

*Fresh*  
S T A R T



*P R A Y E R   G U I D E*



# Greetings!

Deep within me is a cry for more of Jesus. I have experienced Him, amazing! I need more, I want more but on my own I am likely to get sidetracked and perhaps lost.

As a new year begins, this is an important time to examine our lives, our walk with Jesus. A time to commit to following Him more closely and seek His guidance and blessings for ourselves, our families, and our communities.

Prayer, focused prayer, and fasting requires commitment and discipline. Committing with others to regular prayer and some form of fasting is part of a mature focused and disciplined Christian life.

Following this prayer guide can be your starting point in the new year. A new year in which you seek God first in all things. Our God desires our worship and is truly worthy not only of our worship but lives that are dedicated to serving and building His Kingdom.

This prayer booklet is designed to be simple and shared, with family and friends and used as a guide. Our walk with Jesus, including our prayer life finds us at different points in the journey. If you are just beginning your walk this will be a tool that will enable you to enter a prayer relationship and take the first steps. Others may use this tool to introduce children and family members to committed prayer. For others, a shared commitment to join other church members in dedicated prayer.

Our Pastor and Elders are committed to *Prayer First* in all things in the new year. Please join us as individuals, family members and small group, members in committed pray this January.

Al Fuchs  
Prayer Ministry Coordinator

# How to Use This Guide

This guide will help you be with God during our Month of Prayer. The main portion of the guide provides prayer activities you can engage in each day during the month. The guide will provide you with Scripture to meditate on, request to pray for, and questions to reflect on and listen to Jesus about. We are asking everyone in the church to engage for 20 minutes in weekday prayers using the P.R.A.Y. practice described in the guide. We are also asking you to engage in listening prayer on weekends—listening for what Jesus wants to say to our church.

## **Weekdays**

Throughout our month of Prayer and Fasting we will use the acronym P.R.A.Y. to shape our prayer time. Each day we will spend 20 minutes in prayer, ‘P’: *Pausing* to be still, we will invite God to speak to us and finish by *praising* him for who He is; ‘R’: *Reflecting* on what he has to say to us through Scripture we will consider if Holy Spirit is inviting us to *repent* (change) in some way through the revelation we receive; ‘A’: *Asking* God to help us and others; and ‘Y’: *Yielding* to his will by listening and acting on what he wants us to do.

### **Pause (5 minutes)**

Start your prayer time by pausing for the activity of the day. Sitting still, with both feet on the floor and your hands folded in your lap or at your side begin to focus your attention and affections on Jesus by mediating (repeating the phrase in your mind and thinking about what it means) on the adaptation/paraphrase of the verse below. After meditating on the phrase for 1-2 minutes, sit in silence before Jesus for 1-2 minutes. If your mind begins to wander, begin meditating on the phrase again to refocus your attention.

In Psalm 100:4 the author writes that when we praise God it is like entering his royal court. Finish by offering 1 or 2 sentence prayers that praise King Jesus for him and as you do, imagine yourself coming before His throne.

### **Reflect & Repent (10 minutes)**

Each day we will focus on what Jesus wants to say to us through Holy Spirit by reading and reflecting on a specific passage. Read through the passage 2-3 times and as you do highlight, circle or underline words or phrases that stand out to you. After reading the passage several times, reflect on the following questions and record your reflections in the space provided or in a separate journal.

- What does this passage reveal about God?
- What does this passage reveal about humanity?

As you reflect on the passage consider the words or phrases you highlighted and consider what the Spirit may be trying to say to you. Is the Spirit inviting you to repent?

To repent is to change the way one thinks and acts. Repenting involves change course or the direction you were heading in for a new direction. Is there anything Holy Spirit is inviting you to change? Are there any ways of thinking, behaving or acting that need to change?

To repent is also to recognize where we have strayed from the way of Jesus into sin. Is there anything you said or did that needs to be confessed and forgiveness sought for from God or others?

Take a couple minutes to reflect and consider if Holy Spirit is inviting you to repent (change).

### **Ask (5 minutes)**

Each day we will take time to contend in prayer for the people, ministries and items identified. After you have prayed for the items provided, ask our Heavenly Father if there is anyone else, he would like you to contend for in prayer and then begin to pray for them as Holy Spirit directs you.

### **Yield (5 minutes)**

Returning to the passage we reflected on, ask Holy Spirit if there is anything else he wants to say to you today. Take a few minutes to listen for the Spirit's voice. Record what the Spirit says to you in the space provided or your journal.

Wrap up your prayer time by thanking God for being present with you and speaking with you. Conclude by yielding yourself to the Spirit's leadership in your life by speaking

Trailview's Vision Prayer:

*Living God, our joy and deepest desire is to live authentically by following Jesus. As we encounter Your Son, may Your Spirit transform our lives so we can share Your love and relationship with Swift Current, and a world desperately in need of Your Kingdom, its healing, and hope, now and forever, Amen.*

## **Weekends**

Each weekend we will take a break from our P.R.A.Y. Rhythm and take time to listen to God for our church family. Each week a verse will be given to meditate on and a prompt or question given to ask of God. Spend time on one of the days to listen to Jesus as he reveals his heart for Trailview Alliance. On the other day of the weekend during our Month of Prayer we will take time to rest and enjoy the presence of God and other believers that you may gather with on that day.

