

St Lukes Canning Town  
Church

25 days for 2025

A Journey through Genesis

A Guide Book for our Church Fast

7th Jan-31st Jan 2025

Name:

**Day 1: Tuesday 7th January**

**Song:** Indescribable by Chris Tomlin

*'In the beginning God created the heavens and the earth'*

**Read Genesis chapter 1& 2.**

What stood out for you? What questions do you have?

With a word God breathes everything into existence. With a word he's bring light and life today too. As the year begins what are you praying for and who are you hoping in? What does it mean to live in God's power and rhythms this year for your life? Will you priorities him and his ways?

**Today pray for:**

1. What are your hopes for this fast? As we begin this fast- name them before the Lord.
2. What is God's vision and rhythms for your life this year? Will you steward well the time and resources he has given you, and will continue to give you in 2025?

Take time to write down anything specific you prayed for today or what you feel God was saying to you today here

**Day 2: Wednesday 8th January**

**Song:** Reckless Love- Cory Asbury

*'But God called to the man and said to him, 'Where are you?'*

**Read Genesis chapter 3&4.**

What stood out for you? What questions do you have?

Even after Adam & Eve disobey, God comes looking for them.  
Where will God find you this year? What needs to change in you to follow God's ways and not allow temptation to sin, divert you from God's purposes for your life this year?

**Today pray about:**

1. Pray for God to show you areas of sin and temptation in your life to be broken this year. Pray for strength to resist temptation and grow in God this year.
2. Where do you struggle to trust God and follow his instructions? Pray into this today
3. Am I my brother's keeper asked Cain? God says yes we are. Let's pray for reconciliation and relationships grounded in love and accountability this year.

Take time to write down anything specific you prayed for today or what you feel God was saying to you today here.

### Day 3: Thursday 9th January

**Song:** Goodness of God by Cece Winans

*'But Noah found favour in the eyes of the Lord'*

#### Read Genesis ch 5&6

What stood out for you? What questions do you have?

God continues to be faithful even when his people turn away. In wicked and faithless times would we be like Noah today- faithful and trusting in God. Do you stand out as a follower of Jesus?

#### Today pray for:

1. Your ability to stand up and stand out as a follower of Jesus today. In a world of sin and bad news, can we be people who shine for Jesus today? Pray for your witness to Christ this year.
2. Genesis chapter 5 traces the family line from Adam to Noah. Origins matter. Pray for your family today and consider what legacy you are building and passing down. What would be recorded by your name about your walk with God and your trust in him- how will you grow in this in 2025?

Take time to write down anything specific you prayed for today or what you feel God was saying to you today here

### Day 4: Friday 10th January

**Song:** Cornerstone by Hillsongs

*'And Noah did all the Lord commanded of him'*

#### Read Genesis ch 7&8

What stood out for you? What questions do you have?

Noah trusted in God even when it seemed improbable. How quick are we to trust in God's word to us? God sends his judgement on the world! Noah and his ark is not a story for children but a stark warning about God's anger but also his mercy and love. Where do we need to be reminded of how seriously God takes sin and the depths of his forgiveness for us today?

#### Today pray about:

1. Pray for a greater ability to trust God's words and commands for you this year. Pray for courage and obedience to walk with him this year.
2. God renews his covenant of mercy with Noah. Thank God for his mercy and grace in your life.
3. Amidst the challenges and storms of life take a moment to thank God for his favour and blessings. God's promise follows a time of strife- pray for strength to move forward in 2025.

Take time to write down anything specific you prayed for today or what you feel God was saying to you today here.

**Day 5: Saturday 11th January**

**Song:** Waymaker by Sinach

*'I have set my bow in the cloud, and it shall be a sign of the covenant that I make'*

**Read Genesis ch 9&10.**

What stood out for you? What questions do you have?

God keeps his promises. He is faithful. Though rain comes, his truth remains. Remember today the promises God has spoken over your life. But learn too from Noah's story, in chapter 9 Noah despite knowing God's goodness gives in to temptation and sin.

