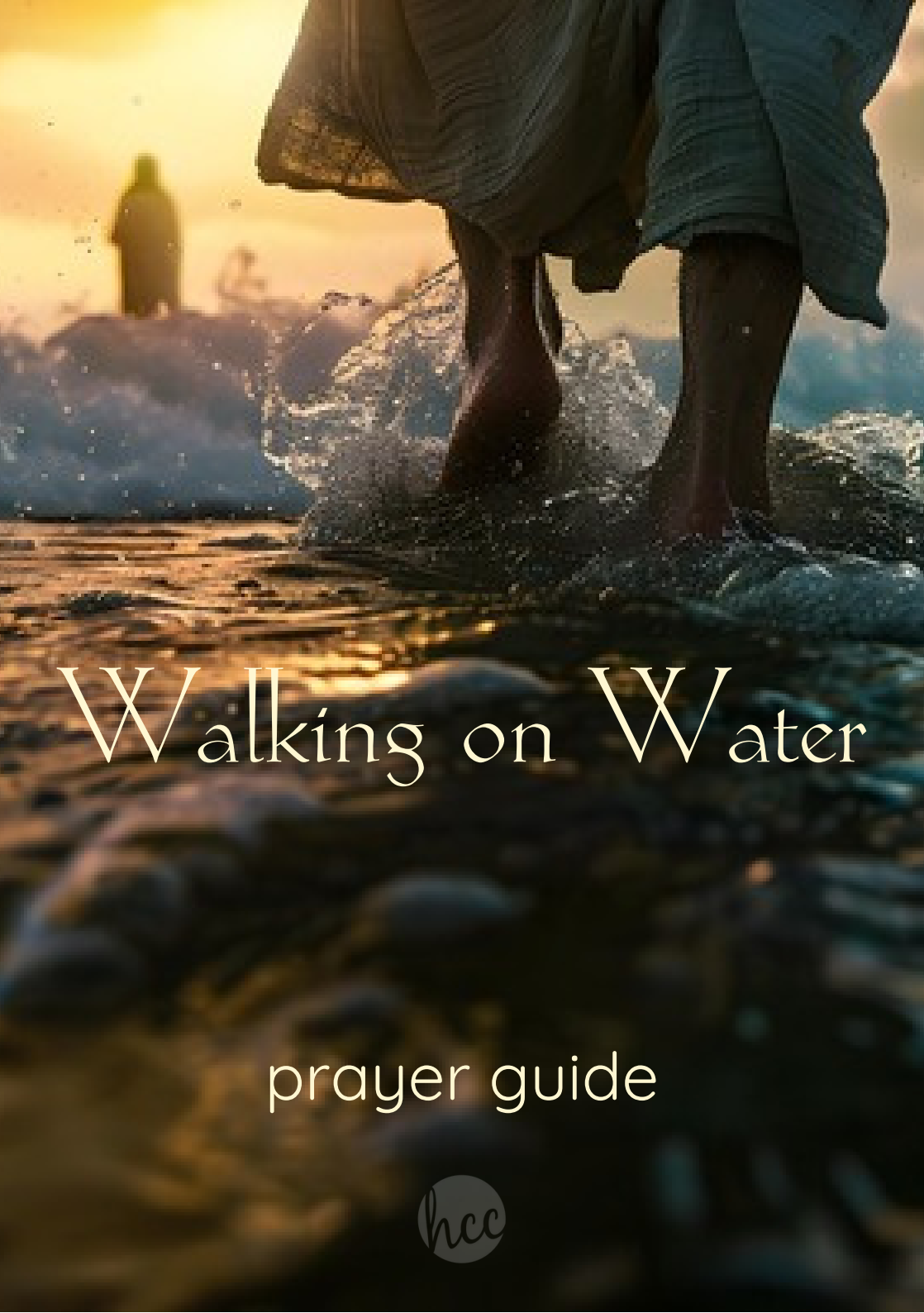


A low-angle, close-up shot of a person's legs and feet walking on water. The person is wearing a blue, pleated skirt. The water is splashing around their feet. In the background, a silhouette of a person stands on a distant shore under a warm, orange sunset sky. The overall mood is serene and spiritual.

