A photograph of a hand held palm up, with a thin stream of golden oil falling from it. The background is black, and the entire scene is set against a light grey, textured paper background.

PRAYER GUIDE

Jan-Feb 2025

CONTENTS

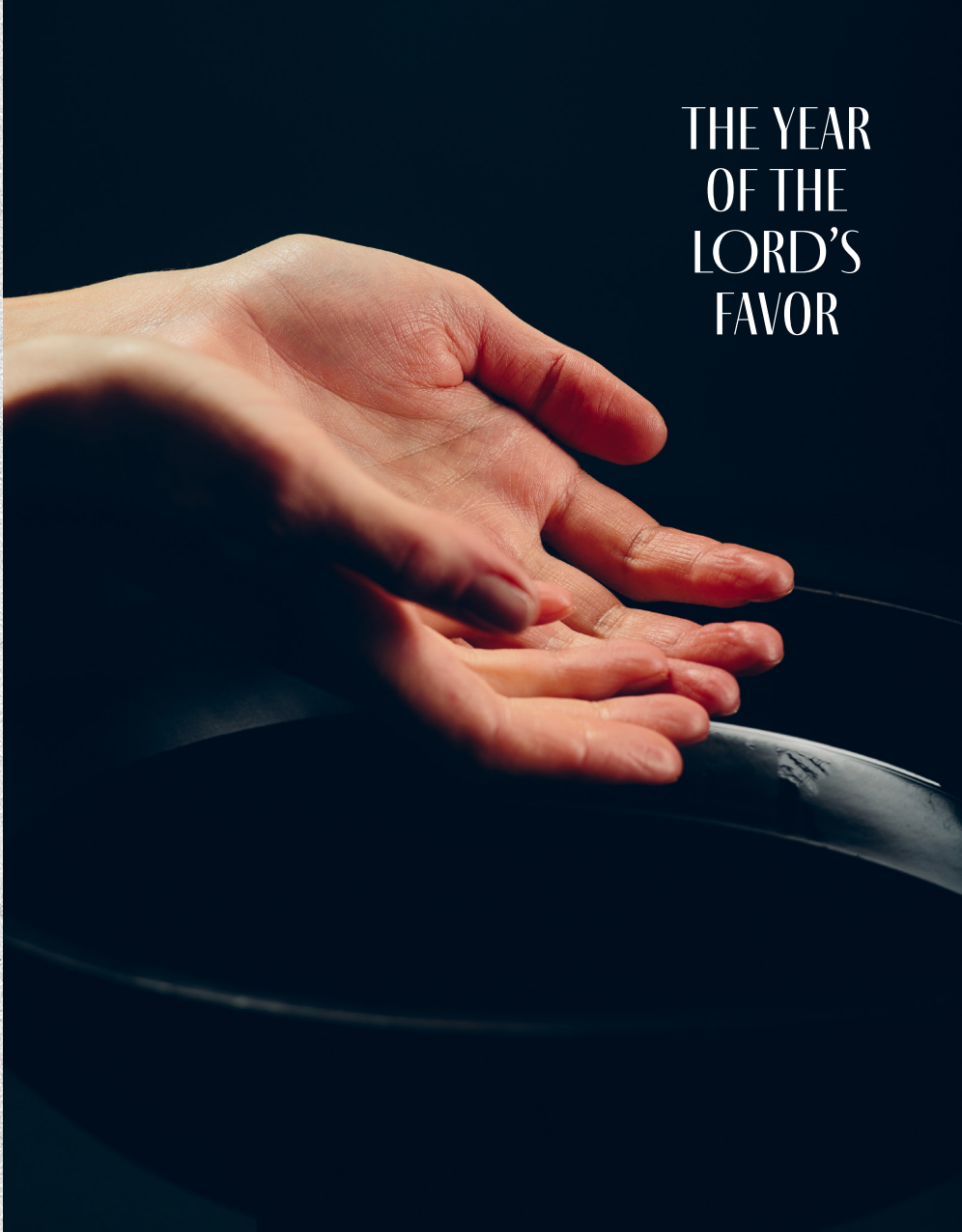


Letter from Pastor Matt	6
Overview	7
Week 1 January 12 - 18	9
Week 2 January 19 - 25	11
Week 3 January 26 - February 1	13
Week 4 February 2 - 8	15
Resources	16

