

JAN 27 - 31,
2025

[CRY
— ● OUT]
W E E K.



----FASTING AND PRAYER----
JEREMIAH 33:3

Dear brothers:

It is our most ardent desire for our church, The Rock Church, to have an intimate relationship with its Savior and Creator. For this reason, we call on all our members to pray and fast with the purpose of "turning to God".

Life can distract us from what is truly important and transcendental: seeking God passionately and relating to Him: as a congregation, as families, and as individuals. God is our "Strong Tower" and "our prompt help in our trials". We can fully trust Him and all His promises.

We encourage you to draw near to God and worship Him. Ask Him to help you, and to listen to all your requests. Trust Him and watch in faith for the answer to your prayers. He is always faithful; he will never fail you.

God will always come to your rescue; He will always help you! This fast is your act of humility. Cry out to a God who is compassionate and merciful.

Pastoral Team

Joel 2 (ESV)

¹² "Yet even now," declares the LORD, "return to me with all your heart, with fasting, with weeping, and with mourning;

¹³ and rend your hearts and not your garments. "Return to the LORD your God, for he is gracious and merciful, slow to anger, and abounding in steadfast love; and he relents over disaster.

¹⁴ Who knows whether he will not turn and relent, and leave a blessing behind him, a grain offering and a drink offering for the LORD your God?

¹⁵ Blow the trumpet in Zion; consecrate a fast; call a solemn assembly;

¹⁶ gather the people.

Consecrate the congregation; assemble the elders; gather the children, even nursing infants. Let the bridegroom leave his room, and the bride her chamber.

¹⁷ Between the vestibule and the altar

let the priests, the ministers of the LORD, weep and say, "Spare your people, O LORD, and make not your heritage a reproach, a byword among the nations. Why should they say among the peoples, 'Where is their God?'"

¹⁸ Then the LORD became jealous for his land and had pity on his people.

¹⁹ The LORD answered and said to his people "Behold, I am sending to you grain, wine, and oil, and you will be satisfied; and I will no more make you a reproach among the nations.

²⁰ "I will remove the northerner far from you, and drive him into a parched and desolate land, his vanguard into the eastern sea, and his rear guard into the western sea; the stench and foul smell of him will rise, for he has done great things.

²¹ "Fear not, O land; be glad and rejoice, for the LORD has done great things!

SPECIAL MEETINGS DURING FASTING WEEK

All our special prayer meetings are going to be in Building B, 1st Floor.

Monday January 27th from 7:00 PM to 8:00 PM.

Tuesday January 28th from 7:00 PM to 8:00 PM.

Wednesday January 29th at 7:00 PM. (Midweek Service)

Thursday January 30th from 7:00 PM to 8:00 PM.

Friday January 31st from 8:00 PM to 9:30 PM. - Cry Out Night

MY REASONS TO PRAY FOR THIS WEEK

My prayer partners are:

I believe that the only one that can answer my prayers is God, therefore I am crying out for His mighty hand to move and guide my life according to His will and purpose for me. I confess that God is my savior, not only from my sins but also from every single one of my life's difficulties.

Signature: _____

BIBLICAL EXAMPLES OF CRYING OUT

Psalms 5:2

Give attention to the sound of my cry, my King and my God, for to you do I pray.

Psalm 18:6

In my distress I called upon the Lord, and cried out to my God; He heard my voice from His temple, and my cry came before Him, even to His ears.

Psalms 34:15

The eyes of the Lord are on the righteous, And His ears are open to their cry.

Psalms 142:6

Attend to my cry, For I am brought very low; Deliver me from my persecutors, for they are stronger than I.

Matthew 15:22-28

²² And behold, a woman of Canaan came from that region and cried out to Him, saying, "Have mercy on me, O Lord, Son of David! My daughter is severely demon-possessed." ²³ But He answered her not a word. And His disciples came and urged Him, saying, "Send her away, for she cries out after us." ²⁴ But He answered and said, "I was not sent except to the lost sheep of the house of Israel." ²⁵ Then she came and worshiped Him, saying, "Lord, help me!" ²⁶ But He answered and said, "It is not good to take the children's bread and throw it to the little dogs." ²⁷ "And she said, "Yes, Lord, yet even the little dogs eat the crumbs which fall from their masters' table." ²⁸ Then Jesus answered and said to her, "O woman, great is your faith! Let it be to you as you desire." And her daughter was healed from that very hour.

