

CALLED

21-Day Prayer and Fasting Guide
through the Sermon on the Mount



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INTRODUCTION

As 2024 gets underway, I am excited about another opportunity to seek the face of God by praying and fasting together!

If the idea of fasting (deliberate abstinence from physical gratification—usually going without food for a period of time—to achieve a greater spiritual goal.)¹ is intimidating to you, don't fear. You're in great company. Fasting is still intimidating to everyone who God leads to does it!

Whether this is your first time engaging in the spiritual discipline of fasting or whether you have fasted many times before, the goal of this guide is to prepare everyone at Resonate Church to participate in our corporate fast in a way that strengthens your intimacy with Christ and glorifies God.

From January-April of 2024, as a church family, through our sermon series, Missional Communities, classes, and podcasts we are going to be exploring the idea of **calling**. If there was a "vision statement" to guide us in the months ahead it would be this:

God calls His people for His purpose.

With that in mind, it is our prayer that through this fast and through our meditation on the Sermon on the Mount, God would further clarify and inspire you towards the specific calling on your life as well as the corporate calling on our church!

One final thing, we strongly encourage you to **sign up for the fast!** (On the website listed below.) By doing so, our staff can be praying for you as you fast, and, through a daily email, we can encourage you throughout the 21 days!

Edward Paz
Mobilization Pastor
January 2024

www.resonatemovement.org/fast

¹ Importance of Fasting, Tony Evans

WHY ARE WE FASTING?

Why, exactly, are we fasting and praying together as a church? Why are we setting aside 21 days, from **Monday, January 22 through Sunday, February 11**, to abstain from certain types of foods and comforts? This fast has two specific purposes:

PURPOSE #1 - SUPERNATURAL CLARITY AROUND CALLING

The primary purpose of our fast is to begin to **intentionally seek the Lord in regards to His calling and His purpose in our lives**. It's to silence our hearts before the Lord so we can hear His voice. It's to hear clearly who He has called us to be and what He has called us to do.

The Sermon on the Mount was chosen as the text to read and meditate through during our fast because though there are unique callings that God has for all of our lives, the ways that Jesus calls His disciples to live in the Sermon on the Mount are ways that we are all called to live.

PURPOSE #2 - SUPERNATURAL UNITY AROUND MISSION

With a clarified vision to reach 1% of the Bay Area with the gospel in our generation (72,000 new people engaged in the local church!), we need to **pray and seek the Lord in desperation for this vision to become a reality**. Because we have recently added an Oakland campus, we need to pray for unity as we expand our missional reach in the Bay Area.

Each day, a corporate prayer prompt is provided so that we can be unified in prayer over a specific aspect of our church and our church's mission. We are excited to see how God is going to move as our churches in Fremont, Hayward, Oakland, and Online all seek the Lord for missional momentum together!

For more information on what the Scriptures have to say about fasting and to sign up for our fast, visit www.resonatemovement.org/fast.

HOW DO I FAST?

First, as a disclaimer, be sure to, if necessary, get your doctor or physician's clearance for whatever fast you decide to do.

Also, if you have a history of eating disorders or if fasting is a negative trigger for you, we would encourage you to abstain from something other than food that you really enjoy (social media, television, a certain drink, or an activity.) If you can healthily fast from food, we encourage you to practice this discipline. But if fasting is not healthy for you physically, emotionally, or psychologically, simply abstain for a time from something you enjoy for the sake of feasting on the Bread of life.

With those things in mind, there are four types of fast that we recommend that you prayerfully consider.

FAST #1 - SOUL FAST

This fast is a great option if you do not have much experience fasting food, have health issues that prevent you from fasting food, or if you wish to refocus certain areas of your life that are out of balance. For example, you might choose to stop using social media or watching television/Netflix for the duration of the fast and then carefully bring that element back into your life in healthy doses at the conclusion of the fast. Other **suggestions for the soul fast include fasting from drinking coffee, shopping, drinking alcohol, playing video games, or any other comfort or vice that the Holy Spirit might be calling you to sacrifice over the course of the 21 days.**

FAST #2 - SELECTIVE FAST

This type of fast involves removing specific foods from your diet. One example of a selective fast is the Daniel Fast, which is also known as a Vegan diet, during which you remove meat, sweets, and bread from your diet and consume water and juice for fluids and fruits and vegetables for food. In the selective fast you can also remove just one of a specific type of food. You can remove strictly meats, strictly sweets, or strictly breads. **The whole point of the selective fast is to abstain from the specific type of food that the Holy Spirit convicts you to remove for the duration of the fast.**

FAST #3 - PARTIAL FAST

This fast is sometimes called the “Jewish Fast” and involves abstaining from eating any type of food in the morning and afternoon. **This can either correlate to specific times of the day, such as 6:00 am to 3:00 pm, or from sunup to sundown.** These days, this type of fast is also commonly referred today as “intermittent fasting.” Though you are not eating any foods during the time period you choose, in this fast, we do strongly recommend you drink plenty of water or juice during the hours you aren’t consuming food.

FAST #4 - COMPLETE FAST

In this type of fast, you drink only liquids, typically water with light juices as an option. With this fast you can also chose to include liquid only soups such as chicken broth, tomato and lobster bisque, and miso soup!

FOUR ENCOURAGEMENTS

ENCOURAGEMENT #1 - PRAY ABOUT IT.

Prayerfully consider what type of fast the Holy Spirit would lead you to do. Don't make an impulsive decision. Don't just do what a friend or family member is doing. Ask God for direction. If He leads to you alter or combine the types of fasts described, feel free to do that as well.

This is not a competition. This is not about doing the most extreme thing so you can get God's attention. This is not about losing weight. This is about responding to the Holy Spirit's leading with joyful submission because God is worthy of our obedience!

ENCOURAGEMENT #2- WHEN HUNGRY, PRAY.

When you are feeling hunger pains or desiring to indulge in the food, comfort, or gift from God you've decided to fast, **allow that to be a physical indicator that it is time to take the spiritual posture of humility and dependence upon God in prayer.**

If you are fasting at a certain time of the day, replace the times when you would regularly eat with engaging with this prayer guide, reading the Word, and prayer.

Jesus is the Bread of Life. Jesus is the living water! When the physical impact of fasting becomes overwhelming, feast on Jesus. Talk to Him. Depend on Him. Cry out to Him. He will satisfy!

ENCOURAGEMENT #3- FAST WITH FRIENDS.

Don't do this alone. Let's join one another on this 21-day journey. **Commit to specific people to engage and enjoy this fast with.**

ENCOURAGEMENT #4- FINISH WELL.

If for some reason, you break the fast, forget to fast, or accidentally or purposely eat something you committed not to, don't freak out! Don't condemn yourself. Don't throw in the towel and quit the fast. Don't believe the lie that every prayer you prayed is now somehow null and void. Instead, **praise God for His grace and mercy, and continue your fast and see it through to the end.** God is worthy!

HOW TO USE THIS PRAYER AND FASTING GUIDE

STEP #1 - READ AND RE-READ THE VERSES FOR THE DAY.

The entire Sermon on the Mount is included in this guide, starting on page 10. Read the part of the Sermon of the Mount each day covers, and meditate on the truth of God's Word.

STEP #2 - REFLECT ON THE QUESTIONS TO CONSIDER.

