

Arena Church

STAND

*What We Stand By
And What We Are Praying For*

Arena Journal and Prayer Guide

STAND

*What We Stand By
And What We Are Praying For*

THIS JOURNAL
BELONGS TO:

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INTRODUCTION

Psalm 118:28

Dear Church, as we say goodbye to 2025, it's important to stop and thank God with gratitude for His love, faithfulness, and kindness. You may also want to think on what you accomplished and also reflect on where you struggled! Life is always full of ups and downs, but the important thing is we keep growing, trusting, and getting ever stronger in our faith. (**James 1:2-4**)

2025 was a year of going deeper - deeper foundations. Our word for the year was Founded. People who build upon the rock (Christ Jesus) will remain steadfast and strong (**Matthew 7:24**). Founded in prayer, His Word, worship, fellowship, and generosity.

2025 was a year of tumultuous changes both politically and economically, both here and across the world. The world is being shaken and so, with this in our hearts and minds, we still sense there is more foundational work to be done.

So again, as we go into 2026, we together want to be committed to a goal of being **FOUNDED**. For our homes, relationships, children, marriages, finances, businesses, jobs, service, church life, community outreach - to have their foundations on Christ and His Word. Those who trust in God will never fail. (**Isaiah 41:10**)

As a church, we want to be a people who are humble yet strong, loving and fearless, grace-filled yet full of truth, gentle and yet bold as a lion!

For our devotion, passion, service, and worship to be full of joy and fire. For our prayer gatherings to be full of God's presence, and for our fellowship to be genuine and rich, one to another.

We desire for Jesus to be exalted and for our lives to be salt and light in the world.

May this book be a helpful guide and an encouraging friend to keep you close to Jesus. Use it daily, make notes, write down your prayers, and make a note of the prayers that have been answered.

May this be another year of foundations and breakthroughs. We love you and we are cheering you on.

KRISTIAN THORPE
SENIOR PASTOR

A SIMPLE PRAYER GUIDE

If you are new to prayer this guide will be helpful in how to begin in prayer.

Ideally, create a minimum of 15 minutes a day to begin your prayer journey. The more you pray, the longer you will be, as the more you will learn to wait upon the Lord and you will have more things to pray for. Spend time with Jesus. It's like a natural relationship. Develop time to talk as well as listen. Cultivate an unhurried time where you can be with God in prayer.

An easy-to-remember model to help you on your prayer journey is ACTS. Here's what it stands for:

ADORATION - CONFESSION - THANKSGIVING - SUPPLICATION

ADORATION

FOCUS: Worship God for who He is.

Begin by recognising God's greatness, holiness, love, and power. This isn't about asking for anything, but simply honouring Him.

EXAMPLE PRAYER: "God, You are holy and good. You are faithful, powerful, and full of mercy. I worship You today because You never change, and Your love never fails."

A SCRIPTURE TO READ: "Great is the Lord and most worthy of praise; His greatness no one can fathom."
Psalm 145:3

THANKSGIVING

FOCUS: Thank God for what He's done.

Take time to list what you're grateful for - salvation, answered prayers, people, blessings big and small.

EXAMPLE PRAYER: "Thank You, Lord, for Your grace. Thank You for my family, for today, for the ways You provide even when I don't see it right away."

A SCRIPTURE TO READ: "Give thanks in all circumstances..."
1 Thessalonians 5:18

CONFESSION

FOCUS: Be honest with God about your sin.

Acknowledge where you've fallen short and ask for forgiveness. Keep your heart clean and soft before Him.

EXAMPLE PRAYER: "Lord, I confess my pride, my distractions, my fear... Forgive me for the times I've ignored You or gone my own way. Wash me clean."

A SCRIPTURE TO READ: "If we confess our sins, He is faithful and just and will forgive us..."
1 John 1:9

SUPPLICATION

FOCUS: Ask God for what you need (and for others too).

Bring your requests to God. Pray for your own needs, and also intercede for others - family, friends, the church, the world.

EXAMPLE PRAYER: "Lord, I lift up my family to You today. Give me strength and wisdom. Please heal those who are sick and provide for those in need. Help me be a light in someone's life today."

A SCRIPTURE TO READ: "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God."
Philippians 4:6

A SIMPLE BIBLE READING GUIDE

Firstly, it may help to use an easy-to-understand translation of the Bible, for example, NIV, NLT or ESV. These translations are simple to read and accurate.

Secondly, the SOAP method is a simple and effective way to read and reflect on the Bible. It's especially popular for personal devotions and journaling. Here's what it stands for:

SCRIPTURE - OBSERVATION - APPLICATION - PRAYER

SCRIPTURE

- Write down the verse or passage that stood out to you in your reading.
- This focuses your attention and helps commit the Scripture to memory.

EXAMPLE: “Trust in the Lord with all your heart and lean not on your own understanding.”

Proverbs 3:5

APPLICATION

- How does this apply to your life today?
- Is there a change you need to make? A truth to believe? A promise to hold on to?

EXAMPLE: I’ve been trying to control a lot in my life recently. This reminds me to stop relying on myself and trust God with my future and decisions.

OBSERVATION

- What is happening in the passage?
- Who is speaking? Who is it addressed to?
- What stands out or is repeated?
- Are there any commands, promises, or warnings?

EXAMPLE: This verse is encouraging full trust in God rather than relying on our own logic or perspective. It’s a call to surrender control.

PRAYER

- Write a short prayer responding to what you’ve learned.
- Ask God to help you apply His Word.

EXAMPLE: God, help me to let go of control and trust You fully. Forgive me for trying to handle everything on my own. Teach me to lean on You daily. Amen.

THE LORD'S PRAYER

In the book of Matthew in the Bible, Jesus taught his followers how to pray.

"This, then, is how you should pray:

*'Our Father in heaven,
hallowed be your name,
your kingdom come,
your will be done,
on earth as it is in heaven.
Give us today our daily bread.
And forgive us our debts,
as we also have forgiven our debtors.
And lead us not into temptation,
but deliver us from the evil one. '"*

Matthew 6:9-13 NIV

ARENA WORD FOR THE YEAR 2026

FOUNDED

"For in Scripture it says: "See, I lay a stone in Zion, a chosen and precious cornerstone, and the one who trusts in him will never be put to shame. "

1 Peter 2:6 NIV

"Therefore whoever hears these sayings of Mine, and does them, I will liken him to a wise man who built his house on the rock: and the rain descended, the floods came, and the winds blew and beat on that house; and it did not fall, for it was founded on the rock.