As you listen to the Spirit during our month of Prayer & Fasting, if he speaks a message to you for the church, please share that word with the elders and pastors by emailing it to Pastor Kirk ([kirk@trailview.org](mailto:kirk@trailview.org)).

## **Appendices**

The guide also includes Appendices that have two optional prayer activities you can add on to the Weekday and Weekend prayers. The optional activities included the Appendix are a guide for Midday Prayers and for Fasting.

# January 1

**Pause** - Pausing to be still we invite God to speak to us by meditating on the following:

I will be still,  
and know,  
that you are God  
(Psalm 46:10)

**Reflect** - We reflect on what he has to say to us through Scripture:  
**Psalm 34**

What does this passage reveal about God?

What does this passage reveal about humanity?

**Ask** – We ask God to help us and others through contending prayer.

*Our prayer is that our TAC Church staff and its volunteer leaders remain committed to seeking prayerful guidance before engaging in any worship or service activities within the church and our community. Give us humility and hearts that are open as we approach you, O Holy Spirit, help us to remember to direct our thoughts and turn to you first. It is our desire to be led by your Spirit in all our activities.*

**Yield** - We yield to the will of God through listening prayer and committing ourselves to action.

Holy Spirit is there anything else you want me to know or do?

*Living God, our joy and deepest desire is to live authentically by following Jesus. As we encounter Your Son, may Your Spirit transform our lives so we can share Your love and relationship with Swift Current, and a world desperately in need of Your Kingdom, its healing, and hope, now and forever, Amen.*

# January 2

**Pause** - Pausing to be still we invite God to speak to us by meditating on the following:

I will be still before the LORD  
and wait patiently for him  
(Psalm 37:7)

**Reflect** - We reflect on what he has to say to us through Scripture:  
**Psalm 23**

What does this passage reveal about God?

What does this passage reveal about humanity?

**Ask** – We ask God to help us and others through contending prayer.

*May all who attend TAC develop a deep desire to know Jesus more fully, seeking Him in Scripture, prayer, and everyday life, and becoming increasingly responsive to the Spirit's leading. Give us the required discipline, tools, fellowship and support to know Him more intimately and grow in our faith on a daily basis.*

**Yield** - We yield to the will of God through listening prayer and committing ourselves to action.

Holy Spirit is there anything else you want me to know or do?

*Living God, our joy and deepest desire is to live authentically by following Jesus. As we encounter Your Son, may Your Spirit transform our lives so we can share Your love and relationship with Swift Current, and a world desperately in need of Your Kingdom, its healing, and hope, now and forever, Amen.*

## Weekend – January 3 & 4

**Pause** - Pausing to be still we invite God to speak to us by meditating on the following:

Be still before the LORD,  
for the LORD is here.  
(Zechariah 2:13)

**Listen** – Ask God the following question and record in the space provided what the Spirit brings to mind:

*Jesus, what do you love about Trailview Alliance Church?*

**Wrap Up** – Finish your time of listening by thanking Jesus for speaking to you through the Spirit.

**Rest** – Take time this weekend to enjoy resting in presence of God so he can restore you for the week ahead.

*We invite you to share what you have heard in your listening prayer time with the elders and pastors by emailing it to Pastor Kirk ([kirk@trailview.org](mailto:kirk@trailview.org)).*

# January 5

**Pause** - Pausing to be still we invite God to speak to us by meditating on the following:

The LORD my God is here  
and delights in me with singing.  
(Zephaniah 3:17)

**Reflect** - We reflect on what he has to say to us through Scripture:  
**Revelation 2:1-7**

What does this passage reveal about God?

What does this passage reveal about humanity?

**Ask** – We ask God to help us and others through contending prayer.

*We ask our God to move powerfully in Swift Current and surrounding area, awakening hearts to the gospel and using TAC as a lighthouse of hope, truth, and compassion. As Jesus is revealed through our efforts, it is our wish to continue to be known as a people who live our faith and bless others.*

**Yield** - We yield to the will of God through listening prayer and committing ourselves to action.

Holy Spirit is there anything else you want me to know or do?

*Living God, our joy and deepest desire is to live authentically by following Jesus. As we encounter Your Son, may Your Spirit transform our lives so we can share Your love and relationship with Swift Current, and a world desperately in need of Your Kingdom, its healing, and hope, now and forever, Amen.*

# January 6

**Pause** - Pausing to be still we invite God to speak to us by meditating on the following:

Be still before the LORD,  
for the LORD is here.  
(Zechariah 2:13)

**Reflect** - We reflect on what he has to say to us through Scripture:  
**John 14:1-14**

What does this passage reveal about God?

What does this passage reveal about humanity?

**Ask** – We ask God to help us and others through contending prayer.

*Our prayer is that the elders would lead with humility, courage, and integrity modelling the character of Christ as they shepherd the congregation. Give the board wisdom as they oversee the church's direction, navigate complex issues, and steward resources faithfully. We also pray for spiritual protection over each elder and their families, and for deep unity within the board as they discern God's will together.*

**Yield** - We yield to the will of God through listening prayer and committing ourselves to action.

Holy Spirit is there anything else you want me to know or do?

