

PRAYER + FASTING

MAY 28–JUNE 30

Table of Contents

p. 2: Why are we fasting and praying?

p. 3: How to use this guide

p. 4: What should i fast from?

pp. 6-12: Part 1 — Our local church family
(May 28–June 7)

pp.13–19: Part 2 — Our personal lives
(June 8–18)

pp.20–26: Part 3 — Our national church family
(June 19–29)

Why are we praying and fasting?

Over the last 18 months we have talked frequently about the upcoming transition of our senior leadership. We've strategized, created criteria, cast wide nets in a search, conducted interviews and identified a candidate to serve as the Senior Pastor. On June 1, the transition officially begins. Over the next three years, our senior leaders and founding pastors will retire -- first Bill and Cheryl Hanawalt this August, and then Steve and Cindy Nicholson at the end of the three-year period. In March we will vote to affirm Ted Kim as the new co-Senior Pastor, a position he'll serve in for one year, at which time he will presumably become the sole Senior Pastor as Steve transitions to a new role on staff, and then retires soon after.

This is an important moment in our history. We are excited to invite new voices in leadership. And we want to see God do more in and through us. We want to see breakthrough, new vision for the future of our church, new ministries created, more people committing their lives to following Jesus through baptism, more people experiencing the life changing power of God's mercy and truth.

Similarly, the national Vineyard movement, our larger church family, is at significant place in their story as well. Churches all over the US are transitioning to a new generation of leaders and vision. We are ready for this new chapter, but we need God to lead us through it.

When we are in this place, God invites us to *"Stand at the crossroads and look, ask for the ancient path, ask where the good way is and walk in it and you will find rest for your souls"* (Jeremiah 6:16a). Intentional prayer and fasting allow us to stand, look, ask, walk and rest in what God has for us.

Between May 28–June 30, we are inviting our entire church to join in with a national prayer and fasting period.

How to use this guide

This guide is a tool to get you started as you pray throughout this month.

Use the short prayer to begin talking to God about the topic of the day. Below the prayer are specific things you can pray about each day throughout your conversation with God.

Remember prayer is a conversation, a back and forth of talking and listening, so once you are down praying... listen. Pay attention to what God is saying to you.

There is space provided for you to write down what you hear God say. As you record what you heard from God, this guide becomes a record of your prayer and fasting experience that you can look back through at the end of the fast and throughout the next year.

What should I fast from?

You can fast in all sorts of ways from all sorts of things.

As a spiritual practice, fasting takes something away from our lives to remind us to pray and draw closer to God. You can fast from certain foods. You can fast from screens. You can fast from nonessential spending. You can fast from video games or social media. The idea is that you are taking something away from your life so that you can pray instead.

Every time you feel a desire for that thing, you pray. Every time you reach or crave or long for what you are fasting from, you pray.

It's a good idea to tell a friend or small group leader what you are considering fasting from before you start. Invite that person to give you feedback if what you have chosen is a good and safe decision.

A short list of potential things to fast from

Certain types of food, especially those that aren't good for you or that you go to solely for comfort (fast food, snacks, candy/treats, coffee, soda, etc)

Television, internet, social media, video games, podcasts or other creature comforts you use to escape

Nonessential spending (ask how God may direct you to give away the money you would have spent, rather than saving it all and spending it the day after you break the fast)

Habits that you engage in which are destructive to your spiritual health

These are simply suggestions. Whatever you fast from will be pleasing to God.

Part 1: Our church family

“Lord, lead our church”

This is the reason I kneel in the presence of the Father from whom all the family in heaven and on earth receives its name. I’m asking God to give you a gift from the wealth of his glory. I pray that he would give you inner strength and power through his Spirit. Then Christ will live in you through faith. I also pray that love may be the ground into which you sink your roots and on which you have your foundation. This way, with all of God’s people you will be able to understand how wide, long, high, and deep his love is. You will know Christ’s love, which goes far beyond any knowledge. I am praying this so that you may be completely filled with God.

— *Ephesians 3:14–10 (God’s Word Translation)*

Tuesday, May 28

God, be present in the transition of our senior leadership after 40 years of serving you faithfully. Help us to flourish for another 40 years and beyond.

