"I am the *Way* and the *truth* and the *life*."

JOHN 4:6

"All authority in *heaven* and on *earth* has been given me... Therefore go and make *disciples* of all nations... And surely I am with you *always*..."

MATTHEW 28:18-20

First Presbyterian Church Greenville, SC

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HOW TO USE THIS 40-DAY PRAYER JOURNAL

We are excited to see what God has in store for First Presbyterian Church—and you—over these next 40 days. This Prayer Journal includes personal prayers, along with a place for you to name specific prayer requests for First Pres, yourself, your family, or others. Our Prayer Journal is loosely modeled after the Pittsburgh Experiment (pittsburghexperiment.org) to enable "people to open their lives to God so He can make Himself known. It also serves as a tool of discipline and focus in seeking God's guidance and direction."

Below you will find an explanation of the steps to follow, the significance of 40 days, and how to pray, along with several different types of fasting to follow over the next 40 days.

Steps to Follow

(Steps 1-5 contain, in part, material from the Pittsburgh Experiment)

1. Decide What to Pray For

Please consider the following as you write your prayer requests:

- Right now, what is your relationship like with God, yourself, and others?
- Are there unresolved portions of your past, or do you seek answers for the future?
- What is the need in your life that concerns you the most right now? Be specific.
- Are there any Kingdom-focused concerns or needs in your life, the life of First Pres, our community, or the world? Be specific.
- Focus on just one need at a time.

2. Pray Every Day

- Commit yourself to praying consistently about First Pres and your prayer requests every day for 40 days.
- Setting a regular time each day is not necessary, but it can be helpful. Pray wherever you are and as often as you can.
- Lift the situations up to God, and ask Him to meet you at the point of your need.
- Read the selected scriptures as a source of encouragement and guidance.

3. Listen

- Take time to be quiet in God's presence. Silence is the language of the Holy Spirit (*John Main*, "*The Meaning of Silence*," *p.156*, *Spiritual Classics, Edited by Richard J. Foster and Emilie Griffin, 2000*)
- There might be things God, through the Holy Spirit, wants to say to you.
- There might be things in the church or in you that need to change before our or your situation is changed.
- Any ideas, questions, convictions, or concerns that come to your mind during prayer could be part of the answer.
- Write them down each day in the spaces provided.

4. Have an Open Mind

- Let go of preconceived ideas about possible solutions. For example, if you aren't getting along with your boss, pray for that relationship rather than a transfer.
- Believe that God is at work, even if you cannot see a difference.

5. Review the Results

- At the end of the 40 days, see where you are.
- Look at where you started—the situation, your attitude, emotions, everything that went into making it a need or prayer request. Look at where you are now.
- What was the progress from Day 1 to Day 40?
- What has changed? Situation, attitude, relationships—have you changed?

Answers may come in a variety of ways: Common sense, intellectual conclusions, circumstances, emotions, a decision of the will, other people, Scripture, sermons, direct inspiration. Answers may be "yes," "no," or "wait."

6. Share What God is Doing in Your life

To share how you are being affected through this time of prayer, email us at prayer@firstpresgreenville.org, drop off a card in the prayer boxes located in the back of the Sanctuary and Fellowship Hall, or turn the card in to Congregational Care. Prayer requests and stories of encouragement and praise are welcome.

Significance of 40 Days

(From New Psalmist Baptist Church, Baltimore, Maryland, "40-Day Stretch Prayer Journal", 2010)

A goal of the 40-Day Prayer Journal is for one day to lead to 40 days, and for 40 days to lead to a lifestyle of prayer. Here is the Biblical significance of 40 days:

- Judgment: 40 days was a sign in the Bible that God was removing evil (Genesis 7:4).
- **Preparation:** 40 days was a sign in the Bible that God was getting people ready for action (Matthew 4:2).
- **Restoration:** 40 days was a sign in the Bible that God wanted to win people to Himself (Jonah 3:4).

How to Pray

(Bill Hybels, Too Busy Not to Pray, 2008)

Bill Hybels reminds us that we are God's adopted children, Jesus' brothers and sisters. We are God's family and we matter to Him. God is interested in your prayers because He is interested in you. He's your Father and He wants to hear what you have to say (pp. 28-29).

Jesus taught us how we should pray in Matthew 6:9-13, "The Lord's Prayer." Hybels states, "No other passage in Scripture reveals in such straightforward fashion how to pray:

- Pray regularly. Jesus said, "When you pray...," not "If you pray..."
- **Pray privately.** God is not impressed by public displays of piety.
- **Pray sincerely.** God is not interested in formulas. He wants to hear what is on our hearts.
- Pray specifically. Take the prayer we call the Lord's Prayer as a model (pp. 50-51)."

