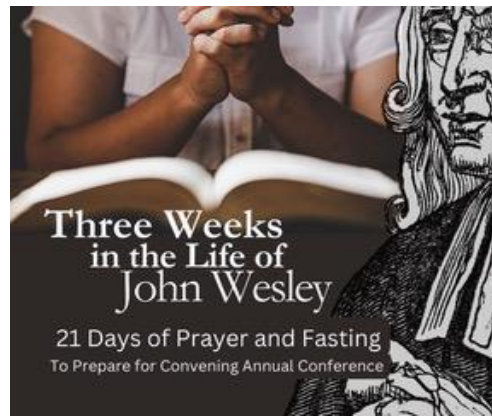


Three Weeks in the  
Life of John Wesley:  
21 Days of Prayer and  
Fasting  
to Prepare for the  
Convening Annual  
Conference



*My fear is not that our great movement, known as the Methodists, will eventually cease to exist or one day die from the earth. My fear is that our people will become content to live without the fire, the power, the excitement, the supernatural element that makes us great. ~ John Wesley*

From April 11-13 Global Methodists from Maryland to Maine will gather in Camp Hill, PA for our convening Northeast Annual Conference. Together, as one body, we will worship and study and pray and fellowship. It will be a momentous milestone in the rich history of the Methodist movement. *But, we cannot be content to live without the fire.*

That was John Wesley's fear. He was afraid that the Methodist movement would have the form of a religion, but would have no spiritual power. Before we gather in Camp Hill, we are asking all clergy and laity of the Northeast Global Methodist churches to pray and fast for the Holy Spirit to bring the power, to bring the fire of revival to this corner of God's Kingdom.

John Wesley's own spiritual vigor was nourished by his daily discipline of prayer and his weekly discipline of fasting. Each day Wesley would rise at 4:00 a.m. and kneel in prayer for one hour. Each week Wesley would fast from sundown on Thursday until 3:00 Friday afternoon.

We invite you to join us for Three Weeks in the Life of John Wesley: 21 Days of Prayer and Fasting. From Monday, March 18 – Sunday April 7, 2024, pray daily and fast weekly for the Holy Spirit to kindle a fresh fire among us. Use this 21-Day Prayer and Fasting Guide as an aid in this spiritual discipline. In these pages you will find helpful suggestions for fasting as well as a Scripture passage, a Prayer Focus and a Suggested Prayer for each day.

For three weeks, at whatever hour of each day, join us by praying with John Wesley's daily intentionality. For three weeks, on whatever day of the week, join us in a fast in order to hunger for God with John Wesley's weekly fervor. Imagine the flame that the Holy Spirit could kindle if dozens, hundreds, thousands of committed Christians set aside three weeks to ask for His power. Join us in this holy labor. *Because we cannot be content to live without the fire.*

~ The Northeast Conference Prayer and Intercession Team

“And when you pray ...”

~ Matthew 6:5a

## Prayer Guide - Week 1

## Day 1 – Monday, March 18, 2024

### Today's Scripture – 2 Chronicles 7:13-14 (NIV)

<sup>13</sup> “When I shut up the heavens so that there is no rain, or command locusts to devour the land or send a plague among my people, <sup>14</sup> if my people, who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then I will hear from heaven, and I will forgive their sin and will heal their land.”

### Today's Prayer Focus

Center your prayers this day on the current state of Christ's church. Reflect on ways that there has been “no rain” in the past. Consider ways in which “locusts” and “plagues” have come upon God's people. At the beginning of this season of prayer and fasting, today is a day to humble yourself, seek his face, and turn from your own role in the church's brokenness.

### Today's Suggested Prayer

<sup>1</sup> Out of the depths I cry to you, LORD;

<sup>2</sup> Lord, hear my voice.

Let your ears be attentive  
to my cry for mercy.

<sup>3</sup> If you, LORD, kept a record of sins,  
Lord, who could stand?

<sup>4</sup> But with you there is forgiveness,  
so that we can, with reverence, serve you.

<sup>5</sup> I wait for the LORD, my whole being waits,  
and in his word I put my hope.

