

## Giving Form

### The Wells Trust Standing Order Form

To: (name of bank) .....  
Sort Code .....  
Bank Address .....

..... Post Code: .....

Please debit the following account:

Account name: .....  
Account number: .....

Signed: ..... Date: .....

Name: .....

Address: .....

..... Post Code: .....

Please pay to:

The Co-operative Bank (08-92-99),  
P.O. Box 250,  
Delf House, Southway,  
Skelmersdale, WN8 6WT.

for the account of The Wells Trust, account  
number 65134160, the sum of: £;.....  
on..... (start date) and continue this  
payment monthly until further notice.

SEND OR DELIVER THIS FORM TO YOUR BANK

To make a bank transfer:

The Co-operative Bank (08-92-99)  
P.O. Box 250, Delf House  
Southway, Skelmersdale  
WN8 6WT

Account - The Wells Trust  
Account Number - 65134160

## Matthew 6v 1-24

To his disciples living in a world full of danger Jesus makes this remarkable statement; "So do not worry about tomorrow; for tomorrow will care for itself. Each day has enough trouble of its own." (Matthew 6)

Of course, he has just introduced us to a brilliant short teach on the assumed habits and disciplines of a disciple, and he caps it all with this summary statement, saying in effect; 'if you practice these things in this way, then you will be better equipped to live the life of faith'.

Each of us is most prone to anxiety in one of three areas; appetite, affirmation, or ambition. We may know them by other names; (provision, position, and possibilities), but they are the three areas in which Jesus was personally tempted at the start of his ministry, and which we encounter on a regular basis; Will we have enough? Will we be recognised and attributed worth? And will good things happen to us?

One or more of these three can dominate our thoughts and so Jesus teaches us regarding a wonderful trio of disciplines; giving, fasting and praying. He knows that fear or anxiety can easily become a habit or a mindset, so these disciplines are given to us to help renew our minds, retrain our appetites, and refocus our rhythms on his Kingdom of righteousness, peace and joy.

Jesus, our example and mentor, practiced each one of them.

And here's the thing; Jesus starts each mini teach with an explicit assumption; '**When you pray...** **when you fast...** **when you give...**', and then goes on to give a few tips on keeping it real! He isn't saying this stuff is for the 'super spiritual'; he's saying these are the core practices of anyone who follows him.

# SPIRITUAL DISCIPLINES

## SERIES #1

## Praying, Fasting and Giving



God has given us the disciplines of the spiritual life as a means of receiving His grace, They do not 'earn Gods favour' but promote our spiritual growth as a means to an end - that we might grow in our love for Him and for our neighbours. They are activities within our power that we engage in to enable us to do what we cannot do in our own power as we engage His kingdom. For further information we recommend reading 'Celebration of Discipline' by Richard Foster.



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The Well  
community church

Building Communities  
Equipping People  
Transforming Culture

## 'when you pray..'



### Praying..

The disciples were in no doubt that the source of his power and authority lay in Jesus unique prayer life. The intimate way in which he addressed his father led them to request 'Lord, teach us to pray' (Luke 11). So Jesus taught them what we know as **The Lords Prayer**. He didn't say; 'here's one approach you might like,' He said; 'Pray this way'. So we should take it very seriously.

The hexagon (see lifeshapes) is a useful way to remember the six parts of the Lords prayer and what they focus on;

- 1. The Fathers Character.** (*Our Father in heaven, hallowed be your name*) Prayer starts with meditation & contemplation on Gods character and our identity as his children.

- 2. The Fathers Kingdom** (*Your kingdom come, your will be done on earth as it is in heaven*) Praying Gods rule of justice, peace and joy in the Holy Spirit to break into the world more. and for God to rule in our own lives more.

- 3. The Fathers Provision** (*Give us today our daily bread*) Remembering our needs and asking Gods provision rather than our tendency to grab things & meet our own needs.

- 4. The Fathers Forgiveness** (*Forgive our debts as we also have forgiven our debtors*) Restoring our relationships with God and with each other. Avoiding the bitterness that grows through our unforgiveness.

- 5. The Father's Guidance** (*And lead us not into temptation*): As we prepare to move out to serve Jesus in the wider world, praying for guidance, & for strength in avoiding sinful behaviour. Listening to God and doing spiritual warfare. Which brings us to...

