



BROOKSWOOD  
CHURCH

# WEEK OF PRAYER & *Fasting*

January 5-11

Behold the One  
Who is Worthy

# Prayer Gatherings

Everyone is invited to pray with us corporately throughout the week at the daily prayer gatherings (schedule and locations below). To end the week, join us at our 10 am service on Sunday, Jan. 11 for a Souper Sunday Celebration and stay after the service to share a meal and share how God has been working throughout the week.

## Prayer Gathering Schedule

**Monday**, Jan. 5 - 7:00-8:00 pm - Welcome Centre, Brookswood Church

**Tuesday**, Jan. 6 - 2:00-3:00 pm - Welcome Centre, Brookswood Church

**Wednesday**, Jan. 7 - 7:00-8:00 pm - Online Meeting: [\*\*click here to join\*\*](#)

**Thursday**, Jan. 8 - 7:00-8:00 pm - Welcome Centre, Brookswood Church

**Friday**, Jan. 9 - 2:00-3:00 pm - Welcome Centre, Brookswood Church

**Saturday**, Jan. 10: **Prayer Workshops**

- **Praying Scripture**: 10:00 am, Brooks & Beans
- **Knowing God by Name**: 11:30 am, Brooks & Beans
- **Prayer Bible Workshop**: 1:00 pm, Brooks & Beans

These workshops are designed for anyone wanting to learn how to pray and deepen their prayer life. Visit [brookswoodbaptist.com/prayer](http://brookswoodbaptist.com/prayer) for more information on each workshop.

\*Register in the church lobby or at [brookswoodbaptist.com/prayer](http://brookswoodbaptist.com/prayer)

**Sunday**, Jan. 11: 10:00 am Service with Souper Sunday to follow.

## Fasting & Prayer

**Fasting & Prayer** are mentioned together over 70 times throughout Scripture, as God-given spiritual practices designed to operate together. As we start 2024 by seeking God during this Week of Prayer & Fasting, we invite you to use this guide to learn about fasting & prayer and as a resource to encourage and inspire your prayers. If you are a Christian, you have been called to pray (Col. 4:2, Eph. 6:18), to follow Christ's example in praying to the Father, & we can come boldly before the throne of grace (Heb. 4:16) because of the sacrifice Christ has made and the relationship we now have with God.

**Spiritual practices** are not formulaic - they are not a means to control our spiritual formation, our relationship with God, or our circumstances. Our goal in both fasting & prayer is to surrender to God, to set ourselves before Him and surrender to His love, to give more and more of our deepest selves to Him to rescue, save, heal, & transform in His time, His way, by His power, peace, & presence. The key with fasting, as with all spiritual practices, is to let go of outcomes and simply offer them up to Jesus in love.

**Fasting** was one of the central practices of followers of Jesus for over a thousand years; before this, Jesus Himself and His disciples practiced fasting too; and before that, God called His people to fasting & prayer many times throughout Scripture. We not only follow Christ's example when we fast & pray, but it is also one of the best practices God has given us to orient our entire person, including our body, around God. The ultimate aim of fasting is to get in touch with our hunger for God. Hunger is the state of wanting or needing something you do not have. When we fast, we awaken our body and soul to its deep yearning for life with the Father. We become able to say with Jesus, 'I have food to eat that you know nothing about.' (John 4:32).

## Three Biblical Reasons to Fast & Pray

**1) To offer ourselves to Jesus:** The biblical understanding of the human being is that we are both physical & spiritual beings, and so our spiritual formation requires a holistic inclusion of all that we are. As powerful as our minds are, we cannot simply think our way to spiritual maturity; fasting is one of the best disciplines we have to reintegrate our mind to our body and offer our whole selves to God in surrender. Jesus Himself taught on fasting in Matthew 6:16, saying '*When you fast*' not '*If you fast*', implying fasting is an expected part of our lives as followers of Christ.

**2) To grow in holiness:** When we fast, at least four things are happening in our body and soul: 1) It's weaning us off the pleasure principle; 2) It's revealing what's in our heart; 3) It's re-ordering our desires; 4) It's drawing on the power of God to overcome sin. Our fight is not *against* the body – the body is broken, but it is a good gift. Our fight is *for* the body. It's against the flesh, or sinful appetites within us all. And fasting is one of the most powerful disciplines of the Way to free our body and soul from the chains of sin and the prison of shame.

**3) To amplify our prayers:** Fasting & prayer together can lead to a noticeable amplification of our prayer before God. Fasting is kind of like praying with our body; when the request of our heart is coupled with the yearning of our body, our prayer is purified of its dross and presented like a precious metal before the Father, for Him to do as He will. Prayer is the medium through which we communicate and commune with God, involving speaking, listening, and simply spending time with God. Whether this is your first time setting aside dedicated time to intentionally be with God or an extension of your regular prayer practice, our purpose is not to 'pray more' or 'pray better', but rather to be more aware of and deeply connected to the Father, to be transformed into the likeness of His Son Jesus, and to be filled with the fullness of the Holy Spirit to follow Him and fulfill His will with our lives. There is *always* more with God than we have experienced so far.

## Practicing Fasting & Prayer

**Choose the best type of fast** for where you are, not where you think you 'should' be:

*Abstain from certain types of foods (meat, sweets, etc.) (Daniel 10:3):* This type is good for beginners and those with health needs and special diets. You can abstain from breads, or coffee, or desserts, or red meat, etc., not because any of these things are inherently bad but because our appetite will serve as a reminder and aid in seeking God.

*Abstain from all food (Esther 4:16, Acts 9:9):* This fast is an excellent way to devote that time you would normally spend eating, preparing food, doing dishes, grocery shopping to Scripture reading and prayer.

