

cornerstone.



Prayer &
FASTING

6 - 17 January 2025

Dear Cornerstone Family,

As we begin a new year, we want to do so in total dependence on God - our Heavenly Father. We are also reminded of the words of Jesus when He said: "... apart from me you can do nothing." (John 15:5)

So as a church family, and as individuals, we recognise that we can do nothing apart from God's work and the power of the Holy Spirit. For that reason, we want to start the year by having our Church Family come together for a period of "Fasting and Prayer."

It is our hope that the Scriptures and Prayer Points in this short guide will help to direct and fuel your praying... and that this experience will be a blessing, as we all seek to re-focus and re-align our hearts with the will and ways and purposes of God, as we move into 2025!

So let us boldly approach the "Throne of Grace" (Hebrews 4:16) and earnestly seek the face of God with great expectation, as we wait for His revelation and instruction in our lives and in the life of our church through these 12 day of Prayer & Fasting, together!

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

In His Love,

Chris & Nicola.
(Joshua & Katie)

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.



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 12 days. Ask Him to speak to you as you read His Word. Pray for understanding and faith, as you contemplate the character of our God. Pray that the people of God at Cornerstone would be Christ-Centered and be drawn to worship and adore Him. Ask God to show you how you can encourage those around you to seek after Him with all their hearts.

Special Focus: Pray for Pastor Chris, Nicola, Joshua & Katie.

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 Cornerstone members/partners going out on short-term mission trips this Summer. Ask God, in this season, to challenge the hearts of many from our church with the needs of the world, so that the Good News is preached in Stuttgart and beyond. Pray for God to raise up a leader for our Evangelism Ministry & our Prayer Ministry.

Special Focus: Pray for our Lead Team (John Stanley, Manuel Amann, Todd Pruitt, Nicola & Chris).

Day 3

*"But because of His great love for us, God, who is rich in mercy, 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 would 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 and not by your own efforts. Pray for those around you 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 and be baptized in 2025.

Special Focus: Pray for our Missionaries: Noblesse & Rachel; Neide; & Sam.

Day 4

"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 in the lives of others. Pray especially for our youth and kid's ministries. Ask God to redeem our children and raise them up to be His servants in the world. Pray that we would see people grow in their walks with Jesus and take personal responsibility for their relationship and intimacy with Jesus!

Special Focus: Pray for Our Kids' Church & Leaders; & our Ministry to our Youth.

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 to know and love the Word of God more, individually and through our Life Groups. Pray that we would 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 ministries of Cornerstone Church to grow men and women, boys and girls in their love and knowledge of God. Ask God for increased involvement by our Cornerstone Family in the ministries of the church.

Special Focus: Pray for our Couple's Ministry & our Translation Team & Leaders.

Day 6

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

Pray that we would find our delight and joy in God alone. Ask Him to satisfy you and teach you to be content in Him. Pray that your heart would be drawn to Him more than anything else in this present world. Pray that God would bring personal healing in your life, in areas where you have been hurt by others, or damaged by sin and life. Pray that God would give you wisdom and victory in the areas where you have struggles. Pray that, at Cornerstone, we would be Passionate Worshipers of God and Committed Followers, who demonstrate our delight in God by our faithful service and the generous giving of our time, treasures and talents. Pray for God to raise up additional singers and musicians who are also gifted and committed and can be part of our Worship Team.

Special Focus: Pray for our Worship Team & our Set Up Team & Leaders.

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 Church Family. Ask God to give us a “Gospel-Love” that transcends all our personal and cultural differences. Pray that God would give you a heart of compassion for those who are unlike you, and ask Him to lead to actively pursue and facilitate unity. Ask God to increase our multi-ethnic diversity at Cornerstone.

Special Focus: Pray for our Welcome Team & Coffee Team & Leaders.

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Prayer

“ 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. Pray that God would show you where and how and to whom you can demonstrate His reconciling love. Pray that our Life Groups and men's and women's Bible groups would grow deeper in their commitment to care for each other and ask God to increase the number of Life Groups at Cornerstone.

Special Focus: Pray for our Life Groups & Leaders (see our Website for information).

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 the desire for recognition. Pray that each ministry of our church would have an abundance of volunteers, and pray especially for more volunteers for our Media Team - in the "Online" area!

Special Focus: Pray for our Tech Team & Media Team & Leaders.

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. Ask God to show you how you can encourage and spur others on to love and good works. Pray that we would grow to become the mature body of Christ at Cornerstone. Ask God to use our Sermons and our EQUIP Workshops to further train and equip our Community to be a generation of fully devoted followers of Jesus.

Special Focus: Pray for our Missionaries & Pastors of the Mighty One International Church Ministries in the Philippines.

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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. Pray for strength and joy to serve and love others. Pray that missionaries and church planters around the world, would not grow weary in well-doing, but would faithfully serve the body of Christ and their communities, in spite of their many challenges and the spiritual warfare that they constantly face.

Pray that the message of the gospel would spread rapidly throughout our nation of Germany 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 your family and friends who you know who are lost. Ask God to be merciful and bring them to saving faith in Jesus.

Special Focus: Pray for our Missionaries: Alain & Rachel; Pastor Reinaldo & Marcia; & Pastor Mawuli.

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 so that you can be even more generous. Pray that as a church we would "abound in every good work". Pray for our local Outreach Efforts in Stuttgart and in your Neighbourhood, and ask God to provide people and resources to bless our city of Stuttgart and the nations. Pray for our partnership as a Church in the "Easter Garden" this year and how you can be personally involved, as they are still in need of many volunteers. Pray for God's direction and provision of a new location for us to rent if it is His will, or for His direction if we should stay where we are presently at C.Z. Also pray for a "Building Fund" that we will like to begin, and for new ministry opportunities that we can identify and faithfully work towards.

Special Focus: Pray for our Events Team & our 2025 Summer Missions Trip to the Philippines.

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 12-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.

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