



40 *2 July-10 August 2024*
**DAYS OF
FASTING & PRAYER**

Celebrating 40 Years of Faithfulness



GEREJA METHODIST TRINITY
57 ELLIS ROAD, KUCHING

40 Days of Fasting and Prayer

Celebrating 40 Years of Faithfulness

Introduction

As Trinity Methodist Church marks its 40th anniversary, we embark on a 40-day journey of fasting and prayer, drawing closer to God and seeking His will for our community. This time is dedicated to reflection, thanksgiving, repentance, and seeking direction for the future. Each week, we will focus on a specific theme, guided by Scripture, to deepen our relationship with God and strengthen our church body.

Guidelines for Participation

Choose Your Fast:

Consider what you will fast from. It could be a particular type of food, a meal, a habit, or anything that will draw you closer to God.

Daily Devotion:

Set aside a specific time each day for reading the Scripture and devotion, praying, and journaling your reflections.

Community Sharing:

Engage with your church community to share insights and encourage one another throughout this journey.

Week 1: Reflecting on God's Faithfulness

DAY

1

2 July 2024

God's Unfailing Love

 Psalm 136:1-3

Give thanks to the Lord, for he is good. His love endures forever. Give thanks to the God of gods. His love endures forever. Give thanks to the Lord of lords: His love endures forever.

Devotion

Today, we begin our journey by acknowledging God's unfailing love towards us and our church over the past 40 years. His steadfast love endures forever.

Prayer

Heavenly Father, thank You for Your unfailing love and for Your faithfulness to our church. Help us to always remember and be grateful for Your constant presence in our lives.

Fasting Suggestion

Skip your morning coffee or tea and spend that time in prayer, thanking God for His love.

Week 1: Reflecting on God's Faithfulness

DAY

2

3 July 2024

Faithfulness in Trials

 James 1:2-4

Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, because you know that the testing of your faith produces perseverance. Let perseverance finish its work so that you may be mature and complete, not lacking anything.

Devotion

Reflect on the trials faced by our church. It's through these trials that our faith has been tested and strengthened, proving God's faithfulness.

Prayer

Lord, thank You for being our strength in times of trial. Help us to consider it pure joy as our faith is tested and matures.

Fasting Suggestion

Fast from sweets or a favorite snack as a reminder of the sweetness of trusting in God through trials.

Week 1: Reflecting on God's Faithfulness

DAY

3

4 July 2024

God's Provision

 Philippians 4:19

And my God will meet all your needs according to the riches of his glory in Christ Jesus.

Devotion

Our church has seen God's provision in countless ways. Today, we remember and give thanks for every provision, from financial blessings to spiritual growth.

Prayer

Father, thank You for providing for our church in every need. Help us to trust You for future provision.

Fasting Suggestion

Prepare a simpler meal than usual, using the extra time to pray for continued provision.

Week 1: Reflecting on God's Faithfulness

DAY

4

5 July 2024

Guiding Our Steps



Proverbs 16:9

In their hearts humans plan their course,
but the Lord establishes their steps.

Devotion

God has guided the path of Trinity Methodist Church for 40 years. Today, we acknowledge His hand in directing our steps and pray for continued guidance.

Prayer

God has guided the path of Trinity Methodist Church for 40 years. Today, we acknowledge His hand in directing our steps and pray for continued guidance.

Fasting Suggestion

Fast from making any non-essential decisions without prayer.

Week 1: Reflecting on God's Faithfulness

DAY

5

6 July 2024

The Power of Prayer

 1 John 5:14-15

This is the confidence we have in approaching God: that if we ask anything according to his will, he hears us. And if we know that he hears us—whatever we ask—we know that we have what we asked of him.

Devotion

Our church has been built on the power of prayer. Reflect on the prayers answered over the years and the strength drawn from a praying community.

Prayer

Heavenly Father, we are so grateful for the power of prayer and Your answers to our prayers. Help us to always come before You with confidence and faith.

Fasting Suggestion

Dedicate an additional 15 minutes to prayer today, specifically for the needs of your church community.

Week 1: Reflecting on God's Faithfulness

DAY

6

7 July 2024

Spiritual Growth

 Ephesians 4:15-16

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. 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.

Devotion

Our church's 40-year journey includes countless stories of spiritual growth. Today, we celebrate the maturity and depth developed in our faith community.

Prayer

God, thank You for the spiritual growth within our church. Help us to continue growing in every way into Him who is the head, Christ.