*Living God, our joy and deepest desire is to live authentically by following Jesus. As we encounter Your Son, may Your Spirit transform our lives so we can share Your love and relationship with Swift Current, and a world desperately in need of Your Kingdom, its healing, and hope, now and forever, Amen.*

# January 7

**Pause** - Pausing to be still we invite God to speak to us by meditating on the following:

LORD longs to be gracious to us,  
blessed are all who wait for him!  
(Isaiah 37:18)

**Reflect** - We reflect on what he has to say to us through Scripture:  
**John 14:15-31**

What does this passage reveal about God?

What does this passage reveal about humanity?

**Ask** – We ask God to help us and others through contending prayer.

*At TAC we want our children (kids) to encounter the true Jesus. It is our prayer that the team members would radiate love and acceptance, that lessons inspire, and the environment is friendly every time they attend. We also pray that God will continue to supply church members to work in this priority ministry.*

**Yield** - We yield to the will of God through listening prayer and committing ourselves to action.

Holy Spirit is there anything else you want me to know or do?

*Living God, our joy and deepest desire is to live authentically by following Jesus. As we encounter Your Son, may Your Spirit transform our lives so we can share Your love and relationship with Swift Current, and a world desperately in need of Your Kingdom, its healing, and hope, now and forever, Amen.*

## January 8

**Pause** - Pausing to be still we invite God to speak to us by meditating on the following:

The LORD is my portion,  
therefore I will wait for him.  
(Lamentations 3:24)

**Reflect** - We reflect on what he has to say to us through Scripture:  
**Hebrews 1**

What does this passage reveal about God?

What does this passage reveal about humanity?

**Ask** – We ask God to help us and others through contending prayer.

*It is our prayer that through the Bibles and journaling books our children (kids) grow in knowledge and faith, that their lives would reflect Jesus in a way that stands out to those around them. It is our further prayer that they would feel empowered to share God's message of hope with their friends and invite them to attend.*

**Yield** - We yield to the will of God through listening prayer and committing ourselves to action.

Holy Spirit is there anything else you want me to know or do?

*Living God, our joy and deepest desire is to live authentically by following Jesus. As we encounter Your Son, may Your Spirit transform our lives so we can share Your love and relationship with Swift Current, and a world desperately in need of Your Kingdom, its healing, and hope, now and forever, Amen.*

# January 9

**Pause** - Pausing to be still we invite God to speak to us by meditating on the following:

I will put my hope in the LORD  
both now  
and forevermore.  
(Psalm 131:3)

**Reflect** - We reflect on what he has to say to us through Scripture:  
**Matthew 17:1-13**

What does this passage reveal about God?

What does this passage reveal about humanity?

**Ask** – We ask God to help us and others through contending prayer.

*We pray that the staff team would work together with humility and clarity, united around the church's mission and the call to make fully devoted followers of Jesus. May they be attentive to the Holy Spirit's guidance as they make decisions, plan ministries, and shepherd people through both joys and challenges. Ask God to renew their energy and joy in ministry, protecting them from burnout and giving them healthy rhythms of work, rest, and spiritual refreshment.*

**Yield** - We yield to the will of God through listening prayer and committing ourselves to action.

Holy Spirit is there anything else you want me to know or do?

*Living God, our joy and deepest desire is to live authentically by following Jesus. As we encounter Your Son, may Your Spirit transform our lives so we can share Your love and relationship with Swift Current, and a world desperately in need of Your Kingdom, its healing, and hope, now and forever, Amen.*

# Weekend – January 10 & 11

**Pause** - Pausing to be still we invite God to speak to us by meditating on the following:

In repentance and rest is me salvation,  
in quietness and trust is my strength  
(Isaiah 37:15)

**Listen** – Ask God the following question and record in the space provided what the Spirit brings to mind:

*Jesus, what is flourishing in Trailview Alliance Church?*

**Wrap Up** – Finish your time of listening by thanking Jesus for speaking to you through the Spirit.

**Rest** – Take time this weekend to enjoy resting in presence of God so he can restore you for the week ahead.

*We invite you to share what you have heard in your listening prayer time with the elders and pastors by emailing it to Pastor Kirk ([kirk@trailview.org](mailto:kirk@trailview.org)).*

# January 12

**Pause** - Pausing to be still we invite God to speak to us by meditating on the following:

It is good to wait quietly for the LORD.  
(Lamentation 3:26)

**Reflect** - We reflect on what he has to say to us through Scripture:  
**Ephesians 1:1-14**

What does this passage reveal about God?

What does this passage reveal about humanity?

**Ask** – We ask God to help us and others through contending prayer.

*We pray for small group leaders, asking God to give them wisdom, endurance, and joy as they shepherd their groups and navigate the needs of diverse people. Pray also that group members would be attentive to the Spirit's prompting in their workplaces, neighbourhoods, and families living out the gospel with courage and compassion.*

**Yield** - We yield to the will of God through listening prayer and committing ourselves to action.

Holy Spirit is there anything else you want me to know or do?

*Living God, our joy and deepest desire is to live authentically by following Jesus. As we encounter Your Son, may Your Spirit transform our lives so we can share Your love and relationship with Swift Current, and a world desperately in need of Your Kingdom, its healing, and hope, now and forever, Amen*

# January 13

**Pause** - Pausing to be still we invite God to speak to us by meditating on the following:

The LORD longs to be gracious to us,  
blessed are all who wait for him!  
(Isaiah 37:18)

**Reflect** - We reflect on what he has to say to us through Scripture:  
**John 15:1-17**

What does this passage reveal about God?

