

# 2023 The Year of Improving ME

Prayer, Devotional, and Fasting Guide

Dr. Abdue L. Knox - Pastor



## GREATER BETHEL

AFRICAN METHODIST EPISCOPAL CHURCH

*Love God • Love the People • Do the Work*

Praise God from Whom all blessings Flow!! Throughout the time of service to Greater Bethel, we have made it a priority to seek God first in prayer. We will do this collectively as a church in January through a Churchwide Fast. These 31 days are intentional, as we begin this new season of the year. Together, we faithfully seek God first, trusting in His power alone to create lasting impact in our lives, our church, our families, and our world. This guide will serve to direct us and put us all in one accord throughout this month.

Throughout the month we will do the following:

- Abstain from eating Meat on Monday's
- Fast on Wednesday as much as your strength and health will allow
- Meet at the church campus on Saturday mornings at 10am for corporate prayer walks (Jan.7, 14, 21, & 28) \*\*Weather Permitting
- Sunday we will gather for corporate worship and invite our friends, relatives, associates, co-workers and /or neighbors to worship either in-person, virtual, or both
- We will eat clean, healthy foods while abstaining from fast foods, fried foods, sugary snacks, sodas, and alcohol

## Sunday January 1

### **Prayer:**

Lord, You make all things new

You bring hope alive in our hearts

And cause our Spirits to be born again

Thank you for this new year

For all the potential it holds.

Come and kindle in us

A mighty flame

So that in our time, many will see the wonders of God

And live forever to praise Your glorious name.

**Scripture Reading:** Gen. Genesis 1:1-2

## Monday January 2

### Prayer:

#### Lord, Lord, Open unto Me

Open unto me, light for my darkness  
Open unto me, courage for my fear  
Open unto me, hope for my despair  
Open unto me, peace for my turmoil  
Open unto me, joy for my sorrow  
Open unto me, strength for my weakness  
Open unto me, wisdom for my confusion  
Open unto me, forgiveness for my sins  
Open unto me, tenderness for my toughness  
Open unto me, love for my hates  
Open unto me, Thy Self for myself  
Lord, Lord, open unto me!  
Amen

Taken from "*Meditations of the Heart*" by Howard Thurman

#### Scripture Reading: John 1:1-18

- Today is Meatless Monday, incorporate more fruits and vegetables into your daily diets.

## **Tuesday January 3**

### **Prayer:**

Father God, I know You know what is best. God, You are the author and finisher of our lives. Your will shall be done on Earth as it is in heaven. Holy Servant, it is when I am at wits end and I do not know which way to turn that I need Your help and to hear Your voice, Lord. Whisper to me, talk to me, scream at me, so I do not falter. Help me to turn to You. God of Peace, calm my beating heart! Help me to continue to feel Your love and power. Thank You God for removing the bitterness, the guilts of life, the stubbornness of resentfulness, Help Me dear God, to Continue to walk in Your authority, Your way, Your will and not mine. Help me to align myself with You, this I pray. Mighty One, Bread of Life, I thank you, Lord, for all You have done for me. This is my prayer; this is my plea. In Christ Jesus, I pray. AMEN

Taken from A Conversation with God that did not Include Me by Dr. Sonja V. Brown Deloatch in her book Soulful Prayers

### **Scripture Reading: Proverbs 3:5-6**

- As you go throughout the day ask God to give you a tender heart, and walk in the grace, joy, and deliverance He has for you.
- Be intentional about Trusting God's process

## Wednesday January 4

### **Prayer:**

Lord, please forgive us for craving food more than you. Forgive us for craving anything more than you. Lord redirect our hunger. Be our God. Open our eyes to the benefits of fasting. Open our hearts to you like never before. Give us the desire to turn to you with all our hearts, with all our souls, with all our strength. May we no longer live by bread alone but by every word that comes from your mouth Oh LORD. Teach us to fast so that we might hold fast to you. In Jesus Name, Amen.