*Abstain from things beside food (Daniel 6:18):* Fasting from non-food items like entertainment can also be helpful & accessible, especially if you have health conditions, struggle with disordered eating, or are in a season where fasting from food is not a wise and good choice for you. *The point is to increase our focus on God & make space to pray, not to limit what you eat.* You can instead abstain from television, social media, video games, all reading except the Bible, music/podcasts (great for freeing up your commute time to pray instead), the news, social gatherings, etc. None of these things are bad, just as food is not bad; but limiting them for a week will give you space to slow down, pray, and be with God, and your 'appetite' will serve as a cue to pray.

**Choose how long you will fast:** a single meal each day; all day until sundown and then enjoy a meal in gratitude; a fast for multiple days; or fasting all week. Choose what will work best for you and what God is leading you to trust Him with - making this arbitrarily harder will not make it holier, and the smaller the start the better chance you have of growing this over time rather than hating it and never trying this again.

If you are doing **an extended fast**, start slowly with fasting part of the day for 1-3 days, then work up to fasting from all food for multiple days.

**Drink plenty of water** to stay hydrated. If you normally have caffeine, you may want to still have it to avoid a caffeine headache but have it black; this will not keep your body from entering the fasting state.

Remember we are not adding more to your schedule but rather **making space to slow down and focus on God.**

Anytime you fast, consider how to slow down and simplify your life so you have good opportunity to pray. You may want to dedicate a particular time (early in the morning, during your lunch break, a quiet time in the evening) and a space for prayer & meeting with God (the cozy chair with your Bible and this guide ready to go, during your commute to and from work, a free space at the church, during a walk at the end of the day, a distraction-free prayer closet at home). As a general rule, we should pray long enough to become present to God; start small, where you are, and build from there as you practice.

**We can help ourselves pray** by starting with some slow, deep breaths that let your body settle and give your mind time to switch focus. Make your prayer time something you enjoy and look forward to. Light a candle, make yourself coffee or tea, sit by a window you love, go outside, savour the quiet, put on worship music. If you are more kinesthetic, praying while walking or keeping your hands busy with something like knitting or drawing may help you be more present to God. Work with your personality, not against it.

You will feel hungry; that's okay. Hunger comes in waves, and it will pass.

**Use those hunger cues to prompt you to prayer**, whether praying a verse from Scripture God has drawn your attention to, or simple prayers such as: 'God, I offer my body to you in worship; please transform me' or 'God, speak to me, I'm listening'.

As this is not your normal routine, expect it to include some challenges; **it will get easier over time with practice**. So, no shame if you just feel tired and hangry or completely forget you were fasting until you're halfway through your bowl of Fruit Loops - just pick up again where you are, make changes as needed, and trust God with the results.

**Resist the urge to judge your experience.** Release thoughts like, "I liked it; I disliked it." "I felt close to God; I didn't feel close to God." Just let the experience of fasting and prayer be what it is and offer it to God in love. This is about *practice* and seeking God, not a week of perfecting ourselves.

**Remember, God does not speak merely to be heard, but to be obeyed.** As you hear His Voice through Scripture and in prayer, respond with obedience, trusting that He is good and His guidance is for our good.

## This guide includes:

- 1) **Short Devotionals**, to focus on key themes throughout the week related to our focus of beholding Jesus Christ, the One Who is Worthy.
- 2) **Daily Scripture Readings** to meditate on how God has revealed Himself to us in Scripture. We've also provided a step-by-step rhythm to meditate on these passages and respond in prayer. We recommend using a journal to record your thoughts, reflections, and prayers alongside this guide. Journals are available at the Welcome Desk.
- 3) **A Daily Psalm** to pray in response to the Scripture reading and meditation. Dietrich Bonhoeffer wrote in *Life Together*, "The Psalter is the prayer book of Jesus Christ... He prayed the Psalter and now it has become His prayer book for all time... Those who pray the Psalms are joining in with the prayer of Jesus Christ."
- 4) **The names of people who are part of our church family**, so we can intercede for one another in prayer, along with presenting our own requests.

*Content for the Fasting section of this Prayer Guide adapted from:*

*Practicing the Way: [practicingtheway.org/companion-guides](http://practicingtheway.org/companion-guides)*

*All definitions provided by [BibleHub.com](http://BibleHub.com)*

*For full citations of other resources noted in this guide, please contact*

*[discipleship@brookswoodbaptist.com](mailto:discipleship@brookswoodbaptist.com)*

## **Introduction: Behold the One Who is Worthy**

We are going to devote this week of prayer and fasting to beholding God in His glory for two key reasons.

First, we are created to behold God. In Genesis 2:15-3:24, we read of the intimacy of Adam and Eve's relationship with God, face-to-face interactions they had with Him in the Garden of Eden. We also read of how they sinned and could no longer have such fellowship with God, were driven from the Garden, and God Himself placed a cherubim with a flaming sword to keep them out. This He did for their own protection, lest they eat of the Tree of Life and live forever separated from Him - for God is a holy God, and sin cannot survive in His presence. As long as sin remained in human beings, none could look upon His face and live. Intimate, face-to-face relationship lost. A fundamental human need could never be satisfied without it literally killing us.

Jesus Christ, God the Son, restores this relationship and possibility of intimate, face-to-face relationship with God through His death and resurrection. We are re-created when we accept Christ as our Lord and Savior, trusting in His perfect sacrifice to cover our sins, sharing in His death and resurrection so that we become new creations in Him - new creations who can encounter God's glory and live. Our innate, God-given longing to see Him face-to-face is blessedly and gloriously met in Christ Jesus. Paul writes in 2 Corinthians 5:17-18:

This means that anyone who belongs to Christ has become a new person. The old life is gone; a new life has begun! And all of this is a gift from God, who brought us back to Himself through Christ. And God has given us this task of reconciling people to Him.

Which brings us to the second reason for us to behold God in His glory, to *contemplate* Him: to be transformed into the likeness of Christ (2 Corinthians 3:18).