Don't just read God's Word to get through it. Reflect on the questions to consider to get God's Word through you!

STEP #3 - PRAY THE PERSONAL PRAYERS.

Read the personal prayer prompts and use them as a springboard for a meaningful, honest time of prayer with your Heavenly Father. In addition to speaking to God through your prayers, we encourage you to also create space to listen for God's response to the prayers you've prayed.

#4 - PRAY THE CORPORATE PRAYER.

Join with the rest of our church family as we all pray a directed prayer over a specific area of ministry, people group, or mission initiative.

Important Note

Throughout this guide, each day, you will find a quote from Dr. Martyn Lloyd Jones commenting on the Scripture. They are taken from his sermons and his book, "Studies on the Sermon on the Mount." If you are interested in a more robust understanding of Jesus' teaching on the Sermon on the Mount, this is a resource we highly recommend!

THE SERMON ON THE MOUNT

Matthew 5

Seeing the crowds, he went up on the mountain, and when he sat down, his disciples came to him.

The Beatitudes

2 And he opened his mouth and taught them, saying: **3** "Blessed are the poor in spirit, for theirs is the kingdom of heaven. **4** "Blessed are those who mourn, for they shall be comforted. **5** "Blessed are the meek, for they shall inherit the earth. **6** "Blessed are those who hunger and thirst for righteousness, for they shall be satisfied. **7** "Blessed are the merciful, for they shall receive mercy. **8** "Blessed are the pure in heart, for they shall see God. **9** "Blessed are the peacemakers, for they shall be called sons of God. **10** "Blessed are those who are persecuted for righteousness' sake, for theirs is the kingdom of heaven. **11** "Blessed are you when others revile you and persecute you and utter all kinds of evil against you falsely on my account. **12** Rejoice and be glad, for your reward is great in heaven, for so they persecuted the prophets who were before you.

Salt and Light

13 "You are the salt of the earth, but if salt has lost its taste, how shall its saltiness be restored? It is no longer good for anything except to be thrown out and trampled under people's feet.

14 "You are the light of the world. A city set on a hill cannot be hidden. **15** Nor do people light a lamp and put it under a basket, but on a stand, and it gives light to all in the house. **16** In the same way, let your light shine before others, so that they may see your good works and give glory to your Father who is in heaven.

Christ Came to Fulfill the Law

17 "Do not think that I have come to abolish the Law or the Prophets; I have not come to abolish them but to fulfill them. **18** For truly, I say to you, until heaven and earth pass away, not an iota, not a dot, will pass from the Law until all is accomplished. **19** Therefore whoever relaxes one of the least of these commandments and teaches others to do the same will be called

least in the kingdom of heaven, but whoever does them and teaches them will be called great in the kingdom of heaven. **20** For I tell you, unless your righteousness exceeds that of the scribes and Pharisees, you will never enter the kingdom of heaven.

Anger

21 “You have heard that it was said to those of old, ‘You shall not murder; and whoever murders will be liable to judgment.’ **22** But I say to you that everyone who is angry with his brother will be liable to judgment; whoever insults his brother will be liable to the council; and whoever says, ‘You fool!’ will be liable to the hell of fire. **23** So if you are offering your gift at the altar and there remember that your brother has something against you, **24** leave your gift there before the altar and go. First be reconciled to your brother, and then come and offer your gift. **25** Come to terms quickly with your accuser while you are going with him to court, lest your accuser hand you over to the judge, and the judge to the guard, and you be put in prison. **26** Truly, I say to you, you will never get out until you have paid the last penny.

Lust

27 “You have heard that it was said, ‘You shall not commit adultery.’ **28** But I say to you that everyone who looks at a woman with lustful intent has already committed adultery with her in his heart. **29** If your right eye causes you to sin, tear it out and throw it away. For it is better that you lose one of your members than that your whole body be thrown into hell. **30** And if your right hand causes you to sin, cut it off and throw it away. For it is better that you lose one of your members than that your whole body go into hell.

Divorce

31 “It was also said, ‘Whoever divorces his wife, let him give her a certificate of divorce.’ **32** But I say to you that everyone who divorces his wife, except on the ground of sexual immorality, makes her commit adultery, and whoever marries a divorced woman commits adultery.

Oaths

33 “Again you have heard that it was said to those of old, ‘You shall not swear falsely, but shall perform to the Lord what you have sworn.’ **34** But I say to you, Do not take an oath at all, either by heaven, for it is the throne of

God, **35** or by the earth, for it is his footstool, or by Jerusalem, for it is the city of the great King. **36** And do not take an oath by your head, for you cannot make one hair white or black. **37** Let what you say be simply 'Yes' or 'No'; anything more than this comes from evil.

Retaliation

38 "You have heard that it was said, 'An eye for an eye and a tooth for a tooth.' **39** But I say to you, Do not resist the one who is evil. But if anyone slaps you on the right cheek, turn to him the other also. **40** And if anyone would sue you and take your tunic, let him have your cloak as well. **41** And if anyone forces you to go one mile, go with him two miles. **42** Give to the one who begs from you, and do not refuse the one who would borrow from you.

Love Your Enemies

43 "You have heard that it was said, 'You shall love your neighbor and hate your enemy.' **44** But I say to you, Love your enemies and pray for those who persecute you, **45** so that you may be sons of your Father who is in heaven. For he makes his sun rise on the evil and on the good, and sends rain on the just and on the unjust. **46** For if you love those who love you, what reward do you have? Do not even the tax collectors do the same? **47** And if you greet only your brothers, what more are you doing than others? Do not even the Gentiles do the same? **48** You therefore must be perfect, as your heavenly Father is perfect.

Matthew 6

Giving to the Needy

"Beware of practicing your righteousness before other people in order to be seen by them, for then you will have no reward from your Father who is in heaven.

2 "Thus, when you give to the needy, sound no trumpet before you, as the hypocrites do in the synagogues and in the streets, that they may be praised by others. Truly, I say to you, they have received their reward. **3** But when you give to the needy, do not let your left hand know what your right hand is doing, **4** so that your giving may be in secret. And your Father who sees in secret will reward you.

The Lord's Prayer

5 "And when you pray, you must not be like the hypocrites. For they love to stand and pray in the synagogues and at the street corners, that they may be seen by others. Truly, I say to you, they have received their reward. **6** But when you pray, go into your room and shut the door and pray to your Father who is in secret. And your Father who sees in secret will reward you. **7** "And when you pray, do not heap up empty phrases as the Gentiles do, for they think that they will be heard for their many words. **8** Do not be like them, for your Father knows what you need before you ask him. **9** Pray then like this: "Our Father in heaven, hallowed be your name. **10** Your kingdom come, your will be done, on earth as it is in heaven. **11** Give us this day our daily bread, **12** and forgive us our debts, as we also have forgiven our debtors. **13** And lead us not into temptation, but deliver us from evil. **14** For if you forgive others their trespasses, your heavenly Father will also forgive you, **15** but if you do not forgive others their trespasses, neither will your Father forgive your trespasses.

Fasting

16 "And when you fast, do not look gloomy like the hypocrites, for they disfigure their faces that their fasting may be seen by others. Truly, I say to you, they have received their reward. **17** But when you fast, anoint your head and wash your face, **18** that your fasting may not be seen by others but by your Father who is in secret. And your Father who sees in secret will reward you.

