f Y D Shofar Christian Church

# Prayer, Fasting and Communion

Derk Jan van der Veen

## What is prayer:

Prayer is an offering up of our desires unto God, for things agreeable to His will, in the name of Christ, with confession of our sins, and thankful acknowledgment of His mercies. <sup>5</sup> "And when you pray, you shall not be like the hypocrites. For they love to pray standing in the synagogues and on the corners of the streets, that they may be seen by men. Assuredly, I say to you, they have their reward.

*Matthew 6: 5 – 7 (NKJV)* 

<sup>6</sup> But you, when you pray, go into your room, and when you have shut your door, pray to your Father who is in the secret place; and your Father who sees in secret will reward you openly. <sup>7</sup> And when you pray, do not use vain repetitions as the heathen do. For they think that they will be heard for their many words.;

*Matthew 6: 5 – 7 (NKJV)* 

## What is fasting:

Fasting is voluntarily going without food or any other regularly enjoyed, good gift from God for the sake of some spiritual purpose. It is counter-cultural in our consumerist society <sup>16</sup> Moreover, when you fast, do not be like the hypocrites, with a sad countenance. For they disfigure their faces that they may appear to men to be fasting. Assuredly, I say to you, they have their reward.

Matthew 6: 16 - 18 (NKJV)

<sup>17</sup> But you, when you fast, anoint your head and wash your face, <sup>18</sup> so that you do not appear to men to be fasting, but to your Father who is in the secret place; and your Father who sees in secret will reward you openly.

Matthew 6: 16 - 18 (NKJV)

## What is communion:

Communion is an ordinance of the Lord in which gathered believers eat bread, signifying Christ's body given for His people, and drink the cup of the Lord, signifying the New Covenant in Christ's blood. We do this in remembrance of the Lord, and thus proclaim His death until He comes.

## What is communion:

Those who eat and drink in a worthy manner partake of Christ's body and blood, not physically, but spiritually, in that, by faith, they are nourished with the benefits He obtained through His death, and thus grow in grace.

<sup>26</sup> And as they were eating, Jesus took bread, blessed and broke it, and gave it to the disciples and said, "Take, eat; this is My body."<sup>27</sup> Then He took the cup, and gave thanks, and gave it to them, saying, "Drink from it, all of you. <sup>28</sup> For this is My blood of the new covenant, which is shed for many for the remission of sins.

Matthew 26: 26 – 29 (NKJV)

<sup>29</sup> But I say to you, I will not drink of this fruit of the vine from now on until that day when I drink it new with you in My Father's kingdom

Matthew 26: 26 - 29 (NKJV)

#### our global shofar family of churches

south africa

shofar bloemfontein shofar brackenfell shofar cape town city shofar century city shofar ceres shofar cloetesville shofar delft shofar durban shofar durbanville shofar east london shofar franschhoek shofar george shofar graaff reinet shofar hermanus

east africa

shofar burundi

netherlands

shofar utrecht

united kingdom

southeastern africa

shofar johannesburg (randburg)

shofar klerksdorp

shofar mbombela

shofar nomzamo

shofar piketberg

shofar polokwane

shofar port elizabeth

shofar potchefstroom

shofar rondebosch

shofar secunda

shofar malawi

shofar pietermaritzburg

shofar paarl

shofar malmesbury

shofar johannesburg (sandton city)

shofar guildford/godalming shofar london

shofar somerset west shofar springbok shofar standerton shofar stellenbosch shofar support centre shofar table view shofar tygerberg shofar tzaneen shofar urban shofar wellington shofar worcester shofar prins albert shofar pretoria

namibia

shofar windhoek shofar walvisbaai shofar swakopmund

## 1. Pray for our nation

#### 2. Pray for the local churches in our area

## 3. Pray for Shofar Church

## 4. Pray for one thing for you



As a congregation, commit to praying for and practically supporting specific Shofar churches.

Pray for another church in your area that isn't a part of the Shofar family, that God would bless them and their ministry.

Pray that God will position us to blow the shofar and be a prophetic voice of God's love, forgiveness, reconciliation and justice.

Pray for yourself, your pastor and your congregation, that God would give us a new strength.

Pray for the tangible presence of God in our church services, homes and workplaces.

Pray that we would be a family that is rooted in love and known for love, and that every one of us will have a fresh revelation of God's love for us.