

# 40 DAYS $\dagger$ FASTING AND PRAYING

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Salt  
& Light

Matthew 5:13-16

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MOUNT MORIAH CHURCH  
FEBRUARY 26 – APRIL 5, 2020

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"Be still, and know that I am God.  
I will be exalted among the nations, I will be exalted in the earth!"  
Psalm 46:10

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THIS JOURNAL BELONGS TO

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## A Message from Our Pastor: Dr. Jerome E. King



My Brothers and Sisters of Mount Moriah, welcome to the 2020 season of Lent! During Lent (40 days typically excluding Sundays) we join Christians around the world as they prepare to celebrate the resurrection of our Lord and Savior. As your Under Shephard, I am blessed to lead our church through this 40-day journey of Fasting and Praying, as we experience spiritual transformation through our fellowship with God and one another. I am inviting you to participate in this transformational and spiritual journey as we renew our commitment to God. Consistent with the true meaning of the season of Passion, our theme this year is *Giving God Plenty in 2020*.

Despite the various concerns and cares that we face personally, we're living in an age of great spiritual need with opportunities to serve. This is our year to *Realize the Possibility in 20/20!* How? By following the example of our Lord. *"Jesus went through all the towns and villages, teaching in their synagogues, preaching the good news of the kingdom and healing every disease and sickness. When he saw the crowds, he had compassion on them, because they were harassed and helpless, like sheep without a shepherd. Then he said to his disciples, 'The harvest is plentiful but the workers are few. Ask the Lord of the harvest, therefore, to send out workers into his harvest field.' He called his twelve disciples to him and gave them authority to drive out evil spirits and to heal every disease and sickness"* (Matthew 9:35-10:1). When Jesus witnessed the desperate conditions of those around Him, He diagnosed their need was spiritual. He was moved with compassion and explained to the disciples their need to pray for the people's spiritual care by asking God to provide spiritual workers. God's answer to their prayers was spiritual awakening and calling them into His service.

Jesus' prescription to address the ills of our society is to engage His disciples in prayer and send them into service. During the next 40 days, I'm encouraging you to join me in praying to the Lord of the harvest for those who are in desperate need of Him. The extended periods of quiet time with God and fasting, which is one of the most extraordinary spiritual disciplines that Christians are encouraged to practice, has been transformational in the life of Mount Moriah members. While we usually practice daily devotions and spiritual disciplines, in these extraordinary times we're extending this special call for a church-wide fast. Fasting is broader than our daily devotions, prayer time and reading the Bible. Fasting goes throughout a day or more and involves partially or completely abstaining from food with a desire to seek God more intimately by denying the desires of our flesh, while feeding our Spirit. Our church-wide fast will begin, Ash Wednesday, February 26<sup>th</sup> and culminate on Sunday, April 5<sup>th</sup> Palm Sunday (a week before Resurrection Sunday).

If you are unable to fully or partially commit to the church fast, I want to encourage you to partner with your brothers and sisters in Christ as we draw near to God through prayer. Moreover, be mindful of others who are fasting by exercising sensitivity and restraint by

refusing to bring non-fast friendly foods to the campus. The church will take added steps to assist in this endeavor, by modifying our snacks and beverages in the True Vine Café and snack machines on campus.

During this 40-day journey of spiritual growth (*with or without fasting*), there are several options for you to consider as you pursue greater intimacy with Christ, including the following:

- **Corporate Prayer** – Sunday morning prayer at 8 a.m. in the worship center.
- **Individual Prayer** – Use the prayer journal to mediate on God's word and pray in the morning, noon day and in the evening privately in coordination with your church family .
- **Discipleship** – Attend a small group study (Wednesday nights at 6:30 p.m. or Sunday mornings at 8:30 a.m.), and attend Bible study (Wednesdays at noon or 7:30 p.m.).
- **Corporate Worship** - Prayerfully prepare and participate in Sunday worship services at 10:00 a.m. weekly.
- **Reading and praying over Scripture for at least 15-30 minutes daily.**

Through His unfaltering love, demonstrated on the cross at Calvary, Jesus made the ultimate sacrifice for each of us. During this season of Lent we sacrifice, reflect on this sacrificial love, and seek to grow in our love relationship with God. I encourage you to seize this opportunity, get involved in this 40-day journey, and watch God do something extraordinary in and through you. This spiritual awakening will not only change our lives, but positively impact the lives of our families, our church and our communities as God transforms us into the likeness of His son.

Lastly, remember to pray for our church (spiritual, numerical and financial growth), our leadership, for the Lord to send us more laborers, for the success of our efforts to fulfill the Great Commission, and every ministry endeavor delineated during our vision and state of the church meeting. Pray for yourself personally for the Lord to guide you in how He would have you to invest your Time, Talents, and Treasures as you endeavor to give Him plenty in 2020. As believers, we have a spiritual responsibility to share the Gospel around the world. One of our priorities is to get the people from the streets to the seats and back on the streets as witnesses for Christ in fulfilling the Great Commission, *"Go therefore and make disciples of all the nations, baptizing them in the name of the Father and the Son and the Holy Spirit (Mathew 28:19).*

In His Service,

*Dr. Jerome E. King*

Dr. Jerome E. King



## FASTING: WHAT'S IT ALL ABOUT

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*But Daniel made up his mind that he would not defile himself  
with the king's choice food or with the wine which he drank; –Daniel 1:8*

Fasting is eating sparingly or abstaining from food altogether, either from necessity or desire. In medical terms, fasting is the detoxification of the body through the restriction of food.

Spiritual fasting entails setting aside activities as well as reducing the intake of food and replacing these activities with the exercise of prayer and preoccupation with spiritual concerns. The *New Testament (NT)* word which is translated "fasting" literally means one who has not eaten, one who is empty.

Three types of fast are generally recognized:

- An *absolute fast*, in which there is total abstinence from food and liquids in all forms.
- A *normal fast*, in which there is no intake of food for a prescribed period of time, though there may be an intake of liquids.
- A *partial fast*, in which the diet is limited, though some food is allowed.

The context of fasting is prayer. Fasting should conform to the same conditions as prayer: unostentatious quietness before God, arising out of gratitude, expressing thanksgiving, and grounded in faith, as a means of spiritual growth.