Lay Up Treasures in Heaven

19 "Do not lay up for yourselves treasures on earth, where moth and rust[e] destroy and where thieves break in and steal, **20** but lay up for yourselves treasures in heaven, where neither moth nor rust destroys and where thieves do not break in and steal. **21** For where your treasure is, there your heart will be also.

22 "The eye is the lamp of the body. So, if your eye is healthy, your whole body will be full of light, **23** but if your eye is bad, your whole body will be full of darkness. If then the light in you is darkness, how great is the darkness!

24 “No one can serve two masters, for either he will hate the one and love the other, or he will be devoted to the one and despise the other. You cannot serve God and money.

Do Not Be Anxious

25 “Therefore I tell you, do not be anxious about your life, what you will eat or what you will drink, nor about your body, what you will put on. Is not life more than food, and the body more than clothing? **26** Look at the birds of the air: they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they? **27** And which of you by being anxious can add a single hour to his span of life? **28** And why are you anxious about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin, **29** yet I tell you, even Solomon in all his glory was not arrayed like one of these. **30** But if God so clothes the grass of the field, which today is alive and tomorrow is thrown into the oven, will he not much more clothe you, O you of little faith? **31** Therefore do not be anxious, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ **32** For the Gentiles seek after all these things, and your heavenly Father knows that you need them all. **33** But seek first the kingdom of God and his righteousness, and all these things will be added to you. **34** “Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble.

Matthew 7

Judging Others

“Judge not, that you be not judged. **2** For with the judgment you pronounce you will be judged, and with the measure you use it will be measured to you. **3** Why do you see the speck that is in your brother's eye, but do not notice the log that is in your own eye? **4** Or how can you say to your brother, ‘Let me take the speck out of your eye,’ when there is the log in your own eye? **5** You hypocrite, first take the log out of your own eye, and then you will see clearly to take the speck out of your brother's eye.

6 “Do not give dogs what is holy, and do not throw your pearls before pigs, lest they trample them underfoot and turn to attack you.

Ask, and It Will Be Given

7 "Ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you. **8** For everyone who asks receives, and the one who seeks finds, and to the one who knocks it will be opened. **9** Or which one of you, if his son asks him for bread, will give him a stone? **10** Or if he asks for a fish, will give him a serpent? **11** If you then, who are evil, know how to give good gifts to your children, how much more will your Father who is in heaven give good things to those who ask him!

The Golden Rule

12 "So whatever you wish that others would do to you, do also to them, for this is the Law and the Prophets.

13 "Enter by the narrow gate. For the gate is wide and the way is easy that leads to destruction, and those who enter by it are many. **14** For the gate is narrow and the way is hard that leads to life, and those who find it are few.

A Tree and Its Fruit

15 "Beware of false prophets, who come to you in sheep's clothing but inwardly are ravenous wolves. **16** You will recognize them by their fruits. Are grapes gathered from thornbushes, or figs from thistles? **17** So, every healthy tree bears good fruit, but the diseased tree bears bad fruit. **18** A healthy tree cannot bear bad fruit, nor can a diseased tree bear good fruit. **19** Every tree that does not bear good fruit is cut down and thrown into the fire. **20** Thus you will recognize them by their fruits.

I Never Knew You

21 "Not everyone who says to me, 'Lord, Lord,' will enter the kingdom of heaven, but the one who does the will of my Father who is in heaven. **22** On that day many will say to me, 'Lord, Lord, did we not prophesy in your name, and cast out demons in your name, and do many mighty works in your name?' **23** And then will I declare to them, 'I never knew you; depart from me, you workers of lawlessness.'

Build Your House on the Rock

24 "Everyone then who hears these words of mine and does them will be like a wise man who built his house on the rock. **25** And the rain fell, and the

floods came, and the winds blew and beat on that house, but it did not fall, because it had been founded on the rock. **26** And everyone who hears these words of mine and does not do them will be like a foolish man who built his house on the sand. **27** And the rain fell, and the floods came, and the winds blew and beat against that house, and it fell, and great was the fall of it.”

The Authority of Jesus

28 And when Jesus finished these sayings, the crowds were astonished at his teaching, **29** for he was teaching them as one who had authority, and not as their scribes.

HOW THE SERMON ON THE MOUNT
CAN LEAD US TO

ENJOY

GRACE

**Blessed are the poor in spirit, for theirs is the kingdom of heaven.
Matthew 5:3**

CALLED TO POVERTY IN SPIRIT

“It means a complete absence of pride, a complete absence of self-assurance and of self-reliance. It means a consciousness that we are nothing in the presence of God. It is nothing, then, that we can produce; it is nothing that we can do in ourselves. It is just this tremendous awareness of our utter nothingness as we come face to face with God.”

Martyn-Lloyd Jones

Questions to Consider (Read these questions and reflect on your answers.)

1. When was the last specific occasion you enjoyed the happiness and grace of God that comes from being poor in spirit?
2. In what areas of your life are you most self-assured, self-reliant, and presuming you can produce something of eternal value apart from the presence and power of God?
3. How could becoming more poor in spirit be a catalyst to more greatly enjoying God's amazing grace?

Personal Prayers to Pray (Pray these prayers and listen for God's response.)

1. Heavenly Father, I praise you because you are... (Insert attributes of God.)
2. Forgive me for ... (Insert specific areas of self-reliance and pride.)
3. Remind me of the times in my life when being poor in spirit led me to experience your love, grace, and mercy in real and profound ways.
4. Empower me, by your Holy Spirit, to become poor in spirit. Show me what it looks like to be more poor in spirit. I cannot do this without you.

Corporate Prayer to Pray (Pray this prayer for our Resonate Church family.)

1. For the **Resonate Leadership Institute** - As the first class, Gospel-Empowered Ministry, gets underway tonight, pray that the students would be equipped and to more effectively obey the call to "live sent." Pray that, through this class, men and women would be called into vocational ministry and activated for God's mission!

**All these things my hand has made, and so all these things came to be,
declares the Lord. But this is the one to whom I will look:
he who is humble and contrite in spirit and trembles at my word.
Isaiah 66:2**

**Blessed are those who mourn, for they shall be comforted.
Matthew 5:4**

CALLED TO MOURN

“That is the man who mourns; that is the Christian. That is the type of Christian seen in the Church in ages past, when the doctrine of sin was preached and emphasized, and men were not merely urged to take a sudden decision. A deep doctrine of sin, a high doctrine of joy, and the two together produce this blessed, happy man who mourns, and who at the same time is comforted.” Martyn-Lloyd Jones

Questions to Consider (Read these questions and reflect on your answers.)

1. When was the last specific occasion you enjoyed the grace of God's comfort as a result of mourning your sinfulness and the sinfulness in the world?
2. How is it possible you might be missing out on the gracious comfort of God by neglecting to mourn your sins against a Holy God?
3. What specific sins, if properly mourned and grieved, could lead you to experience a greater degree of the supernatural, gracious comfort of your Heavenly Father?

Prayers to Pray (Pray these prayers and listen for God's response.)