What does this passage reveal about humanity?

**Ask** – We ask God to help us and others through contending prayer.

*Today's prayer is with those in our church who are carrying burdens—physical illness, emotional strain, relational conflict, or spiritual dryness—that God would bring comfort, healing, and renewed hope. Lift up those in our congregation who are walking through illness, grief, financial strain, or relational tension asking God to bring peace, provision, and renewed strength.*

**Yield** - We yield to the will of God through listening prayer and committing ourselves to action.

Holy Spirit is there anything else you want me to know or do?

*Living God, our joy and deepest desire is to live authentically by following Jesus. As we encounter Your Son, may Your Spirit transform our lives so we can share Your love and relationship with Swift Current, and a world desperately in need of Your Kingdom, its healing, and hope, now and forever, Amen.*

# January 14

**Pause** - Pausing to be still we invite God to speak to us by meditating on the following:

The LORD is in his holy temple;  
let all the earth be silent before him.  
(Habakkuk 2:20)

**Reflect** - We reflect on what he has to say to us through Scripture:  
**Revelation 2:8-11**

What does this passage reveal about God?

What does this passage reveal about humanity?

**Ask** – We ask God to help us and others through contending prayer.

*We are grateful Lord for leadership, service, dedication and contribution of our senior church members. We thank you for their example and contribution to TAC and our community. We are mindful that many are now struggling with the loss of a loved one, illness and loneliness. Our prayer is that you would continue to bless them with health, mobility and opportunities for fellowship. May they experience His loving presence and guidance daily.*

**Yield** - We yield to the will of God through listening prayer and committing ourselves to action.

Holy Spirit is there anything else you want me to know or do?

*Living God, our joy and deepest desire is to live authentically by following Jesus. As we encounter Your Son, may Your Spirit transform our lives so we can share Your love and relationship with Swift Current, and a world desperately in need of Your Kingdom, its healing, and hope, now and forever, Amen.*

# January 15

**Pause** - Pausing to be still we invite God to speak to us by meditating on the following:

I will calm and quiet myself,  
like a weaned child  
I will be content before the LORD.  
(Psalm 131:2)

**Reflect** - We reflect on what he has to say to us through Scripture:  
**Matthew 14:22-36**

What does this passage reveal about God?

What does this passage reveal about humanity?

**Ask** – We ask God to help us and others through contending prayer.

*Blessed is TAC for their ongoing support, prayer and active engagement with those who serve you in the missions, and the planting and expanding of your church here in Canada. These men and women live and work in places far from their homes. Give us a caring and supportive heart for those in need, those who serve YOU in areas of great need. Provide for their safety, needs and may your kingdom be advanced through their efforts.*

**Yield** - We yield to the will of God through listening prayer and committing ourselves to action.

Holy Spirit is there anything else you want me to know or do?

*Living God, our joy and deepest desire is to live authentically by following Jesus. As we encounter Your Son, may Your Spirit transform our lives so we can share Your love and relationship with Swift Current, and a world desperately in need of Your Kingdom, its healing, and hope, now and forever, Amen.*

# January 16

**Pause** - Pausing to be still we invite God to speak to us by meditating on the following:

I will be still,  
and know that you are God.  
(Psalm 46:10)

**Reflect** - We reflect on what he has to say to us through Scripture:  
**Revelation 2:12-17**

What does this passage reveal about God?

What does this passage reveal about humanity?

**Ask** – We ask God to help us and others through contending prayer.

*You and only you are worthy of our worship. Our prayer is for those who participate and lead us in worship that they would bless YAHWEH at all times by living a life of worship. We ask that the members would be constantly overflowing with thankfulness and adoration for God. May they also offer themselves to God as a living sacrifice, as spiritual worship and not holding any part back, but dedicating their whole being to God in His service.*

**Yield** - We yield to the will of God through listening prayer and committing ourselves to action.

Holy Spirit is there anything else you want me to know or do?

*Living God, our joy and deepest desire is to live authentically by following Jesus. As we encounter Your Son, may Your Spirit transform our lives so we can share Your love and relationship with Swift Current, and a world desperately in need of Your Kingdom, its healing, and hope, now and forever, Amen.*

# Weekend – January 17 & 18

**Pause** - Pausing to be still we invite God to speak to us by meditating on the following:

The LORD my God is with me,  
the Mighty Warrior who saves is here.  
(Zephaniah 3:17)

**Listen** – Ask God the following question and record in the space provided what the Spirit brings to mind:

*Jesus, what would you love to see more of in Trailview Alliance Church?*

**Wrap Up** – Finish your time of listening by thanking Jesus for speaking to you through the Spirit.

**Rest** – Take time this weekend to enjoy resting in presence of God so he can restore you for the week ahead.

*We invite you to share what you have heard in your listening prayer time with the elders and pastors by emailing it to Pastor Kirk ([kirk@trailview.org](mailto:kirk@trailview.org)).*

# January 19

**Pause** - Pausing to be still we invite God to speak to us by meditating on the following:

I will be still,  
and know that you are God.  
(Psalm 46:10)

**Reflect** - We reflect on what he has to say to us through Scripture:  
**Psalm 51**

What does this passage reveal about God?

