

BFMC 50 days (Prayer and Fasting)

Greetings Church Family,

I am excited to be entering into 50 days of prayer and fasting with our Church Family from September the 14th through November the 3rd. We at BFMC still believe in the power of prayer. There is so much going on in our world today that there seems to be an urgency for a call to prayer like never before. We need prayer for our country, homes, marriages, families, schools, keiki, churches, our faith and our ability to stand strong for Jesus during these difficult times. WE NEED THE LORD!

The heart behind this call to prayer is not political. You can certainly pray for fulfillment of your personal desires but more importantly, let us pray for our Lord's will to be fulfilled. We need to follow Jesus' example in the Garden of Gethsemane when he prayed, "Father, if thou be willing, remove this cup from me: nevertheless, not my will, but thine, be done". Luke 22:42

As we begin these 50 days of prayer and fasting, although it will look a little different for everyone, I am asking the church family for faithfulness in committing a portion of every day to this calling.

If you don't really know how to pray, I am including instructions that might help. If you want to be a part of the fasting but don't know how, I am including instructions. Please remember that this is an individual thing between you and God.

May this be a powerful experience in your life and may you and your family draw closer to our Lord and Savior Jesus Christ than you ever thought imaginable!

Pastor Mel

Psalm 27:4

4 One thing I have asked from the Lord, that I shall seek: That I may dwell in the house of the Lord all the days of my life, To behold the beauty of the Lord And to meditate in His temple.

John 14:13 Whatever you ask in My name, that will I do, so that the Father may be glorified in the Son.

John 16:24 Until now you have asked for nothing in My name; ask and you will receive, so that your joy may be made full.

Ways to pray

Drawing Near & Confession:

Come before your Father in the name of Jesus Christ, on the basis of the work He's done in the Gospel.

Acknowledge your dependence upon the Holy Spirit even in your prayers (Rom 8:26–27). Ask for His help in the coming hour.

Pray that the Father would receive this time as worship from a heart gladdened by His glorious grace.

Confess your sin in light of God's holiness. Ask for forgiveness on the basis of Christ's shed blood on the Cross (Matt 6:12, Heb 10:19–23).

Praise & Thanksgiving Spend time simply delighting in all that God is for you in Christ. Meditate on the beauty of His manifold perfections and His wondrous deeds throughout the ages. Ascribe to the Lord the glory due His name (Ps 96:7–9), and honor Him as God by giving thanks to Him (Rom 1:21) for all His good and perfect gifts (Jas 1:17).

God-Centered Petitions:

Pray for God's name to be glorified above all other names (Matt 6:9).

Pray for His kingdom to increase through you personally and the ministry of the Church (Matt 6:10a).

Pray for His kingdom to come in its fullness (Matt 6:10a; Rev 22:20)

Pray for His will to be done on earth as it is in heaven (Matt 6:10b namely, without hesitation and full of joyful zeal).

Personal Petitions:

Pray for growth in grace and godliness (2 Pet 3:18). Be specific with your particular needs for growth.

Battle in prayer against specific sins. (Rom 8:12–13).

Pray for opportunities of personal ministry, that your light would shine before men to the glory of your Father (Matt 5:16)

Pray for God to provide (and to continue to provide) for your daily necessities (Matt 6:11) for food, shelter, employment, etc.

Pray for freedom from temptation (Matt 6:13), and, when temptation comes, strength to endure it without falling (1Cor 10:12–13).

Pray for the strength to persevere and endure in trials (Jas 1:2–4), whether they be present or future, or both.

Pray for our country, homes, marriages, families, schools and kids, churches, and even our own faith and personal strength to stand strong during these difficult times.

Intercessory Prayer

During this time, pray for the requests of particular circles of friends and family.

Pray for your immediate and extended family.

Pray for the requests of those in your small group Bible study.

Pray for your pastors and elders, as well as the missionaries your church supports. Pray also for pastors, elders, and missionaries you know outside of your own church.

Pray for those whom you interact with at your job. What a great way to both minister and witness to those at your job!

Pray for other friends outside of your circles, as well as specifically for the salvation of unbelievers you know.

Summarize

Thank God for the time spent with Him and for His gracious revelation of Himself in His Word.

Express your trust in Him to grant the things you've prayed for according to His sovereign, wise, and good will, and according to the glory of His name.

Pray again for strength and grace to glorify Him and serve people in His name throughout your day.

Another Thought on Prayer

1. Know to whom you are speaking. Prayer is a conversation with God, and every conversation begins by addressing the person to whom you are speaking by name. Jesus begins with "Our Father in heaven." He focuses on a distinct person — the Heavenly Father with whom he has a personal relationship. We share the same right to call God "Father," and there are times when we need to talk with our Abba Father, Daddy God. But God is three distinct persons in One: The Father, the Son, and the Holy Spirit.

