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The month of

# prayer & fasting

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January 2018

## **SOUTHLAND'S CORPORATE PRAYER REQUESTS**

1. Religious Freedom protected in Canada (eg. TWU case)
2. Church Renewal to grow: an awakening of prayer, holiness, and hearing God across Canada
3. CR International: Technology advances and availability so more pastors can access mentoring and materials
4. Our church to become a house of prayer
5. Parenting: effective systems and strategies for discipling parents in our church

[www.mysouthland.com/prayerandfasting](http://www.mysouthland.com/prayerandfasting)



## A. JANUARY PRAYER COMMITMENTS

### a. Prayer Summits

- Week of January 15-20 (In Cell Groups!)
- January 29<sup>th</sup>, 6-8pm (Sunday - Church Renewal Weekend)

### b. Friday Night Prayer

- January 19<sup>th</sup>, 8pm-9pm (Prayer Room)

### c. Prayer Room

- Personal time in the Prayer Room once a week (Prayer Sheets available in Prayer Room Entrance)
- Wednesday Morning Prayer (run by SOM)- Every Wednesday from 6:30-7:30am starting on January 10
- Monday Morning Resting Prayer- January 15 & 29, 6:30-7:30am

## PRAYER ROOM HOURS

Monday to Saturday 6am-8pm

Sundays 6am-1pm

## B. CHURCH WIDE FOOD FAST

We encourage all those who are able to consider joining us in one of the corporate food fasts, and expect to see God do great things in your life, and in our church!

- I will fast Tuesday to Thursday (Jan 16-18) Fast Type: \_\_\_\_\_  
(See the 'Fasting Information' sheet at the Info Centre for helpful tips and guidelines for fasting)
- I will fast Monday to Friday (Jan 15-19) Fast Type: \_\_\_\_\_

## C. PERSONAL PRAYER GOALS FOR JANUARY

### a. Big personal prayer requests I'm fasting about:

### b. Fasts - what kind of fasts are you going to do this month?

- a. Food Fast(s): \_\_\_\_\_
- b. Media Fast(s): \_\_\_\_\_
- c. Other: \_\_\_\_\_