What does this passage reveal about humanity?

**Ask** – We ask God to help us and others through contending prayer.

*Pray for pastor Kirk and pastor Greg that they would be obedient and faithful to their Lord. Pray for boldness, that they would speak about JESUS and the good news and that they would set an example for the congregation. We pray that they would put their trust and confidence in God, that they would turn to him in their distress and draw close to him and that their families would be blessed.*

**Yield** - We yield to the will of God through listening prayer and committing ourselves to action.

Holy Spirit is there anything else you want me to know or do?

*Living God, our joy and deepest desire is to live authentically by following Jesus. As we encounter Your Son, may Your Spirit transform our lives so we can share Your love and relationship with Swift Current, and a world desperately in need of Your Kingdom, its healing, and hope, now and forever, Amen.*

# January 20

**Pause** - Pausing to be still we invite God to speak to us by meditating on the following:

By your great love  
I come into your presence  
and bow down before you.  
(Psalm 5:7)

**Reflect** - We reflect on what he has to say to us through Scripture:  
**Revelation 2:18-29**

What does this passage reveal about God?

What does this passage reveal about humanity?

**Ask** – We ask God to help us and others through contending prayer.

*May we at TAC be known as people of prayer and that our friends and families and others in our lives would know that there is another way. People do not need to live in pain, trapped in sin or guilt. There is hope there is JESUS. He's a saviour who has come to heal, forgive sins and answer prayers. Give us the courage to reach out to our neighbours, friends and family with the good news.*

**Yield** - We yield to the will of God through listening prayer and committing ourselves to action.

Holy Spirit is there anything else you want me to know or do?

*Living God, our joy and deepest desire is to live authentically by following Jesus. As we encounter Your Son, may Your Spirit transform our lives so we can share Your love and relationship with Swift Current, and a world desperately in need of Your Kingdom, its healing, and hope, now and forever, Amen.*

# January 21

**Pause** - Pausing to be still we invite God to speak to us by meditating on the following:

I will be content before the LORD.  
(Psalm 131:2)

**Reflect** - We reflect on what he has to say to us through Scripture:  
**Colossians 1:15-23**

What does this passage reveal about God?

What does this passage reveal about humanity?

**Ask** – We ask God to help us and others through contending prayer.

*Our youth struggles daily with becoming what they hear and experience in their homes and environment. They face enormous peer pressure at school and from the world. Some have never experienced love nor do they know of Jesus. Pray for protection from the evil one, opportunities for them to hear about Jesus and experience acceptance and love. Pray also for our youth leaders and support team that they be given patience, wisdom and special strength from the Lord.*

**Yield** - We yield to the will of God through listening prayer and committing ourselves to action.

Holy Spirit is there anything else you want me to know or do?

*Living God, our joy and deepest desire is to live authentically by following Jesus. As we encounter Your Son, may Your Spirit transform our lives so we can share Your love and relationship with Swift Current, and a world desperately in need of Your Kingdom, its healing, and hope, now and forever, Amen.*

## January 22

**Pause** - Pausing to be still we invite God to speak to us by meditating on the following:

The LORD will fight for me;  
I need only to be still.  
(Exodus 14:14)

**Reflect** - We reflect on what he has to say to us through Scripture:  
**John 15:26-16:15**

What does this passage reveal about God?

What does this passage reveal about humanity?

**Ask** – We ask God to help us and others through contending prayer.

*Many of us have spouses, siblings and other family members, people we love very deeply, who are now situated in a temporary home or care home. We are comforted by the fact that Jesus said “I will never leave you or forsake you” but we miss them so. Pray for people, loved ones, who are in care that they experience His loving peace and presence. Also pray that their care and health needs are met.*

**Yield** - We yield to the will of God through listening prayer and committing ourselves to action.

Holy Spirit is there anything else you want me to know or do?

*Living God, our joy and deepest desire is to live authentically by following Jesus. As we encounter Your Son, may Your Spirit transform our lives so we can share Your love and relationship with Swift Current, and a world desperately in need of Your Kingdom, its healing, and hope, now and forever, Amen.*

# January 23

**Pause** - Pausing to be still we invite God to speak to us by meditating on the following:

In repentance and rest is my salvation,  
and in quietness before God,  
trusting fully in Him  
I find my strength.  
(Isaiah 37:15)

**Reflect** - We reflect on what he has to say to us through Scripture:  
**Revelation 3:1-6**

What does this passage reveal about God?

What does this passage reveal about humanity?

**Ask** – We ask God to help us and others through contending prayer.

*Pray for protection from the evil one frequently and daily. No one is immune from Satan and his lies and deception. Remember to include yourself, family members, neighbours as well as your church family and especially our Elders and Pastors. Our youth should also be included. Social media can be a major influence in their lives. The misuse of social media, spreading of lies and half truths are destructive.*

**Yield** - We yield to the will of God through listening prayer and committing ourselves to action.

Holy Spirit is there anything else you want me to know or do?

