



WATSON GROVE
BAPTIST CHURCH

THE YEAR OF THE

RESET

ISAIAH 43:19

PRAYER MANUAL

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WATSON GROVE
BAPTIST CHURCH

This book belongs to:



WATSON GROVE
BAPTIST CHURCH

THE YEAR OF THE
RESET

ISAIAH 43:19

30 DAYS OF PRAYER MANUAL

Greetings to The Grove,

2023 is the Year of the RESET at The Grove! The best strategy for resetting your life is to reset your prayer life. Starting Tuesday, January 3rd, we will begin a 30-day journey to reset, ending with a prayer revival on Tuesday, January 31st. In this journey, you are encouraged to pray specifically around discerning the gifts that God has given you and how you can begin or continue to use them for the glory of God!

This 30 Day Journey involves 4 elements:

1. PRAYER

- The Grove Prayer Call during this period will be held on Monday through Saturday at 6:00 AM Central time. **NO PRAYER CALL ON SUNDAYS.**
- Dial 901-203-0034, Access Code: 316762
- Instagram LIVE via @thegrovenash
- LIVE via The Grove Global

2. SCRIPTURE

Meditate on the given passage for each day. Ask God to show you how to personally apply it to your life.

3. FASTING

Seek God and participate in one of the following fasts during this period: Complete Fast, Selective Fast, Partial Fast, or Soul Fast.

4. GIVING

This year as a demonstration of our spiritual growth and trust, and as a sign that God has first claim on our lives, we are asking all partners to contribute to First Fruits on **Sunday, February 5, 2023.**



15 for 30

For the next 30 days your challenge is to spend 15 minutes with God. This Fifteen for Thirty Challenge is designed to help you engage God through Scripture and prayer! This is the Fifteen for Thirty Challenge! Each day, you should spend:

- 5 minutes reading: your Bible (using a translation that you understand)
- 5 minutes writing: in this journal using the questions on the next page
- 5 minutes praying: We've given you some ideas on the next page for how to start. It could help you to create a list of things you want to pray throughout the next 30 days. You might even use social media to gather requests from family and friends.

Speaking of family & friends, for this to really work, you will need family or friends to participate in this challenge with you!

Maybe it's just you and one friend or family member. Or maybe it's you and a whole group of people. This is also a perfect opportunity to connect with your small group community! Each day check in to let each other know when you have completed your 15 minutes and cheer each other on. If you miss a day, don't beat yourself up. Just pick up where you left off. The goal is not to be perfect. *The goal is to spend time with God 15 minutes for 30 days.*

Are you up for the challenge?

Take a moment to brainstorm at least three people you might do this challenge with and write their names below. Then, commit to reaching out and inviting them to pray with you!

15 for 30

What to Pray About?

Maybe 5 minutes feels like a long time. Maybe it doesn't. Either way, for the next 30 days, you will be spending 5 minutes every day talking to God. It may feel weird, or it may be perfectly normal but either way don't let that stop you! Spend time talking and listening too. And if you lose concentration and start thinking about other things, that's okay. Don't beat yourself up. Just start where you left off. Sometimes it will help to make a list in advance of all the things you want to talk to God about, so you don't run out of things to say. Here are a few ideas to start you off.

SAY "THANKS"

Think about what you're thankful for today. It can be something small or something big. Now, spend time telling God thank you for it.

SAY "WOW"

God is amazing and sometimes God's creations, blessings and miracles can blow our minds. Take time to notice creation. Go outside or pay attention to the scenery while in the car or plane and when you notice something amazing, tell God wow!

ASK FOR HELP

God wants to help you with your needs and wants. There is nothing wrong with praying for yourself. Tell God to help you be a better person, a better friend, and a better employee. Ask God to help you discern your gifts and how you might use them to honor God. Tell God you need help to endure tough situations or people. Tell God that you have a tough assignment at work or a big test at school and you need help.

BE HONEST

Relationships always work better when you're honest. If you've messed up, say so. If you're hurt, confused or angry tell God. If you are not sure you trust God, say that too. God won't be mad! God wants to have an honest relationship with you.

PRAY FOR OTHERS

Spend some time asking God to help other people. Pray for your family. Pray for your friends. Pray for your enemies. Pray for your leaders. Pray for your teachers. Pray for your co-workers. Feel free to ask them what they would like you to pray about for them if you are unsure.

15 for 30

What to Write About?

Writing doesn't look the same for everyone and there's no right way to do it. Maybe you make bullet point lists. Maybe you draw something. Maybe you write individual words or entire paragraphs. Maybe you just pray on paper by writing a letter to God. The point is to spend some time thinking and capturing your thoughts. As you spend 5 minutes writing in your journal, here are some suggestions on what to write and few questions to consider. Use the following pages to record your thoughts. Don't limit your thoughts to just these pages if you love writing and need more space.

