



LOOK!
FEAR NOT

———— Week of —————
PRAYER & FASTING
———— February 23—March 1 ————

Table of Contents

Week of Prayer and Fasting Schedule	03
Look! Fear Not!	04
Journal and Drop-In Prayer Stations	08
Fasting Information	10
Saturday – The Throne	12
Sunday – The Lamb	16
Monday – Sealed	20
Tuesday – The Son of Man	24
Wednesday – The Heavenly Warrior	28
Thursday – The New Heaven and New Earth.....	32
Friday – The Tree and The River	36
Appendix 1 – Scripture Meditation Tools	40
Appendix 2 – Personal Healing	41
Appendix 3 – Praying For Heartland	42
Appendix 4 – Prayer for Revival	43
Appendix 5 – Spiritual Warfare Prayer	44
Appendix 6 – Questions to Ask God in Prayer	46

Schedule

***Please note the various times and locations for each day of the week. ***

Saturday, February 23

Week of Prayer & Fasting Journal Begins

Sunday, February 24

Night of Worship 6:30 pm West Auditorium

Monday, February 25

Prayer Stations (Drop-in) | 12:00 – 4:30 pm | Grade 5-6 Room

Prayer Stations (Drop-in) | 6:30 – 8:30 pm | Grade 5-6 Room

Tuesday, February 26

Prayer Stations (Drop-in) | 8:30 am – 4:30 pm | Grade 5-6 Room

Prayer Stations (Drop-in) | 6:30 – 8:30 pm | Grade 5-6 Room

Wednesday, February 27

***** Corporate Fast Begins *****

Prayer Stations (Drop-in) | 8:30 am – 4:30 pm | Grade 5-6 Room

Prayer Stations (Drop-in) | 6:30 – 8:30 pm | Grade 5-6 Room

Thursday, February 28

Prayer Stations (Drop-in) | 8:30 am – 4:30 pm | Grade 5-6 Room

Prayer Stations (Drop-in) | 6:30 – 8:30 pm | Grade 5-6 Room

Friday, March 1

Prayer Stations (Drop-in) | 8:30 am – 2:00 pm | Grade 5-6 Room

Night of Prayer | 6:30 pm | West Auditorium

Celebration Supper following Night of Prayer

Look! Fear Not

⁹ I, John, your brother and companion in the suffering and kingdom and patient endurance that are ours in Jesus, was on the island of Patmos because of the word of God and the testimony of Jesus. ¹⁰ On the Lord's Day I was in the Spirit, and I heard behind me a loud voice like a trumpet, ¹¹ which said: "Write on a scroll what you see and send it to the seven churches: to Ephesus, Smyrna, Pergamum, Thyatira, Sardis, Philadelphia and Laodicea."

¹² I turned around to see the voice that was speaking to me. And when I turned I saw seven golden lampstands, ¹³ and among the lampstands was someone like a son of man, dressed in a robe reaching down to his feet and with a golden sash around his chest. ¹⁴ The hair on his head was white like wool, as white as snow, and his eyes were like blazing fire. ¹⁵ His feet were like bronze glowing in a furnace, and his voice was like the sound of rushing waters. ¹⁶ In his right hand he held seven stars, and coming out of his mouth was a sharp, double-edged sword. His face was like the sun shining in all its brilliance.

¹⁷ When I saw him, I fell at his feet as though dead. Then he placed his right hand on me and said: "Do not be afraid. I am the First and the Last. ¹⁸ I am the Living One; I was dead, and now look, I am alive for ever and ever! And I hold the keys of death and Hades.

Revelation 1:9-18

Something happens to me when I see a sunrise. How about you? Our family drives from Fort Saskatchewan to Sherwood Park many mornings a week. I love to look out the window and see the sunrise. The blues, oranges, pinks and whites painted and peeking up across the horizon. Some days, something happens inside me ... I take a deep breath ... I fix my mind on God and I feel fresh joy and hope for the day ahead. It's as if God is using this sight to speak to me, to call to me, to remind me that He is God, He is good, He is great, and I belong to Him.

