

13 Jan to Feb 21, 2019

Preparation:

- Find a quiet place where you know you will be uninterrupted.
- Have your bible and a journal ready. Record any thoughts.
- Read the suggested verse several times. Consider reading the verse using different bible versions of the bible.
- Ask yourself “what does this mean for me?”
- Visit our FACEBOOK page <https://www.facebook.com/The.MCF.Canada/?ref=bookmarks> for daily reflection.
- See page 9 for Fasting tips.

Day	Date	VERSE
1	Jan 13	<p><i>“But when you pray, go into your room, close the door and pray to your Father, who is unseen. Then your Father, who sees what is done in secret, will reward you. And when you pray, do not keep on babbling like pagans, for they think they will be heard because of their many words. Do not be like them, for your Father knows what you need before you ask him.” Matthew 6:6-8</i></p> <p>Pray you will be able to set aside time each day to worship and honour God with your prayers and fast.</p>
2	Jan 14	<p><i>" Then if my people who are called by my name will humble themselves and pray and seek my face and turn from their wicked ways, I will hear from heaven and will forgive their sins and restore their land" 2 Chronicles 7:14".</i></p> <p>Trust, believe and seek Him. Remember, God wants what is good for you and for Ignite Church. Today consider this verse as a prompt to self-examination. Ask yourself “What is God saying to me”.</p>
3	Jan 15	<p><i>“And he gives grace generously. As the Scriptures say, “God opposes the proud but gives grace to the humble”. So humble yourselves before God. Resist the devil, and he will flee from you. Come close to God, and God will come close to you. Wash your hands, you sinners; purify your hearts, for your loyalty is divided between God and the world. Let there be tears for what you have done. Let there be sorrow and deep grief. Let there be sadness instead of laughter, and gloom instead of joy. Humble yourselves before the Lord, and he will lift you up in honor.” James 4:6-10</i></p> <p>Pray that those in our military community will bow before the Lord each day so that they may receive His grace daily to live as they should.</p>
4	Jan 16`	<p><i>“He has shown you, O mortal, what is good. And what does the LORD require of you? To act justly and to love mercy and to walk humbly with your God” Micah 6:8</i></p> <p>Pray that all those who have a personal relationship with the Lord will walk in a spirit of humility and live in recognition that pride leads to destruction and humility precedes honour.</p>

<p>5</p>	<p>Jan 17</p>	<p><i>“Finally, all of you, be like-minded, be sympathetic, love one another, be compassionate and humble. Do not repay evil with evil or insult with insult. On the contrary, repay evil with blessing, because to this you were called so that you may inherit a blessing. For, “Whoever would love life and see good days must keep their tongue from evil and their lips from deceitful speech. They must turn from evil and do good; they must seek peace and pursue it. For the eyes of the Lord are on the righteous and his ears are attentive to their prayer, but the face of the Lord is against those who do evil.”</i> <i>Who is going to harm you if you are eager to do good? But even if you should suffer for what is right, you are blessed. “Do not fear their threats; do not be frightened.”</i> <i>But in your hearts revere Christ as Lord. Always be prepared to give an answer to everyone who asks you to give the reason for the hope that you have. But do this with gentleness and respect”</i> <i>1 Peter 3:8-15.</i></p> <p>Pray that our military brothers and sisters will be humble in spirit in order that their prayers may be answered.</p>
<p>6</p>	<p>Jan 18</p>	<p><i>“In the same way, you who are younger, submit yourselves to your elders. All of you, clothe yourselves with humility toward one another, because, “God opposes the proud but shows favor to the humble.”</i> Humble yourselves, therefore, under God’s mighty hand, that he may lift you up in due time. Cast all your anxiety on him because he cares for you. Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion looking for someone to devour. Resist him, standing firm in the faith, because you know that the family of believers throughout the world is undergoing the same kind of sufferings. And the God of all grace, who called you to his eternal glory in Christ, after you have suffered a little while, will himself restore you and make you strong, firm and steadfast.” <i>1 Peter 5:5-10</i></p> <p>Pray that young Christians will be clothed with humility, lifting all their concerns to God, and trusting God to exalt them at the proper time.</p>
<p>7</p>	<p>Jan 19</p>	<p><i>“At one time we too were foolish, disobedient, deceived and enslaved by all kinds of passions and pleasures. We lived in malice and envy, being hated and hating one another. But when the kindness and love of God our Savior appeared, he saved us, not because of righteous things we had done, but because of his mercy. He saved us through the washing of rebirth and renewal by the Holy Spirit, whom he poured out on us generously through Jesus Christ our Savior, so that, having been justified by his grace, we might become heirs having the hope of eternal life. This is a trustworthy saying. And I want you to stress these things, so that those who have trusted in God may be careful to devote themselves to doing what is good. These things are excellent and profitable for everyone. But avoid foolish controversies and genealogies and arguments and quarrels about the law because these are unprofitable and useless.”</i> Titus 3:2-9</p> <p>Pray that our pride does not cause us to think we can overcome the obstacles of the world alone. Pray we are reminded that it is by God’s grace that we exist, and that our created purpose is to honour Him and do the good things He has set aside not only for the MCF but for all those who call Jesus Lord.</p>

