

A Day of Prayer & Fasting
Sabbath, January 6
1st Quarter, 2018

Interceding for Our Family

Handbook & Resources

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*This material has been prepared for church groups and individual

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Why a Day of Prayer and Fasting?

Imagine you are a parent about to leave your children, knowing you will not see them again until the Kingdom of Heaven. What is the most important thing you could say to them?

Jesus had that dilemma as He prepared to return to heaven after His crucifixion. What was the burden of His last words to His disciples? As we read through His last prayers and counsel in John 15-17, we discover repeating themes: Unity, love, and seeking God through prayer. Jesus longed for His fledgling church to come together in purpose, harmony, and mission. Today, amid perhaps unprecedented polarization in the world, our nations, and our church, we too need to heed Jesus' counsel to seek His Spirit and come together for mission. The task seems daunting and impossible in our humanity. That's why we need to pray as never before for the miracle of reconciliation that only God can bring.

We invite you to pray "in your closet." We invite you to pray with your local church family. And we invite you to the global Revival and Reformation initiative of prayer and fasting. Perhaps you will not choose to fast totally from food. Perhaps you will fast from desserts or social media, or eat sparingly of plant-based food for a time.

"Now and onward till the close of time the people of God should be more earnest, more wide- awake, not trusting in their own wisdom, but in the wisdom of their Leader. They should set aside days for fasting and prayer" (Ellen G. White, *Review and Herald*, Feb. 11, 1904).

As you choose to focus more deeply on prayer, God will bless you and strengthen your heart for the challenging days ahead.

The Discipline of Fasting

A. Fasting in the Scriptures

1. Types of fast

- i. Normal fast—Luke 4:1, 2.
- ii. Partial fast—Daniel 10:3.
- iii. Absolute fast—Esther 4:16; Acts 9:9.
- iv. Supernatural fast—Deuteronomy 9:9.

2. In the teachings of Jesus

- i. Study Matthew 6:16-18 and 9:14, 15.
- ii. What can we learn about fasting from the teachings of Jesus?

B. Insights on spiritual fasting in the writings of Ellen White

1. “The fasting which the word of God enjoins is something more than a form. It does not consist merely in refusing food, in wearing sackcloth, in sprinkling ashes upon the head. He who fasts **in real sorrow for sin** will never court display. The object of the fast which God calls upon us to keep is not to afflict the body for the sin of the soul, but to aid us in perceiving the grievous character of sin, in humbling the heart before God and receiving His pardoning grace” (*Thoughts from the Mount of Blessing*, p. 87).
2. “The true fasting which should be recommended to all, is abstinence from every stimulating kind of food, and the proper use of wholesome, simple food, which God has provided in abundance. Men need to think less about what they shall eat and drink of temporal food and much more in regard to the food from heaven, that will give tone and vitality to the whole religious experience” (*Counsels on Diet and Foods*, p. 188).
3. “Now and onward till the close of time the people of God should be more earnest, more wide-awake, not trusting in their own wisdom, but in the wisdom of their Leader. They should set aside days for fasting and prayer. Entire abstinence from food may not be required, but they should eat sparingly of the most simple food” (*Counsels on Diet and Foods*, pp. 188, 189).
4. “For certain things, fasting and prayer are recommended and appropriate. In the hand of God, they are a means of cleansing the heart and promoting a receptive frame of mind. We obtain answers to our prayers because we humble our souls before God” (*Counsels on Diet and Foods*, pp. 187, 188).
5. “The spirit of true fasting and prayer is the spirit which yields mind, heart, and will to God” (*Counsels on Diet and Foods*, p. 189).
6. “All the fasting in the world will not take the place of simple trust in the word of God” (*Counsels on Diet and Foods*, p. 189).

C. The purpose of a spiritual fast

1. Fasting helps us to focus our attention upon God.
2. Fasting calls us to prayer.
3. Fasting exposes those things which control us.