### FASTING GUIDELINES

The fast Mount Moriah will undertake is a progressive, partial fast based on the Daniel Fast. (see below and the following page). There are three options for participating in the fast: Level 1, Level 2 and Level 3. You may choose to engage at either of the levels based on your physical circumstance and/or spiritual need.

#### Level 1 Fast

***Days 1 - 40 (February 26 - April 5)***

Daniel Fast plus baked or broiled fish, turkey or chicken (maximum 6 oz.)

#### Level 2 Fast (Standard Church Fast)

***Days 1 - 30 (February 26 - March 26)***

Daniel Fast plus baked or broiled fish, turkey or chicken (maximum 6 oz.)

***Days 31 - 40 (March 27 - April 5)***

Daniel Fast only, No Meats (discontinue fish, turkey, and chicken)

#### Level 3 Fast (Extended Fast)

***Days 1 - 30 (February 26 - March 26)***

Daniel Fast plus baked or broiled fish, turkey or chicken (maximum 6 oz.)

***Days 31 - 46 (March 27 - April 11)***

Daniel Fast only, No Meats (discontinue fish, turkey, and chicken)

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## DANIEL FAST FOOD LIST

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### **Foods to Have:**

**All Fruits:** apples, apricots, avocados, bananas, berries, blackberries, blueberries, boysenberries, breadfruit, cantaloupe, cherries, coconuts, cranberries, dates, figs, grapefruit, grapes, grenadine, guava, honeydew melons, kiwi, lemons, limes, mangoes, melons, mulberry, nectarines, oats, olives, oranges, papayas, peaches, pears, pineapples, plums, prunes, raisins, raspberries, strawberries, tangelos, tangerines, watermelon, etc. (Canned, Fresh or Frozen)

**All Vegetables:** artichokes, asparagus, beets, broccoli, brussel sprouts, cabbage, carrots, cauliflower, celery, chili peppers, corn, cucumbers, eggplant, garlic, gingerroot, kale, leeks, lettuce, mushrooms, mustard greens, okra, onions, parsley, any peppers, any potatoes, radishes, rutabagas, scallions, spinach, sprouts, squashes, sweet potatoes, tomatoes, turnips, watercress, yams, zucchini, etc. (Canned, Fresh or Frozen)

**All Whole Grains:** brown rice, oats, rolled oats, oatmeal, barley, corn, popcorn, wheat, etc.

**Legumes:** dried beans, pinto beans, split peas, lentils, black eyed peas, green beans, green peas, peanuts, kidney beans, cannellini beans, black beans, etc. Grain legumes include beans, lentils, peas and peanuts. (Canned, Fresh or Frozen)

**Seeds:** all nuts, natural peanut butter, natural almond butter, sprouts, ground flax, etc.

**Liquids:** spring water, distilled water, filtered water, 100% all natural fruit or vegetable juices

**Oils:** All quality oils including olive, canola, grape seed, peanut, and sesame

**Other:** Tofu, soy products, vinegar, seasonings, salt, herbs, and spices.

### **Foods to Avoid:**

All meat and animal products, all dairy products, all sweeteners, all leaven bread (including Ezekiel Bread), All refined and processed foods, All deep fried foods, all solid fats, all coffee, tea, herbal teas, carbonated beverages, energy drinks, etc.

### **Preparing for your fast:**

While fasting you may not consume any caffeine, sugar or sweeteners of any kind. You should not have anything artificial. This may cause many to experience the same feelings associated with detoxing. Consume as much water as possible.

The primary nature of this fast is *spiritual*, however, it does include adjustments to one's daily diet. Therefore, Mount Moriah Church strongly encourages you to consult your personal physician prior to engaging in the fast.

*Everyone is encouraged to consult their physician prior to beginning the fast.*



## ENDING THE FAST

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Every undertaking in life requires a good start and an even better finish. As we conclude our 40 day fast, how we come off of the fast is of supreme importance. Just as the fast began with a plan, it is best to end the fast with a plan as well. The information following is intended to share some practical and portable principles that will prepare you to conclude the fast and continue its results.

Pause to praise and thank God.

Pace yourself

- If you have gone 24 hours or longer with only water to drink you do not want to suddenly introduce a heavy meal into your stomach. Begin with a little fruit, and some "light" (easy to digest) foods.
- If you have gone 24 hours or longer consuming water only, you should try to avoid meats, dairy products, and any fats or oils for a week or more. Re-introduce them very slowly and in small amounts. If you choose to disregard this advice, please be careful to consume these items in small amounts and at a very slow pace. You should not immediately return to what was your normal consumption. By now, whether you realize it or not, you nor your body is the same. You and your body have changed during the fast. Returning to your previously normal eating routine may shock your body, spirit and mind. The ultimate consequence could be that you end up worse after the fast than you were before the fast in physical, mental and spiritual health.
- Realize your stomach is smaller now, so eat lightly. Stop eating before or no later than the moment you feel full. If you were raised to eat everything on your plate, you have just three options: 1) prepare or order smaller portions, 2) eat what you can and save the rest for later or 3) eat what your stomach will allow and consider yourself excused.
- As a general rule and especially during the first week after the fast, try to stay away from starches like white pastas, white rice, or white bread. Wheat pasta, brown rice and whole wheat bread, including Melba toast, are much better for you if you choose or feel the need to consume these food items.
- It might be wise to start with a little soup, something thin and nourishing such as vegetable broth made from onion, celery, potatoes, and carrots. Fresh fruits such as watermelon and cantaloupe might also be suggested as you start your post-fast eating.
- In terms of resuming any sort of exercise routine, the advice is the same. Start out slowly, allowing time for your body to re-adjust to its usual regimen.

Continue to practice a healthy lifestyle.

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## ADDITIONAL RESOURCES

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This forty day journey of prayer and fasting is under-girded by your Mount Moriah Prayer Ministry. Should you desire personal encouragement along the way, please reach out to us via e-mail, website or in person.

