



Ascending to Hill of The Lord *(Psalm 24:3-6)*

Guidelines for an Extended Time of Prayer

Getting away for time in extended prayer gives you increased opportunity to think of the world from God's point of view. We need God's perspective to sharpen our vision of the unseen, and to let the immediate, tangible things drop into proper place. There is a growing sense that the return of Christ is imminent. Therefore, we are instructed through the urging of the Apostle Peter "The end of all things is near, therefore, be of sound judgment and sober spirit for the purpose of prayer." (*1 Peter 4:7*) We provide the following guidelines to help you maximize the benefits you will receive as you dedicate your time.

Schedule Your Time - Divide It Into These Parts:

Prepare your heart by confessing sin.

Wait on the Lord with an open heart to experience His presence.

Offer prayers of thanksgiving and adoration for God in addition to asking things of Him.

Pray for others. Ask specific things for them. Pray for yourself. Be totally honest with God.

Items to Take with You

Essential: Bible, paper, pen/pencil, folding chair or mat/blanket to sit on

List of church ministries and missionaries (*i.e. our Vision booklet or topics on opposite side of this page*)

Favorite devotional book; hymnal

Your current prayer list

Scripture verses to memorize

Journal to record what God is imparting to you

Dress appropriately for the day's weather; hat/visor, jacket, sunglasses

Sunscreen, snacks – cell phones for emergency only

How to Stay Alert

Get adequate rest the night before.

Change positions: sit a while, walk around, sit walk.

Have variety in what you do: Read Scripture, pray, write.

Pray aloud, pray in a whisper or soft voice.

The Value of Taking Notes

Taking notes during your extended time in prayer will give you a record of the things the Lord is speaking to you. It helps you to not forget the things God has imparted on your heart and/or that you need to act on.

Focus Questions

The result of your time in prayer should be answers to the two questions Paul asked the Lord on the Damascus road (Acts 22:6-10).

Paul's first question was, '**Who are you, Lord?**' The Lord replied, '**I am Jesus.**' You will be seeking to know Him; to find out who He is.

Paul's second question was, '**What shall I do, Lord?**' The Lord answered him specifically. This should be answered or reconfirmed for you in that part of the day when you unhurriedly seek His will for you.

In Summary

Do not think that you must end the day with some new discovery or extraordinary experience. Wait on God and expose yourself to His Word. The test of an extended time in prayer is not how exhilarated you are when the day is over, but how it works into your life in the days that follow.

These are the focal points for the June 2023 church-wide time of extended prayer:

- 1) **DEDICATION**: that our hearts will be moved to draw close to the Lord and more faithfully obey His Word so we will be prepared for His coming and our testimony will draw the lost to Him.
- 2) **WISDOM**: that we would clearly understand the times that are upon us and rightly respond to every opportunity to share Truth, demonstrate God's love, and encourage others who are afflicted.
- 3) **UNITY**: commit to laying aside all differences and offenses within our body, striving to be of one accord in standing against the attacks coming against us. The zeal of the Lord will accomplish this.

Church Ministries:

Prayer (including Prayer Chain), Praise, and Preaching

Sound System, Broadcasting of messages, Audio/Visual display, lighting

Discipleship, Bible Study, Biblical Guidance

Benevolence-for Congregation, Life Groups, Hearts & Hands

SUMMIT Men, PALSS Women, SLAM Teens, KIDS Children, Deaf Ministry, Grief Support

Facilities Maintenance and Improvement

Security and Safety

Ambassadors: Greeting and Welcoming, Ushering, Serving Communion

Financial and Technical Support

Church Missions:

Local Outreach Events like E.M.T., fall gathering of churches at the Plaza, etc.

Bill and Julia Otterness (Kansas City; Julia is Bill and Jan Clements' daughter)

Abba's Helping Hands, Israel (Pastor Moshe Turjeman and Jonathan Shweiki)

Cuba (Pastor Everardo-Church and Seminary)

Stephen and Natalia Taynton (Middle East; Natalia is Lupe Martin's grand-daughter)

Kale Horvath & Family (Budapest, Hungary)

Diego Romero (Morocco; Diego is Steve and Cass Romero's son & Pastor John's and Larri's nephew)

Liz Stinard (Senegal/West Africa)

Operation Christmas Child

There are a variety of ways to fast. Here are a few:

Regular Fast: Traditionally, a regular fast means refraining from eating all food. Most people still drink water or juice during their fast because after Jesus fasted, the Bible says He was hungry (Matthew 4:2). It has no mention of Him being thirsty.

Partial Fast: The partial fast is described in the book of Daniel where Daniel and his companions went three weeks without delicacies, only ate plain and simple food with no seasoning, and abstained from meat and wine. You may want to consider eliminating caffeine or some other part of your regularly enjoyed diet.

Full Fast: Full fasts include no food or drink. In Acts 9:9, after Paul encountered Jesus on the road to Damascus, he was blind for three days and didn't eat or drink anything. Other examples of a full fast include Esther 4:15-16 and by Moses in Exodus 34:28. A full fast should be done with extreme caution, especially regarding any health issues that may be of concern. You may want to consult your doctor before engaging in a full fast.

As Jesus instructs the people in Matthew 6, the type of fast you choose is not nearly as important as your attitude toward your fast.

¹⁶ Moreover when ye fast, be not, as the hypocrites, of a sad countenance: for they disfigure their faces, that they may appear unto men to fast. Verily I say unto you, They have their reward. ¹⁷ But thou, when thou fastest, anoint thine head, and wash thy face; ¹⁸ That thou appear not unto men to fast, but unto thy Father which is in secret: and thy Father, which seeth in secret, shall reward thee openly.

God chastises the Israelites in Isaiah 58 for their shameful actions and attitudes while fasting:

³ Wherefore have we fasted, say they, and thou seest not? wherefore have we afflicted our soul, and thou takest no knowledge? Behold, in the day of your fast ye find pleasure, and exact all your labors. ⁴ Behold, ye fast for strife and debate, and to smite with the fist of wickedness: ye shall not fast as ye do this day, to make your voice to be heard on high. ⁵ Is it such a fast that I have chosen? a day for a man to afflict his soul? is it to bow down his head as a bulrush, and to spread sackcloth and ashes under him? wilt thou call this a fast, and an acceptable day to the LORD? ⁶ Is not this the fast that I have chosen? to loose the bands of wickedness, to undo the heavy burdens, and to let the oppressed go free, and that ye break every yoke? ⁷ Is it not to deal thy bread to the hungry, and that thou bring the poor that are cast out to thy house? when thou seest the naked, that thou cover him; and that thou hide not thyself from thine own flesh?

The key to practicing a biblical fast is to deny yourself something that represents a true sacrifice for you, for a specific period of time, to allow you to focus on praying to the Lord, petitioning Him for some purpose, and dedicating the sacrificed resource for someone in need. Then, keeping your commitment.

We desire your prayers, so if your schedule prohibits you from fasting on the day of our church-wide fast, please choose another day. If health concerns restrict you from totally fasting food and/or drink, please fast some other way, like giving up a favorite activity, such as watching TV, accessing the Internet or social media, or going to the gym. Then, spend that time praying for the topics above.