D. How should we fast?

1. Plan a 24-hour partial fast.
2. Eat sparingly of very simple food, or you may wish to drink only fruit juices.
3. Drink plenty of pure water.
4. Begin your fast with prayer following a wholesome breakfast. Break your fast the following morning with a light meal of fresh fruit and a special time of praise and thanksgiving to the Lord! Remember that you should not “advertise” your fast. Such an attitude leads to spiritual pride and robs you of the special blessings that God desires to bestow during this time.
5. Consider setting aside a day each week for this type of spiritual fast.

E. Plan a normal or absolute fast in times of great need

1. In times of crisis, God may impress you to enter into a normal or absolute fast.
2. Realize that you must severely limit your activities during such a fast. (You should consult your physician if you suspect that such a fast might endanger your health.)

F. Do not become extreme—there is no virtue in a marathon fast

1. Ellen White writes: “You are not called upon to fast forty days. The Lord bore that fast for you in the wilderness of temptation. There would be no virtue in such a fast; but there is virtue in the blood of Christ” (*Counsels on Diet and Foods*, p. 189).

Things to Keep in Mind Regarding Fasting

While not everyone is able to skip food, encourage those who can to fast from something during the morning and afternoon of this special day.

Possible types of fasting could include: water fast, juice fast, Daniel's fast, dessert/or rich foods fast, social media fast, etc. Encourage members to ask God what type of fast He wants them to undertake.

While fasting is a "given" in the Bible (see Matthew 6:16), we must remember that fasting is not a magic key to righteousness or blessings, nor is any other spiritual discipline we undertake. We can't earn God's blessing or answers to prayer by fasting, any more than we can earn our own salvation. Also, fasting isn't a substitute for obedience or personal surrender and Christ-like love. In fact, we are told, "Fasting or prayer that is actuated by a self-justifying spirit is an abomination in the sight of God" (Ellen G. White, *The Desire of Ages*, p. 280).

However, even if people choose not to fast, we don't want to discourage them from being part of the day's prayer activities. Remember, God knows the heart, and the decision to fast or not to fast (or how to fast) should be between a person and God, not dictated by anyone.

The whole purpose of the Day of Prayer and Fasting is to lay self aside as we intercede for others. As we seek the Lord with humility of heart, and put away earthly distractions, we will be more receptive to what God wants to do in our lives and through our prayers.

As said by a pastor, "We fast from the world so we can feast on Jesus!"

Planning Ideas

- Key Verses: Psalm 127:1; Deuteronomy 7:9
- Suggested sermon themes or possible topics for church: *First Called to be a Missionary at Home*
Fighting for the Home
God's Intent for the Home
The Sacred Home Circle
- Suggested children's story: Personal story and lesson

God created the family to be a strong team for His glory! It's sad if that team is broken. Without a strong foundation and guidance at home, children are often left to choose their own way. Some react with violence and crime; some drop out of school; some start families of their own before they're mature enough to handle the responsibility. As goes the family, so goes the church, goes the community . . . goes the world! The good news is that if we come from a broken home, God can help us set a new course for future generations.

Share a story about a child from a broken home who grew up to do great things for God (like Ben Carson, for example). Maybe that child had a praying parent. If that applies to you, share your own story! Use Genesis 50:20 to validate your point.

Optional: As you close, lead the children in singing "With Jesus in the Family, Happy, Happy Home" or another appropriate song.

- **FOR LEADER:** A suggested afternoon prayer program is provided. We recommend that you schedule about two hours, minimum, for this time. However, many plan on prayer for a full afternoon. Allow the Holy Spirit to lead in regard to time.
- **FOR LEADER:** See "Prayer Leaders" (pages 8-9).
- **FOR LEADER and ATTENDEES:** Make copies of prayer theme sheets, "Outline for Interceding for Our Family" (pages 12-13) for attendees.
- **FOR LEADER and ATTENDEES:** Print "Prayers & Promises for Your Family Circle," for attendees to claim as they pray. We suggest you copy these sheets front to back (see pages 14-17).
- **FOR LEADER:** We've provided a Day of Prayer and Fasting devotional: "The Sacred Circle" (see pages 10-11). This could be shared before the prayer time or could be used with the sermon, if desired.

