

Agree with Pastor Rudy and I that this year we will TOUCH our corner of the world as we fast and pray for **the change we all need.** Remember YES WE CAN!

Blessings and Peace,  
**Pastor Juanita Rasmus**

## TRUTH

Psalms are taken from “Prayers Before an Awesome God” by David Haas

### Day One

**Psalms 24** *Who is this God of ours? God is the one who paves the way for all that is right and good, who keeps things clear when everything seems confused and blurred. Who is this one who rules? – It is God: Strong, Loving, Just, Wise, Holy.*

**Evening Examen:** Be quiet before God; how is He speaking to you

### Day Two

**Psalms 136** *God is so good! God's love is for real! God is the one who gives us life! God's love is for real! God designs everything! God's love is for real! God shines through everything! God's love is for real! The sun rises, the moon lights up the night! God's love is for real!*

**Evening Examen:** Be quiet before God; how is He speaking to you

### Day Three

**Psalms 136B** *God leads us through difficult times! God's love is for real! God tramples those who hurt us! God's love is for real! God remembers us when we are alone! God's love is for real! God keeps us safe through everything! God's love is for real! God frees us from our inner prisons! God's love is for real! God accepts us as we are! God's love is for real!*

**Evening Examen:** Be quiet before God; how is He speaking to you

### Day Four

**Psalms 50** *“Listen, everyone, hear my words I come to judge you. I have no need for your sacrifices, for I own everything to begin with. Stop sacrificing things, and start giving thanks and be grateful. When you are in trouble, call out to me I will come through for you, and then you should sing praises.” If we are thankful, God will honor our life. If we follow God, we will be happy forever. [Nrsrv: “to those who go the right way I will show the salvation of God.”]*

**Evening Examen:** Be quiet before God; how is He speaking to you

### Day Five

**Psalms 19** *Your rules are perfect, keeping us happy, filling our heart. You make everything clear, and you always speak the truth. Your word can always be counted on, the thing we treasure the most. When we keep your commands, we experience blessings too many to mention or fathom!*

**Psalms 26:** *Do not let me fall backwards and join the ways of those who reject you. I promise to stay on the right road, to be honest I will keep my commitment to you, always thanking you for giving me strength.*

**Evening Examen:** Be quiet before God; how is He speaking to you

### Day Six

**Psalms 18A** *You shake things up big time, you can make amazing things happen! In the midst of the most terrible storms, you bring me through safely. You Keep me confident when everything around me gnaws at my self-esteem. You help me breathe when I feel my chest cave in from anxiety. You fill my lungs with your loving presence. I have always tried to obey your commands, to never drift away from you. And you have rewarded me, time and time again. You always come through for me! Blessed are you, our God.*

**Evening Examen:** Be quiet before God; how is He speaking to you

### Day Seven

**Ephesians 4: 20-24** *MSG.: You learned Christ! My assumption is that you have paid careful attention to him, been well instructed in the truth precisely as we have it in Jesus. Since, then, we do not have the excuse of ignorance, everything and I do mean everything connected with that old way of life has to go. It's rotten through and through. Get rid of it! And then take on an entirely new way of life –a God –fashioned life, a life renewed from the inside and working itself into your conduct as God accurately reproduces his character in you.*

**Evening Examen:** Be quiet before God; how is He speaking to you

### Day Eight

**Philippians 2:1-5** *MSG. If you've gotten anything at all out of following Christ, if his love has made any difference in your life, if being in a community of the Spirit means anything to you, if you have a heart, if you care –then do me a favor: Agree with each other, love each other, be deep-spirited friends. Don't push your way to the front; don't sweet-talk your way to the top. Put yourself aside, and help others get ahead. Don't be obsessed with getting your own advantage. Forget yourselves long enough to lend a helping hand.*

**Evening Examen:** Be quiet before God; how is He speaking to you

## OTHER

These texts are taken from the MESSAGE BIBLE (a bible in contemporary language)

### Day Nine

**Romans 15:1-2** *MSG Those of us who are strong and able in the faith need to step in and lend a hand to those who falter, and not just do what is most convenient for us. Strength is for service, not status. Each one of us needs to look after the good of the people around us, asking ourselves, “How can I help?”*

