

**A Day of Prayer & Fasting**  
**Sabbath, October 6**  
4<sup>th</sup> Quarter, 2018

**Interceding for the Least of These**

**Handbook & Resources**

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\*This material has been prepared for church groups and individual

\*\* Unless otherwise noted, Scripture is quoted from the New King James Version, copyright © 1979, 1980, 1982, Thomas Nelson, Inc., Publishers.

# 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: Matthew 25:31-36; Ezekiel 22:30
- Suggested sermon themes or possible topics for church:
  - Called to Serve the Least*
  - Our Forgotten Family in Need*
  - Standing in the Gap*
  - Intercessors for the Land*
- Suggested children's story ideas:
  - Share the story of the Good Samaritan from Luke 10:30-37. You could even act it out. After the story, ask the children questions: We all like to be praised for doing something good, but what about when no one is watching? What if you have to go out of your way to do the right thing? What does it really mean to help an outcast, to clothe the naked, to give food to the hungry? Are we willing to be troubled for those in need? How would that look in today's culture? What will happen when Jesus comes back if we haven't learned to minister to and serve the "least of these"?*

## RESOURCES:

- **FOR LEADER:** A suggested afternoon prayer program is provided. We recommend that you schedule about two hours, minimum, for this time. Many plans to pray together for a full afternoon. Allow the Holy Spirit to lead in regard to time.
- **FOR LEADER:** See "Prayer Leaders" (page 8).
- **FOR LEADER:** Make copies of prayer theme sheets "Outline for Interceding for the 'Least of These'" (page 14) for attendees.
- **FOR LEADER:** Print "Prayers and Promises to Claim for the 'Least of These'" to guide attendees as they pray. (We suggest you copy them double-sided so you will end up with two pages total. See pages 16-19.)
- **FOR LEADER:** We have provided a Day of Prayer and Fasting devotional: "What If He Were Your Father?" (see pages 9-13). This could be shared before the prayer time or used with the sermon, if desired.
- **FOR LEADER:** Copy "40 Ideas for Reaching the Least" to give attendees ideas for "putting feet" on their prayers. (See pages 20-21.)
- An additional fasting resource, "The Discipline of Fasting," is located on page 3.

# Program Format

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

**Opening the Prayer Time:** After a few songs to set a reverent atmosphere, have the song leader lead everyone in the hymn “Let Your Heart Be Broken” (*Adventist Hymnal*, no. 575), as we pray that God would have His way in our hearts.

**Opening Prayer and Official Welcome:** Have the Prayer Ministries director or a designated leader welcome everyone, then read the devotional testimony “What If He Were Your Father?” (see page 9) if it has not already been shared.

**Instructions:** Give instructions for the actual prayer time. See “Prayer Leaders” (page 8) for prayer tips to emphasize and instructions for the afternoon.

- Hand out the “Outline for Intercessory Prayer for the Least of These” (pages 14-15).
- Hand out “Prayers and Promises to Claim for the ‘Least of These’” (pages 16-19).

**Actual Prayer Time:** Plan two to three hours, minimum. This time will go quickly. Many enjoy spending the whole afternoon in prayer. Keep the focus on actual prayer time, rather than talking or sermonizing. This is the day to pray.

**Closing:** To close the prayer time, sing a few songs of praise. Thank God for what He’s going to do. Talk about ways that you can follow up your prayers with action. (See “40 Ideas for Reaching the Least” on pages 20-21.) Encourage members to continue claiming the promises of God’s Word as they pray for wisdom to reach the “least of these.”

**Ending the Day of Prayer and Fasting:** Have a special evening meal to break the fast together. Sing praise songs, share testimonies, and talk about ways that you could do ministry projects together as a church—or be more active in already established ministries. Hold each other accountable!



# 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" (*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 brothers and sisters of other faiths, 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 and then **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 "Least of These":**

As you pray for the "least of these," encourage everyone, by your own example, to pray God's Word, claiming His promises. Be specific! Pray in faith! Encourage the group to agree with each other in prayer, claiming Matthew 18:19.

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).

Of course, 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.