Walking on Water

prayer guide



Immediately he made the disciples get into a boat and go on ahead to the other side, while he dismissed the crowds. And after he had dismissed the crowds, he went up the mountain by himself to pray. When evening came, he was there alone, but by this time the boat, battered by the waves, was far from the land, for the wind was against them. And early in the morning he came walking toward them on the sea. But when the disciples saw him walking on the sea, they were terrified, saying, "It is a ghost!" And they cried out in fear. But immediately Jesus spoke to them and said, "Take heart, it is I; do not be afraid."

Peter answered him, "Lord, if it is you, command me to come to you on the water." He said, "Come." So Peter got out of the boat, started walking on the water, and came toward Jesus.

But when he noticed the strong wind, he became frightened, and, beginning to sink, he cried out, "Lord, save me!" Jesus immediately reached out his hand and caught him, saying to him, "You of little faith, why did you doubt?" When they got into the boat, the wind ceased. And those in the boat worshiped him, saying, "Truly you are the Son of God."

Fasting

Fasting typically involves refraining from all or some foods and drinks for a specified duration.

There are numerous methods to fast, including:

- Time-based fasting (e.g., fasting for half the day)
- Food-based fasting (e.g., eliminating sugar, alcohol, or consuming only liquids)
- Non-food fasting (e.g., refraining from social media or TV)

Fasting is generally safe and can be beneficial for both your body and mind. However, it's essential to be realistic and sensible about what you can physically and mentally handle. Whether you choose to focus on when, what, or non-food fasting, your motivation should be to honour God rather than please others. Importantly, your commitment should never lead to guilt, shame, or serious health issues.

IMPORTANT: If you are on any medication, have health concerns, are pregnant, or breastfeeding, consult your healthcare provider before starting any food or drink fast. If you experience symptoms like blurred vision, loss of consciousness, severe dizziness, or distressing thoughts during your fast, please seek assistance.

Tips for Food Fasting:

- **Stay hydrated.** Increased fluid intake is crucial when not consuming food. Drinking plenty of water will enhance your energy levels and mental clarity.
- **Maintain your salt levels.** To stay well-hydrated, consider adding a pinch of salt to your water.
- **Anticipate initial side effects.** Common effects such as headaches, heartburn, fatigue, constipation, and poor sleep may occur at the beginning of a food fast but should diminish quickly.
- **Prepare for withdrawal symptoms.** Especially if you are cutting out caffeine, be ready to experience withdrawal. Staying hydrated will aid your body's adjustment.
- **Enter and exit gently.** Gradually decrease your food intake and break your fast with easily digestible meals to avoid overwhelming your body.
- **Have a plan.** It can be easy to forget your commitment and its purpose. Write down your intentions where they are visible and prepare your environment by removing triggers and adding reminders to pray or read the Bible.

*Nadin Kromkamp,
MSc Nutrition & Health*



Sunday - 12 July 2026

BEING KINGDOM-MINDED

Reflection by Brigitte Crowe

A kingdom-minded person sees life from God's perspective and lives for His purposes. Jesus said, *"Do not worry about your life... But seek first his kingdom and his righteousness"* (Matthew 6:25,33). Instead of being consumed by possessions, status, security, or the future, kingdom-minded people trust God with their needs and ask, "How can I honour God and advance His kingdom?"

Paul adds, *"We are therefore Christ's ambassadors"* (2 Corinthians 5:20). An ambassador represents the values and character of a king in another land. In the same way, followers of Jesus are called to represent Him wherever they are—at home, at work, in church, and in the community.

As we begin this week of prayer and fasting, we are making space to focus on what matters most. Fasting is not about earning God's favour or following strict rules. It is a voluntary setting aside of food or another significant thing for a time so we can seek God with greater focus and devotion. Even small steps can deepen our awareness of His presence.