Min. Audrey Banks Thomas, MMBC Prayer Ministry  
[prayer@mountmoriahnow.org](mailto:prayer@mountmoriahnow.org)

### **Bibliography and Recommended Readings**

Blackaby, Henry and Blackaby, Richard. *Experiencing God Day-By-Day*

Boon, Corrie Ten. *I Stand at the Door and Knock*

Brueggemann, Walter. *A Way other than Our Own*

Chambers, Oswald. *My Utmost for His Highest*

City on a Hill. *The Easter Experience*

Hawkins, O. S. *The Easter Code: A 40 Day Journey to the Cross*

Hudson, Trevor. *Pauses for Lent: 40 Words for 40 Days*

Kempis, Thomas A. *The Imitation of Christ (modern English, Annotated version)*

C. S. Lewis, *Sermon-We Care: People-Focused*

Lea, Claybon. *Forty-Day Fast.*

Spurgeon, Charles H. *Morning and Evening*

Stanley, Charles. *The Gospel of Freedom Daily Devotion*

Stanley, Charles. *Compassion for the Lost*

Tiegreen, Chris. *The One Year Salt and Light Devotional*

Warren, Rick. *The Purpose Driven Life*

Warren, Rick. *Pastor Rick's Daily Hope*

Willard, Dallas. *Christlikeness*

Gregory, Susan. *The Daniel Fast*

*Holy Bible* : Download *Bible Gateway* app and listen on your smart device

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All Scripture references are from the New American Standard Bible (NASB)  
unless otherwise noted



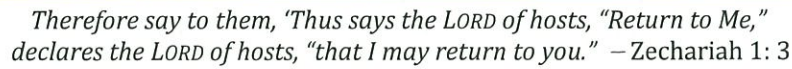


Our lives continually drift away from their true home. We forget we are God's beloved. We forget that we are not God. We succumb to the temptations of money, sex, and power. We ignore the cries of our sisters and brothers. We focus only on ourselves.

Only when the fierce love of God, fully revealed in the Crucified One, pierces our hearts do we respond lovingly to God. During Lent, we listen for this good news: God passionately loves us and wants us to come home. Lent invites us to open our lives to this love however far we may have drifted and to return again to the God who longs for us.

## DAILY REFLECTIONS AND PRAYER

## WEEK 1 | DAY 2: THURSDAY, FEBRUARY 27



Have you become complacent in your relationship with God, or are you hungering for more? Don't become satisfied with a relationship with God that is broken by sin and void of the power of the Holy Spirit. You have just as much of God's powerful presence available to you as the greatest saint in Christian history! Return to God. There is so much more in store for you if you will return to Him. He awaits your response.

## DAILY REFLECTIONS AND PRAYER

This image shows a single sheet of white paper with horizontal yellow ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.





*Search me, O God, and know my heart; Try me and know my anxious thoughts;  
And see if there be any hurtful way in me, And lead me in the everlasting way. – Psalm 139:23-24*

Repentance is a change of mind. That is it! And how do we know that we have truly changed our minds? Our volition will be changed as well, and our changed actions—resulting in a new life direction—will follow as naturally as water running downhill. Repentance and faith are inseparable, born at the same time. They are two sides of the same coin. Repentance alone will not get you to heaven, but you can't get there without it. No wonder Jesus said, "Repent, for the kingdom of heaven is at hand" (Matthew 4:17).

## DAILY REFLECTIONS AND PRAYER

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## WEEK 1 | DAY 4: SATURDAY, FEBRUARY 29







“O that today you would listen to his voice!” The psalmist urges us to slow down, still our souls, and listen to God’s voice. He had no idea that our schedules would be dictated by near constant communication over phone and computer, countless tasks to complete every week, and the filler of mindless entertainment we always manage to fit in. But it is critical for our soul’s health that we slow down and listen to God. Praise Him. Enjoy Him. Focus on what really matters. Only then will we be people whose hearts do not go astray.

## DAILY REFLECTIONS AND PRAYER

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## WEEK 2 | DAY 6: MONDAY, MARCH 2



The children of Israel once said to Moses: "Speak thou to us and we will hear thee: let not the Lord speak to us, lest we die" (Exodus 20:19). Not so, Lord, not so do I pray. Rather with Samuel the prophet I entreat humbly and earnestly: "Speak, Lord, for Thy servant heareth." Do not let Moses or any of the prophets speak to me; but You speak, O Lord God, Who inspired and enlightened all the prophets; for You alone, without them, can instruct me perfectly, whereas they, without You, can do nothing.

They, indeed, utter fine words, but they cannot impart the spirit. They do indeed speak beautifully, but if You remain silent, they cannot inflame the heart. They deliver the message; You lay bare the sense. They place before us mysteries, but You unlock their meaning. They proclaim commandments; You help us to keep them. They point out the way; You give strength for the journey. They work only outwardly; You instruct and enlighten our hearts. They water on the outside; You give the increase. They cry out words; You give understanding to the hearer.

## DAILY REFLECTIONS AND PRAYER

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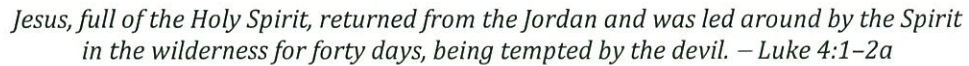


Let not Moses speak to me, therefore, but You, the Lord my God, everlasting truth, speak lest I die and prove barren if I am merely given outward advice and am not inflamed within; lest the word heard and not kept, known and not loved, believed and not obeyed, rise up in judgment against me. Speak, therefore, Lord, for Your servant listens. "Thou hast the words of eternal life."<sup>30</sup> Speak to me for the comfort of my soul and for the amendment of my life, for Your praise, Your glory, and Your everlasting honor.

## DAILY REFLECTIONS AND PRAYER

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WEEK 2 | DAY 8: WEDNESDAY, MARCH 4



– Walter Brueggemann, *A Way Other Than Our Own*

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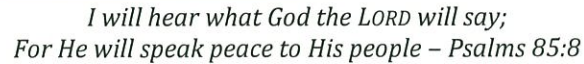




Christians in our society are cast between these voices in terms of political and economic power, to see whether we can honor the pain-filled voices of marginality or if we will notice only the tired claims of the old monopolies. Christians in our society are cast between these voices in terms of self-identity, to see if we can receive the innocence of real faith or if we will practice the old cynicism of despair, which works most of the time. We are at risk because the very assurances of God can be turned against our true selves as a warrant for cheap, self-serving actions.

– Walter Brueggemann, *A Way Other Than Our Own*

WEEK 2 | DAY 10: FRIDAY, MARCH 6



Consider these things, my soul, and close the door of your senses, so that you can hear what the Lord your God speaks within you. "I am your salvation," says your Beloved. "I am your peace and your life. Remain with Me and you will find peace. Dismiss all passing things and seek the eternal. What are all temporal things but snares? And what help will all creatures be able to give you if you are deserted by the Creator?" Leave all these things, therefore, and make yourself pleasing and faithful to your Creator so that you may attain to true happiness.

