

26 CHURCHWIDE
PRAYER +
FASTING

seek

PRAYER & FASTING GUIDE

Petra Church Family,

Tracy and I are so excited to join you in this time of prayer and fasting. This daily devotional will focus our hearts and prayers in a united way as we pray and intercede together. There is also a special section for our children to participate in.

In the Bible, we see that fasting is a normal part of a believer's walk with God. God honors this expression of humility and surrender before him. It is a posture of seeking God and listening.

Through fasting, God often brings direction or breakthroughs in our lives or in the person or situation we are fasting and praying for. Fasting increases our sensitivity to God and helps us draw close to him for spiritual renewal.

I encourage you to set some goals for your fast. What are you asking God to do in your life? Write it down and keep it before God during this fast. This fast is for you, personally, and for us as a church family. Thank you for joining in this fast in whatever way you can.

Pastors Brian & Tracy Coles

fasting week events

The Sanctuary will be open Monday – Friday from 6:00 AM – 8:30 PM for a time of personal prayer.

Eight interactive prayer stations will also be set up during these times.

Prayer Sessions

Monday – Sunday | Various Times & Locations

For a list of our group prayer sessions, visit petra.church/fasting.

Lunchtime Prayer with Petra Staff*

Monday – Thursday | Sanctuary, 12:15–1:00 PM

Livestreamed on all our platforms. Open to the community.

