

# JANUARY MONTH OF PRAYER

## Welcome to the RRCC Month of Prayer.

Prayer is an essential part of our life as individuals and as a church.

This prayer journey will invite you to pray ancient words that have guided Christians for centuries. Each week we will sit with one passage from Ephesians to pray over, and each day you will be invited to notice and respond to a different aspect of it. Repetition matters—deep spiritual growth rarely comes through a single moment, but through daily returning to God.

### Jeremiah 29:12–13

*“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.”*

We want to humble ourselves and seek God throughout the day. Each day at noon, you will receive a text reminding you to pause, breathe, and refocus on God. It is encouraging to know that our whole church is praying together at the same time.

This year, each Saturday will be dedicated to seeking God rather than asking for things from Him, simply being with Him, listening, receiving His love, and giving Him your time.

To receive daily prompts, scan the QR code below.



## FASTING

**This year we also want to invite you to practice fasting.**

Fasting is not a way to manipulate God or earn His favor. Instead, it is a way to offer our bodies to God and realign our hearts and desires with His.

### 1 Corinthians 9:25, 27 (ESV)

Every athlete exercises self-control in all things... I discipline my body and keep it under control...

Paul invites us to discipline, or in other words, to “train” our bodies. Our bodies are often shaped by the patterns of this world, and fasting is one way to retrain our desires toward God. Fasting is one tool that God has given us to pursue him

Fasting intentionally sets aside a physical desire, food, to remind ourselves that we are not ruled by our appetites and that God is our provider. Many people are surprised that, after their body adjusts, they don’t lose energy while fasting.

There are many ways to fast. If you are new to it, we recommend starting with skipping one meal a week, and using that time to pray. When hunger comes, let it become a simple reminder: “God, I hunger for You.”

### Practical tips:

- Drink plenty of water.
- If you normally drink coffee, it may help to continue (ideally black) as you begin fasting.
- A slower, unhurried day is best when possible. Try to make room for reflection instead of rushing.
- Don’t measure the “success” of your fast by how you feel. Offer the experience to God in love, whatever it is.

And of course, if you have medical concerns, adjust as needed. Fasting is not about perfection—it’s about training our hearts and bodies to rely on God.

## WEEK 1 - Jan 4-10

### Ephesians 1:3-10 - Praise

3 Praise be to the God and Father of our Lord Jesus Christ, who has blessed us in the heavenly realms with every spiritual blessing in Christ. 4 For he chose us in him before the creation of the world to be holy and blameless in his sight. In love 5 he predestined us for adoption to sonship through Jesus Christ, in accordance with his pleasure and will— 6 to the praise of his glorious grace, which he has freely given us in the One he loves. 7 In him we have redemption through his blood, the forgiveness of sins, in accordance with the riches of God's grace 8 that he lavished on us. With all wisdom and understanding, 9 he made known to us the mystery of his will according to his good pleasure, which he purposed in Christ, 10 to be put into effect when the times reach their fulfillment—to bring unity to all things in heaven and on earth under Christ.

**Jan 4<sup>th</sup>** This week, we will focus on Ephesians 1:3-10. Begin by slowly re-reading the passage. Then pray by rewording it back to God in your own words.

**Jan 5<sup>th</sup>** - Today, reflect on the trinitarian language used in Ephesians 1:3-10 and how each is at work in our salvation. Then pray by praising God the Father, the Son, and the Holy Spirit.

**Jan 6<sup>th</sup>** - Today, reflect on the blessings listed in Ephesians 1:3-10. Then pray by giving thanks to God for these specific blessings.

**Jan 7<sup>th</sup>** - Today, reflect on Paul's use of "us" in Ephesians 1:3-10. This prayer is corporate. Then pray for our church and community. Ask God to set us as a holy, loving community that reflects Christ.

**Jan 8<sup>th</sup>** - Today, reflect on Ephesians 3:7, we have redemption and forgiveness through Christ's blood. Then pray by receiving God's forgiveness.

**Jan 9<sup>th</sup>** Today, reflect on Ephesians 3:10, the future uniting of all things in Christ. Then pray by asking God to give you a longing for his full kingdom to come.

**Jan 10<sup>th</sup>** Return to Ephesians 1:3-10. Pray by being still, resting in His presence, and listening for His voice.

