

cornerstone.



*Prayer &*

**FASTING**

*9 - 20 September 2024*

“Essential for our Life in God”

## Dear Cornerstone Family,

As we begin our new Semester at Cornerstone, we want to continue to grow in our faith and dependence on God. In new ways, we have been experiencing the reality of Jesus' words: "... apart from me you can do nothing..." (John 15:5) and as a church and as individuals, we can truly do nothing apart from the work of the Holy Spirit in and through us.

For that reason, we will start our new semester by having our church family come together for 12 days of Fasting and Prayer ( + 2 extra days of corporate prayer) :). Our hope is for this Season to anchor us to our Purpose and Vision that God has called us to at Cornerstone.

We want to wish you a blessed and refreshing time with the Lord, as we hear His voice and seek His face and His direction together!

In His Love,

*Chris & Nicola.*

# Fasting

**Here are a few examples of what fasting and prayer can look like for you in the coming days.**

## **Why do we fast?**

**Simply put, fasting aims to turn ourselves and our focus from worldly things and to set our minds and hearts fully on God.**

It is not a way to manipulate God or coerce Him to hear and answer our prayers, but rather to acknowledge our complete dependence on Him. The purpose of fasting is to temporarily give up something that meaningfully uses much of our time or focus while committing that time to prayer.

Fasting awakens us to the reality that we are so often driven by our fleshly desires and appetites. It humbles us and awakens us to our great need for and reliance on God. Let's meditate on a few verses from the Scriptures:

**Ezra 8:23** - "So we fasted and implored our God for this, and He listened to our entreaty."

**Joel 2:12** - "Yet even now," declares the Lord, "return to me with all your heart, with fasting, with weeping, and with mourning..."

**Luke 18:1** - "Now Jesus was telling the disciples a parable to make the point that at all times they ought to pray and not give up and lose heart."

### **Matthew 6:16-18**

16. "When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show others they are fasting. Truly I tell you, they have received their reward in full.

17. But when you fast, put oil on your head and wash your face,

18. So that it will not be obvious to others that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you."

As you consider fasting, we want to encourage you to listen to the Holy Spirit. Ask God to lead you in this time of seeking His face. Whether you choose to fast for one day, several days, or the entire two weeks, the point is to humble yourself in a new way and draw near to God.

## HERE ARE SOME IDEAS OF WHAT YOU COULD DO:

- **You might choose a selective fast, eliminating certain things from your diet.** Eating only fruits and vegetables, what some might call a “Daniel fast,” is an example of this type of fasting.
- **Another option is a partial fast, which is refraining from eating for a set period of time each day.** You could choose to fast from a single meal, or from sunrise to sunset.
- **Some of you may feel led to engage in a complete fast:** Refraining from eating and only drinking liquids for particular days or even an extended period of time.
- **If fasting from food is not possible (because of health issues or other reasons), you may feel led by the Lord to fast from something else.** For example, you may fast from social media, television, or movies, training at the gym or sports, or certain times or activities on your cell phone. However, whatever you choose, it is between you and the Lord and it should be something meaningful on which you are regularly dependent.



# Prayer

**Praying is spiritual breathing, essential for our life in God.**

As we meditate on God's Word, we breathe in the promises and purposes of God. In prayer, we breathe out, responding to God's Word to us. Each day in this guide, there will be one verse and a few prayer responses and requests to guide you in your time of praying. Throughout the 12 or 14 days, you will be praying for specific areas in your Personal Life & Family, for our Church, and for our Mission. Together, let's put our faith into action, trusting in the promises of God for us and for Cornerstone. Below are some helpful tips on how to make the most of this guide.

- **Commit to a specific time each day to devote to prayer.** Find a place where you can be free of distractions and be alone with God.
- **Use the Prayer Points and Scripture** in this guide to focus and fuel your praying. **Write the Daily Scripture and Prayer Point** on a card and carry it with you, post it on your social media, make it the **Screensaver on your phone**—whatever you can think of to keep these prompts in front of you. Use them throughout the day and invite others to join you in praying.

- You can take it a step further by **Journaling** your prayers each day (if you enjoy journaling) or simply writing out your prayers to God. It's a great opportunity to hide God's Word in your heart, working to memorize the verses as you meditate and pray.

