### MOSAIC LLOYDMINSTER

# days of prayer

JANUARY 6th to 26th

### Introduction

At Mosaic at the beginning of each year, we set aside 21 days of prayer and fasting as a way to intentionally seek God in prayer and fasting to commit the entire year to Him and believe for Him to move in powerful ways in our lives, as individuals and as a church. Fasting enables us to celebrate the goodness and mercy of God and prepares our hearts for all the good things God desires to bring into our lives. The Bible gives us many examples of God moving supernaturally in the natural world and answering prayers when His people fast and pray. The early apostles always fasted and prayed when they needed to make important decisions and to discern God's will. But the best example is the Lord Jesus Himself who fasted and prayed before He began His earthly ministry.

As we begin the year 2025, we want to emulate the example of Jesus, and the disciples, to commit to the Father all our plans and endeavours, our concerns and petitions through prayer and fasting. Fasting hits the reset button of our soul and renews us from the inside out.

I encourage you to seek God in prayer and fasting, use this guide for your prayer and scripture reading and follow what the Holy Spirit leads you to do. Jewish people say to one another when they fast: *tzom mo-il* (צום מועיל) Have a beneficial fast. And I say, may your fasting and prayer bear fruit in your life.

Pastor Jon Las, Lead Pastor

### Joel 2:12

Now, therefore," says the Lord, "Turn to Me with all your heart, **With fasting**, with weeping, and with mourning.

# Types of Fasts

### Selective Fast .

This type of fast involves removing certain elements from your diet. One example of a selective fast is the *Daniel Fast*, during which you remove meat, caffeine, sweets, alcohol and bread from your diet and only consume water for fluids and fruits and vegetables for food. Another option is eating only one light meal a day.

### Complete Fast.

In this type of fast, one abstains from all solid food. One only drinks liquids, typically water, light juices or broth as options.

### Partial Fast.

This fast is sometimes called the "Jewish Fast" and involves abstaining from eating any type of food in the daytime and evening. Also called *intermittent fasting*, this can either correlate to specific times of the day, such as 6:00 am to 8:00 pm, or from sunrise to sunset, but not overnight because the body is on a fast while asleep.

#### Soul Fast.

This fast is a great option if you do not have much experience fasting food, have health issues that prevent you from fasting food, or if you wish to refocus certain areas of your life that are out of balance. For example, you might choose to stop using social media or watching television for the duration of the fast and then carefully bring that element back into your life in healthy doses at the conclusion of the fast.

# The timing of your fast is not as important as the strength of your focus on God as you fast.

### Joel 1:14

Consecrate a fast, call a sacred assembly; gather the elders and all the inhabitants of the land into the house of the Lord your God, and cry out to the Lord.

# Guidelines for 21 Days of Prayer & Fasting

### Commit to one type of fast for the next 21 days.

It is important to commit to one type of fast for 21 days as it allows you to learn the discipline of consistently saying "no" to the thing/s or area/s you choose to stay away from, and focus on your prayer life.

### Be keenly aware of your health issues.

If you choose abstain from food, be sure to consult your doctor first, especially if you have health concerns (e.g. pregnancy, illness, etc.) or you do manual labour.

### Fasting must always be accompanied by prayer and Bible reading.

Without prayer and God's Word, fasting is just going on a diet. The Word of God and prayer allow us to hear God and speak to Him. Keep a journal! Write what God is teaching you.

### Time of the day.

When fasting and praying, it is important to find the best time of your day to read God's Word and speak to Him in prayer. Choose the time of the day when you are most awake and aware, not when you're sleepy and ineffective. Use this guide to help you with your Bible reading.

#### Focus on Jesus.

Remember that your goal is to focus on Jesus, to grow in Him and align with God's will as you present your prayers, concerns, petitions and plans for 2025.

Fasting teaches us that our spiritual need for God

is far more fundamental than our physical need for food and water.

In fasting, what we are saying is that

more than we enjoy food,

we enjoy God.

Fasting is feasting on fellowship with God.

### Matthew 4:4

"It is written, 'Man shall not live by bread alone, but by every word that comes from the mouth of God.'"