**Today pray for:**

1. Thank God for his faithfulness and his promises.
2. Where do you need to learn from Noah? What foolish behaviour needs cut out?
3. Pray for the world- for nations at war and from peace to come between mankind again.

Take time to write down anything specific you prayed for today or what you feel God was saying to you today here

**Day 6: Sunday 12th January**

**Song:** Yes & Amen Maverick City

*'Go from your country, and your kindred and your father's house to the land that I will show you'*

**Read Genesis ch 11 & 12.**

What stood out for you? What questions do you have?

God calls Abram to leave everything he knew and to trust him for his destination. God promised his blessing and a future but didn't provide many details. When God says go will you? Are you trusting God with your life and all that you love and care about this year?

**Today pray about:**

1. Who sets your plans and priorities in life? Pray and ask God for his vision and guidance.
2. What is the cost of following Jesus for you? What has God asked you to leave behind? What will you continue to surrender before him day by day this year?
3. Have you been brave enough to ask God what his will for your 2025 is? Be bold and courageous today in your prayer time.

Take time to write down anything specific you prayed for today or what you feel God was saying to you today here.

## End of week 1 check in

What has God been revealing to you this week?

What scriptures have stood out?

What questions do you have?

What or who have you found yourself praying about more?

Have you seen any answered prayers?

What actions do you need to take?

### **Day 7: Monday 13th January**

**Song:** Worthy of it all by Cece Winans

*Lift up your eyes and look from the place that you are...  
for all the land that you see I will give to you'*

### **Read Genesis chapter 13 & 14.**

What stood out for you? What questions do you have?

Lot looks and chooses based on what he can see. Let us not be distracted by our circumstances or momentary gains but would we learn to walk as Abram did in the blessings and promises of the Lord. Lot's choice landed him in trouble because the men of Sodom were wicked but God still rescues and offers a new chance for those who listen and obey.

### **Today pray for:**

1. Abram and Lot separate- where do you need part ways with some people or behaviours in order to align with God's will for your life this year? Whose influence needs to be reduced?
2. Bad company corrupts character. Pray for brothers and sisters to walk with in faith this year. Who in church can you be intentional in growing together with this year? Consider committing to join a connect group this year to grow together?

Take time to write down anything specific you prayed for today or what you feel God was saying to you today here

**Day 8: Tuesday 14th January**

**Song:** The Lord's my shepherd by Stuart Townend

*'Fear not Abram I am your shield; your reward shall be very great'*

**Read Genesis chapter 15&16.**

What stood out for you? What questions do you have?

In chapter 15 God states his covenant promise with Abram based on who God is and what he will do, not on Abram and his merits. All God asks is that Abram lives in faith and waits for his promise to come to pass. Despite how things look God is at work and nothing is impossible for him.

**Today pray about:**

1. God keeps his word. He is the promise keeping God. Where do you need to be mindful of this today? What situation seems too impossible or big for you- bring it to God today!
2. Waiting seasons are hard- pray for patience and faith to grow whatever your circumstances.
3. Sarai takes matters into her own hands- where are you tempted to do the same? Pray about it

Take time to write down anything specific you prayed for today or what you feel God was saying to you today here

**Day 9: Wednesday 15th January**

**Song:** My God is Awesome Charles Jenkins

*'O Lord if I have found favour in your sight, do not pass by your servant'*

**Read Genesis chapter 17 & 18.**

What stood out for you? What questions do you have?

God restates his promise to Abram once more. He will have not just a son by Sarai despite their old age, he will also father nations. He is to be known now as Abraham. When Sarah hears the promise she laughs, how can it be possible? Today will we choose to keep trusting in God whatever our circumstances?

**Today pray for:**

1. Where do you need to keep trusting in God? Pray and have faith. Trust in God's timing afresh
2. Here we see the power of prayer and intercession. Do we believe when we pray things can change. Who are you interceding for today? Pray passionately for mercy and transformation.

Take time to write down anything specific you prayed for today or what you feel God was saying to you today here

**Day 10: Thursday 16th January**

**Song:** Nothing Else by Cody Carnes

*'But Lot's wife, behind him, looked back and she became a pillar of salt'*

**Read Genesis chapter 19 & 20.**

What stood out for you? What questions do you have?

