



KINGWOOD

UNITED METHODIST CHURCH

More to Life.

Denominational Affiliation Prayer and Fasting Guide

KUMC 40 Days of Denominational Discernment

Proverbs 2:1-6

*My son, if you accept my words
and store up my commands within you,
2 turning your ear to wisdom
and applying your heart to understanding—
3 indeed, if you call out for insight
and cry aloud for understanding,
4 and if you look for it as for silver
and search for it as for hidden treasure,
5 then you will understand the fear of the Lord
and find the knowledge of God.
6 For the Lord gives wisdom;
from his mouth come knowledge and understanding.*

KUMC pastors and members are in a season of denominational discernment in preparation for a churchwide vote on September 25, 2022. Our community of faith is united in seeking the will of God through 40 days of prayer and fasting prior to voting.

In Scripture, 40 days refers to a time of trial, seeking, and testing. Moses spent 40 days and nights on Mount Sinai when he received the 10 commandments, and Jesus endured 40 days in the wilderness before He began His earthly ministry to fulfill the Law. As a church family, KUMC will spend 40 days seeking the Lord's guidance through prayer and meditation, fasting, and listening as we discern our denominational direction.

Discernment begins with us listening for the guidance of the Holy Spirit. Daily prayers, as well as a Wednesday fasting guide, will be posted here each day. Join in this process by opening your Bible to the scripture each day to read the Word of God, pray the prayers provided in addition to your own prayers, and listen for the many ways the Lord will reveal his will to you.

If you would like more information about the denominational discernment process, please visit kingwoodumc.org/affiliation.

Week 1

Monday, August 15th | Day 1 - Guidance

Isaiah 42:16 | *And I will bring the blind by a way that they knew not; I will lead them in paths that they have not known: I will make darkness light before them, and crooked things straight. These things will I do unto them, and not forsake them.*

O Lord, we thank You for Your love that greets us every morning. We praise You for Your faithfulness and mercy which are new each day. Glory to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning, is now, and will be forever. Amen.

Holy Spirit, all that belongs to the Father belongs to the Son and has been given to us through You so that we will know the will of the Father. Holy Spirit, we ask You to teach us Your truth and guide us through this process of discerning Your will. Increase in us Your grace and mercy and renew our minds. Please teach us and correct us, encourage us and build us up. Not our will, but Yours be done in the name of Jesus. Amen.

For what area of understanding do you need God's wisdom?

Tuesday, August 16th | Day 2 - Seeking

Isaiah 55:6 | *Seek the Lord while he may be found; call on him while he is near.*

Psalm 46:10 | *He says, "Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth."*

Psalm 105:4 | *Look to the Lord and his strength; seek his face always.*

O Lord, we thank You for Your love that greets us every morning. We praise You for Your faithfulness and mercy which are new each day. Glory to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning, is now, and will be forever. Amen.

Lord, we thank You for Your grace and patience that beckons us to come to You with our questions and worries, and that You are always prepared to answer. We pray that each of us would ask You this question, "Jesus, what do you want for this congregation?" We desire Your answer, Your will, and we desire you. Still our minds and help us to hear Your answer. Increase our patience as we ask this, and many other questions we have on our hearts and minds. Help us receive Your answer through Your written Word, in prayer, and in fellowship. We praise You for Your faithfulness. We ask in Your name, Jesus. Amen.

Jesus, what do You want for this congregation?

Wednesday, August 17th | Day 3 - Prayer and Fasting

Every Wednesday, we will fast together at lunch time. Fasting is a period of time during which Christians deny themselves something (usually food) in order to spend that time feasting on the Word and will of God. If you are unable to fast from food, fast from technology, social media, or other activity you typically do at mid-day and devote that time to God in prayer and meditation.

After meeting the woman at the well, Jesus' disciples return to him and asked if he had eaten because he had no food. Jesus says to them, *"I have food to eat that you know nothing about. My food is to do the will of him who sent me and to finish his work."* (John 4:32-34)

Prayer

O Lord, we thank You for Your love that greets us every morning. We praise You for Your faithfulness and mercy which are new each day. Glory to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning, is now, and will be forever. Amen.

God, we surrender this time to You in the name of Jesus and ask You, through Your Holy Spirit, to make us aware of Your presence. As we read Your Word, let it be food for our souls, renewing for our minds, and refreshment for our spirits. Like Jesus, let our food be doing Your will. Give us a craving for your Word. Amen.