Monday, January 12

Prayer Stations

Family Prayer Night* | Sanctuary, 6:00–8:00 PM

Tuesday, January 13

Prayer Stations | Sanctuary

Wednesday, January 14

Prayer Stations | Sanctuary

High School & Middle School Ministry will join at 7:00 PM

Thursday, January 15

Prayer Stations | Sanctuary

Petra Young Adults will join at 7:00 PM

Friday, January 16

Deeper Night* | Sanctuary, 7:00 PM

Saturday, January 17

Saturday Night Prayer* | Sanctuary, 7:00–8:00 PM

In-Person Only

Sunday, January 19

Communion* | Sanctuary, 9:00 & 11:00 AM

**Churchwide Event*

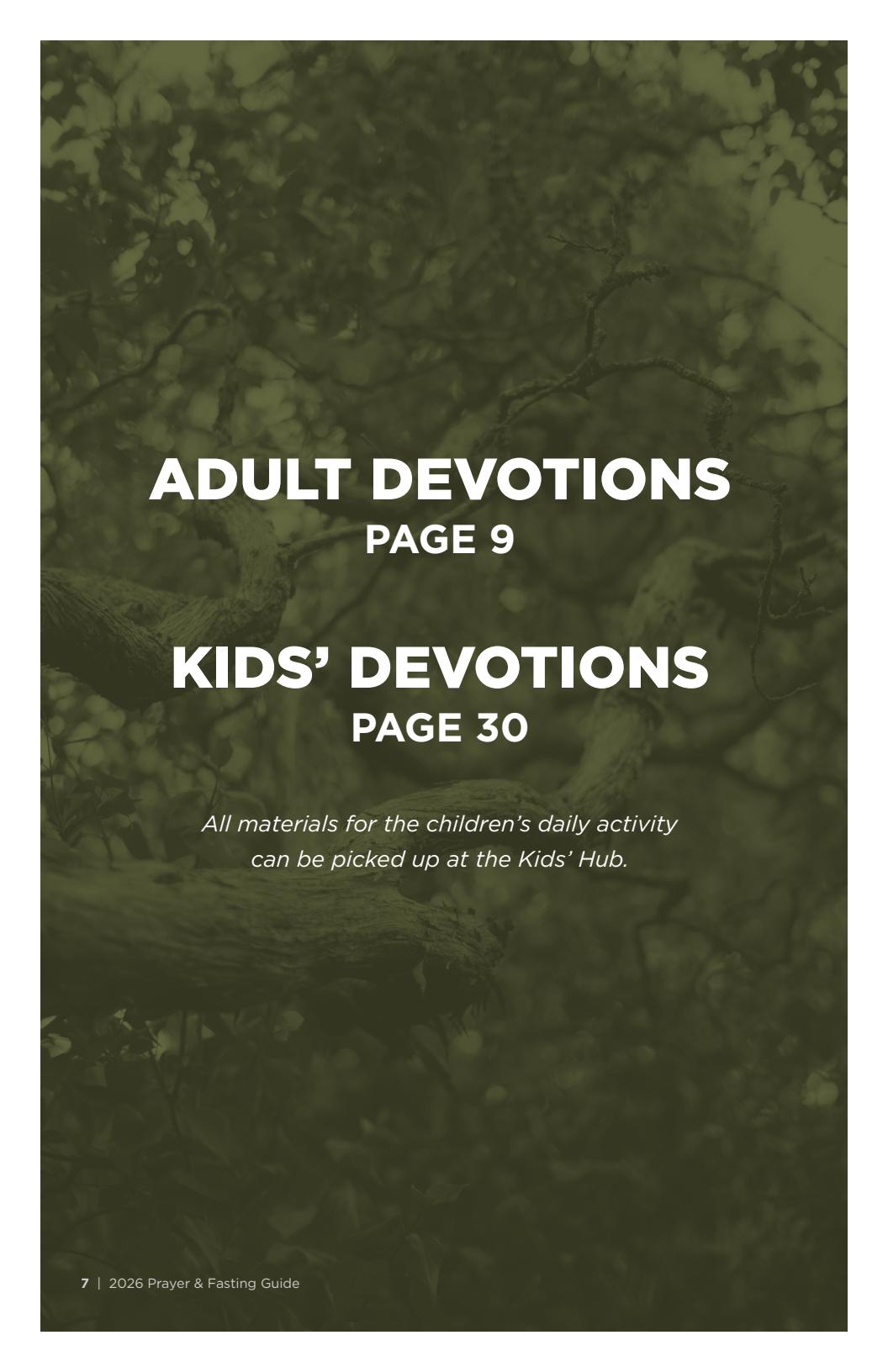
THEME VERSE

*Look to the Lord and his strength;
seek his face always.*

1 CHRONICLES 16:11

fasting dedication prayer

God, you have so many facets to your character and nature. We desire to know you in all your fullness. Please reveal yourself to us. God, we desire to know you as Jehovah Mephalti (The Lord My Deliverer), Jehovah Tsidkenu (The Lord Our Righteousness), Jehovah Rapha (The Lord Our Healer), Jehovah Jireh (The Lord Our Provider), Jehovah Nissi (The Lord My Banner), Jehovah Mauzzi (The Lord My Fortress), and Jehovah Shalom (The Lord Our Peace). We want to seek your face and the completeness of who you are. As we learn the depth of your character and nature, we humbly ask that you heal us in our body, soul, and spirit. Heal us so that we can be your instruments of healing to others. God help us to know our calling more fully so that we can fulfill our part in your glorious body, the church. We declare that our identity is in you, and your opinion is the one that counts. Touch us and anoint us powerfully by your Holy Spirit as we fast and pray this week, so that we may be able to advance your Kingdom, where we live. We give you all the honor, glory, and praise. In Jesus' name we pray. Amen.



ADULT DEVOTIONS

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KIDS' DEVOTIONS

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*All materials for the children's daily activity
can be picked up at the Kids' Hub.*

daily prayer focus

MONDAY | Jehovah Mephalti – The Lord My Deliverer

- Bring deliverance from things beyond my control
- Bring deliverance from the schemes and attacks of the enemy
- Bring deliverance to Petra Church, its leaders, and attendees

TUESDAY | Jehovah Tsidkenu – The Lord Our Righteousness

- Help me to wear the righteousness of Christ
- Help me to show your righteousness to others
- Show your righteousness to our country and the world

WEDNESDAY | Jehovah Rapha – The Lord Who Heals

- Healing for myself and my family
- Healing in all my relationships
- Healing for the divisions in our country

THURSDAY | Jehovah Jireh – The Lord Our Provider

- Provide for the needs of my physical family
- Provide for the needs of my spiritual family
- Provide for the needs of my neighbors so they see Jesus

FRIDAY | Jehovah Nissi – The Lord My Banner

- Be my banner always in my sight
- Be the banner that Petra Church rallies around
- Be the banner that shows love to a needy world

SATURDAY | Jehovah Mauzzi – The Lord My Fortress

- Reveal yourself as my fortress daily
- Reveal yourself as the fortress that Petra Church runs to
- Reveal yourself as a safe fortress to a lost world

SUNDAY | Jehovah Shalom – The Lord My Peace

- Help me experience your peace that passes understanding
- Help me maintain peace in all my relationships
- Help Petra Church be a haven of peace for a hurting, chaotic world

Along with the daily devotion, here is a list of prayer points for each day. This is a way for our congregation to agree together in prayer during our fast. This list is just a guide; please listen to God's voice when you take time to pray each day!



adult devotions

DAY 1

Jehovah Mephalti – The Lord My Deliverer

BY KYLE EBERLY

David sang to the Lord the words of this song when the Lord delivered him from the hand of all his enemies and from the hand of Saul. He said:

“The Lord is my rock, my fortress, and my deliverer.”

2 SAMUEL 22:1-2

Mephalti is the Hebrew word meaning “my deliverer” and conveys the idea of being rescued, being provided an escape, or being carried away to safety. When we call out to Jehovah Mephalti, it is in times of dire need and desperation. We see examples of this throughout Scripture, story after story of God delivering his people. It’s easy to look at those stories and say that God is our deliverer, but what about the times when he doesn’t deliver in the ways we expect?

This is a very real question for my family as we journey beside my mom, who is in hospice for late-stage cancer. We have prayed for healing every step of the way, either through the medical process or by a miracle. One afternoon, my entire family gathered for a time of prayer and worship, and my father shared something that deeply moved me. He said: “Resurrection and healing are inevitable; we just don’t know how much of it we will see on this side of Heaven”. He continued to share the story of the three Hebrews and the fiery furnace. I’ve heard this story hundreds of times, but my dad focused on a piece that had never stuck out to me before. He read this statement that the Hebrews made to Nebuchadnezzar in Daniel 3:17b-18, “...the God we serve is able to deliver us from it, and he will deliver us from Your Majesty’s hand. But even if he does not, we want you to know, Your Majesty, that we will not serve your gods or

worship the image of gold you have set up.” What a declaration! To be facing imminent death and have the confidence to declare not only that God is able to save, but that even if he doesn’t, they will not bow.

How were these men able to make that declaration? I don’t have a complete answer, but I believe that they had grown up hearing and reading about how God had delivered their ancestors. How over and over again he had come through for them because of the covenant he had made with Abraham. They held that covenant sacred, and when asked to bow down to an idol, they chose death rather than to compromise their beliefs.

This is why we need to know the stories of God delivering the Israelites from Egypt, of him saving David from Saul, and rescuing Daniel from the lions’ den. We need to know the truth of Scripture that tells us who God is, but even more than that, we also need to know him. See, we have something the three Hebrews did not: We have a Savior who died on a cross so that we can have a personal relationship with our Heavenly Father. Cultivate your relationship with him, study his words, and lean on him so that we too can say, “My God is able to deliver me, but even if he doesn’t, I will not bow”.

PRAY

Lord, thank you for being Jehovah Mephalti, our deliverer. Empower us to stand strong on the truth of your word and trust in your character even in the most difficult circumstances. We ask you to build up our faith in this season. Amen.

DAY 2

Jehovah Tsidkenu – The Lord Our Righteousness

BY CANDACE HAHN

In his days Judah will be saved, and Israel will dwell securely. And this is the name by which he will be called: 'The Lord is our righteousness.'

