

ST MARK'S BETHANY  
GLOBAL METHODIST CHURCH



WEEKLY PRAYER & FASTING GUIDE  
WEEK 1

OUR FUTURE TOGETHER  
ROOTED IN CHRIST



FEBRUARY 3 - MARCH 2, 2025

WEEK 1 - February 3 - February 9

## Preparing the Soil of Our Heart



Prayer and Seeking God

# DAY 1 - FEBRUARY 3 - MONDAY

## FIND THE LAND -- (IT'S YOUR HEART)

### Prayer

Guide me, O Thou great Jehovah, pilgrim through this barren land.  
I am weak, but Thou art mighty, hold me with Thy pow'rful hand.  
Bread of heaven, Bread of heaven, feed me till I want no more,  
feed me till I want no more.

*Hymn 47 vs 1 "Guide Me, O Thou Great Jehovah" Our Great Redeemer's Praise*

### Jeremiah 29:5, 6b, 7

"Build houses and live in them. Plant gardens and eat their produce. Multiply there; do not decrease. Pursue the well-being of the city to which I have sent you. Pray to the LORD on its behalf, for when it thrives, you will thrive."

### Confess: Romans 10:9-10

If you confess with your mouth, "Jesus is Lord," and believe in your heart that God raised Him from the dead, you will be saved. For it is by believing in your heart that you are made right with God, and it is by openly declaring your faith that you are saved.

- What draws your heart away from God?

### Pray

Most merciful God, I confess that I have not loved you with my whole heart. I humbly repent. Have mercy on me and forgive me, that I might delight in Your will and walk in Your ways to the glory of Your name. Amen.

### Prayer for God's leading (St. Augustine of Hippo)

Lead us, O God, from the sight of the lovely things of the world  
to the thought of You, their Creator;  
And grant that delighting in the beautiful things of Your creation,  
we may delight in you, the first author of beauty  
and the Sovereign Lord of all your works, blessed for evermore. Amen

## DAY 2 - FEBRUARY 4 - TUESDAY

### BREAK UP THE SOIL

#### Prayer

My worth is not in what I own, not in the strength of flesh and bone,  
but in the costly wounds of love at the cross.

My worth is not in skill or name, in win or lose, in pride or shame,  
but in the blood of Christ that flowed at the cross.

I rejoice in my Redeemer, greatest Treasure, Well-spring of my soul.

I will trust in Him, no other; my soul is satisfied in Him alone.

*Hymn 582 vs 1, 2 "My Worth Is Not In What I Own" Our Great Redeemer's Praise*

#### Jeremiah 4:3b

"Break up the unplowed ground; do not sow among thorns."

#### Confess: Matthew 13:15

"For this people's heart has grown dull, and their ears are hard of hearing, and they have shut their eyes; so that they might not look with their eyes, and listen with their ears, and understand with their heart and turn – and I would heal them."

- Where might you have become dull to the will of God?

#### Pray

Most merciful God, I have sinned against You by what I have done and what I have left undone. Have mercy on me and forgive me that I might walk in Your ways and delight in Your will to the glory of Your name.

Amen

#### Prayer for God's leading

Heavenly Father, consecrate St. Mark's Bethany GMC so that it becomes Your House of Prayer. Lead us into the deeper relationship that comes from spending time in prayer with You. Order our lives around Your desires; make Your desires become our desires so that our very lives become a prayer. Amen

# DAY 3 - FEBRUARY 5 - 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 4 - FEBRUARY 6 - THURSDAY

### REMOVE THE WEEDS AND THORNS

#### Prayer

Lord, I have shut the door, strengthen my heart;  
yonder awaits the task...I share a part.  
Only through grace bestowed may I be true;  
here while alone with Thee, my strength renew.

*Hymn 673 vs 3 "Lord, I Have Shut the Door", Our Great Redeemer's Praise*

#### Mark 4:18-19

"The seed that fell among the thorns represents others who hear God's word but all too quickly the message is crowded out by the worries of this life, the lure of wealth, and the desire for other things, so no fruit is produced."

#### Confess: Romans 8:7, 9

"For the sinful nature is always hostile to God. It never did obey God's laws, and never will. But you are not controlled by your sinful nature. You are controlled by the Spirit if you have the Spirit living in you."

