

# January 2025—OCMC Month of Prayer/Fasting

## Theme: Invitation

Prayer Guide for Week of January 16-23, 2025 (Week 3)

Prayer Time Together: Wednesday, 7 pm-8:30 pm (OCMC Sanctuary)

Text for the Week: Luke 4:14-30

Over this week, we invite you to meditate on this text and reflect on what God is inviting us to through this text. Read through it a few times.

### Several Practices to Consider:

Journaling—As you pray throughout this week, consider writing down some of your prayers as you reflect on

### Prayer Prompts:

- How is God inviting us to live in his Word so we can recover our spiritual sight and be set free in any place that we aren't seeing? Vs 18
- In what different ways is God inviting us to join in Jesus' work of bringing "good news to the poor"? Vs 18
- How is God inviting us to "walk through the crowd?" (where there might be noise /pressures from injustice and external forces around us)? vs 29-30
- How is God inviting us to unite with him in the work he's doing in our community?

Fasting—Consider spending a meal or day this week fasting.

A few reflections on Fasting from Jeremy Chambers and Monica Paredes Chambers in "The Art of Missional Spirituality"

"Purpose: To learn we don't need to let food or material things control us and that we can feast on God and experience his sustenance"

"Jesus began his entire ministry with a forty-day fast (Matt 4:2; Luke 4:2). So when we undertake a small fast for one meal or one day, we take a small stop toward identifying Christ.

As we contemplate our hunger pains, we can consider that Jesus experienced the same but at a much greater level.”

“Fasting is a way of discovering our sole dependence on God and learning the truth that we don’t live by bread alone, but by every word that proceeds from the mouth of God (Deut 8:3; Matt. 4:4). The LORD made our bodies. He is the One who holds them together. When we choose to practice something that involves our bodies, we show both ourselves and God that we are committed to him. Fasting allows us to feast on God and experience his fully satisfying nourishment.”

If Fasting is new to you, talk to another brother or sister in the church who may have more experience with fasting to learn from their experience and any practical guidance.

As we fast together over this month, look to see how fasting is not only something we give up, but even more an opportunity to “Feast” on God and invite God to help us experience and taste God’s presence in deep ways.