### **Scripture Reading: Exodus 34:28**

As we fast let's seek God's Direction

- Moses fasted with the Lord for forty days, leaning on God for direction, wisdom, and guidance in writing the Ten Commandments.
- This is known as one of the “supernatural absolute” fasts in the Bible where Moses went 40 days without eating or drinking. It's labeled “supernatural” or sometimes “miraculous” since that is quite dangerous normally and he was sustained miraculously only by God during that time.
- God not only sustained Moses during his fast, but also gave him wisdom and direction
- We ask that God do for us just as he did for Moses

## Thursday January 5

### Prayer:

Heavenly Father, how I praise and thank You that you are a gracious, loving, and long-suffering God. Help me not to be influenced by the circumstances of my life but rather help me to keep the eyes of my heart on You, knowing that Your plans and purposes are perfect. Thank You Father for Your steadfast love towards all Your children - which is new every morning. All glory to Your holy name, AMEN.

### Scripture Reading: Lamentations 3:22-24

- As you go through today reflect on God's faithfulness and endless mercies
- Intentionally and purposely show mercy to others today.

## Friday January 6

### **Prayer:**

Eternal God Our Father, we come today thanking You for your many blessings and praising you for who you are. Thank you for birth and for reasonable portions of health and strength. We pray especially for your faithfulness, Lord, where You say that you will always be with us no matter what the situation may be. And that You will never leave or forsake us. We need the Blessed Assurance and peace that only you can provide. Thank you for our earthly leader, Dr. Knox, and his family. Please Lord keep them healthy and strong with their minds and hearts focused on you. Also, we pray for healing for ALL those who are ill especially Bishop Davis and Mrs. Davis. Heal them with your mighty hand or through the health care system which you provided for us.

Remember Lord all those families that are grieving, those in the church and elsewhere.

Finally, Father, blessings to all your people, the very rich, the very poor and the multitude in between. Spiritually energize us who are saved to tell others of your saving grace and to invite the unsaved to our worship service. In the name of Jesus we pray, amen.

### **A Prayer by Howard Gaston**

#### **Scripture Reading: I Corinthians 12:4-7**

- Pray today for God to use our gifts to build his Kingdom and live out his will in the church.
- Ask God that our individual gifts be used for the common good



**Saturday January 7**

**Prayer Walk 10:00am in the main parking lot of the church**

**Sunday January 8**

**We will invite our Family & Other to worship whether in-person or virtual**

**Prayer:**

O Jesus, our Savior, and our Lord,  
by the proclamation of your grace,  
you took the yoke of the law from our necks,  
and removed the burden from our shoulders to your own.

Hear the prayers of your Church,  
that we may joyfully serve you here,  
and see your glorious presence in all its joy in the life to come.  
through your mercy, O our God, you are blessed,  
and live and govern all things, now and forever. Amen.

## Monday January 9

### Prayer:

I believe in all that has never yet been spoken.  
I want to free what awaits within me  
So that what no one has dared to wish for  
May for once spring clear  
Without my contriving.  
If this is arrogant, God, forgive me,  
But this is what I need to say.  
May what I do flow from me like a river,  
No forcing and no holding back,  
The way it is with children.  
Then in these swelling and ebbing currents,  
These deepening tides moving out, returning,  
I will sing you as no one ever has,  
Streaming through widening channels  
Into the open sea. AMEN

A Prayer by R. Maria Rilke

### Scripture Reading: Joel 2:28-29; Acts 1:8

- As you go throughout the day pray for fresh anointing, and receive the Spirit's outpouring
- Ask God to give you divine dreams, visions, and prophetic insight.
- Pray that the church would bear fruitful witness, and for revival to be brought to our communities, state, nation, and world.
- Remember this is meatless Monday and we continue to eat clean, let's introduce more fruits and vegetables into our daily diets.

## **Tuesday January 10**

### **Prayer:**

Heavenly Father, I am your humble servant, I come before you today in need of hope. There are times when I feel helpless, there are times when I feel weak. I pray for hope. I need hope for a better future. I need hope for a better life. I need hope for love and kindness. Some say that the sky is at its darkest just before the light. I pray that this is true, for all seems dark. I need your light, Lord, in every way. I pray to be filled with your light from head to toe. To bask in your glory. To know that all is right in the world, as you have planned, and as you want it to be. Help me to walk in your light and live my life in faith and glory. In your name, I pray, Amen.