Program Format

Place: Gather together in the church sanctuary to begin this time of prayer.

Opening the Prayer Time: After a few songs to set a reverent atmosphere, have the song leader lead everyone in the hymn “Love at Home” (*Adventist Hymnal*, #652), since we want to pray that God would have His way in our home circles.

Opening Prayer and Official Welcome: Have the Prayer Ministries director or a designated leader welcome everyone to the time of prayer, then share the devotional “The Sacred Circle” (see page 10-11). Follow with Psalm 127:1.

Instructions: Give instructions for the actual prayer time. See “Prayer Leaders” (pages 8-9) for prayer tips to emphasize, as well as instructions for the afternoon. Hand out the prayer outline sheet for the Day of Prayer and Fasting (pages 10-11). Hand out the copies of “Prayers & Promises for Your Family Circle” (see pages 14-17).

Actual Prayer Time: Two hours, minimum, with time for families to pray together. Those who don’t have family members present may join together in their own prayer group. This prayer time will go quickly. Many enjoy spending the whole afternoon in prayer. Keep the focus on actual time in prayer, rather than talking or sermonizing. This is the day to pray!

Closing: In closing the prayer time, sing a few songs of praise, thanking God for what He’s going to do. Encourage members to continue claiming the promises of God’s Word as they pray for their families and with their families as much as possible.

Ending the Day of Prayer and Fasting: Have a special potluck supper or evening meal to break the fast together as a church family.

Prayer Leaders

While people are encouraged to pray multiple times, remind them of the importance of keeping their individual prayers brief. Ellen White writes: “Make short prayers in meetings, and lengthy prayers when you talk and commune with God in your closet” (Ellen G. White, Manuscript Releases, vol. 10, p. 130). So, while the prayer time can be long, the individual prayers should not be. Praying short prayers tends to keep the prayer time active and moving. It also binds the members’ hearts together and keeps adults and children from growing restless.

We encourage you to start with a time of praise and confession before beginning to really intercede for the prayer themes. Based on Psalm 100:4, we are to enter God’s gates with praise. And, based on Psalm 66:18 and Isaiah 59:1, 2, if we want God to hear our prayers, our sins must be confessed and put away.

If starting with praise and confession, you might begin the prayer time as follows: “Dear Lord, we come before You today with hearts full of praise. Before we give You our requests for our homes and families, we want to take a few minutes just to praise Your name. Thank You for being our mighty King and deliverer.”

Then allow others to pray. If you’re going to divide up your group to pray, begin this time together as one large group. Then separate into smaller prayer bands. When it’s time to move to confession, lead again.

We encourage a brief time for private confession to God first, followed by corporate confession, especially for sins like apathy and lethargy in reaching souls for Christ. This time of confession might be followed with singing “Amazing Grace.”

Prayer Time for the Home Circle:

As you pray for the different home circle themes, whether for your own home or others, encourage everyone, by your own example, to pray God’s Word, claiming His promises. Be specific! Pray in faith! And allow this time to go as long as the Holy Spirit leads.

Feel free to interject, throughout the prayer time, well-known hymns and songs that correspond with the prayers being prayed. “As a part of religious service, singing is as much an act of worship as is prayer. Indeed, many a song is prayer” (*Education*, p. 168).

Encourage the group to agree with each other in prayer, claiming Matthew 18:19.

The Family Prayer Time:

Partway through the afternoon, send the families off to pray in their own groups for 30 minutes to one hour. (Use your wisdom to decide how long, or decide as a group.) They can spread out around the sanctuary or prayer room, or go to a private place of their choosing outside. Ask them to come back and join the group again at a specified time.

NOTE: For those who may not have family members present

Encourage those who don't have family members present to stay in the main room and pray together for their absent loved ones or for the church-family unit. After all, we are a family as a church as well! In fact, for some, this may be the only real family they have. These members may also pray the "Prayers and Promises for Your Family Circle" that the families are using. (We encourage you to designate a specific leader who can be responsible for this group while the families are away.)

