

HELP OTHERS FOLLOW

Jesus



**Chilliwack** Campus

**Agassiz** Campus

**Promontory** Campus

**Lake Errock** Campus

**Harrison** Campus

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# INTRODUCTION

*We aim to see the entire eastern Fraser Valley transformed by the gospel.*

Audacious, we know. But it's not for our own fame and glory - it's for the fame and glory of Jesus, and so that our community experiences the life transforming power of the gospel.

*"Unless there is the element of extreme risk in our exploits for God, there is no need for faith."*

Hudson Taylor

How does it happen? By offering snazzy programs and giving out bad church coffee? No. Even really good church coffee won't bring revival to our locale!

The way people come to saving faith in Jesus Christ and the way He builds His Church is through the commitment of His followers to make disciples.

We exist to be authentic followers of Jesus who lead others to follow Him.

**The aim of our church and this guide is to help you grow as a disciple-making disciple who is fervent and dependent in prayer for God to move in power.**

*"Making disciples is far more than a program. It is the mission of our lives. It defines us. A disciple is a disciple maker."*

Francis Chan

You are invited to join us at our Leadership Labs this year to grow as a disciple-maker and pray for God's Kingdom to come in the eastern Fraser Valley as it is in Heaven.

# KICK OFF | HELP OTHERS FOLLOW JESUS

## Luke 10:1-12

Just as Jesus sent out the 72 that day to proclaim the Kingdom of God, so He sends you.

Some time was spent with Jesus *learning* at His feet. But other times He sent them out to *learn* on the job. As followers of Jesus we both *gather* to worship in community and *scatter* to worship in the broader community.

Jesus sends some of His disciples across the world and others across the street. What is non-negotiable as disciples of Jesus is whether or not we go and make disciples.

We, like those first disciples, are *sent* ones and thankfully, by His grace, He does not send us alone. He sends us in the power of the Holy Spirit and with the invitation to pray for what is needed for the mission.



**SALVATION: WHO DO YOU DESIRE TO  
SEE COME TO FAITH IN JESUS?  
COMMIT TO PRAY FOR THEM THIS YEAR.**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**DISCIPLESHIP: WHO WILL YOU HELP  
FOLLOW JESUS THIS YEAR?**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

# PRAYER

Prayer is speaking with God. It's so incredible that it's almost unfathomable. And yet if you struggle with prayer you are not alone. The majority of Jesus-followers struggle with prayer. Our hope with this section of the guide is that these tools will help you grow in your prayer life.

Why? Because we value prayer and believe in the power of prayer. Not only that, we believe that God answers prayer and uses it as a means of achieving His purposes in the Church and world.

*"We must not think that Christians are wasting time when they pray and praise."*

C.H. Spurgeon

Prayer in the Christian life is as integral as breathing to the human being. It is the difference between learning about God and walking with God in relationship. You can learn some facts about a person but you can only have relationship with them through time spent together in communication.

*"There are parts of our calling, works of the Holy Spirit, and defeats of the darkness that will come no other way than through furious, fervent, faith-filled, unceasing prayer."*

Beth Moore

God has spoken and continues to speak to us primarily through His Word and we speak to Him in prayer.

*"Prayer does not fit us for the greater work; prayer is the greater work."*

Oswald Chambers

Find any great move of the Spirit of God in history and you can trace it back to faithful servants of Christ, desperate and fervent in prayer.

Growing as a person and a people of prayer starts with creating space in your daily life to pray. **Start small, with just a few minutes each day set aside for prayer. Then grow it from there by extending the duration and frequency of your prayer times each day.**

*Here are a few prayer resources to assist you in growing your prayer life in communion with God:*

## PRAY THE PSALMS

In his book, *Praying the Bible*, Donald Whitney advocates for just that: "When you pray, pray through a passage of Scripture, particularly a psalm."

*"The Psalms: they are designed to be prayed."*  
Gordon Wenham

The best place to learn how to pray the Bible is to start in the Psalms. Give it a try.

# THE LORD'S PRAYER

## Matthew 6:7-13

When the disciples of Jesus asked Him to teach them to pray He offered them what is now our model for prayer. We refer to it as *The Lord's Prayer* but it would fit better to call it *The Disciples' Prayer*.

When Darrell Johnson wrote a book on the Lord's Prayer he titled it, *57 Words That Change The World* (the prayer is 57 words in the original language), because while it is short, it is rich, powerful, and makes a difference!

There are 7 petitions in the prayer: the first three are about God's honour, kingdom, and will, and the last four are about human needs. This is the right perspective because when we fix our eyes on God and see Him rightly, everything's put into its proper perspective.

Jesus isn't giving us a prayer to pray as a *mantra* but as a *model* for our own prayer. We may choose to pray these exact words reflectively or use it as a model to direct our own words towards similar concerns.