The Spirit of the Lord
GOD is upon me,
because the LORD
has anointed me
to bring good news to
the poor;
he has sent me
to bind up the
brokenhearted,
to proclaim liberty to
the captives,
and the opening of
the prison to those
who are bound;

Isaiah 61:1

THE YEAR
OF THE
LORD'S
FAVOR



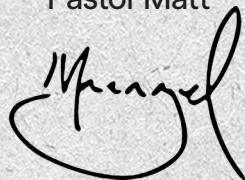
We are so excited to begin 2025 with our second churchwide prayer initiative! As we've taken time to seek Jesus and His heart for this next season we sense that Isaiah 61 is a significant passage for us to contend for in prayer together. In Luke 4:16-21 we read that Jesus' own ministry began with a reading of Isaiah 61. When He said, "Today this Scripture has been fulfilled in your hearing," He was telling us who He came to be in the world. After Jesus' resurrection and before He ascended to heaven He called His disciples (us) to carry on His ministry of setting captives free! We have been anointed by Jesus' Spirit to stand in the authority of Jesus and do the works He did: preach good news to the poor, bind up the broken hearted, proclaim liberty for captives, and freedom to those who are bound. Prayer is how we stand in that authority and the gates of hell will not prevail against the people of Jesus as they pray!

Over the course of these four weeks we are going to pray with boldness and authority in the name (aligned with the will) of Jesus. We're going to ask Him to do in our city what we know He wants us to ask Him to do. He wants to bring healing and freedom to people in our city and He's waiting for us to step in and ask Him together to do it. We are inviting you to fast and pray, both on your own and in Gospel Community, with confidence and persistence. We are also going to open a 24/7 Prayer Room and we're inviting you to join us in that as well. More on that below.

Church, we've just come through a celebration of Jesus' incarnation. He drew near to us to remove anything that could hinder our relationship with Him. The response He wants now is for us to draw near to Him. So, "Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need" (Hebrews 4:16). Pray that the church in Vancouver will flow with rivers of living water to every outer edge of our city. Pray to see His healing in the streets.

Love you Church,

Pastor Matt

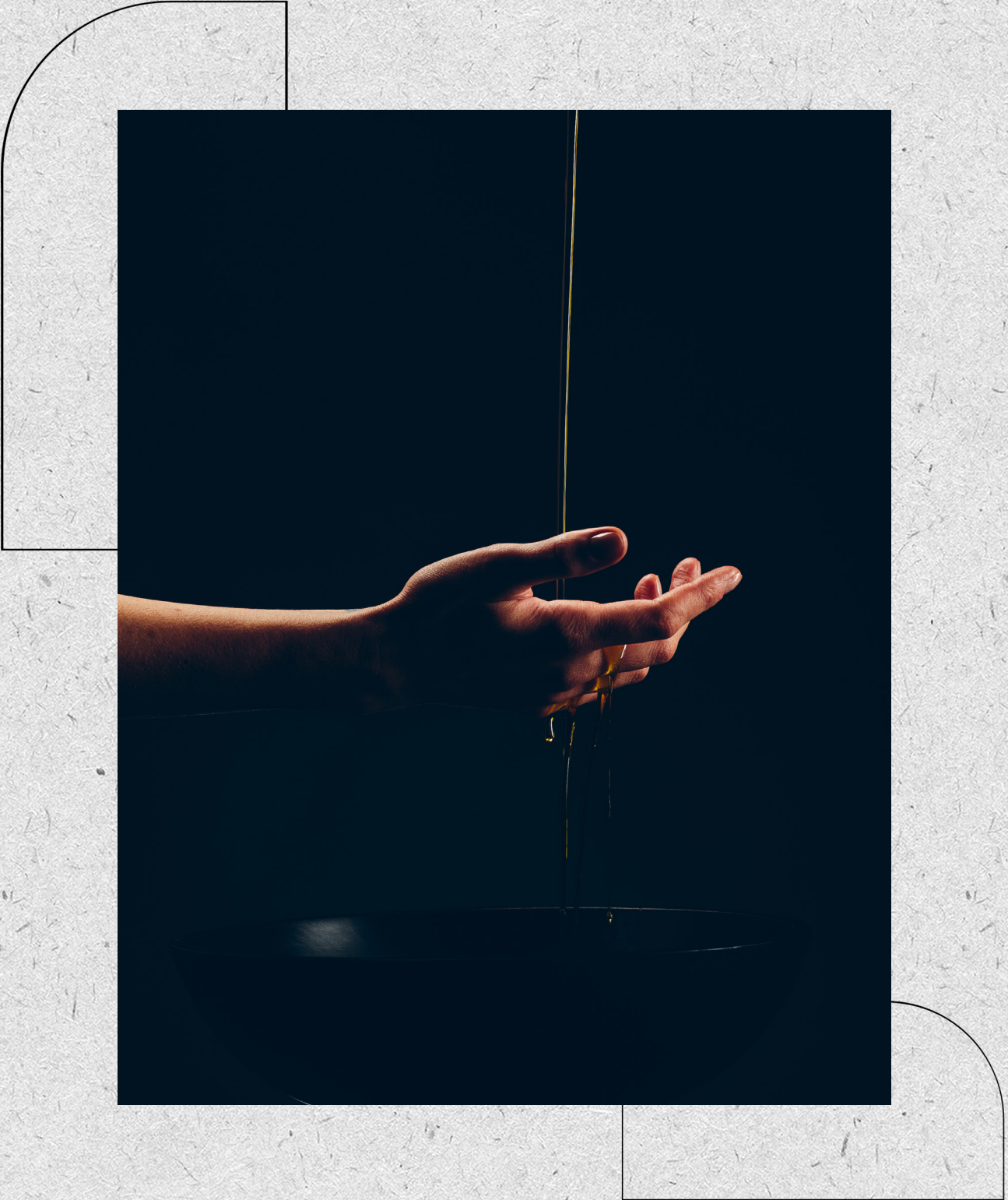
A handwritten signature in black ink, appearing to read 'Matt', with a large, sweeping flourish underneath.



