

CHBC Prayer and Fasting Day – Guide Sheet (accessible, text only version)

Wednesday 18th December 2024

Our theme verse for our prayer and fasting days is Jeremiah 29:13: You will seek me and find me when you seek me with all your heart.

Our communal focus for this time is **Remaining in God**. We also ask you to seek the Lord for our recruitment of an **Operations Manager**. Try to listen with your ears and eyes for what God has to say rather than talk too much this day,

The main church building will be available to use between 10am until 2pm for private prayer. We also have prayers at 1pm (in the lounge and on Zoom) and at 6:30pm (on Zoom).

Don't forget to share any thoughts God may be laying on your heart via the website or by speaking to Kevin or one of the Prayer Team. The link to post feedback is here: <https://warwickbaptists.org.uk/nov-dec-reflections/>

What is God saying to you?

The suggested fast for this day is 12 hours, 7am to 7pm but this is at your discretion. More info about alternative ways to fast is available here: <https://warwickbaptists.org.uk/fasting>

The following resource is offered as a starting point; please use it however you find helpful. There are more ideas and guidance online, particularly creative ideas for families.

Today's Passage: John 15:1, 4 (AMP)

15 "I am the true Vine... ⁴ Remain in Me, and I [will remain] in you.

With Christmas Day only 1 week away, many people can find the run-up to Christmas spiritually exhausting. In deed, for some the last few days may have been a frenzied whirl: Church services, buying presents, food preparation, managing excitable children, and worrying about the cost of it all! Others may not have been so busy but the thought of spending Christmas alone or struggling with poor health might be engulfing you.

We may react to all this with a desire to 'switch off' and retreat for a few days—even from Jesus. We might feel that if we 'stay connected' to 'the Vine,' Jesus might start telling us to 'do something' when all we want to do is nothing.

However, Jesus just wants us to rest in His love today. That does not mean sitting still in contemplative prayer for the next week (although this Prayer and Fasting Day invites us to do just that!), for we may still have things that need to be done, but we can intentionally ask God each day to show us how to remain in him during this period so that his love, presence, peace and strength can seep into us continuously like sap from the vine.

Here is one approach to help you meditate on today's text:

- > Read: Spend time in this passage. Read it slowly, dwell on each word/phrase.
- > Reflect: What is particularly jumping out at you?
- > Reflect: In order to remain in Him (Jesus) we have to stay connected — how do you stay connected with Jesus? What needs to change? This Christmas, will I ask God for His rest right down deep in my soul?
- > Reflect: How does this verse relate to CHBC? How can we support each other to remain in Him?
- > Respond: What is the Holy Spirit highlighting & how might you/we need to respond?

For children: In order to remain in Him (Jesus) we have to stay connected — chat with your family about how you stay connected with Jesus. As a family pray: *Jesus you are the vine. Help us to stay connected to you. Amen*

Thank you for setting this time aside to meet with Jesus and seek to hear from him.