



# PRAYER & FASTING GUIDE



**MARCH 17-31**



GRACE OFFERING 2024

# PRAYER & FASTING GUIDE

**Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age.**

**MATTHEW 28:19-20**

# HOW TO USE THIS GUIDE

## 1. COMMIT TO PRAYER & FASTING

Read pages 3-5, which explain why we fast and give practical examples of the types of fasts you can commit to.

Decide on the type of fast you will commit to, and fill out the commitment page on p.7.

## 2. EACH DAY, READ ABOUT AND PRAY FOR ONE OF THE MISSIONS SUPPORTED BY GRACE OFFERING

Follow along each day to learn more about one of the missionaries or programs supported by Grace Offering. Each day there are specific prayer needs that you can keep in mind, a passage of Scripture to read, and a space to write out your prayers or reflections.

# WHY FAST?

At first, fasting may seem foreign or daunting to us, but for the early followers of Jesus it was a way of life. ***In giving up food, we experience freedom from worldly comforts and desires.*** As our bodies experience physical hunger, it reminds us of the necessity of being dependent on Jesus, the bread of life.

In this time of prayer and fasting, we commit to pray diligently for the missions supported by the Grace Offering. At the same time, we're eager to listen to God's guidance about how we can help spread His kingdom in our own lives.

***Our collective prayer is that we will be drawn closer into God's presence and purpose through this time.*** We pray that God will hear our prayers and stir our hearts to be aligned with his. As we give financially for Grace Offering, we pray that our sacrifice will bring His Kingdom closer to earth.

- Prayer and fasting are long-standing spiritual disciplines that were modeled by Jesus, his disciples, and the early church.
- Prayer connects us to our Father in the supernatural realm.
- Fasting disconnects us from the world and the natural desires of the flesh.

# TYPES OF FAST

## MAJOR FAST

***A major fast is when you abstain from food or drink for twenty-four consecutive hours or more.*** A major fast requires a certain level of physical health, and it is recommended that you check with your doctor if you're doing a major fast that lasts more than a few days in a row. Some examples from Scripture of a major fast can be found in Matthew 4:2, Acts 9:9, and Esther 4:15-16, just to name a few.

**Examples:** I will fast all day Monday the 17th - Wednesday the 20th

I will fast all day on Friday the 22nd and Friday the 29th

## MINOR FAST

***In a minor fast, you choose to abstain from food for a certain period of time*** (i.e., 6 a.m. to 3 p.m. or sunup to sundown). This fast is sometimes called a "Jewish fast," and it can last for days at a time, eating only at a set time of the day. In a minor fast, most people will drink liquids during the day and have one small meal after sundown each evening.

**Examples:** I will fast during my lunch break each day and use the time for prayer

I will fast from breakfasts and lunches from Wednesday the 27th - Friday the 29th.

## PARTIAL FAST

***A partial fast is when you give up only certain foods during the course of your fast.*** This fast is seen most clearly in Daniel 1, where Daniel abstains from certain foods out of devotion to God for a period of time. During a partial fast, some people choose to give up certain foods they enjoy in an effort to turn their hearts more deeply toward God.

***Examples:*** My family will refrain from eating at restaurants or getting take-out these 2 weeks, to contribute the money we save towards Grace Offering

I will eat only fruits and vegetables for the week before Easter.