- **What weeds and thorns in the garden of your heart need to be removed so that you hear God clearly?**

#### Pray

Most merciful God, I confess that I have sinned against you in thought, word, and deed; by what I have done and by what I have left undone. I humbly repent and ask your forgiveness that I might delight in Your will and walk in Your ways to the glory of Your name. Amen

#### Prayer for God's leading

Thank You, Father, for Your love. Help us to recognize the thoughts and actions, the patterns that are growing up in our lives and choking out the applications of truth in our hearts. Then apply the truth of Your word and will to remove all things interfering with our relationship. In the power of Jesus' name I ask. Amen

## DAY 5 - FEBRUARY 7 - FRIDAY

### REMOVE THE STONES

#### Prayer

Jesus calls us from the worship of the vain world's golden store,  
from each idol that would keep us, saying, "Christian, love Me more!"  
In our joys and in our sorrows, days of toil and hours of ease,  
still He calls, in cares and pleasures, "Christian, love me more than these!"  
*Hymn 520 vs 3, 4 "Jesus Calls Us" Our Great Redeemer's Praise*

#### Isaiah 57:14

God says, "Rebuild the road! Clear away the rocks and stones so my people can return from captivity!"

#### Confess: James 4:3

You ask and do not receive, because you ask wrongly, in order to spend what you get on your pleasures.

- **What stone do You want God to remove that trips you up in your relationship with God?**

#### Pray

Most merciful God, I confess my sin of the poverty of my worship, for the selfishness of my prayers, for my inconsistency and unbelief....Forgive me for wasting time and misusing the gifts You have given me. Free me for joyful obedience! In my Savior, Jesus' name I pray. Amen

#### Prayer for God's leading

God of the universe, thank You for the St. Mark's community of believers. Give us the Spirit of wisdom and revelation so that we may know Jesus better. Teach us to live as the holy people You created us to be. All glory, honor, dominion, and power be Yours, Jesus, and it's in Your name we pray. Amen

## DAY 6 - FEBRUARY 8 - SATURDAY

### FERTILIZE

#### Prayer

Have Thine own way, Lord! Have Thine own way!  
Thou art the Potter, I am the clay.  
Mold me and make me after Thy will,  
while I am waiting, yielded and still.  
Have Thine own way, Lord! Have Thine own way!  
Hold o'er my being absolute sway!  
Fill with Thy Spirit till all shall see  
Christ only, always, living in me!

*Hymn 343 vs 1, 4 "Have Thine Own Way, Lord" 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: II Peter 1:5-7

So devote yourselves to lavishly supplementing your faith with goodness, and to goodness add understanding, and to understanding add the strength of self-control, and to self-control add patient endurance, and to patient endurance add godliness, and to godliness add mercy toward your brothers and sisters, and to mercy toward others add unending love.

- **What differences in your relationship with God and others have you noticed as you have participated in these devotions, knowing others in the body are doing so with you?**

#### Pray

Most merciful God, I confess my slow actions to respond to others as Jesus taught us so to do; I have been reluctant to follow His lead in reconciliation with You and others. Forgive me now and move in me to watch as You offer new opportunities everyday to be like Jesus. Thank You, Father. Amen

#### Prayer for God's leading

Father, let us give You glory by having the faith to believe that You truly are able to do immeasurably more than all we can ask or imagine. Lead us to believe for a great move of Your hand on our lives and in St. Mark's Bethany. Amen



# DAY 7 - FEBRUARY 9 - SUNDAY

## REST

### Prayer

I will trust His love, for it e'er will last, it is rich and warm and free;  
through the years of life it will hold me fast, and my help and comfort be.  
To my waiting heart all its treasures rare as a sparkling stream shall flow;  
in the joy of God I shall ever share, just because He loves me so.

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

### Matthew 11:28, 29

"Are you weary, carrying a heavy burden? Come to Me. I will refresh your life, for I am your oasis. Simply join your life with Mine. Learn My ways and you'll discover that I'm gentle, humble, easy to please. You will find refreshment and rest in me."

### Confess: Hebrews 6:7-8

For men's hearts are just like the soil that drinks up the showers which often fall upon it. Some soil will yield crops as God's blessing upon it. But if a field continues to produce only thorns and thistles it will be worthless and be burned.

- **What burden can you allow God to take off your back and rest?**

### Pray

Most merciful God, please continue to expose the thorns, weeds, stumbling rocks of sin that need to be eliminated in my life. Move me to be quick to confess, repent, and accept Your loving forgiveness and restoration. This I pray in sincerity and faith, through Your Son, Jesus. Amen

### Prayer for God's leading

Heavenly Father, shelter us from the storms of life that mean to separate us from relationship with You. Give us wisdom so we are able to take the right next step forward. Strengthen our weary minds, bodies, and spirits. In the name of the Father, the Son, and the Holy Spirit we pray. Amen