JEREMIAH 23:6 (ESV)

My children, like most others I've met, are professional askers. Can we do this? Go there? Get that? When their requests align with our family values and resources, I take delight in being able to grant them. But the content of their requests isn't all I consider. I also respond based on my child's relational standing with me at the time of the request. (Have they been grateful and cooperative, or have they only been making withdrawals from my emotional bank account lately?)

I'm not alone in this. The book of Jeremiah reveals that the Lord also considers the relational standing of his people when they cry out to him. During the time of the prophet Jeremiah, the children of God were dysfunctional and rebellious. Though given all they needed by a loving Father with healthy boundaries, they refused to cooperate with his parenting (see Jeremiah 2:29–30). The Lord's words about them are sobering in Jeremiah 14:11b–12a: "Do not pray for the well-being of this people. Although they fast, I will not listen to their cry; though they offer burnt offerings and grain offerings, I will not accept them."

How tragic. As I read through Jeremiah, I'd love to assure myself that I am of an entirely different nature than those wayward children were. But the further I step into the light of God's truth, the more accurately I see who I am without Christ.

I see the poison of rebellion running through my family line, reaching back to the first sin in the Garden of Eden, where all this dysfunction began. I see my sinful human nature's tendency to test my Father's boundaries obsessively. And when I try to close the relational chasm I've carved between us, I see my best attempts at pleasing him twisted with selfish motives, fears, hurts, and a relentless drive to be in control. Left to my own devices, I can never move my Father's heart with my requests, because I can never be in right standing with him.

But praise be to God the Father, because he does not leave us to our own devices!

In the midst of his people's rebellion, and in the midst of our rebellion, he cleared the chasm we could never cross. He gave us his perfect Son, Jehovah Tsidkenu, to be the righteousness we desperately needed but could not produce. We were once cloaked in shame and unable to lift our eyes to meet the piercingly holy and perfectly loving gaze of our Father, so he stooped down to us. He tore the curtain between us and clothed us with his righteousness. And now, when we bring our requests to our Father, all the hurt we caused in the relationship is nailed to the cross of Jesus Christ! We are dearly beloved children in perfect standing with our heavenly Father, and it is all because of him!

PRAY

Father God, thank you for restoring my relationship with you. Holy Spirit, please show me how to live as a holy and dearly loved child of God. Jesus, your blood shed for me is the most precious gift I have ever received. I choose to remain positioned at the foot of the cross: Clothed in your righteousness, seeking your face, and releasing your kingdom on earth as it is in heaven through my purified prayers.

DAY 3

Jehovah Rapha – The Lord Who Heals

BY JOLYN ESH

He said, “If you will listen carefully to the voice of the Lord your God and do what is right in his sight, obeying his commands and keeping all his decrees, then I will not make you suffer any of the diseases I sent on the Egyptians; for I am the Lord, who heals you.”

EXODUS 15:26 (NLT)

God had miraculously delivered the Israelites from the hand of their enemies, the Egyptians, even parting the waters of the Red Sea for them to cross. The echoes of the worship songs that followed this deliverance were still ringing in their ears as Moses led them into the Desert of Shur. But three days of no water, and the realization that the water they finally did find was bitter, and their worship turned to complaining.

It's against this backdrop that our God chooses to reveal his nature as healer to his people. Moses cries out to the Lord, who reveals to and through him his divine power to heal. He heals the bitter waters, and then he speaks. He issues instructions and a test, but he seals it with his name and a living, breathing promise. The healing of the waters was a demonstration of God's power to overcome any impurity, contamination, or corruption. He didn't just say he was their healer, he showed them. He wanted them to experientially know Jehovah Rapha.

God tested the hearts of the Israelites by giving them a command to obey. Were they a worshiping people who sometimes murmured, or a murmuring people who sometimes worshiped? Their true nature

was revealed in times of testing. He invited them to have their bitter hearts cleansed, just as the bitter water was cleansed.

He also gave them a promise in Exodus 15:26, “I will not make you suffer any of the diseases I sent on the Egyptians.” The Israelites had seen his judgment poured out on Egypt. This promise was his assurance to them that they would not contract the same diseases if they chose obedience.

Just like the Israelites were cleansed of bitter hearts and resentment at the river, we can also ask God to examine our hearts and cleanse them of bitterness, pride, and other afflictions. Jehovah Rapha isn’t just a name; it’s a promise for us, too. A promise that speaks directly to our pain, our weakness, and our weariness.

Jesus, the exact representation of Father God (Heb. 1:3, Col. 1:15), revealed God’s healing nature as he walked the earth. Matthew 8:16 states that many were brought to him, and he drove out the spirits and healed all the sick. Matthew 12:15 again says he healed all who were ill. And in Matthew 14:36, everyone who touched the edge of his cloak was healed. Jesus healed the lame, blind, diseased, marginalized, and wounded. His choice to endure the cross was the ultimate act of healing for every future ache. (1 Pet. 2:24; Isa. 53:5). And Jesus Christ is the same yesterday, today, and forever (Heb. 13:8), so we can be assured that he still desires to heal.

Neither impurity of body, nor impurity of soul can withstand the purifying, healing power of Jehovah Rapha.

You probably don’t have to try too hard to think of someone who needs healing; it could be a debilitating disease or a run-of-the-mill headache, a heartache so deep it seems endless, trauma, or painful memories of the past, betrayal, broken trust, or a fractured relationship. Maybe that someone is you. The good news is, we serve

a God whose very name is healing. He enters the most bitter places of our lives and touches them with his cleansing power.

PRAY

Jehovah Rapha, our healer, we choose to posture ourselves in obedience before you, allowing you to touch every bitter and broken place, to make us clean and whole. We declare that you heal and restore us, that you are Jehovah Rapha, the Lord our healer. Thank you for revealing yourself as the one who heals every part of our being, body, soul, and spirit. May we become vessels of your healing to others who are hurting. In Jesus' name, Amen.