"But everyone who hears these sayings of Mine, and does not do them, will be like a foolish man who built his house on the sand: and the rain descended, the floods came, and the winds blew and beat on that house; and it fell. And great was its fall!"

Matthew 7:24-27 NKJV

Jesus Christ is the Cornerstone, the foundation upon which we build.

If we will build our lives, homes, marriages, education, careers and churches upon him, we will continue to stand even in the midst of challenges.

God has a plan and purpose for everyone who calls upon Jesus, not just to be saved but to live a life of fullness and blessing. The desire is for each of us to live a bigger life of influence and fulfilment. But for this to happen, our foundations must go deeper in him.

In this year may our knowing God go deep as we immerse ourselves in the Word, prayer and worship. May we walk in the Spirit and may our foundations deepen.

YOUR PERSONAL WORD FOR THE YEAR 2026

God wants to speak to us personally. Is there a word or phrase that he wants you to focus upon, be committed to this year? Often, if we write it down, it acts as a reminder and may also keep us accountable.

My word of the year is

.....

As we pray this year, may our lives be ever immersed in God. In his Word - meditating, delighting, declaring. In prayer - finding the quiet places to speak and listen. May discipleship be the hallmark of all our lives.

God, I believe you have given me this word or phrase because

.....

.....

.....

.....

I want my walk with you to be deepened, strengthened and enlarged. May I walk this year into the wide open spacious places that you have planned and may I walk in increased freedom and liberty that is found in Jesus.

Amen.

3 PEOPLE I AM PRAYING FOR

"The Lord is not slow in keeping his promise, as some understand slowness. Instead he is patient with you, not wanting anyone to perish, but everyone to come to repentance."

2 Peter 3:9 NIV

Today is the day of salvation. We are in a season where we are believing for people to be saved, for prodigals to return and for the most broken to be healed.

The 3 people I am praying for to find Jesus are:

- 1
- 2
- 3

As I pray for these 3 people to know Jesus, I pray, Jesus, that you will show them Your love and I will be a loving witness and example for You to them and my world. Amen.



I'M BELIEVING FOR MY FRIENDS AND FAMILY TO FIND JESUS

THE POWER OF VISION

"The only thing worse than being blind is having sight but no vision." - Helen Keller

The world often has a vision void. Which means millions are walking through life struggling, falling, surviving. Vision moves us from surviving to thriving. God desires that we should thrive. This starts as we get a God-ordained vision. A vision is a fresh look at a preferred future.

Proverbs 29:18 KJV says *"Where there is no vision, the people perish"*.

Vision moves, vision clarifies, vision focuses, vision motivates, vision cheers, vision shouts, vision holds strong, vision brings change. God wants you to have a vision! He has also given us a clear vision to Arena:

The Vision of Arena Church across all locations and ministries is: TO GO, TO GROW, TO LOVE, AND TO SERVE OUR WORLD

A people who go, a people who grow and advance, a people who love unconditionally, a people who serve everyone, everywhere and a people who touch the world, local and global. A people who are becoming more like Jesus - loving, serving, lifting like he did.

May we live with vision forever looking up.

"I lift up my eyes to the mountains— where does my help come from? My help comes from the Lord, the Maker of heaven and earth."

Psalms 121:1-2 NIV

PROPHETIC STATEMENT

“Imagine”

In 2025, our teaching pastor Phil Pye brought the following profound prophetic word to the church.

“Imagine.”

In 1971 a song was published by ex Beatle, the late John Lennon, still played on many outlets to this day, entitled ‘Imagine’. The title became the catalyst for the following thoughts.

A definition of imagine is: a mental image, a concept, an assumption.

Imagine a local church with no leadership.

Imagine a church with no vision or passion.

Imagine not a multi-site related group of churches of hundreds that spreads its wings into South West France, but a congregation barely bigger than a small group. Everyone knows each other’s business; they sing and rejoice together that they are going to heaven, yet give little thought to those bound

for hell.

Imagine a church with no children. Yes, at times they are noisy, clumsy, and immature. They are kids! God ever save us from never hearing the shrill sounds of the playground in the life of the church.

Imagine a church with no young people. No Millennials, no Generation Z, or Generation Alpha. No regular youth gatherings, no youth weekends away.

Imagine a church where there are no families.

Imagine a church with no older people, bringing their wit and wisdom. Or imagine a church just of older people. Nobody has joined the church for years, and baptisms are a dim, distant memory.

Imagine a church with:

- No Foodbank
- No connection with outside social agencies
- No relationships with local

schools No houses to help people rehabilitate their lives

- No Care for a Coffee
- No Shower Hour
- No reach into Toulouse, and the ministry to lonely migrants

Imagine:

- No Kids Church
- No evangelism or outreach
- No preaching and teaching of the Word
- No gifted musicians and no live music
- No Community services
- No Community shops
- No meeting places like The Project

Imagine:

- No prayer gatherings
- No heart for a move of God in our day
- No interest in local and national needs
- No global perspective or outreach
- No mission partners

Imagine a church that was just about you and me. A church with only people like us, who we like. Imagine: no disruption, no rough edges, no ignorance of how to respond to the rhythms and gatherings of public worship.

Imagine a church where everything is very nice—and very dead!

You are going to have to imagine. Because what has been described is not Arena Church.

It all comes at a cost: spiritually, emotionally, relationally, and financially.

Some years ago with Hillsong Church in its zenith, a question was asked to its leader. 'What is your attitude to people

who come to your church and don't give'? He replied 'ALL are welcome and treated just the same'. Ditto, Arena Church.

That is not to give push back to the leadership's encouragement to grow in our devotion and discipleship by practical financial giving. Please note, we are not begging, controlling or coercing. None of these are "occupants of the house". Every gift given is freewill.

Let your imagination in your spirit run riot for a moment. To see what Arena Church could yet be, into its future. Your response will not come from imposition but from revelation in your heart, created by the Word of God.

"See that you excel in the grace of giving." (2 Corinthians 8:7) Their example? The Macedonian Christians, who, in persecution and poverty, "begged... to be part of the offering for the saints in need." (**2 Corinthians 8:4 ESV**)

It is to that generous spirit that we are called to respond.

Finally, imagine...

A local church where everybody took and nobody gave. It ultimately would be a local church that ceased to exist.

Imagine that.

"You may say I'm a dreamer, but I'm not the only one."

I hope today you'll join us—and this church, Arena Church, will live as one.

May we continue to 'imagine', believing God for more of Him and for more through Him.

PROPHETIC WORDS FOR ARENA CHURCH

Do not despise prophecy! We want to be a supernatural people who hear from God—a prophetic people.