1. Heavenly Father, I praise you because you are... (Insert attributes of God.)
2. I mourn and ask for your forgiveness for... (Insert specific areas of sin.)
3. Help me to believe that there is no sin that I've committed against you that you are unwilling to forgive me of and bring me comfort for.
4. Empower me, by your Holy Spirit, to mourn my sinfulness. Show me what it looks like to mourn without being morose; sorrowful but not miserable. I need your help.

Corporate Prayer to Pray (Pray this prayer for our Resonate Church family.)

1. For the **Resonate Oakland Interest Meeting** - Pray that on January 28 from 2p-4p, that God would clearly and compellingly call people to join God's mission in Oakland. Pray for Pastor Ryan and Pastor Christopher as they cast vision. Pray and ask God about how you should get involved in what God is doing through Resonate Oakland! To pray, give, or go visit: www.resonatemovement.org/go-oakland

For godly grief produces a repentance that leads to salvation without regret, whereas worldly grief produces death.

2 Corinthians 7:10

Blessed are the meek, for they shall inherit the earth.

Matthew 5:5

CALLED TO MEEKNESS

“When a man truly sees himself, he knows nobody can say anything thing about him that is too bad. You need not worry about what men may say or do; you know you deserve it all and more. Once again, therefore, I would define meekness like this. The man who is truly meek is the one who is amazed that God and man can think of him as well as they do and treat him as well as they do. That, it seems to me, is its essential quality.”

Martyn-Lloyd Jones

Questions to Consider (Read these questions and reflect on your answers.)

1. When was the last specific occasion you enjoyed the happiness and grace of God that comes from not thinking of yourself more highly than you ought?
2. What areas of your life, when criticized, make you the most defensive and offended?
3. Do you consider meekness weakness? If so, why?

Prayers to Pray (Pray these prayers and listen for God’s response.)

1. Heavenly Father, I praise Jesus for His meekness when... (Insert specific instances when Jesus Christ exemplified meekness.)
2. Forgive me for not walking meekly when... (Insert specific times.)
3. Reveal to me, supernaturally, that meekness is a form of strength.
4. Empower me, by your Holy Spirit, to live meekly. Show me what it looks like to live meekly, yet live confidently. Because you are my Defender, help me to resist the urge to be defensive. Help me Lord, I need you.

Corporate Prayer to Pray (Pray this prayer for our Resonate Church family.)

1. For our **Missional Communities** - As our Missional Communities begin meeting this week, pray for God's manifest presence in our gatherings. Pray against the lies of the enemy that would prevent people from showing up. Pray for the beauty of the gospel to shine. Pray for deep relational connections to be made. Pray for our MC Leaders and Apprentices. Pray for miracles to take place in our MC's this year!

**The meek shall obtain fresh joy in the Lord,
and the poor among mankind shall exult in the Holy One of Israel.
Isaiah 29:19**

**Blessed are those who hunger and thirst for righteousness,
for they shall be satisfied.
Matthew 5:6**

CALLED TO RIGHTEOUSNESS

“To hunger and thirst after righteousness is nothing but the longing to be positively holy. I cannot think of a better way of defining it. The man who hungers and thirsts after righteousness is the man who wants to exemplify the Beatitudes in his daily life. He is a man who wants to show the fruit of the Spirit in his every action and in the whole of his life and activity. To hunger and thirst after righteousness is to long to be like the New Testament man, the new man in Christ Jesus.” Martyn-Lloyd Jones

Questions to Consider (Read these questions and reflect on your answers.)

1. When was the last specific occasion you enjoyed the grace of God and satisfaction that comes from pursuing righteousness?
2. What do you hunger and thirst for more than righteousness?
3. What specific sins, if properly mourned and grieved, could lead you to experience a greater degree of the supernatural, gracious comfort of your Heavenly Father?

Prayers to Pray (Pray these prayers and listen for God's response.)

1. Heavenly Father, I praise you because you are... (Insert attributes of God.)
2. Forgive me for... (Insert areas where you are living unrighteously.)
3. Reveal to me how your righteousness is more satisfying than what I find satisfying.
4. Empower me, by your Holy Spirit, to hunger and thirst for righteousness. Give me a supernatural appetite for holiness. Give me a supernatural distaste for the things of the world. Make my pursuit of holiness a delight rather than a duty.

Corporate Prayer to Pray (Pray this prayer for our Resonate Church family.)

1. For **Corporate Holiness** - Pray that the members of Resonate Church be a people who hunger and thirst for righteousness. Pray that God would sanctify us. Pray that the deeper our understanding of the gospel goes, the greater our desire for holiness grows. Pray that God would lead us not into temptation and deliver us from evil.

**As a deer pants for flowing streams, so pants my soul for you, O God.
My soul thirsts for God, for the living God.
Psalm 42:1-2**

**Blessed are the pure in heart, for they shall see God.
Matthew 5:8**

CALLED TO PURITY IN HEART

“Analyzing it a little we can say that it means we have an undivided love which regards God as our highest good, and which is concerned only about loving God. To be pure in heart, in other words, means to keep ‘the first and great commandment’, which is that ‘Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind.’”

Martyn-Lloyd Jones

Questions to Consider (Read these questions and reflect on your answers.)

1. When was the last specific occasion you enjoyed the grace of God and “saw” God as a result of pursuing an undivided love for God?
2. What are the things in your life competing for your undivided love of Jesus Christ?
3. Is loving and being loved by God your “highest good?”

Prayers to Pray (Pray these prayers and listen for God’s response.)

1. Heavenly Father, I praise you because you for your undivided love for me!
2. I ask for your forgiveness for prioritizing my love of...(insert area)...over you.
3. Empower me, by your Holy Spirit, to have a pure heart. Convict me where I feel no conviction of ways in which I love your gifts more than I love you. Help me Lord.

Corporate Prayer to Pray (Pray this prayer for our Resonate Church family.)

1. For **Night to Shine** - Two weeks from today, on February 9 from 6p-9p, we will host a “prom” at our Fremont Campus for those in the special needs community and their families. Pray that every special needs child and adult who attend would feel a deep sense of value and worth. Pray that the families that attend would feel the love of Christ for them and their children. Pray for Danielle Grey and her team leading the event. Pray for the volunteers. Pray for how God might be calling you to engage with this great opportunity to love this, often times, overlooked and undervalued group of image bearers of Almighty God!

**Create in me a clean heart, O God, and renew a right spirit within me.
Psalm 51:10**

**And when you pray...And when you fast...
Matthew 6:5-18**

CALLED TO FAST AND PRAY

“Fasting means an abstinence from food for the sake of certain special purposes such as prayer or meditation or the seeking of God for some peculiar reason or under some exceptional circumstance.” Martyn-Lloyd Jones

Questions to Consider (Read these questions and reflect on your answers.)

1. How is the season of fasting and praying going for you? How have you enjoyed the grace and love that God has for you through this fast?
2. If you haven't been abstaining from certain types of food during this fast, why not?
3. Why should this season of fasting and prayer be a priority in your life?

Prayers to Pray (Pray these prayers and listen for God's response.)

1. Heavenly Father, I praise you for being the Bread of Life and my Sustainer.
2. Reveal to me where I may have an incorrect or unhealthy perspective on fasting as described in the Scriptures.
3. Give me increased clarity on why you are calling me to fast and to pray.
4. Through this fast, give me an increased awareness of your love and grace for me.
5. Through this fast, please do supernatural things in my... (insert areas where you need the omnipotent hand of God to be at work in your life).