Of course, all of these are just ideas to help get you started, but it's most important that you allow the Holy Spirit to lead your afternoon of prayer!

End this afternoon of prayer by coming back together and spending time in thanksgiving and praise.

The Sacred Circle

by Ellen White

There is a sacred circle around every family which should be preserved. No other one has any right in that sacred circle. The husband and wife should be all to each other. The wife should have no secrets to keep from her husband and let others know, and the husband should have no secrets to keep from his wife to relate to others. The heart of his wife should be the grave for the faults of the husband, and the heart of the husband the grave for his wife's faults. Never should either party indulge in a joke at the expense of the other's feelings. Never should either the husband or wife in sport or in any other manner complain of each other to others, for frequently indulging in this foolish and what may seem perfectly harmless joking will end in trial with each other and perhaps estrangement. I have been shown that there should be a sacred shield around every family.

The home circle should be regarded as a sacred place, a symbol of heaven, a mirror in which to reflect ourselves. Friends and acquaintances we may have, but in the home life they are not to meddle. A strong sense of proprietorship should be felt, giving a sense of ease, restfulness, trust.

Let those composing the family circle pray that God will sanctify their tongues, their ears, their eyes, and every member of their body. When brought into contact with evil, it is not necessary to be overcome of evil. Christ has made it possible for the character to be fragrant with good. . . .

How many dishonor Christ and misrepresent His character in the home circle! How many do not manifest patience, forbearance, forgiveness, and true love! Many have their likes and dislikes and feel at liberty to manifest their own perverse disposition rather than to reveal the will, the works, the character of Christ. The life of Jesus is full of kindness and love. Are we growing into His divine nature?

Let fathers and mothers make a solemn promise to God, whom they profess to love and obey, that by His grace they will not disagree between themselves, but will in their own life and temper manifest the spirit that they wish their children to cherish.

Parents should be careful not to allow the spirit of dissension to creep into the home; for this is one of Satan's agents to make his impression on the character. If parents will strive for unity in the home by inculcating the principles that governed the life of Christ, dissension will be driven out, and unity and love will abide there. Parents and children will partake of the gift of the Holy Spirit.

Let the husband and wife remember that they have burdens enough to carry without making their lives wretched by allowing differences to come in. Those who give place to little differences invite Satan into their home. The children catch the spirit of contention over mere trifles. Evil agencies do their part to make parents and children disloyal to God.

Although trials may arise in the married life, the husband and the wife are to keep their souls in the love of God. The father should look upon the mother of his children as one deserving of all kindness, tenderness, and sympathy.

The Secret of Family Unity

The cause of division and discord in families and in the church is separation from Christ. To come near to Christ is to come near to one another. The secret of true unity in the church and in the family is not diplomacy, not management, not a superhuman effort to overcome difficulties— though there will be much of this to do—but union with Christ.

Picture a large circle, from the edge of which are many lines all running to the center. The nearer these lines approach the center, the nearer they are to one another. Thus it is in the Christian life. The closer we come to Christ, the nearer we shall be to one another. God is glorified as His people unite in harmonious action.

The family firm is a sacred, social society, in which each member is to act a part, each helping the other. The work of the household is to move smoothly, like the different parts of well-regulated machinery.

Every member of the family should realize that a responsibility rests upon him individually to do his part in adding to the comfort, order, and regularity of the family. One should not work against another. All should unitedly engage in the good work of encouraging one another; they should exercise gentleness, forbearance, and patience; speak in low, calm tones, shunning confusion; and each doing his utmost to lighten the burdens of the mother. . . .

Each member of the family should understand just the part he is expected to act in union with the others. All, from the child six years old and upward, should understand that it is required of them to bear their share of life's burdens.

I must grow in grace at home and wherever I may be, in order to give moral power to all my actions. At home I must guard my spirit, my actions, my words. I must give time to personal culture, to training and educating myself in right principles. I must be an example to others. I must meditate upon the word of God night and day and bring it into my practical life. The sword of the Spirit, which is the word of God, is the only sword, which I can safely use.

