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sent
CHURCH

21

**DAYS OF
PRAYER +
FASTING**

JANUARY 8-28



FASTING

Giving up something temporarily for the purpose of connecting with God more intentionally

PRAYER

Simply a conversation with God



TYPES OF FASTS*

Selective Fast

This type of fast involves removing certain elements from your diet. One example of a selective fast is the Daniel Fast, during which you remove meat, sweets, and bread from your diet and consume water and juice for fluids and fruits and vegetables for food.

Complete Fast

In this type of fast, you drink only liquids, typically water with light juices as an option.

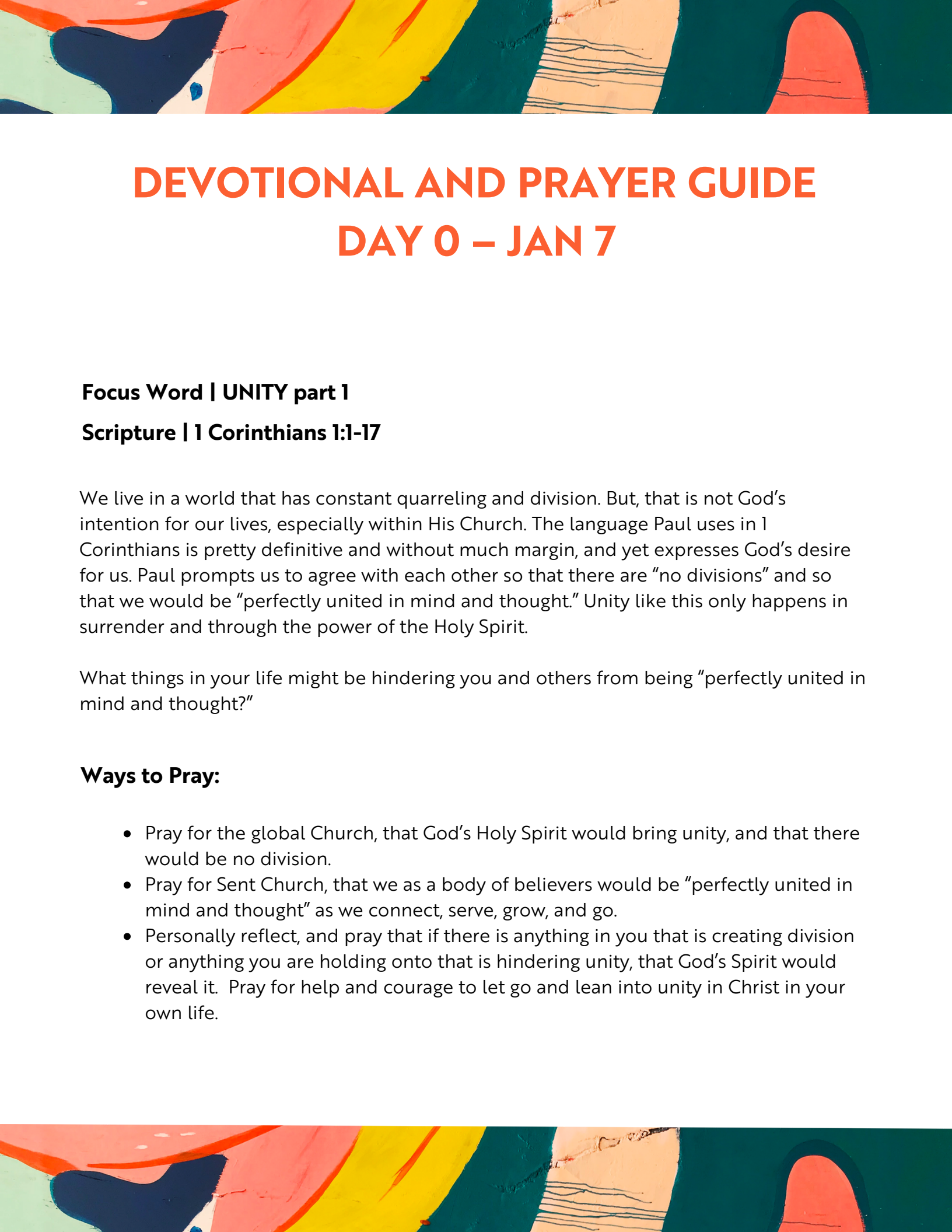
Partial Fast

This fast is sometimes called the "Jewish Fast" and involves abstaining from eating any type of food in the morning and afternoon. This can either correlate to specific times of the day, such as 6:00 am to 3:00 pm, or from sunup to sundown.

Soul Fast

This fast is a great option if you do not have much experience fasting food, have health issues that prevent you from fasting food, or if you wish to refocus certain areas of your life that are out of balance.

For example, you might choose to stop using social media or watching television for the duration of the fast and then carefully bring that element back into your life in healthy doses at the conclusion of the fast.



