

# UCC - Lent 2024

## 6 weeks of Prayer & Fasting

### FASTING

Fasting is the temporary abstinence from food and/or drink as an act of devotion to God. During this time, we deprive our bodies of physical food and replace it with spiritual food. It is common practice that as one abstains from eating, they increase in other disciplines such as prayer and scripture reading. It is a fasting from self and a feasting on God. Jesus assumes His disciples will fast (Matthew 6:16-18) and the early church combined prayer and fasting when making important decisions and beginning new ministries (Acts 14:23).

We are asking members of United Community Church (both Espoo and Helsinki congregations) to join us in a church-wide season of fasting by committing to fast and pray for at least one day during the 6 weeks of Prayer & Fasting. Instead of partaking in food, commit to pray and read scripture during that day. Your fasting starts at 6 AM on the day you've signed up for, and ends at 6 AM of the following morning (a 24h period). We encourage everyone to do a water fast - only water for the whole 24 hours. You can also choose to do a partial fast (for example allowing non-caffeinated drinks, broth &/or juice etc.). We also recommend that you abstain from entertainment that day in order to consecrate more time for prayer.

### ON YOUR FASTING DAY- 3 STEPS

#### Step 1: Consecration

Begin the morning a simple prayer, expressing your desire to draw near to God in prayer:

"Gracious Father, in your Word, you promise that when I draw near to you, you also draw near to me (James 4:8). I believe your Word and acknowledge your presence with me right now through your Spirit. I invite you to speak to me today as I listen for your voice. Use my time with you to renew my mind, transform my affections, and to pray for the local church that you have led me to be part of, United Community Church.

#### Step 2: Praying Scripture

Start by visiting the prayer calendar to receive today's Scripture and prayer topic.

Reading Scripture: Allow the Scripture to be your prayer guide. Begin by reading it through three times. First silently, next softly, and then out loud.

Praying Scripture: Now turn the Scripture into your prayer for UCC on the topic assigned. For example if the daily Scripture is Philippians 3:7-8 and the prayer topic for UCC is "Devotion to Christ", you could pray in the following way: "Lord, help UCC to see all that we have—all the things that give me a sense of purpose, achievement, and meaning—for their true value and as less important in comparison to the greater value of "knowing Christ" and, by Your Spirit, help UCC"... (continue to use Paul's words to guide your prayer for UCC).

#### Step 3: Intercession

1. Praying for UCC Weekly Activities at UCC:

- + Mother and child club on Wednesday at 10:00-12:00
- + Youth meetings Friday night at 17:30-20:30
- + Agricola Theological Seminary Thursdays at 9:00-15:30
- + Staff team meetings & elders meetings
- + Life Groups and Bible studies
- + Sunday worship services in Espoo & Helsinki

2. Praying for the People of UCC:

- + Pray for those who are members and attenders
- + Pray for all the newcomers and the visitors
- + Pray for the children and youth
- + Pray for all who serve

- + Pray for the leaders: Elders, deacons, ministry team leaders, pastoral staff
- + Pray for pastor Shaun and his family. Pray for his leadership and preaching preparation

### 3. Praying for specific needs at UCC:

- + Pray that everyone would be growing in faith and deeper dependency on God
- + Pray for those who are struggling with health issues (physical, mental, emotional...)
- + Pray for those who are struggling with employment issues
- + Pray for those who are struggling with doubts &/or questions about their faith
- + Pray for those who are struggling with relationship issues (friendship conflicts, marital struggles, singleness, parenting issues...)

# 6 Weeks of Prayer & Fasting at UCC

## February 14 – March 28, 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>February 14</b> Pray for <b>Prayer Movement</b> at UCC: 2 Chronicles 7:14	<b>February 15</b> Pray for <b>Love for God's Word</b> at UCC: James 1:22	<b>February 16</b> Pray <b>Consecration</b> for UCC: James 4:6-10	<b>February 17</b> Pray for <b>Lost Friends</b> at UCC: Luke 19:10
<b>February 19th</b> Pray for <b>Love for God's People</b> at UCC: John 13:35	<b>February 20th</b> Pray for <b>Love for God's Word</b> at UCC: James 1:22	<b>February 21</b> Pray <b>Victory in Christian Walks</b> at UCC: 1 John 5:4	<b>February 22</b> Pray <b>Lost Neighbors</b> around UCC: Mark 12:30-31	<b>February 23</b> Pray for <b>Church Pastors</b> at UCC: Titus 1:5-8	<b>February 24</b> Pray for <b>God's people to Walk in the Light</b> at UCC: 1 John 1:5-10
<b>February 26</b> Pray for <b>Our Witness</b> at UCC: Mark 16:15-16	<b>February 27</b> Pray for <b>Fruit of the Spirit</b> at UCC: Galatians 5:22-26	<b>February 28</b> Pray for <b>Humility</b> at UCC: 1 Peter 5:5	<b>February 29</b> Pray for <b>Revival</b> at UCC: 2 Chronicles 7:14	<b>March 1</b> Pray for <b>Unity in the Body</b> at UCC: Acts 4:32	<b>March 2</b> Pray for <b>Church Leaders</b> at UCC: 1 Timothy 5:17
<b>March 4</b> Pray for <b>Humility</b> at UCC: 1 Peter 5:5	<b>March 5</b> Pray for <b>Maturity</b> at UCC: Ephesians 4:14-15	<b>March 6</b> Pray for <b>Purity</b> at UCC: 2 Timothy 2:19-23	<b>March 7</b> Pray for <b>Wisdom</b> at UCC: Ephesians 1:17	<b>March 8</b> Pray for <b>Guidance</b> at UCC: Proverbs 3:5-6	<b>March 9</b> Pray for <b>Purpose</b> at UCC: 1 Peter 5:5
<b>March 11</b> Pray for <b>Strong Marriages</b> at UCC: Ephesians 3:16	<b>March 12</b> Pray for <b>Protection of Families</b> at UCC: Psalm 91:1-2	<b>March 13</b> Pray for <b>Health for Families</b> at UCC: Jeremiah 30:17	<b>March 14</b> Pray for <b>Peace for Families</b> at UCC: John 16:13	<b>March 15</b> Pray for <b>Prodigals</b> at UCC: Luke 22:31-32	<b>March 16</b> Pray for <b>Lost Family Members</b> at UCC: John 4:35
<b>March 18</b> Pray for <b>Love for God's Word</b> at UCC: James 1:22	<b>March 19</b> Pray <b>Love for God's People</b> at UCC: John 13:35	<b>March 20</b> Pray for <b>Lost Friends</b> at UCC: Luke 19:10	<b>March 21</b> Pray for <b>Church Leaders</b> at UCC: 1 Timothy 5:17	<b>March 22</b> Pray for <b>Unity in the Body</b> at UCC: Acts 4:32	<b>March 23</b> Pray for <b>Financial Provision</b> at UCC: 2 Corinthians 9:8-10
<b>March 25</b> Pray <b>Consecration</b> for UCC: James 4:6-10	<b>March 26</b> Pray for <b>Sanctification</b> at UCC: Joshua 3:2-5	<b>March 27</b> Pray for <b>Gospel Advancement</b> at UCC: Matthew 9:38	<b>March 28</b> Pray for <b>Revival</b> at UCC: 2 Chronicles 7:14		