*Living God, our joy and deepest desire is to live authentically by following Jesus. As we encounter Your Son, may Your Spirit transform our lives so we can share Your love and relationship with Swift Current, and a world desperately in need of Your Kingdom, its healing, and hope, now and forever, Amen.*

## Weekend – January 24 & 25

**Pause** - Pausing to be still we invite God to speak to us by meditating on the following:

In repentance and rest is my salvation,  
in quietness and trust is my strength  
(Isaiah 37:15)

**Listen** – Ask God the following question and record in the space provided what the Spirit brings to mind:

*Jesus, what doors are you opening for us as  
Trailview Alliance Church?*

**Wrap Up** – Finish your time of listening by thanking Jesus for speaking to you through the Spirit.

**Rest** – Take time this weekend to enjoy resting in presence of God so he can restore you for the week ahead.

*We invite you to share what you have heard in your listening prayer time with the elders and pastors by emailing it to Pastor Kirk ([kirk@trailview.org](mailto:kirk@trailview.org)).*

# January 26

**Pause** - Pausing to be still we invite God to speak to us by meditating on the following:

I will put my hope in the LORD  
both now and forevermore.  
(Psalm 131:3)

**Reflect** - We reflect on what he has to say to us through Scripture:  
**1 John 1:5-10**

What does this passage reveal about God?

What does this passage reveal about humanity?

**Ask** – We ask God to help us and others through contending prayer.

*Blessings. Take time today to sit down and make a list of your many blessings. Don't forget to start with Jesus, the creator and giver of life. As you progress on your list think and pray for areas of your life that could use more blessings. Ask Him for future blessing on your marriage, relationships, health, finances and or education. Thank Him for it all!*

**Yield** - We yield to the will of God through listening prayer and committing ourselves to action.

Holy Spirit is there anything else you want me to know or do?

*Living God, our joy and deepest desire is to live authentically by following Jesus. As we encounter Your Son, may Your Spirit transform our lives so we can share Your love and relationship with Swift Current, and a world desperately in need of Your Kingdom, its healing, and hope, now and forever, Amen.*

## January 27

**Pause** - Pausing to be still we invite God to speak to us by meditating on the following:

It is good to wait quietly for the LORD  
(Lamentation 3:26)

**Reflect** - We reflect on what he has to say to us through Scripture:  
**Galatians 5:13-26**

What does this passage reveal about God?

What does this passage reveal about humanity?

**Ask** – We ask God to help us and others through contending prayer.

*Peace, I desire peace. I want my loved ones to experience the peace I have. I have family and friends who either have not heard of you or have not accepted you as our Lord and Saviour. Take time today to remember each one and pray that God would give you an opportunity to tell them about your peace and source of your peace, Jesus.*

**Yield** - We yield to the will of God through listening prayer and committing ourselves to action.

Holy Spirit is there anything else you want me to know or do?

*Living God, our joy and deepest desire is to live authentically by following Jesus. As we encounter Your Son, may Your Spirit transform our lives so we can share Your love and relationship with Swift Current, and a world desperately in need of Your Kingdom, its healing, and hope, now and forever, Amen.*

# January 28

**Pause** - Pausing to be still we invite God to speak to us by meditating on the following:

The LORD my God is here  
and He is singing over me.  
(Zephaniah 3:17)

**Reflect** - We reflect on what he has to say to us through Scripture:  
**Revelation 3:7-13**

What does this passage reveal about God?

What does this passage reveal about humanity?

**Ask** – We ask God to help us and others through contending prayer.

*Father, there is a hopelessness and desperation in our land. There are many in our cities now that live out in the streets in all kinds of weather. They live in camps and wander the city. Our brothers and sisters are lost, hurt, addicted, and mentally ill. All need Jesus. We pray for guidance on how we can make a difference. Show us how to love and serve in this desperate situation.*

**Yield** - We yield to the will of God through listening prayer and committing ourselves to action.

Holy Spirit is there anything else you want me to know or do?

*Living God, our joy and deepest desire is to live authentically by following Jesus. As we encounter Your Son, may Your Spirit transform our lives so we can share Your love and relationship with Swift Current, and a world desperately in need of Your Kingdom, its healing, and hope, now and forever, Amen.*

## January 29

**Pause** - Pausing to be still we invite God to speak to us by meditating on the following:

The LORD is good to those who seek him.  
(Lamentation 3:25)

**Reflect** - We reflect on what he has to say to us through Scripture:  
**Acts 1:1-11**

What does this passage reveal about God?

What does this passage reveal about humanity?

**Ask** – We ask God to help us and others through contending prayer.

*Let us remember the children and families that are the heart of our church and community. Some of our families are struggling because of separation or divorce. Others are struggling because they lack adequate housing and/or inflationary food costs. It is our prayer that all families would know and walk with Jesus. Lord, provide for the needs of all families. Sustain and bless them always.*

**Yield** - We yield to the will of God through listening prayer and committing ourselves to action.

Holy Spirit is there anything else you want me to know or do?

*Living God, our joy and deepest desire is to live authentically by following Jesus. As we encounter Your Son, may Your Spirit transform our lives so we can share Your love and relationship with Swift Current, and a world desperately in need of Your Kingdom, its healing, and hope, now and forever, Amen.*

# January 30

**Pause** - Pausing to be still we invite God to speak to us by meditating on the following:

The LORD my God is with me,  
the Mighty Warrior who saves is here.  
(Zephaniah 3:17)

**Reflect** - We reflect on what he has to say to us through Scripture:  
**Revelation 3:14-22**

What does this passage reveal about God?