DAY 4

Jehovah Jirah – The Lord Our Provider

BY THERESA NEWELL

So Abraham called that place The LORD Will Provide. And to this day it is said, “On the mountain of the LORD it will be provided.”

GENESIS 22:14

After decades of waiting for the son of promise, God calls Abraham's name and gives shocking instructions. The immediacy with which Abraham obeys the call reflects a worshiper who knows the voice of the one he worships. His total trust in the face of this command reveals the intimate relationship Abraham had developed as he sought God's face through the long decades of walking with him.

Abraham, friend of God, moved toward Moriah with Isaac in full trust to do the unspeakable. But it may have seemed to Abraham that God had become his worst enemy that day. He had just sent away his son Ishmael. After all these years of unanswered promise of blessing, descendants, and land, was God asking him to lose both sons? “We will worship and return to you,” were his faithful words to the servants.

When God commanded, “Take Isaac, whom you love...” it is the first appearance in Scripture of the Hebrew word ahava, meaning love. Our God knows this love for an only Son!

The next time he hears his name called from heaven, it is an angelic cry full of urgency: “Abraham, Abraham” (v. 11). The father's answer is the same: “Heneni” or “Here I am!” Abraham, knife suspended over his beloved son, is stopped. The scene is as cathartic as any Greek

tragedy. Every parent's stomach knots to read this story. The angel says, "Now I know that you fear God."

And now Abraham, too, understands that this was a test, that God did not call for human sacrifice like the Canaanites to appease their gods. He breathes, loosens his son, and spots a ram. "So Abraham called that place The LORD Will Provide." Literally, the word is yir'eh, The Lord will see to it.

The promise was renewed following Abraham's radical obedience: "Through your offspring all nations on earth will be blessed, because you have obeyed me" (v. 18).

Yes, God saw to the need for the sacrifice that he called Abraham to make on Moriah, a substitute for his beloved son, a ram, the wholly consumed, completely surrendered animal for a burnt offering in the later temple that would be built on this very mountain top.

The name of God from Genesis 22 speaks through the ages: Our good, good Father saw to our need for redemption from our sins by sending his own beloved Son to this same Mount Moriah to be sacrificed in perfect obedience and surrender, the Lamb of God who takes away the sin of the world!

(Genesis 22 is known in Jewish teaching as the Akedah, "The binding" from the Hebrew verb used only here in this form for the binding of Isaac)

PRAY

Oh, Lord, help us, your children, to be willing to surrender the best that we have to you, trusting that you will see to all our needs. Give us deeply trusting hearts when we are directed by your divine wisdom. Thank you for the faith of Abraham to learn from. Thank you for your word, which tells us that you desire obedience more than sacrifice. Above all, thank you for not withholding your own dear Son from suffering death on a tree so that we might live in the light of his resurrection!

Thank you, oh my Father, for giving us your Son,
And leaving the Spirit till the work on earth is done.

Amen.

DAY 5

Jehovah Nissi – The Lord My Banner

BY MATT EBY

Moses built an altar and called it The Lord is my Banner.

EXODUS 17:15

In Exodus 17:15, Moses built an altar and declared “Jehovah Nissi” (the Lord is my Banner) after the victory over the Amalekites. This was a significant victory for Israel. This was the first battle that the men of Israel were asked to fight physically. Leading up to this point, God had fought for Israel. God asked Moses to stand on top of a hill overlooking the battle and hold his arms up. As long as Moses held his arms up, Israel was winning the battle. However, when Moses lowered his hands, Israel would start to lose the battle. This action served as a reminder that the battle belonged to the Lord, that he was the source of victory. Israel needed to put their trust in the Lord and place themselves under Jehovah Nissi. God had asked them to fight and join him in his plan, but he was their salvation, hope, and strength. It was Jehovah Nissi who brought the victory.

When Moses calls God “Jehovah Nissi,” he is also making a much deeper statement than God is the source of our victory. In our modern world, a banner does not carry the same meaning as it did in the ancient tribal world. When Moses declares, “The Lord is my Banner,” he is making several statements.

Moses is stating that he is part of the Lord’s clan or family. When tribes went to war, they would gather under the family banner. Going to war as a tribe meant going to war as a family. Each family or clan would have a unique banner that identified the clan or

household. When called to battle, the clan would rally to the banner of the tribe.

When you were under the banner of the clan, you were under the protection of the tribe/family. It has a feel as if you mess with one of us, you are messing with us all. There was unity and purpose under a banner.

A tribe also used a banner for signaling and communication. When soldiers need direction in a battle, they would look for the tribal banner. Military formations followed the tribal banner. It brought order to the chaos of battle.

The Lord is our Banner; we are part of his family, and we are embracing his values and his identity. We are saying he is the head of our tribe, and we are under his authority. He is standing guard over us, saying, “If you mess with my sons and daughters, you are messing with me. I will come to their aid.” The Lord is my Banner, he is my identity: I am his son or daughter, that’s who I am, that’s where I belong. He gives me direction and a calling. When I am lost or confused, I can look to him as my guide. God has a purpose and a calling for me; he is asking me to partner with him. He will not abandon me. He will provide the strength for victory in that calling.

PRAY

Lord, thank you for the purpose that you have for me. Thank you for finding value in me and wanting to partner with me. I ask that I be sensitive to your voice. That I could follow your direction for my life. Give me the strength to follow your prompts and the boldness to listen to your voice. Lord, we look to you and ask that you continue to reveal yourself to us as we seek you. Amen.