Confession and Repentance

Take time to confess your sins to God and return to Him. Give over to Him any worry, anxiety, or distraction of the day that may keep you from being fully present. Turn to God and yield this time to Him.

Scripture Meditation

Read the verses below several times pausing to recognize the thoughts that come to mind.

Amos 5:4-5 | *4 This is what the Lord says to Israel: "Seek me and live; 5 do not seek Bethel, do not go to Gilgal, do not journey to Beersheba. For Gilgal will surely go into exile, and Bethel will be reduced to nothing."*

What is the Holy Spirit teaching you through these verses? What nourishment, assurance, correction, or wisdom do you received from these verses?

Thursday, August 18th | Day 4- Repentance

Hosea 6:1-3

“Come, let us return to the Lord.

He has torn us to pieces

but he will heal us;

he has injured us

but he will bind up our wounds.

2 After two days he will revive us;

on the third day he will restore us,

that we may live in his presence.

3 Let us acknowledge the Lord;

let us press on to acknowledge him.

As surely as the sun rises,

he will appear;

he will come to us like the winter rains,

like the spring rains that water the earth.”

O Lord, we thank You for Your love that greets us every morning. We praise You for Your faithfulness and mercy which are new each day. Glory to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning, is now, and will be forever. Amen.

We acknowledge Your holiness, Lord, and confess our sins before you. We have not been an obedient church and we have not lived out Your command to love You with all our hearts, minds, and strength. We have not loved our neighbors and we have not loved ourselves. We return to You, Lord. We ask for Your mercy and we receive Your grace. Give us opportunities to give and receive love so that we are restored for joyful obedience. In the name of Jesus. Amen.

For what do you need to repent?

Friday, August 19th | Day 5 - Obedience

Deuteronomy 6:4-9 | *4 Hear, O Israel: The Lord our God, the Lord is one. 5 Love the Lord your God with all your heart and with all your soul and with all your strength. 6 These commandments that I give you today are to be on your hearts. 7 Impress them on your children. Talk about them when you sit at home and when you walk along the road, when you lie down and when you get up. 8 Tie them as symbols on your hands and bind them on your foreheads. 9 Write them on the doorframes of your houses and on your gates.*

O Lord, we thank you for your love that greets us every morning. We praise you for your faithfulness and mercy which are new each day. Glory to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning, is now, and will be forever. Amen.

Lord, we join our voices in the ancient prayer of your people, the Shema:

Hear, O Israel: The Lord our God, the Lord is one. Love the Lord your God with all your heart and with all your soul and with all your strength. These commandments that I give you today are to be on your hearts. Impress them on your children. Talk about them when you sit at home and when you walk along the road, when you lie down and when you get up. Tie them as symbols on your hands and bind them on your foreheads. Write them on the doorframes of your houses and on your gates. In the name of Jesus. Amen.

How are you practicing the commandment to love God at home with your family, in public, and with co-workers?

Saturday, August 20th | Day 6 - Prayers for our Pastors

Colossians 1:28 | *He is the one we proclaim, admonishing and teaching everyone with all wisdom, so that we may present everyone fully mature in Christ.*

Matthew 26:41 | *“Watch and pray so that you will not fall into temptation. The spirit is willing, but the flesh is weak.”*

Ephesians 6:19-20 | *Pray also for me, that whenever I speak, words may be given me so that I will fearlessly make known the mystery of the gospel, 20 for which I am an ambassador in chains. Pray that I may declare it fearlessly, as I should.*

O Lord, we thank You for Your love that greets us every morning. We praise You for Your faithfulness and mercy which are new each day. Glory to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning, is now, and will be forever. Amen.

God, we commend our pastors to your tender mercies and provision for their health and wellbeing, safety and protection, and their ministry as they preach the cross and Christ crucified to all you bring to them. Lord, let nothing hinder our pastors' time with you. Protect them from the distractions of busyness, unnecessary demands, fatigue, over-commitment, compromise, and doubt. Bless them with rest and comfort. Father, give our pastors a clear biblical vision of what your Church can and should be for your glory, and we ask your grace upon them to communicate that vision clearly and confidently to KUMC and wherever You give them opportunity. In Jesus' name. Amen.

In what ways do you demonstrate support for pastors and the ministry of Kingwood United Methodist Church?

LET'S STAY CONNECTED!



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