Matthew 20:29-34

²⁹ Now as they went out of Jericho, a great multitude followed Him. ³⁰ And behold, two blind men sitting by the road, when they heard that Jesus was passing by, cried out, saying, "Have mercy on us, O Lord, Son of David!" ³¹ Then the multitude warned them that they should be quiet; but they cried out all the more, saying, "Have mercy on us, O Lord, Son of David!" ³² So Jesus stood still and called them, and said, "What do you want Me to do for you?" ³³ They said to Him, "Lord, that our eyes may be opened." ³⁴ So Jesus had compassion and touched their eyes. And immediately their eyes received sight, and they followed Him.

Mark 1:40-41

⁴⁰ Now a leper came to Him, imploring Him, kneeling down to Him and saying to Him, "If You are willing, You can make me clean." ⁴¹ Then Jesus, moved with compassion, stretched out His hand and touched him, and said to him, "I am willing; be cleansed."

BIBLICAL EXAMPLES OF FASTING

1 Samuel 1:6-11

And her rival also provoked her severely, to make her miserable, because the Lord had closed her womb. So it was, year by year, when she went up to the house of the Lord, that she provoked her; therefore, she wept and did not eat. Then Elkanah her husband said to her, “Hannah, why do you weep? Why do you not eat? And why is your heart grieved? Am I not better to you than ten sons?” So Hannah arose after they had finished eating and drinking in Shiloh. Now Eli the priest was sitting on the seat by the doorpost of the tabernacle[a] of the Lord. And she was in bitterness of soul, and prayed to the Lord and wept in anguish. Then she made a vow and said, “O Lord of hosts, if You will indeed look on the affliction of Your maidservant and remember me, and not forget Your maidservant, but will give Your maidservant a male child, then I will give him to the Lord all the days of his life, and no razor shall come upon his head.”

2 Chronicles 20:2-3

Then some came and told Jehoshaphat, saying, “A great multitude is coming against you from beyond the sea, from Syria; and they are in Hazazon Tamar” (which is En Gedi). And Jehoshaphat feared, and set himself to seek the Lord, and proclaimed a fast throughout all Judah.

Ezra 8:21

Then I proclaimed a fast there at the river of Ahava, that we might humble ourselves before our God, to seek from Him the right way for us and our little ones and all our possessions.

Psalms 69:10-17

¹⁰When I wept and chastened my soul with fasting,
That became my reproach.

¹¹I also made sackcloth my garment;
I became a byword to them.

¹²Those who sit in the gate speak against me,
And I am the song of the drunkards.

¹³But as for me, my prayer is to You,
O Lord, in the acceptable time;
O God, in the multitude of Your mercy,
Hear me in the truth of Your salvation.

¹⁴Deliver me out of the mire,
And let me not sink;
Let me be delivered from those who hate me,
And out of the deep waters.

¹⁵Let not the floodwater overflow me,
Nor let the deep swallow me up;
And let not the pit shut its mouth on me.

¹⁶Hear me, O Lord, for Your lovingkindness is good;
Turn to me according to the multitude of Your tender mercies.

¹⁷And do not hide Your face from Your servant,
for I am in trouble; hear me speedily.

Daniel 9:3-19

Then I turned my face to the Lord God, seeking him by prayer and pleas for mercy with fasting and sackcloth and ashes. I prayed to the LORD my God and made confession, saying, "O Lord, the great and awesome God, who keeps covenant and steadfast love with those who love him and keep his commandments, we have sinned and done wrong and acted wickedly and rebelled, turning aside from your commandments and rules. We have not listened to your servants the prophets, who spoke in your name to our

kings, our princes, and our fathers, and to all the people of the land. To you, O Lord, belongs righteousness, but to us open shame, as at this day, to the men of Judah, to the inhabitants of Jerusalem, and to all Israel, those who are near and those who are far away, in all the lands to which you have driven them, because of the treachery that they have committed against you. To us, O LORD, belongs open shame, to our kings, to our princes, and to our fathers, because we have sinned against you. To the Lord our God belong mercy and forgiveness, for we have rebelled against him and have not obeyed the voice of the LORD our God by walking in his laws, which he set before us by his servants the prophets. All Israel has transgressed your law and turned aside, refusing to obey your voice. And the curse and oath that are written in the Law of Moses the servant of God have been poured out upon us, because we have sinned against him. He has confirmed his words, which he spoke against us and against our rulers who ruled us, by bringing upon us a great calamity. For under the whole heaven there has not been done anything like what has been done against Jerusalem. As it is written in the Law of Moses, all this calamity has come upon us; yet we have not entreated the favor of the LORD our God, turning from our iniquities and gaining insight by your truth. Therefore the LORD has kept ready the calamity and has brought it upon us, for the LORD our God is righteous in all the works that he has done, and we have not obeyed his voice. And now, O Lord our God, who brought your people out of the land of Egypt with a mighty hand, and have made a name for yourself, as at this day, we have sinned, we have done wickedly.