A prayer by Brannon Diebert

### **Scripture Reading: Jeremiah 29:11-14; Romans 5:1-5**

- Ask God to give you opportunities to encourage others during personal suffering
- Pray for perseverance and stand firm on the hope of God's promised future for you.

## Wednesday January 11

### Prayer:

Dear Lord, nothing has worked to set me free from the compulsive way I turn to other things when I could be turning to You. I need more of You and less of the stuff that leaves me hungry. Take all these heavy idols I'm laying down and teach me to lean into Your gentle refining. Take my life as I empty it out and fill me with Yourself. Your Word proclaims: "It is for freedom that Christ has set you free". I'm choosing to believe that's true. Set me free! In the bondage-breaking, freedom-giving, sweet name of Jesus, Amen. (Wendy Speake)

### Scripture reading: Galatians 5:1;5-6

- Ask God to open your eyes to new spaces that give opportunity for new relationships in life.
- As you fast today rejoice in the freedom that Christ brings
- As you fast today Spend time meditating on how Greater Bethel can demonstrate liberating love and Christlike hospitality.

## **Thursday January 12**

### **Prayer:**

Most merciful, loving, and faithful God, we truly honor and adore you for your kindness, generosity, patience, and Love. As we begin again and look forward to this New Year, help us to appreciate the good and wonderful gifts you have given us.

As we move forward throughout the year, continue to walk with us Lord, and give us your strength, courage, and tenacity. Continue to bless us as we continue to be a blessing to others. Lord, increase our faith and help us to stay and be more humble. And this year when things don't go the way that we hoped for, let us know that you are still with us.

Teach us Lord, what we need to know this year, to be better People, to be better Leaders, and to be better Christians. Teach us to reach beyond our limits and stretch our faith. Provide us with all the tools as we move forward would love and passion.

Amen....

### **A Prayer by Sis Paulette Bryant**

### **Scripture Reading: Proverbs 4:25**

- Pray that your vision will be that of the future
- Ask God to heal you of any past hurt that may be holding you back
- Pray for Greater Bethel to have our eyes set in God's direction for the rebuilding of the community

## Friday January 13

### Prayer:

ETERNAL GOD OUR HEAVENLY, WE HUMBLY ASK TO COME INTO YOUR PRESENCE IN PRAYER. WE COME TO TELL YOU THAT WE LOVE YOU, PRAISE YOU AND GLORIFY YOU. WE WANT TO THANK YOU FOR YOUR MANY MANIFOLD, BLESSINGS, NONE OF WHICH WE ARE DESERVING. PLEASE FORGIVE US OF OUR MANY SINS COMMITTED BY THOUGHT, WORD, AND DEED. ASKING OH GOD THAT AS WE COME TO THE END OF ONE YEAR AND APPROACH ANOTHER YEAR, PLEASE EMPTY US OF ALL THE JUNK AND MESS THAT WE HAVE ACQUIRED SINCE THIS TIME LAST YEAR. WE REALIZE THAT MANY THINGS HAVE OCCURRED OVER THE PAST YEAR, BUT YOU HAVE TOLD US THAT YOU WOULD NEVER, NEVER LEAVE US NOR FORSAKE US, THAT IF WE KEEP OUR MIND STAYED ON YOU, NOT WHAT WE ARE GOING THROUGH, THAT YOU WOULD KEEP US IN PERFECT PEACE. MANY THINGS ARE GOING ON IN OUR FAMILIES AND THIS WORLD AS A WHOLE, BUT WE MUST REALIZE THAT YOU, GOD ALMIGHTY ARE STILL IN CHARGE OF IT ALL, SO HELP US NOT TO WORRY OR FRET, BUT TO DO AS YOU HAVE TOLD US, PRAY WITHOUT CEASING, AND IF IT IS IN YOUR WILL, YOU WILL ANSWER OUR PRAYERS. FATHER GOD, THAT IS A BLESSING IN ITSELF AND FOR THAT WE GIVE YOU GLORY. ASKING OH GOD THAT YOU LOOK UPON THOSE THAT ARE LESS FORTUNATE, THOSE WITHOUT SHELTER, CLOTHING OR FOOD, BUT MOST OF ALL THOSE THAT HAVE NOT ACCEPTED JESUS CHRIST AS THEIR LORD AND SAVIOR. PLEASE CONTINUE TO BLESS OUR PASTOR AND HIS FAMILY, CONTINUE TO INSTILL IN HIM A SERVANT'S HEART, ASKING FATHER THAT YOU BLESS GREATER BETHEL AME CHURCH FAMILY AND FRIENDS, BECAUSE WHEN YOU BLESS US, YOU ONLY ASK THAT WE BLESS OTHERS. THESE AND ALL BLESSINGS I ASK IN THE PRECIOUS NAME OF JESUS I PRAY, AMEN!