<sup>6</sup> I wait for the Lord  
more than watchmen wait for the morning,  
more than watchmen wait for the morning.

<sup>7</sup> Israel, put your hope in the LORD,  
for with the LORD is unfailing love  
and with him is full redemption.

<sup>8</sup> He himself will redeem Israel  
from all their sins.

~ Psalm 130 (NIV)

## Day 2 – Tuesday, March 19, 2024

### Today's Scripture – Matthew 4:1-11 (NIV)

<sup>4</sup> Then Jesus was led by the Spirit into the wilderness to be tempted by the devil. <sup>2</sup> After fasting forty days and forty nights, he was hungry. <sup>3</sup> The tempter came to him and said, "If you are the Son of God, tell these stones to become bread."

<sup>4</sup> Jesus answered, "It is written: 'Man shall not live on bread alone, but on every word that comes from the mouth of God.'"

<sup>5</sup> Then the devil took him to the holy city and had him stand on the highest point of the temple. <sup>6</sup> "If you are the Son of God," he said, "throw yourself down. For it is written:

"He will command his angels concerning you,  
and they will lift you up in their hands,  
so that you will not strike your foot against a stone."

<sup>7</sup> Jesus answered him, "It is also written: 'Do not put the Lord your God to the test.'"

<sup>8</sup> Again, the devil took him to a very high mountain and showed him all the kingdoms of the world and their splendor. <sup>9</sup> "All this I will give you," he said, "if you will bow down and worship me."

<sup>10</sup> Jesus said to him, "Away from me, Satan! For it is written: 'Worship the Lord your God, and serve him only.'"

<sup>11</sup> Then the devil left him, and angels came and attended him.

### Today's Prayer Focus

As our Lord readied himself for his earthly ministry, he fasted and prayed. As he was tempted in the midst of hunger, so are we. Center your prayers this day on the worldly temptations the church faces. As Christ used the truth of Scripture to resist temptation, pray for God's Word to be a source of strength and focus for the ministry of the churches of the Northeast Annual Conference.

### Today's Suggested Prayer

*(The Worship Sourcebook, © 2004, Faith Alive Christian Resources, 3.1.14, p. 141, alt.)*

Gracious God,  
we do not live by bread alone,  
but by every word that comes from your mouth.  
Make your church hungry for your Word,  
that it may nourish us in the ways of eternal life.  
Through Jesus Christ, the bread of heaven. Amen.

## Day 3 – Wednesday, March 20, 2024

### Today's Scripture – Nehemiah 1:4-11 (NIV)

<sup>4</sup>When I heard these things, I sat down and wept. For some days I mourned and fasted and prayed before the God of heaven. <sup>5</sup>Then I said:

“LORD, the God of heaven, the great and awesome God, who keeps his covenant of love with those who love him and keep his commandments, <sup>6</sup>let your ear be attentive and your eyes open to hear the prayer your servant is praying before you day and night for your servants, the people of Israel. I confess the sins we Israelites, including myself and my father's family, have committed against you. <sup>7</sup>We have acted very wickedly toward you. We have not obeyed the commands, decrees and laws you gave your servant Moses.

<sup>8</sup>“Remember the instruction you gave your servant Moses, saying, ‘If you are unfaithful, I will scatter you among the nations, <sup>9</sup>but if you return to me and obey my commands, then even if your exiled people are at the farthest horizon, I will gather them from there and bring them to the place I have chosen as a dwelling for my Name.’

<sup>10</sup>“They are your servants and your people, whom you redeemed by your great strength and your mighty hand. <sup>11</sup>Lord, let your ear be attentive to the prayer of this your servant and to the prayer of your servants who delight in revering your name. Give your servant success today by granting him favor in the presence of this man.”

I was cupbearer to the king.

### Today's Prayer Focus

In seeking the restoration of his people, Nehemiah asked God to hear not only his prayers, but also the prayers “of your servants who delight in revering your name.” We do not pray alone in this holy task. Center your prayers this day on your fellow laborers in the vineyard who are praying and fasting with you this season. Pray for unity of purpose among the people of the Northeast Annual Conference.