- In addition, you may consider ways to **Pray with others** during this season of Prayer and Fasting. Set up a Zoom call with friends or with your overseas family, or with members of your Life Group. Pray together as a family.

- **So Cornerstone Family... let's earnestly seek the face of God with great expectation, as we wait for His revelation and instruction through this Season of Fasting and Prayer.**

“Call to me and I will answer you and tell you great and unsearchable things you do not know.” - ( Jeremiah 33:3)



# Day 1

*"18 Then Moses said, 'Now show me your glory.' 19 And the LORD said, 'I will cause all my goodness to pass in front of you, and I will proclaim my name, the LORD, in your presence. I will have mercy on whom I will have mercy, and I will have compassion on whom I will have compassion.'"*

- Exodus 33:18-19

**Pray that God would reveal Himself and His glory as we seek Him over the next two weeks. Ask Him to speak to you as you read His Word. Pray for understanding and faith as you consider the character of your God. Pray that the people of God at Cornerstone would be drawn to worship and adore Him. Ask God to show you how you can be an example and encourage those around you to seek after Him with all their hearts.**

**Cornerstone: Pray for our Lead Team ( Chris, Nicola, John, Manu & Todd & their families) - for Vision, Wisdom and Direction from God.**



# Day 2

*“But you will receive power when the Holy Spirit comes on you; and you will be my witnesses in Jerusalem, and in all Judea and Samaria, and to the ends of the earth.” - Acts 1:8*

**Pray for the presence and the power of the Holy Spirit to be known among us, because without Him, our efforts are useless. Pray for courage and boldness to serve as witnesses to the power of the Gospel. Pray for an increase in the Cornerstone Family and that God will bring new folks who can journey together with us. Ask God in this season, to give us a passion for souls so that we will not be ashamed of the Gospel of Jesus Christ so that the good News will be lived out and proclaimed by all of us. Pray for our local Evangelistic Efforts and ask God to provide people and resources to bless the city of Stuttgart and beyond.**

**Cornerstone: Pray for our Evangelism Ministry in Stuttgart and for God’s provision of a passionate leader of His choice.**

# Day 3

*"I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing."* - John 15:5

**Pray for effectiveness in making Disciples. Ask God to cause us to be fruitful. Pray for a renewed commitment to being "disciple-making disciples." Ask God to lead you in investing your time in the lives of others. Ask God to redeem our youth and children and raise them up to be His servants in the world, who learn about love and devotion to God at a young age. Pray for our kids as they are back at Kindergarten and School this week. Pray for protection for them and that they would also be loving and bold witnesses to their friends. Pray that we would see people grow in their walk with Jesus.**

**Cornerstone: Pray for our Kids ' Church and for Marija and Nicola as they lead this ministry.**

# Day 4

*“4 But because of his great love for us, God, who is rich in mercy, 5 made us alive with Christ even when we were dead in transgressions—it is by grace you have been saved.” - Ephesians 2:4-5*

**Pray that we will remember God's great love poured out for us on the cross. Ask God to continually cause us to be amazed by His grace. Rejoice today that you have been saved by God's grace alone and not by your own efforts. However, praise God that because of this wonderful gift of Salvation, that we respond by glorifying God and serving others with our Spiritual Gifts and natural talents. Pray for your friends and family members, who have yet to respond to the Grace of God. Ask God to stir their hearts and draw them to himself. Pray that we would see new people come to faith at Cornerstone and be baptized in this coming year!**

**Cornerstone: Pray for our Worship Team and Ruven as he leads this ministry.**

# Day 5

*"I keep asking that the God of our Lord Jesus Christ, the glorious Father, may give you the Spirit of wisdom and revelation, so that you may know him better." - Ephesians 1:17*

**Pray that we would be a people who grow in Wisdom and in the Word. Ask God to help us walk in the fullness of the knowledge of God. Pray that God would lead you by His Spirit, to know Him better. Pray also that He would work through the Preaching of the Word at Church and through our Life Groups and teaching ministries to grow men and women, boys and girls in their love and knowledge of God. Ask God for increased involvement of everyone in the ministries of Cornerstone.**

**Cornerstone: Pray for our Café Team & for Suki who leads this ministry.**

# Day 6

*"Take delight in the LORD, and he will give you the desires of your heart." - Psalm 37:4*