**Evening Examen:** Be quiet before God; how is He speaking to you

### Day Ten

**Luke 6: 31-36** *Here is a simple rule of thumb for behavior. Ask yourself what you want people to do for you; then grab the initiative and do it for them! If you only love the loveable, do you expect a pat on the back? Run-of–the–mill sinners do that. If you only help those who help you, do you expect a medal? Garden-variety sinners do that. If you only give for what you hope to get out of it, do you think that's charity? The stingiest of pawnbrokers does that. I tell you, love your enemies. Help and give without expecting a return. You'll never-I promise-regret it. Live out this God-created identity the way our Father lives toward us, generously and graciously, even when we're at our worst. Our Father is Kind; you be kind.*

**Evening Examen:** Be quiet before God; how is He speaking to you

### Day Eleven

**Ephesians 4:30-32** *MSG Don't grieve God. Don't break his heart. His Holy Spirit, moving and breathing in you, is the most intimate part of your life, making you fit for himself. Don't take such a gift for granted. Make a clean break with all cutting, backbiting, profane talk. Be gentle with one another, sensitive. Forgive one another as quickly and thoroughly as God in Christ forgave you.*

**Evening Examen:** Be quiet before God; how is He speaking to you

### Day Twelve

**Mark 11:22, 24-25** *Jesus was matter-of-fact: Embrace this God-life. Really embrace it, and nothing will be too much for you. That's why I urge you to pray for absolutely everything, ranging from small to large. Include everything as you embrace this God-Life, and you'll get God's everything. And when you assume the posture of prayer, remember that it's not all asking. If you have anything against someone, forgive-only then will your heavenly Father be inclined to also wipe your slate clean of sins.”*

**Evening Examen:** Be quiet before God; how is He speaking to you

### Day Thirteen

**1Timothy 2:1-7** *The first thing I want you to do is pray. Pray every way you know how, for everyone you know. Pray especially for rulers and their governments to rule well so we can be quietly about our business of living simply, in humble contemplation. This is the way our Savior God wants us to live. He wants not only us but everyone saved, you know, everyone to get to know the truth we've learned: that there's one God and only one, and one Priest-mediator between God and us-- -Jesus, who offered himself in exchange for everyone held captive by sin, to set them all free.*

**Evening Examen:** Be quiet before God; how is He speaking to you

### Day Fourteen

*Orpah kissed her mother-in law goodbye; but Ruth embraced her and held on. Naomi said, “look, your sister-in-law is going back home to live with her own peoples and gods; go with her.” But Ruth said,” Don't force me to leave you; don't make me go home. Where you go, I go; and where you live, I'll live. Your people are my people, your God is my god; where you die, I'll die, and that's where I'll be buried, so help me God-not even death itself is going to come between us!”*

**Evening Examen:** Be quiet before God; how is He speaking to you

## UNCONDITIONAL LOVE and ACCEPTANCE

These texts are taken from the MESSAGE BIBLE (a bible in contemporary language)

### Day Fifteen

**I Corinthians 13:1-7** *If I speak with human eloquence and angelic ecstasy but don't love, I'm nothing but the creaking of a rusty gate. If I speak God's word with power, revealing all his mysteries and making everything plain as day, and if I have faith that says to a mountain, " Jump," and it jumps, but I don't love I'm nothing. If I give everything I own to the poor and even go to the stake to be burned as a martyr, but I don't love, I've gotten nowhere. So, no matter what I say, what I believe, and what I do, I'm bankrupt without love.*

**Evening Examen:** Be quiet before God; how is He speaking to you

### Day Sixteen

**1Corinthians 13:4A** *(I have chosen to use three different interpretations of the same verse for greater insight.) NKJV: Love suffers long and is kind. NRSV: Love is patient. Love is kind. MSG.: Love never gives up. Love cares more for others than for self.*

**Evening Examen:** Be quiet before God; how is He speaking to you

### Day Seventeen

**I Corinthians 13: 4B** *(I have chosen to use three different interpretations of the same verse for greater insight.)*

*NKJV: Love does not envy. NRSV: Love is not envious or boastful or arrogant or rude. MSG: Love doesn't want what it doesn't have.*

*Corinthians 13: 4 C-5 NKJV: Love does not parade itself, is not puffed up; NRSV: It does not insist on its own way; it is not irritable or resentful; MSG: Love doesn't strut, doesn't have a swelled head, Doesn't force itself on others, Isn't always “me first.”*

**Evening Examen:** Be quiet before God; how is He speaking to you

### Day Eighteen

**I Corinthians 13: 6** *(I have chosen to use three different interpretations of the same verse for greater insight.) NKJV: Love does not rejoice in iniquity, but rejoices in the truth: NRSV: Does not rejoice in wrongdoing, but rejoices in the truth. MSG: Doesn't keep score of the sins of others, Doesn't revel when others Grovel, Takes pleasure in the flowering of truth.*