On June 1, we officially begin the three-year transition period of our senior leadership. Pray for the Hanawalts as they retire and begin the next chapter of their life; for Ted Kim as he begins as the Senior Associate Pastor; for Steve Nicholson and the existing staff for wisdom and grace during this period. Pray for our entire congregation to be energized by the experience, wisdom for the confirmation process at next year's Members Breakfast, and for our church to sustain and grow our membership.

Notes from your prayer time

Wednesday, May 29

Lord, give us vision for the next 10 years. Show us how you want us to be the church.

We are a church that listens and waits for vision and direction from God. Our story has always been written by God and so we are asking for God to write this next chapter as well. Pray that God would speak vision over our congregation, and expand our imagination for what God might do in and through our church over the next 10 years.

Notes from your prayer time

Thursday, May 30

Jesus — bless, protect, inspire, refresh, speak to, and care for our pastors.

God has blessed the Vineyard with wonderful pastors. These men and women have been called by God to lead and care for our congregation. Please pray that God would be near to our pastors, speaking, teaching, guiding and giving them wisdom. Pray that God would bless, protect, honor and care for their families.

Notes from your prayer time

Friday, May 31

God, give wisdom to our leaders and volunteers. Help them see clearly, make good decisions, and follow you.

Our leaders and volunteers need wisdom for the work God has called them to. They often need clarity and wisdom from God as they serve our church. Pray that God would gift them wisdom. Pray that God would open their ears, eyes, and hearts to God's voice.

Notes from your prayer time

Saturday, June 1

Lord, send us new people who need to know you and be a part of a church community. Help each new person find a place to connect, serve and grow within our church.

Pray that everyone who comes to our church will find a place that is just right for them. Pray that we will be a blessing to everyone who comes through our door. Pray for new leaders and volunteers. Pray that our marketing efforts will be fruitful, that people in our congregation will take risks to invite friends and family, and that God will continue to send us many new people that can benefit from our church.

Notes from your prayer time

Sunday, June 2

Lord, fill our church with the power and presence of your Holy Spirit in a special way. Help us to be aware of your Spirit and become a people who follow where you invite us to go.

Our church has a rich history of ministry with the Holy Spirit. Pray for healings, prophetic words, and miracles in our church. Pray that people who visit our church will experience the Holy Spirit in a new way. And pray that God will meet us in a new way as we pursue spiritual prayer practices during Lent and beyond.

Notes from your prayer time

Monday, June 3

Lord, thank you for providing for our church over the years. Will you continue to make us generous givers who support the work of this church?

We are a member-supported church. Literally everything we are able to do here is because of the gifts of generous givers. Pray that God would continue to provide and make us generous givers, increase our giving, and expand our ability to do the work we are called to do.

Notes from your prayer time

Tuesday, June 4

Lord, thank you for such rich diversity in our church. Make this a place where your justice and reconciliation is on full display.

Our church is diverse in ethnicity, age, gender, marital status and more. Pray that we will be a place that serves, develops and provides new opportunities for all people. Pray for opportunities to add more voices of color to our pastoral staff, and for the diversity of our church to shape all parts of the church.

Notes from your prayer time

Wednesday, June 5

Jesus, help us serve the poor and marginalized members of our church and in our neighborhoods. Teach us to serve one another in practical, powerful ways.

Our Care Center serves 250+ families each month, and we have outreach ministries to under-served people in our community like various small groups, Big Friends, Neighborhood activities and more. Pray that God would call new people to serve those ministries and ask how God may be personally calling you to serve in the poor in some way.

Notes from your prayer time

Thursday, June 6

Jesus, bless the many existing ministries of our church serving all sorts of different groups of people. Give wisdom, vision, creativity and resources to each ministry.

Pray for more people to join our various ministries in order to serve, and that anyone who would benefit from *being served* will discover the right fit for them, whether that's through our Small Groups or Care Center, or other ministries such as Breaking Down Walls & Building Relationships, Premarital Mentoring, Big Friends, La Viña and Neighborhood ministries, Young Adults, Soul Care, Something Something Jesus, and much more.

Notes from your prayer time

Friday, June 7

Jesus, bless the kids and youth of our congregation. Capture their hearts. Show them who you are and how you love them.

God loves young people! Pray that our kids would learn from an early age that God loves them, made them, speaks to them, and is with them. Pray that deep, unshakable faith would be rooted in our young people. Pray that we would know how to care for, embrace, encourage and support the kids and youth in our congregation. And pray for an increase in volunteers and leaders for our Kids & Youth ministries.