Fasting Suggestion

Fast from television or other media and spend that time reading a devotional or Christian book.

Week 1: Reflecting on God's Faithfulness

DAY

7

8 July 2024

A Legacy of Service



Galatians 5:13-14

You, my brothers and sisters, were called to be free. But do not use your freedom to indulge the flesh; rather, serve one another humbly in love. For the entire law is fulfilled in keeping this one command: "Love your neighbor as yourself."

Devotion

Our church has a legacy of serving others in love. Reflect on the impact of this service on the community and the joy of serving Christ together.

Prayer

Lord, thank You for the opportunities You've given us to serve others in love. Help us to continue this legacy of service, showing Your love to the world.

Fasting Suggestion

Choose to perform a random act of kindness today in lieu of something you would normally do for leisure.

Week 1

Reflecting on God's Faithfulness



This first week of devotion sets the foundation for our 40-day journey, focusing our hearts on God's faithfulness to Trinity Methodist Church.

As we continue, may we be drawn closer to God, deepening our faith and commitment to His purpose for our church.

Week 2: Seeking God's Will and Direction

DAY

8

9 July 2024

Wisdom for the Future

 James 1:5

If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you.

Devotion

As we look forward to the future, let's seek God's wisdom for the direction of our church, that we may walk in His will and purpose.

Prayer

Father, grant us Your wisdom as we face the future. May we discern Your will and follow Your path for our church.

Fasting Suggestion

Fast from social media today. Instead, use this time to seek God's wisdom through prayer and meditation on His Word.

Week 2: Seeking God's Will and Direction

DAY

9

10 July 2024

Unity in Vision

 1 Corinthians 1:10

I appeal to you, brothers and sisters, in the name of our Lord Jesus Christ, that all of you agree with one another in what you say and that there be no divisions among you, but that you be perfectly united in mind and thought.

Devotion

A church united in vision and purpose under Christ can achieve great things. Today, we pray for unity in our church as we seek God's direction.

Prayer

Lord, we ask for unity within our church. Help us to be of one mind, united in our purpose and vision for Your glory.

Fasting Suggestion

Fast from any critical speech about church leadership or direction. Instead, pray for them.

Week 2: Seeking God's Will and Direction

DAY

10

11 July 2024

Courage to Follow

 Joshua 1:9

Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go.

Devotion

As we discern God's will for our church, let's pray for the courage to follow, even when the path seems uncertain or challenging.

Prayer

God, give us the courage to follow where You lead, trusting in Your strength and presence with us.

Fasting Suggestion

Skip one meal today and spend that time praying for courage for yourself and your church leadership.

Week 2: Seeking God's Will and Direction

DAY

11

12 July 2024

Openness to Change

 Isaiah 43:19

See, I am doing a new thing! Now it springs up; do you not perceive it? I am making a way in the wilderness and streams in the wasteland.

Devotion

God is always doing something new. Today, let's pray for an openness to the changes He may be leading our church to embrace.

Prayer

Heavenly Father, help us to be open to the new things You are doing in our church. Give us the faith to embrace change according to Your will.

Fasting Suggestion

Give up a familiar routine today and replace it with a new spiritual practice or way to serve others.

Week 2: Seeking God's Will and Direction

DAY

12

13 July 2024

Passion for Evangelism



Matthew 28:19-20

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.

Devotion

A key part of our church's future is the Great Commission. Today, we pray for a renewed passion for evangelism and disciple-making.

Prayer

Lord, reignite our passion for evangelism. Help us to make disciples, baptizing them in Your name, teaching them to obey all You have commanded.

Fasting Suggestion

Fast from watching TV or movies today. Use the time to pray for opportunities to share your faith this week.

Week 2: Seeking God's Will and Direction

DAY

13

14 July 2024

Strengthening Community Outreach



Galatians 6:10

Therefore, as we have opportunity, let us do good to all people, especially to those who belong to the family of believers.

Devotion

Our church's impact extends beyond our walls. Today, we focus on how we can strengthen our outreach and service to the surrounding community.

Prayer

Father, show us how to serve our community effectively, sharing Your love in tangible ways. Guide our outreach efforts to reflect Your heart.

Fasting Suggestion

Choose to fast from a meal and donate the cost of that meal to a local charity or church outreach program.

Week 2: Seeking God's Will and Direction

DAY

14

15 July 2024

Commitment to Discipleship

 Timothy 2:2

Therefore, as we have opportunity, let us do good to all people, especially to those who belong to the family of believers.