### A prayer by Joyce Barnette

#### Scripture Reading: Luke 10:25-37

- Ask God to make you attuned to the needs you encounter “on the way.”
- Pray that you would never avoid or pass by someone clearly in need.

**Saturday January 14**

**Prayer Walk 10:00am in the main parking lot of the church**

**Sunday January 15**

**We invite our Family & Other to worship whether in-person or virtual**

**Prayer:**

Most Loving and Merciful God,

In whose law we find our guidance, in whose Love we find our healing and joy, and in whose will we find our peace, rule over our spirits in this hour that we will go from this worship with the freedom of those who trust you and need have no anxiety for themselves. Empower us, O God to be open to the seasons of life and give of our hearts Love generously to all in need. Grant us the silence of heart so that we can grow in your word.

As we go through this worship today and celebrate Dr. Martin Luther King, Jr. help us to never forget our history and instill in us the willingness to share our history with our youth and others throughout the year.

Now Lord God, fill us with the solemnity of the faith of the great commission; but also provide us with the means and the will to stay in Loving and Joyous relationships with one another and the world. We ask a special blessing for our pastor who will bring the message by sharing historical reflections.

Lord, we praise and adore you and we thank you for the joy we have in worshiping you in spirit and in truth.

In your name we pray,

Amen.

## Monday January 16

### **Prayer:**

Jesus, I am coming to the well. Unlike the Samaritan woman I already know you are there at the well waiting for me hoping today will be the day I come.

I'm glad you already know everything about my life because I'm feeling like the woman looking for the lost coin that is my life.

I'm coming to the well with eager longing, deep, yearning intensity, so absolutely thirsty to be filled with your living water to reach the depths again of who I am.

I don't even want to recount what has happened in my life this year. I just want to be with the One who already knows. who knows me through and through better than I know myself.

And I know you ARE the well. YOU are the Divine Well of compassion, extravagant love and understanding that I desperately need.

You are the healing water overflowing, unlimited to shore up my weakness. You are the calm I need in the storms of my life. You are the patience, the courage to risk, the faithfulness, the wholeness, the gracious presence to others I so deeply desire.

Heal me; Give us the grace to be your healing presence healing the hatred, racism, hurt and grief, injustice, violence in this world. Give us the grace to heal your beloved planet, Earth, to restore the beauty of your creation. May it be so.

A Prayer by Sister Donna Butler of Sister of Providence of Saint Mary-of-the-Woods

### **Scripture Lesson: John 4:4-42**

- As you go throughout the day ask the Spirit to reveal ways, He is working in the hearts of people whom Jesus loves show much.
- Pray that you would have prophetic discernment into the lives of those you engage.
- Remember this is meatless Monday and we continue to eat clean, let's introduce more fruits and vegetables into our daily diets.



## **Tuesday January 17**

### **Prayer:**

Our most gracious and almighty God we come to you in the humblest matter we know how. We want to thank you for the abundance of life and health including (physical, mental, emotional financially and spiritually) the activity of our limbs. We thank you for our pastor, and his family, we thank you for ALL that thou have blessed us with.

We ask for healing for the sick, to be a lawyer and a judge in the judicial system. I know that you are a healer, provider, and a friend. Right now, I thank you, that I know you in the parting of my sins. We petition you to continue to bless as well as protect our pastor as our leader, every ancillary in our church, each member and their families and friends. We ask for on-going protection, and blessings for 2023.

Lord, we give you all the honor, praise, and glory. When we have finished the course, ran the race, sung our songs, and prayed our final prayer we ask you to give us a home in your kingdom in the mighty name of Jesus we pray AMEN! AMEN! and AMEN!