God uses my sight to do amazing things inside my whole being. That's part of how God works in all of us. He uses our senses and minds to say amazing things to our whole being. He does that for individuals, and he does that for groups of people. He's been doing it for humans for thousands of years because He wants us to know Him.

This is how God is working through the book of Revelation. It is a vision ... so that we hear Him speaking ... so we know what has happened, is happening and will happen in the future. It's not just information that God is passing along. He is giving us grace, truth and a message about Him so that we respond to Him. God wants to use our sight to do something inside our very being through the words of Revelation.

The things that we see in the world from our past, in our present and in our future do something inside us as well. We are often held in the grip of something that we have seen or experienced in the world. God is gracious to us and He will rescue us from the power of other visions.

When we see what's in the world today, we can be really afraid. When we see what's in the book of Revelation, we can be afraid.

God is gracious to us and He doesn't want us to stay that way. He alone is God. He doesn't want any thing or any one to master us; He alone is our good Master. There is an idea that repeats in the book of

Revelation. Here it us: *Look! Fear Not!* This idea is repeated and repeated throughout the book in one form or another.

God knows that what we see does something inside of us. God wants us to see Him so that we are transformed by Him. God wants to melt away our fears in the radiance of His greatness and goodness. He wants our whole being transformed to be like Jesus, to be His daughters and sons filled with the delight and purpose of heaven!

This transformational seeing doesn't happen automatically. You must ask for it. You must call out for it. You must pursue it. How can you do that? Ask God. We must ask for a supernatural seeing. We can ask God our Father, in the name of Jesus Christ to come by the power of the Holy Spirit to make our seeing supernatural!

We want to invite you into a week of prayer and fasting. We want you to pray for supernatural seeing of God and all He wants. We want to invite you to focus on Scripture to see God better so that something good and godly happens in your whole being. We want you to encounter the living God now. We want you to grow in encountering God more and more in your life.

We will be reading and reflecting on different sections of the book of Revelation together this week. Each day there will be a short section of Revelation for you to read and pray through. Look intently at the images that are there – the words that are spoken – the truth that is proclaimed. We want our seeing to be supernatural and to change us. We want to *Look and Fear Not!*

Journal & Drop-In Prayer Stations

This journal is a tool to help us connect with God throughout this Week of Prayer and Fasting. There will be drop-in prayer stations during the day. To bookend the week, we will have a Night of Worship on Sunday evening. We will conclude the week together at the Night of Prayer on Friday. You are invited to all of it.

We invite you to participate in our corporate fasting time. The corporate fast starts Wednesday morning, February 27 and concludes Friday evening, March 1 after the Night of Prayer. We're going to have a Celebration meal to close our fast. Please join us!

If you are unable to fast for the three-day period, then consider a fast for a different time period – 2 days, 1 day or a meal. Ask the Holy Spirit from what He wants you to fast. Food is a great one. There are other things like media, caffeine or sugar; try to think of something that takes up a lot of your attention and then give it up to focus attention on God this week. Have a look at the Fasting Information to give you some guidance.

Mark your calendars. Take time right now to pray and invite God: Father, Son and Holy Spirit to meet with you and our Heartland family in a special way this week.

We're excited about how God is going to show up!

There will be prayer stations at Heartland during the week. Drop in and spend time in prayer and meditation with the Lord. Please note the scheduled times on the schedule page in the front of this booklet.

These prayer stations provide us with an opportunity to spend time reflecting on God's word in an interactive way in a quiet setting.

Here are some suggestions to help you if this is new to you:

The stations are connected to each other but don't need to be done in sequence; start at the beginning or go to whichever spot you feel drawn.

Take a moment to settle, relax, slow down and take your time. It is better to connect with God at a deeper level at a few stations than to rush through them.