DAY 6

Jehovah Mauzzi – The Lord My Fortress

BY BRIAN FLEWELLING

*The LORD is my rock, my fortress and my deliverer;
my God is my rock, in whom I take refuge,
my shield and the horn of my salvation, my stronghold.”*

PSALM 18:2

Have you ever been caught in a summer storm, like my soccer team when I was a youth? We sprinted under the canopy of a nearby gazebo just as black clouds unleashed a terrifying blitz of lightning spears and rain in every direction. The wind howled, and thunder detonated through our valley as the ground transformed into a swamp. How grateful I was for the protection of that roof. Now imagine, instead of rain, that it's a hail of arrows or a volley of terrible insults. Imagine your people turning against you or your enemies bent on destroying you. Without a shelter, you are hopelessly exposed to insult and assault.

In his moments of vulnerability and need, David understood how to turn to the Lord for protection. Physically, he ran away from King Saul to the rock cliffs in the Judean wilderness. There in the baking heat of the desert, as it still does to this day, a spring of water cascaded down the tumbling slope of the barren embankment. That oasis is called En Gedi. A ribbon of green life follows the water down the stairway of heated stones. And in that culvert of water, shade, and hiding spaces, David, along with the other wild creatures, refreshed himself in the Lord.

God is a fortress; he is our En Gedi. God shields us from our enemies and provides protection in the deepest crevices of his care. His life

nourishes us when we are thirsting from exhaustion. The storm hurls bullets of rain, and we are out of reach under his sturdy canopy. The lightning and thunder tumble outside, and it is quiet within the chambers of his love. “No weapon forged against you will prosper,” wrote Isaiah (54:17), because our fortification is the Lord Most High.

God’s salvation is powerful, more immovable than the mountain peaks. His quiet voice calms thrashing storms. His subtle Spirit resurrects things your enemies have tried to destroy. If you’re caught in a summer storm, remember to seek out the Galilean carpenter peacefully reclining in the boat. Ask him to be your shield and shelter. Jesus still speaks to the winds and the waves and quaking hearts, “Peace be still!”

PRAY

*I call on the LORD in my distress,
and he answers me.
Save me, LORD,
from lying lips
and from deceitful tongues.*

PSALM 120:1-2

DAY 7

Jehovah Shalom – The Lord My Peace

BY STEVE AND TONYA STOLTZFUS

*You keep him in perfect peace
whose mind is stayed on you,
because he trusts in you.”*

ISAIAH 26:3 (ESV)

Shalom is a Hebrew word meaning peace, but it extends far beyond the simple absence of conflict. It signifies the wholeness, completeness, well-being, and harmony in all aspects of life. The presence of shalom in the Old Testament was not considered ultimately as the outcome of human effort, but as a gift or blessing of God. Its presence signified God's blessing in the covenant relationship, and its absence signified the breakdown of that relationship due to Israel's disobedience and unrighteousness.

The Old Testament prophets refer to a future Messiah as the Prince of Peace, not only for Israel but throughout the whole earth. The Old Testament ends with this hope of peace still unrealized in its fullest sense.

Jesus as the Messiah would usher in God's reign of peace. The angel's first words to the frightened shepherds in Luke 2:14 were "Glory to God in the highest and on earth peace among those with whom he is pleased."

The nature of this gift of peace brought by Jesus may be easier to explain by stating what it is not. It is not an end to tension or the absence of conflict. It is not anything like the world's idea of peace. Jesus' gift of peace through the Holy Spirit is, in reality, the

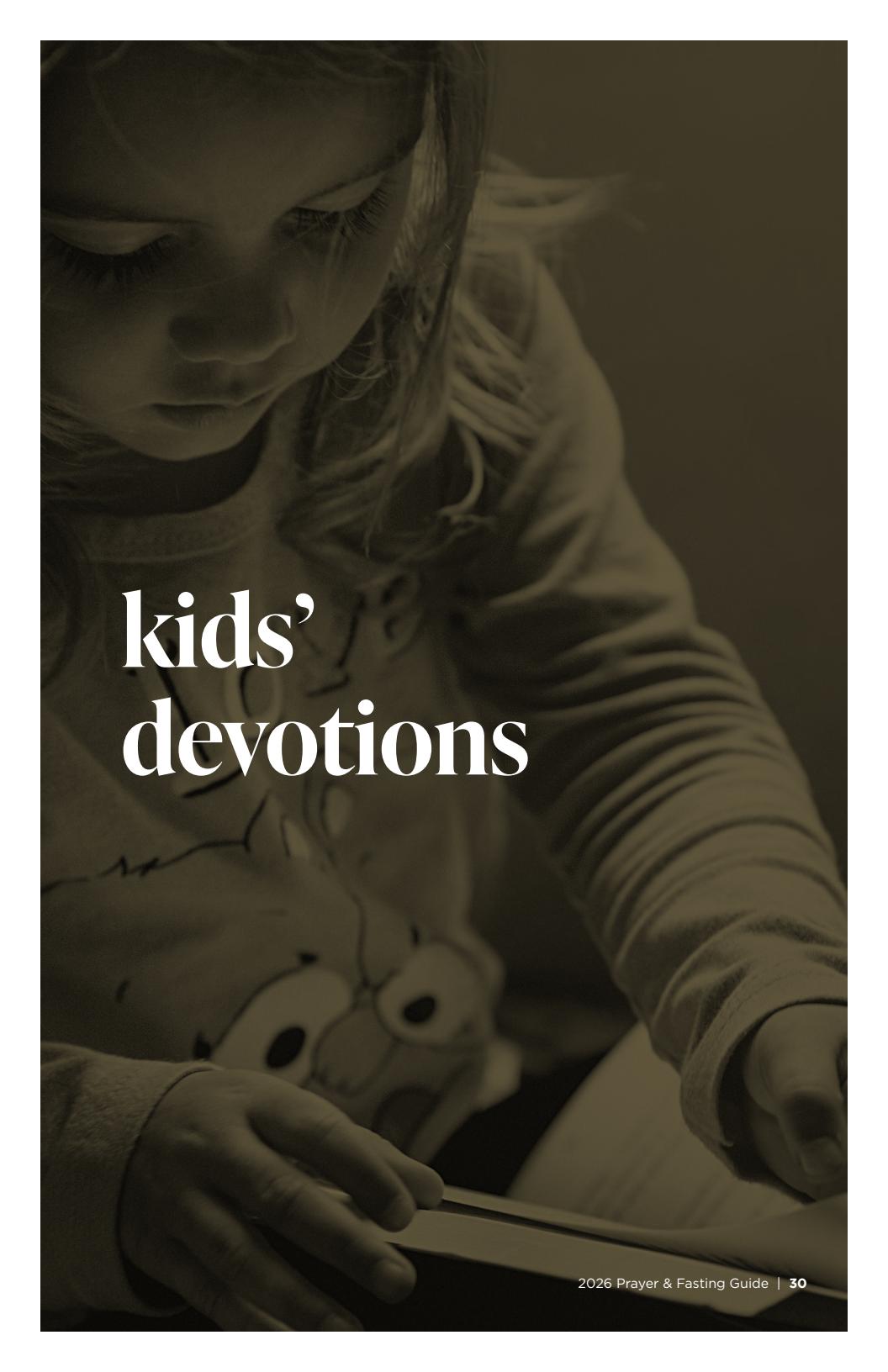
character of the new covenant of his blood, which reconciles God to his people.