### **A Prayer by Sis Carolyn Simmons**

#### **Scripture Lesson: Luke 8:43-48**

- Pray for God's healing in all areas of our lives
- Ask God to use us to provide comfort to those who are sick and healing

## Wednesday January 18

### Prayer:

Dear Father,

What a compassionate, merciful God You are. All Your ways are perfect.

Lord, we come before You to humble ourselves at Your feet, asking You to bring mercy where judgment has been earned. We are deeply sorry for allowing our hearts to be led astray by our own desires and the things of the world, for the ways we have turned away from You, and sinned against You and You alone.

Although we have been disobedient and our sinfulness deserves punishment, You forgive and pardon those who humble themselves before You. Where judgment is warranted, You give mercy.

Forgive us Lord and be merciful to us. Soften our hearts, God, to be tender towards You, to seek your face, and to long for your presence in our lives.

In Jesus name,

Amen.

### Scripture Lesson: Isaiah 58:6-14

- As you fast pray for insight into ways Greater Bethel can fulfill Isaiah 58 in the community
- Ask God to inspire partnerships among the body of Christ in every community.

## Thursday January 19

### **Prayer:**

You are a miracle-working God. Give me a vision for what freedom looks like for me. Give me faith to believe in You for my miracle. Show me what makes me tired. Show me what masters me and slows me down. Help me to lose my taste for that which weakens me and acquire a taste for that which strengthens me. Heal me from the inside out! Help me to make the necessary changes. I want to participate with You in my healing process. Awaken fresh life in me! Amen

A Prayer by Susie Larson

### **Scripture Lesson: Revelation 21:1-5**

- Repent for the areas in your life where you have lost hope personally
- Pray that Greater Bethel would be a beacon of hope for the community

## **Friday January 20**

### **Prayer:**

Dear God,

Your word says that if you have the Faith of a grain of mustard seed, you can say to the mountain, “move from here to yonder”, and the mountain will move.

Lord, give us that mustard seed Faith. The kind of Faith that will allow us to be More Loving to others,  
More Humble and Compassionate to others, and  
More Forgiving to others, as you are to us.

Thank you, Lord, for answering our Prayers in Jesus Christ name. Amen!

**A prayer by Bro. Neal Green**

### **Scripture Lesson: Matthew 17:20**

- Pray that God give us mustard seed faith
- Pray that we can believe that God is greater than any mountains in our lives.
- Ask God to transform the church that we lead by faith.

**Saturday January 21**

**Prayer Walk 10:00am in the main parking lot of the church**

**Sunday January 22**

**We invite our Family & Other to worship whether in-person or virtual**

**Prayer:**

Oh, Heavenly Father

We come before you knowing that You are a father above all fathers. You are loving, gracious, merciful, and everlasting. You are Magnificent, an impenetrable shield, trusting, glorious, forgiving, and faithful comforter, provider, and creator.

Lord, we come with our arms, minds and hearts open ready to receive the blessings and lessons you have just for us. Lord, we ask that you forgive us for our wrongdoings. For the ones we are aware of and for those we are not. Lord, clean our hearts and our minds of evil and the worldly things that are not of You.

Father, we pause in this moment and ask that Your Will be done in our lives. Make us one with You so that the world may see YOUR light.

In Your precious son, Jesus' name we pray,

AMEN

**A prayer by Sis Boneita Page**

## Monday January 23

### **Prayer:**

Lord, Jesus, here I am again, asking You to do what only You can do in my life. Scripture tells me that You are the same yesterday, today, and forever. You are the God who performs miracles! So do a miracle in me! Heal me through and through! Deliver me from my tendency toward anxiety and worry. Show me how You fight for me.

Give me a vision for what a healthy-healed-me looks like and help me to go after that person with tenacity and purpose. Take my efforts and multiply them, Lord. My soul waits for You to do what only You can do. I love You, Lord. Amen.

A prayer by Susie Larson

### **Scripture Lesson: Matthew 24:14; Revelation 7:9**

- Boldly pray against the spiritual forces that keep people locked in darkness
- Pray that the unreached world encounter Jesus through dreams, visions, revelations, miracles, and divine encounters
- Remember this is meatless Monday and we continue to eat clean, let's introduce more fruits and vegetables into our daily diets.