DEVOTIONAL AND PRAYER GUIDE

DAY 0 – JAN 7

Focus Word | UNITY part 1

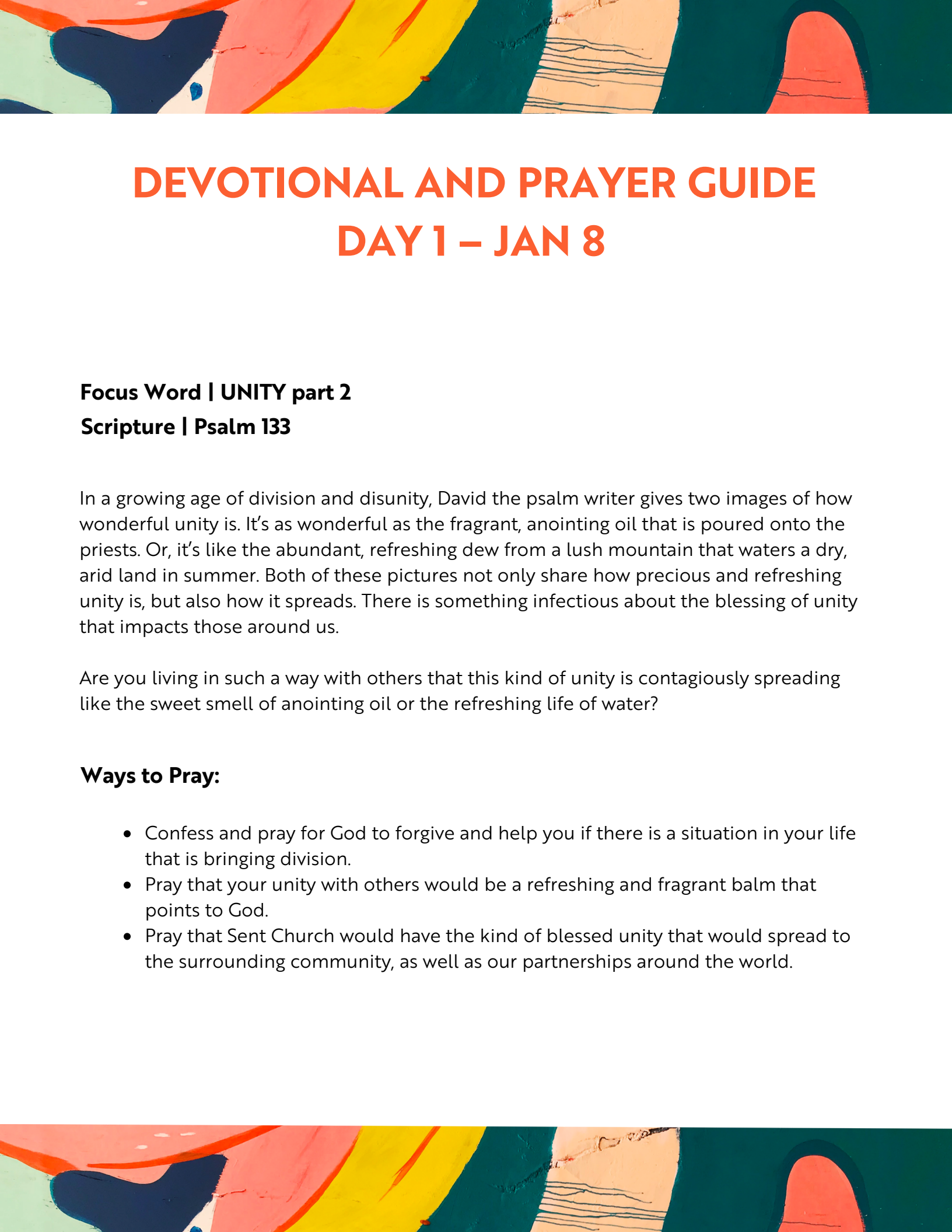
Scripture | 1 Corinthians 1:1-17

We live in a world that has constant quarreling and division. But, that is not God's intention for our lives, especially within His Church. The language Paul uses in 1 Corinthians is pretty definitive and without much margin, and yet expresses God's desire for us. Paul prompts us to agree with each other so that there are "no divisions" and so that we would be "perfectly united in mind and thought." Unity like this only happens in surrender and through the power of the Holy Spirit.

What things in your life might be hindering you and others from being "perfectly united in mind and thought?"

Ways to Pray:

- Pray for the global Church, that God's Holy Spirit would bring unity, and that there would be no division.
- Pray for Sent Church, that we as a body of believers would be "perfectly united in mind and thought" as we connect, serve, grow, and go.
- Personally reflect, and pray that if there is anything in you that is creating division or anything you are holding onto that is hindering unity, that God's Spirit would reveal it. Pray for help and courage to let go and lean into unity in Christ in your own life.



DEVOTIONAL AND PRAYER GUIDE

DAY 1 – JAN 8

Focus Word | UNITY part 2

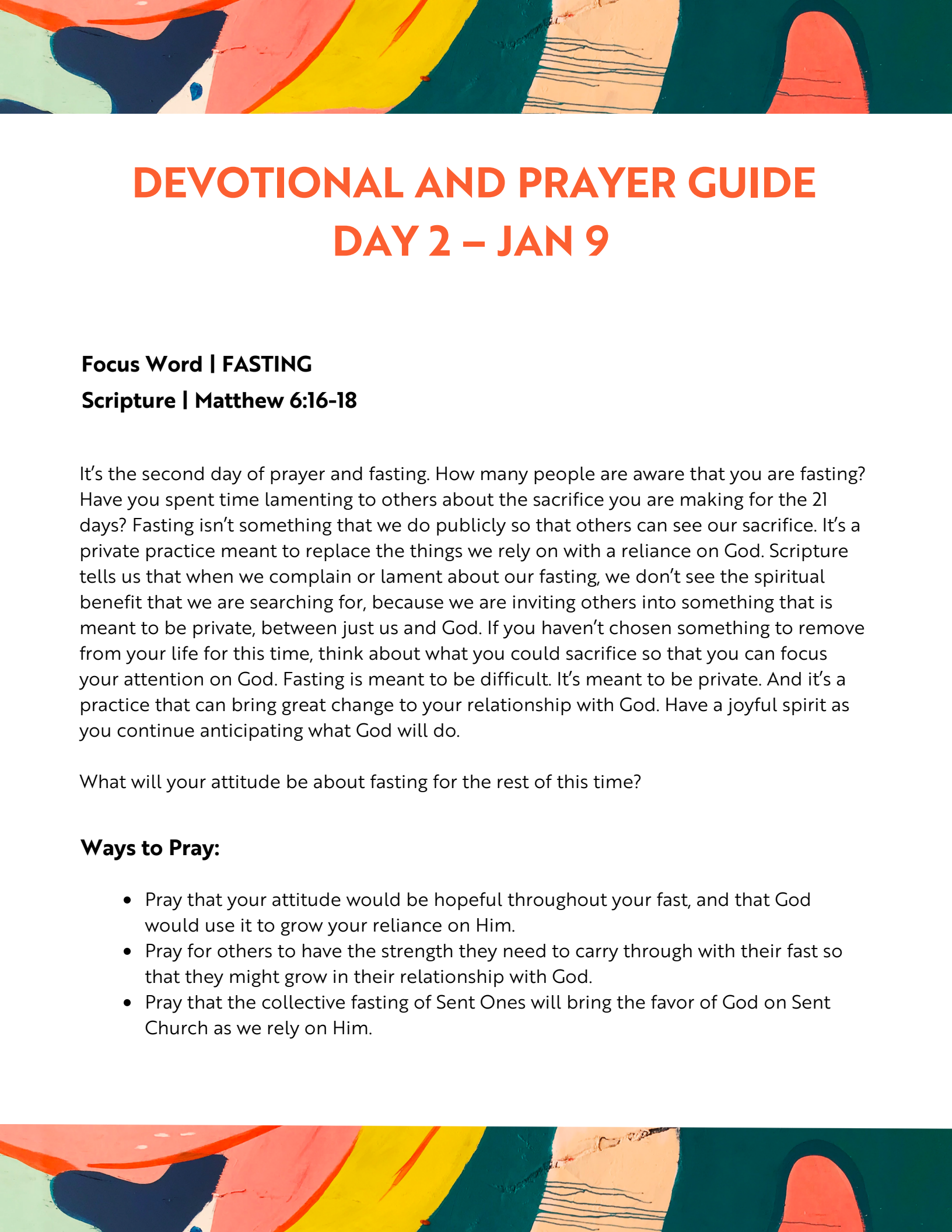
Scripture | Psalm 133

In a growing age of division and disunity, David the psalm writer gives two images of how wonderful unity is. It's as wonderful as the fragrant, anointing oil that is poured onto the priests. Or, it's like the abundant, refreshing dew from a lush mountain that waters a dry, arid land in summer. Both of these pictures not only share how precious and refreshing unity is, but also how it spreads. There is something infectious about the blessing of unity that impacts those around us.

Are you living in such a way with others that this kind of unity is contagiously spreading like the sweet smell of anointing oil or the refreshing life of water?

Ways to Pray:

- Confess and pray for God to forgive and help you if there is a situation in your life that is bringing division.
- Pray that your unity with others would be a refreshing and fragrant balm that points to God.
- Pray that Sent Church would have the kind of blessed unity that would spread to the surrounding community, as well as our partnerships around the world.