Over the decades Arena has received many prophetic words. Some have already come to pass but there are still many to keep hold of. Below are some of the words given to us as a church through the years.

Let's continue to remind ourselves of what God has said to us and stand in prayer to see a fulfillment of the word.

1. GENESIS 49:22 NIV

"Joseph is a fruitful vine, a fruitful vine near a spring, whose branches climb over a wall."

A WORD WAS GIVEN IN THE 1980s THAT FROM ILKESTON, OUR INFLUENCE WOULD STRETCH BEYOND OUR TOWN INTO THE SURROUNDING AREAS.

2. ISAIAH 54:1-4 NIV

"Sing, barren woman, you who never bore a child; burst into song, shout for joy, you who were never in labor; because more are the children of the desolate woman than of her who has a husband," says the Lord. "Enlarge the place of your tent, stretch your tent curtains wide, do not hold back; lengthen your cords, strengthen your stakes. For you will spread out to the right and to the left; your descendants will dispossess nations and settle in their desolate cities. "Do not be afraid; you will not be put to shame. Do not fear disgrace; you will not be humiliated. You will forget the shame of your youth and remember no more the reproach of your widowhood."

"ENLARGE, STRETCH OUT, STRENGTHEN YOUR STAKES. YOU WILL SPREAD OUT."

3. DEUTERONOMY 1:6-8 NIV

“The Lord our God said to us at Horeb, “You have stayed long enough at this mountain. Break camp and advance into the hill country of the Amorites; go to all the neighboring peoples in the Arabah, in the mountains, in the western foothills, in the Negev and along the coast, to the land of the Canaanites and to Lebanon, as far as the great river, the Euphrates. See, I have given you this land. Go in and take possession of the land the Lord swore he would give to your fathers—to Abraham, Isaac and Jacob—and to their descendants after them.””

“FROM THE HILL COUNTRY YOU WILL GO INTO NEIGHBOURING PEOPLES, TOWNS, VILLAGES, CITIES. SEE I HAVE GIVEN YOU THIS LAND.”

4. ISAIAH 58:10-12 MSG

““This is the kind of fast day I’m after: to break the chains of injustice, get rid of exploitation in the workplace, free the oppressed, cancel debts. What I’m interested in seeing you do is: sharing your food with the hungry, inviting the homeless poor into your homes, putting clothes on the shivering ill-clad, being available to your own families. Do this and the lights will turn on, and your lives will turn around at once. Your righteousness will pave your way. The God of glory will secure your passage. Then when you pray, God will answer. You’ll call out for help and I’ll say, ‘Here I am.’ “If you get rid of unfair practices, quit blaming victims, quit gossiping about other people’s sins, If you are generous with the hungry and start giving yourselves to the down-and-out, Your lives will begin to glow in the darkness, your shadowed lives will be bathed in sunlight. I will always show you where to go. I’ll give you a full life in the emptiest of places— firm muscles, strong bones. You’ll be like a well-watered garden, a gurgling spring that never runs dry. You’ll use the old rubble of past lives to build anew, rebuild the foundations from out of your past. You’ll be known as those who can fix anything, restore old ruins, rebuild and renovate, make the community liveable again.”

“YOU WILL BUILD USING OLD RUBBLE OF PAST LIVES, REBUILD THE FOUNDATIONS, YOU WILL BE — AS THOSE WHO CAN FIX ANYTHING, RESTORE OLD RUINS, REBUILD AND RENOVATE.”

“MAKE THE COMMUNITY LIVEABLE AGAIN.”

5. G.R.O.W.T.H - ACTS 2:17

GET READY, OPPORTUNITY WAITS, TAKE HOLD.

6. I WILL POUR OUT MY SPIRIT IN THIS PLACE

PASTOR COLIN WHITTAKER DURING BREAKING OF BREAD HEARD THE LORD SAY 'I WILL POUR OUT MY SPIRIT ON THIS PLACE'

7. EPHESIANS 3:20

"Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us,"

JESUS IS...

Jesus desires to be first, front and centre. He is the difference, and knowing who he is brings strength and confidence. We have put together six powerful statements of who Jesus is for you to confess, speak out, meditate upon and be strengthened in.

"Jesus Christ is the same yesterday and today and forever."

Hebrews 13:8

1. JESUS IS THE SON OF GOD

In a world full of changing ideas about truth, Jesus stands as the eternal Son of God. He is not just a good teacher or a moral example - He is God in the flesh. When the Father spoke at Jesus' baptism and said, *"This is my beloved Son,"* heaven confirmed what the earth desperately needed: a Saviour who was divine.

REFLECTION: What does it mean to you personally that Jesus is the Son of God? How does that impact your trust in Him?

2. JESUS IS THE SAVIOUR

Jesus didn't come to condemn the world but to save it. He gave His life for you and me on purpose, with love. At the cross, mercy and justice met. No sin is too deep for His grace. No heart is too broken for His healing.

"For the Son of Man came to seek and to save the lost."

Luke 19:10

PRAYER PROMPT: Thank Jesus for saving you. If you're struggling with guilt or shame, bring it to the cross today. He already carried it.

3. JESUS IS THE GOOD SHEPHERD

When life feels chaotic, Jesus offers peace. He doesn't just lead from afar—He walks beside you, calls you by name, and watches over your soul. Even in the valley of the shadow of death, He is with you.

"I am the good shepherd. The good shepherd lays down his life for the sheep."

John 10:11

REFLECTION: Where in your life do you need to let the Shepherd lead?

4. JESUS IS THE LIGHT OF THE WORLD

The world is dark. Our hearts can feel even darker. But Jesus steps into the shadows and shines. His light exposes lies, comforts the hurting, and guides us forward.

"I am the light of the world. Whoever follows me will never walk in darkness, but will have the light of life."

John 8:12

REFLECTION: Are you letting Jesus' light shine into every area of your life, even the hidden parts?

5. JESUS IS KING AND LORD

Jesus doesn't just save us—He reigns. He's not only the Lamb; He's also the Lion. One day, every knee will bow. But today, you can choose to bow your heart willingly, gladly, and fully.

"At the name of Jesus every knee should bow... and every tongue confess that Jesus Christ is Lord."

Philippians 2:10-11

PRAYER PROMPT: Surrender something today that you've been trying to control. Let Jesus be Lord, not just Saviour.

6. JESUS IS COMING

Jesus keeps His promises. He will return—not as a humble servant, but as the victorious King. This world is not the end. His return gives us hope, even in suffering.

"Yes, I am coming soon."

Revelation 22:20

REFLECTION: Are you living in a way that shows you're ready for His return? What needs to change?