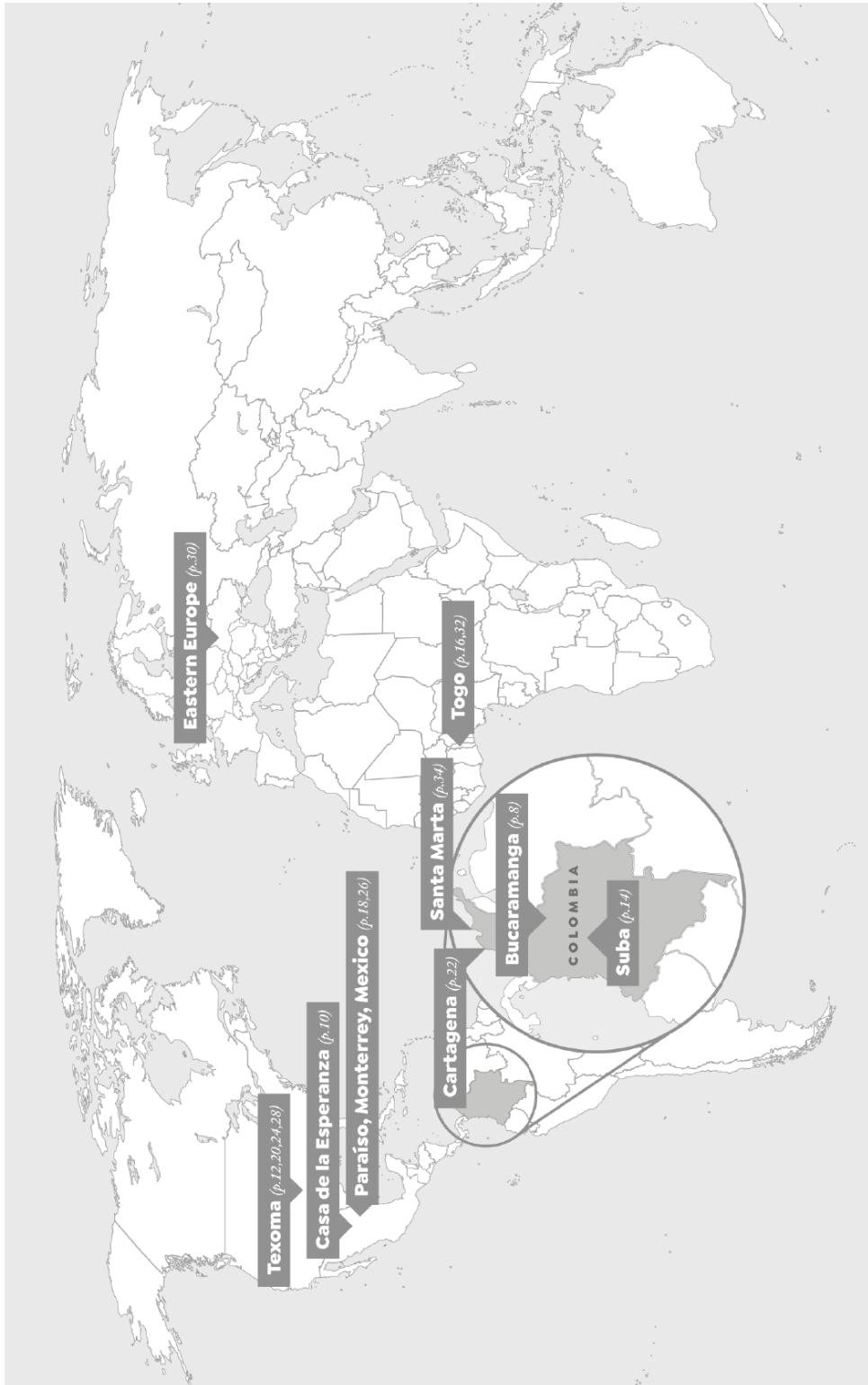
## SOUL FAST

Technically speaking, biblical fasting only refers to abstaining from food or drink (or both) for a spiritual purpose. However, some people choose to fast from things other than food. ***Some people will give up television, social media, or other activities for a soul fast to focus on prayer.***

***Example:*** I will not use social media for these 2 weeks and use the time for prayer instead.

I will cut out all unnecessary spending, to contribute the money I save towards Grace Offering.

Each of these fasts can be a valuable way of connecting with God more deeply. If you are physically able, though, I would encourage you to prayerfully consider one of the first three fasts. There is something about giving up food that physically and spiritually realigns you in ways nothing else can.



