

ST MARK'S BETHANY
GLOBAL METHODIST CHURCH



WEEKLY PRAYER & FASTING GUIDE
WEEK 2

OUR FUTURE TOGETHER
Rooted in Christ



FEBRUARY 3 - MARCH 2, 2025

WEEK 2 - February 10 - February 16

Sowing the Seed



Liberalily and Generously

DAY 8 - FEBRUARY 10 - MONDAY

WHAT'S IN YOUR BAG OF SEED?

Prayer

Facing a task unfinished, that drives us to our knees,
a need that, undiminished, rebukes our slothful ease,
We, who rejoice to know Thee, renew before Thy throne
the solemn pledge we owe Thee to go and make Thee known

Hymn 453 vs 1 "Facing A Task Unfinished" Our Great Redeemer's Praise

Isaiah 61:11

For as the Earth brings forth its sprouts, and as a garden causes what is sown in it to spring up, so the Lord God will most certainly cause righteousness and justice and praise to spring up before all the nations through the power of His word.

Confess: Galatians 6:7

Do not be deceived: God is not mocked, He will not allow Himself to be ridiculed, nor treated with contempt not allow His precepts to be scornfully set aside; for whatever a man sows, this and this only is what he will reap.

- **What seeds of God's word will you take and plant?**

Pray

Most Merciful Father, forgive us, for we have not allowed Your love to work through us to help others or made their suffering our own; for those times when, instead of working for unity, we made it hard for others to live with us. Exchange our seeds of discord and dislike for seeds of Your deep love for all. For the sake of Your Son, Jesus, we ask.

Prayer for God's leading

Lord, remind me again and again that the words and thoughts of my prayers are seeds sown in faith and should be made from a loving heart for the glory of Your name, others gain, and my good. Amen

DAY 9 - FEBRUARY 11 - TUESDAY

THE SON IS SHINING

Prayer

Awake my soul, and with the sun thy daily stage of duty run;
shake off dull sloth, and joyful rise to pay the morning sacrifice
Lord, I my vows to Thee renew: disperse my sins as morning dew
guard my first springs of thought and will, and with Thyself my spirit fill.

Direct, control, suggest, this day all I design, or do, or say;
that all my pow'rs, with all their might, in Thy sole glory may unite.

Hymn 55 vs 1,2,3 "Awake, My Soul, and With the Sun", Our Great Redeemer's Praise

Ephesians 5:13-14

Everything exposed by the light is made visible, for what makes everything visible is light. Therefore it is said: "Get up, sleeper, and rise up from the dead, and Christ will shine on you."

Confess: Psalm 119:36-37

Turn my heart to Your decrees and not to dishonest profit. Turn my eyes from looking at what is worthless; give me life in Your ways.

- **What might you covenant to practice with God upon rising each day?**

Pray

I am no longer my own, but thine.
Put me to what thou wilt, rank me with whom thou wilt.
Put me to doing, put me to suffering.
Let me be employed by thee or laid aside for thee,
exalted for thee or brought low for thee.
Let me be full, let me be empty.
Let me have all things, let me have nothing.
I freely and heartily yield all things
to thy pleasure and disposal.
And now, O glorious and blessed God,
Father, Son, and Holy Spirit,
thou art mine, and I am thine. So be it.
And the covenant which I have made on earth,
let it be ratified in heaven. Amen

Wesley Covenant Prayer

DAY 10-FEBRUARY 12-WEDNESDAY

PRAYER AND FASTING

Every Wednesday, we will fast together at lunchtime. Fasting is a period during which Christians deny themselves something (usually food) to spend that time feasting on the Word and will of God. If you are unable to fast from food, fast from technology, social media, or other distracting activity you typically do at midday and devote that time to God in prayer and meditation.

Prayer

Sweet hour of prayer! Sweet hour of prayer! That calls me from a world of care,
and bids me at my Father's throne make all my wants and wishes known.

In seasons of distress and grief, my soul has often found relief;
and oft escaped the tempter's snare, by thy return, sweet hour of prayer!

Hymn 440 vs 3, "Sweet Hour of Prayer" Our Great Redeemer's Praise

Psalm 35:13b

I was burdened and bowed low with fasting and interceded for them, and I didn't stop praying.

Confess: Isaiah 58:6-7

"No, this is the kind of fasting I want: Free those who are wrongly imprisoned; lighten the burden of those who work for you. Let the oppressed go free, and remove the chains that bind people. Share your food with the hungry, and give shelter to the homeless. Give clothes to those who need them, and do not hide from relatives who need your help."

- **What will you relinquish in fasting to receive nourishment from time with God?**

Pray

Most merciful God, I confess that I have stored up treasures that needlessly feed my selfish desires. I have failed to hear the cry of the needy. Free me from my greed for more of anything that interferes with my need for more of You. Hear our prayers, Lord. Amen

Prayer for God's leading

God, we surrender this time to You in the name of Jesus, Your Son, and ask You, through Your Holy Spirit, to make us aware of Your presence. As we read Your Word, let it be food for our souls, renewing for our minds, and refreshment for our spirits. Like Jesus, let our food be doing Your will. Give us a craving for Your Word. Amen

DAY 11 - FEBRUARY 13 - THURSDAY

WATCH FOR WEEDS

Prayer

Christian! Dost thou see them on the holy ground,
how the pow'rs of darkness rage thy steps around?
Christian! Up and smite them counting gain but loss,
in the strength that cometh by the holy cross
Christian! Dost thou feel them, how they work within,
striving, tempting, luring, goading into sin?
Christian! Never tremble; never be down cast;
gird thee for the battle; watch, and pray, and fast!

Hymn 475 vs 1,2 "Christian! Dost Thou See Them", Our Great Redeemer's Praise

Luke 8:7

"Other seed fell among thorns that grew up with it and choked out the tender plants."

