

ST MARK'S BETHANY
GLOBAL METHODIST CHURCH



WEEKLY PRAYER & FASTING GUIDE
WEEK 4

OUR FUTURE TOGETHER
Rooted in Christ



FEBRUARY 3 - MARCH 2, 2025

WEEK 4 - February 24 - March 2

Celebrating the Harvest



Joy-Filled Gratitude

DAY 22- FEBRUARY 24 - MONDAY

BETTER VISION

Prayer

All the world is God's own field, fruit unto His praise to yield,
wheat and tares together sown, unto joy or sorrow grown,
first the blade, and then the ear, then the full corn shall appear.
Lord of harvest, grant that we wholesome grain and pure may be.

Hymn 83 vs 2 "Come Ye Thankful People, Come" Our Great Redeemer's Praise

Ecclesiastes 3:11

Yet God has made everything beautiful for its own time. He has planted eternity in the human heart, but even so, people cannot see the whole scope of God's work from beginning to end.

Confess: Galatians 6:9

And don't allow yourselves to be weary in planting good seeds, for the season of reaping the wonderful harvest you've planted is coming!

- **Have you grown weary hoping and praying for someone or something without seeing results?**

Pray

Almighty Father, forgive me when I fail to give up sowing Your love or moving when I cannot see what You are doing with that seed. Give me the vision, patience, hope needed when I fail to see. In the powerful Name of Jesus we pray. Amen

Prayer for God's leading

Faithful Father, bless the planted love seeds and prayers we have sown. Thank You that our sack of seed will never go empty as long as we keep coming back to You for filling. Praise be to God, in Jesus' name. Amen

DAY 24 - FEBRUARY 25 - TUESDAY

PREPARE A PLACE

Prayer

Happy the home when God is there, and love fills ev'ry breast;
when one their wish, and one their prayer, and one their heav'nly rest.
Lord, let us in our homes agree, this blessed peace to gain;
unite our hearts in love to Thee, and love to all will reign.

Hymn 466 vs 1, 4 "Happy the Home" Our Great Redeemer's Praise

Proverbs 24:3-4

A house is built by wisdom and becomes strong through good sense.
Through knowledge its rooms are filled with all sorts of precious riches
and valuables.

Confess: Psalm 127:1

Unless the Lord builds a house, they who build it labor in vain; unless
the Lord guards a city, the watchman stays awake in vain.

- How have you experienced St. Mark's Bethany being built as a house of God's architecture? What do those blue prints look like?

Pray

Father, Lord of my heart, I confess my Most merciful God, I confess that my desires overshadow what you will for me as a builder at St. Mark's Bethany. I tend to lounge comfortably, taking in its comforts, yet neglecting to receive and use Your gifts. Forgive me, I pray, and free me for joyful obedience to the glory of Your name. Amen

Prayer for God's leading

Our Father in heaven, prepare our hearts for all the good things that You have prepared ahead of time for us to receive. Let us be faithful to use them where You have already made and will make a place. Thanks be to You, Jehovah-Jireh our provider. Amen

DAY 25-FEBRUARY 26-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

O fill me with Thy fullness, Lord, until my very heart o'er flow
in kindling thought and glowing word, Thy love to tell, Thy praise to show.

O use me, Lord, use even me just as Thou wilt, and when, and where,
until Thy blessed face I see; Thy rest, Thy joy, Thy glory share.

Hymn 439 vs 3, 4 "Lord, Speak to Me" 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 26 - FEBRUARY 27-THURSDAY

BRING IT IN

Prayer

Bring to this sacred altar the gifts His goodness gave,
the golden sheaves of harvest, the souls Christ died to save.
Your hearts lay down before Him when at His feet you fall,
and with your lives adore Him who gave His life for all.

Hymn 86 vs 3 "Sing to the Lord of Harvest", Our Great Redeemer's Praise

Matthew 9:37-38

Then He said to His disciples, "The harvest is indeed plentiful, but the workers are few. So pray to the Lord of the harvest to send out workers into His harvest."

Confess: 1 Peter 4:10-11b

Like good stewards of the manifold grace of God, serve one another with what gift each of you has received. So that God may be glorified in all things through Jesus Christ. To Him belong the glory and the power forever! Amen

- **What gift or talent have you held close, hesitant to give, to serve? Look for the place God has made for you at St. Mark's Bethany.**

Pray

Heavenly Father, I come before You today with heavy heart, confessing my failure to fully utilize the gifts and talents You have entrusted to me. I repent of my inaction and burying Your Light under a bushel. In the power of Jesus' name I pray. Amen

Prayer for God's leading

Dear Jesus, help me to spread Your fragrance everywhere I go.

Flood my soul with Your spirit and life.

Penetrate and possess my whole being so utterly,

That my life may only be a radiance of Yours.

Shine through me, and be so in me

That every soul I come in contact with

May feel Your presence in my soul.

Let them look up and see no longer me, but only Jesus!
Stay with me and then I shall begin to shine as You shine,
So to shine as to be a light to others.