**Eastern Europe** (p.30)

**Togo** (p.16,32)

**Santa Marta** (p.34)

**Bucaramanga** (p.8)

**Suba** (p.14)

**COLOMBIA**

**Cartagena** (p.22)

**Paraiso, Monterrey, Mexico** (p.18,26)

**Casa de la Esperanza** (p.10)

**Texoma** (p.12,20,24,28)



# MY FASTING COMMITMENT:

**For my fast, I am fasting from**

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**For the time period of**

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**During this fast, I hope to:**

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**Signature**

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**Date**

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**Accountability Partner Signature**

## Cristian & Ana Corrales



📍 *Bucaramanga, Colombia*

Cristian and Ana Corrales are part of a Great Cities team of 3 couples, who are working to plant churches in Bucaramanga, Colombia.

This team is working towards establishing self-sustaining and reproducing churches in the region over the next ten years using the multiplication of small groups. They long to make more disciples who will share the love of Jesus with all those they meet.



The Corraleses are natives of Tuluá, Colombia. Cristian has many years of experience working with local Colombian churches and planting new ones.

### **PRAY FOR:**

- The growth groups and one-on-one classes that are meeting in homes
- Monthly youth meetings
- A successful transition to their new meeting place, with more space for the growing body
- Ana as she continues to be monitored for cancer, which is in remission





## Mission Trip to Casa de la Esperanza (House of Hope)



📍 *Anahuac, Mexico*

🌐 *ahouseofhope.com*

Casa is an orphanage close to the heart of Park Avenue! They are located in Anahuac, Mexico, and typically house 50 or more children. We send groups almost every summer to love on the kids, facilitate fun activities, and help with a variety of projects to help maintain and expand their facilities.



Money from Grace Offering helps to offset the cost of this trip for Park Avenue members. This year's trip will be June 28-July 6.

For the last few years, we have also supported a preacher training program facilitated through the church in Anahuac. Men come to the program to live, learn, and become equipped to spread the gospel.

### **PRAY FOR:**

- Pepe and Pamela, the new directors of Casa, who are taking over from Gil after his many years of wonderful leadership
- Safety and blessings for the group that will travel to Casa this summer



**BIBLE READING: ROMANS 10:9-17**

**REFLECTION & PRAYER**

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## College Ministry (CAM)



📍 *Grayson College,  
Denison*

Every Tuesday, Park Avenue members lead a team that cooks, packs, and delivers meals for hungry college students.

This ministry not only fills empty stomachs but also serves as a bridge for forging meaningful connections between church members and the students they support.



Through this initiative, the Park Avenue community extends its arms wide, embracing and uplifting the next generation with warmth, compassion, and a steadfast commitment to service.

### **PRAY FOR:**

- The volunteers who cook, pack, and deliver meals each week
- That the meals provided would touch the hearts and lives of the college students and provide opportunities to share the love of Christ through meaningful conversations, acts of kindness, and genuine connections



# DAY 3

TUESDAY, MARCH 19

**BIBLE READING: 1 CHRON. 16:23-36**

## REFLECTION & PRAYER

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## Suba Church of Christ

📍 *Suba, Colombia*



For a few years, Park Avenue has supported Jhon James and Deisy Gonzalez as they led the Suba Church of Christ. Now, Jhon and Deisy are moving to a different city to join a new church planting team. With their departure, Jhon's brother-in-law Jose Luis Gonzalez, one of the church leaders, will take on the role of evangelist.

The Suba church, which was planted in 2012, is transitioning to local leadership, and Park Avenue is helping make that transition possible. The church has about 80 members and is very active both in evangelism and benevolence. They recently acquired their own property on which they will be constructing a building. Park Avenue is honored to partner with this church as they continue the work of growing God's kingdom in Suba!

### **PRAY FOR:**

- Jose Luis as he takes on new leadership responsibilities in the Suba church
- The construction of the new building to go smoothly, and that it will be an effective location for all the church's ministry needs



**BIBLE READING: PSALM 96**

**REFLECTION & PRAYER**

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## ILAD (International Literacy & Development)



📍 *Duncanville, TX*

📍 *Togo, West Africa*

🌐 *ilad.ngo*

ILAD partners with local communities in under-resourced regions to provide economic, social and agricultural development. They are currently running a demonstration farm that provides agricultural training to rural farmers. This program provides Togolese farmers with hands-on training in organic pineapple and peanut production. This gives farmers the skills they need to increase their annual income and improve their economic situation.