"O Lord, according to all your righteous acts, let your anger and your wrath turn away from your city Jerusalem, your holy hill, because for our sins, and for the iniquities of our fathers, Jerusalem and your people have become a byword among all who are around us. Now therefore, O our God, listen to the prayer of your servant and to his pleas for mercy, and for your own sake, O Lord, make your face to shine upon your sanctuary, which is desolate. O my God, incline your ear and hear. Open your eyes

and see our desolations, and the city that is called by your name. For we do not present our pleas before you because of our righteousness, but because of your great mercy. O Lord, hear; O Lord, forgive. O Lord, pay attention and act. Delay not, for your own sake, O my God, because your city and your people are called by your name."

Isaiah 58:5-12

5 Is such the fast that I choose,
a day for a person to humble himself?
Is it to bow down his head like a reed,
and to spread sackcloth and ashes under him?
Will you call this a fast,
and a day acceptable to the LORD?

6 "Is not this the fast that I choose:
to loose the bonds of wickedness,
to undo the straps of the yoke,
to let the oppressed go free,
and to break every yoke?

7 Is it not to share your bread with the hungry
and bring the homeless poor into your house;
when you see the naked, to cover him,
and not to hide yourself from your own flesh?

8 Then shall your light break forth like the dawn,
and your healing shall spring up speedily;
your righteousness shall go before you;
the glory of the LORD shall be your rear guard.

9 Then you shall call, and the LORD will answer;
you shall cry, and he will say, 'Here I am.'

If you take away the yoke from your midst,
the pointing of the finger, and speaking wickedness,

10 if you pour yourself out for the hungry
and satisfy the desire of the afflicted,
then shall your light rise in the darkness
and your gloom be as the noonday.

11 And the LORD will guide you continually
and satisfy your desire in scorched places
and make your bones strong;
and you shall be like a watered garden,
like a spring of water,
whose waters do not fail.

12 And your ancient ruins shall be rebuilt;
you shall raise up the foundations of many generations;
you shall be called the repairer of the breach,
the restorer of streets to dwell in.

1 Corinthians 9:26-27

Therefore, I run thus: not with uncertainty. Thus, I fight not as one who beats the air. But I discipline my body and bring it into subjection, lest, when I have preached to others, I myself should become disqualified.

MONDAY JAN 27th – 7-8 PM, Bldg. B, 1st Floor.

INCREASED PASSION FOR GOD

- A hunger and thirst for the Scriptures.
- To fear and respect the Lord.
- A desire to participate actively in church meetings.
- A fervent prayer life.
- Love for lost souls.
- A desire to evangelize and share Jesus with others.
- Discipline and consistency in our relationship with the Lord.
- A desire to share with others what God is teaching us.
- A desire to worship and praise our God.
- A desire to serve God & others.

Verses that apply:

Psalm 84:2

My soul longs, yes, even faints For the courts of the Lord;
My heart and my flesh cry out for the living God.

Mark 12:30

And you shall love the Lord your God with all your heart, with all your soul, with all your mind, and with all your strength. This is the first commandment.

Luke 24:32

And they said to one another, “Did not our heart burn within us while He talked with us on the road, and while He opened the Scriptures to us?”

Colossians 3:23

And whatever you do, do it heartily, as to the Lord and not to men.

TUESDAY JAN 28th – 7-8 PM, Bldg. B, 1st Floor.
SPIRITUAL, EMOTIONAL, AND PHYSICAL HEALING

Pray for:

- That God helps us forgive ourselves and forgive others.
- That we see ourselves as God the Father sees us: as His children, loved and forgiven by the blood of Christ.
- That God heals the wounds of our souls.
- That we understand the importance of confession and that we can practice it in our lives.
- That God reveals to us the lies we have believed and changes them for truth in His Word.
- That we seek help when we are in need.
- For any physical illness (pray specifically if you have any illness).
- For the healing of friends, family, or any brother/sister at church (pray specifically with the name of the person and illness).

