

TASTE + SEE

THE LORD IS GOOD

SEVEN DAYS OF PRAYER & FASTING

**Bible Plan Reading
With Prayer Prompts**

**The Cornerstone Church
September 21-27, 2020**

WELCOME TO SEVEN DAYS OF PRAYER AND FASTING

Taste and see that the Lord is good;
blessed is the one who takes refuge in him.

Psalms 34:8

Welcome to our September 2020 version of 7 Days of Prayer and Fasting. As a church family, we have set aside this week to taste and see that the Lord is good. Our desire is to know God so that we love, worship, and work with him. The better we know him, the more we will trust him and submit our lives to his leadership.

This guide has seven daily readings with suggestions for prayer. Each reading is from the book of Psalms. Our goal is learn or re-learn something about God and to meditate on that insight until it changes our hearts and minds. We want to be totally God-absorbed and abandoned to his will and ways.

Fasting is a spiritual practice that seeks to exchange food or another good thing for time with God. Fasting makes room in our schedules and hearts to wait quietly for the Lord as we read the Bible, or think deeply, or pray. Fasting says to God, "I am empty. Please fill me with your love, power, vision, and spiritual renewal."

There are various ways to fast. For example: 1) a full fast is refraining from food (not water) altogether for a time, 2) a partial fast is refraining from selected meals, such as breakfast or lunch for a time, 3) a specific fast is refraining from specific types of food or some other good things for a time; such as, chocolate, coffee, pop, TV, Internet, social networks, and so on.

Before fasting from food, consult with your physician to ensure that you are safe.

More information: Read our booklet *Introduction to Fasting* at FamousGod.com.

MY FASTING PLAN

"Lord, please guide me as I fast and pray. Help me to taste and see that you are good. Grow me with love and worship of you. Lead into a life of surrender to your will and ways. Fill me with your Holy Spirit. In Jesus' name. Amen."

The reason I am participating in 7 Days of Prayer and Fasting is:

I will set aside the following times to wait on the Lord:

- Monday:
- Tuesday:
- Wednesday:
- Thursday:
- Friday:
- Saturday:
- Sunday:

I will fast from:

Day One

Pray: "Lord, open the eyes of my heart to see how good you truly are."

Read Psalm 1.

What this passage taught me about the goodness of God:

What this passage taught me about myself:

What I plan to do as a result of today's reading:

Before you go:

When I take my dogs outside at night, I stand and stare up at the stars and feel very, very small and insignificant. That might be a reason for sadness, but verse 6 brings us assurance. The Lord knows who we are and where we are at all times because he watches over us; literally, knows us and is intimately acquainted with us. Yes, we're small in relation to the universe, but we're not forgotten by the Lord. Nothing in all creation can separate us from his love (Romans 8:39). Taste and see how good he is.

Pray for the Cornerstone Church: Lord, saturate your church with awe and wonder. Show us your glory. Make yourself glorious among us. Fill us with your presence and power so that we love you and humbly follow your ways, always in all things. Amen.

Day Two

Pray: "Lord, open the eyes of my heart to see how good you truly are."

Read Psalm 2.

What this passage taught me about the goodness of God:

What this passage taught me about myself:

What I plan to do as a result of today's reading:

Before you go:

Since I was a teenager, signs of suffering and injustice in the world have moved me deeply. In my senior year in high school I wrote a research paper on the lives of the poor portrayed in 20th century fiction. As a result of what I learned in that class, I applied to law school, thinking I could do something to make the world a better place. Psalm 2 reminds us that evil people rule the world. And we know that the devil is the ultimate evil tyrant directing pain and suffering into our lives. But, see how good God is. He sent his Son, Jesus Christ, into the world to break the power of sin and darkness. At the cross, he destroyed the devil's works. The kingdom rule of the Son is a beautiful manifestation of the goodness of God. As subjects of King Jesus, we're tasked with spreading the good news of God's goodness. Our invitation to the world is, "Taste and see that the Lord is good."

Pray for the Cornerstone Church: Lord, open doors for us to share the good news of your goodness. Help us tell the world about King Jesus and our hope in him. Your kingdom come, your will be done on earth as it is in heaven. Amen.

Day Three

Pray: "Lord, open the eyes of my heart to see how good you truly are."

Read Psalm 3.

What this passage taught me about the goodness of God:

What this passage taught me about myself:

What I plan to do as a result of today's reading:

Before you go:

I know so many people who do not sleep well. Night after night, they either cannot fall asleep or they wake up in the middle of the night. It's an awful situation for them and it has negative effects on their energy, health, and relationships. I don't know all the reasons for this epidemic of sleeplessness, but one reason is worry. Our minds are filled with anxiety and concern over situations we face. The machinery in our heads never switches off. But there is a solution if we're willing to follow it: Resign from being CEO of the universe and give the job back to God. Worry is stewing without doing. It steals our peace and achieves nothing of value. My paraphrase of verses 5-6 is: *"Bad stuff is happening all around me, but I'm sleeping like a baby. Why? Because God's got this."* How good is God that we can sleep while he takes care of business without us?