OVERVIEW

This season of prayer will begin on January 12 and continue for four weeks. The first week we will gather for a Prayer & Worship Night on Wednesday, January 15. Right after that, we will be launching a 24/7 Prayer Room at the Centre in Room 1. There will be a second Prayer & Worship Night to close the time and celebrate how God has and will continue to answer our prayers.

Each week of this prayer guide includes a theme and a scripture to meditate on and pray through over the course of that week. There are also prompts for you to pray on your own, with your Gospel Community, and for parents with your kids. Use them as starting points for however Jesus' Spirit will lead you to pray!



WEEK 1 | JANUARY 12 - 18

Theme: For God to pour out the Holy Spirit on us.

*The Spirit of the Lord GOD is upon me,
because the LORD has anointed me
to bring good news to the poor;
he has sent me to bind up the brokenhearted,
to proclaim liberty to the captives,
and the opening of the prison to those who are bound;*

Isaiah 61:1

On Your Own: Take time this week to be still and focus on the reality of God's presence with you through the Holy Spirit. Some people like to light a candle during their devotional time with Jesus for a visual reminder of His nearness, light, and presence. The Spirit of the Lord IS upon us, He dwells with us, and He has anointed us to be His co-workers (1 Cor 3:9). In addition to lighting a candle daily, consider praying the ancient prayer, "Come, Holy Spirit" throughout your day also.

With your GC: Sign up with your GC for a slot in the 24/7 Prayer Room.

For Parents: Take time with your children to explain who the Holy Spirit is and how God gives us the Spirit to empower us for the holy life we are called to. Pray together to be filled with the Spirit and to be sensitive to how he leads us throughout the day. It's good to remember that children can be more natural at this than adults! They are often more trusting and less likely to brush off the gentle voice of the Holy Spirit (1 Kings 19:12).

NOTES:



WEEK 2 | JANUARY 19 - 25

Theme: For the Spirit to go before us and make the way as well as embolden us to bring the gospel to the poor.

The Spirit of the Lord GOD is upon me,
because the LORD has anointed me
to bring good news to the poor;
he has sent me to bind up the brokenhearted,
to proclaim liberty to the captives,
and the opening of the prison to those who are bound;

Isaiah 61:1

On Your Own: The Holy Spirit doesn't just fill us so we can personally experience all the wonderful fruit of the Spirit. We have the Spirit of the Living God dwelling in us in order to live out the great commission!

