

Prayer and Fasting at the Beginning of March 2018

Again, today, you may want to fast from some routine part of your life that by avoiding that behavior you can focus more on your relationship with God in prayer.

Fasting is a way to discipline our minds and bodies to help us focus on God and his Word. You may want to fast from food, social media, or something that the Lord has been leading you to set aside for a day or two. Ask the Lord if there is anything that is keeping you from hearing his voice.

You can always find resources on prayer and fasting on the Intown.org website under Worship and Prayer.

As you spend some time alone with God, we suggest this pattern for your worship and study.

Greet the Lord

As you come into God's presence remember the words of the Psalmist, "Let everything that has breath praise the Lord." Praise Him for everything that he means to you -- for being your hope, your strength, and your savior. Join with all of his creation in praising the Lord.

As we are looking at the life of Jesus in the Gospel of Matthew during this season, our prayer and reflection time is focused on a part of Jesus' time of teaching the crowds of people who were starting to follow Him.

Matthew 5:13–16

"You are the salt of the earth. But if the salt should lose its taste, how can it be made salty? It's no longer good for anything but to be thrown out and trampled on by men. You are the light of the world. A city situated on a hill cannot be hidden. No one lights a lamp and puts it under a basket, but rather on a lampstand, and it gives light for all who are in the house. In the same way, let your light shine before men, so that they may see your good works and give glory to your Father in heaven."

First responders. The scene continues and people are hearing Jesus teach for the first time. Some of the people hearing Jesus' words have just met him. Read this passage out loud and then read it again slowly and silently.

How does it feel to be called the salt and light of the world?

As Jesus characterizes his audience, are you prone to agree or disagree with him? Do you see those around you as salt and the lights of the world? Do you see yourself as salt or light?

These verses are often taught in the church as instructions for being a witness for God's work in your life. Do you experience them this way today?

What might Jesus be saying about the glory of his creation?

Jesus says, "Let your light shine before men..." Given the context of this teaching, do you have an idea of what your light is? Can you ask the Lord to show you what your light is?

We are prone to want to give glory to our Father who is in heaven for giving us good work to do. Won't you join us?

What do you want to give thanks to God for? Who do you know who needs to see the light of the world?

Ask the Holy Spirit to show the Intown community the glory of God in the face of Jesus during the month of March.

Pray for those who are close to you.