You are welcome to sit, stand, kneel or move about as you are comfortable. Please be respectful of others who are in the space with you; silence is a valuable aspect of meditating on Scripture and hearing from God.

Read through the Bible verses slowly. Allow God to reveal Himself to you in them. Take time to seek what He has to say about Himself, about you or your family. See Appendix 1 in this journal for more Scripture meditation help.

The best thing is to be open to God, let go of distractions and be mindful of what is going on in your heart as you focus on His Word.

Fasting Information

What to Do

Determine your fasting goal through prayer. For example, you may wish to grow deeper in your relationship with God, fast for a family member, your marriage, an addiction, a decision that you need to make, emotional or physical health, your finances, a child or life purpose and direction. Ask the Holy Spirit to help you.

Commit to spending extra time at the Prayer Stations.

Commit to attending Sunday night Prayer Nights. If you would like to receive prayer, meet under the cross after any weekend service.

Commit to attending Nights of Prayer as they occur.

Commit to a type of fast. (See “Types of Fasts” on page 10)

Commit to Bible reading.

Join together with your Small Group. For example, you can fast on the day of your Small Group meeting or you can all fast and pray for the same things. Discuss this with your group, encourage one another in your fasting and pray for each other about your fasting at your Small Group meetings.

As you fast, monitor the inner attitude of your heart. At first, you’ll focus on the physical aspects of the fast but it is most important to monitor the inner attitude of the heart. Outwardly, you perform regular duties of the day, but inwardly you will be in prayer and adoration, song and worship to God!

Types of Fasts

Partial Fasts (particularly if you've never tried fasting before)

1. 24-Hour Partial Fast

This is a full day of fasting, from one meal to the same meal on the next day, for example, lunch to lunch.

You can drink fruit or vegetable juices.

You can fast 1 day per week or 1 day per month, etc.

2. One-Meal-Per Day Fast

Fast one meal per day for one or more days per week.

3. Daniel Fast

This is a partial fast where you eat only foods like vegetables, nuts, fruit, water, etc.

It is usually a 24-day fast.

4. Medical Condition Fast

If you have physical reasons why you should not fast from food (diabetes, hypoglycemia, expectant mothers, heart patients, etc.), you may still be able to do a modified fast (from junk food, coffee, etc.).

If you have a medical condition, always seek medical advice before beginning a fast.

Saturday – The Throne

Pause

Try and slow down. Take some deep breaths. Invite the Holy Spirit to fill you and bring you His peace and focus for this time with God.

Ponder

At once I was in the Spirit, and behold, a throne stood in heaven, with one seated on the throne. Revelation 4:2

God Almighty is seated on the Throne. Period.

This truth makes such a difference. Why? It seems like the world is going to hell in a hand-basket. I wonder if that's exactly what the enemy wants us to think so that we're either distracted, paralyzed or ignorant. This truth flies in the face of what the enemy is doing and where the world seems to be heading. God is the same, yesterday, today and forever. No one and no thing can ever unseat Him. He has not, is not and will never be off the throne. What does that do to you? Focus on that reality today. Let it sink in to the depths of your heart ...

Write your responses and prayers out to the Lord now. Spend time reading and reflecting and praying over Revelation 4.

Pour out a Heart-Level Response

Share your prayer with the Lord. What words or phrases are jumping off the page as you read this chapter? Take some time to write down the things that are standing out. Try making this into a time of prayer with God. Ask Him why these words, phrases or pictures are significant. The Holy Spirit is trying to get our attention when things “jump off the page” at us. The next step is to ask Him why and what He's trying to say. Use the pages provided to work that through with the Lord.

Prize the Promise

Is there a promise from God in this passage? A rock-solid truth that you can prize today? Find that truth and prize it as a treasure from God.

Practice God's Presence

Our lives are usually filled with noise and busyness. Try to spend time in silence and stillness. Pay attention to what's going on inside of you as you try this. Write this down to the Lord as well.

