

GUIDEBOOK

SEVEN DAYS OF

A.S.K.

JAN 6-12

ASKING SEEKING KNOCKING

LUKE 11

The logo features a green silhouette of a mountain range above the word "FOURSQUARE" in a bold, sans-serif font, with the word "CHURCH" in a smaller font directly below it.

FOURSQUARE
CHURCH



ellensburgfoursquare.org

SEVEN DAYS OF A.S.K

In 2020 we are longing for breakthroughs to new levels of intimacy in worship, and new levels of empowerment in the Spirit. To this end, I am calling the core of the church to a week focused on seeking God's presence January 6-12.

The goal is to have us all stretched in our focus and earnestness in seeking God's presence. Seeking God through his word is focuses and calibrates everything we do as believers.

During this week I want to encourage us all to meditate on a series of scripture passages. Structure is often helpful and to that end I am providing some guidelines for how to meditate.

- 1) Pray – ask the Lord to open the eyes and ears of your heart to his Spirit.
- 2) Read the passage slowly and then ask yourself: Does anything stand out or seem especially good or meaningful to you? If so, highlight it or underline the part that stands out.
- 3) Read the passage a second time allowing the words and ideas to rest in your mind. If distractions enter you mind, simply return to the place your were reading.
- 4) Take a few minutes to focus on one or two lines that stood out to you. Read them over and over again; ponder what they mean and the implications of believing.
- 5) Thank God for his word and ask him to bring to it to mind through the day.

TOP REFLECTIONS

THROUGHOUT THE WEEK



PAUSED CHURCH ACTIVITY

Stop all regularly, weekly scheduled activities around church with exception the Cold Weather Shelter.

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

SABBATH Monday, January 6 | Start the week with rest.

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

FASTING **EVERYONE IN SOMEWAY**

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

Our goal is to seek God. It is not to be super-spiritual, nor to manipulate God into doing something for us. Therefore, it is important that we are careful to avoid all comparisons. The hope is that we are stretched to seek God with our whole heart, as each person discerns for themselves how their stretch should look. Below are some ways to fast. We encourage each person to decide how the Holy spirit is leading them in this time of Fasting.

MEDIA FAST



Pause Social Media, Pause Movies,
Pause all TV, Pause all Digital
Entertainment all week.

Purpose: Giving God our full
attention.



FOOD FAST

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

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

COORPORATE PRAYER & WORSHIP

Tuesday – Saturday 6 -8 pm at the church.

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

Wednesday 6-7
Kid Accessible Hour

Saturday
We will start at the church, prayer walk
and then finish at the church.

Purpose: To seek God's presence in a united way and actively wait on him, rather than doing business as usual.

A.S.K BONFIRE Sunday January 12 | 5PM

We will gather to break our fasting with soup & bread.

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

MONDAY

Psalm 127 (NIV)

A song of ascents. Of Solomon.

1 Unless the Lord builds the house, the builders
labor in vain. Unless the Lord watches over the city,
the guards stand watch in vain.

2 In vain you rise early and stay up late, toiling for
food to eat— for he grants sleep to those he loves.

3 Children are a heritage from the Lord,
offspring a reward from him.

4 Like arrows in the hands of a warrior,
are children born in one's youth

5 Blessed is the man whose quiver is full of
them. They will not be put to shame when they
contend with their opponents in court.

NOTES

TUESDAY

Ephesians 1:3-10 (NIV)

Praise for Spiritual Blessings in Christ

- ³ Praise be to the God and Father of our Lord Jesus Christ, who has blessed us in the heavenly realms with every spiritual blessing in Christ.
- ⁴ For he chose us in him before the creation of the world to be holy and blameless in his sight.
- ⁵ In love he predestined us for adoption to sonship through Jesus Christ, in accordance with his
- ⁶ pleasure and will—to the praise of his glorious grace, which he has freely given us in the One he loves.
- ⁷ In him we have redemption through his blood, the forgiveness of sins, in accordance with
- ⁸ the riches of God's grace that he lavished on us.
- With all wisdom and understanding, he made
- ⁹ known to us the mystery of his will according to his good pleasure, which he purposed in
- ¹⁰ Christ, to be put into effect when the times reach their fulfillment—to bring unity to all things in heaven and on earth under Christ.

NOTES

WEDNESDAY

Isaiah 62:1-7 (NIV)

Zion's New Name

- ¹ For Zion's sake I will not keep silent, for Jerusalem's sake I will not remain quiet, till her vindication shines out like the dawn, her salvation like a blazing torch.
- ² The nations will see your vindication, and all kings your glory; you will be called by a new name that the mouth of the Lord will bestow.
- ³ You will be a crown of splendor in the Lord's hand, a royal diadem in the hand of your God.
- ⁴ No longer will they call you Deserted, or name your land Desolate. But you will be called Hephzibah, and your land Beulah for the Lord will take delight in you, and your land will be married.
- ⁵ As a young man marries a young woman, so will your Builder marry you; as a bridegroom rejoices over his bride, so will your God rejoice over you.
- ⁶ I have posted watchmen on your walls, Jerusalem; they will never be silent day or night. You who call on
- ⁷ the Lord, give yourselves no rest, and give him no rest till he establishes Jerusalem and makes her the praise of the earth.

