

AND WE,
WHO WITH
UNVEILED FACES ALL
REFLECT
THE LORD'S GLORY,
ARE BEING TRANSFORMED
INTO HIS LIKENESS
WITH EVER-INCREASING
GLORY,
WHICH COMES FROM THE LORD,
WHO IS THE SPIRIT.

2 CORINTHIANS 3:18



Reflect.

PRAYER & FASTING
NOTEBOOK
2012



MANASSAS
ASSEMBLY
of GOD



Reflect.

PRAYER & FASTING NOTEBOOK 2012



MANASSAS
ASSEMBLY
of GOD

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HELPING PEOPLE FOLLOW JESUS.



SCHEDULE

Week of Prayer & Fasting

January 23-29, 2012

Monday, January 23

MAG Prayer Room open 9am - 5pm

Tuesday, January 24

MAG Prayer Room open 9am - 10pm

Wednesday, January 25

MAG Prayer Room open 9am - 10pm

Thursday, January 26

MAG Prayer Room open 9am - 10pm

Friday, January 27

MAG Prayer Room open 9am - 5pm

Sunday, January 30, 5pm

PowerSurge extended worship
and prayer with special guest
worship leaders Brad & Rebekah

WHAT IS FASTING?

Fasting is abstaining from eating or other activities for a period of time. Fasting is an outward expression of an inward commitment to turn away from selfish desires to pursue the desires of God. When you fast, you slow down to hear from God. Fasting can take various forms and last different lengths of time. Christian fasting is always combined with prayer.

WHAT'S THE POINT OF FASTING?

- ... to hear God's voice
- ... to be transformed
- ... to get guidance
- ... to have a breakthrough
- ... to get equipped
- ... to worship

TELL ME MORE.

In one sense, fasting is a deeply personal way to offer praise to God and be in extended communion with Him. In another sense, fasting is a richly communal activity. When, as a family or as a church body, we fast together for a common purpose, it's especially powerful.

Fasting is for everybody: children, adults; working people, retired people; stay-at-home moms, student athletes Even those with health issues can fast. Everyone can fast from *something* for some length of time.

THERE ARE DIFFERENT WAYS TO FAST.

The simplest kind of fast is to give up food and drink only water for a certain period of time. Here are some other ways to fast:

- Abstain from food, but drink only water and fruit juice.
- Do a "Daniel fast," where you abstain from meat and "pleasant foods"—dairy, desserts, soda, etc. (See Daniel 10: 2-3, where he describes this kind of fast.)
- Fast from desserts, junk food, or some other type of food you really enjoy.
- Do a media fast: choose to fast from television, books, your iPod, computer games, or other activities of this nature.

HOW LONG SHOULD I FAST?

If you've never fasted before, start slow. You might start by giving up one meal for one day. Or you could give up one type of food or drink, or one meal, for the entire fast. As you grow in the discipline of fasting, you will be able to work up to fasting for days at a time.

If you have fasted before, make it your goal for this church-wide fast to somehow intensify your fast, either in duration or substance. People who frequently fast can work up to fasting for as long as 40 days, just like Jesus did. Ask God how long He wants you to fast, and what He wants you to fast from.

FASTING DOS AND DON'TS

- Here's what Jesus said: "When you fast, don't make a production out of it like the hypocrites do. Shampoo and comb your hair; brush your teeth, wash your face. God doesn't require attention-getting devices. He won't overlook what you are doing; he'll reward you well." (Matthew 6: 16-18, *The Message* and TNIV).
- If you take medications or have health concerns, check with your doctor before you fast.
- Have a plan prior to starting your fast. When will you fast? From what will you fast? Why are you fasting?
- Don't think of fasting as a way to get extra "points" with God. You don't have to earn His love.
- You will find yourself getting tired more quickly during a fast. Get extra sleep and rest. Drink plenty of water. Avoid caffeine. Don't stop getting exercise, but listen to your body and adjust accordingly. Carry around gum or mints—many people have bad breath when they're fasting.
- You will lose weight during a fast; however, this shouldn't be your motive for fasting. The purpose is to grow spiritually during the time set aside for fasting.
- Break your fast slowly. After fasting, eat a small piece of fruit or have a glass of milk. The longer your fast, the more gradually you'll want to work back up to your normal eating patterns.

WHAT HAPPENS WHEN I FAST?

- When you fast from meals or media, you will find that you have extra time! Use that time for extended prayer, worship, reading the Bible, repentance from sin, and listening to God's voice.
- Hunger pangs of fasting are a great reminder that God satisfies all our hungers.
- Fasting will make your "spiritual ears" more acute—you'll be able to better hear from God.
- Fasting enables your spirit to be yielded to God's will. It's a concrete way to say, "Not my will, but yours, God!"
- Fasting renews your spiritual vision and strengthens your faith.
- Fasting brings power! Said Bill Bright, "Fasting and prayer is a powerful means for causing the fire of God to fall again in a person's life. This fire produces the fruit of the Spirit—love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control—but especially the fruit of righteousness and spiritual power over the lusts of the flesh and the lies of the enemy of our souls."
- When you fast, you will see results! You will hear from God about His plans for your life. You will experience a heightened awareness of His presence. You will be spiritually, physically, and mentally refreshed!

Day 1: Who is God?

READ.

Exodus 20: 1-6

Psalm 63: 1-8

John 14: 6-14

Hebrews 1: 1-4

John 14: 26

Reflect.

Reflect on the scriptures you read. Jot down some words or phrases describing God. Add your own.

PRAY.

Praise God, using some of the words you wrote above. Recommit yourself to Him as this new year gets under way. Commit to God that He will have first place in your life.