8	Jan 20	<p><i>"I am too ashamed and disgraced, my God, to lift up my face to you because our sins are higher than our heads and our guilt has reached to the heavens.: Ezra 9:6</i></p> <p>Pray we assume responsibility for the moral and spiritual erosion of our nation and our world and ask God to use you to be the change it needs.</p>
9	Jan 21	<p><i>"I urge, then, first of all, that petitions, prayers, intercession and thanksgiving be made for all people—for kings and all those in authority, that we may live peaceful and quiet lives in all godliness and holiness. This is good, and pleases God our Savior, who wants all people to be saved and to come to a knowledge of the truth." 1 Timothy 2:1-4</i></p> <p>Pray that God's people would unite in praying for all, that we may lead quiet and peaceful lives in godliness and holiness.</p>
10	Jan 22	<p><i>"Do not be angry beyond measure, LORD; do not remember our sins forever. Oh, look on us, we pray, for we are all your people." Isaiah 64:9</i></p> <p>Pray that urgency and fervency would characterize your prayers and that of those in the MCF and military community.</p>
11	Jan 23	<p><i>"Call to me and I will answer you and tell you great and unsearchable things you do not know." Jerimiah 33:3</i></p> <p>Pray that our first response will be to pray when we become anxious about any circumstance.</p>
12	Jan 24	<p><i>"Therefore, let all the faithful pray to you while you may be found; surely the rising of the mighty waters will not reach them" Psalm 32:6</i></p> <p>Pray that we will seek God before getting physically involved in His work for the day.</p>
13	Jan 25	<p><i>"Then Jesus told his disciples a parable to show them that they should always pray and not give up. He said: "In a certain town there was a judge who neither feared God nor cared what people thought. And there was a widow in that town who kept coming to him with the plea, 'Grant me justice against my adversary.' "For some time, he refused. But finally, he said to himself, 'Even though I don't fear God or care what people think, yet because this widow keeps bothering me, I will see that she gets justice, so that she won't eventually come and attack me!'" And the Lord said, "Listen to what the unjust judge says. And will not God bring about justice for his chosen ones, who cry out to him day and night? Will he keep putting them off? I tell you, he will see that they get justice, and quickly. However, when the Son of Man comes, will he find faith on the earth?" Luke 18:1-8</i></p> <p>Pray that God would raise up an army of prayer warriors in the military community who are willing to persevere in prayer and wage war on their knees.</p>