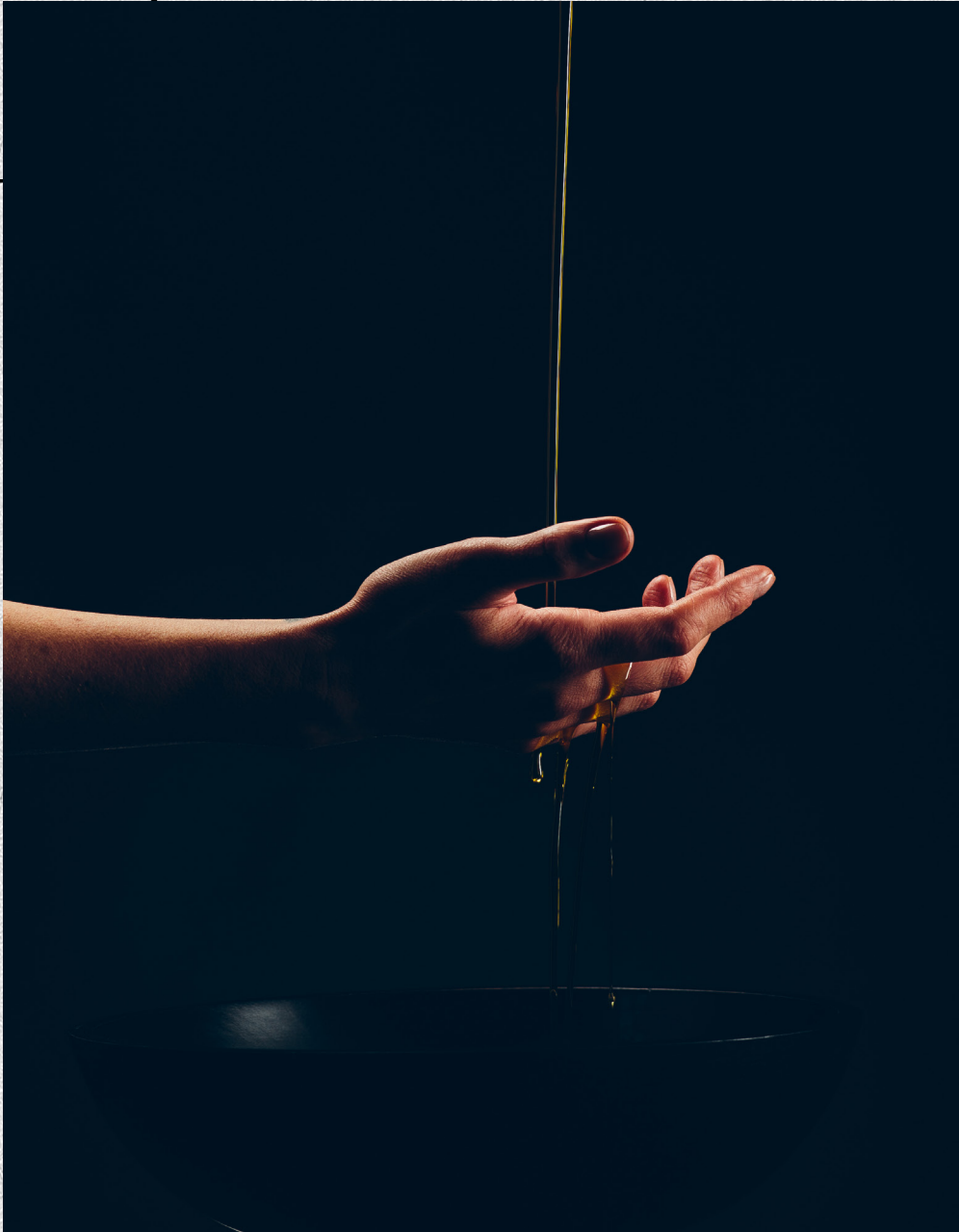
"And Jesus came and said to them, "All authority in heaven and on earth has been given to me. Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, teaching them to observe all that I have commanded you. And behold, I am with you always, to the end of the age." Matthew 29:18-20

Often we get caught up in our own worlds and forget that this wasn't a suggestion but a command. This week take time to pray for people in your life who need Jesus. Ask for His Spirit to give you boldness to bring the good news (the gospel) with you everywhere you go. Remember that "the poor" includes people with all kinds of practical needs but also those without Jesus.

With Your GC: Spend time this week together confessing and repenting if you have been cold hearted and ignoring the great commission. Pray for friends, family, and neighbours by name to come to know Jesus. Ask God to give you a heart for the lost and to give you a vibrant picture of what spiritual renewal might look like in Vancouver.

