

SACRED ASSEMBLY

PRAYER GUIDE
FEBRUARY 18-25, 2024



SAUBLE
CHRISTIAN FELLOWSHIP

This guide is intended as a tool to help give shape to a week of intentional listening and responding to God's Spirit.

Use what is helpful; disregard what is not. Above all, open yourself up to what God wants to do in and through you as you give your attention to him.

**WHY
CONSIDER
FASTING?**

One way you might consider engaging with this week is to intentionally fast from a meal and replace it with your time of prayer.

Fasting is an ancient tradition. Jesus even talks about it in the Sermon on the Mount (Matthew 6) as a common practice for those who are faithful in seeking God. Think of it as doing without to remind you of your physical hunger which can be a mirror of our spiritual hunger for God.

If fasting from food is new to you, keep it simple. Tell a spiritual friend that you are trying this spiritual practice so they can be praying for you as well.

MONDAY | REJOICE

Grounding ourselves in the goodness and faithfulness of God.

- Take a deep breath and settle yourself into the space you are in to listen and receive from God.
- Read today's Psalm passage, pausing after each verse to contemplate:
 - What are you thankful for today?
 - Be specific and take time to express your gratitude and thanksgiving to God out loud or in writing.
- After the scripture reading, contemplate:
 - Where have you seen the faithfulness of God in your life in this past year?
- What is a name of God that has particular significance to you? Think about why you chose that name.
- Take time to praise God for who he is; be specific in referencing who God is to you, and to acknowledge his faithfulness in this past year.

PRAYER

Lord, you are a good and faithful God.
You are worthy of my praise just because
of who you are!
Thank you for the many
ways you have shown your love and
goodness to me.
Help me to remember
your faithfulness and to give my worship
to you alone.
Amen.



Psalm 107:1-9
Lamentations 3:22-24

TUESDAY | REPENT

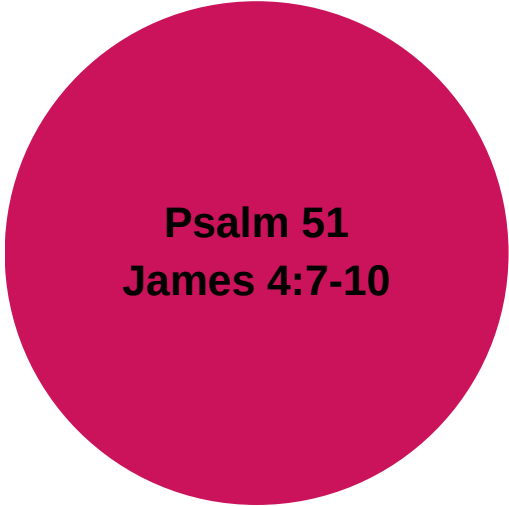
Making room for personal confession and repentance.

PRAYER

Anglican Prayer of Confession

We have not loved you with our whole heart; we have not loved our neighbours as ourselves. We are truly sorry and we humbly repent. For the sake of your Son Jesus Christ, have mercy on us and forgive us; that we may delight in your will, and walk in your ways, to the glory of your name.
Amen.

- Ask God to reveal to you the condition of your heart.
- What do you need to bring before him in these moments?
 - what is creating a barrier between where you are and
 - where Jesus is inviting you to be with him?
- There is no need to judge or shame anything that arises as you sit with Jesus; rather, trust the leading of the Spirit to raise up what you need to notice, and then ask God for forgiveness and healing in this area. Take your time and be specific.
- If you would like, connect with a trusted friend or mentor to share what has come up for you during this time.



Psalm 51
James 4:7-10

WEDNESDAY | RESIST

Being aware of spiritual resistance as we lean into the Spirit's leading.

- As you've undertaken this practice of sacred assembly, and possibly fasting, do you sense resistance in yourself in any way? Take a few moments to notice where you may be resisting or shying away from the invitation to spend this intentional time with God.
- Read through several times 1 Peter 5:6-11.
- With each reading, what stands out to you?
- What are you noticing in your spirit, and in your body, as you spend this time in prayer? Write it down so you can come back to it, and think about sharing it with a trusted friend.

1 Peter 5:6-11
Isaiah 43:1-7

PRAYER

Lord, I will not fear, for you are with me and you are good. Help me Lord, to resist the temptation to turn away from what you want to do in me today. Forgive me Lord, if I have quenched your Spirit or been too distracted or unavailable to respond to your invitations.

Help me to fix my attention on you, the author and perfecter of my faith.

Amen.

THURSDAY | RESTORE

Setting aside time for specific prayers of renewal, restoration, and revival.

1 Peter 1:22-2:3
2 Corinthians 5:14-17
Galatians 5:1

PRAYER

Jesus, thank you that you are always with me. I'm thankful that nothing can separate me from you and your love; that no mistake can disqualify me from your plans. Today, remind me of who you've called me to be. And when I start to feel unworthy, help me remember that you are more than able to restore and redeem all things. Today I choose to follow you. Amen.

- Take time to pray through specific areas of your life and ask God for renewal, restoration, and fresh life in each area you for which you pray.
- You could include some or all of these areas: spiritual, mental, emotional, physical, familial, professional, relational...
- Which areas do you notice a reaction or response to in yourself? Pause and ask God what he would like to restore or redeem in those areas of your life.
- Are there behaviours or ways of thinking that you sense the Spirit saying to stop, continue or start doing? Ask for God's help to follow through.

FRIDAY | RESPOND

Listening to the invitation of God in our lives.

Read through this prayer, slowly, a few times.

PRAYER

(Adapted from The Prayer of St Francis)

Draw us into your love, Christ Jesus: and deliver us from fear.

Lord, make me an instrument of your peace.

Where there is hatred, let me bring love;

where there is injury, pardon.

where there is doubt, faith;

where there is despair, hope;

where there is darkness, light;

where there is sadness, joy.

O Divine Master, grant that I may not
so much seek to be consoled as to console,
to be understood as to understand,
to be loved as to love.

For it is in giving that we receive,
it is in pardoning that we are pardoned,
and it is in dying that we are born to eternal life.

Amen.

- Take a few deep breaths, and settle your body and mind into this time of focus with God.
- As you think about your times with God this week, reflect on what stands out to you. What do you notice? What do you want to give thanks to God for?



Colossians 3:12-17

SATURDAY | RECEIVE

Resting in the sovereignty and goodness of God.

Psalm 16:5-11
Matthew 5:2-12
Matthew 11:28-30

- Today, let your mind be still. Let your spirit be at peace.
 - There is nothing to do, nothing to achieve; instead, you can simply receive the presence and goodness of God.
 - Open your hands and breathe deeply.
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- Make some time to go outside and take a walk. Don't listen to anything on a device, but simply walk for 15-20 minutes or more, and notice what is around you.
 - Your rest, your lack of task or effort, is a way of proclaiming that God is the one in control. You can rest, because God is always at work. You can stop striving and simply receive, because God is the faithful provider for every need.

PRAYER

Jesus, help me to be still and know that you are God. Help me to let go of the need to do or to achieve, Lord, and instead let me rest in the knowledge that you are at work in and around me. Surprise me with your joy, Lord, and let your blessing flow through me to bless others as well. Amen.

Declare a holy fast;
call a **sacred assembly**.
Summon the elders and all who live
in the land and to the house of the
LORD your God,
and cry out to the LORD.

Joel 1:14

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