CLOSING THOUGHT: Jesus is everything. He is our Saviour, Shepherd, Light, King, and soon-coming Lord. Wherever you are in your walk with Him, pause today to remember who He is and let that truth shape who you are.

CLOSING PRAYER: Jesus, You are more than enough. You are the Son of God, my Saviour, my Shepherd, my Light, and my King. Thank You for loving me, guiding me, and preparing a place for me. Help me to walk closely with You today. Amen.

A CALL TO PRAYER

“Blow the trumpet in Zion, declare a holy fast, call a sacred assembly. Gather the people, consecrate the assembly; bring together the elders, gather the children, those nursing at the breast. Let the bridegroom leave his room and the bride her chamber.”

Joel 2:15-16 NIV

The Prophet Joel:

CALLS the people to come together

GATHERS the people

CONSECRATES the people

May we encourage you to come together, to gather, to submit and surrender to Jesus as we humbly come, he will come amongst us.

“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.”

2 Chronicles 7:14 NIV

“Draw near to God and he will draw near to you.”

James 4:8

Each week and month we create opportunities to pray together through groups, Upper Zoom, nights of prayer. Please come and join us to see what God does as we pray.

Upper Zoom

Early Morning Prayer
Every Tuesday & Thursday 7am-7:30am

Call to Prayer

Monthly Prayer Gatherings

DAILY CONFESSIONS

As we declare God's Word, our faith is strengthened and our hearts are aligned with His truth. Use these verses as daily confessions and reminders of His promises.

1. He is able to do abundantly more than I can ask or imagine according to His riches in glory - **Ephesians 3:20**
2. I'm the head and not the tail, above and not beneath - **Deuteronomy 28**
3. I can do all things through Christ who strengthens me. - **Philippians 4:13**
4. He will keep me in perfect peace as my thoughts turn often to the Lord - **Isaiah 26:3**
5. I have everything I need for life and godliness - **2 Peter 1:3**
6. As I wait upon the Lord he renews me and gives me strength for the day ahead. - **Isaiah 40:31**
7. I am bold and strong because God is with me today - **Joshua 1:9**
8. As for me and my house we WILL serve the Lord - **Joshua 24:15**
9. No good thing do you withhold from those who walk uprightly - **Psalms 84:11**
10. I prosper and am in health even as my soul prospers - **3 John 1:2**
11. The Fruit of the Spirit is visible in me - Love, Joy, Peace, Patience, Kindness, Goodness, Faithfulness, Gentleness, Self Control - **Galatians 5:22**
12. The joy of the Lord is my strength - **Nehemiah 8:10**
13. I walk by faith and not by sight - **2 Corinthians 5:7**
14. My speech is gracious at all times - **Colossians 4:6**
15. I am joyful in hope, patient in trouble, and persistent in prayer - **Romans 12:12**

THIEVES AND OCCUPANTS

WHAT IT'S LIKE TO BE AROUND HERE

THIEVES

THE THINGS WE DON'T WANT

'The thief comes to steal, kill and destroy'

John 10:10

These are four areas the enemy uses to bind, stop, delay, divide, and destroy churches. We identify them as "thieves." They are Religion, Rejection, Offense, and Control. As a church, we guard our hearts, families, and community by keeping these enemies from gaining access. We keep them at the door.

RELIGION

Religion is often seen as a strict system of rules and routines—a way of doing things the same way every time. But true Christianity isn't about rule-following. It's about a relationship with God through Jesus. While religion focuses on outward practices, Jesus focused on inward transformation.

Jesus didn't have time for empty religion. He called it burdensome, proud, joyless, and stubborn. He often clashed with the religious leaders of His day—people so obsessed with rules that they missed the heart of God. In Luke 6, we see this clearly when Jesus heals on the Sabbath. Instead of celebrating the miracle, the religious leaders were outraged—because He broke their rules.

Religion says you have to do to be accepted. Jesus says He's already done it. He brings freedom, not suppression. He invites us to live by faith, not formula.

At Arena Church, we are not a religious church. We follow the example of Jesus:

- We walk humbly, not with pride
- We empower, not restrict
- We live faith that changes us from the inside out
- We stay open to what God is doing now—not just what's always been done

We're not about religion. We're about relationship.

PRAYER: Lord, may we live a life not with religion but with the routine of relationship.

REJECTION

Rejection is the attitude of constant refusal—and Jesus knew it deeply. **Isaiah 53:3** says He was “*despised and rejected*,” even by those who knew Him. But Jesus never let rejection define Him, and neither should we.

Rejection shows up in many ways—broken relationships, job losses, failed opportunities, bullying. It can be verbal, emotional, intentional, or not. If left unchecked, rejection can grow into bitterness, insecurity, anger, and instability.

But we don’t have to stay in that place. We combat rejection with truth.

God’s Word reminds us that we are fearfully and wonderfully made (**Psalm 139:14**), and that nothing can separate us from His love (**Romans 8:38-39**). When the world says we’re not enough, God says we’re chosen, loved, and accepted.

We also fight rejection through forgiveness. Forgiveness is powerful. It breaks the hold of bitterness and brings healing and freedom. It’s not always easy, but it’s always worth it.

At Arena Church, rejection stops at the door. We choose a better way:

- We forgive instead of holding on to hurt
- We welcome everyone, no matter their background
- We speak truth over ourselves and each other
- We refuse to let rejection define our identity

We are not defined by what people say or do—we are defined by God’s love.

PRAYER: Lord, we want to be people who don’t live with rejection but knowing we have been loved and chosen by God.

OFFENCE

Offence is the attitude that looks for problems—even when none were intended. It’s rooted in perception, not always in reality. Offence is always taken, never given. Sadly, some people carry offence easily, repeating the same pattern over and over—especially in church life, where misunderstandings can lead people to move on unnecessarily. The truth is, offence often says more about the heart of the offended than the actions of others.

Jesus never took offence. Though many tried to insult or trap Him, He responded with grace and truth. Even so, people—especially religious leaders—took offence at Him, not because He did wrong, but because His ways didn’t fit their expectations. If offence was taken at the only perfect person to walk the earth, how much more should we expect it among imperfect people like us? Offence damages relationships and blocks the work of God in our lives.

At Arena Church, we recognise offence will come—but we choose how we respond. We won't let offence define us. Instead, we drop it in grace and move forward in love. We choose to be people who are gracious, joyful, wise, and understanding—living in the fullness of God's blessing and refusing to be held back by perceived insults.

PRAYER: God may you help us not to live with offence but with grace and love to everyone in our lives.