DEVOTIONAL AND PRAYER GUIDE

DAY 2 – JAN 9

Focus Word | FASTING

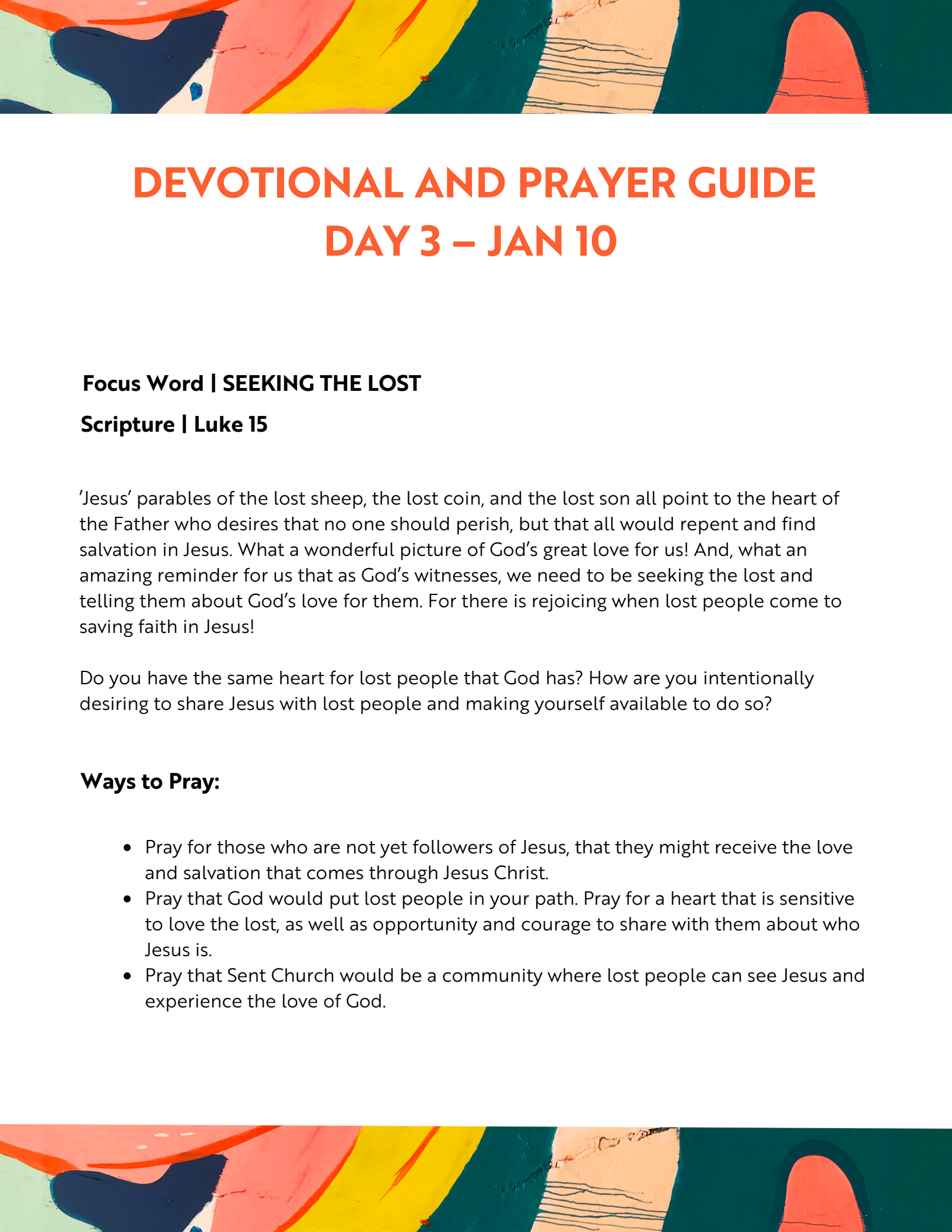
Scripture | Matthew 6:16-18

It's the second day of prayer and fasting. How many people are aware that you are fasting? Have you spent time lamenting to others about the sacrifice you are making for the 21 days? Fasting isn't something that we do publicly so that others can see our sacrifice. It's a private practice meant to replace the things we rely on with a reliance on God. Scripture tells us that when we complain or lament about our fasting, we don't see the spiritual benefit that we are searching for, because we are inviting others into something that is meant to be private, between just us and God. If you haven't chosen something to remove from your life for this time, think about what you could sacrifice so that you can focus your attention on God. Fasting is meant to be difficult. It's meant to be private. And it's a practice that can bring great change to your relationship with God. Have a joyful spirit as you continue anticipating what God will do.

What will your attitude be about fasting for the rest of this time?

Ways to Pray:

- Pray that your attitude would be hopeful throughout your fast, and that God would use it to grow your reliance on Him.
- Pray for others to have the strength they need to carry through with their fast so that they might grow in their relationship with God.
- Pray that the collective fasting of Sent Ones will bring the favor of God on Sent Church as we rely on Him.



DEVOTIONAL AND PRAYER GUIDE

DAY 3 – JAN 10

Focus Word | SEEKING THE LOST

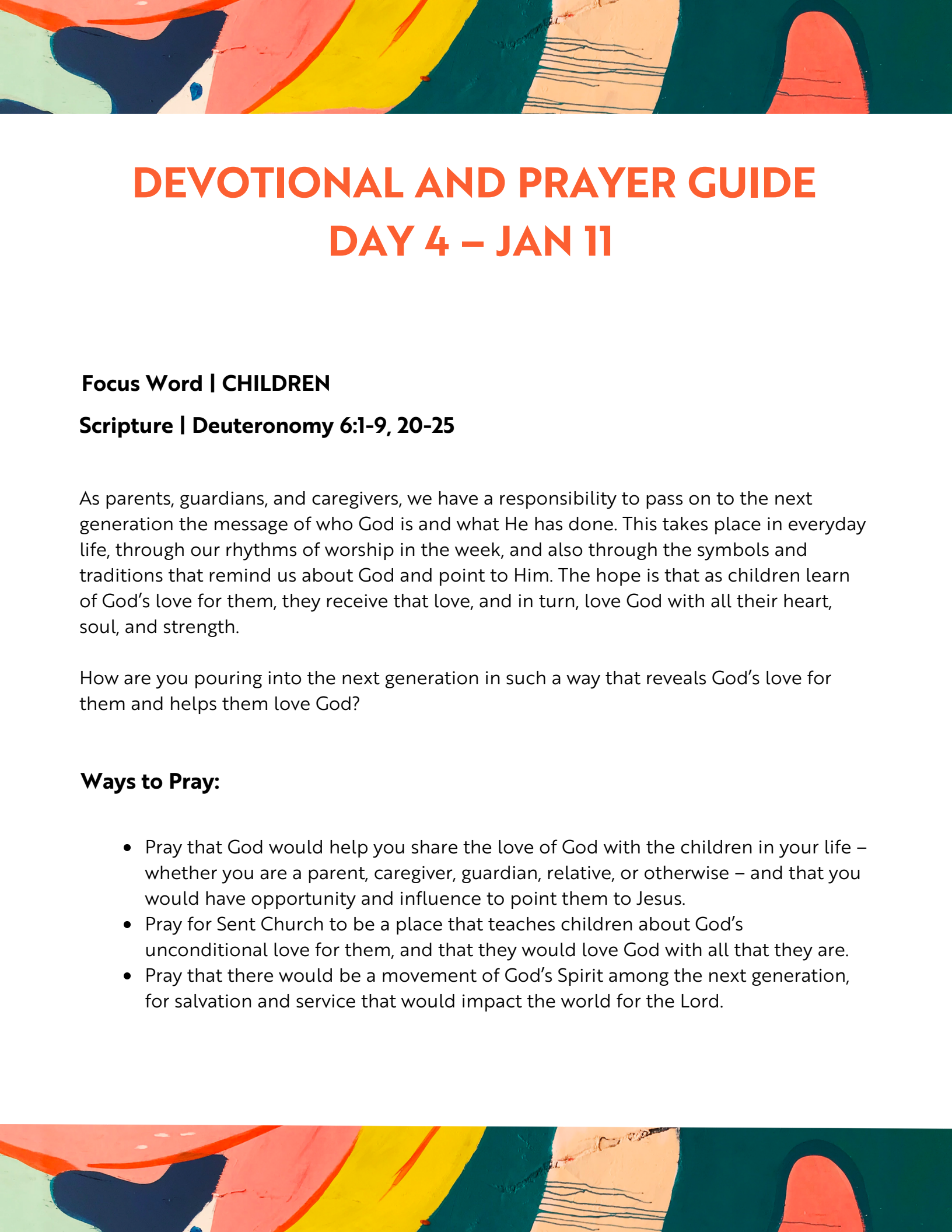
Scripture | Luke 15

'Jesus' parables of the lost sheep, the lost coin, and the lost son all point to the heart of the Father who desires that no one should perish, but that all would repent and find salvation in Jesus. What a wonderful picture of God's great love for us! And, what an amazing reminder for us that as God's witnesses, we need to be seeking the lost and telling them about God's love for them. For there is rejoicing when lost people come to saving faith in Jesus!

