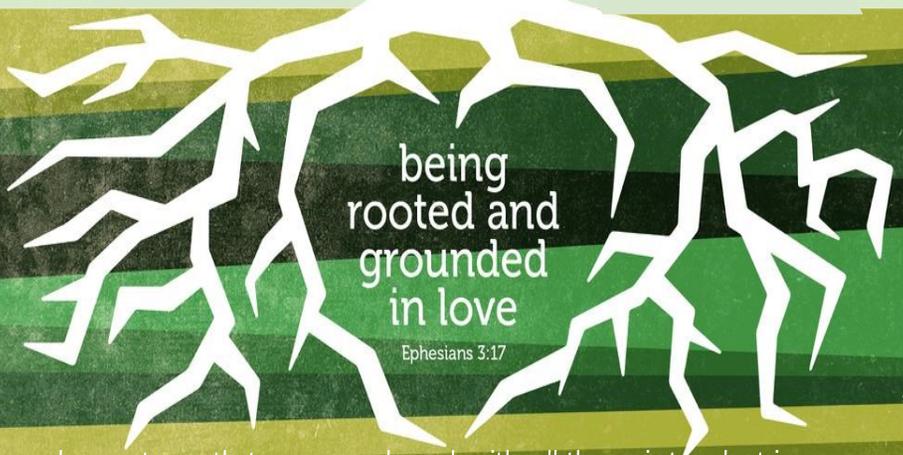


For this reason I bow my knees before the Father, from whom every family in heaven and on earth is named, that according to the riches of his glory he may grant you to be strengthened with power through his Spirit in your inner being, so that Christ may dwell in your hearts through faith - that you,



being
rooted and
grounded
in love
Ephesians 3:17

may have strength to comprehend with all the saints what is the breadth and length and height and depth, and to know the love of Christ that surpasses knowledge, that you may be filled with all the fullness of God.



Now to him who is able to do far more abundantly than all that we ask or think, according to the power at work within us, to him be glory in the church and in Christ Jesus throughout all generations, forever and ever. Amen.

What has God shown you today?



FAST FORWARD

Day of Prayer and Fasting

WHAT IS FASTING? Fasting is voluntarily abstaining from food for a spiritual purpose during a specific time. As a church, we are fasting for 12 hours on the first Monday of the month. From 8 a.m. to 8 p.m., we ask that you fast from food (or an alternative for medical reasons) and instead spend that time in prayer. As such, this prayer guide can give you some direction for prayer during the fast.

WHY DO WE FAST? Every first Monday of the month, we are asking you, the body of Bethany Baptist Church, to fast and pray about our church, our future, and our ministry. It is our goal that we, as a church, align in prayer to the submissive will of Jesus.

Fasting has always been a way for God's people to stop and focus on what God wants for them, their nation, and their ministry. Moses fasted before receiving the 10 Commandments. Daniel fasted and prayed in order to receive guidance from the Lord. Nehemiah fasted and prayed before taking on the project of rebuilding the wall of Jerusalem. Jesus fasted before encountering Satan in the wilderness. In Acts, we see the church fasted and prayed before making major decisions.

Simply put, fasting is a long-held biblical practice to help discern the will of God and prepare his people to carry it out. It's why we are fasting and praying now. As a church, we are seeking God's will and asking him to prepare our hearts to carry out that will TOGETHER as a body called Bethany Baptist Church.

HOW CAN WE FAST? You can abstain from food or pick an alternative. You can skip a single meal or you can choose to fast from a specific food (like sweets or soda.) The purpose is to focus on Jesus instead of having the thing you want or normally have.

HERE ARE SOME FASTING TIPS:

- ◆ Eat a big meal (specifically with protein) before beginning your fast.
- ◆ Stay hydrated. Drink lots of water and 100% fruit juice (this keeps blood sugar up).

Prayer Guide for April 5, 2021

8 a.m. – Begin your fast with prayer.

- ⇒ Praise Jesus for this opportunity.
- ⇒ Ask God to reveal sin in your life and confess sin to him.
- ⇒ Ask for guidance in knowing how to pray.

10 a.m. – A good time to pause and reflect on Jesus

- ⇒ Pray for the lost.
- ⇒ Pray for an opportunity to share the gospel.
- ⇒ Pray for those who heard the gospel this weekend.

12 p.m. – Instead of eating lunch, spend time eating God's word. READ Ephesians 3:14-21. Reflect on Easter. What does it mean to be filled with the fullness of God? How do you live that out?

- ⇒ Pray for Pastor Wayne and his family.
- ⇒ Pray for our staff: Bryan Dobney, Carol Silver, Cherilu DuVal

- ◆ Avoid caffeine. Caffeine is a natural diuretic and will zap your hydration.
- ◆ When you feel hungry, that's your cue to stop and pray.
- ◆ Break your fast with a good, healthy meal.

3 p.m. – Take some time to pray for our leaders

- ⇒ Pray for our deacons: Roger Egnor, Sam Colburn, and Mike Walters
- ⇒ Pray for our administration team: Cherie Broz, Dave Broz, Ken Galyon, and Troy Miller.

5 p.m. – Take time to pray over our opportunities to reach our community.

- ⇒ Pray for our new family pastor.
- ⇒ Pray for our search committee that we will find the man God has called.
- ⇒ Pray for our leadership as we manage the pandemic.

7 p.m. – As we enter the last hour of this fast, let's spend time praying over the ministries of the church and the ministries that use our facilities.

- ⇒ WOM– Women On Mission
- ⇒ VBS– Vacation Bible School
- ⇒ AWANA Bible Clubs for Kids
- ⇒ The Academy of Cinematic Arts

AMEN!