Help us to defeat strongholds individually and corporately. Let us encounter you and be transformed by your love!

Identity: I am loved, chosen, adopted.

Even before he made the world, God loved us and chose us in Christ to be holy and without fault in his eyes. God decided in advance to adopt us into his own family by bringing us to himself through Jesus Christ.

Ephesians 1:4-5 NLT

Liberty: I am free and forgiven.

He is so rich in kindness and grace that he purchased our freedom with the blood of his Son and forgave our sins.

Ephesians 1:7 NLT

Victory: I can walk in light and hope.

I pray that your hearts will be flooded with the light he has given to those he called—his holy people who are his rich and glorious inheritance.

Ephesians 1:18 NLT

Authority: I can pray in power over physical and spiritual challenges

I also pray that you will understand the incredible greatness of God’s power for us who believe him. This is the same mighty power that raised Christ from the dead and seated him in the place of honour at God’s right hand in the heavenly realms.

Ephesians 1:19-20 NLT