Do you have the same heart for lost people that God has? How are you intentionally desiring to share Jesus with lost people and making yourself available to do so?

Ways to Pray:

- Pray for those who are not yet followers of Jesus, that they might receive the love and salvation that comes through Jesus Christ.
- Pray that God would put lost people in your path. Pray for a heart that is sensitive to love the lost, as well as opportunity and courage to share with them about who Jesus is.
- Pray that Sent Church would be a community where lost people can see Jesus and experience the love of God.



DEVOTIONAL AND PRAYER GUIDE

DAY 4 – JAN 11

Focus Word | CHILDREN

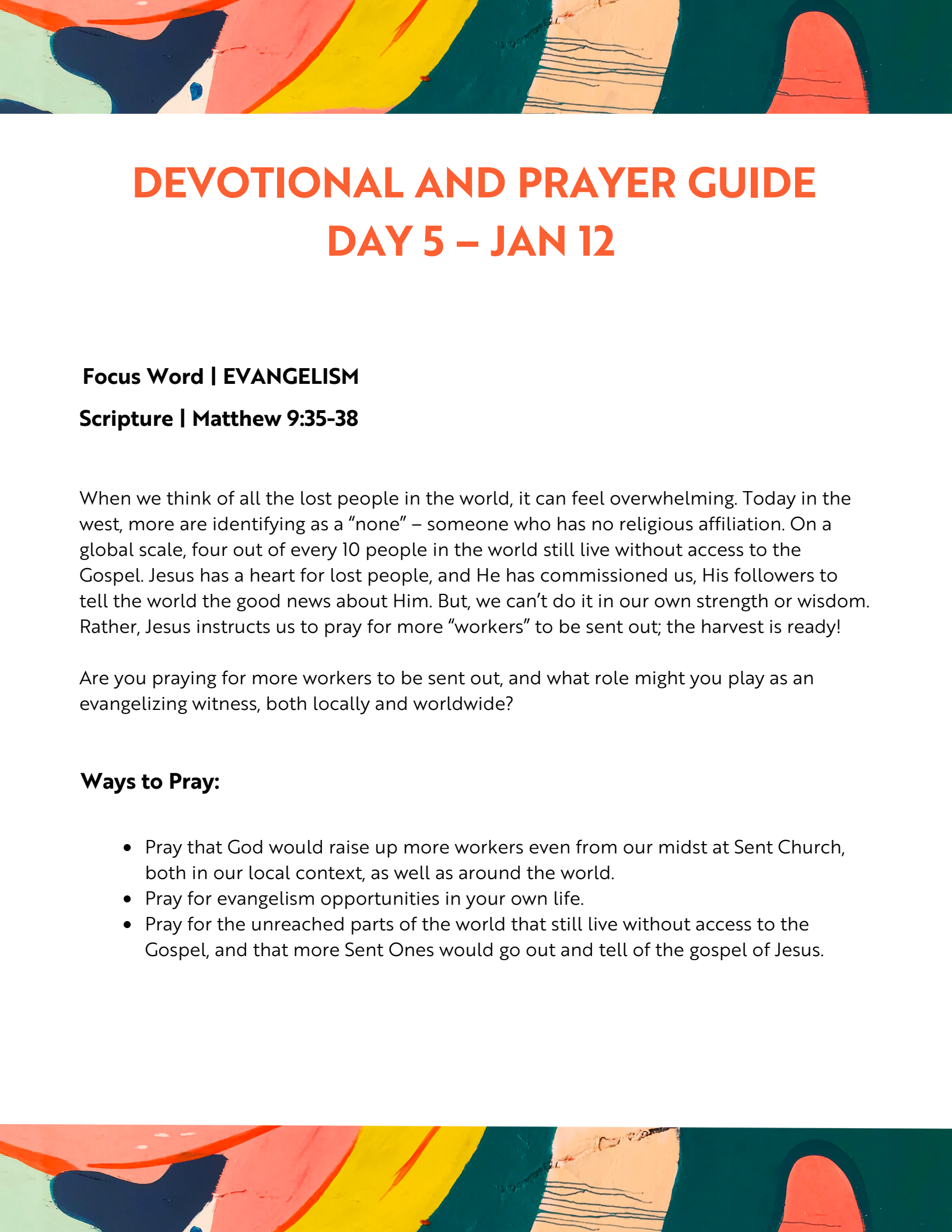
Scripture | Deuteronomy 6:1-9, 20-25

As parents, guardians, and caregivers, we have a responsibility to pass on to the next generation the message of who God is and what He has done. This takes place in everyday life, through our rhythms of worship in the week, and also through the symbols and traditions that remind us about God and point to Him. The hope is that as children learn of God's love for them, they receive that love, and in turn, love God with all their heart, soul, and strength.

How are you pouring into the next generation in such a way that reveals God's love for them and helps them love God?

Ways to Pray:

- Pray that God would help you share the love of God with the children in your life – whether you are a parent, caregiver, guardian, relative, or otherwise – and that you would have opportunity and influence to point them to Jesus.
- Pray for Sent Church to be a place that teaches children about God's unconditional love for them, and that they would love God with all that they are.
- Pray that there would be a movement of God's Spirit among the next generation, for salvation and service that would impact the world for the Lord.