## What If He Were Your Father?

An old, scruffy-looking man hobbled over to our car at a gas station near Flagstaff, Arizona, as my best friend, Valerie, and I were driving home from a young-adult convention in Phoenix. The man asked us for a ride to where his truck had broken down. He was carrying a gas can in his hand. I eyed him a bit skeptically and then looked in our backseat, which was stuffed with food and traveling supplies.

“Ummm . . . I’m not sure if we have room,” I began. The man quickly turned away. I did feel sorry for him, but I was not sure I was sorry enough to give him a ride. As a single girl, I’ve pretty much made it a stipulation never to pick up male hitchhikers, at least not unless there are already men with me in the vehicle. Too many strange things happen these days. I was uneasy at the prospect of helping the man, although he didn’t look like he would hurt a flea.

Valerie, who was sitting in the driver’s seat, began to prod my conscience. “What if that was your father?” she asked. “Wouldn’t you give him a ride?” “Don’t manipulate my emotions!” I responded sharply, maybe a bit too sharply. “I don’t give rides to men!” There was a pause, then Valerie continued. “I really think we should help him, Mel! He doesn’t look like he could hurt anyone.”

By this time we had pulled away from the gas pumps and were waiting for traffic to clear so we could get out onto the main highway. The old man who had asked for a ride was now crossing the street just in front of us, carrying his gas can as he headed down the road. Because of the heavy traffic, I had time to think and finally said, “OK, I’ll clear the backseat. You can stop and pick him up.”

A few seconds later we pulled alongside the man. He was walking the same direction we were going. We opened the door, and he crawled in, painfully it seemed. It was then that I noticed his breathing, coming in short tight gasps. “Are you OK?” Valerie asked him. “I’m having an asthma attack. I forgot my inhaler in the truck,” he responded between quick gasps. He did look quite pale, and his eyes were filled with fear. Maybe fear that he might not live to get that inhaler? I didn’t know.

In just a few moments we arrived at his broken-down truck. It wasn’t even 500 feet up the road. An old woman was waiting. He hopped out of the van and immediately went for his inhaler, which he found in the front seat. *Ahhh*. Relief flooded his face when he put it to his mouth. He was going to live!

As we drove away, we were both silent, but tears began to blind my eyes. The farther we went, the more I cried. Valerie reached over and gently wiped the tears from my cheeks. "What are you thinking, Mel?" she asked with concern. I finally spoke. "I just didn't realize how hard-hearted I can be sometimes! I'm so not a kind person, at least not like I should be." The tears continued to spill. "If we hadn't stopped and picked up that man, he might have passed out right there beside the road. He was so desperate to get to his inhaler so he could breathe, and I didn't want to help him," I cried.

"We didn't know he was having an asthma attack," Val responded gently. "I know," I said, "but God did. And that's why He picked us to help, and we almost missed the opportunity due to my hard-heartedness. But at least you were listening to His voice . . ." my voice trailed off.

What made the whole situation even more cutting to my heart was that at the young-adult conference, speakers had offered many powerful messages about reaching out to those in need. I'd been moved to tears several times and made a commitment to do more for those who are hurting and needy. Many other young people responded similarly. But agreeing with a sermon about helping those in need was not the same as facing a scruffy man on the street with a need. The reality of the whole situation and how we had stepped in during a time of critical need was on my mind for a while.

Still crying and looking for more reassurance, I texted another close friend: "I'm so selfish." I wrote the words painfully. "I want to be more kind like you." Although my friend didn't know why I'd written the above words, the response was deeply profound: "All of our natural inclinations are of self, Mel. Recognizing that selfishness is even more difficult than overcoming it because we have to recognize it first. But once we do, Jesus helps us overcome it. So, don't be too hard on yourself." Wow! That was just what I needed to hear.

*Thank you, Jesus, I prayed softly. Thank you for helping me wake up today to how horrible a person I really am when it comes to reaching out to those in need. Help me to be more kind and willing to help those in trouble. I have an aging father, and I hope someone would also reach out and help him if he were in similar need.*

Ellen White writes, "By all that has given us advantage over another—be it education and refinement, nobility of character, Christian training, religious

experience—we are in debt to those less favored; and, so far as lies in our power, we are to minister unto them. If we are strong, we are to stay up the hands of the weak” (*The Desire of Ages*, p. 440).