Last summer, a team including Park Avenue members partnered with Late Lawson and his team with ILAD and travelled to Tsevie, Togo to conduct a 7-day eye clinic serving over 800 patients. They were blessed to see the many ways that God is working in Togo!



### PRAY FOR:

- Hearts to be touched and lives to be transformed not only physically and economically but also spiritually, as individuals encounter the hope and grace found in Jesus

BIBLE READING: **1 PETER 4:7-17**

## REFLECTION & PRAYER

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## Mario Pepe & Maribel Torres

📍 *Monterrey, Mexico*



The Torres family, consisting of Mario Pepe, his wife Maribel, and their daughters Lucy and Estrella, have been serving in Monterrey, Mexico for the past 8 years with the support of Park Avenue. Mario is deeply involved in visitation, evangelism, and teaching, while Maribel, coming from a family of preachers, works alongside him, dedicating their lives to serving God and His people.



Mario serves in the Zertuche church, a thriving community committed to self-sufficiency. Despite past challenges, the church is experiencing a positive resurgence.

Overall, the Torres family and the Monterrey community exemplify resilience, hospitality, and unwavering faith in the face of challenges.

### **PRAY FOR:**

- The development of strong leaders within the church, including the potential appointment of elders
- The ongoing resurgence of the church and for the church to remain unified



**BIBLE READING: GALATIANS 6:1-10**

**REFLECTION & PRAYER**

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## The Turning Point

📍 *Durant, OK*



In July 2019, God called Kevin Dale and Greg Clay to begin a Bible study at the home of Bubba Smith, a former Durant drug dealer whose heart was being prepared by God to become a fisher of men! Despite initial uncertainty from Kevin and Greg, when asked about the opportunity Bubba responded, “when are we going to begin?”

Starting with just 7 attendees in Bubba’s yard, the group began to study the gospel, witnessing a steady increase in participants. By February, five individuals were baptized. As the study expanded, they outgrew their meeting space, yet God provided a tent for winter gatherings. Miraculous provisions and spiritual transformations characterized the group, now called “The Turning Point.”

In just four years, over 875 different people have attended, with 48 baptized and 75 rededicating their lives to God. 50 to 60 attend on a weekly basis, demonstrating the powerful movement of the Holy Spirit in South Durant and beyond.

### PRAY FOR:

- The ongoing spiritual growth and maturity of all visitors. Ask God to strengthen their faith and empower them to live out their commitment to Christ in their daily lives

**BIBLE READING: JOHN 15:1-16**

## REFLECTION & PRAYER

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## Sebastian & Raquel Jimenez

📍 *Cartagena, Colombia*



Sebastian, Raquel, and their children Hadid, Joas, and Jocabed work with the Cartagena Church of Christ. They have been actively engaged in various ministries throughout the past year, with a focus on evangelism, restoration, discipleship, and community outreach. They have successfully reinstated face-to-face meetings through home groups, allowing for deeper fellowship and training of small group leaders. Additionally, they have utilized technology for virtual weekday prayer sessions, fostering spiritual connectivity among members.



Recent victories include 9 new believers being baptized, a youth worship gathering, an outreach to provide food to a needy area, and training for worship leaders, including Jorge, whose transformation from a 40-year drug addict to a committed servant of God has been particularly inspiring.