*"One of the reasons Jesus prohibited the empty repetitions of prayers is because that's exactly the way we're prone to pray... And it doesn't take long before this fragments the attention span and freezes the heart of prayer. The problem is not our praying about the same old things, for Jesus taught us to pray with persistence for good things. Our problem is in always praying about them with the same ritualistic, heartless expressions."*

Donald Whitney

Try to recite The Lord's Prayer from the heart at least once a day as a way of growing a life of prayer.

# THE LORD'S PRAYER

OUR FATHER

WHO ART IN HEAVEN,

*hallowed be your name,*

YOUR KINGDOM COME,

YOUR WILL BE DONE,

**ON EARTH AS IT IS IN HEAVEN.**

GIVE US THIS DAY OUR DAILY BREAD.

*and forgive 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

*for yours is the kingdom and the power and the glory forever. Amen.*

<b>Our Father in Heaven</b>	That Jesus invites and enables us to call God, "Father" reveals His goodness and grace. That He is our "Father in Heaven" reveals His greatness and glory.
<b>Hallowed be Your Name</b>	Pray that God would be honoured and set apart as holy. Move toward praise and thanksgiving as you dwell on His attributes and character.
<b>Your Kingdom come, Your Will be done</b>	Commit yourself to His will. Pray Kingdom prayers. Pray that what is true in heaven would be true here. Invite God to reveal any ways in which you are not seeking His Kingdom first.
<b>Give us our Daily Bread</b>	Ask God to meet your basic needs today. Bring your petitions before your loving heavenly Father. Intercede on behalf of others by bringing their needs before Him.
<b>Forgive us our Debts as we forgive those who sin against us</b>	Acknowledge and repent of your sin. Forgive others. Ask the Holy Spirit to reveal unbelief and rebellion.
<b>Lead us not into Temptation</b>	Ask God to reveal areas of temptation, weakness, and vulnerability to the evil one. Ask for grace and power to overcome sin and to experience deliverance from the evil one.

# PERSONAL PRAYER GUIDE

In his book, *The Hour That Changes The World*, Dick Eastman outlines how you can spend an hour in prayer by spending 5 minutes on each of the following 12 aspects of prayer or spend 2-3 minutes on each section for half an hour of prayer:

<b>1</b>	<b>Praise &amp; Worship</b> Psalm 115:1 Begin this time of prayer by praising. Take this time to praise and worship Him for who He is.
<b>2</b>	<b>Waiting on the Lord</b> Psalm 46:11   Romans 12:1 Waiting on the Lord means a silent soul surrender to God and His will. Ask Him to give you the strength to surrender your whole life to Him.
<b>3</b>	<b>Confession of Guilt and Sin</b> Psalm 139:23-24   1 John 1:9 Ask Him to search you, know you, and cleanse you. This is the time to confess sins by name, admit that you are wrong, turn from your sins, and accept God's forgiveness.
<b>4</b>	<b>Praying Scripture</b> Psalm 119:9-16 The Bible is our prayer manual. The Bible is a book that needs to be believed and obeyed. The nature and character of God are revealed in Scripture and so are His promises. Thank God for His promises. Ask God for wisdom and strength to apply Scripture to your life.
<b>5</b>	<b>Watching</b> Colossians 4:2 Be alert! Pray for God to keep you aware and ready while praying. The enemy wants to hinder and distract you, but Jesus wants us to stand firm against those attacks. Be alert of any promptings of God and mindful of any revelation from God.

<p><b>6</b></p>	<p><b>Intercession</b> 1 Timothy 2:12  Pray for God’s purposes in the lives of others. To intercede is to stand between God and others and pray for their needs and ask for grace.  Pray for the lost, perhaps someone you know specifically or the people group you are trying to reach.</p>
<p><b>7</b></p>	<p><b>Petitions</b> Philippians 4:6   Matthew 7:7  Bring your needs to God in prayer. Come to Him in humility and meekness, yet with boldness as His dearly loved child.</p>
<p><b>8</b></p>	<p><b>Thanksgiving</b> 1 Thessalonians 5:18  Thank God for His provision for you and others.  Thank God for something you’re particularly thankful for today. Thank Him for the gospel.</p>
<p><b>9</b></p>	<p><b>Singing</b> Psalm 100:1-2  Singing is one way of expressing your worship to God. Don’t be ashamed to sing to the God who loved you enough to purchase you with His own life. You can use an existing song, sing Scripture, or sing your own song to Him of His greatness, love and kindness.</p>
<p><b>10</b></p>	<p><b>Contemplation/Meditation</b> Joshua 1:8  <i>“What we take in by the Word we digest by meditation and let out by prayer.”</i> (Thomas Manton).  Take a few moments to meditate on the Truths and Promises of God found in His word.</p>
<p><b>11</b></p>	<p><b>Faith</b> Matthew 21:22   Hebrews 11:6  Place your faith in God. Seek Him. Believe who He says He is and in His power to deliver on His promises and your requests.</p>

**12**

**Praise** Matthew 6:13 | Psalm 52:9

End this prayer time in praise. How incredible is it that you get to come before the God of the Universe directly in prayer? Your access is made possible through Jesus.