## Tuesday January 24

### **Prayer:**

O' Lord our God, How excellent is your name. Most gracious and loving God, you have allowed us to breathe the breath of life. Truly, God, we Thank you and ask that you please forgive us for whatever we have said or done wrong: Father, God, you said, in your word, we are your children. Give us this day, that we will continue to pray and read your Holy Word. We need to Trust you and forget about ourselves and lean not to our own understanding but in all thy ways acknowledge you Lord, and you will surely direct our path.

Lord! We thank you, and praise your name on High, for we are in your Hands; Holy Spirit, have your way.

Heal and Deliver Us precious Lord; Build a hedge of protection around Us. We claim the Victory in the name of Jesus.

We walk by Faith and not by sight, giving you the Praise, the Glory and Honor which is in Christ Jesus.

Amen.... Amen...Amen

### **A prayer by Sis Phyliss Wonson**

#### **Scripture Lesson: Matthew 9:36-38**

- Pray that more laborers would respond to God's calling in Greater Bethel
- Pray that you will become more of a laborer in Greater Bethel and your community.

## Wednesday January 25

### **Prayer:**

Father, there is much that we don't understand on this side; why some go through life seemingly with ease and little trouble and others seem to be born with trouble that never goes away. It is not for us to understand Your ways for You are a God of mystery with greater purpose than we can comprehend, and yet You have made clear to us through Scripture that which we are to understand. Some of the very trouble we seek to avoid is what brings us to faith and causes us to live a life that is honoring to You and purposeful to others. Keep our hearts sensitive and compassionate toward those who are undervalued by the world's standards. When we put ourselves in their place, we identify with their struggles and feel the deep hurt they experience when looked down upon and rejected by others. May we be Your tender arm of compassion, Your gentle voice of acceptance and unconditional love. In the name of Jesus, we pray. Amen.

### **Scripture Lesson: Matthew 25:34-40**

- Pray for the people facing food insecurity and living below the poverty level
- As you fast keep us mindful of those who have no food to eat
- Pray that Greater Bethel, Care to Share, and us personal would always embrace, advocate and care for the poor and those needing access to food.



## Thursday January 26

### **Prayer:**

Lord, I pray my son has a personal relationship with you at a young age so he may live according to your plan for his life. Knowing that you are his Savior, Provider and Protector.

Thank you for the role you allow me to fill in his life but let his dependence be cultivated in you and not in me. Create in my son a clean heart, O God, and renew a right spirit within him.

Lord from the days of her youth, reveal to my daughter her purpose, so she may live her days fulfilling the plan you created for her life. Teach her to hear your voice, so when you speak, she is sure to listen. A stranger's voice she will not follow because she is grounded in you.

### **Scripture Lesson: Matthew 19:13-15**

- Ask the Lord to bring revival among our children and teens
- Pray for signs, wonders, and the gifts of the Holy Spirit to spark new movements of young leaders.
- Ask God to provide safety and miraculous protection for children from predators, traffickers, abusers, exploiters, or any who would do harm to them.

## Friday January 27

### Prayer:

Dear Lord, thank you for making me holy. I couldn't ever do it on my own! What's more, you didn't just forgive me for my sins and then left me alone to figure out how to stop sinning! You gave me your Holy Spirit to guide, convict, and counsel me. With your help I'm learning to live this holy life. Thank you for lifting me from the mud and the mire and giving me a spacious place to stand up right. Please continue to help me understand how to cultivate holier habits, so that I don't slip into my old mess again. I humbly ask this in Jesus' cleansing Name, Amen.

A prayer by Wendy Speake

### Scripture Lesson: Proverbs 31:8-9

- Pray for the disabled in areas that provide few or no amenities for them.
- Pray for people who are disabled and living in areas that stigmatize disabilities and keep them as shut-ins
- Pray the Greater Bethel can have ministries designed for people with special needs and disabilities.