### **PRAY FOR:**

- The family to finish their mission in Cartagena with joy
- The potential to move on to establish a new work in another city next year





**BIBLE READING: JOHN 13:1-17**

## REFLECTION & PRAYER

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## HEAT (Homeless Empowerment Action Team)

📍 1030 W Crawford Street, Denison

🌐 [facebook.com/HEATDenison](https://facebook.com/HEATDenison)

The Homeless Empowerment Action Team (HEAT) is a group of churches and concerned citizens that empowers the homeless and enriches their lives through the love of Christ. They are currently finalizing the renovation of a building at 1030 W Crawford Street in Denison which will house their operations. Services that will be offered are washers and dryers, showers, and housing the Center Cross Soup kitchen.

## Texoma Family Shelter

📍 331 W Morton St, Denison

🌐 [texomafamilyshelter.com](https://texomafamilyshelter.com)

Texoma Family Shelter, located at 331 W Morton Street in Denison, is a homeless shelter for displaced families and singles, and is the only shelter in Grayson County providing temporary housing for homeless families. The facility currently has 46 beds, a dining area, laundry facilities, a food pantry, restrooms, an outdoor playground, and the offices that support the shelter. On the east side of the parking lot is Texoma Family Thrift, a resale store open to the public.





## Adrian & Gabriela Galvan



📍 *Paraíso, Monterrey, Mexico*

17 years ago, Park Avenue was instrumental in the building of the Church of Christ in Paraíso, a neighborhood in the city of Monterrey. However, the church experienced a period of turmoil and internal strife four years ago, which threatened to tear it apart. Adrian & Gabriela, a couple with a deep commitment to God and a passion for ministry, stepped up to the challenge.

They recognized the potential of the Paraíso church and saw an opportunity to make a difference in the lives of its members and the wider community. They took on the responsibility of leading the church and guiding it back to a place of strength and vitality. Their mission partners in Monterrey include Mario Pepe Torres. With the help of the Galvans and their fellow mission partners, the Paraiso church is on its way to thriving once again.

### **PRAY FOR:**

- Strength and wisdom for Adrian and Gabriela as they continue to guide the church and its members
- Unity and harmony within the Paraíso church





## Barnabas Center

📍 2800 S. Mirick Ave, Denison



The Barnabas Center is an outreach ministry that distributes food to those in need. Every other week on Wednesdays and Thursdays, they open their doors to our neighbors and let them browse the shelves for the food items that they need most.



Barnabas continues to grow year after year and has been tremendously blessed. This year they have received generous grants from North Texas Food Bank and United Way, which allowed them to purchase new equipment, as well as provide over 1,800 “to-go kits” for Denison ISD students who need food over the weekend.



In 2023, they served 5,623 individuals from 2,294 households. All of this was made possible by the 2,993 hours of volunteer work from 85 volunteers. We praise God for the work He is doing through Barnabas!



### PRAY FOR:

- Provision of food, volunteers, and grants which will enable Barnabas Center to continue their good work
- That families served by Barnabas Center will see and respond to the love of Jesus!

**BIBLE READING: JOHN 6:27-40**

## REFLECTION & PRAYER

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## EEM (Eastern European Mission)



📍 *Hurst, TX*

📍 *30+ Nations Across Eastern Europe*

🌐 [eem.org](http://eem.org)

EEM shares God's Word with the people of Eastern Europe and beyond and seeks to educate and inspire God's servants in this work.



Bibles and Bible-based materials are freely supplied to individuals, families, children in youth camps, refugees, mission churches, public universities, public schools, public libraries, prisons, hospitals, orphanages, campaign groups, and anywhere else Bibles are needed. They work in 30+ countries and 20+ languages through a vast network of partner churches and organizations.

### **PRAY FOR:**

- Ongoing physical and spiritual needs of Ukranian refugees
- God's word to continue to spread through the ministry of Eastern European Mission!





**BIBLE READING: ISAIAH 6:1-8**

**REFLECTION & PRAYER**

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## Hammer & Dela Afakule



📍 *Vogan, Togo, West Africa*

Hammer and Dela are amazing servants of God, spreading his kingdom in Togo, West Africa. In addition to serving in their church, they reach out to the community through a wound care clinic, a school, agricultural training, and sharing the gospel in rural villages.