**Pray that we will find our delight and joy in God. Ask Him to truly satisfy us and teach us to be content in Him, and to be grateful for His provision in our lives and for all that we have. Pray that your heart will be drawn to Him more than anything else. Pray that at Cornerstone, we would be Passionate Worshipers of God, demonstrating our delight in Him by our sacrificial Service.**

**Cornerstone: Pray for our Translation Team & for Jules as she leads.**

# Day 7

*“20 My prayer is not for them alone. I pray also for those who will believe in me through their message, 21 that all of them may be one, Father, just as you are in me and I am in you. May they also be in us so that the world may believe that you have sent me.” - John 17:20–21*

**Pray for Unity in Diversity among our Cornerstone Family. Ask God to give us a gospel love that transcends all our differences... and that we will be willing to leave our cultural preferences at the door and together continually seek to develop a “Jesus Culture” at our Church. Pray that God would give you a heart of compassion for those who are unlike you and ask Him to use you to be an instrument of peace. Ask God to increase our multi-ethnic diversity at Cornerstone and to bring more nations to join us in Worship of Him.**

**Cornerstone: Pray for our Cornerstone Missionaries:**

- 1) Sam** (Middle East).
- 2) Pastor Dennis & Pastor Jim & Rose & Family** - Mighty One International Ministries (Philippines).
- 3) Pastor Reinaldo & Marcia & Family** - Ministry Among Fishermen (Brazil).
- 4) Neide** - Ministry to the Quilombos - Descendants of Ex Slaves (Brazil).
- 5) Noblesse (& his Fiancé Rachel)** - (South Sudan).
- 6) Alain & Rachel & Family** (Kenya).
- 7) Pastor Mawuli & Family** - Children’s Orphanage in Kpalimé (Togo).

Day 8

*" 9 Love must be sincere. Hate what is evil; cling to what is good. 10 Be devoted to one another in love. Honour one another above yourselves." - Romans 12:9-10*

**Pray that we would be devoted to one another. Ask God to show us how to serve each other and honour one another better. Pray that God would show you where and how and to whom you can demonstrate His reconciling love. Pray that the members of our Life Groups and our Couple's Group would grow deeper in their intimacy with God and in their commitment to care for each other. Ask God to increase the number of Life Groups at Cornerstone.**

**Cornerstone: Pray for our Life Group Leaders and Co-Leaders:**

- 1) Downtown Group - Antonio & Vikii**
- 2) Treasure Hunters - Lyn, Manu & Burnz**
- 3) Light & Salt - Moni T. & Jules**
- 4) Zoe - John & Moni S.**
- 5) Radiant - Tina & Nicola,**
- 6) Faith Warriors - Trish & Vinay**
- 7) The Roots - Todd & Heather**
- 8) Young Ladies - Johanna & Kathlin**
- 9) Space Oddity - Max & Suki**
- 10) Cool Guys - Markus & Chris.**

Day 9

*"3 For by the grace given me I say to every one of you: Do not think of yourself more highly than you ought, but rather think of yourself with sober judgment, in accordance with the faith God has distributed to each of you. 4 For just as each of us has one body with many members, and these members do not all have the same function, 5 so in Christ we, though many, form one body, and each member belongs to all the others." - Romans 12:3-5*

**Pray that we would see ourselves as belonging to one another. Ask God to show you what your role and function is in the body of Christ. Pray that we would be a healthy body, each member humbly doing their part. Ask God to help each of us at Cornerstone to guard our hearts against pride and self-serving. Pray that each ministry of our church will have an abundance of volunteers.**

**Cornerstone: Pray for our Set Up Team & for our Events Team and for Manu and Burnz who lead these respective ministries.**



# Day 10

*" 15 Instead, speaking the truth in love, we will grow to become in every respect the mature body of him who is the head, that is, Christ. 16 From him the whole body, joined and held together by every supporting ligament, grows and builds itself up in love, as each part does its work." - Ephesians 4:15-16*

**Pray that we would actively build each other up in love. Pray that we would trust each other's hearts and good intentions. Ask God to show you how you can encourage and spur others on to Love and Good Works. Pray that we will grow to become the mature body of Christ at Cornerstone. Ask God to highlight the Relationships in your life where forgiveness and reconciliation are needed, and for the courage and an obedient heart to do what you know you should do.**