Devotion

Discipleship is at the heart of our church's mission. Today, we commit to being both disciples and disciplers, investing in the spiritual growth of others.

Prayer

God, help us to be committed to discipleship, sharing the knowledge and grace You have given us with others, that they may grow in faith.

Fasting Suggestion

Fast from any personal hobbies or leisure activities today. Instead, spend time mentoring, encouraging, or praying with someone in your faith community.

Week 2

Seeking God's Will and Direction



This week focuses on seeking God's will and direction for the future of Trinity Methodist Church.

As we pray and fast, may our hearts be aligned with God's purposes, ready to embrace His vision for our community and beyond.

Week 3: Deepening Our Faith and Commitment

DAY

15

16 July 2024

Growing in Love



Ephesians 3:17-19

...so that Christ may dwell in your hearts through faith. And I pray that you, being rooted and established in love, may have power, together with all the Lord's holy people, to grasp how wide and long and high and deep is the love of Christ, and to know this love that surpasses knowledge—that you may be filled to the measure of all the fullness of God.

Devotion

Our journey with Christ is rooted in love. Today, let's ask God to help us understand the depth of His love more fully and to grow in our love for Him and others.

Prayer

Lord, deepen our understanding of Your love. Help us to love You more fully and to share that love with everyone we encounter.

Fasting Suggestion

Fast from any form of entertainment that doesn't promote love or positive values. Use the time to perform acts of love for family, friends, or strangers.

Week 3: Deepening Our Faith and Commitment

DAY

16

17 July 2024

Strengthening Faith



Romans 10:17

Consequently, faith comes from hearing the message, and the message is heard through the word about Christ.

Devotion

Faith comes from hearing the message of Christ. Today, commit to strengthening your faith through engagement with God's Word.

Prayer

Father, help us to immerse ourselves in Your Word. Strengthen our faith as we listen to and proclaim the message of Christ.

Fasting Suggestion

Fast from music, podcasts, or news that doesn't build up your faith. Instead, listen to Christian music, sermons, or scripture readings.

Week 3: Deepening Our Faith and Commitment

DAY

17

18 July 2024

Living in Hope

 Romans 15:13

May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.

Devotion

Our hope is anchored in the promises of God. Today, let's reaffirm our hope in Christ and pray to live out this hope in a way that inspires others.

Prayer

God of hope, fill us with all joy and peace as we trust in You, so that we may overflow with hope by the power of the Holy Spirit.

Fasting Suggestion

Fast from complaining or speaking negatively. Whenever you're tempted, pray for God to renew your hope.

Week 3: Deepening Our Faith and Commitment

DAY

18

19 July 2024

Pursuing Peace

 Hebrews 12:14

Make every effort to live in peace with everyone and to be holy; without holiness no one will see the Lord.

Devotion

Peace with God and others is a hallmark of our faith. Today, let's seek to live in peace and to be peacemakers in our communities.

Prayer

Lord, help us to pursue peace in all our relationships. Show us how to be peacemakers, reflecting Your love and reconciliation.

Fasting Suggestion

Fast from arguments or disputes. If disagreements arise, choose to respond with peace and understanding.

Week 3: Deepening Our Faith and Commitment

DAY

19

20 July 2024

Cultivating Joy

 Philippians 4:4

Rejoice in the Lord always. I will say it again: Rejoice!

Devotion

Joy in the Lord is our strength. Today, focus on cultivating joy in your life, regardless of circumstances, knowing that God is in control.

Prayer

Heavenly Father, teach us to find joy in Your presence. Help us to rejoice always, knowing that our joy in You is unshakeable.

Fasting Suggestion

Fast from social media or any other source that tends to steal your joy. Spend time in nature or with loved ones, focusing on the joy of the Lord.

Week 3: Deepening Our Faith and Commitment

DAY

20

21 July 2024

Embracing Humility

 Philippians 2:3-4

Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, not looking to your own interests but each of you to the interests of the others.

Devotion

Christ's example teaches us the value of humility. Today, let's ask God to help us walk in humility, valuing others above ourselves.

Prayer

God, give us the grace to embrace humility, following the example of Christ. Teach us to serve and value others, putting their interests above our own.

Fasting Suggestion

Fast from any self-promotion or seeking recognition. Look for opportunities to serve others anonymously.

Week 3: Deepening Our Faith and Commitment

DAY

21

22 July 2024

Commitment to Prayer



Colossians 4:2

Devote yourselves to prayer, being watchful and thankful.

