GUIDEBOOK

"...how much more will your Father in heaven
give the Holy Spirit to those who ask him!"
Luke 11:13b

JAN 4-10
SEVEN DAYS OF

A.S.K.

ASKING SEEKING KNOCKING

LUKE 11

FOURSQUARE
CHURCH

ellensburgfoursquare.org

SEVEN DAYS OF A.S.K

Modern life is saturated with noise and messages telling us who we need to be and how to find the good life. At Foursquare, our New Year's tradition is a week of Asking, Seeking, Knocking (A.S.K). For A.S.K. we set aside a week (Jan 4-10) to slow down, silence the media, and seek the Lord. Seeking God through his word is focuses and calibrates everything we do as believers.

During this week, we want to encourage everyone to meditate on a series of scripture passages. Structure, is often helpful and to that end, here are some guidelines for how to meditate.

1) Pray – ask the Lord to open the eyes and ears of your heart to his Spirit.

2) Read the passage slowly and then ask yourself: Does anything stand out or seem especially good or meaningful to you? If so, highlight it or underline the part that stands out.

3) Read the passage a second time allowing the words and ideas to rest in your mind. If distractions enter you mind, simply return to the place your were reading.

4) Take a few minutes to focus on one or two lines that stood out to you. Read them over and over again; ponder what they mean and the implications of believing.

5) Thank God for his word and ask him to bring to it to mind through the day.

THROUGHOUT THE WEEK

PAUSED CHURCH ACTIVITY

Stop all regularly, weekly scheduled activities around church.

Purpose: Giving God our full attention as a whole community. Trusting that He is the one in control of our ministries

FASTING EVERYONE IN SOMEWAY

We are calling the whole church to fast, food and or media.

Purpose : To seek God. It is not to be super-spiritual, nor to manipulate God into doing something for us. Therefore, it is important that we are careful to avoid all comparisons. The hope is that we are stretched to seek God with our whole heart, as each person discerns for themselves how their stretch should look.

Below are ways of fasting. We encourage each person to decide how the Holy spirit is leading them in this time of Fasting.

MEDIA FAST

- Pause Social Media,
- Pause Movies,
- Pause all TV,
- Pause all Digital Entertainment all week.
- Pause reading the paper

Purpose: Giving God our full attention.

FOOD FAST

- Daniel's Fast – fruits and vegetables
- Fasting all food 1 day during the week,
- Fasting 1 meal per day all week,
- Fasting multiple days during the week.

Purpose: Repentance for the ways we look to physical circumstances for life, rather than looking to God.

SABBATH

Wednesday, January 4 | Start the week with rest. Take the evening to slow down, pause routine.

Purpose: Focused reliance on God. Our ability to do or work is submitted to him in resting with

COORPORATE PRAYER & WORSHIP

Thursday -Monday Jan 5-9 | 6 -8 pm
In Person at Church

Come when you can, leave when you need to | Child care will be provided.

Purpose: To wait on the Lord together as a community. To spend time seeking his Kingdom. We know when we wait on the Lord he changes us from the inside out.

Family Connect &A.S.K Testimonies

Tuesday January 10 | 5:30PM

We will break our fasting with family connect for dinner and gather around tables to share testimonies. All are welcome to participate even if you didn't come to pray.

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Purpose: Share testimony about what God has done and is doing among us around circles. This will build up our faith and encourage us.

WEDNESDAY

Ephesians 2:1-10 (NIV)

Made Alive in Christ

1 As for you, you were dead in your transgressions and sins,
in which you used to live when you followed the ways of
this world and of the ruler of the kingdom of the air, the
spirit who is now at work in those who are disobedient.
3 All of us also lived among them at one time, gratifying the
cravings of our flesh[a] and following its desires and
thoughts. Like the rest, we were by nature deserving of
4 wrath. But because of his great love for us, God, who is rich
in mercy, made us alive with Christ even when we were
dead in transgressions—it is by grace you have been saved.
6 And God raised us up with Christ and seated us with him in
the heavenly realms in Christ Jesus, in order that in the
coming ages he might show the incomparable riches of his
grace, expressed in his kindness to us in Christ Jesus.
8 For it is by grace you have been saved, through faith—and
this is not from yourselves, it is the gift of God— not by
works, so that no one can boast.
10 For we are God's handiwork, created in Christ Jesus to do
good works, which God prepared in advance for us to do.

REFLECTIONS

THURSDAY

Psalm 145 (NIV)

A psalm of praise. Of David.

1 I will exalt you, my God the King;
I will praise your name for ever and ever.
Every day I will praise you and extol your name for ever and ever.
Great is the Lord and most worthy of praise;
his greatness no one can fathom.
4 One generation commends your works to another;
they tell of your mighty acts.
They speak of the glorious splendor of your majesty—
and I will meditate on your wonderful works.
They tell of the power of your awesome works—
and I will proclaim your great deeds.
They celebrate your abundant goodness and joyfully sing of your righteousness.

8 The Lord is gracious and compassionate, slow to anger and rich in love.

9 The Lord is good to all; he has compassion on all he has made.
All your works praise you, Lord; your faithful people extol you.
They tell of the glory of your kingdom and speak of your might,
so that all people may know of your mighty acts
and the glorious splendor of your kingdom.
13 Your kingdom is an everlasting kingdom,
and your dominion endures through all generations.