Remember that the Lord's Prayer begins with the following words: *"Our Father, who art in heaven, hallowed be thy name. Thy kingdom come. Thy will be done."* Although personal concerns or needs are real and should be prayed for, we encourage you to prayerfully have Kingdom thinking and Kingdom focus for requests that impact His rule and reign in our hearts, our church, our community, and the world.

We also suggest that you get in the habit of kneeling while you pray (Psalm 95:6).

Lastly, Hybels reminds us that "busyness" is the archenemy of spiritual authenticity. Therefore, make an effort to slow down, reflect, and listen to God over these 40 days (p.125).

Fasting

We are providing three different types of fasting for you to participate in over these next 40 days: (1) a traditional food fast; (2) an Isaiah 58 "fast" by getting involved serving the poor, oppressed and hungry; and/or (3) a "fast" from any personality trait or habit that God is convicting you to change.

1. Food Fast

Following are guidelines for fasting from food for short periods of time, written by Pastor George Moore:

Presbyterians generally understand a call to prayer, but few Presbyterians have been urged to fast as an act of worship and humility. Why then are we now being urged to fast? Fasting is a spiritual discipline taught in the Bible. Jesus expected His disciples to fast, and He said our Heavenly Father rewards fasting. Matthew 6:16–18 states, "When you fast...," not "If you fast...."

- **Fasting gives you more time to pray.** Use the time normally spent eating as time to honor God as we are present with Him in humble prayer. (See Romans 12:1-2.) At such times God often reveals His will. (See Acts 13:2-4 and Ezra 8:23.)
- **Fasting and prayer become partners in demonstrating the depth of our desire when praying.** Fasting helps to put down our fleshly desires, including self-gratification and pride, while at the same time increases our spiritual strength and awareness. It shows we are serious enough about prayers to pay a personal price. (See Joel 1:14.)
- **Fasting releases God's supernatural power.** It is a discipline often used for empowerment from God. (See Acts 14:21-23.)

- Fasting is a way God prepares us for major events in our lives, such as an overwhelming victory or some astounding new enlightenment or an awe-inspiring answer to prayer. Through fasting, we humbly receive God's awesome blessings. Meditate on these scriptures: 2 Chronicles 20:2-3; Daniel 9; Nehemiah 1:4; Luke 4:2; Acts 13:2-3.
- **Fasting does not manipulate God to get His blessings of answered prayers.** God answers our prayers out of His grace. Fasting is a way He prepares us for His answers.

If you have any health issues, an eating disorder or are pregnant or nursing, you should not participate in a food fast.

Before deciding to go forward with a food fast, we strongly recommend a detailed review of scriptural fasting as contained in an article we have placed in the literature racks around the church. This article can also be accessed online by going to the following link: cru.org/train-and-grow/devotional-life/personal-guide-to-fasting.html.

2. An Isaiah 58 "Fast"

Isaiah 58:6-11

"Is not this the kind of fasting I have chosen: to loose the chains of injustice and untie the cords of the yoke, to set the oppressed free and break every yoke? Is it not to share your food with the hungry and to provide the poor wanderer with shelter—when you see the naked, to clothe them, and not to turn away from your own flesh and blood? Then your light will break forth like the dawn, and your healing will quickly appear; then your righteousness will go before you, and the glory of the LORD will be your rear guard. Then you will call, and the LORD will answer; you will cry for help, and he will say: Here am I. If you do away with the yoke of oppression, with the pointing finger and malicious talk, and if you spend yourselves in behalf of the hungry and satisfy the needs of the oppressed, then your light will rise in the darkness, and your night will become like the noonday. The LORD will guide you always; he will satisfy your needs in a sun-scorched land and will strengthen your frame. You will be like a well-watered garden, like a spring whose waters never fail."

We encourage you to participate in an Isaiah 58 "fast" during these 40 days and beyond by getting involved in ongoing First Pres ministries for the poor, oppressed, and hungry such as:

 Hollis Academy Elementary School: A local public school with approximately 720 students, kindergarten through 5th grade, 99 percent of whom live at or below poverty level; FPC ministers in multiple ways to the students, families, and faculty.