- 6. The Father's Protection** (*but deliver us from the evil one*): Remembering that God is our security and protection, and praying for courage and abandonment to Him. The Lords Prayer covers every need we will ever have!

We have a **corporate rhythm of prayer in The Well** that underpins everything else we do. We run a dedicated **prayer room** at Wells Way which you are welcome to use. Every month in the prayer room we have a '**Prayer Tower**' weekend where there are seventeen hours of relay prayer, and once a term we run a 72 hour '**Prayer Push**'. Details can be found on our website; [www.thewellcc.org.uk/prayer](http://www.thewellcc.org.uk/prayer)

## 'when you fast..'



### Fasting...

Later on in Matt17:14-21 his disciples hit a bump in the road and fail to cast out a demon from a troubled boy brought to them. With a fair degree of exasperation Jesus heals the boy and then declares; 'if you have faith the size of a mustard seed, you will say to this mountain, 'Move from here to there,' and it will move; and nothing will be impossible to you. But this kind does not go out except by prayer and fasting.'" Jesus clearly expects his disciples to grow in faith, and that for this kind (of demon) to be dealt with we need to develop a lifestyle of prayer and fasting. Jesus' best advice on keeping it real was to avoid looking like you are fasting! That way you'll be less tempted to try and impress anyone. This acronym of FAST can help remind you of a few first principles;

- 1. Faith:** What and who am I fasting **FOR**? What would it look like if the thing I'm fasting for were to begin to change? After all, fasting is just another form of prayer, so if I'm praying for something it's important to be specific.

- 2. Appetite;** What am I fasting **FROM**? It's usually one of the big three; An overblown appetite, a craving for affirmation, or an excessive ambition. At any given time at least one of these three will be jostling to dominate our motives and replace God in our affections. Name it (shine a light on it) and choose your fast. Although food fasts are the core discipline, the bible also talks about 'fasting' from injustice (Isa 58:6), so there are clearly other forms of fast. You can try fasting screens, chocolate, negativity...

- 3. Spiritual:** What am I fasting **AGAINST**? Remember, we have a spiritual enemy, and we are told that if we resist him that he will flee from us (James 4:7), so again it's good to be specific - pull a few of the enemies teeth and make it personal.

- 4. Together:** Who am I fasting **WITH**?! Although there is a personal rhythm to prayer and fasting, there is also a community dynamic that is meant to be strengthened. Throughout the bible there are references to corporate (group) fasts (Joel 2:15-16, 2 Chron 20:3, Acts 27:33-37). Remember, 'where two or more agree...' there is going to be an increase of spiritual clout. So which person, team, or community might I fast together with?

## 'when you give..'



### Giving...

Giving is not just a benevolent act but, done well, it is a spiritual discipline that ultimately benefits our soul and releases kingdom grace to us. The act of giving is a way of expressing faith in our good, good Father who provides for us, and of addressing the power of 'stuff' over our lives.

All of us have areas of 'capital' that we can invest for the kingdom;

- 1. Spiritual Capital** - How much faith do you have to invest?

- 2. Relational Capital** - How much relational equity do you have to invest?

- 3. Physical Capital** - How much time and energy do you have to invest?

- 4. Intellectual Capital** - What intellect, skill sets, and competencies do you have to invest?

- 5. Financial Capital** - What financial resources do you have to invest?

These are listed in order of priority. The problem is that most everyone has put these in a different order, often putting financial capital first. Our approach to giving at The Well is to learn practical ways to arrange and keep the capitals in the priority that Jesus teaches.

Is The Well your home church? Then we encourage you to commit to investing your time and money here, as God leads you.. We believe that Jesus taught that giving should be a way of life for his followers. Of course there are a lot of people and causes who can benefit from our giving, but this is why we believe it's important to give to our own church community: Where we give - both our time and our money - shows what we truly value. Giving is a way of reflecting our commitment, and commitment is a challenge for a lot of us in London.

The Well's main source of income is through giving from our congregation. It means, for example, that we can employ a part-time Children's worker, and youth worker, and a small number of other people. If we want to see our vision in action, we need some money to do it.