Bill Gaultiere of *Soul Shepherding*, writes:

*What can we say about being caught up in the heavens with visions of Christ? To behold the Lord Jesus Christ glorified with our physical eyes or with the eyes of our heart changes us. Just to meditate upon our Lord and to picture Him with our mind as we read the Gospels changes us. True visions of Christ change how we see God. They change how we see ourselves and how we live. They inspire us to worship Him. They empower us to serve Him with our lives. We all can behold the glory of risen Christ in our hearts by worshiping Him as He is revealed in Scripture. We all can live in the fellowship of the transfigured face.*

So, throughout this week, we will be contemplating the Face of God, Jesus unveiled in His glory, God upon His throne, high and lifted up. We will gaze upon Him in Scripture, in prayer both individually and corporately, and respond in worship. We will submit ourselves to the only One Who is Worthy, asking Him to transform our minds, our hearts, our lives, our faces, and lean into the sanctifying work of the Holy Spirit.

We worship a God who wants to be known. It's why He has revealed Himself to us through His Word. Our right response is to seek Him together as He reveals Himself to us in His infinite love and grace and then to shape our lives according to who He is.

So let us go together to the mountain. Let us meet with God. Let us gaze upon His face. And let us worship the One Who is Worthy of all praise, all glory, all honor, all power, forever and ever. Amen.

## **Day 1: Glimpses of God & Jars of Clay: 2 Corinthians 3:6-4:18**

Throughout Exodus (and Genesis, but we're trying to stay focused), there are glimpses of God and His glory, but it is always shrouded so that people don't die. God is so holy, pure, and righteous, that sin ('any action, thought, or attitude that transgresses the divine law and will of God; fundamentally an act of rebellion against God's holiness and righteousness') cannot survive in His presence. This is problematic for people who have sinned but who were also created to be close to God... and for the God who longs to dwell with His people in close relationship.

Thus, Exodus 19 tells of Moses going back and forth between God on Mount Sinai and the people of Israel camped at the foot of the mountain, a mediator between them because for the people to approach God would have meant death. God warns the people to not even touch the mountain on pain of death – they must understand how dangerous His presence is to them when their sin is not covered by sacrifice. When the people do meet with God, He covers Himself in fire and smoke so they cannot see Him directly.

In Exodus 20, God is still keeping Himself shrouded in a dark cloud (the people are terrified, and rightly so). In Exodus 24, only Moses is allowed to come near to the Lord, no one else can even climb up the mountain. It is only after sacrifice is offered and the covenant made between God and Israel that Moses, Aaron, Nadab, Abihu, and the seventy elders of Israel climb the mountain. *And they see God.* The text even points out that even though they gazed on Him He did not destroy them; they ate the covenant meal in His presence.

But by the end of the chapter, we're back to only Moses climbing the mountain of God and the mountain is once again shrouded in cloud. God only appears to the rest of Israel as either a pillar of fire by night or a pillar of cloud by day. In Exodus 33, Moses meets with God face to face – again, the cloud shrouds the Tent of Meeting, and everyone bows down to hide their faces while God is meeting with Moses. When Moses comes out of the Tent, his face glows because he was looking at God... but that glow fades, and he takes to veiling his face to the rest of Israel doesn't

see it fading. In verse 18-23, we find out Moses is not regularly *seeing* God's face or seeing God fully - he asks to see God's glorious presence, but God warns Moses he cannot look directly on God's face and live. In the next chapter, the Lord agrees to come down in a cloud, pass in front of Moses, shielding Moses with His own hand so Moses cannot see Him until He has passed by, only then allowing Moses to see Him from behind. And Moses immediately throws himself to the ground and worships God.

Even at the end of Exodus 40, when the tabernacle - the dwelling place of God so He could be among His people - has been built and God's glory descends to dwell in it... even Moses cannot enter. It's too much. And we know from the laws God provides that only the high priest once a year, on the Day of Atonement, could pass through the thick, heavy curtain that separated the Holy of Holies from the rest of the tabernacle, and enter into that space where the Ark of the Covenant was kept and where God's presence dwelt. Still, no one can look upon His face and live.

All this changes with Jesus. Which brings us to today's passage (we promise, this is the longest entry of this prayer guide): **2 Corinthians 3:6-4:18**. Follow the steps below to read and meditate on this passage.

**Preparation:** Take time to slow down and focus. Prepare a space that is comfortable for you, without distractions; this can include lighting candles, turning on soft music, whatever atmosphere fosters calm, peace, and focus for you. We start with silence, turning our thoughts and desires over to God. Let yourself slow down, become still and present to God. In Matthew 16:16-17, Jesus tells Simon (Peter) that his understanding that Jesus was the Messiah, the Son of the living God was revealed to him by the Father. So, we begin by asking God to reveal Himself to us and to transform us into the likeness of Christ.

**Reading:** Read **2 Corinthians 3:6-4:18** at least twice, slowly enough that you can savour each word and phrase; this is the Word of God who loves you, created you, and died for you, so you could have relationship with Him. It may be helpful to read it out loud or to listen to an audio version as you read (free audio Bibles are available at [BibleGateway.com](https://www.BibleGateway.com) and via the Bible App). Notice what stands out to you, what questions you have, what connects with your heart. Below are a few questions for reflection:

*What does this passage reveal about God?*

*If this is true about God, what does that mean for me and how I relate to God? How should it shape how I think and how I respond?*

*Fill in the blanks according to what has stood out to you most in the passages today: Knowing that God is \_\_\_\_\_ shows me that I am \_\_\_\_\_*

*Bonus reflection: what similarities do you find in this passage to other revelations of God we've looked at or with today's psalm?*

**Meditation:** Sit in silence with **2 Corinthians 3:6-4:18**, letting yourself be filled up with and centered in the Word of God; if your thoughts wander, gently call your attention back to what stood out to you in the passage. Meditate on what you have read, letting it sink in slowly and deeply until you are resting in it. Listen to what the Holy Spirit is saying to you at this moment in your life, what He may be offering to you, and what He may be asking of you. This is conversational prayer, where God speaks to us from His Word and we talk back to God about what we've read and what we think about it.

**Prayer:** Read **2 Corinthians 3:6-4:18** one more time, responding in prayer and worship; you may find it helpful to write your prayer, or to pray **Psalm 97** in response.