When we think about the extent we often go to, to gain peace and avoid worry, fear, anxiety, unrest, etc., it is incredible to think about the privilege we have to worship a God who is referred to as the peace of the world.

As believers in Jesus, we can have peace that surpasses all understanding (Philippians 4:7). There may be circumstances in life that require us to surrender our need to understand every situation. It is not something we come up with on our own. It is to fully trust in Jesus and realize that his thoughts and ways are higher than ours, and that he loves us and cares for us as his children. We serve a God who is peace and satisfies us in every way when we put our trust in him.

PRAY

Heavenly Father, thank you for your peace that passes all understanding in the midst of the busyness of life. Fill my heart with your calming presence and true peace. Teach me to quiet myself and rest in your sovereignty, finding true peace in the assurance of your love. Amen.



kids' devotions

Dear Parents and Guardians,

Fasting is one beautiful way that we can guide our children to grow closer to God. Beyond its spiritual significance, fasting nurtures self-discipline, patience, and gratitude. By encouraging them with love and support, we plant seeds of faith that will strengthen their spiritual journey for years to come. It is important that our children understand that fasting is about centering ourselves on God, sacrificing something we love and enjoy to focus on God. We do not fast to get a reward or prize, or give something up as a punishment. Instead, it's about remembering that he is the most important thing—he is all we need—and intentionally spending more time with him! As you model fasting and encourage your child to participate alongside you, they will begin to understand the purpose and blessings of fasting.

What are practical ways for my child to fast? Our children are growing big and strong, so we would discourage them from fasting from meals or abstaining from healthy nutrients that their bodies need!

Here are a few ideas:

- Abstaining from sweets or their favorite snack
- TV, video games, or movies
- Screen time on their tablet or phone
- A game or toy
- Arguing or complaining

Take time to discuss fasting as a family with your children. Share what fasting means to you. Encourage them to ask Jesus what he wants them to fast from this week. This makes it more personal for them, and not just another thing someone is telling them to do. You can even choose to fast from something as a family, which is especially beneficial for younger children. Once your child has

decided what to fast from, have them write it at the top of their activity page as a reminder of their commitment.

This booklet includes age-appropriate devotions for you and your children to walk through during the week. This will help your children make a deeper connection to God's Word and their personal fast. Our theme, Seek, is from 1 Chronicles 16:11. The devotions will include scripture connected to our theme and application for each devotion's name of God. Each day, your children will have a small activity to work on that represents the daily reading. These activity bundles for the fasting week will be handed out in Kingdom Kids.

We pray that as you go through these devotions and activities together, your family will experience God's love and faithfulness in a new way. Let us continue walking hand in hand with our children, teaching them the joy and reward of drawing nearer to God through fasting.

*Amber McCabe
Children's Ministry Director*

DAY 1

Jehovah Mephalti (J-ho-VAH Me-fal-TEE) The Lord My Peace

BY SARAH STOLTZFUS

A deliverer is someone who rescues or saves. There are many times and situations when we might need help.

Have you ever climbed something, maybe a tree, a big rock, or a tall playground, that felt scary and you couldn't get down by yourself? What did you do? You probably asked for help from a grown-up who was strong and big enough to save you or deliver you from the scary spot. That's exactly what God wants to do for us! He asks us to call him when we have times where we are afraid, hurting, or when something feels too hard to do. Whether we need help finding something, making friends, or finishing homework, he wants to deliver us and help us! And there is no one stronger or bigger than him. There is nowhere too far, nothing too hard, or nothing too scary that can keep him from getting to us when we call to him. Wow! I don't know about you, but that sure makes me feel very safe!

The next time you need help with something or feel scared, ask God to deliver you. He loves to make you feel safe and rescue or help you when you need it. You can always call out to him and ask for his help. Nothing is too big or too small for him!

PRAYER

Dear Jesus, help me remember to ask you for help when I have things around me that are scary or hard. Thank you for being so big and strong and for hearing me and delivering me when I call. Amen.

ACTIVITY

In the box, write down or draw a picture of something you might need help with or a way that God has delivered you from a hard situation recently. Remember, nothing is too big or too small for him!

DAY 2

Jehovah Tsikenu (J-ho-VAH sid-keh-new) The Lord Our Righteousness

BY AMBER McCABE

Do you enjoy drawing or painting? Imagine that you spill paint or get marker on your favorite shirt. You grab a wet cloth and try to clean it by yourself, but the stain just smears and spreads around. What a disappointing mess! Then, someone you love, such as a parent or grandparent, washes the shirt. My grandma is the best at getting out stains! I still ask her to help with some of my laundry. Then, voilà – it's as good as new. The stain is out, and the shirt is spotless again! That is just like what God does for our hearts.