Kingdom-minded living means more than waiting for heaven; it means bringing God's values into everyday life now. When we seek God first, our priorities change, our worries lose their grip, and our lives become a witness to His love, truth, and grace.

ask yourself:

- What worries or concerns may be competing with God's kingdom for my attention?
- How can I seek God's kingdom more intentionally in this season?
- In what ways am I representing Christ to those around me?
- Who might God be calling me to influence or encourage as His ambassador?

let's pray:

Heavenly Father,

Thank You for calling us into Your kingdom. Forgive us for the times we have been distracted by worry, self-interest, or earthly priorities. During this time of prayer and fasting, align our hearts with Yours so that we seek first Your kingdom and Your righteousness. Teach us to trust You with our needs and to live as faithful ambassadors of Jesus Christ. May our lives reflect Your love, truth, and grace so that others may be drawn to You. In Jesus' name, Amen.

notes:



Monday - 13 July 2026

COME TO OURS

Reflection by Tony Gallagher

Hospitality was a hallmark of the early church and should be one of the modern church as well. Hospitality is an expression of love for one's neighbour. This is the *agape* love because it involves a certain amount of sacrifice of a family's resources (time, money and skills). It also entails risk as you don't know how it will go. And that is why an element of faith is involved.

Hospitality can fall into two categories: Hospitality towards believers and hospitality towards unbelievers. The gospels give examples of both:

Consider the example of Matthew/Levi. He was a recent convert when he opened up his house to all his non-believing friends. This left Jesus open to criticism. However, it was the perfect setting for Jesus to call these sinners to repentance and healing (Luke 5:27-32).

On another occasion, Martha plays host to Jesus and the disciples, over a dozen people with little preparation time. That was a tall order, and it turned out to be quite stressful for Martha because she didn't get all the help she counted on. This affected her attitude.

Both the above examples had their complications, but Jesus spoke into both situations. It's the presence of Jesus that makes it all worthwhile.

ask yourself:

- What kind of faith would it require for me to invite people to my house?
- What difference could Jesus' presence bring to our hospitality?

let's pray:

Lord, may our congregation be known for its hospitality.
Amen.

notes:

[illegible]



Tuesday- 14 July 2026

AN OUTSTRETCHED HAND

Reflection by Naomi Baroli

At its roots, pastoral care refers to tending to people's emotional, physical, and spiritual needs. Everything from grief support to visiting the sick and elderly to spending time with the marginalised and forgotten. In a world consumed by violence, political division, injustices, and loneliness, giving our time to ease some of the suffering is vital, perhaps now more than ever.

Romans 15:5 (NIV) says *“May the God who gives endurance and encouragement give you the same attitude of mind towards each other that Christ Jesus had.”* Pastoral care isn't merely an act—it is a heart and mindset; something we are called to provide as quickly as we would have a thought or feeling.

We see an example of this in Matthew 14:30-31 (NIV):

*“But when he [Peter] noticed the strong wind, he became frightened, and, beginning to sink, he cried out, “Lord, save me! **Jesus IMMEDIATELY reached out His hand and caught him.**”*

Jesus's action was instantaneous. He didn't hesitate or blame Peter for the predicament he found himself in and therefore consider him to be beyond or unworthy of His aid. A cry for help and Jesus was there, lending His strength and time to save someone in need.

It can be daunting, going out and helping people—stepping



out into the unknown to follow in Jesus's footsteps. But the waves continue to rise, and the storm of the world still rages. Too many people are drowning for us to stay in our boats of comfort. When Jesus reaches out His hand and we take it, we must also reach out our hand to others; creating a chain of support anchored by the One who saves. Some encouragement comes from Matthew 14:27; *"Take heart, it is I; do not be afraid."* When we serve others, we serve Jesus through them. Why then should we fear? Why do we hesitate?

ask yourself:

- What is stopping me from providing pastoral care?
- What is keeping me from an immediate response to someone's needs?

let's pray:

Heavenly Father,

Thank You for Your outstretched hand, even before I call out for help. Thank you that Your response is immediate. Forgive me when I hesitate to help others, when I delay, or don't want to. Help me step out of the boat in faith and make time for people both in my congregation and the wider community. In Jesus' name I pray, Amen.

notes:



Wednesday - 15 July 2026

COMMUNITY ENGAGEMENT

Reflection by Bronwyn Muggleston

This week's passage describes Jesus and his disciples surrounded by the crowds in Matthew 14:2. From earlier scriptures, we understand that the people were drawn to His teaching, His testimony, and the anticipation of healing and miracles before Jesus and the disciples took a break on the lake.

