

Weekly Devotional | April 3, 2022 - April 9, 2022

Prepare: Position for More

Prayer and fasting



Introduction: Prayer and Fasting

As we engage the presence of God through prayer and fasting, these disciplines reflect posture and allow Jesus to bring disruption to our daily lives. When we enter into prayer with Jesus, we are being present with the One who is present with us. There are various methods in which we can pray: breath prayer, centering prayer, intercessory prayer, listening prayer, praying scripture, prayer walking, etc. But the importance relies on the Presence of God and the inward posture of our hearts. This precedes the outward posture of where, what and how we pray. Is your heart in a posture to be known and touched by God?

As the Lord leads you in prayer and also in the discipline of fasting, these are not times to discourage us, but to lead us to lay down what we hold unto, especially in the dailiness of life, to allow God to be the provider.

“Deny yourself a meal, and when your stomach growls “I’m hungry,” take a moment to turn from your emptiness to the nourishment of “every word that comes from the mouth of God” (Matthew 4:4). Feed on Jesus, the bread of life” (Adele Ahlberg Calhoun, Spiritual Disciplines Handbook).

You may fast from food, drink, media, or anything that ties you to the physical world. Taste and see that the Lord is good. Notice the difference between what truly nourishes the soul, and may you abide in the One that gives abundant life.

The rhythms in which we are unpacking become intertwined in our relationship with God. We hope you have become accustomed to a rhythm of stopping, resting, delighting, and reflecting in the presence of God. His presence is enough and may He speak to you through His Word.

This series is designed for you to explore how you best rest in the presence of God. Visit stonecrestchurch.com/prepare for more resources in addition to each weekly devotional guide.

Weekly Structure

We will continue in our daily rhythms of time with God, S.O.A.P. journaling, and Sabbath. Continue to allow the Lord to lead you in acts of kindness - in the small things. This week, we will emphasize prayer and fasting. As you journal through John 13-18, pay close attention to these passages that lead to Jesus' arrest and may the Lord continue to reveal Himself to you.

S: Scripture:

- Read the passages
- Make note of a verse or phrase that jumps out at you.
- Copy that verse at the top of your journal

O: Observation:

- Observe what the verse is saying and why it might be jumping out at you.
- Write down what you're seeing and noticing in the passage.
- Ask the Holy Spirit to teach you and reveal Jesus to you.

A: Application:

- How does this apply to you and what do you think God might be saying to you?
- Personalize what you have read, by asking yourself how it applies to your life right now. Perhaps it is instruction, encouragement, a new promise, or corrections for a particular area of your life. Write how this scripture can apply to you today.

P: Prayer:

- This can be as simple as asking God to help you use this scripture, or even a prayer for a greater insight on what He may be revealing to you. Remember, Prayer is a two-way conversation, so be sure to listen to what God has to say! Now, write it out.

This week:

- ❖ Day 1 — Sunday discovery guide of the worship service, designed to process with your spiritual community/transformational relationships/group
- ❖ Day 2-6 — Daily devotionals for yourself
- ❖ Day 7 — Sabbath reflection

DAY 1: APRIL 3

Discovery Guide - Prayer and Fasting

- How was God speaking to you while you were singing/listening?
- How is your daily rhythm with God? Did you use S.O.A.P. as you read scripture?
- Were you able to take Sabbath in the last week?
- Are prayer and fasting a part of your rhythm with the presence of God?
- What are the breakthroughs that Jesus is leading you into?
- As the Lord leads you to fast, what could you add in place of that to practice the presence of God?

Scripture: Read John 13

Observe:

Application:

Pray:

DAY 2: APRIL 4

Stop: Begin your time with God in 2 minutes of silence.

Scripture: Read John 14

Observe:

Application:

Pray:

DAY 3: APRIL 5

Stop: Begin your time with God in 2 minutes of silence.

Scripture: Read John 15

Observe:

Application:

Pray:

DAY 4: APRIL 6

Stop: Begin your time with God in 2 minutes of silence.

Scripture: Read John 16

Observe:

Application:

Pray:

DAY 5: APRIL 7

Stop: Begin your time with God in 2 minutes of silence.

Scripture: Read John 17

Observe:

Application:

Pray:

DAY 6: APRIL 8

Stop: Begin your time with God in 2 minutes of silence.

Scripture: Read John 18

Observe:

Application:

Pray:

DAY 7: APRIL 9

Your Sabbath - Reflect on your 24 hours of rest

What did you do on your Sabbath? Why?

What was life giving on your Sabbath? What was not life-giving?

What could you shift for your next Sabbath?

What did you sense from the Lord during your day of rest?