Chapters 19 and 20 are difficult but contain many important lessons for us. Where do we look back with longing and limit our abilities to step into what God has for us now? Where are we lazy, prideful or sinful at the expense of our spiritual growth or fruit bearing for God? Where do we not trust enough to move forward? What do we need to name and surrender to the Lord today?

**Today pray about:**

1. Pray for strength to flee temptation and then not to look back again. Remember Lot's wife!
2. Pray for the ability to escape that which corrupts our character and walk with Jesus.
3. Pray for a greater ability to trust God in situations we do not understand. Would we lean on his ways and not take matters into our owns with bad consequences.

Take time to write down anything specific you prayed for today or what you feel God was saying to you today here

**Day 11: Friday 17th January**

**Song:** Jireh by Maverick City

*'God has made laughter for me, everyone who hears will laugh over me'*

**Read Genesis chapter 21 & 22.**

What stood out for you? What questions do you have?

God keeps his promise. Issac is born but then God tests Abraham's heart. Is everything the Lord's or will he keep his son back from God's altar? Are we ready to surrender all to God when he asks us too or are there some things we value more than God? When we give what we have, God provides for us. Jehovah Jireh still meets us when we step out in faith and surrender again.

**Today pray for:**

1. Do you trust God with all that you love and value? Would you lay it down if he asked you to?
2. How do you respond when God keeps his promise? Worship and gratitude or do you move on to the next thing?
3. Where do you need to know God's provision today? Jehovah Jireh cares for you.

Take time to write down anything specific you prayed for today or what you feel God was saying to you today here

## Day 12: Saturday 18th January

**Song:** Believe for it by Cece Winans

*'I bowed my head and worshipped the Lord... who has led me by the right way'*

### Read Genesis chapter 23 & 24.

What stood out for you? What questions do you have?

The story of God's promise continues now through Issac and Rebekah. Abraham's servant worships God who guides his steps, do we recognise where God is at work in our lives day by day too? Do we seek God's guidance and direction at all times- what would change if we did?

### Today pray about:

1. Pray about God's plan for the year ahead for St Luke's. What is God asking of us in 2025?
2. Pray about how you make decisions and whose input you seek.
3. God calls us to pass afresh good news to each generation. Down the generations God's story is passed. Pray for young people today and children of those in church who do not yet know Jesus. We will pass the good news of our faith on. Let's pray for open hearts and wisdom in how to share.

Take time to write down anything specific you prayed for today or what you feel God was saying to you today here

## Day 13: Sunday 19th January

**Song:** Who you say I am by Hillsongs

*I am the God of Abraham your father. Fear not for I am with you and will bless you*

### Read Genesis chapter 25 & 26.

What stood out for you? What questions do you have?

God doesn't always pick who we would expect him to. Esau is the firstborn but his promise to Abraham continues through Jacob instead. Esau is hungry and gives away his birthright for a bowl of soup. Crazy behaviour but where do we also fall into the same trap and give up eternal blessings for temporary comforts? We need to trust and be obedient.

### Today pray for:

1. Where does jealousy and favouritism tear us apart? Where do we need God's healing or God's correction in our lives?
2. Where have we sold out for worldly pleasures rather than trusting in God's ways and provision?
3. Pray for your own discernment of what God is challenging you with this week through some tough passages and teaching. Where is your heart hard to God's guidance and correction?

Take time to write down anything specific you prayed for today or what you feel God was saying to you today here



## **End of week 2 check in**

What has God been revealing to you this week?

What scriptures have stood out?

What questions do you have?

What or who have you found yourself praying about more?

Have you seen any answered prayers?

What actions do you need to take?

### **Day 14: Monday 20th January**

**Song:** Here Again by Elevation Worship

*'Surely the Lord is in this place and I did not know it'*

### **Read Genesis chapter 27 & 28.**

What stood out for you? What questions do you have?

Rebekah's favouritism for Jacob leads to disastrous consequences for Esau. Where do we meddle in what is right with huge consequences for our lives and those around us too? Isn't it incredible how broken people have been from the start; and yet God still works and uses broken people for his promises. There's a lesson in today's passages too on the power of our words to bless or affect others. We need to be people of the truth and not of lies.