*Excerpts from *Adventist Home*, pp. 177-180

Outline for Intercessory Prayer for Our Family

“Unless the Lord builds the house, they labor in vain who build it.” Psalm 127:1

CORPORATE PRAYER TIME:

- **PRAISE GOD:** Begin the time of prayer by spending time praising and worshiping God for who He is. He can heal and restore broken hearts and hurting homes. He can also make strong families even stronger!
- **PRAISE GOD FOR YOUR FAMILY:** No matter your current struggles, take time to praise God for the family members He’s given you. Praise Him for the strong families that have impacted your life, and for the good things He’s done in and through these relationships.
- **CORPORATE CONFESSION:** Next, go into a time of corporate confession, asking God to forgive us as a people for our selfishness and pride and for allowing the enemy a foothold in our homes and relationships. (Encourage people to confess whatever God lays on their hearts, while at the same time keeping personal, private sins private.)
- **PRIVATE CONFESSION:** Take time for personal, silent confession, asking God to search hearts and bring to attention any unconfessed sins that need to be made right.
- **SUPPLICATION FOR THE HOME CIRCLE OF CHURCH LEADERS:** Pray that God would put a hedge of protection around the homes of church leaders, beginning with local pastors, elders, and deacons, then moving on to conference and union leaders. The enemy often attacks by starting with the home circle! Pray that God would overrule the purposes of the enemy.
- **SUPPLICATION FOR THE HOME CIRCLE OF FELLOW CHURCH MEMBERS OR ATTENDEES:** Pray for each family in attendance, if possible. Pray for your own.
- **SUPPLICATION FOR THE HOME CIRCLE OF BACKSLIDDEN MEMBERS:** Pray for the personal home life of those who no longer attend church. Pray that God would bring these families back to church as a unit.
- **SUPPLICATION FOR HOME CIRCLE OF GOVERNMENT AND PUBLIC LEADERS:** Pray that God would work in the homes of those holding public offices. The sanctity of the home and marriage is under attack now more than ever before, and we need leaders who will stand strong to fight on behalf of the family. But it must start with God working in their own homes.
- **SUPPLICATION FOR THE CHURCH FAMILY CIRCLE:** For some, church members are the only family they have in the faith. Pray that God would make your church family strong and help you put away all dissension and strife. The devil wants to break down the church family bonds of love, but God wants to make them strong again!

FAMILY PRAYER TIME: Each family should spread out around the room to pray together.

- **FAMILY PRAISE:** While in a small circle, begin by praising God for the good things about each other. Thank God for the ways He’s blessed you and helped you grow through this last year. Be specific in your thanks to God.

- **FAMILY CONFESSION:** Ask God to forgive you for ways that you may have wounded your spouse, your children, or your family members through your words, actions, or choices. Be specific. (Ask your family members to forgive you for whatever God brings to your mind.)
 - Ask God to forgive you for pride and selfishness and for the times you've been more worried about defending your rights than caring for your loved ones and their needs.
 - Ask God to forgive you for not reflecting His love and mercy (as depicted in 1 John 4:16) to your family. (Ask your family members to forgive you for anything that comes to mind.)
- **FAMILY SUPPLICATION:** Pray together over the “Prayers and Promises for Your Family Circle,” taking time to ask family members to forgive you for ways that you've not lived up to these promises and biblical instructions as you should have.
 - Pray that you would have not just a happy home but also a thriving home that helps others come to the kingdom because of your testimony.
 - Pray that anything the enemy has meant for evil, God would turn to good (Exodus 50:20).
- **FAMILY THANKSGIVING:** End by praising God for what He can and will do as you surrender and yield to Him. Thank God again for your family and the chance to grow together in preparation for heaven. Commit to continue praying together, daily if possible, and putting God first as a family.
- **Pray for the Holy Spirit** to be poured out on our church so the work can be finished and we can go to our *heavenly* home.

