



R REDEMPTION
HILL CHURCH

Prayer & Fasting Guide

Thur, 29 Feb – Fri, 1 Mar 2024



Thursday morning

29 February

PRAY FOR:

Contentment in Christ in
our abundance or need

Invitation to come before God

*“Oh, fear the Lord, you his saints, for
those who fear him have no lack!”*

Psalm 34:9

Behold our God—his majesty, glory,
might, and power. Prepare yourself
to encounter the Almighty God who
sustains His people.

Meditation

“Oh, taste and see that the Lord is good!

Blessed is the man who takes refuge in him!”

Psalm 34:8

- » Reflect on God’s goodness towards you, his provision and protection.
- » What might be hindering you from ‘tasting’ or ‘seeing’ that God is good? Are there difficulties or challenges you are currently facing? Are there other things you are finding refuge in instead?
- » Invite the Holy Spirit to help you ‘taste’ and ‘see’ that the Lord is good, and that blessed is the one who takes refuge in Him.

Confession

*“Why are you cast down, O my soul,
and why are you in turmoil within me?”*

Psalm 42:11

- » Reflect on your previous meditations—on things that are getting in the way of you experiencing God’s goodness and refuge.
- » In light of this, invite the Holy Spirit to identify areas of your life that you need to look to God for instead, and to find refuge in Him.
- » Confess these to God.

Assurance

“Not that I am speaking of being in need, for I have learned in whatever situation I am to be content. I know how to be brought low, and I know how to abound. In any and every circumstance, I have learned the secret of facing plenty and hunger, abundance and need.”

Philippians 4:11-12

- » Give thanks to God, who gives us the means to be content in whatever situation we find ourselves in, knowing that it is Christ Himself who has and will continue to strengthen us.

Prayer

» **For yourself**

To taste and see that the Lord is good and to find your contentment in Christ.

» **For others**

For those around us who have not yet put their faith in Jesus. Pray that God would help them see that their dissatisfaction and lack of contentment point to their need for Jesus.

» **For the church**

That we would be thankful for what God has done in our midst, amongst our people, ministries, and activities, and that we would continue to look to Him to sustain and strengthen us for what lies ahead.

Closing

*"I can do all things through him
who strengthens me."*

Philippians 4:13

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Thursday afternoon

29 February

PRAY FOR:

Contentment in Christ in
our abundance or need

Invitation to come before God

*“O God, you are my God; earnestly I seek you;
my soul thirsts for you; my flesh faints for you,
as in a dry and weary land where there is no
water. So I have looked upon you in the
sanctuary, beholding your power and glory.
Because your steadfast love is better than life,
my lips will praise you.”*

Psalm 61:1-3

Look to our God whom we
seek, thirst, and long for.
Look to Him in His power
and glory. And praise Him
because His steadfast love
is better than life.

Meditation

“For it has been granted to you that for the sake of Christ you should not only believe in him but also suffer for his sake”

Philippians 1:29

- » As a Christian entrusted with the good news of Jesus, what comfort can you take in, knowing that it is for the sake of Christ and the proclamation of His gospel that you can endure suffering?
- » Invite the Holy Spirit to help you see that suffering for the sake of Christ is something you can endure through Him who strengthens you.
- » Consider the churches around the world, who are enduring suffering and persecution for the sake of the gospel. How might God be prompting you to intercede for them?

Confession

*“For when I kept silent, my bones
wasted away through my groaning all
day long.”*

Psalm 32:3

- » Are there sufferings in your life that you are escaping from or trying to endure apart from Christ?
- » Confess them to God, and invite the Holy Spirit to minister to you according to the riches of His grace.

Assurance

*“And my God will supply every need of yours
according to his riches in glory in Christ Jesus.”*

Philippians 4:19

Prayer

» **For yourself**

Call upon the Holy Spirit to lay hold of the riches that you have in Christ, that even in suffering, you may be assured of His steadfast love.

» **For others**

For our families, friends, and colleagues who are suffering, that the gospel of Christ would be a beacon of hope in which they can put their trust in.

» **For the church**

Pray for our Resound churches in India and Japan, that in their hardships and sufferings, God would continue to supply for them their every need according to the riches they have in Christ.