**Contemplation:** Simply sit in silence with God. You do not need to do anything except be here with Him and continue listening to the still, small Voice. Enjoy the freedom that comes in contemplation. Absorb what you've heard and prayed, and receive the love and grace of God, trusting He has heard you and is with you, His beloved child. Resist the urge to rush on to the next part of your day or even the next part of this prayer guide; stay present, take in the moment. When you are ready, continue.

## **Day 1- Pray for:**

Adams, Lawrence  
Anderson, Gordon  
Andres, Abram & Sandi  
Arevalo, Gloria & Richard  
Awpala, Cornell & Haera, Layton, Tyler, Gideon, Alyson  
Balderson, Lyle & Norma  
Ballard, Dawson  
Beukers, Bill & Jacki  
Bevaqua, Frank  
Billy, Sharleen  
Blackaby, Conor  
Bolanos, Teresa  
Bridges, Arlene  
Buhler, Milton & Sarah  
Bundy, Trevor & Heather, Carmen & Chloe  
Burgess, Don  
Cairns, David  
Caleb, Ajay & Laura  
Casagrade, Ron & Carol, Veronica

## **BBC Ministries, Ministry Leaders, and Workers:**

Staff: Lead Pastor Sean Horner; Youth Pastor Reuben Howarth;  
Summer Gogel; Dorothy Taylor; Eileen Demoskoff; Bethany Scratch  
Lead Team: Sarah Last, Ken Vandermeulen, Patricia Thong, Jim  
Vellenoweth, Krista Konyk

## **BBC Missionaries:**

Masoud & Neda Banaimerian - BGCC Muslim Ministries, New West, BC  
Harry & Joy Bergen, David, Joshua, Annalise - WEC Ministry in Ontario

## Day 2: The Lord in His Temple: **Isaiah 6:1-7**

'The term "holy" is a central concept in the Bible, denoting something that is set apart, sacred, or consecrated. The holiness of God is a fundamental attribute of His nature. It signifies His absolute purity, moral perfection, and separation from sin. In Isaiah 6:3, the seraphim proclaim, "Holy, holy, holy is the LORD of Hosts; all the earth is full of His glory." This threefold repetition emphasizes the supreme holiness of God.'

**Preparation:** Take time to slow down and focus. Prepare a space that is comfortable for you, without distractions; this can include lighting candles, turning on soft music, whatever atmosphere fosters calm, peace, and focus for you. We start with silence, turning our thoughts and desires over to God. Let yourself slow down, become still and present to God. We begin by asking God to reveal Himself to us and to transform us into the likeness of Christ.

**Reading:** Read **Isaiah 6:1-7** at least twice, slowly enough that you can savour each word and phrase; this is the Word of God who loves you, created you, and died for you, so you could have relationship with Him. It may be helpful to read it out loud or to listen to an audio version as you read. Notice what stands out to you, what questions you have, what connects with your heart. Below are a few questions for reflection:

*What does this passage reveal about God?*

*If this is true about God, what does that mean for me and how I relate to God? How should it shape how I think and how I respond?*

*Fill in the blanks according to what has stood out to you most in the passages today: Knowing that God is \_\_\_\_\_ shows me that I am \_\_\_\_\_*

*Bonus reflection: what similarities do you find in this passage to other revelations of God we've looked at or with today's psalm?*

**Meditation:** Sit in silence with **Isaiah 6:1-7**, letting yourself be filled up with and centered in the Word of God; if your thoughts wander, gently call your attention back to what stood out to you in the passage. Meditate on what you have read, letting it sink in slowly and deeply until you are resting in it. Listen to what the Holy Spirit is saying to you at this moment in your life, what He may be offering to you, and what He may be asking

of you. This is conversational prayer, where God speaks to us from His Word and we talk back to God about what we've read and what we think about it.

**Prayer:** Read **Isaiah 6:1-7** one more time, responding in prayer and worship; you may find it helpful to write your prayer, or to pray **Psalm 99** in response.

**Contemplation:** Simply sit in silence with God. You do not need to do anything except be here with Him and continue listening to the still, small Voice. Enjoy the freedom that comes in contemplation. Absorb what you've heard and prayed, and receive the love and grace of God, trusting He has heard you and is with you, His beloved child. Resist the urge to rush on to the next part of your day or even the next part of this prayer guide; stay present, take in the moment. When you are ready, continue.

**Day 2 - Pray for:**

Chalk, John & Bernice  
Chang, Pamelina  
Chang, Sunny  
Char, Char & Say Law, Ehshertee  
Crocker, Derek & Donna  
Davis, Colleen  
Dawson, Irene  
Demoskoff, Fred & Eileen  
Dickinson, Grant & Elaine  
Dickinson, Bryan & Hannah (McGillivary)  
Dvorak, Darren & Christa, David, John  
Ellila, Edvind & Gloria  
Endersby, Gary & Margaret  
Ferguson, Steve & Denise  
Filer, Fred & Loretta  
Fraser, Dan & Shelley  
Gade, Klaus

**BBC Ministries, Ministry Leaders, and Workers:**

Young Adults - Jason & Frances White  
Youth - Reuben & Dana Howarth, Gage Gammon, Wilson Chen, Jamie Hall, Micah Kamp

**BBC Missionaries:**

Jeremiah Wan & Patricia Thong, Marcus Wan - Wycliffe, Langley

## Day 3: Like a Burning Flame, Shining with Splendor: Ezekiel 1

'In its most basic sense, glory refers to the weightiness, splendor, and majesty of God. It encompasses the honor, praise, and worship due to Him, as well as the manifestation of His divine presence.'

**Preparation:** Take time to slow down and focus. Prepare a space that is comfortable for you, without distractions; this can include lighting candles, turning on soft music, whatever atmosphere fosters calm, peace, and focus for you. We start with silence, turning our thoughts and desires over to God. Let yourself slow down, become still and present to God. We begin by asking God to reveal Himself to us and to transform us into the likeness of Christ.