As they moved through Judea and Galilee, they engaged naturally with their communities—speaking with families, teaching in synagogues and temple courts, entering homes, and sharing meals. Their ministry happened in the ordinary rhythms of life, modelling for us what genuine community engagement looks like. They stepped into everyday spaces and people were drawn to the presence of Jesus.

In Matthew 5:14–16, Jesus says, *“You are the light of the world... let your light shine before others, that they may see your good deeds and glorify your Father in heaven.”* This call is not abstract; it is lived out in daily interactions.

At HCC, we have many avenues for connection—Sowers Trust with Two Coats, the Food Pantry, Youth Services, Exhale, Blokes Breakfast, Connection activities, and events like the International Food Festival and Marriage Enrichment Evenings.

Each creates opportunities for people to encounter us and, through us, encounter Christ.



But our personal, everyday relationships are just as important.

Every conversation, act of care, or moment of support becomes a chance to reflect Jesus, share our faith, and offer a glimpse of our own salvation story.

ask yourself:

- How do I live out ‘engaging in community’ in my daily life?
- How can I use my personal and church connections to encourage others to consider their own faith journey and bring Jesus into conversation?

let's pray:

Jesus, thank You for Your saving grace. Give us courage and opportunities to bring You into our conversations. May Your Spirit lead us as we share. Amen.

notes:



Thursday - 16 July 2026

USING TIME, TALENTS & TREASURE

Reflection by Wil Harvie

In 1964, Bob Dylan wrote the famous song *The Times They Are A-Changin'*, reminding us that the circumstances of life are constantly changing. Wealth, influence, and security can all come and go. Around the same time, he also wrote a song inspired by Ecclesiastes 3, highlighting that there is a season for everything.

Ecclesiastes 3:12–13 reminds us that there is nothing better than to rejoice, do good, and receive our work as a gift from God. Every moment we have, every ability we possess, and every resource entrusted to us comes from His gracious hand.

In Matthew 14:22–33, Peter stepped out of the boat at Jesus' invitation. As long as he kept his eyes fixed on Christ, he experienced the impossible. When he focused on the wind and waves, fear overwhelmed him, and he began to sink. Like Peter, God often calls us to step beyond our comfort zones and trust Him with what He has given us.

Using our time, talents, and treasures requires that same faith. It may mean volunteering when our schedule feels full, using our gifts in ways that stretch us, or giving generously when it seems costly. Yet when we keep our eyes on Jesus rather than on our limitations, He enables us to serve Him in ways we never imagined.



Whether you spend time visiting someone who is lonely, use your talents to encourage or teach others, or share your financial resources with someone in need, every act of faithful stewardship honours God and advances His Kingdom.

ask yourself:

- How am I using the time, talents, and treasures God has entrusted to me?
- Am I keeping my eyes on Jesus or allowing fear and uncertainty to hold me back?
- Where might God be inviting me to step out in faith and serve Him more fully today?

As we faithfully offer Him what He has first given us, we discover that our greatest security is not in our abilities or possessions, but in the One who calls us to trust Him.

let's pray:

Heavenly Father, thank You for the time, talents, and treasures You have entrusted to me. Forgive me for the times I have allowed fear or comfort to keep me from serving You wholeheartedly. Like Peter, help me to keep my eyes fixed on Jesus and to step out in faith whenever You call. Use my gifts for Your glory, strengthen my trust in You, and make my life a blessing to others. In Jesus' name, Amen.





Friday - 17 July 2026

THE CALL TO FOLLOW JESUS

Reflection by Brigitte Crowe

"Whoever wants to be my disciple must deny themselves and take up their cross daily and follow me." (Luke 9:23).

Jesus teaches that discipleship is a daily act of surrender. To follow Him, we must lay aside our own desires and choose His way. Dietrich Bonhoeffer captured this cost when he wrote, "When Christ calls a man, he bids him come and die." Bonhoeffer lived out those words and ultimately gave his life for his faith.