**Evening Examen:** Be quiet before God; how is He speaking to you

### Day Nineteen

**I Corinthians 13:7** *(I have chosen to use three different interpretations of the same verse for greater insight.) NKJV: Bears all things, believes all things, hopes all things, endures all things. NRSV: It bears all things, believes all things, hopes all things, endures all things. MSG: Puts up with anything, Trusts God always, Always looks for the best, Never looks back, But Keeps going to the end.*

**Evening Examen:** Be quiet before God; how is He speaking to you

### Day Twenty

**I Corinthians 13:13** *(I have chosen to use three different interpretations of the same verse for greater insight.) NKJV: And now abide faith, hope, love, these three: but the greatest of these is love. NRSV: And now faith, hope, and love abide, these three; and the greatest of these is love. MSG: “...We have three things to do...: Trust Steadily in God, hope unswervingly, love extravagantly. And the best of the three is love.*

**Evening Examen:** Be quiet before God; how is He speaking to you

### Day Twenty-One

**John 3:16** *This is how much God loved the world: He gave his Son, his one and only Son. And this is why: so that no one need be destroyed; by believing in him anyone can have a whole and lasting life. God didn't go to all the trouble of sending his Son merely to point an accusing finger, telling the world how bad it was. He came to help, to put the world right again.*

**Evening Examen:** Be quiet before God; how is He speaking to you

## CARING COMMUNITY

These texts are taken from the MESSAGE BIBLE  
(a bible in contemporary language)

### Day Twenty-Two

**Luke 10:29b -34, 36** *Looking for a loophole, he asked, "And just how would you define 'neighbor'?" Jesus answered by telling a story. "There was once a man traveling from Jerusalem to Jericho. On the way he was attacked by robbers. They took his clothes, beat him up, and went off leaving him half-dead. Luckily a priest was on his way down the same road, but when he saw him he angled across to the other side. Then a Levite religious man showed up; he also avoided the injured man. The Samaritan traveling the road came on him. When he saw the man's condition, his heart went out to him. He gave him first aid, disinfecting and bandaging his wounds. Then he lifted him onto his donkey led him to an inn, and made him comfortable." "What do you think? Which of the three became a neighbor to the man attacked by robbers? The one who treated him kindly, the religion scholar responded-Jesus said, Go and do the same."*

**Evening Examen:** Be quiet before God; how is He speaking to you

### Day Twenty-Three

**Romans 12:9-17** *Love from the center of who you are; don't fake it. .. Help needy Christians; be inventive in hospitality. Bless your enemies; no cursing under your breath. Laugh with your happy friends when they're happy; Share tears when they're down. Get along with each other, don't be stuck-up. Make friends with nobodies; don't be the great somebody. Don't hit back; discover beauty in everyone. If you're got it in you, get along with everybody.*

**Evening Examen:** Be quiet before God; how is He speaking to you

### Day Twenty-Four

**Matthew 19: 13-15** *One day children were brought to Jesus in the hope that he would lay hands on them and pray over them. The disciples shooed them off. But Jesus intervened." Let the children alone, don't prevent them from coming to me. God's Kingdom is made up of people like these."*

**Evening Examen:** Be quiet before God; how is He speaking to you

### Day Twenty-Five

**1Corinthians 12: 25-26** *The way God designed our bodies is a model for understanding our lives together as a church: every part dependent on every other part, the parts we mention and the parts we don't, the parts we see and the parts we don't. If one part hurts, every other part is involved in the hurt, and in the healing. If one part flourishes, every other part enters into the exuberance.*

**Evening Examen:** Be quiet before God; how is He speaking to you

### Day Twenty-Six

**I Corinthians 5: 9-12** *I wrote you in my earlier letter that you shouldn't make yourselves at home among the sexually promiscuous. I didn't mean that you should have nothing at all to do with outsiders of that sort. Or with crooks whether blue-or white-collar. Or with spiritual phonies, for that matter. You'd have to leave the world entirely to do that! But I am saying that you shouldn't act as if everything is just fine when one of your Christian companions is promiscuous or crooked, is flip with God*

*or rude to friends, gets drunk or becomes greedy and predatory. You can't just go along with this, treating it as acceptable behavior. I'm not responsible for what the outsiders do, but don't we have some responsibility for those within our community of believers?*

