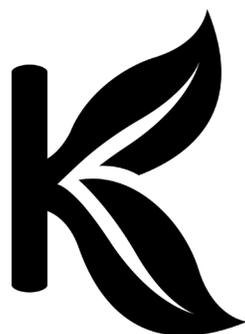


Week 3: August 28th - September 4th



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. 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 3

Sunday, August 28th | Day 14 – Prayer

Romans 8:26-28 | *In the same way, the Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit himself intercedes for us through wordless groans. 27 And he who searches our hearts knows the mind of the Spirit, because the Spirit intercedes for God's people in accordance with the will of God. 28 And we know that in all things God works for the good of those who love him, who have been called according to his purpose.*

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.

Father, sometimes we don't know the words to pray, but we want to pray in agreement with Your will. Holy Spirit, thank You for interceding on our behalf when we don't know how to pray. Teach us to put our trust in You and not in the world. Teach us to hear Your gentle whisper guiding, assuring, and correcting us. Make us more aware of time and space for us to spend with You and lead us in a vibrant life of prayer. In Jesus' name. Amen.

What struggles do you need to ask the Spirit to help you pray for?

Monday, August 29th | Day 15 - What We Believe

Acts 2:36 | “Therefore let all Israel be assured of this: God has made this Jesus, whom you crucified, both Lord and Messiah.”

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.

The Apostles' Creed

I believe in God, the Father Almighty, maker of heaven and earth;

And in Jesus Christ his only Son, our Lord; who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, dead, and buried; the third day he rose from the dead; he ascended into heaven,

and sitteth at the right hand of God the Father Almighty; from thence he shall come to judge the quick and the dead.

I believe in the Holy Spirit, the holy catholic church, the communion of saints, the forgiveness of sins, the resurrection of the body, and the life everlasting. Amen.

What is your faith statement?

Day 16 – God’s Goodness

Tuesday, August 30

Psalm 112 MSG | *Hallelujah! Blessed man, blessed woman, who fear GOD, Who cherish and relish his commandments, Their children robust on the earth, And the homes of the upright—how blessed! Their houses brim with wealth And a generosity that never runs dry. Sunrise breaks through the darkness for good people— God’s grace and mercy and justice! The good person is generous and lends lavishly; No shuffling or stumbling around for this one, But a sterling and solid and lasting reputation. Unfazed by rumor and gossip, Heart ready, trusting in GOD, Spirit firm, unperturbed, Ever blessed, relaxed among enemies, They lavish gifts on the poor— A generosity that goes on, and on, and on. An honored life! A beautiful life! Someone wicked takes one look and rages, Blusters away but ends up speechless. There’s nothing to the dreams of the wicked. Nothing.*

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 are Your sons and daughters. We want to stand in Your goodness and love Your commands. We want to be godly people, and we want our children and their children to know

Your goodness and blessings. Let us be heart-ready, unmoved by gossip, unshaken by bad news, or tripped up by lies and anxiety. Teach us to find our security and value in You, God. Our children will witness our unshaken faith. They will marvel at how good You are and be shaped by Your affection for them. In the strong name of Jesus. Amen.

In his goodness, who does God say that you are?

Wednesday, August 31st | Day 17- 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

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.

Scripture Meditation

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

Colossians 2:6-7 | *So then, just as you received Christ Jesus as Lord, continue to live your lives in him, 7 rooted and built up in him, strengthened in the faith as you were taught, and overflowing with thankfulness.*

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

Thursday, September 1st | Day 18 – Gratitude

1 Thessalonians 5:17-18 | *Pray continually, 18 give thanks in all circumstances; for this is God's will for you in Christ Jesus.*

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 praise You for Your faithfulness in times of joy and times of difficulty. Give us grace and endurance to bring all things to You in prayer so that we will rejoice in all circumstances with grateful hearts. You have given us good gifts, Father, and we are thankful. Help us to put those gifts to use for Your glory and encourage each other to use our gifts to welcome others into Your kingdom. In Jesus' name. Amen.

What are you thankful for today?

Friday, September 2nd | Day 19 – Expectation

Psalm 85:8-13 MSG | *I can't wait to hear what he'll say. GOD's about to pronounce his people well, The holy people he loves so much, so they'll never again live like fools. See how close his salvation is to those who fear him? Our country is home base for Glory!*

Love and Truth meet in the street, Right Living and Whole Living embrace and kiss! Truth sprouts green from the ground, Right Living pours down from the skies! Oh yes! GOD gives Goodness and Beauty; our land responds with Bounty and Blessing. Right Living strides out before him, and clears a path for his passage.

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.

Living God, we listen with great expectation to the wisdom and beauty of Your Word. We pray that You will help us keep our eyes fixed on You, Jesus, so that we are not distracted by the lies and schemes of the enemy who seeks to steal our joy and kill our enthusiasm. Make us joyful ambassadors of Your love in the world. Fill us up with so much expectation for Your coming kingdom that we cannot help but share it. In the name of Jesus. Amen.

What is it about God that excites you and makes you want to be near him?

Saturday, September 3rd | Day 20 – Prayers for Pastors

Hebrews 4:9-11 | *There remains, then, a Sabbath-rest for the people of God; 10 for anyone who enters God's rest also rests from their works, just as God did from his. 11 Let us, therefore, make every effort to enter that rest, so that no one will perish by following their example of disobedience.*

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.

Dear Heavenly Father, we ask for Your blessings upon our pastors and their families that they might receive the rest that they need from You. We pray that You would provide time for them around the table as a family, free from worry and the demands of the day, but to simply be together in Your presence. We ask for sleepful nights and peaceful days for them, Lord. Renew them each day to rise to what You have called them to do. Help us to remember that when we lift up prayers for them, it strengthens us all. We offer this prayer in the name of Your Son, Jesus, Amen.

How do you practice Sabbath rest?

Sunday, September 4th | Day 21 - Rooted in Christ

Ephesians 3:16-19 | *I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being, 17 so that Christ may dwell in your hearts through faith. And I pray that you, being rooted and established in love, 18 may have power, together with all the Lord's holy people, to grasp how wide and long and high and deep is the love of Christ, 19 and to know this love that surpasses knowledge—that you may be filled to the measure of all the fullness of God.*

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.

Strengthen our spirits and souls, in Your name Jesus, as we grow in our faith together. Like seeds planted in the most fertile soil, let us grow deep roots in You that spread and intertwine.

May our intertwined roots in You give us strength when we struggle in the winds of change. We will bend, but in You we will be stronger and unbroken. Sustained by Your Word, and with our eyes set on you, help us to reach the fullness that You desire for us. In Your powerful name, Jesus. Amen

How are your roots in Christ intertwined with other believers to support them and strengthen the Church?

LET'S STAY CONNECTED!



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