## WEEK 2 - Jan 11-17

### Ephesians 1:17-23 - Thanksgiving

17 I keep asking that the God of our Lord Jesus Christ, the glorious Father, may give you the Spirit of wisdom and revelation, so that you may know him better. 18 I pray that the eyes of your heart may be enlightened in order that you may know the hope to which he has called you, the riches of his glorious inheritance in his holy people, 19 and his incomparably great power for us who believe. That power is the same as the mighty strength 20 he exerted when he raised Christ from the dead and seated him at his right hand in the heavenly realms, 21 far above all rule and authority, power and dominion, and every name that is invoked, not only in the present age but also in the one to come. 22 And God placed all things under his feet and appointed him to be head over everything for the church, 23 which is his body, the fullness of him who fills everything in every way

**Jan 11<sup>th</sup>** This week, we will focus on Ephesians 1:17-23. Begin by slowly re-reading the passage. Then pray by rewording it back to God in your own words.

**Jan 12<sup>th</sup>** Today, reflect on the trinitarian language used in Ephesians 1:17-23 and how each is at work in our salvation. Then pray by praising God the Father, the Son, and the Holy Spirit.

**Jan 13<sup>th</sup>** Today, reflect on the invitation in Ephesians 1:17-23 to know God more deeply. Then pray by asking Him to reveal Himself so that you more fully comprehend his goodness and greatness.

**Jan 14<sup>th</sup>** Today, reflect on God's mighty strength at work in you (Ephesians 1:19-20). Then pray for opportunities to use that strength to love and serve others.

**Jan 15<sup>th</sup>** Today, reflect on the greatness of Jesus in Ephesians 1:20-22. Then pray by praising Him for his sovereignty over all.

**Jan 16<sup>th</sup>** Today, reflect on Ephesians 1:17-23 and how the church is the body of Christ and the fullness of Him. Then pray by asking God to help the church represent Him well in the world.

**Jan 17<sup>th</sup>** Return to Ephesians 1:17-23. Pray by being still, resting in His presence, and listening for His voice.

## WEEK 3 - Jan 18-24

### Ephesians 3:14-19

14 For this reason I kneel before the Father, 15 from whom every family in heaven and on earth derives its name. 16 I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being, 17 so that Christ may dwell in your hearts through faith. And I pray that you, being rooted and established in love, 18 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, 19 and to know this love that surpasses knowledge—that you may be filled to the measure of all the fullness of God.

**Jan 18<sup>th</sup>** - This week, we will focus on Ephesians 3:14-19. Begin by slowly re-reading the passage. Then pray by rewording it back to God in your own words.

**Jan 19<sup>th</sup>** - Today, reflect on the trinitarian language used in Ephesians 3:14-19 and how each is at work in our salvation. Then pray by praising God the Father, the Son, and the Holy Spirit.

**Jan 20<sup>th</sup>** - Today, reflect on the blessings of God expressed through Ephesians 3:14-19. Then pray by kneeling (literally, if possible) before the Father and giving him praise.

**Jan 21<sup>st</sup>** - Today, reflect on how God has strengthened you (Ephesians 3:16). Then pray for opportunities to use that strength to love and serve others

**Jan 22<sup>nd</sup>** - Today, reflect on God's love in Ephesians 3:14-19. You are rooted and established in love, and on how wide and long and high and deep is the love of Christ. Then pray by asking Him to reveal His love to you.

**Jan 23<sup>rd</sup>** - Today, reflect on the amazing idea that you may be filled to the measure of all the fullness of God (Ephesians 3:19). Then pray by praising Him for his presence in you.

**Jan 24<sup>th</sup>** - Return again to Ephesians 3:14-19. Pray by being still, resting in His presence, and listening for His voice.

## WEEK 4 - Jan 25-31

### Ephesians 6:10-13

10 Finally, be strong in the Lord and in his mighty power. 11 Put on the full armor of God, so that you can take your stand against the devil's schemes. 12 For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. 13 Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand.

**Jan 25<sup>th</sup>** - This week, we will focus on Ephesians 6:10-13. Begin by slowly re-reading the passage. Then pray by rewording it back to God in your own words.

**Jan 26<sup>th</sup>** - Today, reflect on God's mighty strength in us (Ephesians 6:10). Then pray to remain steadfast amid trials and temptations.

**Jan 27<sup>th</sup>** - Today, reflect on what our struggle is against (Ephesians 6:11-12). Then pray for discernment, wisdom and courage to confront these challenges.

**Jan 28<sup>th</sup>** - Today, picture yourself putting on each piece of the armour of God. Then pray that when the day of evil comes, you will be able to stand your ground (Ephesians 6:13).

**Jan 29<sup>th</sup>** - Today, reflect on Ephesians 6:10-13 and think about the people around you who may be struggling spiritually or morally. Then pray for God to strengthen them and protect them from spiritual attacks, and to use you to encourage and support them.

**Jan 30<sup>th</sup>** - Today, reflect on Ephesians 6:10-13 and how Jesus has already won the battle. Then pray by praising God for his victory over evil.

**Jan 31<sup>th</sup>** - Return to Ephesians 6:10-13. Pray by being still, resting in His presence, and listening for His voice.