### **An Interesting Twist of Fate**

Later that day, with still many miles to cover between our location and home, I called my dad to see how he was.

“I am just returning home from the dentist. I had a tooth pulled today,” he told me after our greetings. “I made a mistake in calculating mileage and ran out of gas. What made it so difficult is that it’s bitterly cold right now here in Arkansas. But thankfully someone stopped and gave me a ride to the gas station and back.”

Wow! I could hardly talk.

“Are you serious?” I asked him. “You ran out of gas beside the road?” As I repeated his words, Valerie’s eyebrows rose with a knowing expression. I knew what she was thinking. Thankfully, my dad was taken care of and already headed toward home by the time I talked to him on the phone. But the lesson we’d just learned with the older man needing a ride was now even more firmly embedded in my mind.

Valerie had asked me, “What if that was your father needing a ride?” Unbeknownst to us, my father did need a ride. But just as God had sent Val and me to take care of someone else’s father, He sent someone to take care of mine. Needless to say, I don’t think either one of us will ever forget that old man we picked up beside the road that day, or the lesson God taught us.

“And the King will answer and say to them, ‘Assuredly, I say to you, inasmuch as you did it to one of the least of these My brethren, you did it to Me’” (Matthew 25:40).

### **God’s Calling Upon Our Lives to Reach the Least of These**

We might not be able to reach the whole world, but we can reach one person—one lost, struggling soul—at a time. We are living in a world of great darkness, a world that needs the light. As we pray, we are also to work. We are to be good Samaritans to the lost, to the hurting, to the outcast, to the underprivileged, and to all we meet. We are to bring them the light of heaven.

In this night of spiritual darkness, God's glory is to shine forth from His church, lifting up the downtrodden and comforting those that mourn. We hear the wailing of a world in sorrow. Needy and distressed people are all around us, and it is our privilege to aid in relieving and softening their misery.

Ellen White writes:

"Practical work will have far more effect than mere sermonizing. We are to give food to the hungry, clothing to the naked, and shelter to the homeless. And we are called to do more than this. The wants of the soul, only the love of Christ can satisfy. If Christ is abiding in us, our hearts will be full of divine sympathy. The sealed fountains of earnest, Christlike love will be unsealed.

"God calls not only for our gifts for the needy, but for our cheerful countenance, our hopeful words, our kindly handclasp. When Christ healed the sick, He laid His hands upon them. So should we come in close touch with those whom we seek to benefit.

"There are many from whom hope has departed. Bring back the sunshine to them. Many have lost their courage. Speak to them words of cheer. Pray for them. There are those who need the bread of life. Read to them from the Word of God. Upon many is a soul sickness which no earthly balm can reach nor physician heal. Pray for these souls, bring them to Jesus. Tell them that there is a balm in Gilead and a Physician there" (*Christ's Object Lessons*, pp. 417, 418, emphasis added).

We are gathered here today to pray for these souls, to bring them to the foot of the cross. Ultimately, the goal of true fasting should be the fulfillment of Isaiah 58. This is the kind of fast to which God is calling us.

"The true fast is no mere formal service. The Scripture describes the fast that God has chosen—'to loose the bands of wickedness, to undo the heavy burdens, and to let the oppressed go free, and that ye break every yoke;' to 'draw out thy soul to the hungry, and satisfy the afflicted soul.' Isaiah 58:6, 10. Here is set forth the very spirit and character of the work of Christ. His whole life was a sacrifice of Himself for the saving of the world. Whether fasting in the wilderness of temptation or eating with the publicans at Matthew's feast, He was giving His life for the redemption of the lost. Not in idle mourning, in mere bodily humiliation and multitudinous sacrifices, is the true spirit of devotion manifested, but it is

shown in the surrender of self in willing service to God and man" (*The Desire of Ages*, p. 278).

Let us remember, if it were not for God's abundant goodness and mercy, we would be the outcasts on the street, we would be the "least of these," the ones who do not know Christ. We have the great privilege of knowing the truth. With privilege comes a responsibility to share with others.