Devotion

Prayer is our direct line to God. Today, recommit to a life of prayer, being watchful and thankful as we bring our requests to God.

Prayer

Lord, we commit to being devoted to prayer, alert in it and thankful. Help us to bring everything to You in prayer, trusting in Your power to work in our lives.

Fasting Suggestion

Dedicate a specific time for prayer today, beyond your usual practice. Consider fasting from lunch and using that time to pray for specific needs in your church and community.

Week 3

Deepening Our Faith and Commitment



This week encourages us to deepen our faith and commitment to Christ-like attributes, reflecting His love, hope, peace, joy, and humility in our lives.

As we continue in our devotion, let these virtues be evident in us, strengthening our witness to the world.

Week 4: Living Out Our Faith in Action

DAY

22

23 July 2024

Serving with Compassion



Colossians 3:12

Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience.

Devotion

As God's chosen people, holy and dearly loved, let us clothe ourselves with compassion, kindness, humility, gentleness, and patience, serving others as Jesus did.

Prayer

Lord, help us to serve others with the compassion of Christ, showing kindness, humility, gentleness, and patience in all we do.

Fasting Suggestion

Fast from conveniences (e.g. using a gadget or app) that might cause us to lose a personal, compassionate, present touch in serving someone in need today.

Week 4: Living Out Our Faith in Action

DAY

23

24 July 2024

Forgiving as We Have Been Forgiven

 Ephesians 4:32

Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.

Devotion

Forgiveness is central to our faith. As we have been forgiven by Christ, let us also extend forgiveness to those who have wronged us, reflecting God's grace.

Prayer

Father, grant us the strength to forgive others as You have forgiven us, that we may live in peace and unity.

Fasting Suggestion

Fast from holding grudges today. If you're harboring unforgiveness, seek reconciliation or spend time in prayer releasing that burden to God.

Week 4: Living Out Our Faith in Action

DAY

24

25 July 2024

Walking in Integrity

 Proverbs 10:9

Whoever walks in integrity walks securely, but whoever takes crooked paths will be found out.

Devotion

Integrity should mark the life of a believer. Today, let's commit to walking in integrity, being the same in public as we are in private, honoring God in all our ways.

Prayer

God, help us to walk in integrity, that our lives may be a testament to Your truth and righteousness.

Fasting Suggestion

Fast from any media that compromises your integrity (shows, music, books, etc.). Instead, consume media that uplifts and encourages righteous living.

Week 4: Living Out Our Faith in Action

DAY

25

26 July 2024

Speaking Life

 Ephesians 4:29

Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen.

Devotion

Our words have the power to build up or tear down. Today, focus on speaking life into the lives of others, using your words to encourage, edify, and express grace.

Prayer

Lord, guide our words today, that they may give grace to those who hear and bring glory to Your name.

Fasting Suggestion

Fast from criticism, gossip, or negative speech. Challenge yourself to only speak positively and encouragingly about others.

Week 4: Living Out Our Faith in Action

DAY

26

27 July 2024

Being a Light in the Darkness

 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.

Devotion

As followers of Jesus, we are called to be lights in a dark world. Today, consider how you can shine Christ's light more brightly in your community.

Prayer

Father, help us to live as lights in the darkness, shining Your love and truth in our community and drawing others to You.

Fasting Suggestion

Fast from any activity that doesn't contribute to shining your light (e.g., binge-watching TV). Use the time to engage in an activity that serves or blesses others.

Week 4: Living Out Our Faith in Action

DAY

27

28 July 2024

Practicing Generosity

 2 Corinthians 9:7

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.

Devotion

God loves a cheerful giver. Today, let's embrace generosity, not only in giving of our resources but also in sharing our time and talents with those in need.

Prayer

Generous God, cultivate in us a spirit of generosity, that we may give freely of all we have and are, reflecting Your generosity to us.

Fasting Suggestion

Fast from spending money on non-essential items today. Consider donating the money saved to a charity or someone in need.

Week 4: Living Out Our Faith in Action

DAY

28

29 July 2024

Commitment to God's Creation

 Genesis 2:15

The Lord God took the man and put him in the Garden of Eden to work it and take care of it.

Devotion

Stewardship of God's creation is a reflection of our worship. Today, let's renew our commitment to caring for the earth and all its inhabitants responsibly.

Prayer

Creator God, help us to be responsible stewards of Your creation, caring for the earth and its resources as an act of worship to You.