Contact: Beth Simmons, 787.3159, simmonsfam@charter.net

- **Miracle Hill Ministries:** Miracle Hill is the largest and most comprehensive provider of shelter and food to homeless children, women, and men in the Upstate. This Christian-based ministry operates four homeless shelters and two addiction recovery centers, as well as offering foster care. All of the facilities provide food, shelter, discipleship, individual counseling, educational opportunities, and assistance in finding work and housing. Their mission is that homeless children and adults receive care with compassion, hear the Good News of Jesus Christ, and move toward healthy relationships and stability. *Contact: Jean Nickell, 420.0764, jeannickell5@gmail.com*
- Neighborhood Focus: Neighborhood Focus is a free, faith-based out-of-school time (extended learning) program that provides year-round academic support, spiritual enrichment, and life skills development for students in grades 1 through 12 in the White Horse Road corridor of Greenville. Building hope one life at a time, our goal is to provide a Christ-centered foundation for future success.

Contact: Keith Groce, Executive Director, 704.7848, kgroce@neighborhoodfocus.org

To view all of the ministries First Pres supports, please go to our church website: FirstPresGreenville.org.

3. Fasting From a Personality Trait or Habit

(Catherine Marshall, "A Fasting on Criticalness", Spiritual Classics, Edited by Richard J. Foster and Emilie Griffin, 2000)

You may want to pray over a particular personality trait or habit of yours, one from which you would like to "fast." Catherine Marshall teaches us about a way of fasting that is not from food, but from a critical spirit. One of the things we learn from fasting is how it reveals what controls us. Here, Catherine Marshall saw what was controlling her, and this released her to begin moving in a new direction, a direction free of a critical spirit.

Excerpts from Catherine Marshall's selection on fasting from criticalness follow. Is God convicting you of any personality trait or habit to "fast" from? If so, you can use Catherine Marshall's methodology as a template.

The Lord continues to deal with me about my critical spirit, convicting me that I have been wrong to judge any person or situation:

Do not judge, or you too will be judged. For in the same way as you judge others, you will be judged, and with the measure you use, it will be measured to you (Matthew 7:1-2 NIV).

One morning last week, He gave me an assignment: for one day I was to go on a "fast" from criticism. I was not to criticize anybody about anything.

...For the first half of the day, I simply felt a void, almost as if I had been wiped out as a person... I listened to others and kept silent. Barbed comments on the tip of my tongue... were suppressed... Now it was apparent what the Lord wanted me to see. My critical nature had not corrected a single one of the multitudinous things I found fault with. What it had done was to stifle my own creativity—in prayer, in relationships, perhaps even in writing—ideas that He wanted to give me...

What He is showing me so far can be summed up as follows:

- 1. A critical spirit focuses us on ourselves and makes us unhappy. We lose perspective and humor.
- 2. A critical spirit blocks the positive creative thoughts God longs to give us.
- 3. A critical spirit can prevent good relationships between individuals and often produces retaliatory criticism.
- 4. Criticalness blocks the work of the Spirit of God: love, good will, mercy.
- 5. Whenever we see something genuinely wrong in another person's behavior, rather than criticize him or her directly, or—far worse—gripe about him behind his back, we should ask the Spirit of God to do the correction needed.

Convicted of the true destructiveness of a critical mindset, on my knees I am repeating this prayer: "Lord I repent of this sin of judgment. I am deeply sorry for having committed so gross an offense against You and against myself so continually. I claim Your promise of forgiveness and seek a new beginning." (pp. 57-61)

Upon completion of your fast from whatever personality trait or habit you select, summarize what God is showing you and what steps you can take to change.

God's Love, Peace, Hope, Healing, and Blessings,

First Presbyterian Church Session Prayer Committee, 2018

Lord Jesus, You are the living Word, who is the Creator of all things. You are my only Savior, who loves me unconditionally and sacrificially. I know that You purchased me with Your blood and that I now belong to the family of God. I pray that I will encourage my brothers and sisters in the Lord and seek to live out the gospel before them and the watching world.

My Prayer Request:

DAY 1—FEBRUARY 14

John 1:1-3 – In the beginning was the Word, and the Word was with God, and the Word was God. He was with God in the beginning. Through him all things were made; without him nothing was made that has been made.

DAY 2—FEBRUARY 15

John 3:16-17 - For God so loved the world that he gave his one and only Son,

that whoever believes in him shall not perish but have eternal life.

For God did not send his Son into the world to condemn the world, but to save the world through him.

DAY 3—FEBRUARY 16

John 1:12-13 – …To those who believed in his name, he gave the right to become children of God—children born not of natural descent, nor of human decision or a husband's will, but born of God.