In *The Great Controversy* we are told, "Only in eternity can we rightly estimate the loss of a single soul" (p. 640). For everyone we meet in need, let us ask the question: "What if this person were my father, my mother, my brother, my sister, my child? Would I do something then?" If so, why not now, for one of God's children?

# Outline for Intercessory Prayer for the "Least of These"

"Inasmuch as you did it to one of the least of these My brethren, you did it to Me." Matthew 25:40

## CORPORATE PRAYER TIME:

- **PRAISE GOD:** Begin the time of prayer by **praising** and **worshipping** God for who He is. Praise Him for how He's rescued us and given us eternal life!
- **CORPORATE and PRIVATE 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 sins private.)
- **SUPPLICATION:** Pray that **God will give us a genuine love** and interest for those who are needy and for the outcasts of society. We tend to turn a blind eye when we see beggars on the curb asking for money, but Jesus was constantly reaching out and loving the "least of these."
- Pray that **God will help us be more warm-hearted and generous** toward the "least of these."
- Pray that **God will open doors** for us to minister and reach the "least of these" for Christ.
- Pray for **specific neighborhoods in your community that have many homeless or needy people**. The enemy is claiming entire neighborhoods, but God can break the powers of darkness.
- Pray for **specific needy people you've noticed in your line of daily work/travel**. Pray that the Lord would show you how to help them physically, as well as spiritually, and how to make friends with them. Friendship evangelism is really where it starts.

- Pray that God will open doors for us to **study the Bible with those in need** or to invite them to special evangelistic meetings or projects.
- Pray that God will help us learn to **serve and minister to others** as Christ ministered to us.
- Pray that **we will have no regrets when Jesus returns**. We will have shared His love!
- Pray for **the latter rain to be poured out** on God's church so that the work can be completed and we can go home!



## Prayers and Promises to Claim for the “Least of These”

We PRAISE YOU, Lord, that have You called us to win all nations for Your glory and YOU have the power to make this effort a success! However, before we can work to win nations, help us to be faithful in loving the “least of these” along our path. Give us a heart of love for the lost like You have!

“And Jesus came and spoke to them, saying, ‘All authority has been given to Me in heaven and on earth. Go therefore and make disciples of all the nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, teaching them to observe all things that I have commanded you; and lo, I am with you always, even to the end of the age.’ Amen” (Matthew 28:18-20).

“For the poor will never cease from the land; therefore I command you, saying, ‘You shall open your hand wide to your brother, to your poor and your needy, in your land’” (Deuteronomy 15:11).

“Defend the poor and fatherless; do justice to the afflicted and needy” (Psalm 82:3).

“Therefore, to him who knows to do good and does not do it, to him it is sin” (James 4:17).

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

“For it is God who works in you both to will and to do for His good pleasure” (Philippians 2:13).

“Then the King will say to those on His right hand, ‘Come, you blessed of My Father, inherit the kingdom prepared for you from the foundation of the world: for I

was hungry and you gave Me food; I was thirsty and you gave Me drink; I was a stranger and you took Me in; I was naked and you clothed Me; I was sick and you visited Me; I was in prison and you came to Me. . . . inasmuch as you did it to one of the least of these My brethren, you did it to Me'" (Matthew 25:34-36, 40).

**We PRAISE YOU, Lord, that You've already promised us the heathen for our inheritance. Today we are claiming our inheritance! Show us how to reach those that don't know You! Show us how to be intercessors on behalf of the outcast and the stranger.**

"Ask of Me, and I will give You the nations for Your inheritance, and the ends of the earth for Your possession" (Psalm 2:8).

"So I sought for a man among them who would make a wall, and stand in the gap before Me on behalf of the land, that I should not destroy it; but I found no one" (Ezekiel 22:30).

"Prayer is a heaven-ordained means of success. . . . prayer moves heaven" (*In Heavenly Places*, p. 75).

"But Jesus looked at them and said, 'With men it is impossible, but not with God; for with God all things are possible'" (Mark 10:27).

"The Lord can do more in one hour than we can do in a whole lifetime, and when He sees that His people are fully consecrated, let me tell you a great work will be done in a short time, and the message of truth [will] be carried into the dark places of the earth, where it has never been proclaimed" (*Sermons and Talks*, vol. 1, p. 307).