Write About the Passages you Read

- What stood out from what you just read?
- Was there anything you liked or disliked?
- What commands did you read about in the text?
- What questions were asked in the section you just read?
- What did you read that made you ask some questions or didn't make sense to you?

Write About God

- What have you noticed about God that you didn't notice before?
- How has your relationship with God grown this year?
- How has your relationship with God struggled this year?

Write About You

- What is on your mind today (good or bad)?
- What are you struggling with?
- What makes you scared or anxious?
- What makes you feel ashamed or regretful?
- What are you dreaming about?
- How are you using your gifts to honor God?
- What kind of person do you want to be when it comes to your character? Morals? Leadership?
- What kind of parent, friend, teammate, significant other, student, leader do you want to be known as?

FASTING

The purpose of fasting is to draw nearer to God. Biblical fasting always has to do with eliminating distractions for a spiritual purpose; it hits the reset button of our soul and renews us from the inside out. It also enables us to celebrate the goodness and mercy of God and prepares our hearts for all the good things God desires to bring into our lives.

TYPES OF FASTS

Your personal fast should present a level of challenge, but it is very important to know your body and your options. Most importantly, seek God in prayer and follow what the Holy Spirit leads you to do.

SELECTIVE FAST

This type of fast involves removing certain elements from your diet. One example of a selective fast is the Daniel Fast, during which you remove meat, sweets, and bread from your diet and consume water and juice for fluids and fruits and vegetables for food.

PARTIAL FAST

This fast is sometimes called the "Jewish Fast" and involves abstaining from eating any type of food in the morning and afternoon. This can either correlate to specific times of the day, such as 6:00 am to 3:00 pm, or from sunup to sundown.

SOUL FAST

This fast is a great option if you do not have much experience fasting food, have health issues that prevent you from fasting food, or if you wish to refocus certain areas of your life that are out of balance. For example, you might choose to stop using social media or watching television for the duration of the fast and then carefully bring that element back into your life in healthy doses at the conclusion of the fast.

SUGGESTED FOODS FOR THE FAST

This suggested list includes possible substitutions for foods that are commonly fasted from. Use this list as a starting point as you decide what elements you will give up for the month and consider which of these items might be viable substitutions.

WHOLE GRAINS

Brown Rice, White Rice

LEGUMES

Dried Beans, Lima, Northern, Garbanzo, Pinto, Red, Black, Kidney, Great Northern, Navy, Split Peas, Lentils, Black-Eyed Peas

NUTS

Almonds, Peanuts, Pecans, Sunflower Seeds

FRUITS

Apples, Apricots, Avocado, Applesauce, Bananas, Blackberries, Boysenberries, Cantaloupe, Cherries, Cranberries, Currants, Dates, Figs, Grapefruit, Grapes, Guava, Honeydew Melon, Nectarines, Kiwi, Lemons, Limes, Mangos, Mandarin Oranges, Papayas, Peaches, Pears, Pineapples, Plums, Prunes, Raisins, Raspberries, Strawberries, Tangelos, Tangerines, Watermelon

VEGETABLES

Artichokes, Asparagus, Beets, Broccoli, Brussel Sprouts, Cabbage, Carrots, Cauliflower, Celery, Chili Peppers, Collard Greens, Corn, Cucumbers, Dandelion Greens, Eggplant, Endive, Garlic, Gingerroot, Green Beans, Kale, Leeks, Lettuce, Mixed Vegetables, Mushrooms, Mustard Greens, Okra, Onions, Parsley, Peas, Potatoes, Pepper, Pumpkin, Radishes, Rutabagas, Scallions, Spinach, Sprouts, Squash, Sweet Potato, Tomatoes, Turnips, Watercress, Wax Beans, Yams, Zucchini

LIQUIDS

Spring Water, Distilled Water, 100% All-natural Fruit Juices, 100% All-natural Vegetable Juices

OILS

Herbs, Olive Oil, Salad Dressings: Vinaigrette – Homemade using vinegar, Olive Oil and Herbs, Homemade French & Italian

SWEETENERS

Honey, Maple Syrup



First Fruits

Jesus Christ destroys strongholds, demolishes yokes, and empowers us to cross over into new seasons of living. That same Christ also expects and enables us to have a significant Kingdom focus. A Kingdom focus always seeks to place God as the highest priority in our lives. That focus reveals itself through our giving and generosity.