DAY 4—FEBRUARY 17

Matthew 18:3-5 – And he said: "Truly I tell you, unless you change and become like little children, you will never enter the kingdom of heaven. Therefore, whoever takes the lowly position of this child is the greatest in the kingdom of heaven. And whoever welcomes one such child in my name welcomes me."

Lord Jesus, You are the way and the truth and the life. You have called me and our church to live humbly before You and before one another. Guide me as I seek how I can serve You and serve my brothers and sisters in our church family.

My Prayer Request:

DAY 5 — FEBRUARY 18

John 14:6 – Jesus answered, "I am the way and the truth and the life. No one comes to the Father except through me."

DAY 6—FEBRUARY 19

Matthew 23:12 – "For those who exalt themselves will be humbled, and those who humble themselves will be exalted."

DAY 7—FEBRUARY 20

John 3:30 - "He must become greater; I must become less."

DAY 8—FEBRUARY 21

John 13:14-15 – "Now that I, your Lord and Teacher, have washed your feet, you also should wash one another's feet. I have set you an example that you should do as I have done for you."

Lord Jesus, I confess that I am hungry and thirsty for You. Let me faithfully listen to Your voice and follow You. Like the Psalmist, my soul thirsts for You, the living God (Psalm 42:2). Let me drink from the waters of the Spirit and be filled with His presence. Enable me to live my life by His fruit (Galatians 5:22, 23).

My Prayer Request:

DAY 9—FEBRUARY 22

John 10:10 – "The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full."

DAY 10—FEBRUARY 23

John 10:27-28 – "My sheep listen to my voice; I know them, and they follow me. I give them eternal life, and they shall never perish; no one will snatch them out of my hand."

DAY 11—FEBRUARY 24

John 4:13-14 – Jesus answered, "Everyone who drinks this water will be thirsty again, but whoever drinks the water I give them will never thirst. Indeed, the water I give them will become in them a spring of water welling up to eternal life."

DAY 12—FEBRUARY 25

John 6:35 – Then Jesus declared, "I am the bread of life. Whoever comes to me will never go hungry, and whoever believes in me will never be thirsty."

Lord Jesus, You have purchased me with Your blood and brought me into Your family. Give me grace to love You with all my heart and with all my soul and with all my mind. Let me love my neighbor as myself. You have called us to love and serve one another. Enable me to remain in Your love and to experience Your joy.

My Prayer Request:

DAY 13—FEBRUARY 26

Matthew 22:37-40 – Jesus replied: "Love the Lord your God with all your heart and with all your soul and with all your mind.' This is the first and greatest commandment. And the second is like it: 'Love your neighbor as yourself.' All the Law and the Prophets hang on these two commandments."

DAY 14—FEBRUARY 27

John 13:34-35 – "A new command I give you: Love one another. As I have loved you, so you must love one another. By this everyone will know that you are my disciples, if you love one another."

DAY 15—FEBRUARY 28

John 15:10-11 – "If you keep my commands, you will remain in my love, just as I have kept my Father's commands and remain in his love.I have told you this so that my joy may be in you and that your joy may be complete."

DAY 16-MARCH 1

Matthew 17:5 – While he was still speaking, a bright cloud covered them, and a voice from the cloud said, "This is my Son, whom I love; with him I am well pleased. Listen to him!"

Lord Jesus, enable me to be a faithful witness for You. Help me to greet and befriend people who do not know you. Let my light shine so that others will see Your love and grace in me. I also pray for the impact ministries of our church as we seek to reach out to our community and the world with Your transforming power.

My Prayer Request:

DAY 17—MARCH 2

John 8:12 – When Jesus spoke again to the people, he said, "I am the light of the world. Whoever follows me will never walk in darkness, but will have the light of life."

DAY 18-MARCH 3

Matthew 5:14-16 – "You are the light of the world. A town built on a hill cannot be hidden. Neither do people light a lamp and put it under a bowl. Instead they put it on its stand, and it gives light to everyone in the house. In the same way, let your light shine before others, that they may see your good deeds and glorify your Father in heaven."

DAY 19-MARCH 4

Matthew 6:22-23 – "The eye is the lamp of the body. If your eyes are healthy, your whole body will be full of light. But if your eyes are unhealthy, your whole body will be full of darkness. If then the light within you is darkness, how great is that darkness!"