### Today's Suggested Prayer

*(The Worship Sourcebook, © 2004, Faith Alive Christian Resources, S.4.4.4, p. 736, alt.)*

Lord God,  
we thank you for calling us  
into the company of those who trust in Christ  
and seek to obey his will.  
You have made us strangers no longer  
but pilgrims together on the way to your kingdom.  
Guide us closer to you and to one another  
in the unity of the Spirit and the bond of peace,  
and strengthen us together  
in mission and service to your world, through Jesus Christ, our Lord. Amen.

## Day 4 – Thursday, March 21, 2024

### Today's Scripture – Luke 18:1-8 (NIV)

18 Then Jesus told his disciples a parable to show them that they should always pray and not give up. <sup>2</sup>He said: "In a certain town there was a judge who neither feared God nor cared what people thought. <sup>3</sup>And there was a widow in that town who kept coming to him with the plea, 'Grant me justice against my adversary.'

<sup>4</sup>"For some time he refused. But finally he said to himself, 'Even though I don't fear God or care what people think, <sup>5</sup>yet because this widow keeps bothering me, I will see that she gets justice, so that she won't eventually come and attack me!'"

<sup>6</sup>And the Lord said, "Listen to what the unjust judge says. <sup>7</sup>And will not God bring about justice for his chosen ones, who cry out to him day and night? Will he keep putting them off? <sup>8</sup>I tell you, he will see that they get justice, and quickly. However, when the Son of Man comes, will he find faith on the earth?"

### Today's Prayer Focus

Jesus told this parable of the Persistent Widow to encourage faithfulness in prayer, even when our requests seem unanswered and our search for justice unrequited. Center your prayers this day on all those around the world who long to align with the Global Methodist Church but are unable to do so because of legal or financial impediments. Pray persistently!

### Today's Suggested Prayer

*(This Day: A Wesleyan Way of Prayer, by Laurence Hull Stookey. Copyright © 2004 by Abingdon Press. Used by permission. p. 151, alt.)*

God, righteous and enduring:  
Look with pity upon those  
who grow weary and discouraged in  
their search for justice.  
When it seems to them that nothing  
ever changes for the better,  
that the forces of evil will always  
prevail,  
remind them that you, the Almighty,  
have endured  
not years or decades of resistance,  
but whole centuries and indeed  
millennia.  
Yet you promise that your  
righteousness will triumph,  
that evil will collapse.  
Save the tired strivers after freedom  
and fairness

from the doom of Sisyphus:  
daily hoisting a mighty rock up a high  
hill,  
only to have it tumble down again.  
Assure them that the stones they  
move,  
by grace will be assembled into a  
house of righteousness  
upon the highest of the mountains,  
and that all peoples on earth  
shall stream to it,  
that all may walk in the ways of the  
Lord.  
Grant this through Jesus, the chief  
foundation stone. Amen.



## Day 5 – Friday, March 22, 2024

### Today's Scripture – Matthew 6:5-8 (NIV)

<sup>5</sup>“And when you pray, do not be like the hypocrites, for they love to pray standing in the synagogues and on the street corners to be seen by others. Truly I tell you, they have received their reward in full. <sup>6</sup>But when you pray, go into your room, close the door and pray to your Father, who is unseen. Then your Father, who sees what is done in secret, will reward you. <sup>7</sup>And when you pray, do not keep on babbling like pagans, for they think they will be heard because of their many words. <sup>8</sup>Do not be like them, for your Father knows what you need before you ask him.

### Today's Prayer Focus

Prayer is for God's ears, not so that other people will hear and admire our fine words. Polished language and long, babbling prayers are not what God desires. Powerful prayer is often prayer done in secret. Center your prayers this day on those who will be praying behind the scenes at Annual Conference. Pray for spiritual strength for those volunteers on the Northeast Conference Prayer and Intercession Team and from Aldersgate Renewal Ministries who will be praying in the Prayer Room and the Consecration Room at Annual Conference.