Corporate Prayer to Pray (Pray this prayer for our Resonate Church family.)

1. For **Our Corporate Fast** - As we come to the end of week one of our corporate fast, pray that God would meet the people of Resonate Church in unique and powerful ways as we pray together. Pray that we would find greater joy in our increased intimacy with Christ. Pray that Christ would be sufficient when we are tempted to indulge in what we are abstaining from. Pray for God to do supernatural things in us, through us, and among us as we fast and pray!

**But this kind never comes out except by prayer and fasting.
Matthew 17:21**

**Ask, and it will be given to you; seek, and you will find;
knock, and it will be opened to you.**

Matthew 7:7-11

CALLED TO ASK, SEEK, KNOCK

“Our Lord is simply at pains to emphasize one thing, that is that we are to show persistence, perseverance, importunity...The most fatal thing in the Christian life is to be content with passing desires. If we really want to be men of God, if we really want to know Him, and walk with Him, and experience those boundless blessings which He has to offer us, we must persist in asking Him for them day by day.” Martyn-Lloyd Jones

Questions to Consider (Read these questions and reflect on your answers.)

1. When was the last specific occasion you enjoyed the grace of God through Him answering your prayers?
2. What prayers have you stopped praying? What God-given desires have you ceased to contend for? Why have you stopped praying for these things?
3. How could consistently asking, seeking, and knocking build your faith and grow your intimacy with God?

Prayers to Pray (Pray these prayers and listen for God's response.)

1. Heavenly Father, I praise and thank you for... (Insert answered prayers).
2. I ask for your forgiveness for those things I've stopped praying for.
3. Strengthen my belief that you are my Heavenly Father who loves me and longs to answer my prayers to you.
4. Empower me, by your Holy Spirit, to never cease asking, seeking, and knocking. Help me to see that you are worthy of the faith that is required to petition you daily. Strengthen me for this task. I need you Lord.

Corporate Prayer to Pray (Pray this prayer for our Resonate Church family.)

1. For **Your One** - Pray for an unbeliever in your life that you desperately want to come to faith in Jesus Christ. Pray for the family member, co-worker, or friend that you have mistakenly stopped interceding for. Pray that the people of Resonate Church would have a renewed persistence to pray for the lost people in our lives.

**Then you will call upon me and come and pray to me, and I will hear you.
You will seek me and find me, when you seek me with all your heart.
Jeremiah 29:12-13**

HOW THE SERMON ON THE MOUNT
CAN LEAD US TO

EMBODY
LOVE

**Blessed are the merciful, for they shall receive mercy.
Matthew 5:7**

CALLED TO MERCY

“Grace is especially associated with men in their sins; mercy is especially associated with men in their misery.’ In other words, while grace looks down upon sin as a whole, mercy looks especially upon the miserable consequences of sin. So that mercy really means a sense of pity plus a desire to relieve the suffering. That is the essential meaning of being merciful; it is pity plus the action.” Martyn-Lloyd Jones

Questions to Consider (Read these questions and reflect on your answers.)

1. When was the last specific occasion you were grateful for and in awe of God’s mercy for you?
2. When was the last specific occasion you were merciful to someone who was underserving of your mercy?
3. How is being merciful a way you can embody God’s love for people?

Prayers to Pray (Pray these prayers and listen for God’s response.)

1. Heavenly Father, I praise you for being merciful towards me.
2. In light of your great mercy for me, forgive me for not being merciful towards...
3. Remind me of specific instances of your great mercy towards me. Help me to live with a constant awareness of how merciful you have been in my life.
4. Empower me, by your Holy Spirit, to be merciful to others. Help me to be overwhelmed with awe by your mercy towards me that I find joy in being merciful towards others. Help me to see people as you see them. Please help me, I can’t do this without you.

Corporate Prayer to Pray (Pray this prayer for our Resonate Church family.)

1. For **The Parents of Resonate Church** - Pray for strength. Pray for wisdom. Pray for patience. Pray that our parents would be merciful. Pray that our parents would love their children out of the overflow of love they experience from their Heavenly Father. Pray for our single mothers and fathers—for a special portion of grace for the unique pressures and challenges they face as single parents.

**With the merciful you show yourself merciful;
with the blameless man you show yourself blameless...**
Psalm 42:1-2

**Blessed are the peacemakers, for they shall be called sons of God.
Matthew 5:9**

CALLED TO PEACEMAKING

“What is it, then, to be a peacemaker? He is one about whom we can say two main things. Passively, we can say that he is peaceable, for a quarrelsome person cannot be a peacemaker. Then, actively, this person must be pacific, he must be one who makes peace actively. He is not content to ‘let sleeping dogs lie’, he is not concerned about maintaining the status quo. He desires peace, and he does all he can to produce peace and to maintain it.”

Martyn-Lloyd Jones

Questions to Consider (Read these questions and reflect on your answers.)

1. When was the last specific occasion where you actively pursued making peace?
2. What are the excuses you have for not being a peacemaker?
3. How is making peace a way you can embody God’s love for God’s people?

Prayers to Pray (Pray these prayers and listen for God’s response.)

1. Heavenly Father, I praise you that I can have peace with you through faith in Jesus.
2. I ask for forgiveness for the ways I’ve not pursued peace and caused division.
3. Convict me of the ways in which you are calling me to make peace with others.
4. Empower me, by your Holy Spirit, to be a peacemaker. Give me supernatural courage, humility, and wisdom. I cannot be a peacemaker without your power. Please help me.

Corporate Prayer to Pray (Pray this prayer for our Resonate Church family.)

1. For **Supernatural Unity Amongst Us** - Among parents and children. Husbands and Wives. Siblings. Co-Workers. Within families. Missional Communities. Ministry Teams. Staff/Serve Staff. Elders. Pray that God would protect us from disunity. (Especially during this election year!) Pray that the supernatural love and unity amongst the people of Resonate Church, even in the midst of our differences, would be a great defense to our faith. Pray that the unity of Resonate Church would be a reason many people come to saving faith in Jesus Christ.

**Strive for peace with everyone,
and for the holiness without which no one will see the Lord.
Hebrews 12:14**

...everyone who is angry with his brother will be liable to judgment...

Matthew 5:21-26

CALLED TO CONTROL OUR ANGER

“The holier we become, the more anger we shall feel against sin. But we must never, I repeat, feel anger against the sinner. We must never feel angry with a person as such; we must draw a distinction between the person himself and what he does. We must never be guilty of a feeling of contempt or abhorrence, or of this expression of vilification.”

Martyn-Lloyd Jones

Questions to Consider (Read these questions and reflect on your answers.)

1. Who do you find yourself having an uncontrollable anger towards?
2. How does your anger manifest itself in unhealthy and sinful ways?
3. How is controlling our anger a way you can embody God's love for God's people?

Prayers to Pray (Pray these prayers and listen for God's response.)

1. Heavenly Father, I praise you for controlling your anger towards me when...
2. Forgive me for my unhealthy anger towards...
3. Help me to see the distinction between anger that is pleasing to you and anger that is unpleasing to you. Help my anger to never become hatred.
4. Empower me, by your Holy Spirit, to control my anger. Give me a deeper anger over my sin than the sins of others. Give me self-control. I can't do this without you.

