

INTERNATIONAL HOUSE OF PRAYER KNOXVILLE

Rachel Pedlow Update

MINISTRY BASE

5th January 2010

Hey all, thank you for taking your time to read this and I am so thankful for all your ongoing prayers.

Well I arrived in Knoxville safe and sound after a long wait in Newark to get my last flight. I was picked up and taken straight to church to bring in the New Year, with teaching and communion. Friday and Saturday were days of rest well I did help a lady who was moving house pack boxes and Saturday I went to stock up on fruit and vegetables for the fasting to commence.

On Sunday well there was church it was really good and worship was awesome, it is so free and Knoxville House of Prayer (KHOP) are truly blessed with talented Godly musicians. Between the morning service and evening service Mike was teaching on creating a Bethany for the Lord, and that we can serve the Lord but we need to be devoted to him and truly want an inner relationship with him not just external.

Sunday also kicked off the fast, the fast was a fast of your choice, so really I'm fasting meat, poultry, caffeine, sugars really I'm just trying to focus on eating fruit and vegetable (yes some of you may be saying what Rach eating healthily! well its all true) I'm learning that Smoothies from Smoothie king are awesome! The time of the fast is to really seek God and draw closer with him without distraction.

For the time of the fast I will be in the prayer room mostly from 9am-6pm and then on Tuesdays and Fridays I am here from 9am-9pm.

I have a lot of books to read well really only 5/6 but that's many for 3months, on Monday I read 1/4 of my book the Passion for Jesus by Mike Bickle it's not just reading it but also studying it so it is full of notes!

After the fast my schedule will change but I will keep you updated.

The lady Jan I am staying with is lovely and her house is lovely and together we have been watching Lord of the Rings and looking at the parallels of good and evil and the scripture that is placed through it.

I think that about covers it for now anyway.

Prayer points

- That the fast goes well
- That I continue to learn
- That I continue to settle in well

Again that you all so much for you support and prayers.

Rachel Pedlow