We all make mistakes and sometimes mess up. There are times when we choose to do what we think is best, rather than following what God says is best. That is called sin – it's like the slop of paint or marker on that shirt.

Here is the good news: Jesus, our Savior, came to earth to pay the price for our sin. When we believe in Jesus, God forgives us and helps us to live the right way. He gives us his goodness – like putting on a fresh, clean shirt! We do not have to earn this goodness. It comes from trusting in Jesus and letting him clean our hearts from the inside out! With his help, we can begin to live the right way. It gets easier to obey our parents, to tell the truth, share with our brothers and sisters, and help a friend!

Jehovah Tsikenu (tsihd-KEH-noo) means the Lord Our Righteousness. It means that God makes us right and clean in his eyes. Sometimes we make mistakes or do wrong things. But God doesn't stop loving us. Through Jesus, he forgives us and helps our hearts be right again. 1 John 1:9 says, "If we confess our sins, he is

faithful and just to forgive us our sins and to cleanse us from all unrighteousness.”

When God looks at us through Jesus, he sees us clean, not stained! Our hearts are made new and right through the amazing love and sacrifice of Jesus! That is good news!

PRAYER

God (Jehovah Tsidkenu), thank you for always loving me and for sending Jesus to save me. Thank you for forgiving me and making my heart clean and right with you. I love you. Amen.

ACTIVITY

Scribble or color in the word “sin”. Think about some of the mistakes you have made, thank God for his forgiveness. Then cover up the word “sin” with the white heart, reminding us that he is Jehovah Tsidkenu and makes our hearts clean and right!

DAY 3

Jehovah Rapha (J-ho-VAH Rah-fa) The Lord Our Healer

BY ANNA MARTIN

There is something pretty great about a Band-Aid, isn't there? Do you like the ones with characters on them? Or maybe you have opened the wrappers of all the Band-Aids in the box in order to find your favorite color! Have you ever said you needed a Band-Aid even when you didn't really? Sometimes a Band-Aid makes us feel better, even if our cut or scrape hasn't yet healed.

One of the names God calls himself is Jehovah Rapha. That means "The Lord Who Heals." Sometimes, we pray and ask God to heal the scrapes and bruises that are underneath our Band-Aids. But sometimes our bumps and bruises aren't on the outside. Sometimes it is our heart that hurts because we are lonely, sad, or scared. There is no way to put a Band-Aid on our feelings, is there?

In Exodus 15:26, God tells us something important, "I am the Lord, who heals you." Thankfully, God not only heals our scrapes and bumps, but he is able to heal our outside and our inside. He heals a scraped knee and the hurt of being called a mean name. He brings down our fever and helps us move forward after we lose a family member, friend, or pet.

Is there something in your life that hurts? Whether you are sick, hurt, lonely, sad, or scared, ask God, your Jehovah Rapha, to bring you healing! He loves you and wants you to trust him with anything that causes you pain or hurt!

While a cool Band-Aid is still great to keep in your first aid kit, remember that God is the best Band-Aid we could ever have for both our outside and our inside!

PRAYER

God, help me remember that you care about the hurts I have in my body, mind, and heart. Teach me to trust you as my Jehovah Rapha, my Lord who heals!

ACTIVITY

Write or draw a hurt that you have. Then, place the Band-Aid on top to remind yourself that God is Jehovah Rapha, our healer!

DAY 4

Jehovah Jireh (J-ho-VAH jai-ruh) The Lord Our Provider

BY EMILY BUCK

Have you ever thought about the word “provide?” It means to give someone what they need. I love to give gifts! Do you love giving gifts too? It makes me so happy to see my family’s faces light up when they open something special. Did you know that God loves to give us gifts, too? He loves to provide for us every single day! Who gives you food to eat, clothes to wear, and a place to live? I bet it’s the grown-ups who take care of you. They love you so much! They want to make sure your belly is full and your body is healthy. They might even tell you to eat your vegetables because they know what helps you grow strong and smart. God is like that, too. He knows exactly what we need – not just what we want, but what helps us grow!

Can you think of a time God has provided for you and your family?

- Maybe you were hungry, and there was a yummy meal on the table.
- Maybe you were sad, and someone gave you a big hug.
- Maybe you were scared at bedtime, and you prayed, and God helped you feel calm and safe.

God doesn’t just provide for the things we can see or touch; he also provides for our hearts and our spirits. He gives us peace when we’re worried, joy when we’re sad, love every single day, and courage when we are afraid. Sometimes, God provides in ways we don’t expect. Maybe you prayed for something, and the answer looked a little different from what you thought, but God always knows what’s best for you. He sees the big picture and gives you what will help you grow closer to him. Think about this: When you

laugh with your friends, when your pet snuggles beside you, when you sing at church, or when you see a rainbow after the rain, those are all reminders that God is taking care of you!

Look up Philippians 4:19 (NLT) in the Bible and read it aloud. “And this same God who takes care of me will supply all your needs from his glorious riches, which have been given to us in Christ Jesus.” Isn’t that amazing! Thank you, Jesus!

PRAYER

Dear God, thank you for always giving us what we need. Thank you for food, family, and love. Help us to trust you every day and remember that you always take care of us. Amen.

ACTIVITY

In today’s section, color in all the things that God provides.
(Hint: It’s all of them.)

DAY 5

Jehovah Nissi (J-ho-VAH nis-see) The Lord My Banner

BY JESSICA MARTIN

Have you ever been to a birthday party where a “Happy Birthday” banner was hanging? That banner tells everyone at the party what they are celebrating. If you are the one celebrating the birthday, you are proud to hang that banner to show everyone that today is about you and your party.