Corporate Prayer to Pray (Pray this prayer for our Resonate Church family.)

1. For **The Marriages at Resonate Church** - Pray for unity. Pray that husbands would sacrificially love their wives like Christ loves the Church. Pray that wives would humbly submit to their husbands as the Church submits to God. Pray that husbands and wives would not let the sun go down while still being angry at one another. Pray for reconciliation within marriages that are broken. Pray that the marriages at Resonate Church would be strengthened and fortified for the glory of God.

**Be angry and do not sin; do not let the sun go down on your anger,
and give no opportunity to the devil.**

Ephesians 4:26-27

But I say to you that everyone who looks at a woman with lustful intent has already committed adultery with her in his heart.

Matthew 5:27-30

CALLED TO AVOID LUST

“Sin is not merely a matter of actions and of deeds; it is something within the heart that leads to the action. In other words the teaching here is the characteristic teaching of the Bible everywhere where about this subject, namely, that what we must really concentrate upon is not so much sins as sin. Sins are nothing but the symptoms of a disease called sin and it is not the symptoms that matter but the disease, for it is the disease that kills and not the symptoms.” Martyn-Lloyd Jones

Questions to Consider (Read these questions and reflect on your answers.)

1. If you struggle with the sin of lust, what is the unresolved matter within your heart that is leading to this sin?
2. Do you minimize your sin of lust or do you see it as the grievous sin towards God and others that it actually is?
3. How can not looking upon people with lustful intent be a way you can embody God's love for God's people?

Prayers to Pray (Pray these prayers and listen for God's response.)

1. Heavenly Father, I praise you because you are... (Insert attributes of God.)
2. I ask for your forgiveness for my lust towards...
3. Reveal to me the deeper issues of my heart that are behind the sins I commit.
4. Empower me, by your Holy Spirit, to not look upon fellow image bearers of God with lustful intent. Keep my eyes and my hands pure. Deepen my affections for you so that the desires of my eyes would not enslave me. I need your Spirit's help.

Corporate Prayer to Pray (Pray this prayer for our Resonate Church family.)

1. For **Sexual Purity** - For singles. For married couples. Pray for deliverance for both men and women who struggle with pornography. Pray for conviction for those who are actively living sexually immoral lives. Pray for the freedom to confess sexual sin for the sake of wholeness, healing, and renewed intimacy with Christ.

For all that is in the world—the desires of the flesh and the desires of the eyes and pride of life—is not from the Father but is from the world.

1 John 2:16

Let what you say be simply 'Yes' or 'No'; anything more than this comes from evil.

Matthew 5:33-37

CALLED TO KEEP YOUR WORD

"Very well, 'grieve not the Holy Spirit of God', says Paul. He sees and hears everything-every exaggeration, every suggested lie. He hears it all and it hurts and offends. Why? Because He is the 'Spirit of truth', and there is no lie anywhere near Him."

Martyn-Lloyd Jones

Questions to Consider (Read these questions and reflect on your answers.)

1. In what ways are you, currently, not keeping your word, exaggerating, telling half-truths, or living a lie?
2. What insecurity is behind your propensity to overpromise, over exaggerate, or over commit?
3. How can keeping your word and refraining from telling lies be a way that you can embody God's love for God's people?

Prayers to Pray (Pray these prayers and listen for God's response.)

1. Heavenly Father, I praise you for being a covenant-keeping God who has always kept His word.
2. I ask for your forgiveness for these specific ways I don't keep my word...
3. Heal me of the brokenness within me that causes me to lie, image-protect, and over commit myself.
4. Empower me, by your Holy Spirit, to be truthful. Help me to build my identity on your covenant with me and not on my commitments to others. Left to myself, I will find greater joy in what I can do for others rather than on what you've already done for me. Please help me to exchange my love for myself with a greater love for you!

Corporate Prayer to Pray (Pray this prayer for our Resonate Church family.)

1. For **Our Covenant Members** - For the strength, perseverance, and joy to keep the covenant we've made with one another to serve, give, love, forgive, and be on mission together. Pray that God would empower us to be His body that reflects His glory. Pray God would call regular attenders to, soon, become covenant members.

My brothers, do not swear, either by heaven or by earth or by any other oath, but let your "yes" be yes and your "no" be no, so that you may not fall under condemnation.

James 5:12

Judge not, that you be not judged.

Matthew 7:1-5

CALLED TO WITHHOLD JUDGEMENT

“When a man has truly seen himself he never judges anybody else in the wrong way. All his time is taken up in condemning himself, and washing his hands and trying to purify himself. There is only one way of getting rid of the spirit of censoriousness and hypercriticism, and that is to judge and condemn yourself. It humbles us to the dust, and then it follows of necessity that, having thus got rid of the beam out of our own eyes, we shall be in a fit condition to help the other person, and to get out the little mote that is in his eye.” Martyn-Lloyd Jones

Questions to Consider (Read these questions and reflect on your answers.)

1. Who is the person or group of persons you find yourself most judgmental towards?
2. What are the “planks” in your eye that you should be more concerned with than the “speck” in others’ eyes?
3. How can bring a harsher judgement upon yourself and withholding judgement of others be a way that you can embody God’s love for God’s people?

Prayers to Pray (Pray these prayers and listen for God’s response.)

1. Heavenly Father, I praise you for being the perfect Judge.
2. Forgive me for being judgmental towards...
3. Help me to see my sins against you as more grievous to you than others’ sins.
4. Empower me, by your Holy Spirit, to withhold judgement. Give me a supernatural self-awareness of my sin that leads me to repentance. Please humble me.

Corporate Prayer to Pray (Pray this prayer for our Resonate Church family.)

1. For **The Next Generation** - For RESkids. For RESstudents. For 18/22. For Prime. Pray that the beauty of the Gospel would captivate their hearts. Pray for protection from the evil one. Pray that we would graciously speak life over their lives. Pray that they would humbly receive our affirmations. Pray that God would clearly call them into His redemptive mission in the world, and that they would respond with urgency!

Therefore do not pronounce judgment before the time, before the Lord comes, who will bring to light the things now hidden in darkness and will disclose the purposes of the heart. Then each one will receive his commendation from God.

1 Corinthians 4:5

So whatever you wish that others would do to you, do also to them...

Matthew 7:12

CALLED TO THE GOLDEN RULE

"If God saw us only as we are, everyone of us would be utterly condemned forever. But he is interested in us in spite of these externals: he sees us as a loving father. He looks upon us with his grace and mercy. So he does not deal with us merely as we are. He deals with us in grace...'Now,' he says in effect, 'you deal like that with your fellow men. Do not merely see the offensive and the difficult and the ugly. See behind all that'. Let us then observe human beings in their relationship to God, destined for eternity."

Martyn-Lloyd Jones

Questions to Consider (Read these questions and reflect on your answers.)

1. Do you have a conscious, ongoing awareness of God's great love for you?
2. Who do you have the most difficult time loving like God loves you?
3. What specific ways is God calling you to embody the love He has for you for others?

Prayers to Pray (Pray these prayers and listen for God's response.)