CONTROL

Control is the attitude or practice of unnatural domination or expectation—and it can creep into any area of life, including churches. Whether it shows up through menace, manipulation, or money, control always aims to dominate. While Arena Church believes in strong, consistent leadership, we ultimately submit to the lordship of Jesus—nothing and no one should take His place.

Control needs two participants: one who takes it, and one who gives it. When we allow others to control us, we can become like puppets—living only by their direction. Menace uses fear and threats, manipulation plays with emotions for selfish gain, and money, if left unchecked, can lead us to compromise who we are. Even Jesus was tempted to live under the control of power, influence, and materialism (Matthew 4:1–11), but He stood firm in God's Word.

At Arena, we are intentional about rejecting every form of control. We choose freedom in Christ and respect each person's ability to make their own decisions. We will not let the pressures of life or the expectations of others dictate how we live. Instead, we serve God with integrity, truth, and a heart that seeks His will—not control.

PRAYER: God we want to be people who don't live with the attitude of control but knowing that you are always in control of all of our lives.

OCCUPANTS

THE THINGS WE DO WANT

'I have come that they may have life and have it to the full'

John 10:10

We've identified four enemies—"thieves" that we keep at the door. But we also have six behaviours—values that we welcome into our hearts and our church. We want these six truths to mark our lives, to be seen and evident, so that we become more like Jesus and shine brightly in this dark world.

DISCIPLESHIP

Discipleship is a lifelong journey of becoming more like Jesus—a lifestyle, not just a course or event. The term "disciple" means a learner or trained one, and as followers of Jesus, we are all called to continually learn, grow, and be transformed. Jesus' Great Commission (**Matthew 28:16–20**) calls every believer not just to follow Him but to go and make disciples, teaching others to obey His commands. This calling is both an invitation and a challenge, rooted in love, obedience, service, and sacrifice. True discipleship begins with surrender and is the foundation for all other spiritual growth and behavior.

A disciple responds to Jesus with calling, commitment, and challenge. We are called to follow Jesus and live by His example—loving God fully, serving others selflessly, and laying down our own agendas. This leads to a deep commitment: to Christ as our Master, to God's Word, to bearing fruit, to loving others, and to fulfilling the Great Commission. Discipleship is not passive; it requires active surrender, aligning our lives with God's will, and trusting that through this surrender, we are empowered and liberated to live fully for Him.

Discipleship challenges us to live counter-culturally in a world with competing values. It calls us to overcome the world, prioritize eternal things, and continually yield to God's plans. Though difficult, it brings the promise of Christ's constant presence and a life of true purpose. Discipleship must be intentional, practical, relational, and demonstrated in everyday life—it is a process, not a quick fix. Through it, we become vessels of transformation, both for ourselves and for the world around us.

PRAYER:

GROWTH

Growth is God’s desire for every believer. At Arena Church, we believe that all healthy things grow—spiritually, personally, relationally, and in influence. We are not content with comfort or stagnation; instead, we are committed to going deeper in our discipleship and maturing in Christ. Just as a child moves through stages of development, so too must we grow in character, faith, and obedience. Growth is not just about size or success, but about becoming more like Jesus in every area of our lives. Colossians reminds us to let our roots grow deep into Him so that our faith is strengthened and our lives overflow with thankfulness.

To grow means to have a clearer vision of Jesus, to build our lives on Him, and to develop a strong and active faith. We grow by placing Jesus first, front, and centre—seeking His kingdom above all else. We build on the rock, not sand, by hearing and doing His Word. Growth involves spending time in Scripture, meditating on truth, and living it out daily. Like the wise builder, we are called to build our lives on a firm foundation so that we stand strong through life’s storms. As we remain connected to Jesus, our lives begin to bear fruit and reflect His character more and more.

Faith is a key part of growth. Without it, we cannot please God. We are called to live by faith—believing for the impossible, taking bold steps, trusting even when we cannot see the full picture. As **Hebrews 11** teaches, faith is the evidence of things not yet seen, and through it, we gain a good reputation. Growth is not always easy; pruning, pressure, and adversity shape us. God lovingly prunes us—not only the lifeless areas but also the fruitful ones—to prepare us for greater growth and impact. True growth often comes through change, resistance, and challenge.

Ultimately, growth also means living with eternity in mind. This world is not our home—we are foreigners and exiles passing through. We fix our eyes not on what is seen, but on what is unseen. Our treasures are not found in temporary things but stored up in heaven. Growth means maturing in our perspective, setting our sights on the eternal prize, and running the race with perseverance. As we grow in faith, love, character, generosity, forgiveness, and confidence, we become more like Jesus and leave a legacy that points to Him. May growth be the defining mark of our lives and of Arena Church as we fix our eyes on Jesus—the author and perfecter of our faith.

PRAYER:

ARENA TEAM COVENANT

Arena Church has a commitment to living honestly, walking openly, practicing grace, standing on truth, loving everyone. Take a moment to read this covenant and may we practice and live out these truths in our relationships one to another.

- 1. We will and can have frank and open discussions, knowing the environment is trusting and safe (even if a question seems stupid or an opinion contrary to others).**
- 2. We will always show up on time with a great attitude and be consistent.**
- 3. We will not have a meeting after a meeting about a meeting.**
- 4. We will not be overly fragile or run to offence (but if necessary deal with any issue quickly).**
- 5. We will have a team mentality (fighting for each other, believing the best and following through on our commitments).**
- 6. We will recognise that silence is agreement - always.**
- 7. We will seek to create a fun filled atmosphere - light in spirit.**
- 8. We will commit to verbal precision - saying what we mean and meaning what we say.**
- 9. We will treat others as we wish to be treated (always taking time to see and hear each other).**
- 10. We will be committed to the bigger picture - to Go and Grow and Love and Serve (it is never about me or my department - it is always about Arena's passion).**

WEEKLY PRAYER GUIDE

Over the past decade, we as a church have grown in our commitment to prayer. In the last five years, we've created a prayer journal that has served as both an inspiration and a guide as we've prayed together.

In the following pages—from Monday through Sunday—you'll find specific areas to pray into: for our families, our church, and the world around us. Each day connects to a ministry theme we journeyed through in 2025. All the message headlines can be found on the podcast.

As you read and pray, take hold of these truths with passion and faith, believing for God to move powerfully in and through us.

MONDAY - FOUNDED

"Therefore everyone who hears these words of mine and puts them into practice is like a wise man who built his house on the rock."

Matthew 7:23-24

Our word for 2025 was **FOUNDED**, it's a word that doesn't diminish, it doesn't expire, it's a word that is still vital and very relevant to us both personally and as a church as we step into 2026. Our foundations need to be firmly on the Rock - Jesus Christ.

