

SBCC – A Call to Prayer and Fasting

A TWO MONTH FAST - NOVEMBER 2, 2022 – DECEMBER 28, 2022

Good Day!! SBCC is inviting their members, attendees, and friends to join them in a period of Prayer and Fasting during November and December of 2022. The reason that we, at SBCC, invite you to participate in this two month fast is to take a period of time to approach God in a more intensive, a more intimate form of prayer as we pray to God for SBCC's finances.

The fast will be one day weekly, Wednesday, midday, for the noon meal, beginning November 2, 2022 and finishing December 28, 2022 (dates inclusive). Regarding fasting, we would strongly recommend, strongly urge, that if you are a senior or you have health issues (these issues could include diabetes, hypoglycemia, etc.) you would want to take a look at another form of fasting, other than giving up a meal. Other forms of fasting can include: abstaining from watching a favorite television show, spending extra time in prayer, abstaining from a habit such as eliminating a particular dessert, giving up pop during the fast. These are just a few examples. If you need to change to a different day of the week, feel free.

SBCC has a Prayer & Fast Guide for you to help, if you like, during this time of Prayer and Fasting. All Scripture readings within the Guide have been taken from the NIV version of the Bible

Charles Stanley states “ ‘When you fast’ (Matthew 6:16) shows Jesus’ expectation that his followers would practice this discipline.” Within the Prayer & Fast Guide you will find many examples taken from the New and the Old Testament where fasting is mentioned and practiced.

Stanley goes on to say “Before we go further it is important to dispel a popular misunderstanding. Fasting doesn’t serve to change God’s mind, speed up His answers, or manipulate His will. Instead, it prepares us to hear from Him by temporarily laying aside something that vies for our attention or devotion – such as food or sleep.”

Fasting can also bring with it collateral blessings. Do not be surprised if you, your family, and your friends experience personal blessings from our Lord during this period of Prayer & Fasting.

Should you have any questions and/or concerns that might arise during this fast, please do not hesitate to reach out to me, Pastor Paul, or one of SBCC's Elders (Richard Harrison, Sharron Savoie, Garth Taylor, or Karen Robinson) or our Prayer and Care Team Leader (Alice Harrison).

In conclusion I will quote from Charles Stanley. “Denying ourselves in this way [fasting] makes us better able to focus on Christ and hear Him clearly. His Spirit often starts by bringing to mind sin that needs to be confessed. In so doing, He sanctifies our thoughts – then He can use this precious time to intensify our desire for Him, reveal His Will, and grant understanding and peace. In essence, fasting binds us to Him in such oneness that we won’t ever be the same again.” I am grateful to Barbara Dallaire for preparing this Guide to Prayer and Fasting. In His service, Pastor Paul.

A Guide for Prayer and Fasting

Wednesday, November 2, 2022:

SCRIPTURE: "Declare a holy fast; call a sacred assembly." Joel 1:14

PRAYER: Lord, SBCC members, attendees, and SBCC friends fast and pray together asking you to bless our finances in order to serve you within our community and our world.

QUOTE: Pray for great things, expect great things, work for great things, but above all, pray. R.A. TORREY

Wednesday, November 9, 2022:

SCRIPTURE: "The gracious hand of our God is on everyone who looks to him...So we fasted and petitioned our God about this, and he answered our prayer." Ezra 8:22, 23

PRAYER: Dear Lord, all powerful. Nothing is impossible to you. We ask that you continue to sustain SBCC.

QUOTE: More things are wrought by prayer than this world dreams of. ALFRED, LORD TENNYSON

Wednesday, November 16, 2022:

SCRIPTURE: "The Israelites gathered together, fasting." Nehemiah 9:1

PRAYER: Lord, just as in times of old, your people of SBCC are gathered together, fasting, asking for your help.

QUOTE: Prayer is the gymnasium of the soul. SAMUEL M. ZWEMER

Wednesday, November 23, 2022:

SCRIPTURE: "They will be called oaks of righteousness, a planting of the LORD for the display of his splendor." Isaiah 61:3

PRAYER: Yes Lord, SBCC would like to be known as oaks of righteousness serving within our community and our world for your glory.

QUOTE: Love this world through me, Lord, this world of broken men. When my life they see, may they behold Thee. WILL HOUGHTON

Wednesday, November 30, 2022:

SCRIPTURE: "My knees give way from fasting." Psalm 109:24

PRAYER: Ah Lord, I pray, as I approach the half way point in this fast, for your strength to continue. As well I know I can do nothing without you.

QUOTE: Faith makes: The uplook good, the outlook bright, the future glorious. ANONYMOUS

Wednesday, December 7, 2022:

SCRIPTURE: "Come to me, all you who are weary and burdened, and I will give you rest." Matthew 11:28

PRAYER: Jesus, please help me to love as you love.

QUOTE: "People don't go where the action is, they go where love is." JESS MOODY

December 14, 2022:

SCRIPTURE: "And will not God bring justice for his chosen ones, who cry out to him day and night?" Luke 19:7

PRAYER: Jesus, I thank you for your truth, your grace and your mighty promises.

QUOTE: Attempt great things FOR God and expect great things FROM God. WILLIAM CAREY

Wednesday, December 21, 2022:

SCRIPTURE: "He proclaimed a fast for all Judah. The people of Judah came together to seek help from the LORD." 2 Chronicles 20:3-4

PRAYER: Oh Lord, I pray you bless and increase SBCC in every way. It has been amazing what you have done through SBCC in our community and world. Please help us to continue serving you, through your church, SBCC.

QUOTE: You called, you cried, you shattered my deafness, you sparkled, you blazed, you drove away my blindness, you shed your fragrance, and I drew in my breath, and I pant for you. SAINT AUGUSTINE

Wednesday, December 28, 2022:

SCRIPTURE: "Let them sacrifice thank offerings and tell of his works with songs of joy." Psalm 107:22

PRAYER: Lord, it has been an honour and a privilege to come before you in fasting, prayer and thanksgiving for SBCC finances.

QUOTE: A man of meditation is happy, not for an hour or a day, but quite round the circle of his years.

ISAAC TAYLOR