Pray for the Cornerstone Church: "Lord, the Blue Water community is filled with people who need you to their God and Savior. Wake them up to their need and direct them to us so that we can tell them the good news about your saving, life, death, and resurrection. Amen."

Day Four

Pray: "Lord, open the eyes of my heart to see how good you truly are."

Read Psalm 4.

What this passage taught me about the goodness of God:

What this passage taught me about myself:

What I plan to do as a result of today's reading:

Before you go:

Some years ago, my family and I were on vacation in Bar Harbor, Maine. One afternoon, we took a whale watching cruise out into the Atlantic Ocean. Everyone had a great time, except me. I have never been so sick in my life and I (no joke) asked the Lord if I could just die. Kim bought some medication on the boat and that eventually worked. However, the effects lasted weeks and weeks as I lost my balance and the world felt as if it was rolling around me. Psalm 4 describes a nation that has lost its balance. But the king knows about the goodness of God; that he hears us when we pray; that he brings good out of evil; that he blesses us with his presence (light of his face); that he is our safety and nothing else is. You may feel unstable, like the world is rolling around you, but God is your stable rock. No one and no thing else is.

Pray for the Cornerstone Church: "Lord, thank you for keeping us strong and safe through the storms of life this year. The world was rocked, but you kept the Cornerstone on track. Now use us to let everyone know how good you truly are. Amen."

Day Five

Pray: "Lord, open the eyes of my heart to see how good you truly are."

Read Psalm 5.

What this passage taught me about the goodness of God:

What this passage taught me about myself:

What I plan to do as a result of today's reading:

Before you go:

As a typical unsaved and unspiritual boy, I used to sit in church bored out of my skull. To make matters worse, my church did a lot of kneeling, which I hated because my knees hurt from sports. Church was dead to me. That's because I had no experience of the beautiful presence of God. All that changed the moment I met Jesus as my God and Savior. This is how good God is: he has swung wide the doors of heaven so that we can enter his glorious presence without fear whenever and wherever we want. Our access is not limited, for example, to one hour on Sunday or to a specific location or building. No, verse 7 reminds us that we "can come into your house" and "in reverence bow down" and receive blessing and favor. On the cross, Jesus opened the way to God's throne of grace. We can sit in adoration, receive love and healing, or ask for help. God is so good!

Pray for the Cornerstone Church: "Lord, please make your presence so manifest that everyone in the Cornerstone family experiences it and is healed and blessed by knowing you. You are our good, good, Father and we love you for it. Amen."

Day Six

Pray: "Lord, open the eyes of my heart to see how good you truly are."

Read Psalm 6.

What this passage taught me about the goodness of God:

What this passage taught me about myself:

What I plan to do as a result of today's reading:

Before you go:

In high school, I was practicing tennis against the side of my family's home when I mis-hit a ball through the kitchen window. My folks were gone for a few days, so I called a glazier and paid out my own cash for new glass to be installed. I thought I'd gotten away with it, except I'd left the invoice on the kitchen counter. Dumb! Anyway, the results were predictable as my folks got mad and yelled at me for making poor choices, blah, blah. To be fair, they were right and I was dead wrong, as usual. Have you noticed how often we try to hide our sins or mistakes from God when we mess up? That's totally unnecessary. Verse 4 tells us that the Lord is our saving, loving God. Forgiveness is his gracious gift. He willingly frees us from our sins. There is no need to hide from our heavenly Father. Avoid misery and run TO the God of mercy. Taste and see how good he is. Amen.

Pray for the Cornerstone Church: "Lord, if only the whole world knew how good you are, how quick to hear our prayers, to shower us with mercy, and to forgive all our sins through our Savior, Jesus Christ. Make us like magnets drawing neighborhoods to you. Amen."

Day Seven

Pray: "Lord, open the eyes of my heart to see how good you truly are."

Read Psalm 7.

What this passage taught me about the goodness of God:

What this passage taught me about myself:

What I plan to do as a result of today's reading:

Before you go:

I have or had a friend (I'm never quite sure) who is fickle. Sometimes, I say hi to him and he grunts in reply and I know to stay away. Other times, he is warm and kindhearted. But I never know which version I'm going to meet. It takes hard work and patience to be his friend (don't worry, it isn't you). God, on the other hand, is so consistent that we never have to wonder what version we're going to meet. He is always good, always loving, always just, always compassionate. Call him Steady Eddie. That's what is meant by verse 17: "I will give thanks to the Lord because of his *righteousness*." He ALWAYS does the *right* thing. He can't make a mistake. He can't be or do anything outside of his righteous character. Never, ever, doubt what version of God you'll meet when you pray for help or forgiveness or guidance. You always get the good and right version; the God revealed in Jesus Christ. Taste and see that the Lord is good.

Pray for the Cornerstone Church: "Lord, thank you for being consistently right. You are always good, holy, true, great, compassionate, and loving. Use the Cornerstone family to give the Blue Water community a taste of your goodness. Amen."

REVIEWING MY 7 DAY EXPERIENCE

My most valuable experience this week:

I learned this about God this week:

I learned this about myself this week:

The effect on my prayer life and worship because of this week:

The effect on my heart and love for God because of this week:

I made these decisions about my life or lifestyle because of this week:

I would describe this week in one sentence ...