

## Meditation and Self Examination

As we prepare for BGC Prayer Week January 8-14, 2017, I want to encourage all in our Conference family to enter a season of Self-Examination. This is good to do regularly but especially at the start of a new year. The Psalmist wrote: "If I had not confessed the sin in my heart, the Lord would not have listened." (Psalm 66:18) One of my faith heroes is George Whitefield who saw great revivals in England and America in the 1700s. Here is a clip from his diary that outlines his way to spiritually examine himself daily. Which of these are you already practicing, which could you add to your daily pattern of self-denial, taking up the cross and following Christ?

From George Whitefield's Diary:



Have I,

1. Been fervent in private prayer?
2. Prayed the hours I committed myself to pray?
3. Used exclamatory prayer every hour? – (Also known as the Jesus Prayer: "Lord Jesus Christ, Son of God, have mercy on me, a sinner")
4. After or before every deliberate conversation or action, considered how it might tend to God's glory?
5. After any pleasure, immediately given thanks?
6. Planned my schedule for the day?
7. Lived simply and acknowledged the presence of God in everything?
8. Been zealous in undertaking and active in doing what good I could?
9. Been meek, cheerful, affable in everything I said or did?
10. Been proud, vain, unchaste or envious of others?
11. Been temperate in eating, drinking and sleep?
12. Taken time for giving thanks for all things?
13. Been diligent in Bible reading and study?
14. Thought or spoken unkindly to anyone?
15. Confessed all sin?

Kevin Schular, Executive Director



## Prayer Promise & Prayer Requests January 8-14, 2017

January 8<sup>th</sup>

### Prayer Promise

*If my people who are called by my name humble themselves, and pray and seek my face and turn from their wicked ways, then I will hear from heaven and will forgive their sin and heal their land.*

**2 Chronicles 7:14**

*If you abide in me, and my words abide in you, ask whatever you wish, and it will be done for you.*

**John 15:7**

### Prayer Requests

- ❖ All BGC Churches – that the Lord will move in us and work through us in 2017
- ❖ Pray for your own church first – your pastor(s), church staff, board, volunteers
- ❖ Canada's upcoming 150<sup>th</sup> Birthday
- ❖ The Economy – Nationally & Locally

January 9<sup>th</sup>

### Prayer Promise

*Call to me and I will answer you, and will tell you great and hidden things that you have not known.* **Jeremiah 33:3**

*Ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you. For everyone who asks receives, and the one who seeks finds, and to the one who knocks it will be opened.* **Matthew 7:7-8**

### Prayer Requests

- ❖ BCBC District – Bernard Mukwavi, District Minister
- ❖ Prime Minister Trudeau and the Cabinet Members, Premiers, Supreme Court Judges and local officials

January 10<sup>th</sup>

### Prayer Promise

*I love the Lord, because he has heard my voice and my pleas for mercy. Because he inclined his ear to me, therefore I will call on him as long as I live.* **Psalm 116:1-2**

*And this is the confidence that we have toward him, that if we ask anything according to his will he hears us. And if we know that he hears us in whatever we ask, we know that we have the requests that we have asked of him.* **1 John 5: 14-15**

### Prayer Requests

- ❖ BGCA District – Roger Helland & Bob Shepanski, District Ministers
- ❖ Spiritual Renewal & freedom of religious rights
- ❖ Women's Ministry, CBS and Stewardship Foundation



## Prayer Promise & Prayer Requests January 8-14, 2017 (cont'd)

### January 11<sup>th</sup>

#### Prayer Promise

*And Jesus answered them, "Have faith in God. Truly, I say to you, whoever says to this mountain, 'Be taken up and thrown into the sea,' and does not doubt in his heart, but believes that what he says will come to pass, it will be done for him. Therefore I tell you, whatever you ask in prayer, believe that you have received it, and it will be yours. And whenever you stand praying, forgive, if you have anything against anyone, so that your Father also who is in heaven may forgive you your trespasses."* **Mark 11: 22-26**

*Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need.* **Hebrews 4:16**

#### Prayer Requests

- ❖ BGCS District – Bill Danyluk, District Minister (interim)
- ❖ Organizations working for those that are in need, Christian social justice, the poor, those who are homeless and refugees in Canada

### January 12<sup>th</sup>

#### Prayer Promise

*Moreover, as for me, far be it from me that I should sin against the Lord by ceasing to pray for you, and I will instruct you in the good and the right way. Only fear the Lord and serve him faithfully with all your heart. For consider what great things he has done for you.* **1 Samuel 12:23-24**

*Finally, brothers, pray for us, that the word of the Lord may speed ahead and be honored, as happened among you, and that we may be delivered from wicked and evil men. For not all have faith.* **Thessalonians 3:1-2**

#### Prayer Requests

- ❖ BGC-CC District – Lorne Meisner, District Minister
- ❖ Church Planting, Philippine Clinic and praise item for Rwanda clinic opening
- ❖ AGM at Camp Nakamun in June

### January 13<sup>th</sup>

#### Prayer Promise

*But I say to you, Love your enemies and pray for those who persecute you.*

#### **Matthew 5: 44**

*And the prayer of faith will save the one who is sick, and the Lord will raise him up. And if he has committed sins, he will be forgiven. Therefore, confess your sins to one another and pray for one another, that you may be healed. The prayer of a righteous person has great power as it is working. Elijah was a man with a nature like ours, and he prayed fervently that it might not rain, and for three years and six months it did not rain on the earth. Then he prayed again, and heaven gave rain, and the earth bore its fruit.*

#### **James 5:15-18**

#### Prayer Requests

- ❖ BGC-EE – Kevin Schular, Executive Director
- ❖ Global Ministries Personnel
- ❖ Powerful move of God's spirit in the BGCC and Canada

### January 14<sup>th</sup>

#### Prayer Promise

*Praying at all times in the Spirit, with all prayer and supplication. To that end, keep alert with all perseverance, making supplication for all the saints.*

#### **Ephesians 6:18**

*First of all, then, I urge that supplications, prayers, intercessions, and thanksgivings be made for all people.* **Timothy 2:1**

#### Prayer Requests

- ❖ Pray for National Board – Dick Stephens, Chair
- ❖ God leads us in the 360° vision
- ❖ School of Orientation - April