**Reading:** Read **Ezekiel 1** at least twice, slowly enough that you can savour each word and phrase; this is the Word of God who loves you, created you, and died for you, so you could have relationship with Him. It may be helpful to read it out loud or to listen to an audio version as you read. Notice what stands out to you, what questions you have, what connects with your heart. Below are a few questions for reflection:

*What does this passage reveal about God?*

*If this is true about God, what does that mean for me and how I relate to God? How should it shape how I think and how I respond?*

*Fill in the blanks according to what has stood out to you most in the passages today: Knowing that God is \_\_\_\_\_ shows me that I am \_\_\_\_\_*

*Bonus reflection: what similarities do you find in this passage to other revelations of God we've looked at or with today's psalm?*

**Meditation:** Sit in silence with **Ezekiel 1**, letting yourself be filled up with and centered in the Word of God; if your thoughts wander, gently call your attention back to what stood out to you in the passage. Meditate on what you have read, letting it sink in slowly and deeply until you are resting in it. Listen to what the Holy Spirit is saying to you at this moment in your life, what He may be offering to you, and what He may be asking of you. This is conversational prayer, where God speaks to us from His

Word and we talk back to God about what we've read and what we think about it.

**Prayer:** Read **Ezekiel 1** one more time, responding in prayer and worship; you may find it helpful to write your prayer, or to pray **Psalm 29** in response.

**Contemplation:** Simply sit in silence with God. You do not need to do anything except be here with Him and continue listening to the still, small Voice. Enjoy the freedom that comes in contemplation. Absorb what you've heard and prayed, and receive the love and grace of God, trusting He has heard you and is with you, His beloved child. Resist the urge to rush on to the next part of your day or even the next part of this prayer guide; stay present, take in the moment. When you are ready, continue.

### **Day 3 - Pray for:**

Gay, Sher & K'pru Lwei, Sherlawle & McKayla, KoReeHtoo  
Gervais, Allan & Tanya, Carl, Danica  
Giesbrecht, Ethel  
Goldsmith, Murray & Barb  
Goldsmith, Ted & Judy, Kaprice, Makayla, Caleb  
Graf, Wayne & Carolyn  
Gwilliam, Scott & Cher Kinamore & Grace, Noah  
Hagell, Bob & Maureen  
Hall, David & Jamie, Ian, Eleanor  
Hall, Phil & Lee  
Hannah, Marlene  
Henderson, Ken & Erika  
Herder, Reet  
Herscovitch, Joey & Jette  
Hewitt, Marianne  
Hillier, Barbara

### **BBC Ministries, Ministry Leaders, and Workers:**

Worship Leaders: Jason White, Brady Jepsen  
Children's Ministry - Pray for New Hire

### **BBC Missionaries:**

Olga & Nick Myronchuk - BGC Global Ministry Personnel, Ukraine  
Sheila dos Santos - WEC Middle East

## Day 4: His Face Flashed Like Lightning: Daniel 7:9-10, 13-14; 10:1-19

'Revelation: an uncovering, a bringing to light of that which had been previously wholly hidden or only obscurely seen. God has been pleased in various ways and at different times (Hebrews 1:1) to make a supernatural revelation of Himself and His purposes and plans, which, under the guidance of His Spirit, has been committed to writing. The Scriptures are not merely the "record" of revelation; they are the revelation itself in a written form, in order to the accurate preservation and propagation of the truth.'

**Preparation:** Take time to slow down and focus. Prepare a space that is comfortable for you, without distractions; this can include lighting candles, turning on soft music, whatever atmosphere fosters calm, peace, and focus for you. We start with silence, turning our thoughts and desires over to God. Let yourself slow down, become still and present to God. We begin by asking God to reveal Himself to us and to transform us into the likeness of Christ.

**Reading:** Read **Daniel 7:9-10, 13-14; 10:1-19** at least twice, slowly enough that you can savour each word and phrase; this is the Word of God who loves you, created you, and died for you, so you could have relationship with Him. It may be helpful to read it out loud or to listen to an audio version as you read. Notice what stands out to you, what questions you have, what connects with your heart. Below are a few questions for reflection:

*What does this passage reveal about God?*

*If this is true about God, what does that mean for me and how I relate to God? How should it shape how I think and how I respond?*

*Fill in the blanks according to what has stood out to you most in the passages today: Knowing that God is \_\_\_\_\_ shows me that I am \_\_\_\_\_*

*Bonus reflection: what similarities do you find in this passage to other revelations of God we've looked at or with today's psalm?*

**Meditation:** Sit in silence with **Daniel 7:9-10, 13-14; 10:1-19**, letting yourself be filled up with and centered in the Word of God; if your thoughts wander, gently call your attention back to what stood out to you in the passage. Meditate on what you have read, letting it sink in slowly and deeply until you are resting in it. Listen to what the Holy Spirit is saying to you at this moment in your life, what He may be offering to you, and what He may be asking of you. This is conversational prayer, where God speaks to us from His Word and we talk back to God about what we've read and what we think about it.

**Prayer:** Read **Daniel 7:9-10, 13-14; 10:1-19** one more time, responding in prayer and worship; you may find it helpful to write your prayer, or to pray **Psalm 96** in response.

**Contemplation:** Simply sit in silence with God. You do not need to do anything except be here with Him and continue listening to the still, small Voice. Enjoy the freedom that comes in contemplation. Absorb what you've heard and prayed, and receive the love and grace of God, trusting He has heard you and is with you, His beloved child. Resist the urge to rush on to the next part of your day or even the next part of this prayer guide; stay present, take in the moment. When you are ready, continue.