### **Today pray about:**

1. Where is God already at work around you? Pray for your eyes to open to this today.
2. Pray about the relational impact of your decisions for yourself and for those around you.
3. Where have you been dishonest? What is the effect of your lies on your own heart and on the circumstances of those around you. Where do you need to ask forgiveness? What does it mean to walk as a child of the truth today?

Take time to write down anything specific you prayed for today or what you feel God was saying to you today here

**Day 15: Tuesday 21st January**

**Song:** God I look to you by Bethel Music

*'Then God remembered Rachel, and God listened to her'*

**Read Genesis chapter 29 & 30.**

What stood out for you? What questions do you have?

More lies and using of people follows in this messy family tale. So many hurts, frustrations, jealousy and hurt people. So many of the same problems continue to haunt us today. How do we move these past things? How can we look forward in 2025 and care well for those around us?

**Today pray for:**

1. Pray into the passages today. Who do you identify with? What hurt or frustration are you carrying? Bring it to God today?
2. Where has jealousy or compassion robbed you of your joy and contentment now? Pray about it and pray God would help you to see as he does so you are not overwhelmed.
3. Pray for healing in relationships and for your own heart today. Genesis is messy, our lives are too. Where do you need to know God sees and hears you today?

Take time to write down anything specific you prayed for today or what you feel God was saying to you today here

**Day 16: Wednesday 22nd January**

**Song:** What a beautiful name by Hillsongs

*'your name will no longer be Jacob but Israel'*

**Read Genesis chapter 31 & 32.**

What stood out for you? What questions do you have?

Many of us can live in fear of our pasts catching us up. Mistakes and lies and confusion are following Jacob and those around him. But God comes and wrestles with Jacob and gives him a new name and identity, a way to move forward through all of the mess of sin. Jacob needs to face his past and make peace with Esau. Where do you need to see God's transformation in your own life and your relationships in order to move forward into what God has for you?

**Today pray about:**

1. What do you need to surrender to God so his transformation can come?
2. What in your past do you need to acknowledge and deal with. Pray for discernment in this.
3. Pray too for guidance and protection in the year ahead.
4. What are you fearful of? Name it before God, confess and move forward. We are not slaves of fear but children of God.

Take time to write down anything specific you prayed for today or what you feel God was saying to you today here

## Day 17: Thursday 23rd January

**Song:** Hosanna by Hillsongs

*But Esau ran to meet him and embraced him and fell on his neck and kissed him, and they wept.*

### Read Genesis chapter 33 & 34.

What stood out for you? What questions do you have?

What a contrast in our 2 chapters today. In the first we see reconciliation and forgiveness that gives way to healing. Followed immediately by the worst of human kind, mistreatment of others, violence, vengeance and unchecked anger. It's a shocking chapter. Where are we confronted by the horrors of the world around us? Pray earnestly for our world, our community and places where people are not safe and blood is spilt in anger and because of sin.

### Today pray for:

1. Pray for those you need to forgive or who you are struggling to be in right relationship with today. Pray for peace, reconciliation and healing.
2. Pray for the world and our communities torn apart by war and anger and sin.
3. Pray for those who have been hurt by the sin of others.
4. Ask God to heal you of past hurts and help you move forward.

Take time to write down anything specific you prayed for today or what you feel God was saying to you today here

## Day 18: Friday 24th January

**Song:** O Come to the altar by Elevation Worship

*So that I may make an altar to the God who answers me in the day of my distress and has been with me wherever I have gone;*

### Read Genesis chapter 35 & 36.

What stood out for you? What questions do you have?

Throughout the Old Testament we see people building altars of worship at places where God revealed something of his character to them or when God answered a specific prayer. Here at Bethel, Jacob builds an altar to remember. How can we be mindful of who God is and the prayers he has answered in our lives thus far? What does it mean to be people of grateful praise and adoration in every season of our lives?