The Lord is trustworthy in all he promises and faithful in all he does.
14 The Lord upholds all who fall and lifts up all who are bowed down.
The eyes of all look to you, and you give them their food at the proper time.
You open your hand and satisfy the desires of every living thing.

17 The Lord is righteous in all his ways and faithful in all he does.
The Lord is near to all who call on him, to all who call on him in truth.
He fulfills the desires of those who fear him; he hears their cry and saves them.
The Lord watches over all who love him, but all the wicked he will destroy.

21 My mouth will speak in praise of the Lord.
Let every creature praise his holy name for ever and ever.

REFLECTIONS

FRIDAY

John 17:20-26 (NIV)

Jesus Prays for All Believers

20 “My prayer is not for them alone. I pray also for those who will
believe in me through their message, that all of them may be
one, Father, just as you are in me and I am in you. May they also
be in us so that the world may believe that you have sent me. I
have given them the glory that you gave me, that they may be
one as we are one— I in them and you in me—so that they may
be brought to complete unity. Then the world will know that
you sent me and have loved them even as you have loved me.

24 “Father, I want those you have given me to be with me where I
am, and to see my glory, the glory you have given me because
you loved me before the creation of the world.

25 “Righteous Father, though the world does not know you, I know
you, and they know that you have sent me. I have made you
known to them, and will continue to make you known in order
that the love you have for me may be in them and that I myself
may be in them.”

REFLECTIONS

SATURDAY

Isaiah 60:1-5 (NIV)

The Glory of Zion

1 “Arise, shine, for your light has come,
and the glory of the Lord rises upon you.
2 See, darkness covers the earth
and thick darkness is over the peoples,
but the Lord rises upon you
and his glory appears over you.
3 Nations will come to your light,
and kings to the brightness of your dawn.

4 “Lift up your eyes and look about you:
All assemble and come to you;
your sons come from afar,
and your daughters are carried on the hip.
5 Then you will look and be radiant,
your heart will throb and swell with joy;
the wealth on the seas will be brought to you,
to you the riches of the nations will come.

John 4:35-38 (NIV)

35 Don’t you have a saying, ‘It’s still four months until harvest’? I tell you, open your eyes and look at the fields! They are ripe for harvest.
36 Even now the one who reaps draws a wage and harvests a crop for eternal life, so that the sower and the reaper may be glad together.
38 Thus the saying ‘One sows and another reaps’ is true. I sent you to reap what you have not worked for. Others have done the hard work, and you have reaped the benefits of their labor.”

REFLECTIONS

SUNDAY

Philipians 2:1-11 (NIV)

Imitating Christ's Humility

1 Therefore if you have any encouragement from being united with Christ, if any
comfort from his love, if any common sharing in the Spirit, if any tenderness
and compassion, then make my joy complete by being like-minded, having
the same love, being one in spirit and of one mind. Do nothing out of selfish
ambition or vain conceit. Rather, in humility value others above yourselves,
not looking to your own interests but each of you to the interests of the
others.
5
In your relationships with one another, have the same mindset as Christ Jesus:
6
Who, being in very nature God, did not consider equality with God something
to be used to his own advantage;
rather, he made himself nothing by taking the very nature of a serving, being
made in human likeness.
And being found in appearance as a man, he humbled himself by becoming
obedient to death—even death on a cross!
9
Therefore God exalted him to the highest place
and gave him the name that is above every name,
that at the name of Jesus every knee should bow,
in heaven and on earth and under the earth,
and every tongue acknowledge that Jesus Christ is Lord,
to the glory of God the Father.

REFLECTIONS

MONDAY

Genesis 15:1-6 (NIV)

The Lord's Covenant with Abram

1 After this, the word of the Lord came to Abram in a vision:

"Do not be afraid, Abram.
I am your shield,
your very great reward."

2 But Abram said, "Sovereign Lord, what can you give me since I remain childless and the one who will inherit my estate is Eliezer of Damascus?" And Abram said, "You have given me no children; so a servant in my household will be my heir."

4 Then the word of the Lord came to him: "This man will not be your heir, but a son who is your own flesh and blood will be your heir." He took him outside and said, "Look up at the sky and count the stars—if indeed you can count them." Then he said to him, "So shall your offspring be."

6 Abram believed the Lord, and he credited it to him as righteousness.

REFLECTIONS

TUESDAY

Revelation 22:12-21 (NIV)

Epilogue: Invitation and Warning

12 “Look, I am coming soon! My reward is with me, and I will give to each person according to what they have done. 13 I am the Alpha and the Omega, the First and the Last, the Beginning and the End.

14 “Blessed are those who wash their robes, that they may have the right to the tree of life and may go through the gates into the city. Outside are the dogs, those who practice magic arts, the sexually immoral, the murderers, the idolaters and everyone who loves and practices falsehood.

16 “I, Jesus, have sent my angel to give you[a] this testimony for the churches. I am the Root and the Offspring of David, and the bright Morning Star.”

18 The Spirit and the bride say, “Come!” And let the one who hears say, “Come!” Let the one who is thirsty come; and let the one who wishes take the free gift of the water of life. I warn everyone who hears the words of the prophecy of this scroll: If anyone adds anything to them, God will add to that person the plagues described in this scroll. And if anyone takes words away from this scroll of prophecy, God will take away from that person any share in the tree of life and in the Holy City, which are described in this scroll.

20 He who testifies to these things says, “Yes, I am coming soon.” Amen. Come, Lord Jesus.

The grace of the Lord Jesus be with God’s people. Amen.

REFLECTIONS