Prayer for Christ's Presence

St. Teresa of Calcutta Our Great Redeemer's Praise 712

DAY 27 - FEBRUARY 28 - FRIDAY

Go!

Prayer

We've a story to tell to the nations that shall turn their hearts to the right,
a story of truth and mercy, a story of peace and light, a story of peace and light.

For the darkness shall turn to dawning, and the dawning to noonday bright,
and Christ's great kingdom shall come to earth – the kingdom of love and light.

Hymn 458 vs 1 "We've a Story to Tell to the Nations" Our Great Redeemer's Praise

Luke 14:23

"So the master said to the servant, 'Go out to the main roads and the outer bounds and compel people to come in, so that my house will be filled.'

Confess: 1 Corinthians 9:16

If I proclaim the gospel, this gives me no ground for boasting, for an obligation is laid on me, and woe to me if I do not proclaim the gospel!

- **How are you carrying the church, Jesus, the Word (Bible) outside of the institution of St. Mark's Bethany Church?**

Pray

I believe in God, the Father almighty,
creator of heaven and earth,

I believe in Jesus Christ, his only Son, our Lord,
who was conceived by the Holy Spirit,
born of the Virgin Mary.

He suffered under Pontius Pilate,
was crucified, died and was buried. He descended to the dead.
On the third day he rose again.

He ascended into heaven,
and is seated at the right hand of God the Father almighty;
He will come again to judge the living and the dead.

I believe in the Holy Spirit,
the holy catholic Church,
the communion of saints,
the forgiveness of sins,
the resurrection of the body,
and life everlasting. Amen

The Apostles' Creed Our Great Redeemer's Praise 691

DAY 27 - MARCH 1 - SATURDAY

REJOICE!

Prayer

Thus, all my toilsome way along, I sing aloud Thy praises,
that earth may hear the grateful song my voice unwearied raises.
Be joyful in the Lord, my heart, both soul and body bear your part:
To God all praise and glory.

Hymn 5 vs 13 "Sing Praise to God Who Reigns Above" Our Great Redeemer's Praise

Psalm 40:16

But let all who passionately seek You erupt with excitement and joy over what You've done! Let all Your devoted saints rejoice continually in their Savior, saying, "How great and glorious is our God!"

Confess: Romans 5:3-4

Not only this, but we also rejoice in sufferings, knowing that suffering produces endurance, and endurance, character, and character, hope. And hope does not disappoint, because the love of God has been poured out into our hearts through the Holy Spirit.

- **Who might you reach out to and share a Word of hope or encouragement?**

Pray

This is another day, O Lord. I know not what it will bring forth, but make me ready, Lord, for whatever it may be. If I am to stand up, help me to stand bravely, If I am to sit still, help me to sit quietly. If I am to do nothing, let me do it gallantly. Make these words more than words, and give me the Spirit of Jesus. Amen

Morning prayer from The Book of Common Prayer

DAY 28 - MARCH 2 - SUNDAY

REST

Prayer

"Let not your heart be troubled," His tender word I hear,
and resting on His goodness, I lose my doubts and fears.
Though by the path He leadeth, but on step I may see:
His eye is on the sparrow, and I know He watches me.
I sing because I'm happy, I sing because I'm free;
for His eye is on the sparrow, and I know He watches me.

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

Job 12:11, 13

Doesn't the ear test words it hears just as the mouth distinguishes between foods? "But true wisdom and power are found in God; counsel and understanding are His."

Confess: Matthew 6:25

"For this reason I say to you, do not worry about your life, what you will eat or what you will drink; nor for your body, what you will put on. Is life not more than food, and the body more than clothing? Look at the birds in the sky: They do not sow, or reap, or gather into barns, yet your heavenly Father feeds them. Aren't you worth more to Him than they?"

- **What fret or worry do you still need to leave in God's hands of care?**

Pray

Jesus! I am resting, resting in the joy of what Thou art;
I am finding out the greatness of Thy loving heart.
Thou hast bid me gaze upon Thee, and Thy beauty fills my soul,
For, by Thy transforming power, Thou hast made me whole.
Oh, how great Thy loving kindness, vaster, broader than the sea:
Oh, how marvelous Thy goodness, lavished all on me!
Yes, I rest in Thee, Beloved, know what wealth of grace is Thine,
Know Thy certainty of promise, and have made it mine.
Simply trusting Thee, Lord Jesus, I behold Thee as Thou art,
And Thy love, so pure, so changeless, satisfies my heart,
Satisfies its deepest longings, meets, supplies its every need,
Compasseth me round with blessings, Thine is love indeed.
Ever lift Thy face upon me, as I work and wait for Thee;
Resting 'neath Thy smile, Lord Jesus, Earth's dark shadows flee.
Brightness of my Father's glory, sunshine of my Father's face,
Keep me ever trusting, resting, fill me with Thy grace.

Hymn 138 vs all "Jesus, I Am Resting, Resting" Our Great Redeemer's Praise