Notes from your prayer time

Part 2: Our personal lives

“Lord, form my life”

| Even while I was in Thessalonica, you provided for my needs twice.

— *Philippians 4:16 (God’s Word Translation)*

Saturday, June 8

Lord, show me where you want me to serve in our local church family. Help me take new risks and more fully devote myself to this community in which you placed me.

Ask God to reveal specific areas of the church where you might flourish. Ask God show you the next steps for going all-in at church. Pray for good relationships and connections within your spiritual family at church.

Notes from your prayer time

Sunday, June 9

God, show me the life you want for me. Help me find a place in the world where I can make a difference for your Kingdom.

Take time to listen for God's leading and ask what next steps you should pursue. Is there anything in your life you need to *de-prioritize* to make space for something new that God is doing? Any place where God is calling you to go all-in?

Notes from your prayer time

Monday, June 10

Lord, teach me what it means to follow you. Fill my life with people and spiritual practices that will help form me into being more like Christ.

Ask God to form you to become more like Him. Ask God what spiritual practices you are being invited into, and what areas would most bring you to life in this season. Humbly invite God to reveal what In your life God would focus on right now. Ask for next steps in those areas.

Notes from your prayer time

Tuesday, June 11

Jesus, have mercy on me. In all of the ways that I am not the person you created me to be, set me on a path towards complete freedom and transformation.

Ask God to point to any areas of your life that are in need of freedom and transformation. Pray for those by name, and ask for a next step in those areas. Pray that God will show you mercy and give you grace for yourself as you try to do better each day.

Notes from your prayer time

Wednesday, June 12

Jesus, help me make good choices when it is hard. Give me courage to do the next right thing. Show me mercy in every situation where something is out of my control. Help me persevere.

Life is better when Jesus is a part of it just by the fact of His presence. Offer Jesus any worries or hardships you are enduring and invite Him to meet you there. Ask Him for vision to see ahead of where you are standing. Pray for energy, protection, hope and courage to persevere.

Notes from your prayer time

Thursday, June 13

God, I want to go through life with you. Speak to me in a way that I can understand. Meet me when I reach out to you. I want to have conversation with you.

God speaks to us and we are designed to hear Him. Pray that God would open your ears to hear his voice, open eyes to see His work in the world and open your heart to know Him. Ask God to make you a good listener. And then... listen. Just wait, pay attention to how God might be talking to you.

Notes from your prayer time

Friday, June 14

God, be present in all of my relationships — my family, friends, colleagues, neighbors and everyone else who I meet.

We encourage you to make this prayer your own by fitting it to your specific situation. Pray for deep and joy-filled relationships where it is appropriate and reconciled relationships where it is necessary. Pray for your old relationships and new ones. Pray for wisdom for how to prioritize and pour into relationships.

Notes from your prayer time

Saturday, June 15

Holy spirit, be present in my family. Bring healing, joy, respect and new hope to any relationship that is difficult. Bring depth to my relationships.

Talk to God about your family... the family you have and the family you long for. Pray for the relationships, marriages, children, seniors within your family. Invite God's presence into your family.

Notes from your prayer time

Sunday, June 16

Jesus, like the disciples before me, fill me with the presence of your Holy Spirit. I want to know you are with me.

Today is a good day to sit quietly and ask for an experience of the Holy Spirit. Pray *Lord fill my life with your Holy Spirit*. Ask God how you can partner with the Holy Spirit to serve others. Ask God to help you know when He is with you.

Notes from your prayer time

Monday, June 17

Holy Spirit, show me favor in my work (or help finding work). Bless my finances so that I can both give generously and have what I/my family needs. Help me to trust in what you provide.

If you are happily employed, unemployed and searching, underemployed, or are frustrated with your job situation, God wants to be with you in that process. Pray that God would put you in the place He has for you. Ask that He would make your work fruitful. Pray that God will provide you with all that you need and ask God how you can give sacrificially.

Notes from your prayer time

Tuesday, June 18

Lord, please bless my physical, emotional and spiritual health. Bring healing where I need it.

Pray for what hurts. Any ailment or injury by name, tell God specific areas that need healing. Ask God if there is anything you should change about your diet, exercise routine, spiritual practices, and self-care routine.