Pray for Heartland

At once I was in the Spirit, and behold, a throne stood in heaven, with one seated on the throne. Revelation 4:2

Pray that Heartland would be a place of God's strength, hope and power. Ask that the Lord would fill us as a church with His courage to be and to do the things to which He is calling us. Pray that people who don't know Jesus will be drawn to God's throne through our life as a church. Pray for anything else that the Holy Spirit is placing on your heart for Heartland today.

Pursue His Presence

Tell God that you want to walk each day with Him. Invite Him to show His presence to you all throughout the day. Pay attention to how He is answering this prayer. Stay aware of the Lord wherever you are and whatever you are doing. How is He showing Himself to you as you go about your day?

This is your journal! Write in it and make it into an expression of your love and relationship with God! Write out your prayers, thoughts, reflections and anything that you sense the Holy Spirit is saying to you. You can use them each day throughout the week to connect to God.

Sunday – The Lamb

Pause

Welcome Jesus to be the centre of your time right now. Calm your heart and mind. God is with you.

Ponder

¹Then I saw in the right hand of him who sat on the throne a scroll with writing on both sides and sealed with seven seals. ²And I saw a mighty angel proclaiming in a loud voice, “Who is worthy to break the seals and open the scroll?” ³But no one in heaven or on earth or under the earth could open the scroll or even look inside it. ⁴I wept and wept because no one was found who was worthy to open the scroll or look inside. ⁵Then one of the elders said to me, “Do not weep! See, the Lion of the tribe of Judah, the Root of David, has triumphed. He is able to open the scroll and its seven seals.” Revelation 5:1-5

Jesus has triumphed. The victory is sure and certain. He has done what it takes to overthrow sin, evil and death. Look intently at the Lord Jesus Christ today. What does the triumph of Jesus mean to you? Talk to God about that right now. Write out a prayer. Jesus has triumphed. Sometimes repeating a word or phrase helps us to connect more deeply with God. Repeat that phrase one more time if you like: Jesus has triumphed. This victory is won. It cannot be undone or stopped. We live in an in-between time. We live in-between the victory that has happened and the victory that will happen. How does that make you feel? What emotions or prayers come out of that reality? Write out a prayer to the Lord now about that.

Pour out a Heart-Level Response

Read slowly over Revelation 5. It is a powerful and shocking and wonderful vision. How can you respond to God today about this? Look and see what Jesus has done. Look and see the gift of our Father God for us and for the church and for the nations. Spend some time praising God!

Prize the Promise

What unshakeable promises do you find in this passage? Look for them and prize them as gifts from God for you. There is a lot here. What stands out to you? Write them out and thank God for them.

Practice God's Presence

Try again to sit with God in stillness and silence. How did it go with the time goal yesterday? Try it again today. Write down anything that is coming up as you sit in silence and stillness.

Pray for Heartland

Pray for our Small Groups at Heartland. Ask Jesus to shepherd our small groups. Ask Jesus to fill our small groups with the right people and to create places for new people. Ask the Holy Spirit to focus and grow our small group leaders so that we are most effective for His Kingdom. Pray anything else that the Holy Spirit is placing on your heart for Heartland today.

Pursue His Presence

God wants to show up all the time. Ask Him to do just that! Invite Him wherever you are and wherever you are going today. Pay attention to His presence with you today.

GOD IS TEACHING ME ... (*personal notes*)

Monday – Sealed

Pause

Invite God to slow you down ... take some deep breaths ... God is here.

Ponder

¹After this I saw four angels standing at the four corners of the earth, holding back the four winds of the earth to prevent any wind from blowing on the land or on the sea or on any tree. ²Then I saw another angel coming up from the east, having the seal of the living God. He called out in a loud voice to the four angels who had been given power to harm the land and the sea: ³“Do not harm the land or the sea or the trees until we put a seal on the foreheads of the servants of our God.”