DEVOTIONAL AND PRAYER GUIDE

DAY 5 – JAN 12

Focus Word | EVANGELISM

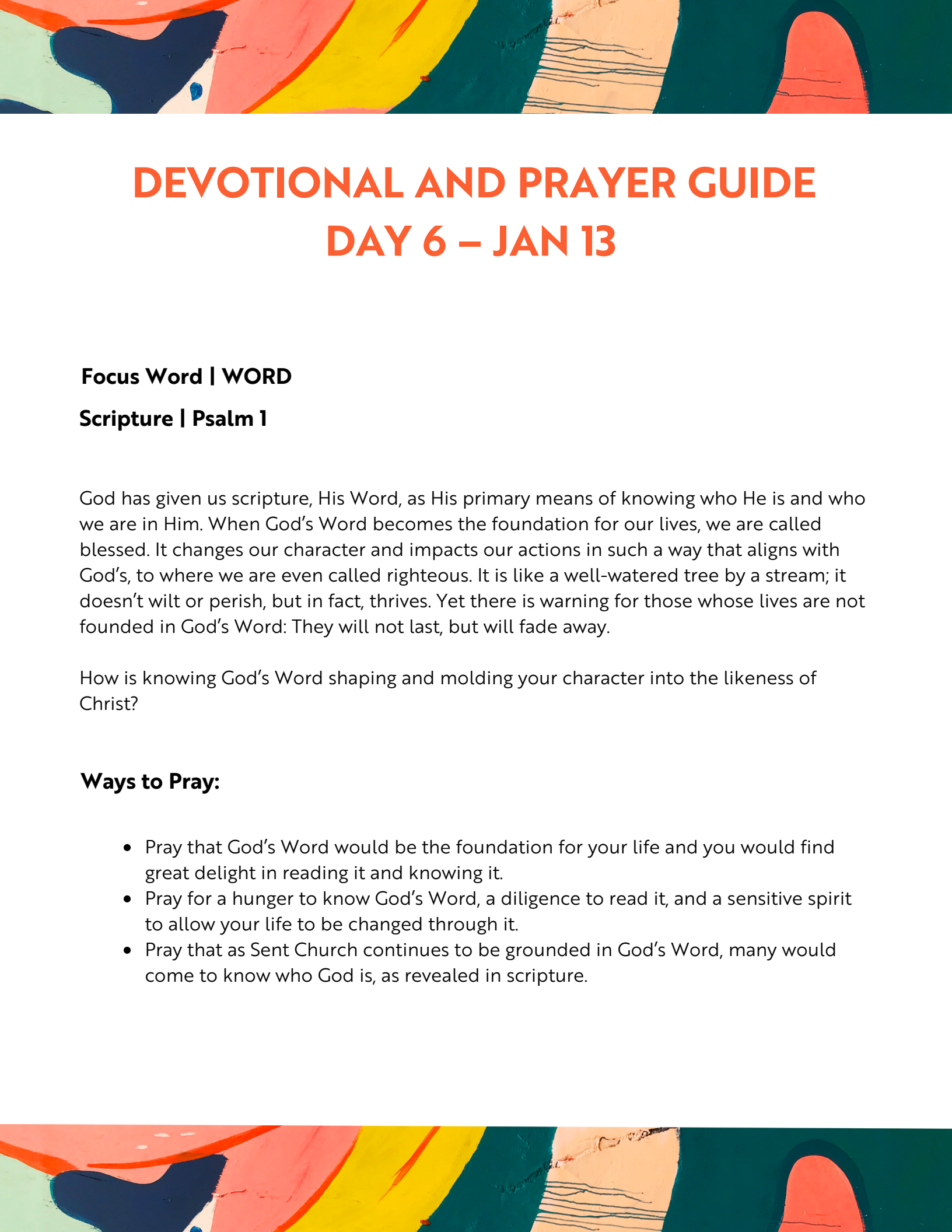
Scripture | Matthew 9:35-38

When we think of all the lost people in the world, it can feel overwhelming. Today in the west, more are identifying as a “none” – someone who has no religious affiliation. On a global scale, four out of every 10 people in the world still live without access to the Gospel. Jesus has a heart for lost people, and He has commissioned us, His followers to tell the world the good news about Him. But, we can’t do it in our own strength or wisdom. Rather, Jesus instructs us to pray for more “workers” to be sent out; the harvest is ready!

Are you praying for more workers to be sent out, and what role might you play as an evangelizing witness, both locally and worldwide?

Ways to Pray:

- Pray that God would raise up more workers even from our midst at Sent Church, both in our local context, as well as around the world.
- Pray for evangelism opportunities in your own life.
- Pray for the unreached parts of the world that still live without access to the Gospel, and that more Sent Ones would go out and tell of the gospel of Jesus.



DEVOTIONAL AND PRAYER GUIDE

DAY 6 – JAN 13

Focus Word | WORD

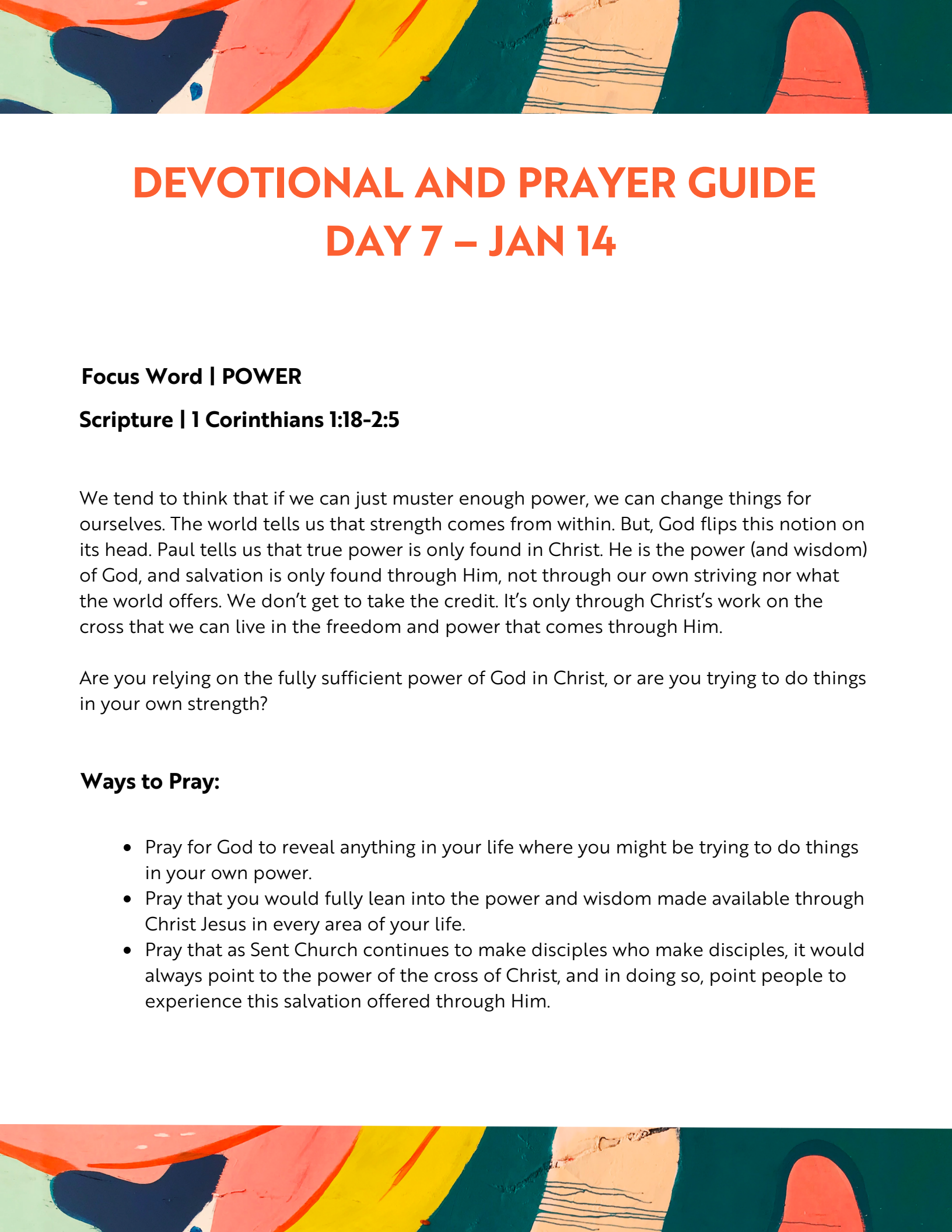
Scripture | Psalm 1

God has given us scripture, His Word, as His primary means of knowing who He is and who we are in Him. When God's Word becomes the foundation for our lives, we are called blessed. It changes our character and impacts our actions in such a way that aligns with God's, to where we are even called righteous. It is like a well-watered tree by a stream; it doesn't wilt or perish, but in fact, thrives. Yet there is warning for those whose lives are not founded in God's Word: They will not last, but will fade away.

How is knowing God's Word shaping and molding your character into the likeness of Christ?

Ways to Pray:

- Pray that God's Word would be the foundation for your life and you would find great delight in reading it and knowing it.
- Pray for a hunger to know God's Word, a diligence to read it, and a sensitive spirit to allow your life to be changed through it.
- Pray that as Sent Church continues to be grounded in God's Word, many would come to know who God is, as revealed in scripture.