Notes from your prayer time

Part 3: Our national church family

“Lord, guide our national church family”

| Keep praying. Pay attention when you offer prayers of thanksgiving.
— *Colossians 4:2 (God’s Word Translation)*

Wednesday, June 19

Lord, guide Phil and Jan Strout and our Executive Team as they lead Vineyard USA. Raise up a new generation of leaders for the Vineyard.

Please pray for Phil and Jan Strout who serve as our National Directors. Together with the Executive Team, Phil and Jan lead, steer and pastor Vineyard USA. Pray for wisdom for all of these people as they faithfully serve. Pray that God would be raising up and pouring into a new generation of leaders for the Vineyard.

Notes from your prayer time

Thursday, June 20

Lord, guide each of the pastoral transitions happening throughout the Vineyard in the next 10 years.

Many Vineyard pastors will retire in the next 10 years, which means many churches will be experiencing a transition in their leadership. Pray for wisdom, peace, grace, direction and stability for each church facing a transition. Pray that God would provide the right people to lead the next generation of Vineyard churches.

Notes from your prayer time

Friday, June 21

Lord, send your Spirit into Vineyard churches throughout the world. Fill them with your presence, power and health so that they might grow and so that the gospel will continue to spread.

Pray for Mark Fields and the Vineyard Missions Team. Pray that God would send his Spirit through all Vineyard churches so that all people would know Him. Pray for refreshment, creativity, perseverance, hope, energy and health for gospel workers living all over the world.

Notes from your prayer time

Saturday, June 22

Lord, we are so thankful for all of the people you have gathered to Vineyard churches. Guide us to be a family of churches that represents Kingdom of God.

Vineyard churches are filled with men and women from all over the world! Pray that God would continue to bless, equip, call and anoint a diverse body of leaders to lead throughout the Vineyard. Pray that God would teach us to make room, honor, bless and learn from one another.

Notes from your prayer time

Sunday, June 23

Lord, build your Church around and through us. Show us where to plant churches that will flourish and be a light in the world.

God has called the Vineyard to start new churches all over the world. Pray for the Multiply Vineyard staff that oversees church planting for Vineyard USA. Pray God would call more people to plant more churches that thrive. Pray that God would sustain and care for our church planters.

Notes from your prayer time

Monday, June 24

Lord, show us the poor among us. Stretch our arms to serve and care for those around us who are in need.

God has called us to love and care for the poor and marginalized around us. Pray that Vineyard churches would continue to extend Spirit directed, practical care to those in need. Pray that God would spark new ideas in churches that would lead to new ministries, new partnerships and new measures of care.

Notes from your prayer time

Tuesday, June 25

God, you are a god of Justice. Provide energy, resources and vision for our justice initiatives around the world.

There are several justice initiatives throughout churches across the Vineyard. Pray that God would sustain these initiatives and their leaders as they work to end slavery and trafficking, end poverty and care for creation. Pray that each ministry would see powerful breakthrough in the next several years.

Notes from your prayer time

Wednesday, June 26

Lord, we are so thankful for each other. Would you spark deep relationships between Vineyard churches that we are healthy, well connected and resourced?

Relationships are important to and within the Vineyard. Pray that God would help us form meaningful collaborative partnerships, friendships, mentorships, etc. Pray that God would protect our relationships from comparison, competition and conflict. Pray that God would bring health to our relational network.

Notes from your prayer time

Thursday, June 27

God, create strong relationship between the Vineyard and other denominations and parachurch organizations.

Good work happens between strong partnerships! Pray that God would create healthy sustainable working relationships between the Vineyard and other denominations and parachurch organizations. Pray that we would see these friendships and partnerships near us that can bring longevity and strength to the work of our local churches.

Notes from your prayer time

Friday, June 28

God give wisdom, discernment and innovation in the creation of educational formats that support your mission and call of the Vineyard.

Education is key for equipping God's people to love and partner in His work. Pray for wisdom, discernment and innovation for our national leadership as they create spaces for learning and education Pray that God would bless and bring great fruit from the work of Society of Vineyard Scholars.

Notes from your prayer time

Saturday, June 29

Come Holy Spirit. Fill each and every Vineyard church with your presence and power.

The Vineyard has always known the presence of God. Pray that God would refresh the Holy Spirit within our churches. Pray for protection and freedom over the work of the Holy Spirit. And pray for a special outpouring of the Spirit on our national meetings this summer.

Notes from your prayer time