MCF - 40 Days of Prayer and Fasting

14	Jan 26	<p><i>“Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.” Philippians 4:6-7</i></p> <p>Pray for a spirit of prayer to spread like a wildfire across our land and world until every church becomes a house of prayer. Let it begin with you.</p>
15	Jan 27	<p><i>“Not that we are competent in ourselves to claim anything for ourselves, but our competence comes from God”</i> 2 Corinthians 3:5</p> <p>Pray that all who call the military their community would not feel themselves to be self-sufficient. May we all see our dire need for help from God and our MCF family.</p>
16	Jan 28	<p><i>“The fear of the LORD is the beginning of knowledge, but fools despise wisdom and instruction” Proverbs 1:7</i></p> <p>Pray that a healthy fear of God would permeate the hearts and minds of the MCF. Ask God to deliver us from the fear of the world.</p>
17	Jan 29	<p><i>“The LORD is near to all who call on him, to all who call on him in truth”</i> Psalm 145:18</p> <p>Praise God that His hand is not too short to save and that He is extending into the military community around this country. Claim the promise that the Lord draws near to all those who call upon Him in truth.</p>
18	Jan 30	<p><i>“yet now I am happy, not because you were made sorry, but because your sorrow led you to repentance. For you became sorrowful as God intended and so were not harmed in any way by us. Godly sorrow brings repentance that leads to salvation and leaves no regret, but worldly sorrow brings death.”</i> 2 Corinthians 7:9-10</p> <p>Pray that genuine repentance would characterize our response to sin and that the lordship of Jesus Christ would rule our lives and that of the MCF family.</p>
19	Jan 31	<p><i>“How can a young person stay on the path of purity? By living according to your word. I seek you with all my heart; do not let me stray from your commands. I have hidden your word in my heart that I might not sin against you.”</i> Psalm 119:9-11</p> <p>Pray that our brothers and sisters in the MCF will meditate daily on the Word of God, allowing God to conform them to the image of Christ.</p>

MCF - 40 Days of Prayer and Fasting

20	Feb 1	<p><i>“Therefore, confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective.”</i> James 5:16</p> <p>Pray that we will accept accountability from godly people.</p>
21	Feb 2	<p><i>“Brothers and sisters, if someone is caught in a sin, you who live by the Spirit should restore that person gently. But watch yourselves, or you also may be tempted.”</i> Galatians 6:1</p> <p>Pray that our military family will honestly acknowledge their sins, seek God’s forgiveness, and expose all sin appropriately.</p>
22	Feb 3	<p><i>“If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness”</i> 1 John 1:9</p> <p>Thank the Lord for His promise to extend mercy to those who “confess and abandon their sin” and that He is faithful and just to forgive sin and cleanse us from all unrighteousness.</p>
23	Feb 4	<p><i>“As a prisoner for the Lord, then, I urge you to live a life worthy of the calling you have received. Be completely humble and gentle; be patient, bearing with one another in love. Make every effort to keep the unity of the Spirit through the bond of peace. There is one body and one Spirit, just as you were called to one hope when you were called; one Lord, one faith, one baptism; one God and Father of all, who is over all and through all and in all.”</i> Ephesians 4:1-6</p> <p>Pray that we would lay aside our differences and unite behind the desperate need for an outpouring of God’s Spirit in revival.</p>
24	Feb 5	<p><i>“Our Father in heaven, hallowed be your name, your kingdom come, your will be done, on earth as it is in heaven. Give us today our daily bread. And forgive us our debt, as we also have forgiven our debtors. And lead us not into temptation but deliver us from the evil one.”</i> Matthew 6:9-13</p> <p>Pray trusting God is a promise keeper and will work with the MCF if we choose to seek and obey Him.</p>
25	Feb 6	<p><i>“If you return to the Almighty, you will be restored; If you remove unrighteousness far from your tent”</i> Job 22:23</p> <p>Pray that our military family realizes God can restore harmony and love in our lives and our homes if we seek to follow His truths.</p>