Fasting is a practical expression of discipleship. By willingly denying ourselves, we learn to depend more fully on Christ and place Him at the centre of our lives.

Transformation and Renewal

Following Jesus not only requires surrender; it also brings transformation.

"Offer your bodies as a living sacrifice... Do not conform to the pattern of this world but be transformed by the renewing of your mind." (Romans 12:1–2).

Fasting is one way we offer ourselves to God as a living sacrifice. It creates space for Him to renew our minds, reshape our desires, and deepen our devotion. Yet the world constantly competes for our attention through its worries, riches, pleasures, and temptations.

Jesus warned of this danger:



"The seed that fell among thorns stands for those who hear, but as they go on their way they are choked by life's worries, riches and pleasures, and they do not mature." (Luke 8:14).

A divided heart hinders spiritual growth, but wholehearted devotion to Christ produces lasting fruit. This is why we need one another. Through prayer, encouragement, accountability, and shared testimonies, we help each other remain faithful disciples.

One day we will stand before God.

"Thousands upon thousands attended him; ten thousand times ten thousand stood before him. The court was seated, and the books were opened." (Daniel 7:10).

The certainty of that day calls us to live faithfully now, seeking Christ and His kingdom above all else.

ask yourself:

- What or who are you truly devoted to?
- What competes with your devotion to Christ?
- How can fasting help you refocus on Jesus?
- Are you living with undivided loyalty to Christ?

let's pray:

Father, when the books are opened and the roll is called up yonder, may I be found faithful and be there among Your people. Keep my heart fully devoted to Jesus until that day. Amen.





Saturday - 18 July 2026

WORSHIP

Reflection by Jarryd Zimri

One thing that always stands out to me in this passage is that Peter only walked on the water while his eyes were fixed on Jesus. The storm was already there. The wind and waves didn't disappear. What changed was where Peter was looking, and I think that's the challenge for all of us.

As we pray and fast with this in mind, perhaps God is asking us to trust Him in an area that feels uncomfortable or uncertain. It could be our family, our finances, our future, our ministry, or our health. The storm may still be there, but the question remains: where are our eyes fixed?

Worship helps us answer that question. Worship isn't just the songs we sing on a Sunday; it's choosing to lift our eyes to Jesus when everything around us is competing for our attention. Prayer keeps us close to His heart, and fasting removes some of the noise so that we can hear His voice more clearly.

True worship says, *"Jesus, You are worthy even when the winds are strong. You are faithful even when I cannot see the way forward. You are enough, even when stepping out feels impossible."*

As we pray and fast this week, may worship keep our eyes fixed on Christ rather than our circumstances. Worship isn't pretending the storm isn't there; it's trusting the One who walks upon it and calls us to follow Him.



ask yourself:

- What "boat" is God asking me to step out of in this season?
- What winds and waves have been stealing my focus from Jesus?
- Is my worship dependent on my circumstances, or on God's unchanging character?
- How can prayer and fasting help me keep my eyes fixed on Christ?

let's pray:

Lord, we thank You that You are always faithful, even in the middle of the storm. As we pray and fast this week, help us to keep our eyes fixed on You and not on the waves around us. Give us the courage to step out in faith wherever You are leading us, whether that's in our families, our ministry, our work, or the things we're carrying in our hearts right now.

May our worship come from a place of trust and surrender, not just when life is easy, but in every season. Remove the distractions that keep us from hearing Your voice, deepen our hunger for Your presence, and remind us that You are worthy of our praise no matter what we face.

notes:

This image shows a single page of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page, leaving small margins at the top and bottom. There are no vertical margin lines, and the page is completely blank except for the lines themselves.



prayer & fasting

Sunday 12 - Saturday 18 July 2026

Prayer Meetings:

Sunday, 12 July - 5:30-6:30pm (Encounter)

Monday, 13 - Thursday, 16 July - 7:00-8:00pm

Saturday 18 July - Worship Night 7:30-8:30pm

Prayer Room Open:

9am - 1pm - 13 Monday - 17 Friday July