What does this passage reveal about humanity?

**Ask** – We ask God to help us and others through contending prayer.

*We live in a world where there are questions about where truth can be found. What is truth? As Christians we know that TRUTH is found only in Jesus. It is our prayer that the Holy Bible is available and known as the go to place for truth. We also pray that bible study is a part of our daily life and that our TAC family will cherish, read and study the WORD daily.*

**Yield** - We yield to the will of God through listening prayer and committing ourselves to action.

Holy Spirit is there anything else you want me to know or do?

*Living God, our joy and deepest desire is to live authentically by following Jesus. As we encounter Your Son, may Your Spirit transform our lives so we can share Your love and relationship with Swift Current, and a world desperately in need of Your Kingdom, its healing, and hope, now and forever, Amen.*

# Weekend – January 31

**Pause** - Pausing to be still we invite God to speak to us by meditating on the following:

I will be still before the LORD  
and wait patiently for him.  
(Psalm 37:7)

**Listen** – Ask God the following question and record in the space provided what the Spirit brings to mind:

*Jesus, what is your dream for Trailview Alliance Church?*

**Wrap Up** – Finish your time of listening by thanking Jesus for speaking to you through the Spirit.

**Rest** – Take time this weekend to enjoy resting in presence of God so he can restore you for the week ahead.

*We invite you to share what you have heard in your listening prayer time with the elders and pastors by emailing it to Pastor Kirk ([kirk@trailview.org](mailto:kirk@trailview.org)).*

# Midday Prayers (Optional Activity)

If you would like to engage in more prayer this month, consider setting time aside during the middle of your day to be with God. We've put together prayers from the Bible to use to guide your midday prayer time. The prayers can be personalized by changing them to the first person (We to I), inserting the names of people you know, or by rephrasing the prayer into your own words.

## **Philippians 1:9-11 – A prayer of Paul the Apostle for the Church in Philippi:**

And this is my prayer: that your love may abound more and more in knowledge and depth of insight, so that you may be able to discern what is best and may be pure and blameless for the day of Christ, filled with the fruit of righteousness that comes through Jesus Christ—to the glory and praise of God. (Philippians 1:9-11)

## **Nehemiah 1:5-11 – The prayer of Nehemiah a cupbearer for his people:**

LORD, the God of heaven, the great and awesome God, who keeps his covenant of love with those who love him and keep his commandments, let your ear be attentive and your eyes open to hear the prayer your servant is praying before you day and night for your servants, the people of Israel. I confess the sins we Israelites, including myself and my father's family, have committed against you. We have acted very wickedly toward you. We have not obeyed the commands, decrees and laws you gave your servant Moses. "Remember the instruction you gave your servant Moses, saying, 'If you are unfaithful, I will scatter you among the nations, but if you return to me and obey my commands, then even if your exiled people are at the farthest horizon, I will gather them from there and bring them to the place I have chosen as a dwelling for my Name.' "They are your servants and your people, whom you redeemed by your great strength and your mighty hand. Lord, let your ear be attentive to the prayer of this your servant and to the prayer of your servants who delight in revering your name. Give your servant success today by granting him favor.

## **Colossians 1:3-5,9-14 – A prayer of Paul the Apostle for the Church in Colossae:**

We always thank God, the Father of our Lord Jesus Christ, when we pray for you, because we have heard of your faith in Christ Jesus and of the love you have for all God's people—the faith and love that spring from the hope stored up for you in heaven and about which you have already heard in the true

message of the gospel that has come to you. We continually ask God to fill you with the knowledge of his will through all the wisdom and understanding that the Spirit gives, so that you may live a life worthy of the Lord and please him in every way: bearing fruit in every good work, growing in the knowledge of God, being strengthened with all power according to his glorious might so that you may have great endurance and patience, and giving joyful thanks to the Father, who has qualified you to share in the inheritance of his holy people in the kingdom of light. For he has rescued us from the dominion of darkness and brought us into the kingdom of the Son he loves, in whom we have redemption, the forgiveness of sins.

**Ephesians 3:14-21 - A prayer of Paul the Apostle for the Church in Ephesus:**

For this reason I kneel before the Father, from whom every family in heaven and on earth derives its name. I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being, so that Christ may dwell in your hearts through faith. And I pray that you, being rooted and established in love, may have power, together with all the Lord's holy people, to grasp how wide and long and high and deep is the love of Christ, and to know this love that surpasses knowledge—that you may be filled to the measure of all the fullness of God. Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us, to him be glory in the church and in Christ Jesus throughout all generations, for ever and ever! Amen

**Habakkuk 3:1-2 - A prayer of Habakkuk the prophet:**

LORD, I have heard of your fame; I stand in awe of your deeds, LORD. Repeat them in our day, in our time make them known; in justice remember mercy.

**Psalm 27:4-14 – A prayer of King David:**

One thing I ask from the LORD, this only do I seek: that I may dwell in the house of the LORD all the days of my life, to gaze on the beauty of the LORD and to seek him in his temple. For in the day of trouble he will keep me safe in his dwelling; he will hide me in the shelter of his sacred tent and set me high upon a rock.

Then my head will be exalted above the enemies who surround me; at his sacred tent I will sacrifice with shouts of joy; I will sing and make music to the LORD.

Hear my voice when I call, LORD; be merciful to me and answer me.