2. Thank Him. A heartfelt thank you is always a great conversation starter. Like any parent, God loves to see that we have grateful hearts. But more importantly, as we take the time to praise God for all He has done in the past — the answered prayers, the impossible situations overcome, the healings and grace — our faith to believe for even greater answers to prayer grows stronger and more confident. Praise opens the gates of heaven and should always be part of our alone time with God.

3. Ask for God's will. The Lord's Prayer is not the only place where Jesus role-modeled a heart of obedience and submission to the will of God over his own desires and needs. In the Garden of Gethsemane, only hours before Jesus' crucifixion, he would once again pray, "not my will, but yours be done." In a world where right and wrong are frequently confused and the future is so uncertain, it can be hard to know how to pray or what to ask for when difficult circumstances arise. But the one thing we can know with absolute certainty is that God's plan for those who love him is good, and the safest place we can be is in the center of his divine will.

4. Say what you need. In Jesus' time, bread was a staple — one of the most basic needs of life — and he did not hesitate to ask God to provide it. But we often hesitate to bother God with the little things we need, thinking he shouldn't be bothered. And when the big problems come, we try everything we can to solve the problem before we think to pray. The Bible says, "You do not have because you do not ask God." So never hesitate to ask God for what you need in 2020. Your Father in heaven delights to give you good gifts.

5. Ask for forgiveness. James 5:16 reminds us that if we want our prayers to be heard, our hearts need to be right with God and with one another. If you feel your prayers are bouncing off the ceiling, take some time to check your heart.

6. Pray the Word. Maybe you can think of someone who is a spiritual prayer warrior. We loved to listen to them pray because for every need or situation, they will claim a scripture of promise. The Word of God has power and is our great spiritual weapon," Pray the Word."

Jesus did the same when he was tempted by Satan in the wilderness (see Luke 4:1-12). He was the Son of God, but he did not use his divine authority. Instead, he used the authority of the Scriptures.

7. Memorize Scripture. The most important key to a vibrant prayer life is to understand our spiritual authority in Christ as explained in the Scriptures. The only way to do that is to become intimately familiar with the Bible. Even a few minutes a day in the Word of God will add strength and authority to your prayers in 2020.

Marilee Pierce Dunker

Fasting

There are several types of fasting. The one you choose is between you and God. He will honor your best sacrifice.

Full Fast

Drink only liquids (you establish the number of days).

The Daniel Fast modify how you wish

Eat no meat, no sweets and no bread. Drink water and juice. Eat fruits and vegetables.

3-Day Fast

This fast can be a Full Fast, Daniel Fast or give up at least one item of food.

Partial Fast

A partial fast could be from 6:00 am to 3:00 pm or from sunup to sundown or certain times you select.

You can select from three types of fasting —a Full Fast, Daniel Fast or give up at least one item of food.

Scripture References for Fasting:

Matthew 6:16-18, Matthew 9:14-15, Luke 18:9-14

Relation to Prayer and Reading of the Word:

1 Samuel 1:6-8, 17-18, Nehemiah 1:4, Daniel 9:3, 20, Joel 2:12, Luke 2:37, Acts 10:30, Acts 13:2

Corporate Fasting:

1 Samuel 7:5-6, Ezra 8:21-23, Nehemiah 9:1-3, Joel 2:15-16, Jonah 3:5-10, Acts 27:33-37

Remember that it is the attitude of a heart sincerely seeking Him to which God responds with a blessing (Isaiah 58, Jeremiah 14:12, 1 Corinthians 8:8). May God greatly bless you as you fast!

The Lord bless you, and keep you;
The Lord make His face shine on you, And be gracious to you;

The Lord lift up His countenance on you, And give you peace.'

ANNOUNCEMENTS & PRAYER REQUESTS:

A VERY SPECIAL THANK YOU TO THE MCMANUS FAMILY FOR FEEDING COUNTLESS FAMILIES WITHIN OUR CHURCH, OUR COMMUNITY AND THE MILOLII FISHING VILLAGE.

- Please continue to pray for Eldon & Delphine Neufeld's 13 year old granddaughter Emma.
- Please continue to pray for Becky Reh who is at home recovering.
- Please pray for guidance for all of our missions and this time of travel uncertainty.

THINGS TO WATCH FOR THIS WEEK:

Tuesday: This letter of communication you are reading

Wednesday: Pastor Mel's Facebook message of encouragement.

Thursday: Weekly Zoom Bible Study at 6:00 pm with Diane Bundrant. Please contact Diane Bundrant at (206) 331-0701 to receive her weekly text invite or with any questions. This study is open to all so please invite any new participants from anywhere in the Country, who are interested in joining! We are enjoying the Armor of God series at this time. May God bless and keep you all!

- Elders Meeting, 9:00 am

Friday: Praise and worship team at 6:00

Saturday:

- 9:00 am, Prayer Meeting downstairs in the fellowship hall and/or online via Zoom, If you wish to zoom in with us please text Shanna at (808) 333-9263 and she will send you an invite. Please feel free to invite others.
- 10:00 am, Worship Practice

Sunday: Live and Video stream Service@ 10:00,

FOOD BANK: Last Wednesday of September