Prayers and Promises to Claim for Your Family Circle

I PRAISE YOU, LORD, that You created our family. You said be “fruitful and multiply.” We ask You to multiply the spiritual blessings in our family and make our home strong for Your glory.

“Unless the Lord builds the house, they labor in vain who build it.” Psalm 127:1

“God sets the solitary in families; He brings out those who are bound into prosperity; but the rebellious dwell in a dry land.” Psalm 68:6

“May God Almighty bless you, and make you fruitful and multiply you, that you may be an assembly of peoples.” Genesis 28:3

“I will make you a great nation; I will bless you and make your name great; and you shall be a blessing.” Genesis 12:2

I PRAISE YOU, Lord, for the gift of my family. Help me know how to love and care for those who are closest. Help me to be faithful. Help me to be the best I can be in my own home before I try to reach the world.

“He who is what is least is faithful also in much; and he who is unjust in what is least is unjust .” Luke 16:10

“Make your home atmosphere fragrant with tender thoughtfulness. If you have become estranged and have failed to be Bible Christians, be converted. . . . If you would be a saint in heaven, you must first be a saint on earth.” *Adventist Home*, p. 16

“And do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption. Let all bitterness, wrath, anger, clamor, and evil speaking be put away from you, with all malice. And be kind to one another, tenderhearted, forgiving one another, even as God in Christ forgave you.” Ephesians 4:30-32

“Bear one another’s burdens, and so fulfill the law of Christ.” Galatians 6:2

I PRAISE YOU, Lord, that You want to dwell in my home. Show me how to make our home a little “heaven on earth,” where the angels love to visit. Show me how to speak in love, respond in love, and serve all members of my family circle unselfishly in love.

“A word fitly spoken is like apples of gold in settings of silver.” Proverbs 25:11

“ Beloved, let us love one another, for love is of God; and everyone who loves is born of God and knows God.” 1 John 4:7

“Make your home a little heaven on earth. You can do this, if you so choose. You can make home so pleasant and cheerful that it will be the most attractive place on earth to your children.” *Sermons and Talks*, vol. 2, p. 200

I PRAISE YOU, Lord, that You are so longsuffering and patient with us. Forgive me for the times I’ve fought for my way instead of dying to self. Show me what it means to lay down my life in love, as You’ve done for me!

“This is My commandment, that you love one another as I have loved you.” John 15:12

“May the Lord help you to feel as you never felt before. May He help you to die to self, and get the spirit of reformation in your homes, that the angels of God may come into your midst to minister unto you, and that you may be fitted for translation to heaven.” *Testimonies for the Church*, vol. 2, p. 376

“The religion of Christ will lead us to be kind and courteous and not so tenacious of our opinions. We should die to self and esteem others better than ourselves.” *Testimonies for the Church*, vol. 3, p. 528

I PRAISE YOU, Lord, that You have given us an example of perfect love. Perfect love crucifies self rather than crucifying others. I have so far to go, Lord! Please change me, grow me, help me be the Christian You’ve called me to be, even in my home behind closed doors when no one is watching but You and my loved ones.

“Then Jesus said to His disciples, ‘If anyone desires to come after Me, let him deny himself, and take up his cross, and follow Me.’” Matthew 16:24

“Crucify self, in the place of seeking to crucify your brethren. ‘If any man will come after Me,’ Christ said, ‘let him deny himself, and take up his cross, and follow Me.’ (Matthew 16:24).” Letter 11 (1905)

“You will keep him in perfect peace, whose mind is stayed on You, because he trusts in You.” Isaiah 26:3

I PRAISE YOU, Lord, that You gave us an example of what it means to serve. Rather than looking to be served, help me strive to be the first to *serve* my family. Please make our home a taste of heaven on earth.