Confess: James 5:16

Confess your sins to one another and pray for one another, that you may be healed. The insistent prayer of a righteous person is powerfully effective.

- **What weeds keep popping up in the soil of your life?**

Pray

Most merciful God, I confess my fear of sharing my fears, failures, and persistent sins with a prayer warrior/friend in Christ. Forgive my sin of finger pointing, judging, condemning others, being quick to make excuses but not excusing others. Drive out that darkness within my heart. In the almighty power of my Jesus. Amen

Prayer for God's leading

O Divine Master,
grant that I may not so much seek to be consoled as to console,
not so much to be understood as to understand,
not so much to be loved, as to love;
for it is in giving that we receive,
it is pardoning that we are pardoned,
it is in dying that we awake to eternal life. Amen

Prayer of St. Francis (second half)

DAY 12 - FEBRUARY 14 - FRIDAY

Two X Two X Two

Prayer

For the fruit of all creation, thanks be to God.
For His gifts to ev'ry nation, thanks be to God.
For the plowing, sowing, reaping, silent growth while we are sleeping,
future needs in Earth's safe-keeping, thanks be to God.
In the just reward of labor, God's will is done.
In the help we give our neighbor, God's will is done.
In our world-wide task of caring for the hungry and despairing,
in the harvests we are sharing, God's will is done.

Hymn 85 vs 1, 2, 3, "For the Fruit of All Creation" Our Great Redeemer's Praise

1 Corinthians 3:8

The one who plants and the one who waters work together with the same purpose. And both will be rewarded for their own hard work.

Confess: John 12:24

"I tell you the solemn truth, unless a kernel of wheat falls into the ground and dies, it remains alone; but if it dies, it produces much fruit.

- **Have you joined with a person with whom you will labor?**

Pray

Forgive me good Father God, for my sin of coveting me time; for closing my eyes and ears to the unity of others in our body...the body of St. Mark's Bethany. Move me to bond with others in prayer, devotion worship, fellowship, growth. For the sake of Your Son and my Savior, Jesus, I ask. Amen

Prayer for God's leading

Lord, make me an instrument of Your peace.
Where there is hatred, let me sow love,
Where there is injury, pardon,
Where there is doubt, faith,
Where there is despair, hope,
Where there is darkness, light,
Where there is sadness, joy. Amen

Prayer of St. Francis (first half)

DAY 13 - FEBRUARY 15 - SATURDAY

LET THE SON SHINE

Prayer

vertical ruler

There's a call comes ringing o'er the restless wave: "Send the light!"
There are souls to rescue, there are souls to save,
the blessed gospel light. Let it shine from shore to shore. "Send the light!"
Let us not grow weary in the work of love. "Send the light!"

And a golden off'ring at the cross we lay,
And let its radiant beams light the world forever more. "Send the light!"

Hymn 459 vs 1, 4 "Send the Light" Our Great Redeemer's Praise

Psalm 92:12-14

But the godly will flourish like palm trees and grow strong like the cedars of Lebanon. For they are transplanted to the Lord's own house. They flourish in the courts of our God. Even in old age they will still produce fruit; they will remain vital and green.

Confess: Matthew 5:44-45

"I'm telling you to love your enemies. Let them bring out the best in you, not the worst. When someone gives you a hard time, respond with the energies of prayer, for then you are working out of your true selves, your God-created selves. He gives the sun to warm and the rain to nourish to everyone, regardless: the good and the bad, the nice and the nasty."

- **Following the seed rows of Jesus' steps, have you sown any seeds ready to receive God's Son and reign? Even in your own life?**

Pray

Father, I confess that too often I drop my seed bag or fail to pick it up and instead of sowing Your love I contaminate the soil; stomping on, trampling over the rows You have prepared – ready to receive. Even I have failed to receive life and love giving seed from You to sow. Have mercy on me and forgive me that I may delight in Your will and walk in Your ways. Jesus lead me now. Amen

Prayer for God's leading

I arise today
Christ with me, Christ before me, Christ behind me
Christ in me, Christ beneath me, Christ above me,
Christ on my right, Christ on my left,
Christ where I lie, Christ where I sit, Christ where I arise

Taken from St. Patrick's Breastplate

DAY 14 - FEBRUARY 16 - SUNDAY

REST

Prayer

Holy Spirit, living Breath of God, breathe new life into my willing soul.
Bring the presence of the Risen Lord, to renew my heart and make me whole.
Cause Your Word to come alive in me; give me faith for what I cannot see;
give me passion for Your purity; Holy Spirit, breathe new life in me.

Hymn 302 vs 1 "Holy Spirit, Living Breath of God" Our Great Redeemer's Praise

Genesis 1:11

Then God said, "Let the earth produce vegetation: seed-bearing plants and fruit trees on the Earth, bearing fruit with seed in it according to their kinds." And it was so.

Confess: II Corinthians 9:6-7a

The point is this: The person who sows sparingly will also reap sparingly, and the person who sows generously will also reap generously. Each person should do as he has decided in his heart.

- **What are you ready for, expecting to see as you wait and watch God's farm grow?**

Pray:

God and Father of all that You have given me to use, I confess that I tend to unyoke from You to go my own ways, follow my self-serving heart, leading to weariness, thirst, and hunger – unsatisfied. Forgive me and fill my heart with Your desires that they become my desires. In the name of Jesus, my brother-Savior. Amen.

Prayer for God's leading

Almighty God, Sower and Tiller of the heavenly Word, cultivate the field of our hearts with Your heavenly tools. Hear our prayers. Pour out Your bountiful blessings upon the fields in which these seeds will be sown. In the name of the Father, the Son, and Holy Spirit we pray. Amen