Revelation 7:1-3

God's seal is 100 percent certain and secure. This is a gracious act of God for us. This is something that we don't deserve and could never earn. God has rescued and saved us through Jesus. God warns us that hard times will come to the world and upon the church. At the same time, God promises to seal His people. What does that do in your heart? His seal is upon you. Take some time to write down your response to God about this.

Pour out a Heart-Level Response

Read over Revelation 7. Read it slowly and ask the Lord to speak to you through His Word. What words or phrases connect with you? Ask the Lord about it. Ask the Lord why these things are standing out and what He wants you to do about them. What questions do you have? Spend time writing out your questions and waiting on God to speak to you about what to do next. Pour out your heart to the Lord!

Prize the Promise

What promise do you find in this passage? Is there more than one? Why is it significant to you? Why is it significant to our church? Thank God for His promises to us.

Practice God's Presence

Try to make time for stillness and silence. It's okay to be quiet and still before God. What kinds of thoughts or emotions are coming up during this time? Write them down and offer them to the Lord.

Pray for Heartland

Pursuing God's presence is our church value focus this year. Pray over our value focus. Take some time and in your own words, turn it into a prayer for Heartland.

We will fulfill our created purpose as we revere and enjoy God in all we do, worshiping Him in spirit and in truth.

We will live desiring His presence, depending on His power, aligning with His purpose and obedient to His Word.

We will call out to Him personally and corporately, with expectation that He will answer.

Pursue His Presence

Have you been able to sense God's presence with you this week so far? Ask Him to show Himself to you again and again and again. He's excited to be with you!

GOD IS TEACHING ME ... *(personal notes)*

Tuesday – The Son of Man

Pause

Quiet yourself before God. Invite Him to help you to quiet down and to tune into His voice and His desires.

Ponder

¹⁴ I looked, and there before me was a white cloud, and seated on the cloud was one like a son of man with a crown of gold on his head and a sharp sickle in his hand. ¹⁵ Then another angel came out of the temple and called in a loud voice to him who was sitting on the cloud, “Take your sickle and reap, because the time to reap has come, for the harvest of the earth is ripe.” ¹⁶ So he who was seated on the cloud swung his sickle over the earth, and the earth was harvested. Revelation 14:14-16

Jesus will return. He is coming and He will harvest the earth. The image of harvest is powerful because we can relate to it. Things have been planted and growing over a long course of time. Our lives in God’s Kingdom are meant to be growing and bearing fruit like a wheat field. Jesus is going to harvest people and the fruit of their lives. It will all be seen by Jesus. What does that do to you today? What makes you want to praise Jesus about His harvest? What are you afraid of when He comes to harvest? Tell Him about that as well.

Pour out a Heart-Level Response

Take some time to ponder Revelation 14. Write out any words, pictures, phrases or prayers that God is stirring within you. The fear of the Lord is a good thing in our lives. Why do you think we should fear the Lord? Pray about this.

Prize the Promise

Ask the Holy Spirit to show you the promises that are in this passage. What difference can they make in your life? In the life of Heartland? Pray that out to the Lord now.

Practice God's Presence

Thank God out loud that He is with you right now. Sit in stillness and silence before Him.

Pray for Heartland

Pray for our Heartland Kids (Nursery to Grade 6) and Refuge (Junior High & High School). Ask God what is on His heart for the next generations in our church and in our community. Offer these things up to the Lord in prayer for kids and youth in Sherwood Park and beyond. Pray that God would pour out His love, faith and hope onto the next generations here at Heartland. Pour out any prayer that the Holy Spirit gives you for our kids and youth.

Pursue His Presence

Where is God showing up in your life? Thank Him for that. Ask for more of His presence in your life.

Wednesday – The Heavenly Warrior

Pause

Ask the Holy Spirit to come and fill every part of you. Take some deep breaths. God is near. God is with you. Praise the Lord.