DEVOTIONAL AND PRAYER GUIDE

DAY 7 – JAN 14

Focus Word | POWER

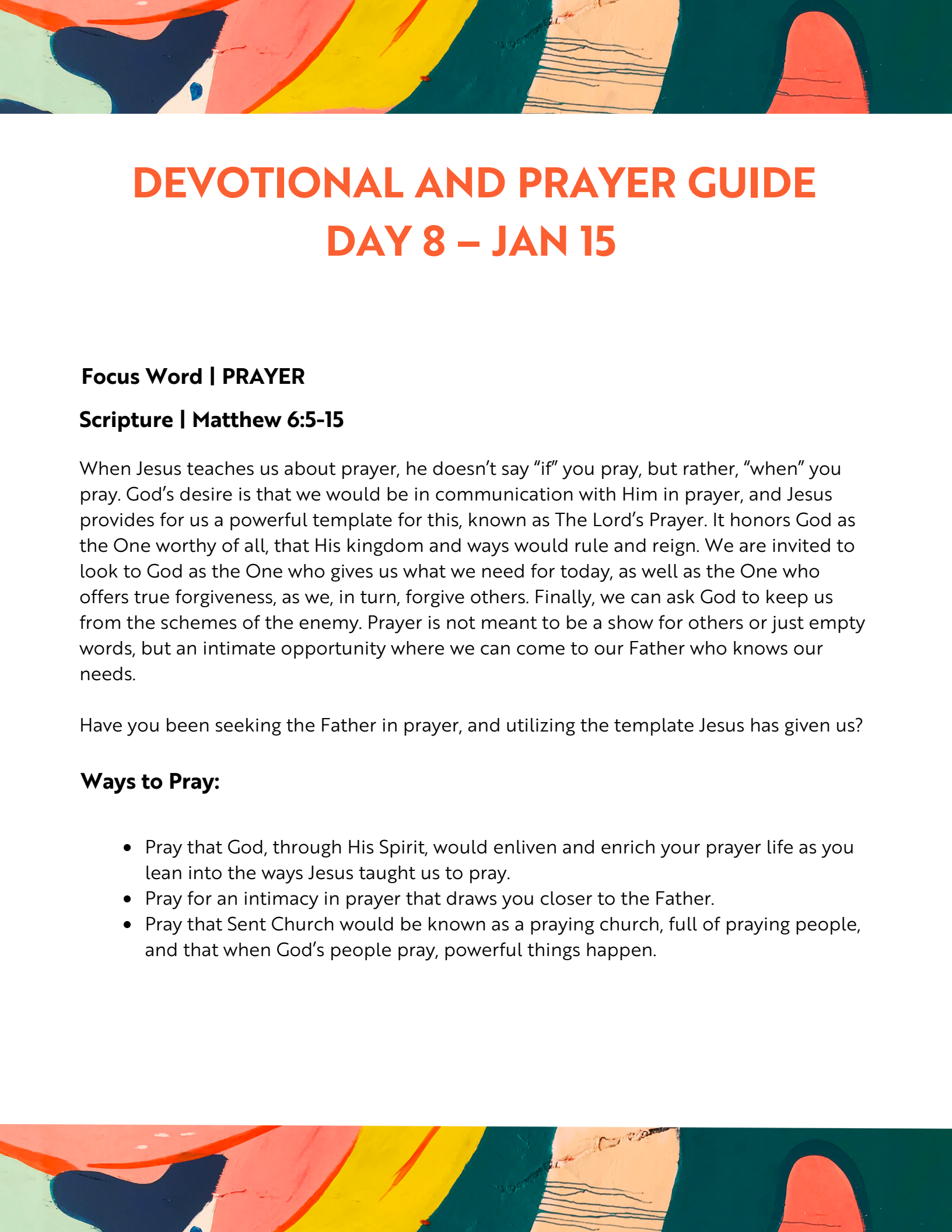
Scripture | 1 Corinthians 1:18-2:5

We tend to think that if we can just muster enough power, we can change things for ourselves. The world tells us that strength comes from within. But, God flips this notion on its head. Paul tells us that true power is only found in Christ. He is the power (and wisdom) of God, and salvation is only found through Him, not through our own striving nor what the world offers. We don't get to take the credit. It's only through Christ's work on the cross that we can live in the freedom and power that comes through Him.

Are you relying on the fully sufficient power of God in Christ, or are you trying to do things in your own strength?

Ways to Pray:

- Pray for God to reveal anything in your life where you might be trying to do things in your own power.
- Pray that you would fully lean into the power and wisdom made available through Christ Jesus in every area of your life.
- Pray that as Sent Church continues to make disciples who make disciples, it would always point to the power of the cross of Christ, and in doing so, point people to experience this salvation offered through Him.



DEVOTIONAL AND PRAYER GUIDE

DAY 8 – JAN 15

Focus Word | PRAYER

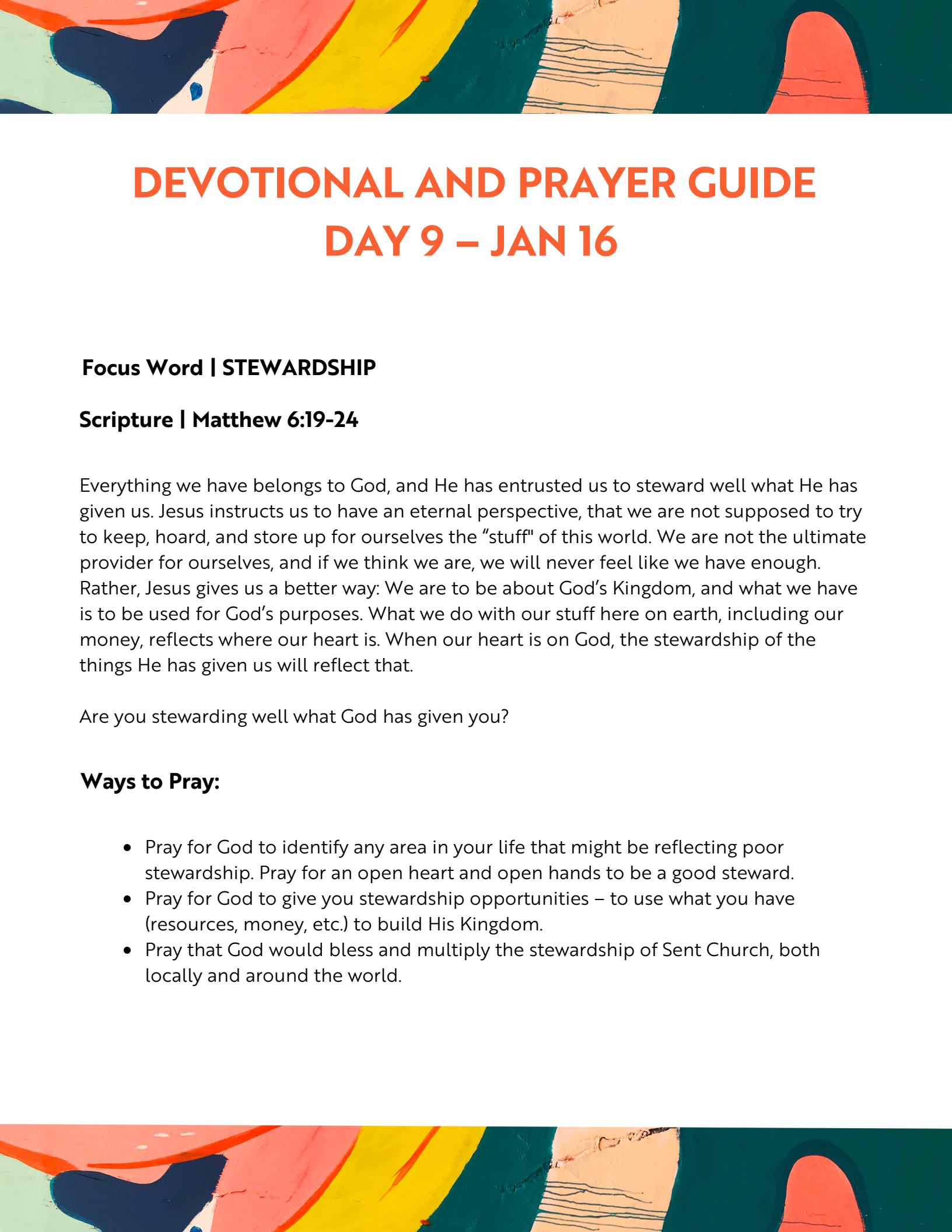
Scripture | Matthew 6:5-15

When Jesus teaches us about prayer, he doesn't say "if" you pray, but rather, "when" you pray. God's desire is that we would be in communication with Him in prayer, and Jesus provides for us a powerful template for this, known as The Lord's Prayer. It honors God as the One worthy of all, that His kingdom and ways would rule and reign. We are invited to look to God as the One who gives us what we need for today, as well as the One who offers true forgiveness, as we, in turn, forgive others. Finally, we can ask God to keep us from the schemes of the enemy. Prayer is not meant to be a show for others or just empty words, but an intimate opportunity where we can come to our Father who knows our needs.