DAY 20-MARCH 5

Matthew 5:44-46 – "But I tell you, love your enemies and pray for those who persecute you,

that you may be children of your Father in heaven. He causes his sun to rise on the evil and the good, and sends rain on the righteous and the unrighteous. If you love those who love you, what reward will you get? Are not even the tax collectors doing that?" Lord Jesus, I repent of my sins. I have judged and criticized others. I have thought more highly of myself than I have of others. I seek Your forgiveness and grace. Protect our church from the schemes of Satan, which seek to divide and destroy. Where I have offended others, enable me to seek reconciliation and peace.

My Prayer Request:

DAY 21-MARCH 6

Matthew 5:11-12 – "Blessed are you when people insult you, persecute you and falsely say all kinds of evil against you because of me. Rejoice and be glad, because great is your reward in heaven, for in the same way they persecuted the prophets who were before you."

DAY 22—MARCH 7

Matthew 5:23-24 – "Therefore, if you are offering your gift at the altar and there remember that your brother or sister has something against you, leave your gift there in front of the altar. First go and be reconciled to them; then come and offer your gift."

DAY 23—MARCH 8

Matthew 7:1-2 – "Do not judge, or you too will be judged. For in the same way you judge others, you will be judged, and with the measure you use, it will be measured to you."

DAY 24-MARCH 9

John 8:7 – When they kept on questioning him, he straightened up and said to them, "Let any one of you who is without sin be the first to throw a stone at her."

Lord Jesus, You were rich and yet became poor for my sake. I confess my own selfishness and the wrong priorities I have. I thank You for Your generosity—You gave everything for me. Enable me to be a generous person. May gospel generosity characterize me and all the members of our church.

My Prayer Request:

DAY 25—MARCH 10

Matthew 16:25-26 – "For whoever wants to save their life will lose it, but whoever loses their life for me will find it. What good will it be for someone to gain the whole world, yet forfeit their soul? Or what can anyone give in exchange for their soul?"

DAY 26-MARCH 11

Matthew 6:19-21 – "Do not store up for yourselves treasures on earth, where moths and vermin destroy, and where thieves break in and steal. But store up for yourselves treasures in heaven, where moths and vermin do not destroy, and where thieves do not break in and steal. For where your treasure is, there your heart will be also."

DAY 27—MARCH 12

Matthew 6:24 – "No one can serve two masters. Either you will hate the one and love the other, or you will be devoted to the one and despise the other. You cannot serve both God and money."

DAY 28-MARCH 13

Matthew 23:23 – "Woe to you, teachers of the law and Pharisees, you hypocrites! You give a tenth of your spices—mint, dill and cumin. But you have neglected the more important matters of the law—justice, mercy and faithfulness. You should have practiced the latter, without neglecting the former."

Lord Jesus, I confess that all too often I am anxious. I worry and fret rather than trust in Your sovereign hand. I come to You, weak and burdened, seeking the rest You promised me. I know that in You alone I can have peace. I pray for my brothers and sisters as well. Let us be a people of peace and joy because we are resting in You.

My Prayer Request:

DAY 29-MARCH 14

John 12:42-43 – Yet at the same time many even among the leaders believed in him. But because of the Pharisees they would not openly acknowledge their faith for fear they would be put out of the synagogue; for they loved human praise more than praise from God.

DAY 30-MARCH 15

Matthew 6:31-33 – "So do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' For the pagans run after all these things, and your heavenly Father knows that you need them. But seek first his kingdom and his righteousness, and all these things will be given to you as well."

DAY 31-MARCH 16

Matthew 11:28-30 – "Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light."

DAY 32—MARCH 17

John 14:27 – "Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid." Lord Jesus, you have called me to bear fruit. I know that I cannot do this unless I am abiding in You. I commit to spend time with You. I pray that the living waters of the Spirit will flow through me and from me. May our church be Spirit filled and Spirit led. May we see much fruit produced so that Your Kingdom will grow. May Your Spirit transform me and the lives of my brothers and sisters.

My Prayer Request:

DAY 33—MARCH 18

John 15:16 – "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."

DAY 34—MARCH 19

John 15:1-2, 5 – "I am the true vine, and my Father is the gardener. He cuts off every branch in me that bears no fruit, while every branch that does bear fruit he prunes so that it will be even more fruitful... 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."

DAY 35-MARCH 20

John 7:38-39 – "Whoever believes in me, as Scripture has said, rivers of living water will flow from within them." By this he meant the (Holy) Spirit, whom those who believed in him were later to receive. Up to that time the (Holy) Spirit had not been given, since Jesus had not yet been glorified.

