

PRAYER & FASTING GUIDE

Try praying for any of the following each hour or half-hour:

1. Name some different things that you see God doing at GCC and praise him for his grace among us.
2. Pray for God's guidance as we grow
3. Pray for God's discernment among us
4. Pray for God's power to flourish in our midst
5. Pray for the Lord's healing and deliverance where it is needed in our church and community
6. Pray for the Lord to show us how to effectively share the Gospel with our community
7. Pray for purity among us
8. Pray for the Lord's hand of favor to continue to be with us
9. Pray that we might be an effective "light on the hill" to those surrounding us
10. Pray that the Lord will be glorified in our midst
11. Pray that the Lord's worship will prosper among us
12. Pray that the Lord will continue to provide for all of our needs, and praise him for his provision thus far
13. Pray for protection and deliverance from the evil one
14. Identify different ministries at GCC, and pray for these, that the Lord would guide and prosper his work
15. Pray for blessing upon blessing on our community. Feel free to do a prayer-walk and bless those homes and places that you walk past.
16. Pray for breakthroughs where such are needed. That strongholds will be broken down.
17. Pray that God's light will shine into dark places, and dark hearts around us.
18. Pray that we will be a people of truth and holiness
19. Pray that we will be filled with love, and grow in all the Fruit of the Spirit
20. Pray that our mouths will be filled with encouragement and edification
21. Pray for the elders at GCC
22. Pray for our Pastor and his family
23. Pray that we will grow in the grace and knowledge of God
24. Pray for revival and renewal. That God's Kingdom come and his will to be done in our midst.

Series: Gospel Of Luke

Sunday, January 25. Read our daily sermon reflections on GCC's app (under Devotionals) or at gardiner.church/devotions

1. The Context: While the Bridegroom is Present

(Luke 5:27-35)

- Jesus' disciples don't fast because the Bridegroom is with them. But the time will come when He is taken away—then they will fast.

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2. The Challenge: New Wine Requires New Wineskins

(Luke 5:36-39)

- The old religious system cannot contain the new wine of the Kingdom. God is doing something fresh that requires flexibility and openness.

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3. The Call: Hungry For The New Wine

(Joel 2:12-32)

- God promises to pour out new wine and His Spirit in response to His people's fasting and seeking. Vats will overflow!

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BIBLICAL REASONS FOR FASTING

1. To Express Repentance (e.g. 1 Sam. 7:6, Joel 2:12)
2. To Withstand Temptation (e.g. Matt. 4:1-11)
3. For Protection & Victory (e.g. Judges 20:26-28; 2 Chron. 20:3-4; Ezra 8:21, Esther 3:8—Esther 9)
4. For Healing (e.g. Psalm 35:13)
5. For Deliverance from Evil Spirits (e.g. Mark 9:29)
6. For Guidance & Discernment (e.g. Acts 13:2-3)
7. To Worship (e.g. Luke 2:37)
8. For Renewal, Breakthrough, Revival (Joel 2:12-27)

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WHEN FASTING:

1. Examine Your Method. Consider any of the following:

- Traditional 24 Hour Fast: Without food, but drink plenty of water.
- A "Daniel Fast": Fasting for a period of time with only fruit, vegetables and water (no meat or rich food).
- A "Bland Fast": Fasting with 1 bland-food, such as oatmeal (without additives) and water.
- TV, Facebook or other: Fast from something that you spend a lot of time with, and pray during that time instead.

2. Examine Your Motives

- Discern whether your fast is to demonstrate your dependency on God, or whether it is intended for false motives, such as attention to self (see Matt. 6:16-18)

3. Examine Your Manner Towards Others

- As you demonstrate your dependency on the Lord through fasting, be mindful of how you are treating others. (see Isaiah 58:2-10)