## DAILY REFLECTIONS AND PRAYER

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WEEK 2 | DAY 11: SATURDAY, MARCH 7

*I heard the voice of the Lord, saying:  
"Whom shall I send, and who will go for Us?"  
Then I said, "Here am I! Send me." – Isaiah 6:8*

Whether I hear God's call or not depends on the condition of my own ears, and exactly what I hear depends upon my spiritual attitude. God did not force His will on Isaiah. Isaiah was in the presence of God, and his response, performed in complete freedom, could only be to say, "Here am I! Send me." If we allow the Holy Spirit to bring us face to face with God, we too will hear what Isaiah heard - "the voice of the Lord." In perfect freedom we too will say, "Here am I! Send me."

– Oswald Chambers, *My Utmost for His Highest*

## DAILY REFLECTIONS AND PRAYER

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# THE HARVEST IS WAITING

WEEK 3 | DAY 12: SUNDAY, MARCH 8



*Therefore beseech the Lord of the harvest to send out workers into His harvest. – Matthew 9:38*

The Lord frequently taught His disciples that they must pray, and how; but seldom what to pray. This he left to their sense of need, and the leading of the Spirit. But here we have one thing He expressly enjoins them to remember: in view of the plenteous harvest, and the need of reapers, they must cry to the Lord of the harvest to send forth laborers. Just as in the parable of the friend at midnight, He would have them understand that prayer is not to be selfish; so here it is the power through which blessing can come to others. The Father is Lord of the harvest; when we pray for the Holy Spirit, we must pray for Him to prepare and send forth laborers for the work.

—Andrew Murray, *With Christ in the School of Prayer*

## DAILY REFLECTIONS AND PRAYER

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*Therefore beseech the Lord of the harvest to send out workers into His harvest. – Matthew 9:38*

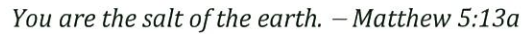
– Oswald Chambers, *My Utmost for His Highest*

## DAILY REFLECTIONS AND PRAYER

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WEEK 3 | DAY 14: TUESDAY, MARCH 10



– Henry T. Blackaby and Richard Blackaby, *Experiencing God Day by Day*

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WEEK 3 | DAY 15: WEDNESDAY, MARCH 11

*But if the salt has become tasteless, how can it be made salty again? It is no longer good for anything, except to be thrown out and trampled under foot by men. – Matthew 5:13b*

If we are not in a right relationship with our Lord, however, Jesus said we are like salt that has lost its saltiness and is, therefore, good for nothing. None of God's saving grace and power can be dispensed through us to others. How do we test the "saltiness" of our life? Look at our family. Are we preserving it from the destructive influences that surround it? Examine our workplace. Are the sinful influences in our work environment being halted because we are there? Observe our community. Is it a better place because we are involved in it? What about our church? The evidence that we have been used by God as a preserving agent is that things are becoming spiritually better around us instead of worse. If people around us are deteriorating spiritually, we need to go to our Lord and allow Him to adjust our lives so that we can be used to preserve others.

– Henry T. Blackaby and Richard Blackaby, *Experiencing God Day by Day*

## DAILY REFLECTIONS AND PRAYER

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## WEEK 3 | DAY 16: THURSDAY, MARCH 12





WEEK 3 | DAY 17: FRIDAY, MARCH 13

*So He told them this parable, saying, "What man among you, if he has a hundred sheep and has lost one of them, does not leave the ninety-nine in the open pasture and go after the one which is lost until he finds it? When he has found it, he lays it on his shoulders, rejoicing. And when he comes home, he calls together his friends and his neighbors, saying to them, 'Rejoice with me, for I have found my sheep which was lost!' I tell you that in the same way, there will be more joy in heaven over one sinner who repents than over ninety-nine righteous persons who need no repentance. – Luke 15:3-7*

Jesus pictured the multitude of lost people as sheep without a shepherd and a field ripe for harvest. All that's needed is for the Lord to send workers into His harvest, and that's exactly what Jesus did when He said, "As the Father has sent Me, I also send you" (John 20:21). There are ways to show Christ's compassion to those who are suffering physically, financially, or emotionally, and we should do what we can to help. However, temporal suffering is minuscule compared to what awaits the unbeliever eternally. That's why the most compassionate thing we can do is to make people aware of their helpless condition before God and share the gospel of salvation in Jesus Christ.

– Charles Stanley, *Compassion for the Lost*

## DAILY REFLECTIONS AND PRAYER

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# THE HARVEST IS WAITING

WEEK 3 | DAY 18: SATURDAY, MARCH 14



*Go therefore and make disciples of all the nations,  
baptizing them in the name of the Father and the Son and the Holy Spirit. – Matthew 28:19*

This commission (the Great Commission) was given to every follower of Christ, not to pastors and missionaries alone. This is *your* commission from Jesus, and it is not optional. These words of Jesus are not the Great Suggestion. If you are part of God's family, your mission is mandatory. To ignore it would be disobedience.

– Rick Warren, *The Purpose Driven Life*

## DAILY REFLECTIONS AND PRAYER

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## WEEK 4 | DAY 19: SUNDAY, MARCH 15

*By the blessing of the upright a city is exalted,  
But by the mouth of the wicked it is torn down. – Proverbs 11:11*

You are strategically placed in this world to make a difference. You probably know this by now, even if at times you struggle to see how... On the one hand, we can sometimes be so focused on the big picture that we miss the opportunities in front of us. On the other, we can become so focused on the details of daily life that we miss pursuing the more significant relationships we have already been given. In between those two points of focus, the macro and the micro, we live and work among people who could be influenced in one way or another by a godly attitude. We have many opportunities to pray blessings on those around us—people at the office, in a classroom, standing in line, commenting on social media, passing by on the street—all of whom need, as we do, regular touches from God. We have platforms from which to improve lives, encourage hearts, and demonstrate Kingdom values and ways. We are called to impart grace, and we have open doors to do so—through prayers, words, favors, and acts of kindness and compassion. We are living, breathing, walking agents of blessing.