1. Heavenly Father, I praise you for your great love for me.
2. Forgive me for not loving...(Insert specific people)...like you have loved me.
3. Give me a supernatural awareness of your grace, mercy, and love towards me.
4. Empower me, by your Holy Spirit, to love others like you love me. Out of the overflow of your great love for me, help me to extravagantly love others. This is an impossible task without your indwelling Holy Spirit. Please strengthen me for this task.

Corporate Prayer to Pray (Pray this prayer for our Resonate Church family.)

1. For **Our Elders and Executive Leadership Team** - Pray that they would be unified. Pray that they would mutually submit to one another. Pray that they would pursue intimacy with God above effectiveness in ministry. Pray that they would grow in humble dependance upon God. Pray that they would hear and obey the voice of God. Pray they they would lead humbly and courageously. Pray for supernatural revelation in regards to how to best lead and love our church. Pray that we would be prayerful for them and sensitive to the leadership burdens they carry.

You shall love your neighbor as yourself.

Mark 12:31

HOW THE SERMON ON THE MOUNT
CAN LEAD US TO

ENGAGE CULTURE

**You are the salt of the earth...
Matthew 5:13**

CALLED TO BE SALT

“The great hope for society today is an increasing creasing number of individual Christians. Let the Church of God concentrate on that and not waste her time and energy on matters outside her province. Let the individual Christian be certain that this essential quality of saltness is in him, that because he is what he is, he is a check, a control, an antiseptic in society, preserving it from unspeakable foulness, preserving it, perhaps, from a return to a dark age.” Martyn-Lloyd Jones

Questions to Consider (Read these questions and reflect on your answers.)

1. Do you believe that your life can, like salt, make a glorious difference in the world by preventing decay and adding savor?
2. How is your Christianity, currently, being like salt in your spheres of influence?
3. How can you be the salt of the earth in a way that engage the culture with the glorious gospel of Jesus Christ?

Prayers to Pray (Pray these prayers and listen for God’s response.)

1. Heavenly Father, I praise you because you are... (Insert attributes of God.)
2. Forgive me for not living as an agent of preservation and flavor in the world.
3. Reveal to me specific ways you are calling me to be the salt of the earth.
4. Empower me, by your Holy Spirit, to be like salt in the earth. Give me supernatural courage and wisdom to know how to bring your flavor to the spaces and places you’ve put me in. I cannot do this without your mighty hand. Please help me.

Corporate Prayer to Pray (Pray this prayer for our Resonate Church family.)

1. For **The Men and Women in the Marketplace** - Pray for the “Resonaters” who work in education, business, public service, the medical field, and non-profits all over the Bay Area. Pray that they would not conform to the world, but bring a distinct gospel flavor and influence through the work they do, the conversations they have, and unique relationships they are in. Pray their “saltiness” wins the lost to Christ.

Walk in wisdom toward outsiders, making the best use of the time.

**Let your speech always be gracious, seasoned with salt,
so that you may know how you ought to answer each person.**

Colossians 4:5-6

**You are the light of the world.
Matthew 5:14-16**

CALLED TO BE LIGHT

“Whether we like it or not, our lives should always be the first thing to speak; and if our lips speak more than our lives it will avail very little. So often the tragedy has been that people proclaim the gospel in words, but their whole life and demeanor has been a denial of it. The world does not pay much attention to them. Let us never forget this order deliberately chosen by our Lord; ‘the salt of the earth’ before ‘the light of the world’. We are something before we begin to act as something.” Martyn-Lloyd Jones

Questions to Consider (Read these questions and reflect on your answers.)

1. If we are the “salt of the earth” by what we do and we are the “light of the world” by what we say, is your “saltiness” paving the way for your “light?”
2. How are you avoiding or disregarding your responsibility to be light in the world?
3. How is God calling you to winsomely engage culture by being a light in the world?

Prayers to Pray (Pray these prayers and listen for God’s response.)

1. Heavenly Father, I praise you for bringing light of the gospel into my life.
2. Forgive me for neglecting my responsibility to be light in the world.
3. Reveal to me the specific people and dark places you are calling me to bring the light of the gospel into.
4. Empower me, by your Holy Spirit, to be light in the world. Help my life to be salt so my words can bring light. Help me to receive the light of your truth so I can greater reflect the light of your truth. Do this work in me and through your power. I cannot be light apart from your light in me.

Corporate Prayer to Pray (Pray this prayer for our Resonate Church family.)

1. For **Our Students** - Pray for them to be light in their schools and on their campuses. Pray for their courage to proclaim the gospel both with their life and words. Pray for boldness to have gospel conversations where the good news is explicitly shared. Save souls through the gospel light shining through our students.

Do all things without grumbling or disputing, that you may be blameless and innocent, children of God without blemish in the midst of a crooked and twisted generation, among whom you shine as lights in the world...
Philippians 2:14-15

But if anyone slaps you on the right cheek, turn to him the other also.

Matthew 5:38-42

CALLED TO TURN THE OTHER CHEEK

“For this reason, says Paul: ‘that they which live should not henceforth live unto themselves, but unto him which died for them, and rose again.’ That is the life to which we are called. Not the life of self-defense or self-sensitivity, sensitivity, but such a life that, even if we are insulted, we do not retaliate; if we receive a blow on the right cheek we are ready to turn the other also; if a man sues us at the law and takes away our coat we are ready to give our cloak also; if we are compelled to go a mile, we go twain; if a man comes and asks something of me I do not say, ‘This is mine’; I say rather, ‘If this man is in need and I can help him, I will!’” Martyn-Lloyd Jones

Questions to Consider (Read these questions and reflect on your answers.)

1. Do you have a tendency to want to repay the evil against you with evil?
2. When was the last time you “turned the other cheek” for the glory of God?
3. How can “turning the other cheek” be a practical way you can engage culture with the glorious gospel of Jesus Christ?

Prayers to Pray (Pray these prayers and listen for God’s response.)

1. Heavenly Father, I praise you for sending Jesus to die for me so that I wouldn’t have to live for myself.
2. Forgive me for repaying evil for evil when...
3. Reveal to me where you are calling me to “turn the other cheek” and “go the extra mile.”
4. Empower me, by your Holy Spirit, to die to myself and turn the other cheek. Help me to live for your glory and not my own. Help me to sacrificially serve others like you have sacrificially served me. May the life of Christ be lived through me in this way.

Corporate Prayer to Pray (Pray this prayer for our Resonate Church family.)

1. For **Perspectives** - Pray for the students going through this course on God's heart for the nations. Pray for hearts to be broken, minds to be enlightened, and hands to be equipped. Pray for many to respond to God's call to cross-cultural missions!

**See that no one repays anyone evil for evil,
but always seek to do good to one another and to everyone.
1 Thessalonians 5:15**

Love your enemies and pray for those who persecute you...
Matthew 5:43-48

CALLED TO LOVE YOUR ENEMY

“Do you pray for people who persecute you and who use you spitefully? Do you ask God to have mercy and pity upon them, and not to punish them? Do you ask God to save their souls and open their eyes before it is too late? Do you feel a great concern? It is that which brought Christ to earth and sent Him to the cross. He was so concerned about us that He did not think about Himself. And we are to treat other people like that.” Martyn-Lloyd Jones

Questions to Consider (Read these questions and reflect on your answers.)

1. Who are the “enemies” God is calling you to love through prayer?
2. Why do you struggle to invest the time to pray for your enemies?
3. How can praying for your enemies be a way to engage culture with the glorious gospel of Jesus Christ?