**Cornerstone: Pray for our Prayer Ministry and for God's provision of a passionate leader of His choice.**

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# Day 11

*"9 Offer hospitality to one another without grumbling. 10 Each of you should use whatever gift you have received to serve others, as faithful stewards of God's grace in its various forms. 11 If anyone speaks, they should do so as one who speaks the very words of God. If anyone serves, they should do so with the strength God provides, so that in all things God may be praised through Jesus Christ. To him be the glory and the power forever and ever. Amen." - 1 Peter 4:9-11*

**Pray that God would lead us to be Faithful Stewards of all that He has entrusted to us. Ask God to show you how to use the grace and gifts He has given you to advance His kingdom and bring praise to Jesus. Pray that Missionaries and Church Planters around the world will have the strength and joy to serve and love others. Pray that they would not grow weary in well-doing, but would faithfully serve the body of Christ and their communities, even in the face of persecution and difficulties.**

**Cornerstone: Pray for our Media Team and our Tech Team and for Lyn and Keith who lead these respective ministries.**

# Day 12

*"6 Remember this: Whoever sows sparingly will also reap sparingly, and whoever sows generously will also reap generously. 7 Each of you should give what you have decided in your heart to give, not reluctantly or under compulsion, for God loves a cheerful giver. 8 And God is able to bless you abundantly, so that in all things at all times, having all that you need, you will abound in every good work." - 2 Corinthians 9:6-8*

**Pray that we would give and sow generously. Ask God to give you a heart of joy in giving. Pray that He would increase your supply and finances so that you can be even more generous than you have been so far. Pray that your heart will not be tied to material wealth and possessions. Pray that as a church, we would "abound in every good work"... and that new folks and visitors will also feel welcomed and at home because of our hospitality.**

**Cornerstone: Pray for our Welcome Team and for Moni T. as she leads this ministry.**

*... Two (2) extra days of Prayer...*

# Day 13

*"Teach us to number our days, that we may gain a heart of wisdom." - Psalm 90:12*

**Pray that we would remember that our time on earth is short. Ask God to help you live every moment for His purposes and His glory. Pray for wisdom to live for the eternal purposes of God. Pray that retirees and empty-nesters would consider how they might leverage their lives, time and resources for the sake of the Gospel. Ask God to use the uncertainty of the times in which we live, to make people receptive to Spiritual Conversations. Pray that our Cornerstone Family would be faithful in using these opportunities (or divine appointments) to share the Gospel with unbelievers in their neighbourhoods, schools and work places.**

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# Day 14

*"As for other matters, brothers and sisters, pray for us that the the message of the Lord may spread rapidly and be honoured, just as it was with you." - 2 Thessalonians 3:1*

**Pray that the Message of the Gospel will spread rapidly through our nation and around the world... And ask God to open the hearts and minds of those who hear it. Pray that they would respond in faith and that a wave of salvation would cover the earth. Pray specifically for those you know who are lost and without Christ (family, friends, neighbours, colleagues). Ask God to be merciful and bring them to saving faith in Jesus.**

*...So How Do We Respond Now? ...*

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**This isn't the end!** We have seen God move and answer our prayers. However, that only serves to increase our awareness of our need for His intervention in our lives. It creates a greater longing to see him move. He has delighted us and satisfied us with His great love in so many ways... but that has simply stirs up a greater desire and yearning to be with him. Praying calls us to pray even more!

Jesus made an astounding promise to us when He said:

“You did not choose me, but I chose you and appointed you so that you might go and bear fruit—fruit that will last—and so that *whatever you ask in my name the Father will give you*” (John 15:16).

So God chose us to bear fruit and to bring Him glory. He promised to hear and answer when we pray. What would it look like for you and me to continue to call out to God on behalf of His people and for His purposes in the world? What might God do if we just prayed?

Well, we want to encourage you to continue some of the disciplines you've developed over the past two weeks.

**Maintain** a set time to pray each day. **Commit** to fasting from time to time, as you continue to seek God. Keep a prayer **Journal**, writing out your prayers. **Participate** in Prayer Meetings and other Prayer Gatherings throughout the year. **Print** out our Cornerstone 14-day “Prayer and Fasting Guide” and work through it again later in the year.



And remember:

*Plenty Prayer... Plenty Power!*  
*Little Prayer... Little Power!*

"... If my people, who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then I will hear from heaven, and I will forgive their sin and will heal their land..." -  
2 Chronicles 7:14

In His Love,

*Chris & Nicola.*