Kristian talked about preparing the ground, he talked about removing all the old surfaces, weeds, debris and obstacles that will hinder growth and stability. Are there still things you are working through or need to deal with?

Remember God's Word is living and active and by devoting time each day to read the Bible we are inviting Jesus into areas of our lives that require God's help to change and to strengthen. We were encouraged to pray, to take up our positions and stand firm because the battle is not ours but the Lords.

Phil talked about relationships. In a world where daily we see marriages break up and families destroyed again we were encouraged to sow the Godly principles of love, faith, submission, forgiveness and encouragement into our relationships and homes as we seek to be Founded on the Rock - Jesus Christ.

PRAYER POINTS:

1. As you begin 2026 be honest with God and ask him to help you remove anything that is causing your foundation to be unstable.
2. Pray across our campuses for strongholds to be broken and the captives set free.
3. Pray that right across our congregations there will be a passion & hunger for God's word - pray for Bible School and Arena Ministry School.
4. Throughout 2025 we were "Called to Pray". Pray that more and more people will respond and we will see growth in our prayer meetings and at Upper Zoom.
5. We need to pray for relationships both within the church and in our communities, and that we, the people of God, sow godly principles in our homes, workplaces and neighbourhoods.
6. Pray that across our different locations, new leaders will arise who are committed and passionate about building God's Kingdom.

TUESDAY - THIS IS HOW I WALK

'We live/walk by faith and not by sight.'

2 Corinthians 5:7

Our lives are often busy and there is much around us to distract us, so it's easy to navigate our Christian walk according to what we see or how we feel. But the Bible which is God's Word calls us to live/walk by faith. Faith is trusting in God, having confidence and assurance that His word is true and His promises Yes and Amen.

There are times when we suffer trials and temptations and our faith is tested, remember these fiery trials are temporary, and our faith is like gold, these "fires" don't destroy, they strengthen and purify. It's at these times that our faith grows.

Faith isn't dormant, it's active and we display that faith to the world everyday by the way we speak, by the way we act and by the way we react to situations. Our faith is worked out in acts of kindness, in acts of serving, sharing and giving. Faith and action go hand in hand, if someone needs help, help them, if there's a call to serve see where you can help, if there's a need for money give - because faith without action is dead.

PRAYER POINTS:

1. Pray for an increase in faith this year, that across our campuses people will put their trust in God for provision, protection and peace.
2. Lift up those that are going through "fiery trials" at this time, maybe to do with health, family or finances, situations at work or conflict in communities.
3. We are seeking growth across our congregations. Pray that people will put their faith in action by joining a serving team or volunteering in one of our community outreaches.
4. Pray that we will step out in faith this year seeing the miraculous of God as we lay hands on the sick and as we believe for the provision of God for our buildings and outreach.
5. Displaying an active faith influences those around us, pray that whole families will come to know Jesus as Lord and Saviour. In our campuses we have husbands without wives, wives without husbands, children and grandchildren that aren't saved, mums, dads, aunts, uncles, brothers and sisters that don't know the Lord. The fields are white unto harvest.
6. Pray for our Seniors Ministry and Christine Austin and the team.

WEDNESDAY - MONEY, MONEY, MONEY

'Bring the whole tithe into the storehouse....test me in this'.

Malachi 3:6-11

In October we were challenged about money, something we all have in varying degrees, but are often reluctant to talk about. At Arena, our focus is salvation, BUT money is mentioned over 2,000 times in the Bible so it is important for us to address. You see God laid out a way in which His church would not only survive but thrive, but it requires us all to be obedient to His word and adopt the godly principles of giving our tithes and offerings and stewarding our money well.

We were called to radical generosity, to give not only our tithe (10% of our income), but to excel in the grace of giving (**2 Corinthians 8:7**), blessing those in need in our local communities and the ministries we partner with across our world. Why? Because "the earth is the Lord's" and everything belongs to Him.

As Kristian said "It's what we want for you, not what we want from you". Because if we, the people of God, are obedient, God promises to "open the floodgates of heaven" and pour out His blessing.

PRAYER POINTS:

1. Pray for an increase in our giving, both in the tithes and offerings. Pray also for an understanding and revelation of tithing into God's storehouse.
2. Take a moment to think about and pray for those across our campuses that are seeking employment, those needing an increase in their income, those on limited finances.
3. As we continually seek to bless those in our communities, pray for food, clothing and furniture donations to be in abundance, for our shops on the high street to be prosperous and touch more and more people.
4. Pray for our finance team, for wisdom and strength and success with grant applications. Pray we will have influence and support through businesses and those that are wealthy in our areas, pray also for their salvation.
5. Spend a few minutes lifting up our Moving Forward Partnership. They too need finances and resources as they seek to build churches in different areas across our nation, from Scotland to London, from the east to the west.
6. The monies we give reach far and wide, pray for our missionary partners and Mission India, Compassion and Open Doors all in need of prayer, resources and finance as they seek to build God's kingdom in difficult circumstances.

THURSDAY - THE CIRCLE MAKER

DREAM BIG, PRAY HARD, THINK LONG

'Rejoice always, pray without ceasing.'

1 Thessalonians 5:16-18

In June 2025 we revisited the Circle Maker book. Why? Because prayer has to be our first response, not our last resort. Because we believe as a church that prayer makes a difference, because if we pray regularly, irregular things happen on a regular basis. We were called to pray hard, to stand firm, to be persistent, to 'stop, drop and pray' and to seriously draw circles around the things that concern us, things and people that are in our hearts.

We were encouraged to 'dream big', to pray and not to give up, to dare to pray for what seems impossible, because with God, nothing is impossible. It may seem foolish but Noah built a boat on dry land, David killed a giant with a pebble and Peter got out of a perfectly good boat. If you don't pray, who will?

Remember every prayer prayed has an impact, the ripple effect touches lives and situations now and into the future. As we 'think long' we begin to see that as we throw those stones/prayers they continue to affect future generations, maybe even your great great grandchildren. You see, prayers do not have an expiry date.

PRAYER POINTS:

1. Pray for our children, babies, toddlers and those from 5 years old to 11.
2. Take a moment to think about and pray for our children's ministry in all our campuses, pray that the influence they have spreads beyond our walls into homes, schools and social activities (like dance groups, sports activities and after school clubs).
3. Pray for all those that work with the children and tots, pray that God will strengthen them, give them wisdom and understanding and add to their number.
4. Think about our youth and all the different ways in which they can be influenced in today's society. Pray for their protection and guidance, pray that God will strengthen them and give them godly wisdom.
5. Give some thought and pray for our youth leaders and workers, they too need compassion, understanding, strength and wisdom.
6. Pray that our work with children and young people will spread beyond our walls, touching parents, grandparents, friends and neighbours.