Conclude with the belief that He has heard you and will answer you.

*"To get nations back on their feet,  
we must first get down on our knees."*

Billy Graham

## 24-HOUR PRAYER SCHEDULE

If prayer matters (which it does) and makes a difference (which it does) and no great feat in the history of the church has happened apart from faithful, fervent prayer (which it hasn't) then we believe that key times in our ministry year should be marked by prayer: significant moments marked by significant commitment to fervent, dependent, expectant prayer.

We see the kick off to the Fall, the lead up to Christmas, the ushering in of a new year, the lead up to Easter, and the launching of new campuses as momentous events in the life of our church.

As dates like these approach we will invite members of our congregation to sign up to pray for one hour, filling a 24-hour timeframe with prayer.

## PRAYER WALKS

A common practice in our prayer lives is to close our eyes and maybe even fold our hands. But what if you spent some of your prayer time with your eyes open while walking through your neighbourhood? What would you see? Would it change what you prayed about?

Adam and Eve used to walk and talk with God in the garden and Jesus was walking along the shore of the Sea of Galilee when He came across Simon Peter and his brother Andrew and invited them to follow Him.

To prayer walk is to be fully aware of your surroundings and to pray about what you see and experience. It's praying for the good of the community, that God would be honoured and glorified in the community, and that your neighbours would hear the message of the gospel and receive it with joy.

A number of our pastors have committed to prayer walk in the neighbourhoods of our campuses each week and we invite you to prayer walk in the neighbourhoods where you live, work, and worship as well.































# CONCLUSION

It was Australian missiologist, Alan Hirsch, who said,  
*"You can do more with 12 disciples than with 1,200 religious consumers."*

What would it look like if we truly believed that Jesus always intended for us to be sent out just as the 12 and 72 were?

What would it look like if we were a church constant in prayer for the Kingdom of God to break in to our communities, for His rule and reign to invade the lives of the lost, broken, and disenfranchised?

What would it look like for the Church of Jesus Christ to advance through multiplication in a way it has so many times in history because it's His 'Plan A' in the world and He's never made, and has no intention of making, a 'Plan B'?

What if we were to *pray* and *go* and find out together?

*"But you will receive power when the Holy Spirit has come upon you, and you will be my witnesses in Jerusalem and in all Judea and Samaria, and to the end of the earth."*

Acts 1:8

# RECOMMENDED RESOURCES

## DISCIPLESHIP

**Saturate:** Being Disciples of Jesus in the Everyday Stuff of Life | Jeff Vanderstelt

**Gospel Fluency:** Speaking the Truths of Jesus into the Everyday Stuff of Life | Jeff Vanderstelt

**Multiply:** Disciples Making Disciples | Francis Chan

**Discipling:** How To Help Others Follow Jesus | Mark Dever

**The Disciple Maker's Handbook:** Seven Elements of a Discipleship Lifestyle | Bobby Harrington & Josh Patrick

**The Tangible Kingdom:** Creating Incarnational Community | Hugh Halter & Matt Smay

**Real Life Discipleship:** Building Churches That Make Disciples | Jim Putman

## PRAYER

**The Bible** Pay special attention to the prayers found in Scripture, and practice praying Scripture.

**The Hidden Life Of Prayer:** The Life-Blood of the Christian | David McIntyre

**Praying The Bible** | Donald Whitney

**Power Through Prayer** | E.M. Bounds

**Prayer:** Experiencing Awe And Intimacy With God | Timothy Keller

*Our Resource Library has a number of the books listed above as well as many others on the subjects of Discipleship and Prayer.*



**MISSION:**

WE EXIST TO BE AUTHENTIC FOLLOWERS OF **JESUS** WHO LEAD OTHERS TO **FOLLOW HIM**.

**VISION:**

WE AIM TO SEE THE ENTIRE EASTERN FRASER VALLEY **TRANSFORMED** BY THE **GOSPEL** FOR THE **GLORY OF GOD** AND GOOD OF **ALL PEOPLE**.

**VALUES:**

**CENTRED** ON THE **GOSPEL**.  
**ROOTED** IN THE **BIBLE**.  
**GATHERED** IN **COMMUNITY**.  
**EMPOWERED** BY THE **SPIRIT**.  
**EQUIPPED** FOR **MINISTRY**.  
**SENT** ON **MISSION**.



"God authorized and commanded me to commission you:  
**Go out and train everyone you meet**, far and near, in this way of life,  
marking them by baptism in the threefold name: Father, Son and Holy Spirit.  
Then instruct them in the practice of all I have commanded you. **I'll be with you  
as you do this**, day after day after day, right up to the end of the age."

**Jesus** (The Message)