Verses and Promises that apply:

Psalms 139:23-24

Search me, O God, and know my heart; Try me, and know my anxieties; And see if there is any wicked way in me, and lead me in the way everlasting.

Proverbs 28:13

He who covers his sins will not prosper, but whoever confesses and forsakes them will have mercy.

Matthew 18:21-35

Then Peter came to Him and said, “Lord, how often shall my brother sin against me, and I forgive him? Up to seven times?” Jesus said to him, “I do

not say to you, up to seven times, but up to seventy times seven. Therefore, the kingdom of heaven is like a certain king who wanted to settle accounts with his servants. And when he had begun to settle accounts, one was brought to him who owed him ten thousand talents. But as he was not able to pay, his master commanded that he be sold, with his wife and children and all that he had, and that payment be made. The servant therefore fell down before him, saying, 'Master, have patience with me, and I will pay you all.' Then the master of that servant was moved with compassion, released him, and forgave him the debt. "But that servant went out and found one of his fellow servants who owed him a hundred denarii; and he laid hands on him and took him by the throat, saying, 'Pay me what you owe!' So, his fellow servant fell down at his feet and begged him, saying, 'Have patience with me, and I will pay you all.' And he would not, but went and threw him into prison till he should pay the debt. So, when his fellow servants saw what had been done, they were very grieved, and came and told their master all that had been done. Then his master, after he had called him, said to him, 'You wicked servant! I forgave you all that debt because you begged me. Should you not also have had compassion on your fellow servant, just as I had pity on you?' And his master was angry and delivered him to the torturers until he should pay all that was due to him. "So, My heavenly Father also will do to you if each of you, from his heart, does not forgive his brother his trespasses.

James 5:13-18

Is anyone among you suffering? Let him pray. Is anyone cheerful? Let him sing psalms. Is anyone among you sick? Let him call for the elders of the church, and let them pray over him, anointing him with oil in the name of the Lord. And the prayer of faith will save the sick, and the Lord will raise him up. And if he has committed sins, he will be forgiven. Confess your

trespasses to one another, and pray for one another, that you may be healed. The effective, fervent prayer of a righteous man avails much. Elijah was a man with a nature like ours, and he prayed earnestly that it would not rain; and it did not rain on the land for three years and six months. And he prayed again, and the heaven gave rain, and the earth produced its fruit.

1 John 1:9

If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.

THE FAMILY

1. Pray for our families:

- For love and unity within the members.
- Passion for God in our homes.
- For God’s provision for each family.
- For an atmosphere of love, acceptance & forgiveness.
- For a good spiritual parental example to our children.

2. Pray for our marriages:

- For unity between spouses.
- For fervor for God.
- For respect and mutual love between spouses.
- For reconciliation of couples who are in serious conflict.
- For love, tenderness, and forgiveness.

3. Pray for our children and grandchildren:

- For submission and respect towards parents.
- For repentance from rebellion and disobedience.
- For each of them to have a heart for God.
- For the return of prodigals to God.
- For unconditional love of parents towards children.
- For reconciliation between parents and children.
- For current & future friends.
- For marriages, or future spouses.

Verses that apply:

Psalm 78:5-8

⁵For He established a testimony in Jacob, And appointed a law in Israel, Which He commanded our fathers, That they should make them known to their children;

⁶ That the generation to come might know them, The children who would be born, That they may arise and declare them to their children,

⁷ That they may set their hope in God, And not forget the works of God, But keep His commandments;

⁸ And may not be like their fathers, A stubborn and rebellious generation, A generation that did not set its heart aright, And whose spirit was not faithful to God.

Ephesians 5:22-6:4

Wives submit to your own husbands, as to the Lord. For the husband is head of the wife, as also Christ is head of the church; and He is the Savior of the body. Therefore, just as the church is subject to Christ, so let the wives be to their own husbands in everything. Husbands, love your wives, just as Christ also loved the church and gave Himself for her, that He might sanctify and cleanse her with the washing of water by the word, that He might present her to Himself a glorious church, not having spot or wrinkle or any such thing, but that she should be holy and without blemish. So, husbands ought to love their own wives as their own bodies; he who loves his wife loves himself. For no one ever hated his own flesh, but nourishes and cherishes it, just as the Lord does the church. For we are members of His body, of His flesh and of His bones. "For this reason a man shall leave his father and mother and be joined to his wife, and the two shall become one flesh." This is a great mystery, but I speak concerning Christ and the church.