**Evening Examen:** Be quiet before God; how is He speaking to you

### Day Twenty-Seven

**Acts 2: 44-47** *And all the believers lived in a wonderful harmony, holding everything in common. They sold whatever they owned and pooled their resources so that each person's need was met. They followed a daily discipline of worship in the Temple followed by meals at home, every meal a celebration, exuberant and joyful, as they praised God.*

**Evening Examen:** Be quiet before God; how is He speaking to you

### Day Twenty-Eight

**Galatians 6:9-10** *So let's not allow ourselves to get fatigued doing good. At the right time we will harvest a good crop if we don't give up, or quit. Right now, therefore, every time we get the chance, let us work for the benefit of all, starting with the people closest to us in the community of faith.*

**Evening Examen:** Be quiet before God; how is He speaking to you

## HOPE

These texts are taken from the MESSAGE BIBLE  
(a bible in contemporary language)

### Day Twenty-Nine

**I Peter 1:3** *Living Hope NKJV: Blessed be the God and Father of our Lord Jesus Christ, who according to His abundant mercy has begotten us again to a living hope through the resurrection of Jesus Christ from the dead, --- MSG.: What a God we have! And how fortunate we are to have him, this Father of our Master Jesus! Because Jesus was raised from the dead, we've been given a brand-new life and have everything to live for, ---*

**Evening Examen:** Be quiet before God; how is He speaking to you

### Day Thirty

**Romans 5:1-2** *Hope in Salvation MSG. By entering through faith into what God has always wanted to do for us- set us right with him, make us fit for him-we have it all together with God because of our Master Jesus. And that's not all: We throw open our doors to God and discover at the same moment that he has already thrown open his door to us. We find ourselves standing where we always hoped we might stand-out in the wide open spaces of God's grace and glory, standing tall and shouting our praise.*

**Evening Examen:** Be quiet before God; how is He speaking to you

### Day Thirty-One

**Romans 5:3-5** *MSG: Hope even in Troubles There's more to come: We continue to shout our praise even when we're hemmed in with troubles, because we know how troubles can develop passionate patience in us, and how that patience in turn forges the tempered steel of Virtue, Keeping us alert for whatever God will do next. In alert expectancy such as this, we're never left feeling shortchanged. Quite the contrary-we can't round up enough containers to hold everything God generously pours into our lives through the Holy Spirit!*

**Evening Examen:** Be quiet before God; how is He speaking to you

Daily Prayer & Fasting Calendar online at:

[www.stjohnsdowntown.org](http://www.stjohnsdowntown.org)

(click on Prayer Center link)



## SAMPLE Page

(from online prayer journal)

A Focus on the TRUTH

### DAY ONE

Psalms are taken from "Prayers Before an Awesome God " by David Haas

Scripture : Ps 24 **Who is this God of ours? God is the one who paves the way for all that is right and good, who keeps things clear when everything seems confused and blurred. Who is this one who rules? –It is God: Strong. Loving. Just. Wise. Holy.**

**Reading:** God dwells in his creation and is everywhere ...present in all His world. God is there. The whole universe is alive with His life. And He is no strange or foreign God, but the familiar Father of our Lord Jesus Christ... And as always He is trying to get our attention, to reveal Himself to us, to communicate with us. We have within us the ability to know Him if we will but respond to His overtures.

... We will know Him in increasing degree as our receptivity becomes more perfect by faith and love and practice.

A W. Tozer

**Prayer:** The truth is you are my God. Thank You for paving the way for all that is right and good. Thank you for keeping things clear when everything seems confused and blurred. I am so glad you are in charge. You are my God and I'm grateful that you are strong, loving, just, wise and Holy. I am thankful and grateful. **Amen**

**Morning Reflection: (Take a moment and be quiet before God, How is He speaking to you, stirring your heart about today's scripture and/or reading?)**

**Evening Examen: (Take a moment and be quiet before God. What difficulties or frustrations have you encountered today? What joys and delights?)**

**After you have remembered your day turn the not –so- good & the good into an evening prayer of thanksgiving and gratitude. (see the sample page if you need help with this )**

# St. John's Downtown

Prayer and Fasting Calendar  
2010

I'm Doing My Part

In 2010, I will do my part in the Love  
Revolution to **Pray, Love, Give and Live.**  
As a follower of Christ, God has called me  
to love unconditionally, give sacrificially  
and to live abundantly.