Closing

*“To our God and Father be
glory forever and ever. Amen.”*

Philippians 4:20

Thursday evening

29 February

Join us tonight for PWN



8.00pm: Furama Level 5 Ballroom

The Bridge Fellowship (Tokyo)

From Joey Zorina



- » Joey and Yisel – that above all else, our hearts will grow in deeper intimacy with Jesus and that He will use our pain and brokenness to minister to people in tenderness & truth
- » For a prayer culture in our church
- » That our church will be renewed and our city awakened to taste and see the all satisfying beauty and power of the risen Jesus
- » That our love for one another would deepen as a church and that we would move closer to one another and open up, instead of avoiding, ignoring, keeping each other at arm's length, and ghosting – as we experience the deep love of Jesus personally and corporately!

GraceCity Church (Nagoya)

From Damian Grateley



- » In April we will have a team visit us from WordComm Church, Manila. Please pray God would strengthen relationships between our churches and inspire us through their testimonies.
- » For our children's ministry, as our team leaders write material and seek to better support parents
- » For a new initiative we're offering to local kindergartens later this year, which hopes to come alongside parents who feel overwhelmed by their child's behaviour

Toyosu Community Church (Tokyo)

From Seita Sakaguchi

- » For me, the Lord has been kind to revive my soul during my sabbatical and I'm asking him to continue to bring a personal revival
- » That the same thing would happen in our small community, then in the lives of those around us and beyond
- » That the preaching of God's Word would be accompanied by the Spirit's power, that our love for Jesus and one another will grow more and more (Phillipians 1:9)

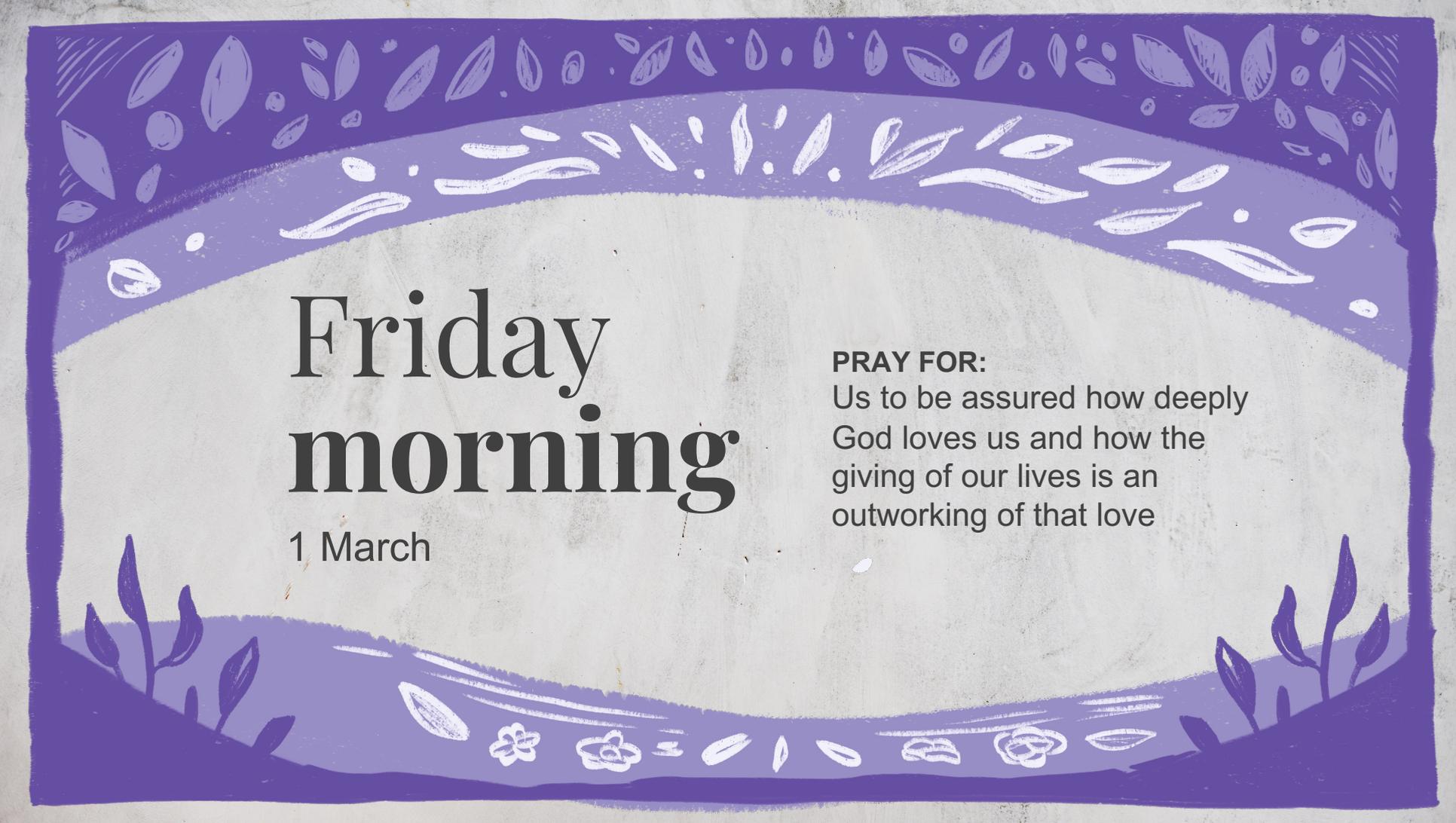
Please also pray for:

**Double O Cross
Church (Tokyo)**

and

Redeemer Delhi

(No specific requests from these churches)



Friday morning

1 March

PRAY FOR:

Us to be assured how deeply
God loves us and how the
giving of our lives is an
outworking of that love

Invitation to come before God

“No one is good except God alone.”

Mark 10:18b

Look upon the goodness of our God
and proclaim that there is no one like
our God.

Meditation

“For God so loved the world, that he gave his only Son, that whoever believes in him should not perish but have eternal life.”

John 3:16

- » Do you believe God loves **you**?
- » How do you live your life in the reality of God’s love towards you?
- » Reflect on God’s love towards us, towards you—a love that resulted in the giving of Himself. A love so great that it overcame death itself. A love that nothing can separate you from. A love which is yours, now and for all eternity.
- » How does this love move you towards loving those around you? To steward your possessions and wealth to love others?

Confession

*“Disheartened by the saying,
he went away sorrowful, for he
had great possessions.”*

Mark 10:22

- » The rich young ruler, having great possessions, could not bring himself to give them up to follow Jesus. What are the possessions in your life that hinder you from following Christ? How might this be also reflected in your struggle to love those around you?
 - » What does this say about your understanding and relationship with your possessions?
 - » What does this say about your understanding and relationship with God?
- » Confess this to God, and ask Him to show you that in Him you lack no good thing, being assured He will never leave nor forsake you.

Assurance

*“Keep your life free from love of money, and
be content with what you have, for he has
said, “I will never leave you nor forsake you.”*

Hebrews 13:5

Prayer

» **For yourself**

To be assured of God's love towards us—that out of the abundance we have in Christ, we are empowered to use our God-given possessions to love others in His name.

» **For others**

That God would dethrone the love of money that grips us and many around us. And in so doing, many would come to realise the surpassing worth of knowing Christ.

» **For the church**

We would be generous, ready to engage and minister to those in need, and be assured of our treasures in Him.

Closing

“And Jesus, looking at him, loved him, and said to him, “You lack one thing: go, sell all that you have and give to the poor, and you will have treasure in heaven; and come, follow me.”

Mark 10:21



Friday afternoon

1 March

PRAY FOR:

Us to be assured how deeply
God loves us and how the
giving of our lives is an
outworking of that love

Invitation to come before God

“By this we know love, that he laid down his life for us, and we ought to lay down our lives for the brothers.”

1 John 3:16

Be in awe of this love that we have received in Christ. Acknowledge that Christ’s love is working in us, to love those around us.

Meditation

“But godliness with contentment is great gain, for we brought nothing into the world, and we cannot take anything out of the world. But if we have food and clothing, with these we will be content. But those who desire to be rich fall into temptation, into a snare, into many senseless and harmful desires that plunge people into ruin and destruction. For the love of money is a root of all kinds of evils. It is through this craving that some have wandered away from the faith and pierced themselves with many pangs.”