Nevertheless, let each one of you in particular so love his own wife as himself, and let the wife see that she respects her husband. Children obey your parents in the Lord, for this is right. "Honor your father and mother," which is the first commandment with promise: "that it may be well with you and you may live long on the earth." And you, fathers, do not provoke your children to wrath, but bring them up in the training and admonition of the Lord.

THURSDAY JAN 30th – 7-8 PM, Bldg. B, 1st Floor CHURCH, EVANGELISM AND MISSIONS

1. Pray for our church community:

- Increased fervor for God.
- Revival in prayer and fasting.
- Growth of prayer lines and prayer groups through social platforms.
- For more pastors and leaders.
- Unity of faith, doctrine, and practice.
- Fervent love between the brothers.
- The ministries of the church.
- Growth of small groups.
- Wisdom and strength for pastors, leaders and heads of ministry.
- For being a testimony of love and service in our community during these difficult times.
- For persevering in the faith.

2. Pray for the salvation of (pray by name) for:

- Spouses.
- Sons/Daughters.
- Parents and other family members.
- Friends.
- Neighbors and co-workers.

3. Pray for church members:

- For determination and initiative to share the Gospel.
- That God would give us compassion for lost souls.
- To be the light and salt wherever we may be.
- That we disciple our new believers.

4. Pray for the churches we support and the ministries and missionaries we support all over the world:

- Churches and missionaries in Bolivia, Colombia, Cuba, Dominican Republic, Ecuador, Philippines, Germany, India, Israel, Jordan, Nepal, Nicaragua, Mexico (border), Spain, Venezuela, and the United States.
- That God would prosper His work in all these places and that the Gospel be preached with boldness.

Verses that apply:

Matthew 16:18

And I tell you, you are Peter, and on this rock I will build my church, and the gates of hell shall not prevail against it.

Matthew 28:18-20

And Jesus came and spoke to them, saying, "All authority has been given to Me in heaven and on earth. Go therefore and make disciples of all the nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, teaching them to observe all things that I have commanded you; and lo, I am with you always, even to the end of the age." Amen.

Luke 10:2

And he said to them, "The harvest is plentiful, but the laborers are few. Therefore pray earnestly to the Lord of the harvest to send out laborers into his harvest.

Romans 1:16

For I am not ashamed of the gospel of Christ, for it is the power of God to salvation for everyone who believes, for the Jew first and also for the Greek.

Romans 12:11

Do not be slothful in zeal, be fervent in spirit, serve the Lord.

Romans 15:20

And so I have made it my aim to preach the gospel, not where Christ was named, lest I should build on another man's foundation.

1 Corinthians 1:10

I appeal to you, brothers, by the name of our Lord Jesus Christ, that all of you agree, and that there be no divisions among you, but that you be united in the same mind and the same judgment.

Ephesians 6:18-20

Praying always with all prayer and supplication in the Spirit, being watchful to this end with all perseverance and supplication for all the saints—and for me, that utterance may be given to me, that I may open my mouth boldly to make known the mystery of the gospel, for which I am an ambassador in chains; that in it I may speak boldly, as I ought to speak.

1 Timothy 3:15

If I delay, you may know how one ought to behave in the household of God, which is the church of the living God, a pillar and buttress of the truth.

FRIDAY JAN 31st – 8 PM, Bldg. C, 1st Floor.
CRY OUT NIGHT - FOR THE NATION

Pray for:

- A spiritual revival and national repentance.
- The salvation of all our governing authorities.
- Wisdom for our authorities in all their decision-making.
- Protection, salvation, and wisdom of all who serve and protect us (policemen, first responders, firefighters, soldiers, etc.).
- For God to have mercy and not judge America.

2 Chronicles 7:14

If my people who are called by my name humble themselves, and pray and seek my face and turn from their wicked ways, then I will hear from heaven and will forgive their sin and heal their land.

Romans 13:4-5

for he is God's servant for your good. But if you do wrong, be afraid, for he does not bear the sword in vain. For he is the servant of God, an avenger who carries out God's wrath on the wrongdoer. Therefore one must be in subjection, not only to avoid God's wrath but also for the sake of conscience.

1 Timothy 2:1-4

First of all, then, I urge that supplications, prayers, intercessions, and thanksgivings be made for all people, for kings and all who are in high positions, that we may lead a peaceful and quiet life, godly and dignified in every way. This is good, and it is pleasing in the sight of God our Savior, who desires all people to be saved and to come to the knowledge of the truth.

