

Pray With Us

a call to prayer and fasting

NBC PRAYER AND FASTING SEPTEMBER UPDATE



Has Fasting with your Prayer time made any difference?

Thanks so much for tuning in again for this monthly prayer and fasting update. I know that along with me, Sharon and Scott would love to hear from you about how you are going with your prayer and fasting this year.

- Have you felt any difference in your relationship with Jesus? If so, what?
- Have you experienced increased spiritual warfare since you started? If so, what has happened?
- Have any prayers been answered with a yes, no or wait? Would you like to share about any of the ones that have been answered?
- Have you fasted for frequent short times and/or a long period?
- Have there been specific reasons for your fasting times?
- What have you fasted from?

Sharon, Scott or I would love to hear from you about your prayer experiences this year!

Army on its Knees

Today I am using some insights on prayer and fasting from a fabulous, small Salvation Army book called *Army on its Knees* by Major Stephen Court and Colonels Janet and Richard Munn.

It was published by Salvation Books from our Salvation Army International Headquarters in 2012 and 2014. It's still available for Kindle from Amazon.

In 2012 I was leading the editing team at IHQ and did the final edit and proofreading. It was a blessed joy to work with Janet, Richard and Stephen as we discussed the best way to express how anyone connected with the Salvos could be helped to be more effective and involved in prayer.

I've selected excerpts from chapter 5 of the book – Prayer and fasting: losing leads to finding.

From *Army on its Knees*



"Fasting is a puzzle. It is a powerful spiritual discipline, yet Satan has warped our understanding of it so much that many Christians don't practise it. How did this happen? Like so many of the enemy's schemes it began with a distortion of Scripture.

"The Bible instructs us not to make a big deal of fasting. It is properly done so discreetly that others don't even know about it (Matthew 6:18). Satan has exaggerated this counsel into a command never to talk about fasting. As a result, even devout Christians hear so little about fasting that they assume it is irrelevant or obsolete."

The next few paragraphs in the chapter helpfully outline other ways Satan has distorted Jesus's words so that most Christians don't involve themselves in fasting combined with praying.

Has something stopped you fasting as part of your prayer life? If so, what is it?

Please remember that we are not directing everyone to fast every day when we pray all the time. As I wrote in some of the earlier updates there are different kinds of fasts for different issues and we can fast from some or all foods or we can fast from something else that we love doing. There are also short fasts and long fasts.

If you buy this beautiful book you will see in that this chapter has sections called: Jesus our Model; The Hidden Power of Prayer and Fasting; Authority vs Power; The Purpose of Fasting; The Lord's Expectations; Benefits of Fasting; Which Fast?; Pioneers of Prayer and Fasting, and finally, Discipline the Appetites, Nourish the Spirit.

Two of the think-through questions at the end of this chapter is, "How would routine fasting and praying affect your lives, both individually and as a community of faith? How would it help you to become more like Christ?"

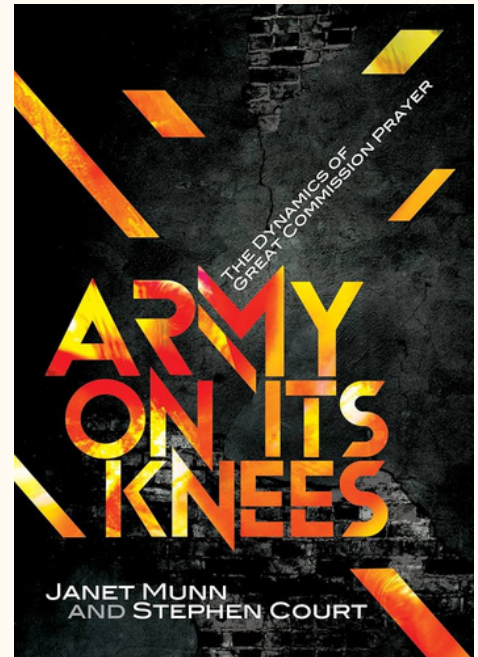
This is a concise, easy to read book that covers many aspects of prayer and has questions to think through and discuss after each chapter. Loads of Scripture is mentioned and used.

Army on its Knees on Amazon for Kindle

This link will take you to Army on its Knees on Amazon for Kindle:

https://www.amazon.com.au/s?k=army+on+its+knees&crd=3B6WSR3GO2ZT6&srefix=army+on+its+knees%2Caps%2C236&ref=nb_sb_noss

I hope God has used this to encourage and inspire you to keep connecting often with him.



Prayer Points

Pray for Nepal

Many of you will already have heard about the recent, devastating flash flooding along the Nepal–China border. As a church family, this touches us deeply, especially as we have Nepalese families here at NBC to whom the event is much more personal.

As we stand together in solidarity, please join us in praying:

- For those who are grieving.
- For those still searching for loved ones.
- For rescue workers and emergency responders.
- For The Salvation Army teams and partner organisations bringing practical help and hope.

Today, may we stand with the people of Nepal, asking God to bring comfort, strength and hope in the midst of unimaginable loss. NBC cares deeply, and we hold our Nepalese family close in prayer.

Current NBC Sermon Series – All About Jesus (16 August – 20 September)

- Our faith is, and always will be, all about Jesus. As we keep Him at the centre of our lives, His love, grace, and example shape the way we live each day.
- In Micah 6:8, God calls His people "to act justly, to love mercy, and to walk humbly with your God."
- Jesus perfectly embodied these words throughout His ministry. In every encounter, He showed compassion to the hurting, welcomed the outcast, stood for what was right, and served with humility and love.
- As we follow Him, may our lives reflect His heart, living with justice, mercy, and humility, so that in all we do, we point others to Jesus.

Father's Day

- Dear Jesus on this coming Father's Day may we see many men, who haven't been to NBC before, come to the Father's Day breakfast and our Sunday meeting. We want them to encounter you and your love.

Lake Boondooma

- We are really looking forward to many people connecting in fellowship, fun and spiritually at Lake Boondooma this year. Jesus we ask that your Holy Spirit will turn up mightily for us all.

I hope you have a wonderful September – it's a great month. (I'm biased!)

Joyfully serving Jesus

Laurie Robertson