Listen to the voice that reminds you of all the people placed in your path who need a priestly touch from a son or daughter of God. Be an advocate before God's throne on their behalf. Ask him to meet their needs. Let your city—or office or neighborhood or school—be exalted through the blessings you bring.

– Chris Tiegreen, *The One Year Salt and Light Devotional*

## DAILY REFLECTIONS AND PRAYER

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# GIVE US YOUR HEART

## WEEK 4 | DAY 20: MONDAY, MARCH 16



*Seeing the people, He felt compassion for them, because they were distressed and dispirited like sheep without a shepherd. Matthew 9:36*

It starts, as C.S. Lewis says, with taking people seriously. Even before we do anything to act, to serve, it starts with seeing people the way that Jesus sees them. It's caring about people the same way that Jesus does.

Jesus was facing more needs than he could meet by Himself. There was no way that he could be physically present everywhere to meet every need. The solution is that his followers go out and take Jesus with them, to be the presence of Jesus to people who have needs and are ready to have their needs met. The problem is not a shortage of needs. The problem is the shortage of people ready to go.

Jesus said, "So pray to the Lord who is in charge of the harvest; ask him to send out more workers for his fields." Don't pray for more needs. Pray that we'll be sensitive to the needs that are already there. The key to serving like Jesus is that we also see like Jesus. It starts with seeing before we ever get to doing.

— C. S. Lewis, *Sermon-We Care: People-Focused*

### DAILY REFLECTIONS AND PRAYER

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# GIVE US YOUR HEART

WEEK 4 | DAY 21: TUESDAY, MARCH 17

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*For I was hungry, and you gave Me something to eat;  
I was thirsty, and you gave Me something to drink;  
I was a stranger, and you invited Me in; naked, and you clothed Me;  
I was sick, and you visited Me; I was in prison, and you came to Me.'*  
*"Then the righteous will answer Him, 'Lord, when did we see You hungry, and feed You,  
or thirsty, and gave You something to drink? 'And when did we see You a stranger,  
and invite You in, or naked, and clothed You? 'When did we see You sick, or in prison,  
and come to You?' 'The King will answer and say to them, 'Truly I say to you,  
to the extent that you did it to one of these brothers of Mine,  
even the least of them, you did it to Me.' – Matthew 25:35-40*

Pray that we'll be sensitive to the needs that are already there. Pray that we'll overcome our inertia and get out there with and care for people. I'm not talking about preaching at them; that's not what Jesus did. He taught them, but he also cared for them. He healed them. He brought healing and wholeness to them. Within our community, there is no shortage of people who are ready to receive friendship, hope, and wholeness. They probably aren't ready to be preached at, but they are ready to be seen and loved. They are ready to receive hope and care. Are you ready to see as Jesus sees? Are you ready to give hope? Are you ready to care?

– C. S. Lewis, *Sermon- We Care: People Focused*

## DAILY REFLECTIONS AND PRAYER

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## WEEK 4 | DAY 22: WEDNESDAY, MARCH 18





WEEK 4 | DAY 23: THURSDAY, MARCH 19

*You have heard that it was said, 'YOU SHALL LOVE YOUR NEIGHBOR and hate your enemy.' But I say to you, love your enemies and pray for those who persecute you. – Matthew 5:43-44*

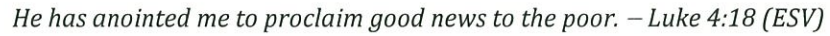
Turn the other cheek, go the extra mile, bless those who persecute you, give unto those who ask. These responses generally and rightly are understood to be the characteristics of Christlikeness, and were put forth by Him as illustrations of what might be expected of a new kind of person- one who seeks, above all else to live within the rule of God and be possessed by the kind of righteousness that God Himself has. Jesus invited people to follow him into this sort of life from which behavior such as love one's enemies will seem like the only sensible thing to do. For a person living that life, the hard thing to do would be to hate the enemy, to turn the supplicant away, or to curse the curser. True Christlikeness, true companionship with Christ, comes at the point where it is hard not to respond as he would.

– Dallas Willard, *Christlikeness*

## DAILY REFLECTIONS AND PAYER

This image shows a full page of blank handwriting practice paper. It features approximately 20 evenly spaced, horizontal yellow lines across the entire width of the page. The background is a solid off-white color, providing a clear contrast for the yellow lines. There are no margins, text, or other markings present.

## WEEK 4 | DAY 24: FRIDAY, MARCH 20



Lent challenges us to examine how we relate to those who are impoverished. We can ask ourselves, *Who do I know personally who suffers from poverty?*, *What can I learn from the poor?*, and *How is God calling me to help in efforts aimed at alleviating poverty?* Questions like these lead us into a greater faithfulness to God whose heart is always turned toward the poor.

## DAILY REFLECTIONS AND PRAYER

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WEEK 4 | DAY 25: SATURDAY, MARCH 21

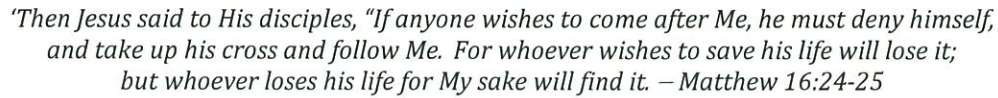
Are you willing to give and be poured out until you are used up and exhausted—not seeking to be ministered to, but to minister? Some saints cannot do menial work while maintaining a saintly attitude because they feel such service is beneath their dignity. Are you willing to pour out your life sacrificially for the ministry and faith of others?

## DAILY REFLECTIONS AND PRAYER

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## WEEK 5 | DAY 26: SUNDAY, MARCH 22



– City on a Hill, *The Easter Experience*

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WEEK 5 | DAY 27: MONDAY, MARCH 23

*Another of the disciples said to Him, "Lord, permit me first to go and bury my father." – Matthew 8: 21*

Some would-be disciples pledged their willingness to follow Jesus, but they told Him they were not ready yet. In Jesus' day, a Jewish man was expected to care for his elderly parents until they died. One man wanted to wait until his father died before going with Jesus. This would be an honorable delay. The man had to choose between this important responsibility and heeding a call from the Lord. Yet God knew this man, and He knew the man's father. God would have taken care of the man's father, if he only would have followed Jesus. This was an opportunity to walk with the Son of God, yet the concerns of this life were competing for priority with obedience to God.