Pray that God will be lifted up in our city, nation, and around the world. Pray that everyone will come to know Him.

NOTES

Day 2: Who am I?

READ.

John 15: 9-15
Psalm 103: 13-18
1 John 3: 1-3

Reflect.

Who are you? What makes you different from anyone else? Brainstorm some one-word nouns and adjectives you would use to describe yourself.

Reflect on the scriptures you read. Who does God say that you are?

PRAY.

Ask God to tell you and show you who you are to Him. Praise Him for your absolute uniqueness and for creating you with a purpose. Ask Him to increase the gifts He's given you.

Pray for your own family, an for brothers and sisters in the MAG family, that they can know their gifts and use them effectively.

NOTES

Day 3: What needs to change?

READ.

Psalm 103

Psalm 25

1 John 1: 5-10

Galatians 5: 13-26

Colossians 2: 13-15

Reflect.

It's pretty obvious to most of us where we struggle with habitual sin. What's one area in your life where you know you need to stop sinning and change?

Other times, we're totally blind to our sin. Ask God to point out to you an area of your life where you need to be convicted of sin and repent.

PRAY.

Thanks be to God!
Because Jesus sacrificed Himself for us, we can approach God's throne and receive mercy, grace, forgiveness for our sins, and the empowerment of the Holy Spirit to change. Confess your sins to Him. Ask for forgiveness, and for the grace and power to turn away from your sins.

NOTES

Day 4: What's holding me down?

READ.

Matthew 11: 28-29

Hebrews 12: 1-3

Luke 4: 14-21

Reflect.

What burdens do you need to be set free from? Circle any at right which apply to you. Add your own.

Spend a good chunk of time prayerfully reading the Matthew 11 passage, imagining Jesus saying those words specifically to you.

PRAY.

Ask God to show you what it looks like to lay down burdens you're carrying. Ask Jesus to give you the rest He promises, and ask Him to show you what that means for your life.

Pray for others who are burdened in any of these ways. Pray for their healing and release!

NOTES

A hectic schedule

Materialism

Selfishness

Addiction

Sickness

Grief

An unhealthy relationship

Unforgiveness

Guilt

A bad habit

Abuse

Joblessness

Financial difficulties

Loneliness

Purposelessness

Lack of faith

Thinking you can't be forgiven

Day 5: How do I get closer to Jesus?

READ.

James 4: 7-8
Hebrews 4: 15-16
Psalm 84

Reflect.

If you're not praying and studying the Bible regularly, commit to making a change now.

Reflect on the pattern of your day and week. Identify a place and time you can set aside to spend with God. Then do it!

PRAY.

If you're unsure where to begin, read a Psalm every day. Adopt the words of the Psalmist as your own. Ask God to speak to you through His word.

Pray for the discipline, focus, and time to spend regularly with God. Ask Him to provide time and guidance.

NOTES

Day 6: What's going on in the world around me?

READ.

John 14: 9-14
Titus 3: 1-11
1 Thessalonians 4: 1-12
2 Corinthians 2: 14-17

Reflect.

As followers of Jesus, we're empowered by the Holy Spirit to bring the kingdom to everyone around us. How can you share the good news, and with whom? How can you serve? Who does God keep reminding you to reach out to?

PRAY.

Pray for the people God brought to mind. Ask Him to show you specific ways you can minister to them and show them His love. Ask God to help you turn good intentions into concrete actions!

Pray for the ministry you're involved in at MAG. Pray for direction and effectiveness as we all work together to reach people for Jesus.

NOTES

Day 7: Reflect the Lord's glory!

READ.

2 Corinthians 3: 12-18

Reflect.

We are called to reflect the Lord's glory in our lives.

Spend today drawing some conclusions. Flip back through your answers and prayers in this week's notebook. Based what you've thought and prayed about this week, how are you specifically called this year to reflect God's glory in your life?

PRAY.

Pray for a fresh infilling of the gifts of the Holy Spirit in your life. Pray for His creative power and His guidance as you bring the kingdom to people around you.

Pray for everyone at MAG to be filled with the Holy Spirit to the glory of God!

NOTES

PRAYER LIST FOR MAG IN 2012

Following Jesus



since 1937

**God is at work in and through the MAG family!
Pray with us all year!**

- ✦ Thank God for His faithfulness to this church family over the last 75 years.
- ✦ Thank God for the “great cloud of witnesses”—all the MAG people who have gone before us, helping people follow Jesus since 1937.
- ✦ Pray for our next big steps into multisite:
 - ✦ that God will clearly show us where He wants us to locate the next MAG site
 - ✦ that He will raise up and equip a new site pastor
 - ✦ for a team of people to band together to seed the new site
 - ✦ for the community where we’ll be located—for God to prepare hearts to receive Him!
- ✦ Pray for MAG’s pastors, deacons, and other leaders
- ✦ Pray for MAG ministries: for passion, vision, and effectiveness
- ✦ Pray for Action Kids, the Source, Momentum, and Early Childhood
- ✦ Pray for an outpouring of the gifts of the Holy Spirit.
- ✦ Pray for signs and wonders to glorify God and confirm His work in our midst.
- ✦ Pray for a culture of humble service to permeate MAG.
- ✦ Pray for a spirit of unity and generosity to overflow at MAG.
- ✦ Pray for MAG’s missionaries, at home and abroad.
- ✦ Pray for marriages and families to be strengthened.
- ✦ Pray for the sick to be healed.
- ✦ Pray for provision and bounty for the poor.
- ✦ Pray for freedom for people in captivity to sin, addictions, and burdens
- ✦ Pray for our nation and its leaders, and for our state and community leaders
- ✦ Pray for your neighborhood