Ponder

¹¹ I saw heaven standing open and there before me was a white horse, whose rider is called Faithful and True. With justice he judges and wages war. ¹² His eyes are like blazing fire, and on his head are many crowns. He has a name written on him that no one knows but he himself. ¹³ He is dressed in a robe dipped in blood, and his name is the Word of God. ¹⁴ The armies of heaven were following him, riding on white horses and dressed in fine linen, white and clean. ¹⁵ Coming out of his mouth is a sharp sword with which to strike down the nations. “He will rule them with an iron scepter.” He treads the winepress of the fury of the wrath of God Almighty. ¹⁶ On his robe and on his thigh he has this name written: King of kings and Lord of lords. Revelation 19:11-16

Look, fear not! This is Jesus! Have you ever seen Him this way? Have you ever realized that this is apart of who He is? Take time to read the passage above again. Then read it out loud. How is your heart responding? Write that down to the Lord.

Jesus is Faithful and True! He is the King of kings and Lord of lords! Jesus has, is and will win every single battle. He has all power. He is all-powerful. Praise God! Write down any thoughts or prayers that God is giving you. Being on the winning side is the best. Knowing that Jesus is for us and loves us and fights for us is amazing! Spend some time talking to God about this.

Pour out a Heart-Level Response

Spend some time reading through Revelation 19. How can you respond in your heart to God? Take time with Him now to do that. He loves it when we seek Him and come to Him and pour out our hearts. Go for it!

Prize the Promise

There are some precious promises and truths about Jesus in this passage. What promises and truths stand out to you? List them. Ask the Lord to help you to hold onto and treasure at least one of these truths about Jesus.

Practice God's Presence

Now that you have spent time reading, writing and engaging this passage-try to sit in stillness before God. God values our "being" with Him, and we don't always need to be "doing" something. Focus your heart on Him and be still before Him.

Pray for Heartland

Every age group matters to us here at Heartland. Pray that every adult at Heartland will be impacted more deeply by Jesus and His power. Pray that our church will be filled with the fear of the Lord and an eagerness for the return of Jesus. What else can you pray for Heartland? Take some time to do that now.

Pursue His Presence

Invite the Holy Spirit to make Himself known to you wherever you are today. Pray that Jesus will show Himself to be Faithful and True in every moment.

Thursday – The New Heavens and New Earth

Pause

Holy is the Lord, God Almighty. The earth is filled with His glory. Slow down in His wonderful presence today.

Ponder

Then I saw “a new heaven and a new earth,” for the first heaven and the first earth had passed away, and there was no longer any sea.² I saw the Holy City, the new Jerusalem, coming down out of heaven from God, prepared as a bride beautifully dressed for her husband.³ And I heard a loud voice from the throne saying, “Look! God’s dwelling place is now among the people, and he will dwell with them. They will be his people, and God himself will be with them and be their God.⁴ ‘He will wipe every tear from their eyes. There will be no more death’ or mourning or crying or pain, for the old order of things has passed away.” Revelation 21:1-4

There are some amazing things on this earth that I really enjoy: mountains, the ocean; golden, fall days; hot, fresh coffee; laughing with friends over a great meal. Did you know that all these things are shadows of something else? The greatest things that we enjoy on this earth are shadows and signs of something much greater. There will be a new heaven and a new earth! God tells us to BEHOLD. *Look! Fear Not* God will make all things new! Look! I will make all things new. Talk to God about this amazing reality and truth. Jesus tells us that He is going to prepare a place for us. In fact, He is working on it right now, literally, right now as you read this. What does that do to your heart? Write out what’s in your heart as you think about Jesus right now. Spend time focusing on the new heaven and the new earth. What do you want to say to God about this? Think about any of the brokenness

you may have seen or felt. Offer that to God now. Receive from Him the great truth in this passage.

Pour out a Heart-Level Response

Spend time reading over Revelation 21. What stands out to you? Talk to the Lord from your heart about that now. The images that are here are holy and amazing. Roll them over in your heart and mind.