Timing our obedience is crucial. Invitations from God come with a limited opportunity to respond. Some opportunities to serve Him, if not accepted immediately, will be lost. Occasions to minister to others may pass us by. When God invites us to intercede for someone, it may be critical that we stop what we are doing and immediately adjust our lives to what God is doing. Missing opportunities to serve the Lord can be tragic. When an invitation comes from God, the time to respond is now.

– Henry T. Blackaby and Richard Blackaby, *Experiencing God Day by Day*

## DAILY REFLECTIONS AND PRAYER

## WEEK 5 | DAY 28: TUESDAY, MARCH 24





WEEK 5 | DAY 29: WEDNESDAY, MARCH 25

*You are the salt of the earth . . . You are the light of the world. – Matthew 5:13-14*

Jesus never minimized the roles of his followers. He never told them to have modest aspirations; never reminded them they were only human; never limited their potential as Spirit-filled, divinely aided beings. No, he called them salt and light—agents of seasoning, preservation, growth, and brilliance—sent not just to tell a story to the world but to help it flourish.

But this calling comes with warnings. Jesus suggests the possibility of salt losing its flavor or potency and light being hidden and rendered ineffective. Salt is meant to be salty; light is meant to shine—not so they can be glorified, but because the world desperately needs what salt and light provide. Each believer in Jesus is designed, gifted, and called to meet needs.

As someone who claims the name of Jesus, you are called to season the world with your salt and shine your light into it. You may not want a prominent role, and you may not even desire the responsibility of bearing His name, for fear that you won't live up to it. But His name is given to you anyway, and for better or worse, you will shape His reputation in the eyes of others. Jesus' words to his disciples unapologetically commission them as agents of his Kingdom. They signal a high calling for all his followers—then and now—to be exactly what the world needs.

– Chris Tiegreen, *The One Year Salt and Light Devotional*

## DAILY REFLECTIONS AND PRAYER

# SEND US OUT

WEEK 5 | DAY 30: THURSDAY, MARCH 26



*You are the light of the world. A city that is set on a hill cannot be hidden. – Matthew 5:14*

We all know that the role of light is to shine into a dark area and illuminate it. In doing so, it drives back the darkness. The world needs spiritual light because it sits in spiritual darkness. As believers, we were saved out of darkness, and now our job is to shine the light of Christ back on the world's darkness. Paul told the Ephesians, "You were formerly darkness, but now are Light in the Lord; walk as children of Light" (Ephesians 5:8). When we are walking through this world as children of light, the world has a better chance to see things as they really are. "All things become visible when they are exposed by the light. You know how hard it is to sleep when someone comes in and turns the light on in your face. That's the effect we should have on unbelievers who are sleeping the sleep of eternal death; being separated from the light of Christ.

Jesus told us to "Let your light so shine before men" (Matthew 5:16). You are to carry your light out where it's dark so that unsaved people can see it. You are to live your life in such a way so that people clearly recognize something different and spiritually enlightening about you.

–Tony Evans, *Life Under God: The Kingdom Agenda*

## DAILY REFLECTIONS AND PRAYER

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WEEK 5 | DAY 31: FRIDAY, MARCH 27

Every local church is a visible expression of the universal church, and every believer is a visible expression of Christ in his or her world. Every time a church pronounces the benediction on Sunday and sends its people into the world, Jesus goes out into the world with them. Jesus shows up in offices and work sites and schools all across a city because His body is there obeying His direction and making His reality visible. And when the body is multiplied around the world, Jesus shows up in His power and glory in all kind of places all over the world. Of course, we don't do this perfectly, but that's the plan.... As the church is faithful to be the visible, physical expression of the Lord of eternity, He will involve Himself in that process to make sure we are completing the task that He has assigned us.

– Tony Evans, *Life Under God, The Kingdom Agenda*

## DAILY REFLECTIONS AND PRAYER

[illegible]



## WEEK 5 | DAY 32: SATURDAY, MARCH 28

*But you will receive power when the Holy Spirit has come upon you; and you shall be My witnesses both in Jerusalem, and in all Judea and Samaria, and even to the remotest part of the earth.” – Acts 1:8*

God wants to redeem human beings from Satan and reconcile them too himself so we can fulfill the five purposes he created us for: to love him, to be part of his family, to become like him, to serve him, and to tell others about him. Once we are his, God uses us to reach others. He saves us and then sends us out. The Bible says, "We have been sent to speak for Christ". We are the messengers of God's love and purpose to the world.

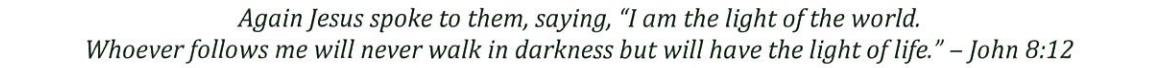
– Rick Warren, *The Purpose Driven Life*

## DAILY REFLECTIONS AND PRAYER



– Corrie Ten Boon, *I Stand at the Door and Knock: Meditations by the Author of the Hiding Place*

WEEK 6 | DAY 34: MONDAY, MARCH 30



Christ enters the darkness of our world as the light. His life both echoes and fulfills the prophecy of Isaiah: "The people who walked in darkness have seen a great light" (9:2). Right up to the present moment, the radiant light of Christ continues to shine among us. When we follow Christ, his light penetrates our darkness. It illuminates our lives with his direction, delivers us from dark powers, and empowers us to live fuller and freer lives. Indeed, we become children of light in a darkened world!

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# CHANGE THE WORLD

WEEK 6 | DAY 35: TUESDAY, MARCH 31

*"So I brought him to Your disciples, but they could not cure him." Then Jesus answered and said,  
"O faithless and perverse generation ... how long shall I bear with you?" – Matthew 17: 16-17*

Jesus gave His disciples the power to cast out demons and to perform miracles of healing (Matt. 10: 8). He gave them His authority to minister to people, yet they became so self-centered that they lost the power to do the work of God. When God sent a father with his epileptic son to them for healing, they failed miserably. They were so concerned with position and status (Mark 9: 32— 35) that they lost their focus on what God wanted to do through them.

Jesus' response to His disciples included some of the harshest words ever to come from His mouth. He called His own disciples "unbelieving" and "perverse" and questioned how much longer He had to endure them! Why? Because they were supposed to be on mission with Him to bring salvation to others, but they had become so disoriented to Him that they were spiritually powerless, lacking the faith to bring physical and spiritual comfort to those God had sent to them.