"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 21 days. Ask him to speak to you as you read his Word. Pray for understanding and faith as you consider the character of God. Pray that the people of God at Mosaic would 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.

#### What to read:

• PSALM 119:1-11

- A deeper revelation of God's glory in your life.
- Ask the Holy Spirit to empower you with discipline to carry on for 21 days and beyond.
- Pray for Cindie & Ryan Beato as they lead their Salt & Light DGroup.

"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 Mosaic attendees to embrace the mission of sharing God's love and inviting others to trust Jesus. Ask God the Holy Spirit, in this season, to give you the boldness to be a strong witness for Jesus, spread His Word and bring people to church.

#### What to read:

• ISAIAH 55:1-11

- Ask the Holy Spirit to help you breakthrough barriers that keep you from sharing the Gospel of Jesus or inviting someone to church.
- Ask God to give you five people to share the Gospel with people who don't know Jesus and invite them to church.
- Pray for Paul Sochayseng who is part of our Worship Lead Team.

"'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 you to be fruitful. Pray for a renewed commitment to being disciple-maker. Ask God to lead you in investing in the lives of others. Ask God to redeem people and raise them up to be his servants in the world.

#### What to read:

• COLOSSIANS 3:12-17

- Pray for our church in general that we may all be fruitful disciple-makers.
- Ask the Lord to help you bear spiritual fruit.
- Pray that God will use you to lead people to grow in their walk with Jesus.
- Pray for Ivy Buhay who leads the Wednesday DGroup and Arlin Boltron who leads the Ladies Group.

"18 I pray that the eyes of your heart may be enlightened in order that you may know the hope to which he has called you, the riches of his glorious inheritance in his holy people, 19 and his incomparably great power for us who believe. ..." - Ephesians 1:18–19

Pray that we would be people who are filled with hope because of the gospel. Ask God to help you see beyond the moment to all that he has in store for you. Pray that he would work in power in your own life, freeing you to live for his glory. Ask God to make you ready to say YES to whatever His will is for you. Pray specifically for your plans and pursuits this year.

#### What to read:

• PSALM 119:12-24

- Pray for your personal plans and ask God to help you become aligned to His will.
- What are your plans or areas for 2025 that you need guidance in?
- Pray for Pastor Ta as he plans his transition into retirement by summer of this year.

"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 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 more people come to faith and be baptized in 2025.

#### What to read:

• PSALM 119:25-32

- Pray for the five people that you want to lead to the Lord this year.
- Ask God to grant you wisdom to use the blessing He gives you according to His will.
- Pray for Ambet David, a Mosaic Trustee.

"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 the knowledge and worship of God. Ask 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 discipleship ministries and DGroups of Mosaic Church to grow men and women, boys and girls in their love and knowledge of God. Ask God for increased engagement in the ministries of Mosaic Church.

#### What to read:

• PSALM 119:33-40

- Ask God to use Mosaic to bring the life-changing message of the gospel to many in our area and around the world.
- Ask God to teach you His will for you on how to serve in the church.
- Pray for Dan & Barb Allen as they minister to their Sunday coffee group.

"22 But now he has reconciled you by Christ's physical body through death to present you holy in his sight, without blemish and free from accusation— 23 if you continue in your faith, established and firm, and do not move from the hope held out in the gospel. This is the gospel that you heard and that has been proclaimed to every creature under heaven, and of which I, Paul, have become a servant." - Colossians 1:22–23

Pray that we would be steadfast in faith, holding on to the hope of the gospel. Ask God to fill you with confidence, knowing that he who began a good work in you will be faithful to continue his work in you until the day of Christ.

#### What to read:

• PSALM 119:41-48

- Text your DGroup leader and DGroup members and ask how you can pray for them. Pray for their concerns.
- Pray that today God would give you an opportunity to give witness to the power of the gospel.
- Pray for Faith Dangan as she leads our First Impressions Team.

" 7 Also, seek the peace and prosperity of the city to which I have carried you into exile. Pray to the Lord for it, because if it prospers, you too will prosper." - Jeremiah 29:7

Let's ask God to help us seek and pray for the peace and prosperity of our city. Ask God to stir us to pursue people in prayer and saturate our city with the influence of his Word. Pray that we would be people who will contribute to the good of our city and province for the glory of God.

