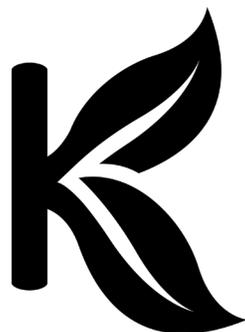


Week 6: September 19th - September 24th



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 25th, 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 6

Monday, September 19th | Day 35 – Encouragement

Romans 1:11-12 | *I long to see you so that I may impart to you some spiritual gift to make you strong— 12 that is, that you and I may be mutually encouraged by each other's faith.*

Hebrews 10:24-25 | *And let us consider how we may spur one another on toward love and good deeds, 25 not giving up meeting together, as some are in the habit of doing, but encouraging one another—and all the more as you see the Day approaching.*

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, give us a longing in our hearts to be near You and to fellowship with those who love You. Help us to encourage each other to seek You, to use the gifts You've given to us, and to strengthen each other. Spirit, lead us into the habit of meeting together. Raise up spiritual mothers and fathers to mentor Your sons and daughters so that we grow in spiritual maturity as a family of believers. Raise up spiritual leaders and encouragers among our children, youth, and young adults now and in the future. Give us the courage to cross generational lines and strengthen your Church through the power of the Holy Spirit. In Jesus' name. Amen.

How are you encouraging someone younger than you to grow in their faith?

Tuesday, September 20th | Day 36 - Vision

John 20:15-18 | *He asked her, "Woman, why are you crying? Who is it you are looking for?"*

Thinking he was the gardener, she said, "Sir, if you have carried him away, tell me where you have put him, and I will get him."

16 Jesus said to her, "Mary."

She turned toward him and cried out in Aramaic, "Rabboni!" (which means "Teacher").

17 Jesus said, "Do not hold on to me, for I have not yet ascended to the Father. Go instead to my brothers and tell them, 'I am ascending to my Father and your Father, to my God and your God.'"

18 Mary Magdalene went to the disciples with the news: "I have seen the Lord!" And she told them that he had said these things to her.

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 Jesus, we praise You for the eternal perspective You give us. You knew that resurrection life was waiting on the other side of death and You conquered death for all eternity. Thank You for the reminder that when we are worried and anxious, we can stand on Your eternal promise that this current suffering is temporary. We pray that you will transform us into people of Your eternal vision so that others will know the hope we have in You. In your name, Jesus. Amen.

In your life, how do others see evidence of Jesus' eternal perspective?

Wednesday, September 21st | Day 37 – 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.

Proverbs 3:5-6 | *Trust in the LORD with all your heart and lean not on your own understanding; 6 in all your ways submit to him, and he will make your paths straight.*

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

Thursday, September 22nd | Day 38 – Worship

1 Chronicles 16:23-31 | *Sing to the Lord, all the earth;
proclaim his salvation day after day.*

*24 Declare his glory among the nations,
his marvelous deeds among all peoples.*

*25 For great is the Lord and most worthy of praise;
he is to be feared above all gods.*

*26 For all the gods of the nations are idols,
but the Lord made the heavens.*

*27 Splendor and majesty are before him;
strength and joy are in his dwelling place.*

*28 Ascribe to the Lord, all you families of nations,
ascribe to the Lord glory and strength.*

*29 Ascribe to the Lord the glory due his name;
bring an offering and come before him.*

Worship the Lord in the splendor of his[a] holiness.

30 Tremble before him, all the earth!

The world is firmly established; it cannot be moved.

*31 Let the heavens rejoice, let the earth be glad;
let them say among the nations, "The Lord reigns!"*

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.

Almighty God, we proclaim Your great and wonderful name! Let all creation rejoice and tell of Your glorious deeds and provision. We worship You and offer ourselves as a humble and living sacrifice for Your glory in the world. Your love for us is unconditional and we know You are more interested in having us than You are in our money, our time, our work, and our opinions. Give us the grace to surrender these things to you every day. You are the Alpha and the Omega, Your kingdom will never end. Amen.

Friday, September 23rd | Day 39 – Adoration

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. God, we adore you. Today we join Mary, mother of Jesus, in her hymn of praise to You. 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.

Luke 1:46-55 | *And Mary said:*

*“My soul glorifies the Lord
47 and my spirit rejoices in God my Savior,
48 for he has been mindful
of the humble state of his servant.
From now on all generations will call me blessed,
49 for the Mighty One has done great things for me—
holy is his name.
50 His mercy extends to those who fear him,
from generation to generation.
51 He has performed mighty deeds with his arm;
he has scattered those who are proud in their inmost thoughts.
52 He has brought down rulers from their thrones
but has lifted up the humble.
53 He has filled the hungry with good things
but has sent the rich away empty.
54 He has helped his servant Israel,
remembering to be merciful
55 to Abraham and his descendants forever,
just as he promised our ancestors.”*

Meditate on Mary’s words to God.

Saturday, September 24th | Day 40 - The Lord's Prayer

Matthew 6:5-15

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.

As we come to the end of our period of prayer and fasting, let us join our voices together in the prayer that Jesus taught us to pray.

*Our Father, who art in heaven,
hallowed be thy name;
thy kingdom come;
thy will be done;
on earth as it is in heaven.
Give us this day our daily bread.
And forgive us our trespasses,
as we forgive those who trespass against us.
And lead us not into temptation;
but deliver us from evil.
For thine is the kingdom,
the power and the glory,
for ever and ever.
Amen.*

LET'S STAY CONNECTED!



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