My heart says of you, “Seek his face!” Your face, **LORD**, I will seek.

Do not hide your face from me, do not turn your servant away in anger; you have been my helper. Do not reject me or forsake me, God my Savior.

Though my father and mother forsake me, the **LORD** will receive me.

Teach me your way, **LORD**; lead me in a straight path because of my oppressors.

Do not turn me over to the desire of my foes, for false witnesses rise up against me, spouting malicious accusations. I remain confident of this: I will see the goodness of the **LORD** in the land of the living.

Wait for the **LORD**; be strong and take heart and wait for the **LORD**.

### **Psalm 34 – A prayer of King David:**

I will extol the **LORD** at all times; his praise will always be on my lips.

I will glory in the **LORD**; let the afflicted hear and rejoice.

Glorify the **LORD** with me; let us exalt his name together.

I sought the **LORD**, and he answered me; he delivered me from all my fears.

Those who look to him are radiant; their faces are never covered with shame.

This poor man called, and the **LORD** heard him; he saved him out of all his troubles.

The angel of the **LORD** encamps around those who fear him, and he delivers them.

Taste and see that the **LORD** is good; blessed is the one who takes refuge in him.

Fear the **LORD**, you his holy people, for those who fear him lack nothing.

The lions may grow weak and hungry, but those who seek the **LORD** lack no good thing.

Come, my children, listen to me; I will teach you the fear of the **LORD**.

Whoever of you loves life and desires to see many good days, keep your tongue from evil and your lips from telling lies.

Turn from evil and do good; seek peace and pursue it.

The eyes of the **LORD** are on the righteous, and his ears are attentive to their cry;

but the face of the **LORD** is against those who do evil, to blot out their name from the earth.

The righteous cry out, and the **LORD** hears them; he delivers them from all their troubles.

The LORD is close to the brokenhearted and saves those who are crushed in spirit.

The righteous person may have many troubles, but the LORD delivers him from them all;

he protects all his bones, not one of them will be broken.  
Evil will slay the wicked; the foes of the righteous will be condemned.

The LORD will rescue his servants; no one who takes refuge in him will be condemned.

# Fasting (Optional Activity)

## How to Fast and Pray

Fasting is voluntarily going without something good (often food) for a set time in order to seek God. It is not a way to earn God's love or impress others. It is a way to humble ourselves, focus our prayers, and deepen our hunger for God. By fasting we declare that God is more important than what we are giving up.

In Scripture, people fasted to seek God's guidance, to repent, to cry out in crisis, and to grow in devotion to God. We fast because we desire more of God's presence, direction, and power in our lives and church.

Before you fast, clarify your purpose:

"I am fasting to seek God about \_\_\_\_\_."

Invite the Holy Spirit to search your heart. Confess any known sin and receive God's forgiveness. Then decide your plan: what kind of fast, how long, and when you will pray. You can also fast from things, such as:

- Food – meals or certain foods you enjoy (desserts, snacks, or eating out, etc.)
- Social media – platforms like Facebook, Instagram, TikTok, etc.
- Television or Streaming – giving up Netflix, Crave, YouTube or Television,
- Video games.
- Unnecessary phone use,
- A hobby or favorite pastime (reading, crafting, etc.)
- Constant noise, choosing silence instead.

For **food fasts**, keep them **short and simple** unless a doctor has cleared you for more. Examples include: skipping one meal and using that time for prayer, fasting from breakfast to dinner with water, or a 24-hour fast with water only. Those with medical concerns, children, and pregnant individuals should not fast from food without medical advice.

Fasting without prayer is just going hungry. During your fast, read Scripture (for example, Isaiah 58; Matthew 6:16–18; Psalm 63), worship, bring your main request to God, and listen in silence. When you break your fast, eat simply and slowly. Reflect on what God showed you and write down any Scriptures, convictions, or next steps. The goal is not the fast itself, but a life more fully surrendered to Jesus.

## **Helpful Resources**

“Fasting for Beginners” (David Mathis) - A practical introduction to fasting, with step-by-step advice for those new to the discipline.  
<https://www.desiringgod.org/articles/fasting-for-beginners>

“Fasting: The Paradigm of the Disciplines” (Dallas Willard) - Teaching from his series on spiritual disciplines, showing fasting as a means of transformation, not mere suffering.  
<https://conversatio.org/fasting-the-paradigm-of-the-disciplines>

“Pray and Fast” (David Platt) - A sermon on Matthew 6:5–18, exploring the “why” and “how” of fasting, emphasizing dependence on God rather than self-sufficiency.  
<https://radical.net/podcasts/radical-podcast/pray-and-fast>

“Purpose of Fasting” (Bible Project) – A short, animated video that explains the purpose of fasting and some examples of fasting in the Bible.  
<https://bibleproject.com/videos/passage-insight-purpose-fasting/>

“The Place of Fasting in the Christian Life” (Thomas Tarrants) - A biblical overview of fasting, emphasizing its role in prayer and dependence on God.  
<https://www.cslewisinstitute.org/resources/the-place-of-fasting-in-the-christian-life>



298 Battleford Trail  
Swift Current | SK | S9H 4L2  
306.773.4433 | [office@trailview.org](mailto:office@trailview.org)

[www.trailview.org](http://www.trailview.org)