

Day 1 Seek God and find strength

Read Psalm 105

Call to Prayer

Glory in his holy name; let the hearts of those who seek the Lord rejoice. Look to the Lord and his strength; seek his face always. Psalm 105:3-4

God loves His children and desires to bless them, but He wants His children to spend time with Him. As we set aside time during these 40 days to fast and pray, we are telling our Father in heaven, **“I want to seek your face and not Your hand. I want to draw near to You. I want to seek You above everything else in life.”**

Ways to Pray

- *Father in heaven, please show me the activities that have been taking the time that I could have spent in prayer.*
- *Please do a deep work in my heart, so I can begin to enjoy my time spent in Your word and in seeking Your face, more than I enjoy ...(name your favourite activity or any activity that so captivates you, that you lose track of time)*
- *Please refresh my soul, and give me the strength I need to always do what pleases You.*



Day 2 Humble yourself before God

Read James 4

Call to Prayer

Jesus' brother wrote James 4 to **people inside the church**. People "out there" were not the big problem. **They were the problem.**

Often, we are our own barrier to peace. The things we want to see God do in the world, we first need to ask Him to do in us. **As you draw near to God today, He will draw near to you. May you humbly receive what He has to say.**

Let God reveal where your heart is united with His, and where you need to submit your desires to His. As you do, may your mourning be turned to laughter and your gloom to joy.

Ways to Pray

- *Have you been impatient with God and tried to make things happen, or insisted on having your own way? James 4:6 reminds us that "God opposes the proud but gives grace to the humble." Humble yourself today, and ask God to show you where you need to change.*
- *Where do you see disunity or pride in PCC? Pray for repentance.*
- *Is there an area of your life where you know the right thing to do? Ask God for the courage to go do it!*



Day 3 Tame your tongue, transform your life

Read Ephesians 4: 29-32

Call to Prayer

Job 6: 24 **“Teach me, and I will hold my tongue; cause me to understand wherein I have erred.”**

Psalms 39: 1 **“I said, I will guard my ways, lest I sin with my tongue.”**

Proverbs 18: 21 **“The tongue has the power of life and death...”**

Our words shape our lives and our world. What we speak can come to pass.

Ways to Pray

- *Father, may no unwholesome talk come out of my mouth, but only what is helpful for building others up according to their needs, that it may benefit those who listen.*
- *Reveal to me if I have harboured any bitterness and unforgiveness in my heart.*
- *Help me to be kind and compassionate to others, to forgive them, just as in Christ God forgave me.*



Day 4 Put on your new clothes

Read Colossians 3

Call to Prayer

Paul appeals to believers to set their minds on things above, not on earthly things, to put to death whatever belongs to our earthly nature. He reminds them to put on their new self which is being renewed in knowledge and in the image of their Creator. How do we do that?

Col. 3: 12- 14 **“clothe yourselves with compassion, kindness, humility, gentleness and patience. 13 Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you. 14 And over all these virtues put on love, which binds them all together in perfect unity.”**

Ways to Pray

- *Father, please help me to seek to understand others, take the time to listen to them instead of judging them.*
- *Please help me to show kindness and compassion to those who are weak*
- *Please reveal to me where I may have a grievance against someone. Heal the wounds in my heart, remove the barriers. Help me to choose to forgive as I have been forgiven.*



Day 5 Lean not on your own understanding

Read Proverbs 3

A Call to Prayer

Let us acknowledge our human tendency to rely on our own understanding. That is how we have been trained from childhood- to rely on our own intelligence and judgment.

But that may mean we have become **'wise in our own eyes'** assuming that our wisdom is better than God's wisdom. **There is another way to live as God's people- in all our ways, in all our decisions, submit to God, and trust Him to make our paths straight, trust Him to direct us.**

Ways to Pray

- *Ask the Holy Spirit to reveal where you have relied on your own wisdom and understanding instead of the wisdom that comes from God as revealed in His Word. Ask God for the grace to choose humility and to repent.*
- *Ask God to help you develop patience to wait for His direction before acting.*
- *Ask God to increase your faith to trust Him, that His ways are always best.*



Day 6 Live worthy of the Lord

Read Colossians 1

Call to Prayer

Colossians 1: 9-12 is a prayer we can pray everyday for ourselves and our church family.

9“We continually ask God to fill you with the knowledge of his will through all the wisdom and understanding that the Spirit gives,
10 so that you may live a life worthy of the Lord and please him in every way: bearing fruit in every good work, growing in the knowledge of God,
11 being strengthened with all power according to his glorious might so that you may have great endurance and patience,
12 and giving joyful thanks to the Father, who has qualified you to share in the inheritance of his holy people in the kingdom of light.

Ways to Pray

- Ask God to reveal to you His will in the specific decision that you have to make, and give you the power to choose it.
- Ask God for the strength to endure and be patient in the specific challenge you are facing right now.
- Ask God to show you one area where you need to grow in knowledge of the Lord. Take the opportunities offered by your church to learn.



Day 7 Count the cost

Read Luke 14: 25-35

Call to Prayer

As Jesus nears the end of his ministry with his death by crucifixion in Jerusalem **he begins to speak very directly to his followers about their commitment.**

He challenges them to count the cost because it would involve persecution and opposition and require sacrifice. **Today we live in a culture that is not friendly to God's kingdom and values.**

Our 40 days fast is a good time to evaluate our walk with Jesus. **Up to now, what price have you paid to follow Jesus? What else will you need to do to invest further in your walk with Jesus?**

Ways to Pray

- *Jesus, thank you for challenging me to evaluate my commitment to you. Reveal to me where I have taken the easy way out. Give me the grace to repent.*
- *Help me to live a life that reflects the commitment and sacrifice that you require of your followers. Give me the grace to live it out each day.*
- *May my life be an example of faith and commitment that encourages other believers to follow you.*