Fasting Suggestion

Fast from single-use plastics or any other disposable item. Take steps to reduce your environmental impact, reflecting on how you can continue these practices beyond today.

Week 4

Living Out Our Faith in Action



This week focuses on living out our faith through our actions.

As we continue our journey of fasting and prayer, let us be intentional in serving with compassion, forgiving others, walking in integrity, speaking life, shining as lights, practicing generosity, and caring for God's creation.

May our actions reflect the depth of our faith and commitment to following Jesus.

Week 5: Reflecting Christ in Community

DAY

29

30 July 2024

Building Unity

 Ephesians 4:3

Make every effort to keep the unity of the Spirit through the bond of peace.

Devotion

Unity in the body of Christ reflects His love and purpose for us. Today, let's focus on building unity within our church and broader community, setting aside differences to celebrate what unites us in Christ.

Prayer

Lord, help us to maintain the unity of the Spirit through the bond of peace. Teach us to embrace our diversity as a strength, working together for Your kingdom.

Fasting Suggestion

Fast from any speech or action that sows discord. Instead, engage in conversations or activities that promote understanding and unity.

Week 5: Reflecting Christ in Community

DAY

30

31 July 2024

Encouraging One Another

 1 Thessalonians 5:11

Therefore encourage one another and build each other up, just as in fact you are doing.

Devotion

As members of one body, our words and actions should uplift one another. Today, consider how you can be a source of encouragement to someone within your church or community.

Prayer

Father, guide us to be encouragers within our community, building each other up in faith, hope, and love.

Fasting Suggestion

Fast from criticism. Make a conscious effort to encourage or compliment at least three people today.

Week 5: Reflecting Christ in Community

DAY

31

1 August 2024

Sharing Our Faith

 Mark 16:15

He said to them, "Go into all the world and preach the gospel to all creation..."

Devotion

Sharing the good news of Jesus Christ is our privilege and responsibility. Today, pray for opportunities to share your faith and for the boldness to seize them when they come.

Prayer

Lord, open doors for us to share Your gospel. Give us the words to say and the boldness to say them, that others may come to know You.

Fasting Suggestion

Fast from silence about your faith. Look for opportunities to share your personal testimony or what God is doing in your life with someone.

Week 5: Reflecting Christ in Community

DAY

32

2 August 2024

Loving Our Neighbors

 Mark 12:31

The second is this: 'Love your neighbor as yourself. There is no commandment greater than these.'

Devotion

The second greatest commandment is to love our neighbors as ourselves. Today, reflect on what this means in practical terms and how you can show God's love to those around you.

Prayer

God, help us to love our neighbors truly, showing them the same kindness, compassion, and care that we would wish for ourselves.

Fasting Suggestion

Fast from indifference. Make an effort to learn something new about a neighbor or someone in your community, and find a way to show kindness or assistance.

Week 5: Reflecting Christ in Community

DAY

33

3 August 2024

Practicing Hospitality

 Hebrews 13:2

Do not forget to show hospitality to strangers, for by so doing some people have shown hospitality to angels without knowing it.

Devotion

Hospitality is a beautiful expression of God's love through us. Today, consider how you can practice hospitality in your life, making others feel welcomed and valued.

Prayer

Lord, teach us to be hospitable, to open our homes and hearts to others, reflecting Your love and generosity.

Fasting Suggestion

Fast from isolation. Invite someone over for a meal or coffee, or if that's not possible, reach out to someone who may be feeling lonely or isolated.

Week 5: Reflecting Christ in Community

DAY

34

4 August 2024

Serving the Least of These

 Matthew 25:40

“The King will reply, ‘Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me.’

Devotion

Jesus taught us to see Him in the least of these. Today, seek ways to serve those in need, remembering that in serving them, we serve Christ Himself.

Prayer

Father, open our eyes to the needs around us. Guide us to serve those in need with compassion and humility, as if we were serving You directly.

Fasting Suggestion

Fast from comfort or convenience. Volunteer your time, donate resources, or find another way to serve those in need in your community.

Week 5: Reflecting Christ in Community

DAY

35

5 August 2024

Fostering Spiritual Growth

 2 Peter 3:18

But grow in the grace and knowledge of our Lord and Savior Jesus Christ. To him be glory both now and forever! Amen.

Devotion

Our journey with Christ is one of continual growth. Today, reflect on your spiritual growth and how you can encourage spiritual growth in others.

