

S.I.P.

Spirit Impartation Prayer

Bethel Christian Fellowship is beginning a 10 day prayer adventure called S.I.P. S is "Spirit," I is for "Impartation," and P is for "Prayer."

After His ascension, Jesus' disciples "joined together constantly in prayer" (Acts 1:14) to "wait for the gift my Father promised..." (Acts 1:4). This gift was the empowerment of the Holy Spirit (Acts 2) so they could be effective witnesses "in Jerusalem, and in all Judea and Samaria, and to the ends of the earth" Acts 1:8). Although the Holy Spirit has never left His church since that original Day of Pentecost almost 2,000 years ago, some of us have not yet been empowered by Him personally to be His witnesses. Others of us need a fresh wave of empowerment. Some of us are being called to impart this gift of empowerment to others.

United prayer has always been God's means of preparing us to receive or impart this empowerment from the Holy Spirit. So we invite you to join the church for as much of this prayer adventure as you desire. From May 10 to May 20 (Pentecost Sunday) we are setting aside regular programming to come together in prayer. Our prayer room will be open all day long and into the early evening for you to explore prayer, either as an individual or with others. Additionally, there will be at least one large group gathering a day when you can learn about and practice various kinds of prayer. Come and SIP the Spirit together through prayer.

Date	Day	Time	Focus
May 10	Thursday	7AM	Intercession
May 10	Thursday	7PM	Prayer with Scripture
May 11	Friday	7PM	Warfare Intercession
May 12	Saturday	10AM	Child Led Prayers
May 12	Saturday	7PM	Contemplative
May 13	Sunday	9AM	Intercession
May 13	Sunday	7PM	Filling by the Holy Spirit
May 14	Monday	7PM	Healing
May 15	Tuesday	7PM	Creative Prayer
May 16	Wednesday	7PM	Youth Led
May 17	Thursday	7AM	Prophetic
May 17	Thursday	7PM	Healing
May 18	Friday	7PM	Pulse: Warfare Intercession and beginning of 40 hour prayer vigil
May 19	Saturday	10AM	Contemplative
May 19	Saturday	7 PM	Harp and Bowl
May 20	Sunday	9 AM	Filling of Holy Spirit

Fasting Options:

*The Bible says that "the Spirit led" Jesus into His fast (Matt. 4:1).
Let the Spirit lead you into how you might participate
in this season of seeking God.*

STEP 1: PURPOSE

We do not fast in order to gain God's favor, but because we have experienced His favor. We fast to humble our hearts, to make us more tender in prayer, and to increase our capacity to receive from Him. It is a statement of faith to God that He is our sustenance.

STEP 2: PLAN

Decide what type of fast you will engage in and for what length of time. There are several different ways for you to participate in fasting during these days:

1. A 1 day water and juice fast - take one day during this season and abstain from eating food.
2. A multi-meal fast - go without one meal each of the days of fasting and pray instead.
3. A multi-day (up to 40) water and juice fast - those who are physically able may consider a fast from all food for a designated period. (If you have health concerns please consult your physician).
4. A "no pleasant bread" fast (Daniel 10:3) - Daniel refrained from meats and sweets (tasty things). His job required strength that a complete food fast would not give him.
5. A Media Fast - in this fast you simply make more time for praying by refraining from that which takes a lot of our culture's time: the media (TV\video\movie\radio\newspaper\book fast).
6. A "hobby" fast - in this fast you refrain from that which takes up a lot of your time and pray instead.
7. A combination fast - any of the above in combination.

STEP 3: PROMISE

We believe in the power of God over the whole person, spirit, soul, and body. (1 Thess. 5:23)

We believe that "God has not given us a spirit of fear, but a spirit of love, power, and self-discipline." (2 Tim. 1:7)

With God as our strength and His grace as our foundation we can confidently commit ourselves to this season of fasting.