

St. Andrew Prayer Pause

Nourish Your Soul Daily with Scriptural Prompts for Spiritual Growth

Join us this season in a powerful journey of daily, intentional prayer. As a community, let's come together and embrace the strength that prayer brings to our lives.

As an added spiritual discipline to your prayer, we invite you to participate in a daily fast to open your heart to best hear God's word for you.

Monday | Personal: We invite you to fast from noise that otherwise distracts you. From the news to music to phone conversations, spend some time in silence today to better hear from God.

"Be still, and know that I am God." (Psalm 46:10)

- To give thanks for the blessings you currently have, and how you are called to use those blessings
- To confess the ways you have fallen short, and to embrace the grace of Christ to grow beyond them
- To learn to hear God's voice

Tuesday | Church: We invite you to fast from social media today, and instead schedule time to connect with someone in the church.

"And let us consider how we may spur one another on toward love and good deeds." (Hebrews 10:24)

- To give thanks for the people who have developed the church into what it is today
- That new relationships and connections will be formed to encourage growth and discipleship
- That St. Andrew invest in the ministries and programs God is calling us to so that everyone in this church takes new steps in their faith

Wednesday | Community: We invite you to fast from music and podcasts on your drive, and instead pay attention to the communities you see on your drive that ought to be in your prayers.

"Go into all the world and preach the gospel to all creation." (Mark 16:15)

- That they might come to know God's grace and love
- That they might come to find a church home that inspires them to live more passionately for Christ
- That St. Andrew might take the steps necessary to reach out to the people of the world and invite them to be a part of this church community

Thursday | Children and Students: We invite you to fast from TV and Movies today to focus on intentional time with your own family.

"Train a child in the way he should go, and when he is old he will not turn from it." (Proverbs 22:6)

- What does the church of tomorrow look like?
- What does St. Andrew need to become in order to serve our children and students?
- How can I be a part of this work?

Friday | Missions: We invite you to fast from a meal today to best hear about the physical and spiritual needs that so many have around the world.

"Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up." (Galatians 6:9)

- For the wisdom to see the needs of the community around us and how St. Andrew might respond to them
- For those who serve in missions and volunteer at St. Andrew to feel encouraged in their service
- For how I can volunteer with St Andrew and for how I can be a part of the mission of the wider world

Saturday | Staff: We invite you to fast from some indulgence today to prepare your heart for worship this weekend.

"Therefore encourage one another and build each other up, just as in fact you are doing." (1 Thessalonians 5:11)

- For the leaders on Sunday morning to feel the Holy Spirit's presence in anticipation of tomorrow
- For all of the staff who do work in front and behind the scenes to be encouraged in their work
- That they might discern the leadership and offerings that St. Andrew requires in order to grow and transform the world around us