Today, we are learning about Jehovah Nissi, which means the Lord my Banner. This banner is not like a party banner that people see. This banner is invisible, yet it reminds us that the Lord is with us and on our side. It symbolizes God’s presence, protection, and power in our lives. Moses expressed this in Exodus 17:15, where Moses said, “The Lord is my Banner.”

God told Moses to go out in front of the people. He told Moses to take some of the elders of Israel and the staff that he was holding with him. God promised that he would stand before Moses at the rock. Moses struck the rock with his staff, and water came out of it for people to drink. This showed everyone that God was with Moses.

Just like God was with Moses, he is with you every day. He is your banner, reminding you that we are under God’s presence and power. God is our source of victory; we can’t do it on our own strength. It is a reminder that we are not alone in our battles. We can trust God for our victory. If we feel tired or like we can’t do something, we can look to Jesus, our banner, who never fails.

PRAYER

Dear God, thank you for being my banner that protects and guides me. Thank you for always being with me. Amen.

ACTIVITY

Turn the paper to the side. Color in today's name of God and decorate the rest of the banner with some of your favorite things or colors.

DAY 6

Jehovah Mauzzi (J-ho-VAH MAW-zee) The Lord My Fortress

BY ALLISON VANDERSALL

Jehovah Mauzzi (MAW-zee) is one of many names for God. This name for God means, The Lord my fortress. What is a fortress? A fortress is a structure built for defense and protection. It is strong and not easily broken into. If you could build a fortress, what would it be like?

Would the walls be tall and thick? Would there be alarms that ring loudly if anyone tried to get in without permission? Would it feel super safe to be inside your fortress because there was no way anything bad from the outside could get in? Take a minute or two and talk about how you want to build your fortress.

Wow, your fortress sounds incredible!

Let's look at a scripture verse that talks about God as our fortress. You can look up this verse in your Bible. It's Psalm 18:2. It says the Lord is my rock, my fortress, and my savior; My God is my rock in whom I find protection. He is my shield and the power that saves me, and my place of safety.

Also, in Jeremiah 16:19 it talks about the Lord being our strength and fortress, as well as our refuge in a day of trouble. What does all of this mean? What are your thoughts?

This means that no matter what difficult times we may experience, we can go to God and trust him to be our strength when we are weak. We can go to God because he is our savior. He loves us so much that he gave his only Son, Jesus, to die and pay the price

for our sins. When we invite Jesus into our hearts and have a relationship with him, we will one day get to live with God forever in heaven. It means that we can go to God because he is our rock. He is always dependable! He is our refuge, our safe place, and protection.

So, if you are ever feeling scared, sad, hurt, or maybe you know that you did something wrong, God is your fortress that you can go to. He will give you what you need to help you get through the difficult time. He is Jehovah Mauzzi, The Lord my fortress.

PRAYER

Dear God, thank you for being my savior, my rock, my refuge, and my fortress. Help me trust you and go to you when I am facing hard things. In Jesus' name, amen.

ACTIVITY

Talk a little more with your parents/guardians, sibling, loved one, or friend about how the Lord is our fortress! When you are finished, color in the drawing of a fortress and write, "The Lord is my fortress."

DAY 7

Jehovah Shalom (J-ho-VAH Shah-LOHM) The Lord My Peace

BY ERIKA SIFFORD

Have you ever felt worried or scared? How does your body react when you experience those feelings? When I am nervous or afraid, my heart starts beating faster, my hands become a little shaky, and sometimes I even want to cry. If you've felt this way, it can be overwhelming. It might feel like it will never go away.

In the book of Judges in the Old Testament, there is a story about a man named Gideon. Take a few minutes and read Judges 6:11-24.

God asked Gideon to do a big job. A job so big that Gideon surely felt scared, anxious, and worried. Do you think his heart was beating fast, his hands were shaky, and he even wanted to cry? Maybe! But by the end of his conversation with God, Gideon experienced peace. He knew God was with him and that he could be confident. He built an altar and named it Jehovah Shalom – “The Lord Is Peace”, as a reminder of his meeting with God.

Just as God promised to be with Gideon, he promises to be with you, too! You probably won’t be called to rescue a nation of people from their enemies like Gideon was, but God will call you to do things that might make you feel worried, uneasy, or scared. For example, he may ask you to invite the new student in your class to play with your friends at recess or ask you to defend someone who is being bullied. But like Gideon, in those moments, you can remember that God is always with you. When you take time to talk to God and tell him about your worries and fears, his peace, which surpasses all understanding, will guard your heart and mind! (Philippians 4:7)

So, the next time your heart is beating fast, your hands are shaky, and you are close to tears, remember to talk to God in prayer. Tell him your feelings and ask him to chase away the fear and to fill up your heart and mind with his peace!

PRAYER

Dear God, thank you for being a God of peace. When I am feeling nervous, uneasy, scared, or worried, please help me remember that you love me and care for me. I want to experience a life of your peace! Amen.

ACTIVITY

Draw three different faces: sad, worried, and afraid. Then cover up those faces with the peaceful smiley stickers. Remember that when we are fearful or anxious, God gives us peace!

prayer stations

#1 Jehovah Mephalti – *The Lord My Deliverer*

- Location: Sanctuary

#2 Jehovah Tsikenu – *The Lord Our Righteousness*

- Location: Sanctuary

#3 Jehovah Rapha – *The Lord Our Healer*

- Location: Atrium

#4 Jehovah Jireh – *The Lord Our Provider*

- Location: Sanctuary

#5 Jehovah Nissi – *The Lord My Banner*

- Location: Sanctuary

#6 Jehovah Mauzzi – *The Lord My Fortress*

- Location: Lower Atrium

#7 Jehovah Shalom – *The Lord My Peace*

- Location: Sanctuary – Prayer Room

#8 Jehovah El Roi – *The God Who Sees Me*

- Location: Sanctuary

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565 Airport Road
New Holland, PA 17557