Prize the Promise

The promises of this passage are profound. Write out at least one promise that you can treasure today. Through Jesus we can claim the promise that there will be no more death! Wow! Jesus promises all kinds of new things. How does that impact you?

Practice God's Presence

Are you growing in your ability to sit with God in stillness and silence? Ask the Holy Spirit to help you again today to sit with Him.

Pray for Heartland

God is making us new now and one day the work will be complete. This is an amazing promise and it is meant to make a difference in how we reach other people. Pray that Heartland would keep growing in passion and favor as we reach our world. Pray for a godly impact for the people in our community and with our missions' partners. Ask God to give us power and effectiveness in reaching our community and world. What else is the Holy Spirit saying about our outreach?

Pursue His Presence

Praying without ceasing is sweet, simple and centering. Keep asking God to give you an awareness of His presence in all things you're going through.

Friday – The Tree and The River

Pause

Invite the Holy Spirit to fill you afresh today. Slow yourself down and be fully present to God. The Lord is with you.

Ponder

¹Then the angel showed me the river of the water of life, as clear as crystal, flowing from the throne of God and of the Lamb ²down the middle of the great street of the city. On each side of the river stood the tree of life, bearing twelve crops of fruit, yielding its fruit every month. And the leaves of the tree are for the healing of the nations. ³No longer will there be any curse. The throne of God and of the Lamb will be in the city, and his servants will serve him. ⁴They will see his face, and his name will be on their foreheads. ⁵There will be no more night. They will not need the light of a lamp or the light of the sun, for the Lord God will give them light. And they will reign for ever and ever. Revelation 22:1-5

Do you ever want to jump to the end of a book or a movie to see how it all turns out? God tells us how things are going to turn out in the end. Why do you think that He does that? Spend time thinking about that. Write down any prayers or thoughts that you have related to that. God shows us the end of the story so that it creates a godly expectation and change in us now. He wants us to look and fear not! Friends, there is a holy paradise of healing and abundance in God's radiant presence coming. This paradise will never, ever come to an end. It is enduring and eternal. You will never have to leave because you will be home already. Wow!

Take some time to pray about this. Dwell on this profound truth and grace from God.

Pour out a Heart-Level Response

Read over Revelation 22. What words or phrases stand out to you? What is significant in this passage? Ask the Holy Spirit why those stood out to you and how He wants you to respond. Write that prayer out to Him.

Prize the Promise

These are amazing promises of how things will turn out in the end. You can hold onto and hope in the promises here. These promises can help you in the daily pursuit of God and His presence. What impact does that have on you? Take time to write that down. List off the specific promise that means the most to you today.

Practice God's Presence

The Bible tells us to be still and know that HE is God. Keep trying to spend time in stillness and silence in the days ahead. Ask for His help to do this.

Pray for Heartland

Ask God to make His hope and His healing a powerful reality in our church. Ask God to show us how He wants this to happen and then for Him to lead us to make it happen here. Ask God to use Heartland as a group of people that impact our community with His hope and healing. What else does the Holy Spirit want you to pray for Heartland? Take time to do that now.

Pursue His Presence

The Bible tells us to pray without ceasing. That's really what we're doing when we pursue His presence in every moment. Ask God to keep building that desire in your heart and in your day to day life.

Appendix 1 – Scripture Meditation Tool

S.M.O.R.P.

SMORP is a simple acronym to help us remember the key items in our daily devotional walk with Jesus.

Scripture- meditation, memorization, reading, observation: something learned about God and His ways.

Message – correction, direction, encouragement, promise, wisdom.

Obedience – what God wants you to do about a correction or direction.

Repentance – not just confession, but a turn of direction.

Prayer- praise, gratitude, worship, intercession.

Appendix 2 – Personal Healing

If you would like prayer for healing at the Night of Prayer, please prepare yourself by working through the following questions.

