

Vineyard Canada National Fast 2025

At the beginning of each New Year, our Canadian Vineyard family enters into a time of corporate fasting and prayer. We treasure these times and the opportunity to once again orient ourselves to a place of humility and dependence on God. We lean into a posture of listening and welcoming the voice and leading of the Holy Spirit as we journey through the 10 days together.

This year our fast begins on January 20th and ends on January 29th.

We invite you to enter into this experience, through our Fast Journey Updates, written reflections, liturgies, prayers as well as our virtual connection space which will be hosted live each day at **7:00-7:45 PST**.

We pray because we can't help ourselves,

We pray because we are helpless.

We pray because the need flows out of us all the time, waking and sleeping.

It does not change God,

But it changes us."

C.S. Lewis

Fast Journey Update

Day 1&2 January 20-21

Posturing ourselves in Prayer - the Place of Confident Rest

Scripture

"...Since the promise of entering his rest still stands, let us be careful that none of you (us) be found to have fallen short of it...let us approach God's throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need."

Hebrew 4:1,16 NIV

Over the years the imagery of a ship in motion has been helpful to describe the journey that our Canadian Vineyard family has been on together. In keeping with this nautical theme the Rudder of the ship is critical to stabilizing the vessel so that it can navigate all the dynamics experienced throughout the voyage. The posture of anchoring our hearts to a place of trust and rest acts like a rudder to our movement. This foundational value and practice holds us steady in whatever this journey entails. So as we enter this time of

fasting and prayer we begin here in this place of rest and trust. A place where we can be attentive to the Spirit's Voice, timing and leading.

Scriptures to Ponder

- Be still and know that I am God Psalm 46:10 Do not be anxious about anything but in everything by prayer and supplication with thanksgiving let your requests be made known to God. Philippians 4:6
- .Come to me all you who are weary and heavy burdened and I will give you rest
Matthew 11:28-30

Responsive Reading based on Psalm 100

One: Come before the Lord with joyful songs, because he is good, because he is generous

Because we lack nothing.

ALL: Let us enter his gates with thanksgiving and his courts with praise.

One; Serve the Lord with gladness, because of his greatness and justice, because he puts an end to war, and to all forms of violence

All: Let us enter his gates with thanksgiving and his courts with praise.

One: Come before the Lord with Joy because he is faithful to his promises, because his Word is eternal

ALL: Let us enter his gates with thanksgiving and his courts with praise.

One: Know that the Lord is God, and we are his people, his community, his family.

ALL: Let us enter his gates with thanksgiving and his courts with praise.

One: It is he who has made us to the praise of his name, and therefore today, in the same spirit, we celebrate his presence and say "Come Holy Spirit"

All: Let us enter his gates with thanksgiving and his courts with praise.

Common Prayer

Lord make me

an instrument of your peace

Where there is hatred,

Let me sow love;

*Where there is injury, pardon;
Where there is doubt, faith;
Where there is despair, hope;
Where there is darkness, light;
And where there is sadness, Joy.*

*O Divine Master grant that I may
Not so much seek to be consoled
As to console;
To be understood,
As to understand;
To be loved as to love.
For it is in giving that we receive,
It is in pardoning that we are pardoned.
And it is in dying that we are
Born to eternal life.*

Fast Journey Update

Day 3&4 January 22-23

Aligning ourselves in Prayer - Discernment & Focus

Scripture

“This kind can only come out by prayer and fasting” Mark 9:29

Anchored to His rest we now open our hearts to the revealing, discerning and aligning work of the Holy Spirit. The Holy Spirit is always at work in our lives, drawing us to a place of understanding, revealing our hearts and showing us the Jesus Way. While this is not always a comfortable place of surrender, it will bring us into greater freedom and flourishing, unto life and not death. Our natural insight and understanding will not bring us the wisdom and clarity we need. We welcome the help of the Holy Spirit, speaking to us, encountering us and leading us into greater light and peace.

Scriptures to Ponder

- Jesus is the way and the truth and the life John 14:6
- Where the Spirit of the Lord is there is freedom 2 Cor 3:17
- But when He the Spirit of truth comes he will guide you into all truth John 16:13

- My prayer is not that you take them out of the world but that you protect them from the evil one. They are not of the world even as I am not of it. Sanctify them by the truth; your word is truth. As you sent me into the world I have sent them into the world
John 17:15

Responsive Reading Based on Psalm 103

One: Bless Yahweh, my soul!

All: bless God's holy name, all that is in me!

One: Bless Yahweh, my soul

All: and remember all God's Kindnesses:

One: In forgiving all your offenses

All: In curing all your diseases,

One: Redeeming your life from the pit,

All: In crowning you with love and tenderness

,

One: In filling your years with prosperity,

All: In reviewing your youth like an eagle's

One: Yahweh, who does what is right

All: is always on the side of the oppressed.

One: Yahweh is tender and compassionate

All: Slow to anger and most loving

One: Bless Yahweh, all nations,

All: Servants to perform God's will

One: Bless Yahweh, all creatures,

All: In every part of the world

One: Bless Yahweh, O my soul

All: All that is in me bless God's Holy Name

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Fast Journey Update

Day 5&6 January 24-25

Availing ourselves in prayer - The Operating system

Scripture

**“And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord’s people”
Ephesians 6:18**

Trusting in the faithful work and invitation of the Godhead we step into the place of relationship bringing our requests, our petitions, our inquiries. This is ultimately an expression of our trust and dependence in the One who not only knows us but hears our prayers. We turn to a Person, not a force. Our God is intimately acquainted with all

that we are experiencing and bends an ear to hear, to listen and to respond to his people.

