

ST MARK'S BETHANY
GLOBAL METHODIST CHURCH



WEEKLY PRAYER & FASTING GUIDE
WEEK 3

OUR FUTURE TOGETHER
Rooted in Christ



FEBRUARY 3 - MARCH 2, 2025

WEEK 3 - February 17 - February 23

Tending the Growth



Training in Discipleship

DAY 15- FEBRUARY 17 - MONDAY

TAKING ROOT?

Prayer

A charge to keep I have, a God to glorify,
a never dying soul to save, and fit it for the sky.
Arm me with jealous care, as in Thy sight to live,
and O, Thy servant, Lord, prepare a strict account to give!

Hymn 456 vs 1, 3 "A Charge to Keep I Have", Our Great Redeemer's Praise

Romans 1:5

Through Christ, God has given us the privilege and authority as apostles to tell Gentiles everywhere what God has done for them, so that they will believe and obey Him, bring glory to His name.

Confess: Romans 6:22

But now, as God's loving servants, you live in joyous freedom from the power of sin. So consider the benefits you now enjoy – you are brought deeper into the experience of true holiness that ends with eternal life!

- **What benefits have you realized since going deeper with God through this devotional commitment?**

Pray

Holy, almighty Father, forgive my lack of commitment to go deeper with You, taking for granted not only for what You have done, what You are doing, what You will continue to do. I humbly repent and with Your help will go deeper with You into the soil of my heart. In Jesus my Savior's name I pray. Amen

Prayer for God's leading

Lord of mercy and undying love, let me not look upon a cross, eat a meal, encounter creation without seeing You and receiving Your love. In Jesus's name. Amen

DAY 16 - FEBRUARY 18 - TUESDAY

TRANSFORM, DON'T CONFORM

Prayer

I don't know about tomorrow, I just live from day to day
I don't borrow from its sunshine, for its skies may turn to gray.
I don't worry o'er the future, for I know what Jesus said,
and today I'll walk beside Him, for He knows what is ahead.

Hymn 365 vs 1, "I Know Who Holds Tomorrow" Our Great Redeemer's Praise

Psalm 27:4

I have asked one thing from the Lord; it is what I desire: to dwell in the house of the Lord all the days of my life, gazing on the beauty of the Lord and seeking Him in His temple.

Confess: Acts 17:24, 28a

The God who made the world and everything in it, who is Lord of Heaven and Earth, does not live in temples made by human hands. For in Him we live and move about and exist.

- **How have you been transformed as His temple to carry God outside the walls of St. Mark's Bethany?**

Pray

Most merciful God, I confess that I have neglected my spiritual practices, allowing Your temple within me to become dusty and cluttered with worldly concerns. Have mercy on me and forgive me that I may delight in Your will and walk in Your ways to the glory of Your Name. Amen

Prayer for God's leading

I arise today
Christ in the heart of everyone who thinks of me,
Christ in the mouth of everyone who speaks to me,
Christ in every eye that sees me,
Christ in every ear that hears me.

Taken from Prayer of St. Patrick's Breastplate

DAY 17-FEBRUARY 19-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 18 - FEBRUARY 20-THURSDAY

RIPENING FRUIT

Prayer

"Take up thy cross," the Savior said, "if thou wouldst my disciple be: deny thyself, the world forsake, and humbly follow after Me."

Take up thy cross, let not its weight fill thy weak spirit with alarm;
His strength shall bear thy spirit up, and brace thy heart and nerve thine arm.

Hymn 220 vs 1, 2 "Take Up Thy Cross", Our Great Redeemer's Praise

Matthew 16:24

Then Jesus said to His disciples, "If any of you wants to be my follower, you must give up your own way, take up your own cross, and follow me."

Confess: John 15:8, 12

"My Father is glorified by this: that you produce much fruit and prove to be my disciples. This is My command: Love one another as I have loved you."

- **Where do you find your life growing and bearing more good fruit?**

Pray

Most merciful God, I confess that I struggle against sin in my thoughts, my words, and my deeds. I have failed to love as You have commanded me to love. Have mercy on me, prune me, change my heart, move in and through me now. In the powerful name of Jesus. Amen

Prayer for God's leading

Holy Spirit come and create in us a clean heart and renew a right spirit within us so that new growth springs from our hearts, producing love Divine. Amen

DAY 19 - FEBRUARY 21 - FRIDAY

STILL GOT WEEDS?