MCF - 40 Days of Prayer and Fasting

26	Feb 7	<p><i>He saved us, not on the basis of deeds which we have done in righteousness, but according to His mercy, by the washing of regeneration and renewing by the Holy Spirit, whom He poured out upon us richly through Jesus Christ our Savior” Titus 3:5-6</i></p> <p>Pray we understand that our efforts can not influence the love God already has for each of us. He sent His Son to do all that was necessary to bring us back in relationship with Him and that the Holy Spirit will bring those who believe into family status with the Father.</p>
27	Feb 8	<p><i>Be gracious to me, O God, according to Your lovingkindness; According to the greatness of Your compassion blot out my transgressions. Wash me thoroughly from my iniquity and cleanse me from my sin. For I know my transgressions, and my sin is ever before me. Against You, you only, I have sinned and done what is evil in Your sight, so that You are justified when You speak and blameless when You judge” Psalm 51:1-4</i></p> <p>Pray, giving thanks, that we can receive forgiveness for the thoughts, acts and words we may intentionally or unintendedly do that are offensive to God. Seek forgiveness and ask for His help to love Him and our neighbour with our whole being.</p>
28	Feb 9	<p><i>“O send out Your light and Your truth, let them lead me; Let them bring me to Your holy hill And to Your dwelling places. Then I will go to the altar of God, To God my exceeding joy; And upon the lyre I shall praise You, O God, my God” Psalm 43:3-4</i></p> <p>Give thanks to God that He had has invited us to worship Him. Pray that He may change our mindset to see that all we do with a church family honours Him. Help us realize the importance of gathering weekly together with other believers so we may encourage one another and praise and worship our Father as one voice.</p>
29	Feb 10	<p><i>“O Lord, open my lips, that my mouth may declare Your praise” Psalm 51:15</i></p> <p>Pray that we realize we can praise God daily regardless of where we are.</p>
30	Feb 11	<p><i>“For thus says the high and exalted One Who lives forever, whose name is Holy, "I dwell on a high and holy place, and also with the contrite and lowly of spirit in order to revive the spirit of the lowly and to revive the heart of the contrite.” Isaiah 57:15</i></p> <p>Give thanks that God never changes and has always wanted to give live to those who seek Him with a repentant heart.</p>

MCF - 40 Days of Prayer and Fasting

31	Feb 12	<p><i>“But as for me, I shall sing of Your strength; Yes, I shall joyfully sing of Your lovingkindness in the morning, For You have been my stronghold and a refuge in the day of my distress” Psalm 59:16</i></p> <p>Start your day praising and seeking God’s presence. Ask Him to be with you throughout the day so you can face the realities of a demanding world.</p>
32	Feb 13	<p><i>“He restores my soul; He guides me in the paths of righteousness For His name's sake” Psalm 23:3</i></p> <p>Pray thanking God that he sought you and by His grace can put the desires in our hearts to seek Him. Remind yourself that if you slip, He can bring you back into His presence.</p>
33	Feb 14	<p><i>“Heal me, O LORD, and I will be healed; Save me and I will be saved, For You are my praise” Jeremiah 17:14</i></p> <p>Pray acknowledging that only God can bring and restore you to a place where you are able to be declared righteous. Give praise that He can heal us of those things that keep us in bondage and prevent us from living life to the full.</p>
34	Feb 15	<p><i>So, when they had finished breakfast, Jesus said to Simon Peter, "Simon, son of John, do you love Me more than these?" He said to Him, "Yes, Lord; You know that I love You " He said to him, "Tend My lambs." He said to him again a second time, "Simon, son of John, do you love Me?" He said to Him, "Yes, Lord; You know that I love You." He said to him, "Shepherd My sheep." He said to him the third time, "Simon, son of John, do you love Me?" Peter was grieved because He said to him the third time, "Do you love Me?" And he said to Him, "Lord, You know all things; You know that I love You " Jesus said to him, "Tend My sheep. Truly, truly, I say to you, when you were younger, you used to gird yourself and walk wherever you wished; but when you grow old, you will stretch out your hands and someone else will gird you and bring you where you do not wish to go." Now this He said, signifying by what kind of death he would glorify God And when He had spoken this, He said to him, "Follow Me!"”</i> <i>John 21:15-19</i></p> <p>Pray asking God to give you strength and courage to seek after His lost sheep and bring them into the fold. Pray you find a way to be part of the mission God has given the MCF to reach our military community.</p>
35	Feb 16	<p><i>“Yet those who wait for the LORD Will gain new strength; They will mount up with wings like eagles, they will run and not get tired, they will walk and not become weary.” Isaiah 40:31</i></p> <p>Pray looking for God. Ask Him to empower you and help you utilize your resources, talents, gifts and abilities so that the MCF can bring the Good News to our community.</p>