#### What to read:

• PSALM 119:57-64

- Pray for the Mayor and Council of Lloydminster.
- Call or email your MLA and MP and ask for their prayer concerns.
- Take a prayer drive around the city with someone from your DGroup.
- Pray for Carlo and Kerin Cunanan as they lead the Young Couples DGroup.

"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. Ask him to satisfy us and teach us to be content in him. Pray that your heart would be drawn to him more than anything else. Pray that, at Mosaic, we would be passionate worshipers of God, demonstrating our delight in him by our service and our giving.

#### What to read:

• PSALM 119:33-40

- Ask God to grow you in prayer this year, and pray that more people at Mosaic would commit themselves to seek God in prayer.
- Pray that God will develop in you a heart of worship.
- Pray that today God would give you an opportunity to give witness to the power of the gospel.
- Pray for Jayson Dangan who is part of our Worship Lead Team.

"'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 the members of Mosaic Church. Ask God that as we strive to be a welcoming multiethnic family, our love in Christ will transcend all our differences. Pray that God would give you a heart of compassion for those who are unlike you and ask him to lead to actively bridge the divide.

#### What to read:

• JOHN 17:22-26

- Ask God to help you become a bridge builder and a breaker of walls of prejudice.
- Pray that you will embody the love of Jesus to others.
- Pray for guidance, wisdom and perfect timing for Evangelist Harrison and Jasmine Amaghu as they prepare for God's call on their lives.

"But you are a chosen people, a royal priesthood, a holy nation, God's special possession, that you may declare the praises of him who called you out of darkness into his wonderful light." - 1 Peter 2:9

Pray that we would faithfully declare the gospel to all . Ask God to fill your heart with wonder as you remember how he rescued you. Praise him today for rescuing you from darkness and bringing you into the light. Ask God today to give you an opportunity to share the good news with someone around you. And pray that he would give them faith to believe. Ask God to save your neighbors and co-workers, our school system's children/teens and Lakeland college students.

#### What to read:

• PSALM 119:65-72

- Ask God to send a spiritual revival among students across this city and region.
- Ask God to set your heart ablaze for Him.
- Pray for Pastor Elijah and Abigail dela Cruz as they lead our Youth Ministry.

"9 Love must be sincere. Hate what is evil; cling to what is good. 10 Be devoted to one another in love. Honor 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 honor one another. Pray that God would show you where and how and to whom you can demonstrate his reconciling love. Pray that our DGroups and Bible studies would grow deeper in their commitment to care for each other and ask God to increase the number of small groups at Mosaic.

#### What to read:

• ROMANS 12:11-21

- Text your DGroup leader and members again and ask them how you can pray for them.
- Pray that you will find ways to express God's love in tangible ways.
- Pray for Micah Nario as she leads the Young Adult DGroup.

"3 Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, 4 not looking to your own interests but each of you to the interests of the others." - Philippians 2:3–4

Ask God to give us humble hearts, seeking the welfare of others above our own welfare. Ask God to uncover any selfish ambition or vain conceit in you. Pray for alertness to the opportunities you have to actively look to the interests of others. Pray that we would be a church that faithfully engages our community and seeks the welfare of the city. Ask God to cultivate this kind of selfless love in the families of Mosaic.

#### What to read:

• PSALM 119:73-80

- Pray for opportunities to reach out to others with God's love.
- Pray for your personal concern, plans and opportunities to align with God's will.
- Pray for Alex and Lani Reyes as they lead Timothies DGroup.

""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. 4For 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 Mosaic to guard our hearts against pride and self service. Pray that each ministry of our church would have an abundance of volunteers.

#### What to read:

• PSALM 119:81-88

- Pray for a humble and servant heart.
- Ask God to help you find a ministry where you can serve in the church.
- Pray for Jayson Manankil who is part of our Worship Lead Team.

""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 Mosaic Church. Ask God to use our Mosaic Kids Ministry to lead kids to Jesus, grow in their walk and help equip parents raise up a generation of fully devoted followers of Jesus.