FRIDAY - TWO KINDS OF WISDOM

'The wisdom that comes from heaven is first of all pure...'

James 3:17

There is 'worldly wisdom' and there is 'godly wisdom', both affect our words, our actions, our choices and even our thoughts. Daily we make decisions. What are you basing yours on? In 1 Kings 3, Solomon asks for wisdom – he needed a discerning heart, he needed guidance, he needed to distinguish right from wrong, and so do we. Are you asking God for wisdom?

Two kinds of wisdom which affect the way we speak: Are we praising or cursing? Remember our words reflect what's in our heart, our motives and our relationship with Jesus. Are we selfish or selfless? Are you still living with envy and pride, never being satisfied, always wanting to be noticed? God is still with you wanting to rescue you and set you free.

Are we peace-loving or power-loving? We, the people of God, should be strong, resilient and overcomers, but not using that strength to manipulate, control and do harm to others. Our challenge was to step away from pride filled opinions, weed out self-promotion, abandon every display of selfishness and humbly put others first. How are you doing in that area?

PRAYER POINTS:

1. Pray for wisdom for yourself, there may be situations at home or at work or with your finances that need that input of godly wisdom.
2. Our Senior Leadership Team, Campus Pastors, the Boards also need godly wisdom, strength and protection - pray for them and their families.
3. Pray for those leading our Seniors Ministry, our children's and youth work and the Small Group Leaders.
4. Take some time to think about and pray for all those who lead in your community, councillors, police, teachers, business men and women, doctors and healthcare providers. They all need godly wisdom.
5. Pray for our King and Royal Family, the government, the armed forces, pray for wisdom and guidance.
6. Pray for salvation for all those in positions of authority, right across the M1 corridor - the rich, the famous and those in positions in media and sport.

SATURDAY - WATCH YOUR MOUTH

"The tongue has the power of life and death."

Proverbs 18:21

There is power in the words we use to communicate with and the words we speak over ourselves. Luke's gospel tells us that our words are an overflow of what's stored in our hearts – be that envy, bitterness or unforgiveness or love, compassion or kindness.

Words that have the power of life: I am blessed, I am chosen, I am adopted into God's family.

Words that have the power of death: I'm not good enough, I can't, why me?

So Arena, let us continually be a people who watch our mouths and examine our hearts. Remember you are who Jesus says you are, the apple of His eye, created by Him, fearfully and wonderfully made. Let us be a people who give thanks in all circumstances, a people who use words to encourage, strengthen and build up, making a positive difference in our worlds.

PRAYER POINTS:

1. Let us continually check the soil of our hearts, not allowing anything to take root that will hinder or stunt our growth. Pray for negative attitudes to change and hearts to be softened.
2. Remember to confess when you speak, act, or think in ways that wouldn't please God, as God is seeking a people with clean hands and a pure heart. Pray that across our campuses we will grow in love and maturity.
3. 'People are the prize, heaven is the goal.' Pray that our words will be used to witness to our families, friends, neighbours, work colleagues and communities.
4. Pray for those that are sick, depressed, broken and disadvantaged. Use words to bless and support.
5. Our community teams, staff and volunteers need your prayers for strength, wisdom and protection.
6. Use positive words to pray for Kristian and Caroline, the Senior Leadership, Campus Pastors, the Board and Trustees and those leading small groups and ministries.

SUNDAY - LEGACY

'A good man leaves an inheritance to his children's children.'

Proverbs 13:22

We started with our word for the year: **Founded**. Being founded on the word of God, our foundations firmly on the Rock – Jesus Christ. This enables us to walk by faith, even when difficult circumstances arise. It strengthens us in our commitment to steward our money well and to give generously into God's storehouse. It encourages us to pray hard, dream big and think long with godly wisdom, not the wisdom of the world.

Using our words not only to bless and encourage those around us but to pray and speak into future generations. That ripple effect doesn't stop; it goes on to touch our family and friends for Jesus. Leaving a legacy for future generations, communities, towns and cities. It has a world impact as we plant more campuses, reach more locations, invest in more community outreaches and support missions across our world.

What are you going to be remembered for? There is a part for us all to play, a place for us all to work and an opportunity for us all to give.

PRAYER POINTS:

1. Pray that as a church in six locations, we will be founded in prayer, founded in the Word and founded in fellowship. With a commitment to dig deeper so that God can build taller, wider and bigger.
2. Spend some time praying for our small groups and their leaders, for the different ministries within our locations as we seek to grow.
3. Our mission is "To Go and Grow and to Love and Serve our World". Pray for vision as we move forward, grow and reach out.
4. As we extend love through our words and actions, pray for salvation. We are still believing in that exponential growth – which includes those names we wrote on cards last year, those we touch through our children's, youth and senior ministries and those we minister to in our community outreaches.
5. As we pray for the lost, the broken, the lonely, the hurting, let us consider how we will serve, how we will give, how dedicated we are to leaving something for future generations.
6. Pray for more campuses to be planted both now and in the future, across the region and into the world.
7. Pray for more leaders for leaders to arise.

Kristian and Caroline celebrated 25 years at Arena Church in 2025. The challenge: Are you ready, refuelled, resilient and resistant, as we seek to build God's Kingdom both now and for the future?

DRAW THE CIRCLE

STOP. DROP. PRAY.

DRAW SOME CIRCLES.

Pastor Mark Batterson is the pastor of National Community Church Washington DC he is also a New York best selling author. He wrote *The Circle Maker* and it tells the story of an old sage called Honi. Honi was a prophet, a man who knew God. When the people needed rain due to a famine, they asked Honi to pray. He drew a circle in the sand and then prayed. He asked God for fresh rain and declared he would not leave the circle until God answered. He prayed hard, and God answered with rain. A mighty miracle was poured out as Honi prayed hard and was persistent in prayer.

The simple premise of drawing circles is those areas of our lives that we need God to answer, where we need a miracle. Let's draw a circle and pray bold, prayers persistently and see God answer.

RECOMMENDED READING:

The Circle Maker by Mark Batterson

www.markbatterson.com

www.nationalcommunitychurch.com

**DRAW
SOME
CIRCLES**

AROUND THE PROMISES THAT SIT OVER MY LIFE

AROUND MY FAMILY

AROUND THE NEXT 12 MONTHS; WHERE DO I NEED A MIRACLE?