NOTES

THURSDAY

Ephesians 3:14-21 (NIV)

A Prayer for the Ephesians

14 For this reason I kneel before the Father,
15 from whom every family in heaven and on earth
16 derives its name. I pray that out of his glorious
17 riches he may strengthen you with power through
his Spirit in your inner being, so that Christ may
dwell in your hearts through faith.

18 And I pray that you, being rooted and established
in love, may have power, together with all the
Lord's holy people, to grasp how wide and long
and high and deep is the love of Christ, and to
19 know this love that surpasses knowledge
—that you may be filled to the measure of all the
fullness of God.

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,
21 to him be glory in the church and in Christ Jesus
throughout all generations, for ever and ever!
Amen.

NOTES

SUNDAY

Revelation 21:1-8 (NIV)

A New Heaven and a New Earth

- 1 Then I saw “a new heaven and a new earth,” for the first heaven and the first earth had passed away, and there
- 2 was no longer any sea. I saw the Holy City, the new Jerusalem, coming down out of heaven from God, prepared as a bride beautifully dressed for her husband.
- 3 And I heard a loud voice from the throne saying, “Look! God’s dwelling place is now among the people, and he will dwell with them. They will be his people, and God
- 4 himself will be with them and be their God. ‘He will wipe every tear from their eyes. There will be no more death’ or mourning or crying or pain, for the old order of things has passed away.”
- 5 He who was seated on the throne said, “I am making everything new!” Then he said, “Write this down, for these words are trustworthy and true.”
- 6 He said to me: “It is done. I am the Alpha and the Omega, the Beginning and the End. To the thirsty I will
- 7 give water without cost from the spring of the water of life. Those who are victorious will inherit all this, and I will be their God and they will be my children.
- 8 But the cowardly, the unbelieving, the vile, the murderers, the sexually immoral, those who practice magic arts, the idolaters and all liars—they will be consigned to the fiery lake of burning sulfur. This is the second death.”

NOTES

FRIDAY

Luke 11:1-13 (NIV)

Jesus' Teaching on Prayer

- ¹ One day Jesus was praying in a certain place. When he finished, one of his disciples said to him, "Lord, teach us to pray, just as John taught his disciples."
- ² He said to them, "When you pray, say:"
 'Father, hallowed be your name, your kingdom come.
³ Give us each day our daily bread.
⁴ Forgive us our sins, for we also forgive everyone who sins against us. And lead us not into temptation."
- ⁵ Then Jesus said to them, "Suppose you have a friend, and you
⁶ go to him at midnight and say, 'Friend, lend me three loaves of bread; a friend of mine on a journey has come to me, and I
⁷ have no food to offer him.' And suppose the one inside answers, 'Don't bother me. The door is already locked, and my children and I are in bed. I can't get up and give you
⁸ anything.' I tell you, even though he will not get up and give you the bread because of friendship, yet because of your shameless audacity he will surely get up and give you as much as you need.
- ⁹ "So I say to you: Ask and it will be given to you; seek and you will find; knock and the door will be opened to you. For
¹⁰ everyone who asks receives; the one who seeks finds; and to the one who knocks, the door will be opened.
- ¹¹ "Which of you fathers, if your son asks for a fish,
¹² will give him a snake instead? Or if he asks for an egg, will give him a scorpion?
- ¹³ If you then, though you are evil, know how to give good gifts to your children, how much more will your Father in heaven give the Holy Spirit to those who ask him!"

NOTES

SATURDAY

Isaiah 61:1-4 (NIV)

The Year of the Lord's Favor

- ¹ The Spirit of the Sovereign Lord is on me,
because the Lord has anointed me to
proclaim good news to the poor.

- He has sent me to bind up the
brokenhearted, to proclaim freedom for the
captives and release from darkness for the
² prisoners, to proclaim the year of the Lord's
favor and the day of vengeance of our God,
to comfort all who mourn, and provide for
those who grieve in Zion

- to bestow on them a crown of beauty
³ instead of ashes, the oil of joy instead of
mourning, and a garment of praise
instead of a spirit of despair. They will be
called oaks of righteousness, a planting of
the Lord for the display of his splendor.

- ⁴ They will rebuild the ancient ruins and
restore the places long devastated;
they will renew the ruined cities that have
been devastated for generations.

NOTES