36	Feb 17	<p><i>As the deer pants for the water brooks, So my soul pants for You, O God. My soul thirsts for God, for the living God; When shall I come and appear before God?"</i> <i>Psalm 42:1-2</i></p> <p>Pray asking God to place an unquenchable desire in you to seek after Him and help you with the distractions that try to steal you from Him.</p>
37	Feb 18	<p><i>Therefore, thus says the LORD, "If you return, then I will restore you-- Before Me you will stand; And if you extract the precious from the worthless, you will become My spokesman. They for their part may turn to you, but as for you, you must not turn to them. "</i><i>Jerimiah 15:19</i></p> <p>Pray that your heart for Jesus burns even brighter than it did when you first chose Him to be your saviour. Ask for strength to be His servant to take His truth wherever you go so that He is gloried by your words and deeds.</p>
38	Feb 19	<p><i>For You have rescued my soul from death, My eyes from tears, My feet from stumbling. I shall walk before the LORD In the land of the living"</i> <i>Psalm 116:8-9</i></p> <p>Pray thanking Jesus that he saved you from the death of eternal separation from Him. Acknowledge that His sacrifice alone allows you to walk with God while you are on this earth and with them in eternity.</p>
39	Feb 20	<p><i>"Come, let us return to the LORD. He has torn us to pieces, but he will heal us; he has injured us, but he will bind up our wounds."</i> <i>Hosea 6:1</i></p> <p>Praise the Lord that He promises to heal those who have fallen away and bind up the wounds of the torn and bruised.</p>
40	Feb 21	<p><i>" Then if my people who are called by my name will humble themselves and pray and seek my face and turn from their wicked ways, I will hear from heaven and will forgive their sins and restore their land"</i> <i>2 Chronicles 7:14".</i></p> <p>Trust and believe. Remember, God wants what is good for the MCF and has invited you to be part of His mission to bring the Good News to our military community.</p>

FASTING TIPS

POINT OF A FAST: To let go of an appetite to seek God on matters of deep concern for self, others, and the world

DEFINITION OF A FAST: A fast is the self-denial of normal necessities to intentionally attend to God in prayer. Bringing attachments and cravings to the surface opens a place for prayer. This physical awareness of emptiness is the reminder to turn to Jesus who alone can satisfy.

SCRIPTURE:

“Whenever you fast, do not put on a gloomy face as the hypocrites *do*, for they neglect their appearance so that they will be noticed by men when they are fasting. Truly I say to you, they have their reward in full. But you, when you fast, anoint your head and wash your face ¹⁸ so that your fasting will not be noticed by men, but by your Father who is in secret; and your Father who sees *what is done* in secret will reward you (Matthew 6:16-18)

“Is not this the kind of fasting I have chosen: to lose the chains of injustice and untie the cords of the yoke, to set the oppressed free and break every yoke? Is it not to share your food with the hungry, and to provide the poor wanderer with shelter? (Isaiah 58:6-7)

FASTING PRACTICES INCLUDE:

- Abstaining from food, drink, shopping, desserts, chocolate and so on to intentionally be with God
- Abstaining from media; TV, radio, music, e-mail, cell phones, and computer games to allow space for listening to the voice of Jesus
- Abstaining from habits or comforts; elevators, reading and sports to give God undivided attention
- Repenting and waiting on God
- Seeking strength to persevere, obey and serve

SOME FASTING EXERCISES TO CONSIDER:

- Fast one meal a week and spend that time in prayer. When you feel hungry, place yourself with Jesus in the wilderness and talk with him about what self-denial means to you.
- For one week fast from the media, TV, video games, sports, shopping, reading or your computer. Dedicate that time to God doing something that connects you to Him. At the end of the week, take time to reflect on your week asking what your overall feels were about the experience and what interrupted that time with God.
- Abstain from purchasing your morning coffee, daily pops, or treats and give that money to God.