For Parents: Spend time with your children praying for their friends who do not yet know Jesus. Encourage them to share their faith (in love) when the opportunity arises or to invite their friends to church. Be willing to go out of your way to pick up those friends and bring them. A very high percent of people become Christians before the age of 13!

NOTES:



WEEK 3 | JANUARY 26 - FEBRUARY 1

Theme: That the Spirit would bring healing to those who are broken emotionally and relationally.

The Spirit of the Lord GOD is upon me,
because the LORD has anointed me
to bring good news to the poor;
he has sent me to bind up the brokenhearted,
to proclaim liberty to the captives,
and the opening of the prison to those who are bound;

Isaiah 61:1

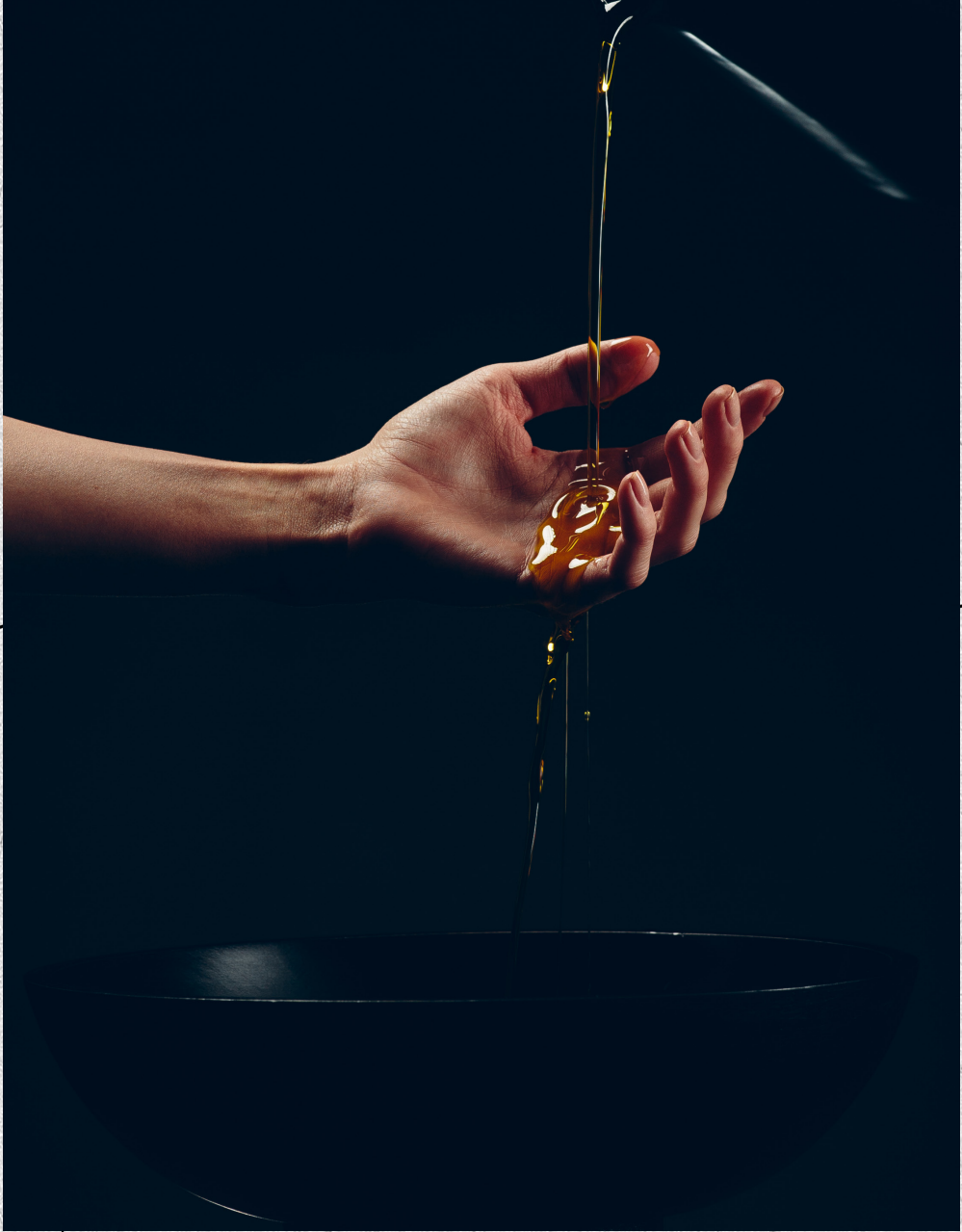
On Your Own: This week we will be spending time praying for people in our church and our city to receive healing for emotional or relational brokenness. But before you do that, take time to be still before your loving Father. Ask Him to show you if there is an area in your life or heart that you need to receive healing from Him. Are there areas too painful that you have walled off from God and your community? He wants to meet you in those places. No matter how broken, or painful, His love is more, His power to heal is greater! Do you believe God can and will heal? Scripture tells us he can and will. You can be honest like the father in Mark 9:24 and pray, "I believe, but help my unbelief."