**Saturday January 28**

**Prayer Walk 10:00am in the main parking lot of the church**

**Sunday January 29**

**We invite our Family & Other to worship whether in-person or virtual**

**Prayer:**

Oh, how magnificent, gracious, and merciful thou art, heavenly Father. The creation of all mankind, the heavens, the wonders of the seas and the creations of the earth are by Your hand. All that there is we have because of You. There is none like You. We know that You are forever faithful; You are the same today as yesterday and forever and always will be. We love You because You first loved us.

During these times when it may seem to us that we are in the midst of darkness. Our days are filled with confusion we pray believing that you, Father God, are working on our behalf. And even though in hard times it seems your children may suffer from frailty of faith and are without hope, we know that in good times and in difficult times and throughout all our days You are on the throne, and we need not worry or fear.

We ask that you forgive our sins as we repent wholeheartedly and learn to obey Your commandments; and that as we continue to grow in your Word, we become more Christ like in every way.

As we move into a new year, may we continue to hold fast to and “bulk up” our faith so that we are able to persevere until the end. We ask that the Bible continue to be a lamp unto our feet, a light unto our paths and that each day we receive just enough light for the next step we take. We know that man does not exist by bread alone but by every word that proceeds out of the mouth of God. We thank you for your Holy Word for it is the bread of life; it is sufficient.

Lord God, give us clean hearts and keep our bodies and minds strong, Father God. Show us how to serve one another and let us continue to strive to strengthen our church, our families, and our local and global communities. May we continue to give comfort to those in need and be a blessing to all to the glory and honor of Your name.

We pray knowing that our prayers, whatever we ask, in Jesus’ name, will not return to us void. We hold tight to our faith and pray without ceasing knowing your grace and mercy is all that we truly need. We trust and pray knowing that if it is Your will, the manifestation of our hearts’ desires is just one prayer away. We will wait on and trust in You, Father God.

We thank for all these blessings most heavenly Father in the name of Your son, our Lord, and Savior Jesus Christ, who died on the cross so that we may have eternal life. We thank You for all that You have given us, all that You are doing in our lives right now and for all that You will do, for You are God.

Amen and Amen!

**A Prayer by Sis Cynthia Clausell**

## Monday January 30

### Prayer:

Lord, I confess there is sin in my life I can't shake. I've struggled silently for so long against it. I've dismissed it, justified it, tried to convince myself it isn't as bad as I know it really is. Lord, I know Satan desires me to leave my sin in the dark. I confess it to you and bring it to light.

Lord, I need your strength to defeat this sin. I am thankful that your power is made perfect in my weakness. I don't boast in my sin but boast in you who works in my weakness to make me more like you. I know that I can glorify you by fighting against this sin in my life. Give me wisdom and perspective in the moment I am tempted to sin – help me in that moment see my sin as you see it, and not do the sin my heart longs to do.

Oh Lord – who will save me from this body of death! Thanks be to God! Thank you, Lord, for rescuing me and saving me from my sinfulness. It is only in your grace that I am saved, and I am so thankful. In Your Name I pray, Amen!

### Scripture Lesson: Matthew 28:19-20, Acts 1:8

- Ask God to bring unity in the church.
- Pray that Greater Bethel would continue to grow deeper and more broadly into the will of God.
- Pray that you and the church will experience the fullness of the Holy Spirit in all that we say and do.
- Remember this is meatless Monday and we continue to eat clean, let's introduce more fruits and vegetables into our daily diets.

## Tuesday January 31

### Prayer:

Lord, thank you for the lessons you taught me during this month of prayer and fasting. Thank you for the ways you grew me in fruits of the spirit like patience and self-control. I know I could not have accomplished this by my own power, but only because of Your work in me.

Guide me as I move forward. If Your desire is for me is to fast again, show me that clearly. Help me not forget this time of fasting, but instead to use these lessons in my daily life. Above all, help me honor and serve You with the choices I make. I love you, Lord.

Amen.

- Let us go into year more committed to Loving God
- Let us go into the year willing to Loving the People
- Let us go into the ready to Do the Work

**NOTES & OBSERVATIONS**  
**AS YOU READ THE SCRIPTURES, FAST, AND PRAY**  
**TAKE TIME TO RECORD WHAT THE LORD IS SAYING**  
**TO YOU.**