## **Day 4 - Pray for:**

Hines, Mike & Marnie  
Hopkins, Ted & Margaret  
Horner, Sean & Julie, Nash, Jude, Eliza  
Hussmann, Hans & Leslie  
Jackson, Bonnie  
Jackson, Grace, Bethany, Esther, Emily, Keith  
Jacobsen, Tore, Tammy, Justin, Sienna  
Jepsen, Brady & Naomi, Vienna, Seveya  
Johnston, Barbara  
Kang, Kelly  
Kamp, Jerusha, Rianna, Micah, Austin  
Kasdorf, Dena  
Kinamore, Joyce  
Kinamore, Nicole; Sail, Paul  
King, Glenda  
Konyk, Mark & Krista  
Laird, Phil & Casie; Jordyn, Mackenzie, Zachary, Kennedy, Noah, Luke  
Lanki, Mark & Barb, Nicole  
Last, Jon & Sarah, Rachel, James, Owen

## **BBC Ministries, Ministry Leaders, and Workers:**

Life Group Leaders - Cal & Renee Netterfield, Wendell & Carolyn Phillips, Roy & Helen Neifer

Missions - Pray for a new vision and new leadership

## **BBC Missionaries:**

Mike & Eva Fast, Emily, Daniel - BGCC Philippines  
Ahmad & Dina, Roya, Maya - BGCC House of Omeed, Port Moody

## **Day 5: We Have Seen His Glory, the Glory of the Father's One and Only Son: John 1:1-14; Matthew 17:1-9**

*Blessed are the pure in heart, for they will see God. (Matthew 5:8)*

*'Blessed are the pure in heart:* The term "blessed" in this context refers to a state of spiritual well-being and prosperity, often associated with divine favor. The "pure in heart" signifies those who are sincere, honest, and free from deceit or moral corruption. In biblical times, the heart was considered the center of one's being, encompassing mind, will, and emotions. Purity of heart implies a single-minded devotion to God, free from hypocrisy or ulterior motives. Psalm 24:3-4 echoes this sentiment, asking who may ascend the hill of the Lord and stand in His holy place, answering that it is those with clean hands and a pure heart. This purity is not merely external but internal, reflecting a transformation that aligns with God's holiness.'

*'for they will see God:* The promise of seeing God is profound, as it suggests an intimate relationship and direct experience of His presence. In the Old Testament, seeing God was often associated with fear and awe, as in Exodus 33:20 where God tells Moses that no one can see His face and live. However, this beatitude promises a future fulfillment where the pure in heart will behold God. This aligns with the eschatological hope found in Revelation 22:4, where the redeemed will see His face. The promise also reflects the transformative power of purity, as only those who are purified by God can stand in His presence. This vision of God is both a present spiritual reality and a future hope, emphasizing the ultimate reward for those who seek God with a sincere heart.'

**Preparation:** Take time to slow down and focus. Prepare a space that is comfortable for you, without distractions; this can include lighting candles, turning on soft music, whatever atmosphere fosters calm, peace, and focus for you. We start with silence, turning our thoughts and desires over to God. Let yourself slow down, become still and present to God. We begin by asking God to reveal Himself to us and to transform us into the likeness of Christ.

**Reading:** Read **John 1:1-14; Matthew 17:1-9** at least twice, slowly enough that you can savour each word and phrase; this is the Word of God who loves you, created you, and died for you, so you could have relationship with Him. It may be helpful to read it out loud or to listen to an audio version as you read. Notice what stands out to you, what questions you have, what connects with your heart. Below are a few questions for reflection:

*What does this passage reveal about God?*

*If this is true about God, what does that mean for me and how I relate to God? How should it shape how I think and how I respond?*

*Fill in the blanks according to what has stood out to you most in the passages today: Knowing that God is \_\_\_\_\_ shows me that I am \_\_\_\_\_*

*Bonus reflection: what similarities do you find in this passage to other revelations of God we've looked at or with today's psalm?*

**Meditation:** Sit in silence with **John 1:1-14; Matthew 17:1-9**, letting yourself be filled up with and centered in the Word of God; if your thoughts wander, gently call your attention back to what stood out to you in the passage. Meditate on what you have read, letting it sink in slowly and deeply until you are resting in it. Listen to what the Holy Spirit is saying to you at this moment in your life, what He may be offering to you, and what He may be asking of you. This is conversational prayer, where God speaks to us from His Word and we talk back to God about what we've read and what we think about it.

**Prayer:** Read **John 1:1-14; Matthew 17:1-9** one more time, responding in prayer and worship; you may find it helpful to write your prayer, or to pray **Psalm 24** in response.

**Contemplation:** Simply sit in silence with God. You do not need to do anything except be here with Him and continue listening to the still, small Voice. Enjoy the freedom that comes in contemplation. Absorb what you've heard and prayed, and receive the love and grace of God, trusting He has heard you and is with you, His beloved child. Resist the urge to rush on to the next part of your day or even the next part of this prayer guide; stay present, take in the moment. When you are ready, continue.

## **Day 5 - Pray for:**

Lavallee, Ron  
MacLeod, Murray & Ruth, Bonnie & Crystal  
MacRitchie, Craig & Adrienne, Lincoln, Alyah  
Magnusson, Christine  
Martyn, Janis  
Miller, Terry  
Monkton, Fred;  
Moterased, Saadeh; Hamidi, Mohsen; Soren  
Moutter, John  
Mukwavi, Bernard & Anne  
Neifer, Roy & Helen  
Netterfield, Cal & Renee  
Ouellet, Josee  
Pang, Rita  
Pedersen, Doris  
Pirie, Betty  
Phillips, Sylvia  
Phillips, Wendell & Carolyn  
Redekopp, Sieg & Joan

## **BBC Ministries, Ministry Leaders, and Workers:**

Women's - Bethany Scratch  
Greeters/Communion/Ushers - Summer Gogel

## **BBC Missionaries:**

Brad & Casey Penner, Nola, Ivy, Nathan, Joseph - OM Arabian Peninsula  
(Currently home in Langley)  
Cam & Valerie Hamm, Joseph, Noah, Elisabeth - CanIL, Bible Translation,  
Langley

## **Day 6: The Curtain in the Sanctuary of the Temple was Torn in Two: Matthew 27:22-54; Luke 24**

'In the Old Testament, "Lord" is often used to translate the Hebrew word "YHWH" (Yahweh), the personal name of God revealed to Moses at the burning bush (Exodus 3:14-15). The use of "LORD" underscores God's eternal existence and covenantal faithfulness to Israel. "Adonai" is another significant term translated as "Lord," emphasizing God's role as master and ruler. It is used in contexts that highlight God's authority and the reverence due to Him.'