### Today's Suggested Prayer

O God who hears before we ask,  
lift up those called to the ministry of prayer at Annual Conference.  
Grant boldness and courage  
to those who will stand in the gap,  
to those who will intercede for others,  
Grant that they will pray with authority,  
yet humbly recognize the source of all spiritual power.  
Give them the faith to know that you hear,  
and the trust to know that your will shall be done.  
Clothe them with the full armor of God,  
so that the flaming darts of the evil one do not harm them.  
This we ask in the name of Christ. Amen.



## **Day 6 – Saturday, March 23, 2024**

### Today's Scripture – Daniel 6:10 (NIV)

<sup>10</sup> Now when Daniel learned that the decree had been published, he went home to his upstairs room where the windows opened toward Jerusalem. Three times a day he got down on his knees and prayed, giving thanks to his God, just as he had done before.

### Today's Prayer Focus

Daniel prayed three times a day, on his knees, in front of an open window. That was his routine pattern, a daily rhythm that was not altered even when a royal decree outlawed it. His prayers were for God's ears, but his visibility was a public statement of his enduring faith. Center your prayers this day on those who will be speaking publicly at Annual Conference. Pray for Bishop Webb, President Pro Tem Steve Taylor, and all those who will be sharing from the platform. Pray that they will each have the steadfast faith of Daniel to publicly proclaim their allegiance to you.

### Today's Suggested Prayer

O Lord, as your Spirit anointed your servants through the ages,  
setting them apart for the divine tasks to which you called them,  
so send your Spirit now  
upon those who will step out into the public places of Annual Conference.  
Anoint Bishop Webb, and President Pro Tem Taylor,  
and all those called to share your message of hope  
in this season of new beginnings.  
Give them the steadfast faith of Daniel,  
so that the words of their mouths  
and the meditations of their hearts,  
are acceptable in your sight,  
and edifying to your people.  
This we ask in the name of Christ. Amen.

## Day 7 – Sunday, March 24, 2024 (Palm Sunday)

### Today's Scripture – Psalm 118:19-29 (NIV)

<sup>19</sup> Open for me the gates of the righteous;  
I will enter and give thanks to the LORD.  
<sup>20</sup> This is the gate of the LORD  
through which the righteous may enter.  
<sup>21</sup> I will give you thanks, for you answered me;  
you have become my salvation.  
<sup>22</sup> The stone the builders rejected  
has become the cornerstone;  
<sup>23</sup> the LORD has done this,  
and it is marvelous in our eyes.  
<sup>24</sup> The LORD has done it this very day;  
let us rejoice today and be glad.  
<sup>25</sup> LORD, save us!  
LORD, grant us success!

<sup>26</sup> Blessed is he who comes in the  
name of the LORD.  
From the house of the LORD we bless  
you.  
<sup>27</sup> The LORD is God,  
and he has made his light shine on us.  
With boughs in hand, join in the festal  
procession  
up to the horns of the altar.  
<sup>28</sup> You are my God, and I will praise you;  
you are my God, and I will exalt you.  
<sup>29</sup> Give thanks to the LORD, for he is  
good;  
his love endures forever.

### Today's Prayer Focus

*The word Hosanna* comes from the Hebrew word for “save us” in Psalm 118:25. This is what the crowds in Jerusalem shouted when Jesus entered the city on Palm Sunday. Importantly, Jesus did not live in Jerusalem. He was a visitor. In fact, many in the crowd were also visitors to the Holy City, there from far away places only to observe the Passover Feast. Center your prayers this day on the delegates and observers who will be traveling from distant places to Annual Conference in Camp Hill, Pennsylvania. Pray also for the worshiping congregation of Christian Life Assembly, our gracious hosts for this event.

### Today's Suggested Prayer

Lord, you know our going out and our coming in, and you know the journeys we must take to do your will.  
Guide those who will soon travel to Camp Hill, Pennsylvania.  
Calm any anxieties each may have about the cares of work and home that for a short while must be left behind.  
Speed each along the way without undue delay or trouble.  
Let each be fully present upon arrival to do the work of this Annual Conference.  
So, too, bless the labor of Christian Life Assembly,  
that their hospitality to pilgrims in need  
be richly rewarded by you,  
for they saw strangers, and welcomed them  
and blessed those who come in your name.  
In that name we pray. Amen.