Have you been seeking the Father in prayer, and utilizing the template Jesus has given us?

Ways to Pray:

- Pray that God, through His Spirit, would enliven and enrich your prayer life as you lean into the ways Jesus taught us to pray.
- Pray for an intimacy in prayer that draws you closer to the Father.
- Pray that Sent Church would be known as a praying church, full of praying people, and that when God's people pray, powerful things happen.



DEVOTIONAL AND PRAYER GUIDE

DAY 9 – JAN 16

Focus Word | STEWARDSHIP

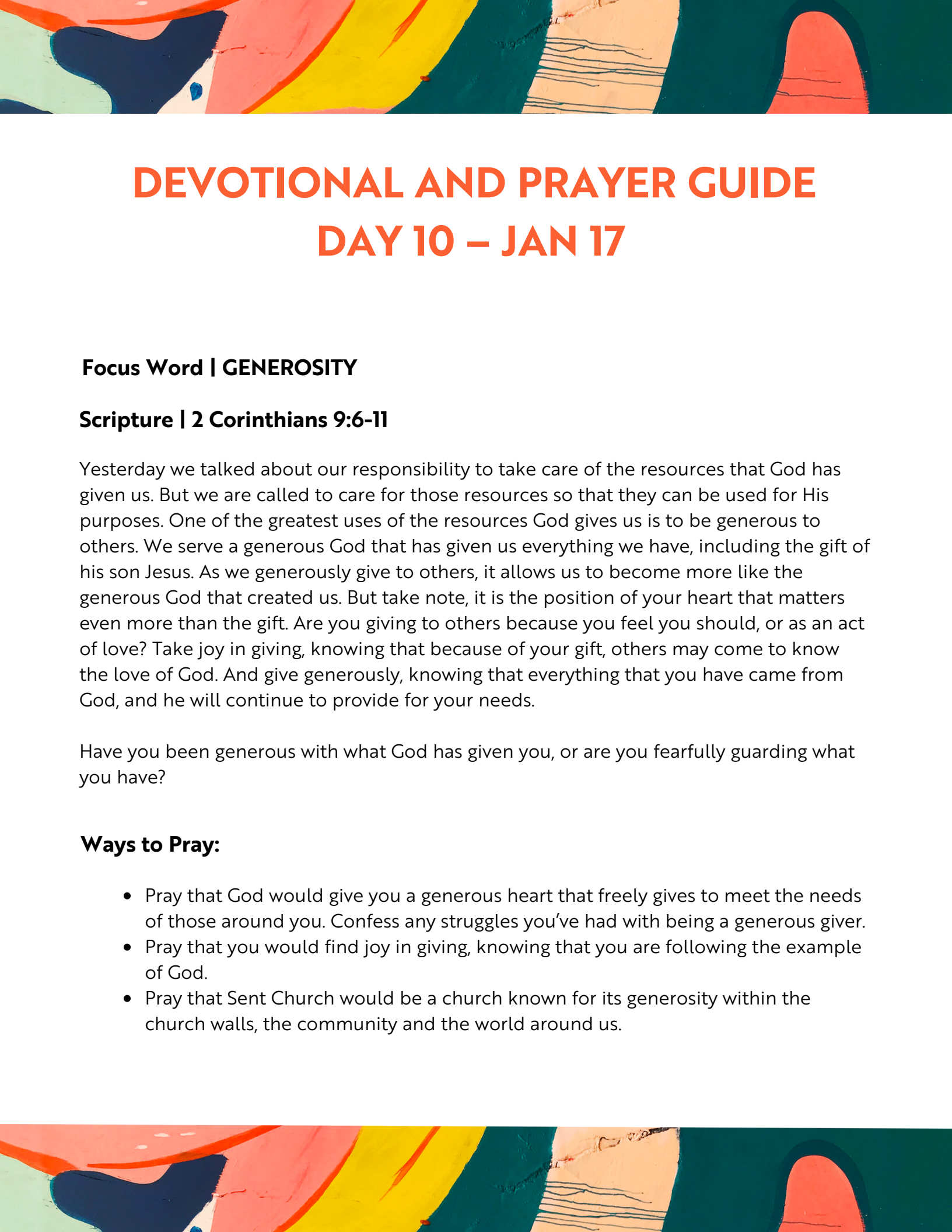
Scripture | Matthew 6:19-24

Everything we have belongs to God, and He has entrusted us to steward well what He has given us. Jesus instructs us to have an eternal perspective, that we are not supposed to try to keep, hoard, and store up for ourselves the "stuff" of this world. We are not the ultimate provider for ourselves, and if we think we are, we will never feel like we have enough. Rather, Jesus gives us a better way: We are to be about God's Kingdom, and what we have is to be used for God's purposes. What we do with our stuff here on earth, including our money, reflects where our heart is. When our heart is on God, the stewardship of the things He has given us will reflect that.

Are you stewarding well what God has given you?

Ways to Pray:

- Pray for God to identify any area in your life that might be reflecting poor stewardship. Pray for an open heart and open hands to be a good steward.
- Pray for God to give you stewardship opportunities – to use what you have (resources, money, etc.) to build His Kingdom.
- Pray that God would bless and multiply the stewardship of Sent Church, both locally and around the world.