God ought to be able to send hurting persons to any child of His and expect that they will be helped. Like the disciples, we can become so preoccupied with our own ambitions and distracted by the busyness of our lives that we become ineffective in ministering to those whom God sends to us. It is even possible to become so involved in religious activity that we are of no help to anyone. Regularly take inventory of your life to see if you are being a faithful steward of every life God sends to you.

– Henry T. Blackaby and Richard Blackaby, *Experiencing God Day by Day*

## DAILY REFLECTIONS AND PRAYER

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# CHANGE THE WORLD

WEEK 6 | DAY 36: WEDNESDAY, APRIL 1



*But Jonah rose up to flee unto Tarshish from the presence of the Lord,  
and went down to Joppa. – Jonah 1:3*

Instead of going to Nineveh to preach the Word as God commanded him, Jonah disliked the work and went to Joppa to escape from it. There are occasions when God's servants shrink from duty. But what is the consequence? What did Jonah lose by his conduct? He lost the presence and comfortable enjoyment of God's love. When we serve our Lord Jesus as believers should, our God is with us. Though we have the whole world against us, if we have God with us, what does it matter? But the moment we turn back and seek our own desires, we are at sea without a pilot. Then may we bitterly lament and groan, "O my God, where have You gone? How could I have been so foolish as to shun Your service and thus lose all the brightness of Your face? This price is too high. Let me return to my allegiance so that I may rejoice in Your presence."

Jonah also lost all peace of mind ... Jonah lost everything on which he might have drawn comfort in any other situation. He could not plead the promise of divine protection, for he was not in God's will. He could not say, "Lord, I met with these difficulties in the course of my duty; therefore, help me through them." He was reaping his own deeds; he was filled with his own ways. Christian, do not act like Jonah, unless you wish to have all the waves and the billows rolling over your head. In the long run, you will find that it is far harder to shun the work and will of God than to yield yourself to it immediately. Jonah lost his time, for he had to go to Tarshish after all. It is hard to contend with God. Let us yield ourselves to Him right now.

– Charles H. Spurgeon, *Morning and Evening*

## DAILY REFLECTIONS AND PRAYER

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# CHANGE THE WORLD

WEEK 6 | DAY 37: THURSDAY, APRIL 2

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*Your people shall be volunteers in the day of Your power. – Psalm 110: 3*

One mark of revival, during which God comes to His people in power, is that God's people are compelled to offer their lives for His service. Many churches lack people who are willing to get involved in carrying out God's redemptive work. The mission fields are crying out for Christians to go and share the gospel with those who've never heard it. What we need is not more pleas for volunteers, but an outpouring of the power of God. When God comes among His people in power, there is never a shortage of volunteers or resources for His work!

When Christians today are asked what aspects of the Christian life are most important to them, missions is not usually ranked as a priority. This is because we have lost track of why God called us in the first place. We were not saved from our sin simply so that we would qualify for heaven. God delivered us so we would have a relationship with Him through which He could carry out His mission to redeem a lost world.

Only the power of God can free us from our natural self-centeredness and reorient us toward the mission of God. There is no need to pray that God would come in power. That is the only way He ever comes. We need hearts that are so responsive to Him that He will choose to demonstrate His power through us. Is your heart so filled with love for God that you are watching for the first opportunity to say with Isaiah, "Here am I. Send me!"?

– Henry T. Blackaby and Richard Blackaby, *Experiencing God Day by Day*

## DAILY REFLECTIONS AND PRAYER

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# CHANGE THE WORLD

WEEK 6 | DAY 38: FRIDAY, APRIL 3



*"He who believes in Me ... 'From his innermost being will flow rivers of living water.'" – John 7:38*

A river reaches places which its source never knows. And Jesus said that, if we have received His fullness, "rivers of living water" will flow out of us, reaching in blessing even "to the end of the earth" (Acts 1:8) regardless of how small the visible effects of our lives may appear to be. We have nothing to do with the outflow—"This is the work of God, that you believe . . ." (John 6:29). God rarely allows a person to see how great a blessing he is to others.

A river is victoriously persistent, overcoming all barriers. For a while it goes steadily on its course, but then comes to an obstacle. And for a while it is blocked, yet it soon makes a pathway around the obstacle. Or a river will drop out of sight for miles, only later to emerge again even broader and greater than ever... The river of the Spirit of God overcomes all obstacles. Never focus your eyes on the obstacle or the difficulty ... Think of the healing and far-reaching rivers developing and nourishing themselves in our souls! God has been opening up wonderful truths to our minds, and every point He has opened up is another indication of the wider power of the river that He will flow through us. If you believe in Jesus, you will find that God has developed and nourished in you mighty, rushing rivers of blessing for others.

– Oswald Chambers, *My Utmost for His Highest*

## DAILY REFLECTIONS AND PRAYERS

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# CHANGE THE WORLD

WEEK 6 | DAY 39: SATURDAY, APRIL 4

*I lift up my eyes to the hills. From where does my help come?  
My help comes from the LORD, who made heaven and earth. — Psalm 121:1-2 (ESV)*

As followers of Jesus, we are on the road again in Lent, walking the way of obedience to Jerusalem for the big showdown with the authorities of church and state. It turns out, every time, to be a hazardous journey, full of toils and snares, potholes and adversaries, ending in a rigged trial. But women and men of faith are always on the road again, departing safe places, running risks, and hoping for well-being on the journey.

The defining journey of biblical faith begins in the departure of Abraham and Sarah back in the book of Genesis. They were dispatched by God to leave their safe place, to go to a new land yet to be given, to get a new name, to be blessed by God, and to be a blessing to the others around them. They went! And their family, generation after generation, has gone. And we, finally in their wake, must also travel beyond safe places to the gifted end that God intends, hopefully to be blessed and a blessing on the way.

And if we ponder our destination, perhaps it is to be to the neighborhood of shalom, the neighborhood of shared resources, of inclusive politics, of random acts of hospitality and intentional acts of justice, of fearless neighborliness that is not propelled by greed or anxiety or excessive self-preoccupation.

