



THE  
**ROCK**  
CHURCH  
SQUAMISH

January 20 - February 28 • 2010



## **What Do We Do With This?**

### **What are we doing?**

As a body we are aiming to:

- Confirm/Agree with the truth of who God is through our prayers and his resulting action.

That our “Amen” would reflect properly as we honour God by praising him as Truth

- See lives changed (ours and others)
- Be unified as we are called to be in Scripture as one body
- Follow the command of Christ to pray and fast
- Grow in relationship and communication with our Heavenly Father
- Understand God, ourselves, prayer, relationship and community in a deeper way

### **How to approach each day in prayer**

1. Have your Bible and Life Journal with you. Carry it with you to work, and school because you just never know when God will give you a thought or word.
2. Work hard at setting aside a specified time to focus on prayer. We are called to pray at all times, but we are also called to set time aside to focus. Set aside 15 minutes or more each day to focus. Take time to listen as well as speak out what the Father is saying to you.
3. In your life journal, write the date and prayer focus at the top of each page.
4. Read the recommended verses or theme page for the week.
5. Be creative and go beyond your normal prayer habits. Here are some ideas to get your creative edge going;
  - Go for prayer walks
  - Meet with other from The Rock for prayer meetings
  - Set aside a special room in your house for prayer and solitude
  - Paint a picture of your prayers
  - Pin a map of Squamish on your wall
  - Write a poem or song
6. Be prepared to share your insights, encouragements, prayers with others especially your small group. Expect God to speak to you as we pray for our families, friends, enemies and city.

## Week One: Iniquities • January 20-27, 2010

Iniquity is defined as: lack of justice or righteousness; wickedness; injustice; a wicked act; sin

Iniquity in our lives can be understood as “that which is twisted or turns away from God’s straight and perfect path”

We see Iniquity passed on to us from the Fall and is now in all human beings from birth. Iniquity can be spoken of as an “spiritual umbilical cord” that passes on the spiritual DNA of sin from one generation to the next.

So Iniquity is sinful in that it twists and perverts what God’s true will and character is while sin is when our iniquity is fruitful. So we are sinful because of our iniquity even if we avoid acts of iniquity.

*Ps 40:12 “For evils have encompassed me beyond number; my iniquities have overtaken me, and I cannot see; they are more than the hairs of my head; my heart fails me”*

We can properly reflect and honour God by agreeing with his word by asking him to forgive us our sin and blot out our iniquities.

*Psalms 51:9 “Hide your face from my sins, and blot out all my iniquities.”*

For this week we look to fast and pray to see these aspects laid aside from our lives and from the community.

This may include fasting completely, for a meal each day, from television, computer, or from some other aspect you feel God is personally calling you to.

### **What to do? (Please use your Life Journals)**

1. Read Psalm 51 – Read daily and make it your prayer for the week.
2. Ask God today to reveal the iniquities in your life.
3. Ask God to forgive each iniquity specifically.

*Matthew 3:1-3*

*“In those days John the Baptist came preaching in the wilderness of Judea, “Repent, for the kingdom of heaven is at hand.” For this is he who was spoken of by the prophet Isaiah when he said,*

*“The voice of one crying in the wilderness:  
‘Prepare the way of the Lord; make his paths straight.’”*

4. Allow yourself to receive forgiveness.
5. Believe that you are free from the past guilt and shame.
6. Declare your freedom from any iniquities

## Week 2: Sustenance • January 27- February 3, 2010

We are taught to pray by Jesus but have we stopped to understand why he taught us to pray? Was it just a good idea so some good things could happen? So then we pray because we were taught to pray, but why did he teach us, and more importantly, did Jesus really need to stop and pray himself? Why not heal one more person, maybe cast out a demon or two, how about just talking to someone so they could know the Father? Think about it. Prayer took priority over every other aspect of Jesus' life.

As we see Christ model prayer for us in Scripture we see he did nothing without it. Christ himself would not start or do anything without first being in communion with the Father and prayer was the avenue for that communion.

*John 8:28 — So Jesus said to them, "When you have lifted up the Son of Man, then you will know that I am he, and that I do nothing on my own authority, but speak just as the Father taught me.*

*John 12:50b — What I say, therefore, I say as the Father has told me."*

Jesus knew he needed to be one with the Father in order to live and be sustained in life and ministry. He took prayer seriously not because it was just another good thing but because it was necessary for everything else.

*Matthew 4:4 — "It is written, "Man shall not live by bread alone, but by every word that comes from the mouth of God."*

*John 17:3 — And this is eternal life, that they know you the only true God, and Jesus Christ whom you have sent.*

So prayer is more than just praising God and sharing our needs with him. It is our very life blood! It feeds our physical and spiritual needs. Take some time to think about prayer in your life:

What stops your from praying?

Would your reason for not praying have stopped Jesus or caused him to pray more?

### What to do? (Please use your Life Journals)

1. Write and memorize 2 Corinthians 10:3-5.
2. Read Matthew 6:5-15 (daily reading)
3. Wednesday – Pray for unity of faith  
Thursday – Pray that the Father would use our love to bring people into his Kingdom  
Friday – Pray that our relationship with God would affect our attitude toward our neighbours.  
Saturday – Thank the Father for all the provisions He has provide for you and your family.  
Sunday – Pray that we would no longer fight the heart of God through our disobedience.  
Monday – Pray and forgive those in your life (friends, family, community) that have hurt you.  
Tuesday – Pray that Jesus would be worshipped openly and glorified in our city.

## **Week 3: The Family • February 3-10, 2010**

We can clearly see that something terrible is happening to families all over our city. That our enemy is at work to twist and destroy something that God has created for good. God has clearly called us to be unified as families and as a church family, but we continuously see these bonds being broken all around us. We are setting aside this week to pray, as with one voice, for wisdom, protection and growth for all our families.

Families are the bedrock of our society and as families deteriorate so does the society around us. When God called Nehemiah to rebuild the walls of Jerusalem Nehemiah went and rallied the people by saying, "You see the trouble we are in, how Jerusalem lies in ruins with its gates burned. Come, let us build the wall of Jerusalem, that we may no longer suffer ridicule."

Do we build up protection around our families to bring honour to God and reflect his word in 1 Peter 2:9, "But you are a chosen race, a royal priesthood, a holy nation, a people for his own possession, that you may proclaim the excellencies of him who called you out of darkness into his marvellous light." Do we bring ridicule on the Truth of God or as a holy people proclaim his excellencies through the truth of our lives?

Now when God had called Nehemiah and his people to rebuild the wall of Jerusalem many enemies conspired to fight against him. Today, as we seek to build godly homes and families, we must be on guard against our enemy who continually seeks to destroy. Our only hope is to follow Nehemiah's example: "Nevertheless we made our prayer unto our God and set a watch against them day and night" (Nehemiah 4:9). Just like Nehemiah we must be always ready for battle while we are in the midst of building our family.

Lets us take time to lift up families in prayer.

### **What to do! (Please use your Life Journals)**

1. Read the story of Nehemiah with special reference to 4: 9, 14, 20.
2. Read Psalm 78 and remember what God has done as a family.
3. Read 1 John 5 as a family
4. Take time to pray each day as a family.

Wednesday – Specifically lift up those family members that don't know Jesus.

Thursday – Pray for husbands and the men in our church and community.

Friday – Pray for wives and the women in our church and community.

Saturday – Pray for your children and the children in our church and community.

Sunday – Pray for your marriage and the marriages in our church and community.

Monday – Pray for your extended family. (siblings, parents, grandparents, aunts, uncles etc.)

Tuesday – Pray for your church family and friendships.