



Prayer & Fasting

Enlarge, Stretch & Lengthen

MONDAY 06- FRIDAY 10 JANUARY

"Enlarge the place of your tent, stretch your tent curtains wide, do not hold back; lengthen your cords, strengthen your stakes. For you will spread out to the right and to the left; your descendants will dispossess nations and settle in their desolate cities"
Isaiah 54: 2-3

Dear Church,

We are excited for this New Year and expectant for a move of God in Life Church Epping both in and through our lives.

Fasting is an act of devotion to God, but also shows God that we're serious about His will for our lives. As a church we've been praying for sometime into Isaiah 54:2-3 and this year we're asking for His Word to come to pass in our church and for significant breakthroughs in our own personal lives. We want to experience more of His Holy Presence and Power in our times of fellowship and we want each of us to develop a deeper and more intimate walk with Him.

All this is possible as we consecrate ourselves and seek His will during this time of prayer and fasting. So please do join us, it's always more effective when we participate together.

Every blessing
Church Leadership Team

Church Prayer Schedule

Monday 6th - 7:00 - 7:30pm on Zoom.

Tuesday 7th - 7:00 - 7:30pm on Zoom

Wednesday 8th - 7:00 - 8:00pm in **The Box** (with Communion)

Thursday 9th - 7:00 - 8:00pm on Zoom

Friday 10th - 7:00 - 8.30pm - Encounter Night in **The Box** (with Communion)

Sunday Service
Epping Hall
@10.30 - 12:00

05 January
12 January
19 January
26 January

Bible Study
The Box
@19:00 - 20:30

Wed. 15 Jan.
Wed. 22 Jan.
Wed. 29 Jan.

Prayer Meetings
Every Sunday
@10:00 - 10:25

Prayer Online
@19:00 - 19:30
Thurs. 16 Jan.
Thurs 23 Jan.
Thurs. 30 Jan.

Encounter Night
The Box
@19:00 - 20:30

Fri. 10 Jan.
Fri. 24 Jan.

Limitless Youth
The Box
@19:00 - 21:00

Fri. 17 Jan.
Fri. 31 Jan.

“

“Jesus Christ did not say, ‘Go into all the world and tell the world that it is quite right.’” - C.S. Lewis



Prayer Matters

At the start of each day, help us to recognize you above all else. Enlighten the eyes of our hearts so that we might see you and notice how you're at work through our lives. Give us the wisdom to make the best choices, and fill us with a desire to seek after you more than anything else in this world. Let your Spirit and power breathe in us, through us, fresh and new. Thank you for being greater than anything we may face in our day. Thank you that your presence goes with us and that your joy is never dependent on our circumstances, but it is our true and lasting strength, no matter what we're up against. We ask that your peace lead us that it would guard our hearts and minds in you. We ask for your grace to cover our lives this day. We love you, Lord...we need you. In Jesus' Name, Amen."

- Debbie McDaniel www.christianity.com

CHURCH LEADERSHIP TEAM

Senior Pastor: David Tarr - pastor@lifechurchpepping.org.uk

Elder/Church Treasurer: John McCredie

Elder: David Smith

Deacon: Linda Stringer

Deacon: Janti Charalambous

SAVE THE DATE!



MIGHTY MEN'S BREAKFAST

01 February 2025



God's Girls

15 February 2025



WAYS TO FAST

- *Fast until a specific time of day or skip a specific meal each day. This is safer and more sustainable than a complete fast.*
- *Consider fasting from a specific type of food instead of all food.*
- *Fast desserts, sweets, soft drinks, tea, coffee or chocolate.*
- *Do not abstain from drinking water.*
- *If fasting from food isn't a good option. Consider fasting from TV or social media e.g Tiktok, facebook, X.*
- *PRAY, PRAY, PRAY particularly when you feel hungry or tempted to give up!*

MINISTRY LEADERS

Children's Ministry: Janti

Limitless Youth: Alex & Ayesha

Ladies Ministry: Lynette

Worship Ministry: Lynette

Men's Ministry: Pastor David