AROUND MY PERSONAL LIFE; WHERE AM I WANTING TO GROW, CHANGE AND IMPROVE?

AROUND ARENA; WHAT AM I BELIEVING FOR IN MY MINISTRY?

FASTING

Fasting is something that is encouraged in the Bible, not just for physical betterment, but as a spiritual practice. As you read ahead, you will see the principle of fasting and how this is worked out in our lives.

A GUIDE TO BIBLICAL FASTING

1. FASTING BASICS

Simply stated, biblical fasting is refraining from food for spiritual purpose. According to the Bible, there are 3 duties of every Christian: give, pray and fast.

Biblical fasting takes a lot of discipline and strength - strength which you can only receive from God. Your private discipline will bring you rewards in Heaven, says Matthew 6.

WHY SHOULD I FAST?

1. Are you in need of healing or a miracle?
2. Do you need the tender touch of God in your life?
3. Is there a dream inside you that only He can make possible?
4. Are in need of a fresh encounter?
5. Do you desire a deeper, more intimate and powerful relationship with God?
6. Are you ready to have a heightened sensitivity to the desires of God?
7. Do you need a break away from bondages that have been holding you hostage?
8. Is there a friend or loved one that needs salvation?
9. Do you know God's will for your life?

There are many needs, challenges and situations that individuals are facing. The most important thing is for you individually or even as a couple or family to join in prayer. Don't just miss a meal or meals and then not pray - this then becomes just a diet.

The real power is when we pray and fast. It's the double combination punch - we yield our bodies, our earthly appetite to God, and as we pray we are nourished and fed by God and his eternal word. Please join with us - do the fast that is best for you. Be under no pressure but I do pray as do the leaders that collectively we will embrace this God - given discipline and see something spectacular and miraculous come about in this breakthrough season.

2. BIBLICAL FASTING FOCUS

"I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, [which is] your reasonable service."

Romans 12:1

"But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you."

Matthew 6:33

3. TYPES OF FASTING

There are several types of fasting. The one you choose is between you and God. He will honour your best sacrifice.

FULL FAST

Drink only liquids (you establish the number of days).

THE DANIEL FAST

Eat no meat, no sweets and no bread. Drink water and juice. Eat fruits and vegetables.

3-DAY FAST

This fast can be a Full Fast, Daniel Fast or give up at least one item of food.

PARTIAL FAST

A partial fast is from 6:00am to 3:00pm or from sun up to sundown. You can select from three types of fasting - a Full Fast, Daniel Fast or give up at least one item of food.

Scripture References for Fasting:

Matthew 6:16-18, Matthew 9:14-15, Luke 18:9-14

Relation to Prayer and Reading of the Word:

1 Samuel 1:6-8, 17-18, Nehemiah 1:4, Daniel 9:3, 20, Joel 2:12, Luke 2:37, Acts 10:30, Acts 13:2

Corporate Fasting:

1 Samuel 7:5-6, Ezra 8:21-23, Nehemiah 9:1-3, Joel 2:15-16, Jonah 3:5-10, Acts 27:33-37

Remember that it is the attitude of a heart sincerely seeking Him to which God responds with a blessing (**Isaiah 58, Jeremiah 14:12, 1 Corinthians 8:8**). May God greatly bless you as you fast!

4. FASTING FAQs

Q: HOW DO I BEGIN? WHAT CAN I DO TO PREPARE FOR MY FAST?

A: *Before beginning a fast, think it through. Write down a plan so that you do not waiver or start justifying your appetite during the fast. Make a verbal commitment to the Lord. Start your fast with a committed heart.*

Q: CAN I HAVE SALT, PEPPER, SEASONINGS, MILK, EGGS, PROTEIN DRINKS, VITAMINS OR BUTTER?

A: The general guidelines for each fast can be found in the 'Types of Fasts' Section. However, fasting is a private discipline. It is not something that is meant to be unattainable. Decide what is feasible for you and make the effort. If you are on a full fast and just cannot consume broth without salt and pepper, that's OK. Do what you can and put it in God's hands. Just do your best.

Q: WHAT CAN CHILDREN FAST?

A: The best way to show children the power of fasting is to lead by example. If they want to participate in fasting or if you want to have a family fast, consider giving up desserts, soft drinks, or one item of food that would be a sacrifice to each of you. Now, if they want to do without broccoli and they don't even like broccoli, giving it up wouldn't be a sacrifice for them. Just lead by example and they will understand. In addition to giving up an item of food, you could also give up television as a family and spend that time reading and discussing Bible stories.

Q: WHAT IF I HAVE A MEDICAL CONDITION?

A: Consult your doctor before starting any fast. Decide together what is possible. If your health condition prohibits you from fasting food, try something else that would be a sacrifice or distraction for you and replace that time concentrating on prayer and Bible study.

Q: WHAT IF I START AND CAN'T FINISH OUT MY FAST... HAVE I FASTED FOR NOTHING?

A: Seeking God through prayer and fasting is never a waste of time. When you make the effort, God takes notice. Just determine within your heart that you will make an even better effort next time. Or maybe you need to try finishing up with a partial fast.

Q: I FORGOT AND ATE SOMETHING; DO I NEED TO START AGAIN?

A: No. Think of fasting as a marathon, rather than a sprint. Don't give up! If you fall down, get up and keep trying. Conquering 'king stomach' is difficult, but you'll make it.

Q: WHAT TYPE OF FAST ARE YOU GOING ON? DO I HAVE TO DO THE SAME FAST?

A: Fasting is a private and personal discipline. Consider the types of fasts outlined in this brochure and select one that works for you. You don't have to go on the same type of fast as someone else to see God's hand at work. Just do your best.

Q: DO I HAVE TO FAST FOOD? WHAT ABOUT TV, SPORTS, ETC?

A: Fasting food is the traditional type of fast that is outlined in scripture. However, if

you are unable to fast for health reasons, feel free to give up something else that might have control in your life or be preventing you from experiencing spiritual growth. Replace that time with prayer and study of God's Word.

Q: DO I CONTINUE TO EXERCISE WHILE FASTING?

A: Moderate exercise is good. But it is best to always consult a doctor about fasting and exercise. If you are on a complete fast, you may not have the energy needed to maintain a high level of exercise.

Q: WHAT IF I HAVE A MANUAL LABOUR JOB?

A: If you have a job that requires you to expend a lot of physical energy, you may want to consider a partial fast that allows you to receive enough nutrition to perform your job.

'If you stand for nothing you will fall for anything.'

"If you do not stand firm in your faith, you will not stand at all." - Isaiah 7:9 NIV