DAY 36—MARCH 21

John 14:16-18 – "And I will ask the Father, and he will give you another advocate to help you and be with you forever—the Spirit of truth (Holy Spirit). The world cannot accept him, because it neither sees him nor knows him. But you know him, for he lives with you and will be in you. I will not leave you as orphans; I will come to you."

Lord Jesus, You have called me, and my fellow believers, to make disciples. The harvest is plentiful and the workers are few. Make me a bold witness of Your love and grace. May our church reach out in word and deed to the lost people in our community and around the world. I pray for the discipleship ministries of our church. May we believe You and do the works You have done by reaching out to others.

My Prayer Request:

DAY 37—MARCH 22

John 16:7, 13-14 – "But very truly I tell you, it is for your good that I am going away.
Unless I go away, the Advocate (Holy Spirit) will not come to you; but if I go, I will send him to you...
But when he, the Spirit of truth (Holy Spirit), comes, he will guide you into all the truth.
He will not speak on his own; he will speak only what he hears, and he will tell you what is yet to come.
He will glorify me because it is from me that he will receive what he will make known to you."

DAY 38—MARCH 23

John 14:12 – "Very truly I tell you, whoever believes in me will do the works I have been doing, and they will do even greater things than these, because I am going to the Father."

DAY 39—MARCH 24

Matthew 28:18-20 – Then Jesus came to them and said, "All authority in heaven and on earth has been given to me. Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age."

DAY 40-MARCH 25

Matthew 9:37-38 – Then he said to his disciples, "The harvest is plentiful but the workers are few. Ask the Lord of the harvest, therefore, to send out workers into his harvest field."

WHAT HAPPENED?

Please use the lines below **on the left** to write what God revealed to you about your prayers for First Pres, and **on the right** what God revealed to you about your own prayers.

Please share how you were affected through this time of prayer. Email us at prayer@firstpresgreenville.org, drop off a card in the prayer boxes located in the back of the Sanctuary and Fellowship Hall, or turn the card in to Congregational Care. Prayer requests and stories of encouragement and praise are welcome.

JOHN 21:15-17

When they had finished eating, Jesus said to Simon Peter, "Simon son of John, do you love me more than these?"
"Yes, Lord," he said, "you know that I love you." Jesus said, "Feed my lambs."
Again Jesus said, "Simon son of John, do you love me?"
He answered, "Yes, Lord, you know that I love you." Jesus said, "Take care of my sheep."
The third time he said to him, "Simon son of John, do you love me?"
Peter was hurt because Jesus asked him the third time, "Do you love me?"
He said, "Lord, you know all things; you know that I love you."

Jesus said, "Feed my sheep."

First Pres Prayer Requests:

My Prayer Requests:



First Presbyterian is a House of Prayer where we love and pray diligently, fervently, and expectantly for one another, our visitors, the downtown community, and missions locally and around the world.

OPPORTUNITIES TO RECEIVE PRAYER

Prayer Room

Intercessors on the Prayer Room Team spend one to two hours a week praying for our congregation, our staff, and our missionaries. All requests are kept confidential.

Prayer Cards

Prayer cards are mailed to the congregation throughout the year to let them know that they are being prayed for and to give them an opportunity to write down any requests and mail them back to the church to be prayed for by the Prayer Room Team.

Prayer Following Worship

First Presbyterian's Elders and Deacons are available to pray with anyone following Sunday morning services. Members of the Healing Prayer Team are available to pray in Harper Prayer Chapel from 9:30–10:00am.

Prayer & Praise

This service, held every Tuesday evening at 7:00pm in Harper Chapel, includes praise and worship, the sacrament of communion, and an invitation to receive God's love, peace, hope, and healing through prayer and the power of the Holy Spirit.

Prayer Requests

Prayer requests may be made using the cards found in the pews or by calling the following prayer lines.

- Call 672.1838 to leave a message for the Prayer Room Team.
 - Call 672.1848 to schedule a Prayer Appointment.

• Call Congregational Care Director Tammy Burkhalter at 672.0327 to place a name on the Prayer List published weekly in the *GrapeVine* newsletter and Sunday bulletin.

OPPORTUNITIES TO SERVE IN THE PRAYER MINISTRY

Prayer Card Team

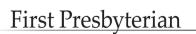
Contact Alison Quarles (alisonquarles@gmail.com) *or* Emilie Simpson (emilie29605@bellsouth.net)

Prayer Room Team

Contact Linda Whitley (lbw8285@gmail.com) or Miriam Brice (miriambrice@charter.net)

Healing Prayer Team

Contact Wendy Gaillard (emgail@aol.com)



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