### Today pray about:

1. Pray about what you're grateful for. What prayers has God answered recently?
2. God reminds Jacob of his promise to his ancestors again. Where has God been faithful through the ages to you too. Ask God to speak and reveal himself to you.
3. Esau's family line is recorded here. Who or what would be listed if you and your family were recorded this day? What do you need for? Is any healing needed? Pray for your closest family and friends today and for their impact on who is to come as well.

## Day 19: Saturday 25th January

King of my heart by Bethel

*'Now Israel loved Joseph more than any other of his sons...'*

### Read Genesis chapter 37 & 38.

What stood out for you? What questions do you have?

History repeats itself. The same problems of favouritism and jealousy continue to rip the next generation apart too. We are finally introduced to Joseph whose story fills the remaining chapters of Genesis. There is much to be wrestled with in family life in these last 14 chapters. As we enter our final week of the Fast let's pray for God to speak even more clearly and powerfully to us.

### Today pray for:

1. God speaks to Joseph through dreams. Make space today to listen for God's voice.
2. Joseph is hated by his brothers. Pray against all thoughts of jealousy and hate that can cloud our judgement. Pray for any fractured relationships and for peace to reign.
3. Reuben and Judah fail in their responsibility to care for those around them. Where do we need to take accountability for our inactions or actions? Where do we need to be more bold and courageous and indeed perhaps even honest about our shortcomings?
4. Joseph is gifted by God, but he's arrogant and not wise in sharing what has been revealed. Pray you can use the gifts God has blessed you with well and for greater maturity and discernment.

Take time to write down anything specific you prayed for today or what you feel God was saying to you today here

## Day 20: Sunday 26th January

Oceans by Hillsongs

*'And whatever he did, the Lord made it succeed.'*

### Read Genesis chapter 39 & 40.

What stood out for you? What questions do you have?

Life gets worse for Joseph. Already sold into slavery by his brothers he then is lied about by Potiphar's wife and even though he flees from temptation he still ends up in prison. God never promises us a easy life but he does ask us to trust him even in the midst of trial and uncertainty. What does it look like to be distinctive today? What is the measure of our integrity in the midst of chaos and a world of sin?

### Today pray about:

1. Pray against temptation and for your own distinctiveness as a follower of Jesus to shine.
2. Pray for strength and patience in the midst of battles and storms, to keep trusting God.
3. Joseph has hard truths to tell his fellow prisoners. Pray for discernment and for courage to speak what God asks you to even when it will be hard for others to hear.

Take time to write down anything specific you prayed for today or what you feel God was saying to you today here

## **End of week 3 check in**

What has God been revealing to you this week?

What scriptures have stood out?

What questions do you have?

What or who have you found yourself praying about more?

Have you seen any answered prayers?

What actions do you need to take?

### **Day 21: Monday 27th January**

I give myself away by William McDowell

*God has revealed to Pharaoh what he is about to do...*

### **Read Genesis chapter 41 & 42.**

What stood out for you? What questions do you have?

Now Joseph finds himself out of prison and in front of Pharaoh. His God given gift of interpretation will allow Pharaoh to understand what God has revealed to him. When we are in the spotlight what is revealed in us- pride? Ego? Overconfidence? Look how Joseph has grown from just a few chapters ago- refined in the fire and matured in his trust in God. Joseph's biggest test comes when face to face with those who have so badly wronged him.

### **Today pray for:**

1. Our hearts and our character in times of trial and in times of promotion too.
2. What doors has God opened or will open for you this year? How will you respond and for whose glory will you operate in? What is God asking of you this year in the places he puts you?
3. What gifts has God given you? Are you using them for his glory or are you hiding in the shadows? Pray for boldness to share them. Talk with Rev Amy or one of the staff team.

Take time to write down anything specific you prayed for today or what you feel God was saying to you today here

## Day 22: Tuesday 28th January

No longer slaves by Bethel

*Joseph hurried out, for his compassion grew warm for his brother and he sought a place to weep*

### Read Genesis chapter 43 & 44.

What stood out for you? What questions do you have?

Has anyone learnt anything from all these years of hurt and strained family relationships?!  
Now Jacob has replaced his favourite Joseph with the younger son Benjamin, but how will the brothers respond to Joseph's test. Can Joseph forgive? Can anyone move forward? What guilt do the brothers think has finally caught them up?