Prayers to Pray (Pray these prayers and listen for God’s response.)

1. Heavenly Father, I praise you because I was once your enemy, yet you loved me!
2. Forgive me for not praying for and loving these specific enemies of mine...
3. Help me to detach from self-concern so that my capacity to be concerned for my enemies and pray for them can grow.
4. Empower me, by your Holy Spirit, to love my enemies. Give me an acute awareness of how I was once an enemy of yours, yet you loved me. Give me the compassion and self-detachment necessary to pray for my enemies. Pour out an abundance of your Spirit so I can love my enemies in the ways you are calling me to. I need you.

Corporate Prayer to Pray (Pray this prayer for our Resonate Church family.)

1. For **Our For the City/For the Nations initiatives** - Pray for Foster the City, Love Never Fails, our ministry to Afghans, and our Street Ministry. Pray for favor and blessing over these ministries. Pray for our missional disciples—Rachel and Akira Wang and Jessica and Dylan Thompson. Pray for our missional churches—Veneration, Quicksilver, Afghan American Church, and the Christian Bible Church in Ukraine. Pray for Vikasitha ministries in India. Pray for boldness, courage, and strength. Pray for faithfulness and fruitfulness.

Bless those who persecute you; bless and do not curse them.

Romans 12:14

...when you give to the needy...

Matthew 6:1-4

CALLED TO GIVE TO THE NEEDY

“How is this to be done? There is only one answer, and that is that we should have such a love that we have no time to think about ourselves. We shall never get rid of self by concentrating on self. The only hope is to be so consumed by love that we have no time to think about ourselves. In other words, if we are to implement this teaching we must look at Christ dying on Calvary’s Hill, and think of His life and all He endured and suffered, and as we look to Him realize what He has done for us.” Martyn-Lloyd Jones

Questions to Consider (Read these questions and reflect on your answers.)

1. How are you currently engaged with the call to give to the needy?
2. If you have neglected giving to the needy, why is this the case?
3. How can giving to the needy and being generous to the poor be a way to engage the culture with the glorious gospel of Jesus Christ?

Prayers to Pray (Pray these prayers and listen for God’s response.)

1. Heavenly Father, I praise you because I was needy, and you, first, gave to me!
2. Forgive me for neglecting the needy, poor, and overlooked.
3. Reveal to me that when I neglect the poor, I am neglecting you.
4. Empower me, by your Holy Spirit, to give to the needy. Help me be generous, with pure motives, not wanting to bring glory to myself, but trusting that you will reward me. Give me a generous spirit for your glory and your glory alone.

Corporate Prayer to Pray (Pray this prayer for our Resonate Church family.)

1. For **Our Campuses and Campus Pastors** - For Jonathan Luebbers at our Online Campus. For Pastor Will Medel in Hayward. For Pastor Christopher Stites in Oakland. Pray for unity for their staff and congregation. Pray for a corporate desire to make disciples who make disciples for the glory of God. Pray for a corporate desire to live on mission in their neighborhoods. Pray for God's Kingdom to come and God's will to be done Online, in Hayward, and in Oakland on earth as it is in Heaven!

**Whoever is generous to the poor lends to the Lord,
and he will repay him for his deed.**

Psalm 42:1-2

Beware of false prophets...
Matthew 7:15-20

CALLED TO BEWARE OF FALSE PROPHETS

“That is the only way to understand rightly this picture of the false prophets.

The false prophet is a man who has no ‘strait gate’ or ‘narrow way’ in his gospel. He has nothing which is offensive to the natural man; he pleases all. He is in ‘sheep’s clothing’, so attractive, so pleasant, so nice to look at. He has such a nice and comforting message. He pleases everybody and everybody speaks well of him. He is never persecuted for his preaching, he is never criticized severely...There is none of the offense of the cross.”

Martyn-Lloyd Jones

Questions to Consider (Read these questions and reflect on your answers.)

1. Do you find yourself drawn to the type of preaching described above?
2. Why is this type of teaching harmful to you and others?
3. How can being aware of false prophets and helping others to be aware of false prophets be a means of engaging culture with the glorious gospel of Jesus Christ?

Prayers to Pray (Pray these prayers and listen for God’s response.)

1. Heavenly Father, I praise you for the narrow way, through the person of Jesus Christ, that you have given me the faith to believe in.
2. Forgive me for listening to and pursuing teaching that emphasizes grace at the expense of truth.
3. Reveal to me any Bible teachers that I listen to that are wolves in sheep’s clothing.
4. Empower me, by your Holy Spirit, to beware of false prophets. Help me to “test the spirits” with wisdom and discernment. Guide me into truth. Left to myself, I will allow myself to listen to that which feels good rather than what is true. Help me Lord.

Corporate Prayer to Pray (Pray this prayer for our Resonate Church family.)

1. For **Our Bible Teachers** - Pray for all the people who teach God's Word on Sundays, in classes, with children, students, and in our Missional Communities. Pray for both the men and women who teach God's Word. Pray for wisdom, conviction, clarity, anointing, and, above all, the ministry of the Holy Spirit through their Bible teaching.

Beloved, do not believe every spirit, but test the spirits to see whether they are from God, for many false prophets have gone out into the world.

1 John 4:1

And everyone who hears these words of mine and does not do them will be like a foolish man who built his house on the sand.

Matthew 7:24-27

CALLED TO OBEY

“Faith without works is not faith, it is dead. The life of faith is never a life of ease; faith is always practical. The difference between faith and intellectual assent is that intellectual assent simply says, ‘Lord, Lord’ but does not do his will. In other words, though I may say ‘Lord, Lord’ to the Lord Jesus Christ, there is no meaning in it unless I regard him as my Lord, and willingly become his bondservant.” Martyn-Lloyd Jones

Questions to Consider (Read these questions and reflect on your answers.)

1. Over these 21 days, which “calling” from the Sermon on the Mount is the Holy Spirit most convicting you to obey?
2. Over these 21 days, which “calling from the Sermon on the Mount do you find yourself neglecting or rejecting? Why?
3. How can our lives of obedience and submission to Christ be a way that we engage culture with the glorious gospel of Jesus Christ?

Prayers to Pray (Pray these prayers and listen for God’s response.)

1. Father, I praise you for Jesus who obeyed you at every moment. I praise you that through faith in Jesus, I am credited Christ’s righteousness.
2. Forgive me for being disobedient to you in these specific ways...
3. Reveal to me that obedience isn’t how I earn my salvation, but that obedience reveals the authenticity of my saving faith in Jesus Christ.
4. Empower me, by your Holy Spirit, to live a life of obedience. Help my understanding of the gospel never diminish my desire to be conformed into the image of Christ. Help me to see how my sanctification is a necessary ingredient in being an effective missionary for the gospel of Jesus Christ.

Corporate Prayer to Pray (Pray this prayer for our Resonate Church family.)

1. For **Our Pursuit of Calling** - Help us to understand and pursue what you're calling us to. Help us to call others to pursue what they're called to for their good and God's glory!

**If you keep my commandments, you will abide in my love,
just as I have kept my Father's commandments and abide in his love.
John 15:10**

More resources on prayer and fasting:
www.resonatemovement.org/fast