"It is not the capabilities you now possess or ever will have that will give you success. It is that which the Lord can do for you" (*Christ's Object Lessons*, p. 146).

“One man of you shall chase a thousand, for the Lord your God is He who fights for you, as He promised you” (Joshua 23:10).

“Enlarge the place of your tent, and let them stretch out the curtains of your dwellings; do not spare; lengthen your cords, and strengthen your stakes. For you shall expand to the right and to the left, and your descendants will inherit the nations, and make the desolate cities inhabited” (Isaiah 54:2, 3).

**We PRAISE YOU, Lord, that You’ve given us personal testimonies. We’ve been shy and hesitant to share far too often. Teach us to be bold, to speak, to share our testimonies (even when doing mundane daily duties) so others will also desire to taste and see that You are good (Psalm 34:8). Give us wisdom to speak to those in need. Direct our footsteps in the path You want us to walk!**

“But sanctify the Lord God in your hearts, and always be ready to give a defense to everyone who asks you a reason for the hope that is in you, with meekness and fear” (1 Peter 3:15).

“Call to Me, and I will answer you, and show you great and mighty things, which you do not know” (Jeremiah 33:3).

“I will instruct you and teach you in the way you should go; I will guide you with My eye” (Psalm 32:8).

“For I will give you a mouth and wisdom which all your adversaries will not be able to contradict or resist” (Luke 21:15).

“But you shall receive power when the Holy Spirit has come upon you; and you shall be witnesses to Me in Jerusalem, and in all Judea and Samaria, and to the end of the earth” (Acts 1:8).

“Now to Him who is able to do exceedingly abundantly above all that we ask or think, according to the power that works in us” (Ephesians 3:20).

**We PRAISE YOU, Lord, that You have given us an example of perfect love! Perfect love gives up the right to protect self and instead lays down its life for others.**

“Greater love has no one than this, than to lay down one’s life for his friends” (John 15:13).

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

“But when we give ourselves wholly to God, and in our work follow His directions, He makes Himself responsible for its accomplishment. He would not have us conjecture as to the success of our honest endeavors. Not once should we even think of failure. We are to co-operate with One who knows no failure” (*Christ’s Object Lessons*, p. 363).

## 40 Ideas for Reaching the Least

1. Volunteer at a homeless shelter (make friends and follow up!)
2. Volunteer at a soup kitchen (make friends and follow up!)
3. Door-to-door prayer ministry
4. Door-to-door surveys to find interests in needy neighborhoods
5. Hospital singing and prayer ministry
6. Bake bread, add tracts to the package, and give to those in needy communities
7. Nursing home singing and prayer ministry
8. Music in the park combined with giving out tracts and making friends
9. Car wash day combined with giving out tracts
10. Host a prophecy meeting or Bible studies in your home
11. Send a caring card with contact information to families of deceased in newspaper obituary
12. Grief recovery program
13. Stop smoking program
14. Health program
15. Addiction recovery program
16. Give out tracts at a movie theater
17. Evangelism outreach for single moms or those with special needs
18. Free health screening
19. Door-to-door Bible study requests
20. Show a DVD in the park (TV on table with DVDs and literature to give out)
21. Give out hot drinks on cold days to those on the streets
22. Offer a prayer booth at a community fair or festival with a banner asking, "How can we pray for you?"
23. Give out restaurant gift cards for the hungry
24. Make goody bags and hand out to those begging on the streets
25. Purchase meals at restaurants
26. Hot meal program at church
27. Operation Christmas Child (making shoeboxes filled with small gifts for children)
28. Make toy bags for shelter children
29. Adopt an overseas orphan
30. Sponsor a child
31. Adopt a needy child
32. Help a refugee family
33. Give away things you don't need to those who can use them
34. Donate time to maintenance and upkeep projects for poor
35. Host a depression recovery program and invite those who might need it—take a personal interest

36. Offer to tutor a child struggling with school (it should be in their home under protective eye of family)
37. Offer to take a needy family on a special outing—to the zoo, park, or somewhere fun
38. Pray for those you meet on the street
39. Keep praying for God to break your heart with the things that break His!
40. Ask God to open new doors for you to reach someone in need!