For what specifically are you seeking healing? Is the root of the issue spiritual, physical, emotional or psychological in nature?

How has this situation affected your relationship with God? How have you seen Him at work in this?

Are there lifestyle or relational changes that God wants you to make that could enhance or improve your health? Unconfessed sin, living in continual disobedience and unforgiveness could hinder your healing. Please meditate on the following scriptures for guidance and clarity.

Romans 12:1-2

2 Corinthians 6:14-7:1

James 5:14-16

1 Peter 3:7

1 Corinthians 7:3-4

Matthew 5:21-24

Colossians 3:1-11

1 Corinthians 6:12-20

Ask God to reveal any areas of sin or unforgiveness that you need to address.

Are you willing to deal with these things? Take time to confess, repent and forgive accordingly.

Consider your willingness to surrender to God's plan for your life in this situation. How will you honor, praise and pursue him if you are healed? How will you honor, praise and pursue him if you are not?

Appendix 3 - Praying for Heartland

Volunteer Teams & Individuals

Elders, Staff, & Interns

Church Finances

Marriages

Heartland Kids (Nursery to Grade 6)

Junior High & High School

Young Adults 18-25

Single Adults 25-40 & 40+

Adults 55+

Worship

Community Impact

Life Groups and Connex Groups

Women

Men

Guest Services

Appendix 4 – Prayer for Revival

“Revival is a renewed conviction of sin and repentance followed by an intense desire to live in obedience to God. It is giving up one’s will to God in deep humility.” Charles Finney

We are looking to God and seeking revival in our lives and church. Let us earnestly pray:

- That we would be deeply convicted of the sin in our lives, repent of that sin and receive God’s forgiveness and deliverance.
- That we would make right, or bring restoration to, any relationships in our lives that need it.
- That we would be open to whatever God has for us. That we would invite God to interrupt and change our plans to bring us into line with His will.
- That we would experience a tremendous outpouring of the Holy Spirit in our lives.
- That we would be ignited with a fresh passion to share the gospel.
- That God’s Spirit would sweep with conviction through Strathcona County, Edmonton, Alberta and Canada.

Appendix 5 – Spiritual Warfare Prayer

For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. Ephesians 6:12

Scripture tells us that Satan's purposes are to steal, kill and destroy (John 10:10). The moment we handed our life over to the Lord Jesus Christ we joined the army of God. We are engaged in a battle. The greatest battle ever fought. Fortunately, we know who has the victory, Jesus Christ, and his followers are victors in Him.

Daily the enemy prowls around looking for those he can snatch, blind and deceive. Until the Lord returns the battle will go on and it is our responsibility to take up our weapon of warfare, PRAYER. It is on our knees that we fight the greatest battle.

As you engage in spiritual warfare pray:

- To put on the full armor of God (Ephesians 6:10-18):
 - The belt of truth
 - The breastplate of righteousness
 - Your feet fitted with the readiness that comes from the gospel of peace
 - The shield of faith
 - The helmet of salvation
 - The sword of the Spirit, the Word of God
- That the strongholds of the enemy in your own life would be destroyed by the power of Jesus Christ.
- For protection from all the schemes that the enemy may have to destroy you and your ministry.

- To take your stand against the enemy and stand firm declaring the victory you have in Jesus Christ.
- Against any plans for destruction that Satan may have for the ministry of Heartland.

Appendix 6 – Questions to Ask God in Prayer

Here is a short list of questions to ask God about as you have time to listen.

1. Ask God what He likes about you. Then, listen for His answer.
2. What do you see when you look at me?
3. What sin do You want to reveal to me?
4. When and for how long do You want me to meet with You each day?
5. How do You want me to structure my life?
6. Is there anything that is keeping me from fully surrendering to You?
7. What things do You want me to pray for myself?
8. What things do You want me to pray for my marriage or relationships?
9. What things do You want me to pray for in my family?
10. What ways would You want me to pray for Heartland?