Prayer

Lord, help us to grow in the grace and knowledge of our Lord and Savior Jesus Christ. Show us how we can support one another in our spiritual journeys.

Fasting Suggestion

Fast from stagnation. Commit to a new spiritual discipline or practice, or take a step to grow in an area where you've been stagnant.

Week 5

Reflecting Christ in Community



This week focuses on how we can reflect Christ in our community through unity, encouragement, sharing our faith, love, hospitality, service, and fostering spiritual growth.

Let's be intentional in living out these aspects of our faith, drawing closer to God and each other as we continue our devotion.

Week 6: Looking Forward with Hope

DAY

36

6 August 2024

Renewing Our Vision

 Proverbs 29:18

Where there is no revelation, people cast off restraint; but blessed is the one who heeds wisdom's instruction.

Devotion

As we near the end of our 40-day journey, let's seek God's vision for our church and our lives. Pray for clarity, purpose, and a renewed commitment to God's plan.

Prayer

Lord, as we look forward to the future, grant us a clear vision rooted in Your will. Help us to embrace Your plans with faith and courage.

Fasting Suggestion

Fast from distractions. Dedicate time to be still before God, seeking His vision for your life and the life of Trinity Methodist Church.

Week 6: Looking Forward with Hope

DAY

37

7 August 2024

Celebrating God's Faithfulness



Lamentations 3:22-23

Because of the Lord's great love we are not consumed, for his compassions never fail. They are new every morning; great is your faithfulness.

Devotion

Reflect on the faithfulness of God throughout the history of Trinity Methodist Church. Celebrate His unchanging grace and mercy that are new every morning.

Prayer

Thank You, God, for Your faithfulness and love. Help us to trust in Your unending mercy and grace as we move forward.

Fasting Suggestion

Fast from negativity. Spend the day recounting God's faithfulness in your life and the life of the church, sharing stories of His goodness with others.

Week 6: Looking Forward with Hope

DAY

38

8 August 2024

Committing to Continuous Prayer



1 Thessalonians 5:16-18

Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus.

Devotion

Prayer should be our first response, not our last resort. Commit to making prayer a central part of your life and our church, continually seeking God's presence and guidance.

Prayer

Father, make us a people of prayer. Teach us to pray without ceasing, always rejoicing in Your presence.

Fasting Suggestion

Fast from idle time. Use moments of downtime to pray, whether it's a few minutes or an hour. Let every spare moment be an opportunity to connect with God.

Week 6: Looking Forward with Hope

DAY

39

9 August 2024

Embracing God's Grace

 Ephesians 2:8-9

For it is by grace you have been saved, through faith—and this is not from yourselves, it is the gift of God— not by works, so that no one can boast.

Devotion

As we prepare to conclude our fast, let's focus on the grace of God that saves us and sustains us. It's by grace we have been saved, and by grace, we will continue to live in His strength.

Prayer

Thank You, Lord, for Your amazing grace that saved us and continues to work in our lives. Help us to walk daily in the grace You provide.

Fasting Suggestion

Fast from self-reliance. Actively rely on God's grace for every decision and action today, acknowledging your need for His strength and wisdom.

Week 6: Looking Forward with Hope

DAY

40

10 August 2024

Looking Forward in Hope

 Jeremiah 29:11

“...For I know the plans I have for you,” declares the Lord, “plans to prosper you and not to harm you, plans to give you hope and a future...”

Devotion

On this final day of our fast, let’s look forward with hope to the future God has for us. He has plans to prosper us and not to harm us, plans to give us hope and a future.

Prayer

Lord, as we end this time of fasting and prayer, we look to the future with hope, knowing that You have plans for us, plans for welfare and not for evil, to give us a future and a hope.

Fasting Suggestion

Fast from doubt. Approach the day with a spirit of hope and expectancy, trusting in God’s plans for your life and for Trinity Methodist Church.

11 August 2024



As we conclude our 40-day journey of fasting and prayer, let's carry forward the lessons learned, the spiritual disciplines embraced, and the deepened relationship with God.

May the experience of these 40 days inspire us to live more fully for Christ, to serve with greater passion, and to love more deeply.

The end of this fast is not the end of our journey but a new beginning, filled with hope and promise for what God will continue to do in and through Trinity Methodist Church.

May we move forward in unity, faith, and anticipation of the great things God has in store.

May this 40-day journey of fasting and prayer draw you closer to God, deepen your faith, and inspire a renewed commitment to His purpose for Trinity Methodist Church.