Scriptures to ponder

- Trust in the Lord with all your heart and lean not on your understanding in all your ways acknowledge him and he will direct your paths proverbs 3:5
- Ask and it will be given you, seek and you shall find, knock and the door will be opened Matthew 7:7

Responsive Reading based on Psalm 103

One: We are branches, rooted in the vine of Christ

All: We come because we seek to abide in Christ

One: The branches that remain in the vine bear much fruit

All: We come because we long to be spiritually vibrant, alive, productive

One: If we abide in Christ, then Christ's words will abide in us.

All: We come because we strive to be faithful disciples.

One: We gather for worship now to the glory of the One God: Creator, Redeemer

All: May we grow wildly as God tends us lovingly.

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Fast Journey Update

Day 7&8 January 26-27

Stabilizing ourselves in prayer - Cultivating Wisdom

Scripture

“If any of you lack wisdom you should ask God who gives generously to all without finding fault and it will be given to you. But when you ask you must believe and not doubt because the one who doubts is like a wave of the sea blown & tossed by the wind. That person should not expect to receive anything for the Lord. Such a person is double-minded and unstable in all they do” James 1:5-8 NIV

In a posture of rest, surrender, and relational trust, we lean into listening for the Voice and leading of the Holy Spirit in our lives. This is a place of dependence, as well as seeking wisdom rather than simply answers to our prayers. We acknowledge the Kingship and the Sovereignty of the One who is leading us. We place our trust in His timing, His oversight and the step by step unfolding of His Way of Wisdom as we seek to follow Him in obedience.

Scriptures to Ponder

- Wisdom is supreme: therefore get wisdom though it cost all you have, get understanding. Proverbs 4:7
- If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault and it will be given to you James 1:5
- For the wisdom of this world is foolishness in God's sight 1 Cor 3:19

Responsive Reading Inspired by Ephesians 2:19-22

One: We come to God our Father this day, the One who names each of us as a beloved child

All: Here in these moments together, we would recognize God dwelling in us.

One: we come to Christ this day, the One whose love is the bedrock of our lives.

All: Here in this place of glory and grace, we would understand the One who call us to faith.

One: We come to the Spirit this day, the One who would calm our fears with peace and hope

All: Here with those who are our sisters and brothers, we would seize the opportunities to serve.

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Fast Journey Update

Day 9&10 January 28-29

Dependence on the Spirit in Prayer - Come Holy Spirit

Scripture

“In the same way, the Spirit helps us in our weakness, we do not know what we ought to pray for, but the Spirit himself intercedes for us through wordless groans.” Romans 8:26

We cannot follow God without the help of the Spirit working in and through us. Jesus promised that the Holy Spirit would come to comfort and guide us in the way that we should go. We need the Presence and the power of the Spirit enlightening us and enabling us to walk in the Way of Jesus.

Come Holy Spirit, empower us to be who we are called to be in this time. Renew our minds, fill our hearts and change our thinking to align with that of the Triune God.

Scriptures to Ponder

- Do you not know that your bodies are temples of the Holy Spirit who is in you, whom you have received from God. You are not your own, you were bought at a price. Therefore honor God with your bodies. 1 Cor 6:19-20
- But the Counselor, the Holy Spirit whom the Father will send in my name will teach you all things and will remind you of everything I have said to you. John 14:26
- Now the Lord is the Spirit, and where the Spirit of the Lord is there is freedom. 2 Cor 3:17

Responsive Reading Inspired by Acts 2:1-4

One: Our God - we your people stand ready and open to receive the flame of your spirit. Give us the ability to speak your truth so that others may hear.

All: Come, Spirit of Truth, fill our hearts.

One: May that which was of stone be now transformed into life.

All: Come, Spirit of Life change our hearts.

One: May we who receive your light dwell together in your love.

All: Come, Spirit of Love, soften our hearts.

One: Bestow your compassion on those who suffer in mind, spirit and body.

All: Come Spirit of Hope, heal our hearts.

One: Make us bold to bring light to the dark places, warmth to the cold places, and love to the empty places.

All: Come Spirit of Faith, strengthen our hearts.

One: Spirit of the Living God, fill our hearts, minds and souls to overflowing.

All: Come, Spirit of God, move in our hearts.

One: Our God- We, your people, celebrate the mystery of your never-ending love.

All: We agree, now and forever, Amen

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Thank you for participating in our 2025 Vineyard Canada National Fast. We pray that the Holy Spirit has met you and encouraged your heart as you have journeyed with us during this year's Fast.

We will continue to receive your contributions, reflections, scriptures to listeningteam@vineyard.ca until Feb 11th.

May God keep us “hemmed” into his way as we journey . May we continue to grow in our understanding of his wonderful grace, mercy, goodness and love and flourish as a family as we carry his heart to all those we encounter.

**Much Peace,
The VC National Foundations Team & VC National Listening Team**