The team that travelled to Togo last summer for the eye clinic got to visit Hammer and Dela and their church in Vogan. They were blessed to see the many ways that God is working in Togo, including witnessing 7 baptisms!

### **PRAY FOR:**

- Hammer and Dela, as well as their team members, that they may be filled with physical, emotional, and spiritual strength as they continue to serve tirelessly in Togo
- Endurance and perseverance in the face of challenges and obstacles, and protection from spiritual forces of evil
- Open hearts among the Togolese to receive the love of Christ



BIBLE READING: JOHN 12:23-32

## REFLECTION & PRAYER

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## Alejandro and Darling López García



📍 *Santa Marta, Colombia*

Alejandro and Darling, along with their children Alejandro and Zoe, are a family newly supported by Park Avenue this year!

Originally from Nicaragua, the Garcías are currently completing their studies with the Baxter Institute, which has included a missionary apprenticeship in Santa Marta, Colombia.

This year, they plan to begin a new church plant in a growing area called New Santa Marta.

The area has four universities and new apartment buildings being constructed all around.

Additionally, there is very little church presence of any kind. This

team, a partner of Great Cities Missions, is excited to see the church expand into a growing part of the city.

### **PRAY FOR:**

- The Garcías' visas to be able to return to Colombia after the completion of their studies
- The Garcías to get settled into New Santa Marta, for the relationships they will seek to develop with their neighbors, and that they will be met with hearts that are open to the message of the gospel

BIBLE READING: **REVELATION 7:9-17**

### REFLECTION & PRAYER

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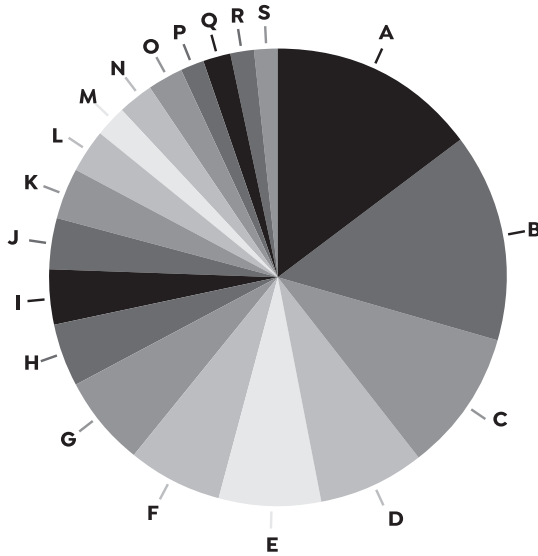
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# GRACE OFFERING BUDGET BREAKDOWN



A	Cristian & Ana Corrales (p.8)	\$24,800	K	PACOC Individual Missions	\$6,000
B	Local Assistance/HEAT/Shelter (p.24)	\$24,000	L	The Turning Point (p.20)	\$5,000
C	Congregational Mission Trips (p.10)	\$16,500	M	Hammer & Dela Afakule (p.32)	\$4,000
D	Barnabas Center Outreach (p.28)	\$12,450	N	ILAD (p.16)	\$4,000
E	Alejandro & Darling Lopez Garcia (p.34)	\$12,000	O	College Ministry (p.12)	\$4,000
F	Sebastian & Raquel Jimenez (p.22)	\$11,000	P	Eastern European Mission (p.30)	\$3,000
G	Suba Church of Christ (p.14)	\$10,800	Q	Jeff Holland (Pioneer Bible Translators)	\$3,000
H	Casa Preacher Training (p.10)	\$7,200	R	McClure Conference to Brazil	\$3,000
I	Mario Pepe & Maribel Torres (p.18)	\$6,200	S	Baxter Institute	\$2,400
J	Adrian & Gabriela Galvan (p.26)	\$6,000			

**TOTAL GIVING GOAL: \$165,350**

\*Additional outreach efforts are funded through the general contribution, including support for children's homes, Share Ministries, Denison Ministerial Alliance, Family Promise, Operation Christmas Child, and community outreach events.





CHURCH OF CHRIST