“And whoever desires to be first among you, let him be your slave.” Matthew 20:27

“Home should be made all that the word implies. It should be a little heaven upon earth, a place where the affections are cultivated instead of being studiously repressed. Our happiness depends upon this cultivation of love, sympathy, and true courtesy to one another. The sweetest type of heaven is a home where the Spirit of the Lord presides. If the will of God is fulfilled, the husband and wife will respect each other and cultivate love and confidence.” *Adventist Home*, p. 15

I PRAISE YOU, Lord, that You can teach me how, through prayer, to truly uphold the arms of my loved ones. May my prayers be a language of love and source of encouragement for the members of my family, whether they are believers or not. Teach me how to pray with and for my family daily.

“Now this is the confidence that we have in Him, that if we ask anything according to His will, He hears us. And if we know that He hears us, whatever we ask, we know that we have the petitions that we have asked of Him.” 1 John 5:14, 15

“By this all will know that you are My disciples, if you have love for one another.” John 13:35

“Morning and night obtain the victory for yourselves in your own family. Let not your daily labor keep you from this. Take time to pray, and as you pray, believe that God hears you. Have faith mixed with your prayers. You may not at all times feel the immediate answer; but then it is that faith is tried.” *Counsels for the Church*, p. 259

I PRAISE YOU, Lord, that You are my rock and foundation. Help me to always be a stepping stone (rather than a stumbling block) to encourage my family members into a deeper love relationship with you. United as a family, may we be a power for Your glory in the church!

“Through wisdom a house is built, and by understanding it is established.” Proverbs 24:3, 4

“The people who shall compose the family of God above are to be united as a family here on earth. All power in heaven and earth will combine with their efforts for the conversion of souls.” Letter 150 (1907)

“Love of self, pride and self-sufficiency lie at the foundation of the greatest trials and discords that have ever existed in the religious world. Again and again the angel has said to me, ‘Press together, press together, be of one mind, of one judgment.’ Christ is the Leader, and you are brethren; follow Him.” *Christian Leadership*, p. 11

I PRAISE YOU, Lord, that You will give my family and me courage and strength to stand strong for You, no matter the crisis or storm we face in the future. Help us to not be ashamed of Your name!

“Then Jesus said to His disciples, ‘If anyone desires to come after Me, let him deny himself, and take up his cross, and follow Me.’” Matthew 16:24

“Therefore whoever confesses Me before men, him I will also confess before My Father who is in heaven.” Matthew 10:32

I PRAISE YOU, Lord, that You can make our family strong where we are weak. You can deliver us from what Satan seeks to bind us with. You can make us strong victors for You.

“I will go before you and make the crooked places straight; I will break in pieces the gates of bronze and cut the bars of iron. I will give you the treasures of darkness and hidden riches of secret places, that you may know that I, the Lord, who call you by your name, am the God of Israel.” Isaiah 45:2, 3

“Let those composing the family circle pray that God will sanctify their tongues, their ears, their eyes, and every member of their body. When brought into contact with evil, it is not necessary to be overcome of evil. Christ has made it possible for the character to be fragrant with good.” *Adventist Home*, pp. 177, 178

I PRAISE YOU, Lord, that You alone can fill our hearts and supply our needs. May we never settle spiritually, but constantly thirst for a deeper and deeper walk with You. Make us a fountain springing up to everlasting life.

“I am the Lord your God, who brought you out of the land of Egypt; open your mouth wide, and I will fill it.” Psalm 81:10

“ But whoever drinks of the water that I shall give him will never thirst. But the water that I shall give him will become in him a fountain of water springing up into everlasting life.” John 4:14

I PRAISE YOU, Lord, that You come to give us life and love more abundant. Help us to keep going the extra mile for each other as You’ve done for us. Help us to reflect You!

“The thief does not come except to steal, and to kill, and to destroy. I have come that they may have life, and that they may have it more abundantly.” John 10:10

“Beloved, if God so loved us, we also ought to love one another. No one has seen God at any time. If we love one another, God abides in us, and His love has been perfected in us. By this we know that we abide in Him, and He in us, because He has given us of His Spirit. . . . We love Him because He first loved us.” 1 John 4:11-13, 19

“By this we know love, because He laid down His life for us. And we also ought to lay down our lives for [our family].” 1 John 3:16