



ARMED

THANKSGIVING WEEK PRAYER & FASTING

NOVEMBER 23-28

DAY 1 MONDAY >> NOVEMBER 23

Choose to skip a meal today and spend time reading over the Lord's Prayer in Matthew 6:9-15, praying for yourself, for your family, and for our Trinity Church family, desiring that we live these kinds of lives towards one another.

GIVE THANKS

Thank the Lord for specific ways he has provided your daily bread, forgiven you and delivered you from the Evil One over the past year.

"This, then, is how you should pray:

*'Our Father in heaven,
hallowed be your name,
your kingdom come,
your will be done,
on earth as it is in heaven.
Give us today our daily bread.
And forgive us our debts,
as we also have forgiven our debtors.
And lead us not into temptation,
but deliver us from the evil one. '*
For if you forgive other people when they sin against you, your heavenly Father will also forgive you. But if you do not forgive others their sins, your Father will not forgive your sins."

[MATTHEW 6:9-15]

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DAY 2 TUESDAY >> NOVEMBER 24

Choose to skip a meal today and spend time reading over Jesus' prayer for us in the Garden of Gethsemane in John 17:20-26, praying that our worlds would know that Jesus was sent from the Father because of our unity.

GIVE THANKS

Thank the Lord that his prayer reveals his desire for us to be with him and for his love and his presence to be in us. Recount some of the ways you have been with God through this last year and how you have been rooted and held in his love. Give him thanks as these things come to mind.

"My prayer is not for them alone. I pray also for those who will believe in me through their message, that all of them may be one, Father, just as you are in me and I am in you. May they also be in us so that the world may believe that you have sent me.

I have given them the glory that you gave me, that they may be one as we are one— I in them and you in me—so that they may be brought to complete unity. Then the world will know that you sent me and have loved them even as you have loved me.

"Father, I want those you have given me to be with me where I am, and to see my glory, the glory you have given me because you loved me before the creation of the world.

"Righteous Father, though the world does not know you, I know you, and they know that you have sent me.

I have made you known to them, and will continue to make you known in order that the love you have for me may be in them and that I myself may be in them."

[JOHN 17:20-26]



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DAY 3 WEDNESDAY >> NOVEMBER 25

Choose to skip a meal today and spend time reading over Paul's prayer for the Ephesian believers in Ephesians 3:14-21, praying for us to know how deeply that we're loved so that we might be able to love others with God's love.

GIVE THANKS

Thank the Lord that he is able to do abundantly more than we ask or imagine according to his power that is at work in us. Spend time imagining what he might desire to do in you and in Trinity Church so that he might receive greater glory.

For this reason I kneel before the Father, from whom every family in heaven and on earth derives its name. I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being, so that Christ may dwell in your hearts through faith. And I pray that you, being rooted and established in love, may have power, together with all the Lord's holy people, to grasp how wide and long and high and deep is the love of Christ, and to know this love that surpasses knowledge—that you may be filled to the measure of all the fullness of God.

Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us, to him be glory in the church and in Christ Jesus throughout all generations, for ever and ever! Amen."

[EPHESIANS 3:14-21]



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DAY 4 THURSDAY >> NOVEMBER 26

DON'T SKIP ANY MEALS, but rejoice with thanksgiving for how good God is and how good He's been toward you, your family and our Trinity Church family. Read Psalm 100 together and give words of praise and thanksgiving to God!

GIVE THANKS

Thank the Lord that he is able to do abundantly more than we ask or imagine according to his power that is at work in us. Spend time imagining what he might desire to do in you and in Trinity Church so that he might receive greater glory.

"A psalm. For giving grateful praise.

Shout for joy to the LORD, all the earth.

Worship the LORD with gladness;

come before him with joyful songs.

Know that the LORD is God.

It is he who made us, and we are his;

we are his people, the sheep of his pasture.

Enter his gates with thanksgiving

and his courts with praise;

give thanks to him and praise his name.

For the LORD is good and his love endures forever;

his faithfulness continues through all generations."

[PSALM 100:0-5]

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DAY 5 FRIDAY >> NOVEMBER 27

Choose to skip a meal today and spend time reading over Paul's prayer for the Colossian believers in Colossians 1:3-14, that we too would be a people who are bearing fruit, who are growing in the knowledge of God, who are being strengthened by God's power and who give joyful thanks to the Father.

GIVE THANKS

Spend some time giving joyful thanks to the Father because he has rescued you, redeemed you and forgiven you through your faith in Christ.

"We always thank God, the Father of our Lord Jesus Christ, when we pray for you, because we have heard of your faith in Christ Jesus and of the love you have for all God's people—the faith and love that spring from the hope stored up for you in heaven and about which you have already heard in the true message of the gospel that has come to you. In the same way, the gospel is bearing fruit and growing throughout the whole world—just as it has been doing among you since the day you heard it and truly understood God's grace. You learned it from Epaphras, our dear fellow servant, who is a faithful minister of Christ on our behalf, and who also told us of your love in the Spirit.

For this reason, since the day we heard about you, we have not stopped praying for you. We continually ask God to fill you with the knowledge of his will through all the wisdom and understanding that the Spirit gives, so that you may live a life worthy of the Lord and please him in every way: bearing fruit in every good work, growing in the knowledge of God, being strengthened with all power according to his glorious might so that you may have great endurance and patience, and giving joyful thanks to the Father, who has qualified you to share in the inheritance of his holy people in the kingdom of light. For he has rescued us from the dominion of darkness and brought us into the kingdom of the Son he loves, in whom we have redemption, the forgiveness of sins."

[COLOSSIANS 1:3-14]



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DAY 6 SATURDAY >> NOVEMBER 28

Choose to skip a meal and spend time reading over Paul's words to the Ephesians church in Ephesians 4:1-6, praying that we would "make every effort to keep the unity of the Spirit through the bond of peace," including being "completely humble and gentle, be patient; bearing with one another in love."

"As a prisoner for the Lord, then, I urge you to live a life worthy of the calling you have received. Be completely humble and gentle; be patient, bearing with one another in love. Make every effort to keep the unity of the Spirit through the bond of peace. There is one body and one Spirit, just as you were called to one hope when you were called; one Lord, one faith, one baptism; one God and Father of all, who is over all and through all and in all."

[EPHESIANS 4:1-6]

GIVE THANKS

Thank the Lord for each of the unifying "one's" Paul identifies in verses 4 through 6.