'In the NT, "Lord" translates the Greek word "Kyrios," which is used to refer to both God the Father and Jesus Christ. This term conveys authority, ownership, and divinity. The early Christians' confession of Jesus as "Lord" was a profound declaration of His divine nature and messianic role. Philippians 2:11 states, "and every tongue confess that Jesus Christ is Lord, to the glory of God the Father." The title "Lord" for Jesus is foundational to Christian belief, affirming His resurrection and exaltation.'

'The use of "Lord" in Scripture underscores God's supreme authority and the rightful response of worship and obedience from His creation. It reflects His role as Creator, Sustainer, and Redeemer. Acknowledging God as Lord is a central aspect of faith, calling believers to live under His lordship and align their lives with His will. In the context of Jesus Christ, the title "Lord" affirms His divinity and His role in the Godhead. It is a recognition of His authority over all creation and His redemptive work on behalf of humanity. The lordship of Christ is a key tenet of Christian doctrine, emphasizing His victory over sin and death and His ongoing reign.'

**Preparation:** Take time to slow down and focus. Prepare a space that is comfortable for you, without distractions; this can include lighting candles, turning on soft music, whatever atmosphere fosters calm, peace, and focus for you. We start with silence, turning our thoughts and desires over to God. Let yourself slow down, become still and present to God. We begin by asking God to reveal Himself to us and to transform us into the likeness of Christ.

**Reading:** Read **Matthew 27:22-54; Luke 24** at least twice, slowly enough that you can savour each word and phrase; this is the Word of God who loves you, created you, and died for you, so you could have relationship with Him. It may be helpful to read it out loud or to listen to an audio version as

you read. Notice what stands out to you, what questions you have, what connects with your heart. Below are a few questions for reflection:

*What does this passage reveal about God?*

*If this is true about God, what does that mean for me and how I relate to God?  
How should it shape how I think and how I respond?*

*Fill in the blanks according to what has stood out to you most in the passages today: Knowing that God is \_\_\_\_\_ shows me that I am \_\_\_\_\_*

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*Bonus reflection: In Day 1 we mentioned there was a very thick, heavy curtain that separated the Holy of Holies from the rest of the Tabernacle (same thing in the Temple) What does today's passage note about the curtain? Why is this important?*

**Meditation:** Sit in silence with **Matthew 27:22-54; Luke 24**, letting yourself be filled up with and centered in the Word of God; if your thoughts wander, gently call your attention back to what stood out to you in the passage.

Meditate on what you have read, letting it sink in slowly and deeply until you are resting in it. Listen to what the Holy Spirit is saying to you at this moment in your life, what He may be offering to you, and what He may be asking of you. This is conversational prayer, where God speaks to us from His Word and we talk back to God about what we've read and what we think about it.

**Prayer:** Read **Matthew 27:22-54; Luke 24** one more time, responding in prayer and worship; you may find it helpful to write your prayer, or to pray **Psalm 145** in response.

**Contemplation:** Simply sit in silence with God. You do not need to do anything except be here with Him and continue listening to the still, small Voice. Enjoy the freedom that comes in contemplation. Absorb what you've heard and prayed, and receive the love and grace of God, trusting He has heard you and is with you, His beloved child. Resist the urge to rush on to the next part of your day or even the next part of this prayer guide; stay present, take in the moment. When you are ready, continue.

**Day 6 - Pray for:**

Rodgers, Marie  
Sarooj, Patrick & Tabita, Shazil & Yahshab  
Schmalz, Joan  
Scratch, Bethany  
Seward, Dick & Margaret  
Soe, Gabriella  
Strain, Bill & Carolyn Renholm  
Strybos, Maarten & Dini  
Taylor, Gerry; DeWith, Nancy; Benjamin, Alison  
Taylor, Steve & Dorothy; Patrick  
Temple, David & Alison  
Tew, Gerry & Alva  
Thiessen, Andrew, Janelle, Lexi, Lincoln, Lucy, Liv

**BBC Ministries, Ministry Leaders, and Workers:**

Sound & Media Ministry  
Care Team - Glenda King

**BBC Missionaries:**

Jesse & Arline Gates - SIL, Dallas, Texas

**Our Wider Church Family:**

BC Baptist Conference - Bernard Mukwavi, District Coach

## **Day 7: His Face Was Like the Sun in All Its Brilliance: Revelation 1:10-18; Revelation 4; Revelation 5; Revelation 19:11-16 (bonus: Revelation 21-22)**

'Worship, in the biblical context, refers to the reverent honor and homage paid to God. In the Bible, worship encompasses both the attitude of the heart and the actions that express reverence and adoration toward God. With the advent of Jesus Christ, worship takes on a new dimension. Jesus emphasizes worship in spirit and truth (John 4:23). New Testament church gathers for worship that includes prayer, singing, teaching, and the breaking of bread (Acts 2:42). The Bible emphasizes the importance of the worshiper's heart. True worship is not merely external but involves a sincere and humble heart, not empty rituals (Isaiah 29:13).'

'The book of Revelation provides a glimpse of eternal worship in heaven, where countless multitudes worship God and the Lamb (Revelation 7:9-10). Worship is a fundamental aspect of the believer's life, reflecting a relationship with God that is both personal and communal. It is an expression of love, reverence, and obedience, rooted in the truth of God's Word and empowered by the Holy Spirit.'

**Preparation:** Take time to slow down and focus. Prepare a space that is comfortable for you, without distractions; this can include lighting candles, turning on soft music, whatever atmosphere fosters calm, peace, and focus for you. We start with silence, turning our thoughts and desires over to God. Let yourself slow down, become still and present to God. We begin by asking God to reveal Himself to us and to transform us into the likeness of Christ.