With Your GC: This week when you gather as a GC make extra space to pray together. If anyone in your group needs healing for a deep emotional wound or relational damage, take time to lay hands on them and pray for them together in confidence knowing God desires to bind up their broken heart. These individuals don't even need to share specific details, if that is too painful. If you have time, make sure to also pray for people in our city who need Jesus to bind up their broken hearts too.

Next week we will ask you to fast as a GC. This week prior pick a day when you will do that together.

For Parents: Spend time praying for people in our church and city who need Jesus to heal their broken hearts. Ask God to show you together if there is anything practically you can do to love and serve your neighbors this week.

NOTES:



WEEK 4 | FEBRUARY 2 - 8

Theme: That people who are held captive to satan, sin and death would be freed.

The Spirit of the Lord GOD is upon me,
because the LORD has anointed me
to bring good news to the poor;
he has sent me to bind up the brokenhearted,
*to proclaim liberty to the captives,
and the opening of the prison to those who are bound;*

Isaiah 61:1

On Your Own: We have a loving heavenly Father who cares not only about our physical health but also our mental and emotional health. Over 5 million Canadians struggle with a diagnosed mental health issue! Many of the people in our city who are unhoused struggle with mental health. Meaning so many people in our city are permanently trapped in a prison of their own mind. Or held captive by the enemy through demonic oppression. Jesus came to break open the bars that hold us imprisoned! He wants to use us to bring freedom to people in our city who are bound by mental illness, addiction, and demonic oppression!

With Your GC: Hopefully last week you picked a day to fast together, if not it's not too late! Fasting doesn't earn us more favour with God, but it can help us focus more on our prayers. Many revivals throughout history began with a few people who so desperately desired to see God move in power that they committed to prayer and fasting. They took God at His word and held Him to it, taking seriously:

"if my people who are called by my name humble themselves, and pray and seek my face and turn from their wicked ways, then I will hear from heaven and will forgive their sin and heal their land" 2 Chronicles 7:14 (ESV)

For Parents: Take time this week to explain how before Jesus we were imprisoned by Satan, sin and death. Each and everyone of us. Jesus came to free us from being chained to sin. Even if your children already know this concept, we all need reminding, even you, that apart from Jesus we were held captive. Then take time to pray for people in your life who you want to see Jesus set free.

NOTES:

RESOURCES

More about the 24/7 Prayer Movement:

<http://24-7prayer.com/>

Red Moon Rising, Pete Greig

Dirty Glory, Pete Greig

On Fasting:

A Hunger for God, John Piper

Westside Sermon series, Become | Fasting - Matt Menzel

<https://podcasts.apple.com/ca/podcast/become-fasting/id252960111?i=1000452549662>

Freedom Session:

Freedom Session is a proven healing-discipleship program that has demonstrated its effectiveness in helping individuals confront and overcome a wide range of challenges in their lives.

Freedom Sessions runs for 21 weeks every year, starting in September running through to March with a break over Christmas.

Downtown Eastside Ministries:

Promise Vancouver (supporting them for Hope Alight) <https://promisevancouver.ca/>

UGM (supporting them for Hope Alight) <https://ugm.ca/>

Mission Possible <https://www.mission-possible.ca/>

Whole Way House <https://wholewayhouse.ca/>

Jacob's Well <https://www.jacobswell.ca/>

Youth Unlimited <https://www.youthunlimited.com/>

Inner Hope <https://www.innerhope.ca/>

Eden Cafe <https://coastaledencafe.com/>