Psalm 121 is designed exactly for travelers who face a demanding, risky journey. It is a psalm that has been used over and over by travelers and now is available for us. This psalm is an assurance and an affirmation that the journey we now undertake is not by ourselves alone. We are surrounded on the way by the God of all trust, the God who kept Abraham and Sarah safely, the one who walked all the way to Jerusalem with Jesus, all the way to Friday and on through to Sunday.

— Walter Brueggemann, *A Way Other Than Our Own*

## DAILY REFLECTIONS AND PRAYER

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# THE TRUE TEMPLE

PALM SUNDAY | DAY 40: APRIL 5



*Jesus answered them, "Destroy this temple, and in three days I will raise it up." The Jews then said, "It has taken forty-six years to build this temple, and will you raise it up in three days?" But he was speaking about the temple of his body. — John 2:19–21*

The Gospel of John likes to play tricks. For temple, think Jesus. For destroyed temple, think Friday crucifixion. For rebuilt temple, think Easter resurrection. So think of temple as the symbolic center of your life, as the place where you are met by the goodness and holiness of God, where you draw fresh on the core purpose of your life, where you get some clarity about who you are and what your life amounts to and how you will be remembered. And then think of duties and disciplines that belong to becoming fully whom you are called by God to be.

And then imagine, what if we are in the wrong temple, imagining our life in misguided ways and committed in the wrong directions? What if we are thinking temple-mall, theater, market, indulgence, when we should be thinking about Jesus and death and obedience and suffering and new life and joy?

In the wrong temple! The one where he came to clean things out and upset tables with a passion that seemed like violence: there is business and busyness and selling and trading and hoping to get ahead and buying access to God in the way you can buy it at the White House or in Congress, going there to be seen and valued and reassured. And then there is a sign, a deep gesture, a disturbance, an invitation that says, "You have got the wrong holy place, for the presence of God is not there."

The news is that this temple called Jesus is our true habitat. That is where we are bound in faith to live our life and put our buckets down and dream our dreams and claim our identities. Most of us, most of the time, find ourselves in the wrong temple, places that make promises of safety that leave us more anxious, offers of joy that leave us disconsolate. Partly we are in the wrong place by will, partly by habit, partly by accident, partly seduced. Our work in Lent is to move from these fake temples to the true temple who is Jesus. And then to receive a different life, the life he lives, the one to which we are invited.

— Walter Brueggemann, *A Way Other Than Our Own*

## DAILY REFLECTIONS AND PRAYER

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## MMC VISION

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Our Vision is to become one of Metro Atlanta's leading congregations for life-changing ministries that effectively lead people into personal relationships with Jesus Christ and transform believers into His likeness.

We picture Mount Moriah as a church committed to equipping and mobilizing members to lovingly facilitate individuals' dynamic experiences with God that compels them to express themselves in worship and service in ways that improve the spiritual and social welfare of people from Tucker/Atlanta, GA to the ends of the world.

We envision Mount Moriah as a diverse congregation of thousands of believers reflecting the surrounding community, worshipping in an atmosphere of spiritual adoration and praise.

We see a ministry campus comprised of a worship center/sanctuary, family life center, academy, amphitheater, administrative offices, state of the art classrooms, computer lab and library databases, ministry resource center/bookstore, café, and a leadership development center.

We see hundreds of volunteers growing and serving daily in evangelism and missions, worship and arts, discipleship and fellowship, ministry and pastoral care, and business administrative support.

We see Mount Moriah enhancing the wellbeing of the community through holistic ministries for individuals and families at every age and stage of life.

We envision members of Mount Moriah serving the community, developing disciples, building healthy families, enjoying Christian fellowship, serving as missionaries, and providing ministry-based services that extend the love of Christ to the world.

We see children and youth developing into spiritually mature, confident, competent Christian citizens who live out their faith at school, home, and into adulthood.

We visualize multitudes of people coming to Christ, systematically growing spiritually from no knowledge of Christ to mature servant leaders who are equipped and serving as witnesses of Christ at home, in their daily activities, and as missionaries around the US and in foreign countries.

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## MMC VALUES

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### **We Value Bible Centered Preaching/Teaching**

We believe that the Bible is the infallible, inspired, inerrant, immutable, authoritative Word of God (II Timothy 3:16-4:2; James 1:22-25).

### **We Value Godly (Servant) Leadership**

We believe that church leaders are, above all, servants of our Lord Jesus Christ and that leaders are accountable to God and His people (Matthew 20: 25 - 28; Hebrews 13:17).

### **We Value Intercessory Prayer**

We believe that prayer is our most fundamental demonstration of worship and dependence on the Lord and is a means through which God executes His will among His people (Matt 6:9-15; 7:7-11; 9:38).

### **We Value the Lordship of Christ**

We believe there is one Lord, Who is above all; and salvation requires one's acceptance of Christ as Lord and Savior (Romans 10:9, 13; Ephesians 4:5).

### **We Value Praise and Worship**

We believe that we are created to glorify God. We believe that true worship is a lifestyle and that corporate worship is the believers' natural response to the almighty God (Acts 2:47; Romans 12:1-2; Psalm 150).

### **We Value God's Grace**

We believe God's goodness toward humanity as expressed in the unmerited, undeserved favor given supremely in Jesus Christ to bring salvation, forgiveness, and new life (II Cor. 12:8-9; Ephesians 2:7-9; 4:7; Titus 2:11).

### **We Value the Great Commission**

We believe that Christ's command to "make disciples" is the mission of the church (Matthew 28:19-20; Acts 1:8; Ephesians 4:12).

### **We Value Discipleship (Christian Education) for All Ages**

We believe that disciples are learners of Jesus Christ and a significant part of this includes Christian education. We are committed to the ministry of Discipleship (Matthew 28: 19 -20; II Timothy 3: 14-17; Psalm 1, 119).

### **We Value Financial Responsibility (Giving/Tithing)**

We believe that believers are stewards of God's resources. We recognize that giving may be one of the most tangible expressions of our faith. (Malachi 3:10; Luke 16:1-14; 19:11 -27; II Corinthians 9:6-8)

### **We Value Evangelism**

We believe that evangelism (sharing the gospel with unbelievers and leaving the results to God) is one of the essential purposes of the church (Luke 19:10; John 20:21; II Corinthians 5:14-20; II Tim. 4:5).

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# MOUNT MORIAH CHURCH

BUILDING LIFE-CHANGING RELATIONSHIPS THAT BRIDGE PEOPLE TO GOD

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