#### What to read:

• PSALM 119:89-96

- Pray for our Kids Ministry as they lead the young ones to Jesus Sunday after Sunday.
- Pray for the families who are part of Mosaic Church.
- Pray for Angelique Medina who leads our Kids Ministry Team.

"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 for ever 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 for strength and joy to serve and love others.

#### What to read:

• PSALM 119:97-104

- Pray that our outreach partners and networks in Canada and around the world would not grow weary in well-doing, but would faithfully serve the body of Christ and their communities.
- Pray for the Christians around the world who experience persecution.
- Pray for Pastor Jane Macariola who is a trustee and a worship leader.

"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 more generous. Pray that as a church we would "abound in every good work" (2 Corinthians 9:8).

What to read:

### • MALACHI 3:6-12

- Ask God to teach you how to tithe (giving ten percent) faithfully.
- Make a commitment to honor the Lord with the wealth He gives you.
- Pray for your businesses, investments, ventures and plans.
- Pray for Richie Davies, our trustee in charge of finance.

"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 we will all leverage our lives for the sake of the gospel.

### What to read:

• PSALM 119:105-112

- Ask God to use the uncertainty of the future to make people receptive to spiritual conversations and pray that our members would be faithful in having gospel conversations with unbelievers.
- Pray for the five people you will be bringing to church this year.
- Pray for Michael Espiritu as he leads our Tech Team.
- Pray for those whom you know needing God's healing.

"2 Devote yourselves to prayer, being watchful and thankful. 3 And pray for us, too, that God may open a door for our message, so that we may proclaim the mystery of Christ, for which I am in chains. 4 Pray that I may proclaim it clearly, as I should. 5 Be wise in the way you act toward outsiders; make the most of every opportunity. 6 Let your conversation be always full of grace, seasoned with salt, so that you may know how to answer everyone." - Colossians 4:2–6

Pray that we would be people who are alert and sensitive to the Spirit, making the most of every opportunity that we have. Ask God to open doors for the spread of the gospel. And pray that you would be faithful to share boldly the message of Christ.

#### What to read:

• PSALM 119:113-120

- Pray for a heart of worship, that God will help you grow in your worship life—both in private daily and in church weekly.
- Ask God to help you prioritize worship above all else.
- Pray for Sonny & Beth dela Cruz as they lead the Friday Foremost DGroup.

"18 And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord's people. 19 Pray also for me, that whenever I speak, words may be given me so that I will fearlessly make known the mystery of the gospel, 20 for which I am an ambassador in chains. Pray that I may declare it fearlessly, as I should." - Ephesians 6:18–20

Pray that God would make us all fearless and faithful in sharing the gospel. Ask God for the words you need to help others understand the wonder of all he has done. Pray that we may plant churches that would lead many to faith in Jesus as they boldly declare the gospel in their communities. Pray for our pastor, Jon Las as he leads us into God's purpose for us. Pray for boldness for God's people at Mosaic to share God's love.

#### What to read:

• PSALM 119:121-128

- Pray for our church and our vision for the coming years.
- Ask God how He can use you in His purpose and plan for Mosaic.
- Pray for Pastor Jon Las, our Lead Pastor.

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

Pray that the message of the gospel would spread rapidly through our city, our nation and around the world. And ask God to open the hearts and minds of those who hear it.

#### What to read:

• PSALM 119:121-128

- 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. Ask God to be merciful and bring them to saving faith in Jesus.
- Pray that we would see many come to faith in Jesus and be baptized this year.
- Pray that you will continue in your pursuit of knowing God deeper through Bible reading and prayer.

### So what now?

This isn't the end; it's just the beginning. Samuel Chadwick (1860–1932) once said, "*The greatest answer to prayer is more prayer*." If you want to see God move more in your life and answer your prayers, you've got to learn to keep praying. Don't be satisfied with the one-time prayer with a one-time answer.

Keep asking, seeking and finding.

Increase your awareness of your need for God's intervention in your life. If praying and fasting have created a greater longing to see him move. Let's hope that praying has called us to pray even more."