### Today pray about:

1. Where do you need to grow? Pray for maturity and spiritual fruit this year.
2. Where do you need to let go of the past to genuinely move forward? Pray about it.
3. Judah in a foreshadow of what is to come offers himself in exchange for Benjamin. How do we love sacrificially today? What is God asking of you today? Whilst Jacob hasn't changed, Judah and the brothers have. Who do you need to pray transformation over today?

Take time to write down anything specific you prayed for today or what you feel God was saying to you today here

## Day 23: Wednesday 29th January

Sovereign over us by The Worship Initiative

*Do not be distressed or angry with yourselves because you sold me here, for God sent me before you to preserve life*

### Read Genesis chapter 45 & 46.

What stood out for you? What questions do you have?

Joseph forgives and embraces his brothers. Jacob is sent for and the family is reconciled. Joseph notes God's hand at work, though the brothers sold him for evil, God still redeemed and rewrote Joseph's story, using his prison to then bring wisdom and vision to preserve many lives in Egypt.  
Will we choose to keep trusting in God whatever our circumstances?

### Today pray for:

1. Pray once more for reconciliation and restoration of relationships especially between ourselves and our pasts so you can move forward today.
2. Where is God redeeming and restoring your story? Where he is working for good in your and through you? Pray for discernment of his activity but also for patience and peace amidst it.

Take time to write down anything specific you prayed for today or what you feel God was saying to you today here

## Day 24: Thursday 30th January

Gratitude by Brandon Lake

*'The God before whom my fathers Abraham and Issac walked, the God who has been my shepherd all my life long to this day.. bless the boys and in them let my name be carried on...*

### Read Genesis chapter 47 & 48.

What stood out for you? What questions do you have?

Again God's promise is handed down to a new generation. The story continues, the blessing goes on. What are we stewarding today? Who are we passing on our faith to, sharing our testimonies with, inviting to experience God's love today? What do we want to live for now and be remembered for in years to come as individuals and as a church? God still uses ordinary broken people to work his miracles and transformation through today.

### Today pray about:

1. What are you passing on? Pray for renewed passion for your faith and for a real harvest of fruit in you and through you this year.
2. Pray for God to surprise you with what he has planned for you this year. Jacob couldn't believe he was blessing now Joseph's boys. Are you ready to be surprised by what God will do this year?
3. Joseph's wisdom and dependence on God saved many lives in the midst of the famine. Where is God asking you to act now so others might live in God's blessings later? Pray for wisdom, vision, courage and obedience.

Take time to write down anything specific you prayed for today or what you feel God was saying to you today here

## Day 25: Friday 31st January

The Blessing by Elevation Worship

*You meant evil against me, but God meant it for good.. so do not fear I will provide for you.*

### Read Genesis chapter 49 & 50.

What stood out for you? What questions do you have?

Jacob dies but the 12 future tribes of Israel are established through his family line. God pours out his blessing in different ways through Jacob, and Joseph reflects on the sovereignty of God through all that has happened. As we end our journey through Genesis what details is God bringing to mind for you? What lessons do you need to reflect upon today?  
What is your hope now for the year ahead?

### Today pray about:

1. What has God been speaking to you about through Joseph's story? What is the lesson or prayer for you today?
2. What do you need to entrust to God this year? What are you hoping for? Where are you still waiting on God's action and provision? Name it and wait on God today.

Take time to write down anything specific you prayed for today or what you feel God was saying to you today here

**What has God revealed to you through this fast?**

**Where have you seen answered prayer?**

**What action do you need to take next?**

Join in with our zoom prayer throughout the fast:  
(Watch out for zoom link in WhatsApp)

7am- Tuesdays, Wednesdays and Thursdays

10am- Wednesdays and Fridays

12pm Wednesday

8pm- Monday and Thursday

Saturday 25th January- praise and worship day- more details to follow soon.

Spotify Playlist for Songs:

<https://open.spotify.com/playlist/7r98qPyh6S2LSpentTyBC3G?si=e2c3247edf2f4d89>