

## PRAYER UNITED

### **A Day of Prayer for the building project and Yateley community on the 4<sup>th</sup> Thursday of each month**

*26<sup>th</sup> Feb; 26<sup>th</sup> March; 23<sup>rd</sup> April; 28<sup>th</sup> May; 25<sup>th</sup> June; 23<sup>rd</sup> July; 27<sup>th</sup> August;  
24<sup>th</sup> September; 22<sup>nd</sup> October; 26<sup>th</sup> November; December tbc.*

#### AN INVITATION TO

Be UNITED together in PRAYER, throughout the day, wherever you are.

*Prayer is responding to a God, who loves us and is already speaking, acting and revealing himself in this world!*

#### AN INVITATION TO

- Draw closer to Him, through prayer and reading the Bible, so that our relationship with Him can grow deeper.
- Pray 'God's Kingdom come'!
- Pray for the town and it's community of people.
- Find out more about the calling and purpose he has for us, His church!

*Psalm 127:*

*Unless the Lord builds the house, the builders labour in vain.*

*Unless the Lord watches over the city, the guards stand watch in vain.*

#### AN INVITATION TO

Set aside some EXTRA TIME on the 4<sup>th</sup> Thursday, *wherever you are* - at home, work, school, holiday - to read the bible and to pray about the building project and the town itself (*a prayer card will become available to help with this focus*).

**There will be the opportunity to come together from 7.30pm-8.30pm, in church, on each 4<sup>th</sup> Thursday evening.**

#### AN INVITATION TO

Share anything that you feel God might be saying to us at this time, by:

- Writing it on a note and place in the box (*both congregations*)
- Giving it in to the church office.
- E-mail: [ann.edmunds@stpetersyateley.org.uk](mailto:ann.edmunds@stpetersyateley.org.uk)

## **PRAYER AND FASTING**

### **AN INVITATION TO**

Consider making the 4<sup>th</sup> Thursday a day of prayer AND FASTING!

For some, this is a spiritual discipline you are familiar with but for others it may be a bit of a mystery. There will be more teaching to come but below are a few brief points that may help:

### **WHAT IS FASTING?**

- A spiritual discipline that is taught in the Bible. In the Bible, fasting is always connected with prayer (*e.g. Matt.6: 16-18; Acts 13: 2-3*).
- Gives more time for prayer as we use the time we'd normally spend preparing and eating, focusing on God and what He wants to do among us.
- Demonstrates the depth of our desire when praying for something and reminds us that *all* we have is a gift from God.
- Allows us space to face reality and look more deeply into the honest and loving face of God. It can help us to realign ourselves with God and His purposes in our world.

### **HOW DO WE FAST?**

There are many types of fast and the option you choose depends on your health, the length of time and your preference:

- **WATER FAST** – abstaining from all food and juices, drinking plenty of water.
- **PARTIAL FAST** – eliminating certain foods or specific meals.
- **A 'JUICE' FAST** – drinking only fruit or vegetable juices during meal times, along with water through the day.

### **IT IS NOT**

- About earning an answer to prayer. God answers us out of His grace. Fasting simply prepares us for God's answer.
- An end in itself, but a means to focus on God and to say 'yes' to His transforming work in our lives and church and community.

### **FAST ONLY IF YOUR HEALTH ALLOWS AT THIS TIME.**

The purpose is to give more time to grow our relationship with God. There are other ways that you can make more time to pray, if fasting isn't appropriate for you at this time.