The foundation of our faith is based upon love that gives generously. John 3:16 (NLT) has become the standard bearer of our faith—"For this is how God loved the world: He GAVE His one and only Son, so that everyone who believes in Him will not perish but have everlasting life."

What are our standards for giving? In all that we do, our standard should be Scripture.

The Tithe

The Bible teaches the tithe (10% of all that we have or the 1st dime out of every dollar) as the minimum expression of worship and praise to our Almighty and Gracious God. Therefore, we shall continue to emphasize the tithe as the minimum foundation gift for followers of Jesus Christ. (Leviticus 27:30-33; Deuteronomy 14:22-29; Malachi 3:8-12; Matthew 23:23)

Offerings

The Bible also teaches and commends offerings beyond the tithe as appropriate expressions of worship and praise to our Gracious and Almighty God. Therefore, we shall continue to receive various offerings beyond the tithe as expressions of generosity. (Luke 19:1-10; Acts 2:43-47; Acts 4:32-37)

First Fruits

This year we are commending for your prayerful consideration and commitment to First Fruit offerings. The first offering mentioned in the Bible is found in Genesis 4:1-7.

Genesis 1-2 narrates God's creation of heaven and earth. Genesis 3 informs us of the first human sins and their consequences. Genesis 4 details the account of the first offering given by human beings as an act of worship. Within the first four chapters of the 1,189 chapters found in the Bible (929 in Hebrew Bible or Old testament; 260 in the New Testament), humans give their first offering as an act of worship and gratitude for God's goodness.



First Fruits

Genesis 4, which is two chapters after the Bible gives the creation account, humans gave their first offerings as an expression of worship and gratitude for God's goodness. The first mention of prayer is found in Genesis 4:26b. However, the first offering is found in Genesis 4:1-7. Before people began to call on the name of the Lord in prayer, humans gave their first offering as an expression of worship and gratitude for God's goodness.

In the Genesis account, Cain and Abel, the first two sons of Adam and Eve, without being asked, brought offerings of worship to God. Cain as a farmer brought an offering from the fruit of the ground to God. Abel as a shepherd brought an offering that consisted of the firstlings of the flock. According to the Bible, God had greater regard and respect for the offering of Abel than He did for the offering of Cain. Why?

The firstlings of the flock represented his regard for God as deserving the first of what he had. The firstlings of the flock meant that God was Abel's first love and that God occupied first place in his heart.

First fruits represent at least four truths:

1. First Fruits represent the faithful provision of God. We cannot give anything unless God has first provided and given to us.
2. First Fruits represent our love and regard for God as our highest love and first choice. We give our highest and best to those who have first claim upon and first place in our hearts and lives.
3. First Fruits are acts of faith. When we give God the first, we express our faith that God will continue to take care of us. When we give God the first, we express our faith that God will not let us suffer any shortfalls, and that God will continue to supply what we need to meet our obligations.
4. First Fruits also indicate that God can trust us with more. We can never beat God giving. We can never out give God. When we give God the first fruits, we demonstrate to God that we can be trusted with abundance, because we will always keep God as our first love.

First Fruits

This year as a demonstration of our spiritual growth and trust, and as a sign that God has first claim on our lives, we are asking all partners to contribute to First Fruits on Sunday February 5, 2023.

Our First Fruits offering is to consist of at least one week's income.

Persons who only receive one check per month are asked to divide that check by four and contribute one week's income. On First Fruits Sunday, those who contribute a week's income will be asked to bring those offerings and lay them on the altar. Before and after First Fruits Sunday on February 5, 2023, we will follow our usual procedure of giving tithes and offerings.

Let's prepare spiritually and financially for the expression of love we will show on First Fruits Weekend. Remember, how we use what is in our hands indicates what is happening in our hearts.

As we pray over and commit ourselves to this season of giving and generosity, we ask that each of us will be guided by the words of the Apostle Paul found in II Corinthians 9:8-12: "And God is able to provide you with every blessing in abundance, so that by always having enough of everything, you may share abundantly in every good work. As it is written, 'He scatters abroad, he gives to the poor; his righteousness endures forever.' He who supplies seed to the sower and bread for food will supply and multiply your seed for sowing and increase the harvest of your righteousness. You will be enriched in every way for your great generosity, which will produce thanksgiving to God through us; for the rendering of this ministry not only supplies the needs of the saints but overflows with any thanksgivings to God."

pray
without
ceasing

1 Thess. 5:17



WATSON GROVE
BAPTIST CHURCH

NASHVILLE CAMPUS

1415 HORTON AVE.
NASHVILLE, TN

FRANKLIN CAMPUS

1715 COLUMBIA AVE.
FRANKLIN, TN

GLOBAL CAMPUS

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