Prayer

Am I a soldier of the cross, a follower of the Lamb,
and shall I fear to own His cause, or blush to speak His name?
Must I be carried to the skies on flow'ry beds of ease,
while others fought to win the prize, and sailed through bloody seas?
Are there no foes for me to face? Must I not stem the flood?
Is this vile world a friend to grace, to help me on to God?

Hymn 600 vs 1, 2, 3 "Am I a Soldier of the Cross" Our Great Redeemer's Praise

Hebrews 12:1a

As for us, we have all of these great witnesses who encircle us like clouds. So, we must let go of every wound that has pierced us and the sin we so easily fall into.

Confess: Hebrews 12:11-12

No discipline seems enjoyable at the time, but painful. Later on, however, it yields the peaceful fruit of righteousness to those who have been trained by it. Therefore, strengthen your tired hands and weakened knees.

- **Have you resisted discipline to change sinful attitudes or behaviors?**

Pray

Forgiving and loving Father, I confess that I have not been living in a way that reflects the Truth of Your discipleship in my life. As a result, my actions and words have produced negative consequences of bad fruit. I humbly repent and ask Your forgiveness, receiving in faith the changes You ask. In my Savior's name, Jesus, I pray. Amen

Prayer for God's leading

Holy Spirit move in us to accept the love of Father's correction; not as punishment, but a loving door to transformation. Thank You, Jesus for Your intercession on our behalf. Amen

DAY 20-FEBRUARY 22 - SATURDAY

MOVE OUT

Prayer

I'm gonna live so God can use me anywhere, Lord, anytime!
I'm gonna work so God can use me anywhere, Lord, anytime!
I'm gonna pray so God can use me anywhere, Lord, anytime!
I'm gonna sing so God can use me anywhere, Lord, anytime!

Hymn 615 vs all "I'm Gonna Live So God Can Use Me" Our Great Redeemer's Praise

Matthew 28:19-20

"Now wherever you go, make disciples of all nations, baptizing them in the name of the Father, the Son, and the Holy Spirit. And teach them to faithfully follow all that I have commanded you. And never forget that I am with you every day, even to the end of the age."

Confess: Psalm 1:1-2

How happy is the one who does not walk in the advice of the wicked or stand in the pathway with sinners or sit in the company of mockers! Instead, his delight is in the LORD's instruction, and he meditates on it day and night.

- **It is difficult to separate from certain peoples and places to avoid sinning, yet we are still called to reflect Jesus to them when unavoidable. Can you?**

Pray

Father God, although you have given me many opportunities to be the image of Your Son, Jesus, I have been reluctant to follow, to listen, to reflect my faith in a fruitful manner. Forgive me again as I repent and with the help of Holy Spirit be transformed. Amen

Prayer for God's leading

Jesus, our Savior, we are not our own. We are Yours alone. Make us into what You will. Put us to use for You, according to Your Word, to the glory of Your name. Amen

DAY 21 - FEBRUARY 23 - SUNDAY

REST

Prayer

Who can cheer the heart like Jesus, by His presence all divine?
True and tender, pure and precious, O how blest to call Him mine!
Love of Christ so freely given, grace of God beyond degree,
mercy higher than the heaven, deeper than the deepest sea!
What a wonderful redemption! Never can a mortal know
how my sin, though red like crimson, can be whiter than the snow.
All that thrills my soul is Jesus; He is more than life to me.
And the fairest of ten thousand in my blessed Lord I see

Hymn 374 vs 4 "Because He Loves Me" Our Great Redeemer's Praise

Matthew 11:28, 29

"Come to me, all of you who are weary and burdened, and I will give you rest."

Confess: Hebrews 4:9-10

And so this is still a live promise. It wasn't cancelled at the time of Joshua; otherwise, God wouldn't keep renewing the appointment for "today". The promise of "arrival" and "rest" is still there for God's people.

- **What has become a new "rest" for you on the Sabbath?**

Pray

My Father in Heaven, I confess that I fail to keep my life holy, forsaking even the gift of Sabbath; resting from all things that come to steal my affections away from You. Forgive my love of the world over You. In Jesus name I ask. Amen

Prayer for God's leading

Almighty God, unto You all hearts are open,
all desires known, and from You no secrets are hid;
cleanse the thoughts of our hearts
by the inspiration of Your Holy Spirit,
that we may perfectly love You,
and worthily magnify Your holy name;
through Christ our Lord. Amen

from the Book of Common Prayer