1 Timothy 6:6-10

- » Have you experienced the “gain” of godliness with contentment in your own life? Reflect on why.
 - When were some times you experienced godly contentment?
 - When were some times you found yourself to be discontent or dissatisfied?
 - Invite the Holy Spirit to speak into your heart as you reflect on these experiences.

- » How have you seen the love of money as being a root of all kinds of evils? Is this something that you have struggled with? How can God and His Word speak into this?

Confession

“And they were exceedingly astonished, and said to him, “Then who can be saved?”

Mark 10:26

- » We are helpless to save ourselves. Confess your need for God, and ask Him to work in you to overcome your struggle with sin—the love of money, discontentment, or whatever may be hindering your love towards God and others.
- » Be assured, that salvation, whilst impossible for man, is only possible with God.

Assurance

“Jesus looked at them and said, “With man it is impossible, but not with God. For all things are possible with God.”

Mark 10:27

Prayer

» **For yourself**

Give thanks to God for doing what we could not—saving us from our sinful selves. Pray that our love for Him would grow with each passing day and that the things of this world would grow strangely dim as we continue to look at His wonderful face.

» **For others**

For those who have wandered from the faith—pray that God in His mercy would help them see and experience the ever-satisfying love of Christ.

» **For the church**

That the love of Christ, and our reward with Him in heaven, would compel us to go about the work of the Gospel:

Closing

“Jesus said, ‘Truly, I say to you, there is no one who has left house or brothers or sisters or mother or father or children or lands, for my sake and for the gospel, who will not receive a hundredfold now in this time, houses and brothers and sisters and mothers and children and lands, with persecutions, and in the age to come eternal life. But many who are first will be last, and the last first.’”

Mark 10:29-31

Friday evening

1 March

Join us tonight for PWN



7.00pm: Breaking fast, Level 3 Studios

8.00pm: Furama Level 5 Ballroom

Safe Place

safeplace.org.sg



As they work to empower women and families with unsupported pregnancies to make life-giving choices, let's pray for:

- » Stamina and strength for the staff team as client numbers continue to increase, and cases become more complex
- » Peace and unity within the residential respite
- » Clients to choose life, rather than abortion
- » God to send the right person to join the team as a Social Worker

Mercy & Justice

Pray for us as a church...

- » To continue growing in our collective concern for the poor (Psalm 41:1) specifically with the places & people we are already serving through our Mercy & Justice Ministry
 - places such as the Jalan Kukoh community
 - people such as low-income children & families, at-risk youth, and women with unsupported pregnancies
- » That our serving & giving would stem from hearts of love & compassion
- » That we would be present with Christ's love in our local communities and, in so doing, participate in His renewing of our city
- » That as we serve & give, we would take hold of our greatest treasure found in Christ Himself

What is Fasting?



Fasting is the act of depriving ourselves of some or all of the good gifts that God gives us which can easily replace him as first in our lives. Fasting demonstrates that we don't live by bread alone and that we seek him before all other things. It is not a hunger strike, or an attempt to arm twist God into getting what we desire. Rather, it is turning our desires towards God, recognising we need him more than anything physical.

When God is supreme over even the hunger in our hearts then he is truly supreme in everything. Psalm 73:25-26 says: "Whom have I in heaven but you, and there is nothing on earth I desire but you. My flesh and my heart may fail but God is the strength of my heart and my portion forever". When we fast, we are saying, I want God more than all of these things.

How do we fast?



Fasting is traditionally denying oneself of food to pray during meal times or whenever we feel the hunger from our lack of food. There are water fasts, liquid fasts, or fasts where other kinds of food are abstained from. Let us fast in a meaningful way, where we deny ourselves of something that is important in our regular diet which will remind us to pray. One way to supplement fasting of food is to also refrain from various forms of technology and/or social media.

The kind of fast that each person chooses to undergo should be done without any coercion from others, and done with a clear conscience before God. Those with medical conditions are advised to consult with a doctor before undergoing any fast. To prepare for this fast, let us ask God for his Spirit to begin to soften your heart and the hearts of all at RHC.

In case you missed it, read more about Lent in our [Lent Booklet.](#)

