



6TH JANUARY - 10TH JANUARY 2025

# PRAYER & FASTING WEEK



# WE PRAY!

Although He was fully God, the Scriptures reveal that Jesus lived His earthly life as a man anointed by the Holy Spirit. Why do we pray? Because Jesus did! His prayers are an incredible inspiration and model to us all. Prayer was so integral to and effective in Jesus' life that His first followers observed and asked Him to teach them to pray...

# MONDAY

6TH JANUARY

**TOO BUSY NOT TO PRAY!**

**MARK 1:29-39**

***VERY EARLY IN THE MORNING, WHILE IT WAS STILL DARK, JESUS GOT UP, LEFT THE HOUSE AND WENT OFF TO A SOLITARY PLACE, WHERE HE PRAYED.(V.35)***

The first thing we can learn from Jesus' approach to prayer is that it was not an optional extra, Nor was it a legalistic box-ticking exercise. In today's scripture, He has recently embarked on His public ministry and people are flocking to hear Him and experience the miracles. All the more reason to get to a solitary place to pray. You could say that He was too busy not to pray! Even with His best efforts, the disciples eventually found Him, and the busy day had to continue.

Prayer is not always a private practice, but carving out some time alone with Father God becomes essential to hear His voice and benefit from the intimacy of that conversation. You may not need to literally leave your house, you may simply need to close a door, but find a way to leave everything on hold while you connect with your maker and the sustainer of our lives.

- Life has different seasons and demands upon our time. When and where is your current 'solitary place'?
- Thank God that He is ultimately in control! As His co-worker, ask Him to guide you as you walk through your day...

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# TUESDAY

7TH JANUARY  
"I'LL PRAY FOR YOU!"

**LUKE 22:31-34**

**'BUT I HAVE PRAYED FOR YOU, SIMON, THAT YOUR FAITH MAY NOT FAIL. AND WHEN YOU HAVE TURNED BACK, STRENGTHEN YOUR BROTHERS.'** (v.32)

Jesus prayed for His disciples: before choosing them, while with them, before leaving them and, even now, He is interceding for us (Romans 8:34). Jesus was aware of the trials Simon Peter was going to face and His response was to pray.

We can reassure our friends and even empathise with them in their difficulties, but the most loving and powerful thing we can do is to intercede for them. Let "I'll pray for you!" become more than an encouraging remark – let us actually pray on behalf of and for others, bring the resources of God to bear on their situations. There are times of weakness when we need each other to be strong for us in faith and prayer.

- Give thanks to God for a time when the prayers of others have carried you through difficulty.
- Who is the Lord leading you to intercede for today?

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# WEDNESDAY

8TH JANUARY  
CONFIDENCE IN  
PRAYER

**JOHN 11:38-44**

***'FATHER, I THANK YOU THAT YOU HAVE HEARD ME. I KNEW THAT YOU ALWAYS HEAR ME, BUT I SAID THIS FOR THE BENEFIT OF THE PEOPLE STANDING HERE, THAT THEY MAY BELIEVE THAT YOU SENT ME.'* (V.41-42)**

Jesus raises Lazarus from the dead with a few short words – words of authority and conviction. Yet He publicly prays beforehand so that there is no confusion as to where this authority comes from. Note the confidence in His voice: 'You always hear Me.' Lazarus' illness and subsequent death had been a matter of prayer for Jesus, and now out of that place of prayer He acts with great authority.

- How can you grow in confidence that your prayers are heard?
- For what has God given you an authority to speak up and see His will be done?

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# THURSDAY

9TH JANUARY  
WHO'S WILL?

**MATTHEW 26:36-46**

***GOING A LITTLE FARTHER, HE FELL WITH HIS FACE TO THE GROUND AND PRAYED, MY FATHER, IF IT IS POSSIBLE, MAY THIS CUP BE TAKEN FROM ME. YET NOT AS I WILL, BUT AS YOU WILL.' (V.39)***

In this passage Jesus walks through the very human experience of submitting to God's higher purpose and will. Understandably, He wants to avoid drinking of the 'cup' of the cross that is before Him, yet in His heart of hearts He senses that that is what he has been called to do! Maybe Jesus knew His request would be denied as he prayed it, but the plea is nonetheless meaningful and necessary for Him to own and intentionally take the next step.

Prayer is the place where we can legitimately bring our disagreements to God, our disappointments and even disgust. Our God does not turn away from us in our distress and anguish. Like the restless night that Jacob experienced the night before facing his estranged brother (Gen.32:22-32), we may have to wrestle with God to get free from our old ways or / and face our futures.

- What are you wrestling with God about in prayer?
- What is He revealing to you about Himself or yourself in this process?

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# FRIDAY

10TH JANUARY  
CANCELLING THE DEBT

**Luke 23:32-43**

**Jesus said, 'Father, forgive them, for they do not know what they are doing.' (v.34)**

Just in case there was any doubt about Jesus' desire to forgive, He prays these words for those who are in the act of crucifying Him! His capacity to forgive us is greater than our comprehension of our need.

He taught us to pray, 'forgive us our debts, as we also have forgiven our debtors.' (Matthew 6:12). We would do well to make this a regular request, not allowing sin to build up in our own lives. Just as importantly, we release people of their sins, the debt that they owe us. When this seems difficult, consider again the huge debt that Jesus has cancelled in our own lives!

- Take a moment to confess to God any sins that you have committed or harboured in your heart this week.
- Is there someone who has wronged you? By God's grace, forgive them, that they may owe you nothing and that your heart can be free.

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PRAYER AND PRAISE REPORTS



SCAN FOR ALL DEVOTIONALS



'Our Father in heaven,  
hallowed be Your name,  
Your kingdom come,  
Your will be done,  
on earth as it is in heaven.  
Give us today our daily bread.  
And forgive us our debts,  
as we also have forgiven our debtors.  
And lead us not into temptation,  
but deliver us from the evil one.'

(Matthew 6:9-13)

## PRAYER & FASTING WEEK



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