**Reading:** Read **Revelation 1:10-18; Revelation 4; Revelation 5; Revelation 19:11-16 (bonus: Revelation 21-22)** at least twice, slowly enough that you can savour each word and phrase; this is the Word of God who loves you, created you, and died for you, so you could have a relationship with Him. It may be helpful to read it out loud or to listen to an audio version as you read. Notice what stands out to you, what questions you have, what connects with your heart. Below are a few questions for reflection:

*What does this passage reveal about God?*

*If this is true about God, what does that mean for me and how I relate to God? How should it shape how I think and how I respond?*

*Fill in the blanks according to what has stood out to you most in the passages today: Knowing that God is \_\_\_\_\_ shows me that I am \_\_\_\_\_*

*Bonus reflection: what similarities do you find in this passage to other revelations of God we've looked at or with today's psalm?*

**Meditation:** Sit in silence with **Revelation 1:10-18; Revelation 4; Revelation 5; Revelation 19:11-16 (bonus: Revelation 21-22)**, letting yourself be filled up with and centered in the Word of God; if your thoughts wander, gently call your attention back to what stood out to you in the passage. Meditate on what you have read, letting it sink in slowly and deeply until you are resting in it. Listen to what the Holy Spirit is saying to you at this moment in your life, what He may be offering to you, and what He may be asking of you. This is conversational prayer, where God speaks to us from His Word and we talk back to God about what we've read and what we think about it.

**Prayer:** Read **Revelation 1:10-18; Revelation 4; Revelation 5; Revelation 19:11-16 (bonus: Revelation 21-22)** one more time, responding in prayer and worship; you may find it helpful to write your prayer, or to pray **Psalm 93** in response.

**Contemplation:** Simply sit in silence with God. You do not need to do anything except be here with Him and continue listening to the still, small Voice. Enjoy the freedom that comes in contemplation. Absorb what you've heard and prayed, and receive the love and grace of God, trusting He has heard you and is with you, His beloved child. Resist the urge to rush on to the next part of your day or even the next part of this prayer guide; stay present, take in the moment. When you are ready, continue.

## **Day 7 - Pray for:**

VanderMeulen, Ken & Kara, Renee, James, Peter  
Vellenoweth, Jim & May  
Wampler, Christina  
Wan, Jeremiah & Patricia Thong, Marcus  
Warkentin, Trent & Kathy, Scott, Justin  
Wendt, Catherine  
Williams, John & Debra  
Winstanley, Anthony, Corinne, Nathaniel, Rachel  
Woodman, Ella  
Wong, Trish, Dominic, Rhys, Oliver

## **BBC Ministries, Ministry Leaders, and Workers:**

Prayer Ministry & Facilities - Wendell Phillips  
Brooks & Beans - Jamie Hall & Marnie Hines

## **Our Wider Church Family:**

BGC Canada - Kevin Schular, Executive Director  
Canadian Baptist Seminary

# Some Prayer Resources

## Videos

Prayer: Talking to God - John Mark Comer: [youtu.be/GIYUPIAngGs?si=ew5\\_LsKenPmAtwfI](https://youtu.be/GIYUPIAngGs?si=ew5_LsKenPmAtwfI)

Prayer: Talking with God - John Mark Comer: [youtube.com/watch?v=zc9YLOjQuwU](https://youtube.com/watch?v=zc9YLOjQuwU)

Prayer: Listening to God - John Mark Comer: [youtube.com/watch?v=yFU-tay\\_U\\_s](https://youtube.com/watch?v=yFU-tay_U_s)

Prayer: Being with God - John Mark Comer: [youtube.com/watch?v=ijaN1rVcFm0](https://youtube.com/watch?v=ijaN1rVcFm0)

Prayer in the Psalms - Timothy Keller: [youtube.com/watch?v=QgwzuFG5LCK&t=1s](https://youtube.com/watch?v=QgwzuFG5LCK&t=1s)

The Primacy of Prayer - Timothy Keller: [youtube.com/watch?v=KeKWjd4fe5E](https://youtube.com/watch?v=KeKWjd4fe5E)

Praying Our Fears - Timothy Keller: [youtube.com/watch?v=-8tdA8YMOYM](https://youtube.com/watch?v=-8tdA8YMOYM)

Prayer: A Working Relationship with God - Dallas Willard: [youtube.com/watch?v=Xh0JS0Kv6Y](https://youtube.com/watch?v=Xh0JS0Kv6Y)

Prayer: What It Is and How It Works - Dallas Willard: [youtube.com/watch?v=haS7pTvCH2w](https://youtube.com/watch?v=haS7pTvCH2w)

## Podcasts

Rule of Life from Practicing the Way

Prayer 01: Talking to God:

<https://open.spotify.com/episode/0HLQQkCHNZSx8T6OhzFqrq?si=833379efddc74ce7>

Prayer 02: Talking with God:

<https://open.spotify.com/episode/6NSbhxjgFHdLjcf1ql7do?si=81ce8d614aa74df6>

Prayer 03: Listening to God:

<https://open.spotify.com/episode/35GL2Oag7cssCPL4E7Xffc?si=d488c99e4dbc48ca>

Prayer 04: Being with God:

<https://open.spotify.com/episode/67g274OMxIHvN07ZsROmne?si=b7a69ccb0e2e47ce>

Tune In and Let Go: Lessons from the Prayer Life of Jesus - Pete Scazzero:

<https://open.spotify.com/episode/6M3kFBo5RMdWiaKOdCE14l?si=baab659b470c4792>

## Books

*Praying Like Monks, Living Like Fools* by Tyler Stanton

*Enjoy Your Prayer Life* by Michael Reeves

*Prayer* by Timothy Keller

*Praying Women* by Sheila Walsh

*Sacred Pathways: Nine Ways to Connect with God* by Gary Thomas

*Prayer: Does It Make Any Difference?* by Philip Yancey