DEVOTIONAL AND PRAYER GUIDE

DAY 10 – JAN 17

Focus Word | GENEROSITY

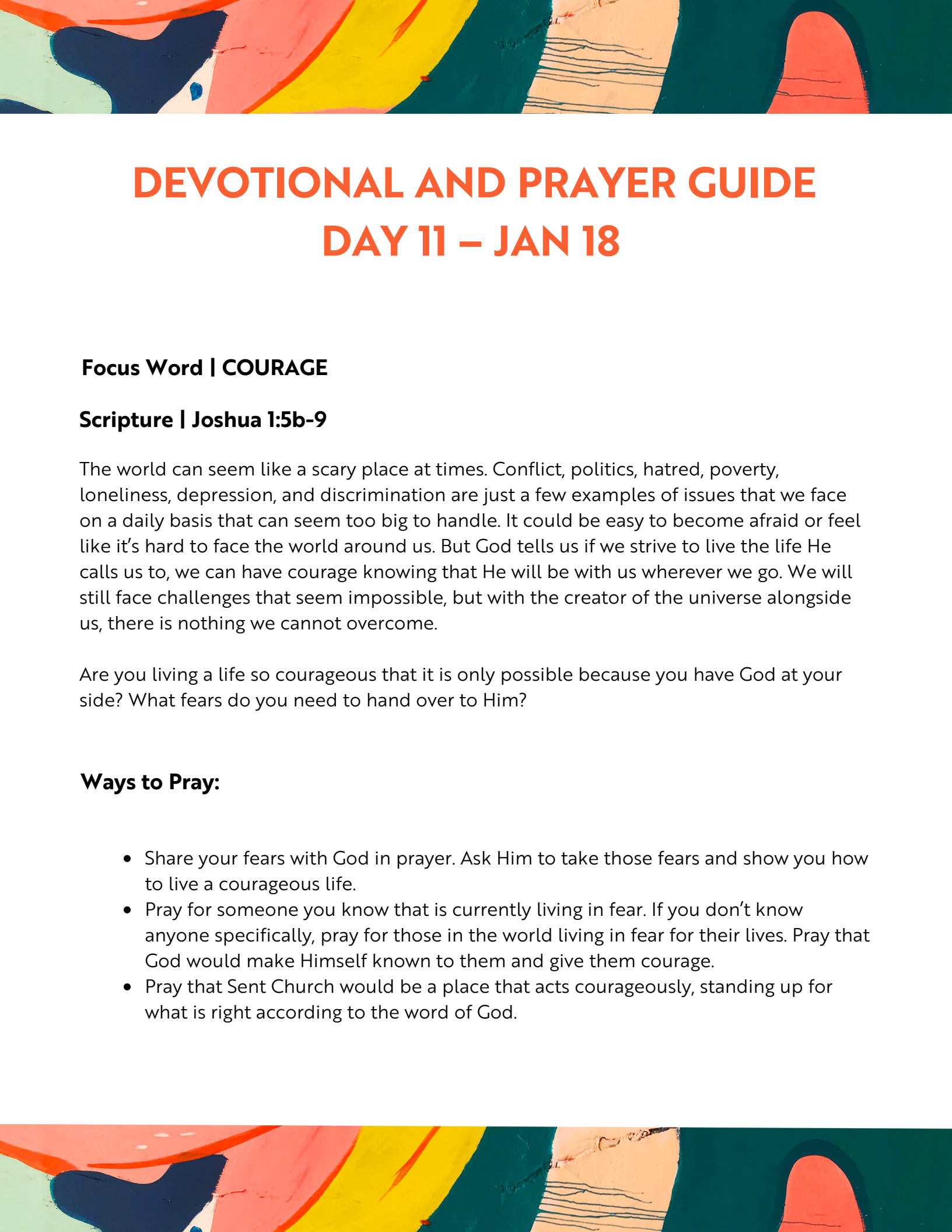
Scripture | 2 Corinthians 9:6-11

Yesterday we talked about our responsibility to take care of the resources that God has given us. But we are called to care for those resources so that they can be used for His purposes. One of the greatest uses of the resources God gives us is to be generous to others. We serve a generous God that has given us everything we have, including the gift of his son Jesus. As we generously give to others, it allows us to become more like the generous God that created us. But take note, it is the position of your heart that matters even more than the gift. Are you giving to others because you feel you should, or as an act of love? Take joy in giving, knowing that because of your gift, others may come to know the love of God. And give generously, knowing that everything that you have came from God, and he will continue to provide for your needs.

Have you been generous with what God has given you, or are you fearfully guarding what you have?

Ways to Pray:

- Pray that God would give you a generous heart that freely gives to meet the needs of those around you. Confess any struggles you've had with being a generous giver.
- Pray that you would find joy in giving, knowing that you are following the example of God.
- Pray that Sent Church would be a church known for its generosity within the church walls, the community and the world around us.



DEVOTIONAL AND PRAYER GUIDE

DAY 11 – JAN 18

Focus Word | **COURAGE**

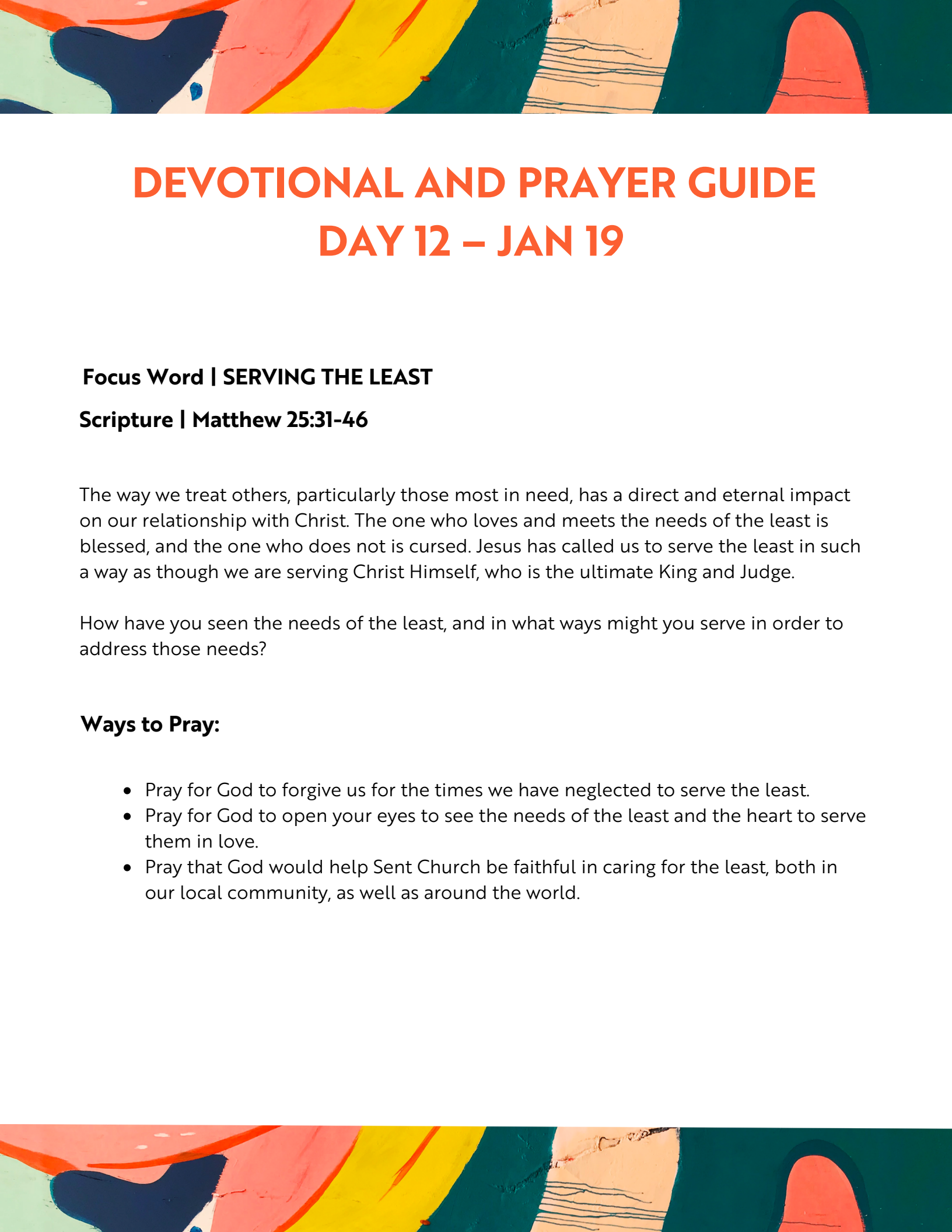
Scripture | **Joshua 1:5b-9**

The world can seem like a scary place at times. Conflict, politics, hatred, poverty, loneliness, depression, and discrimination are just a few examples of issues that we face on a daily basis that can seem too big to handle. It could be easy to become afraid or feel like it's hard to face the world around us. But God tells us if we strive to live the life He calls us to, we can have courage knowing that He will be with us wherever we go. We will still face challenges that seem impossible, but with the creator of the universe alongside us, there is nothing we cannot overcome.

Are you living a life so courageous that it is only possible because you have God at your side? What fears do you need to hand over to Him?

Ways to Pray:

- Share your fears with God in prayer. Ask Him to take those fears and show you how to live a courageous life.
- Pray for someone you know that is currently living in fear. If you don't know anyone specifically, pray for those in the world living in fear for their lives. Pray that God would make Himself known to them and give them courage.
- Pray that Sent Church would be a place that acts courageously, standing up for what is right according to the word of God.



DEVOTIONAL AND PRAYER GUIDE

DAY 12 – JAN 19

Focus Word | SERVING THE LEAST

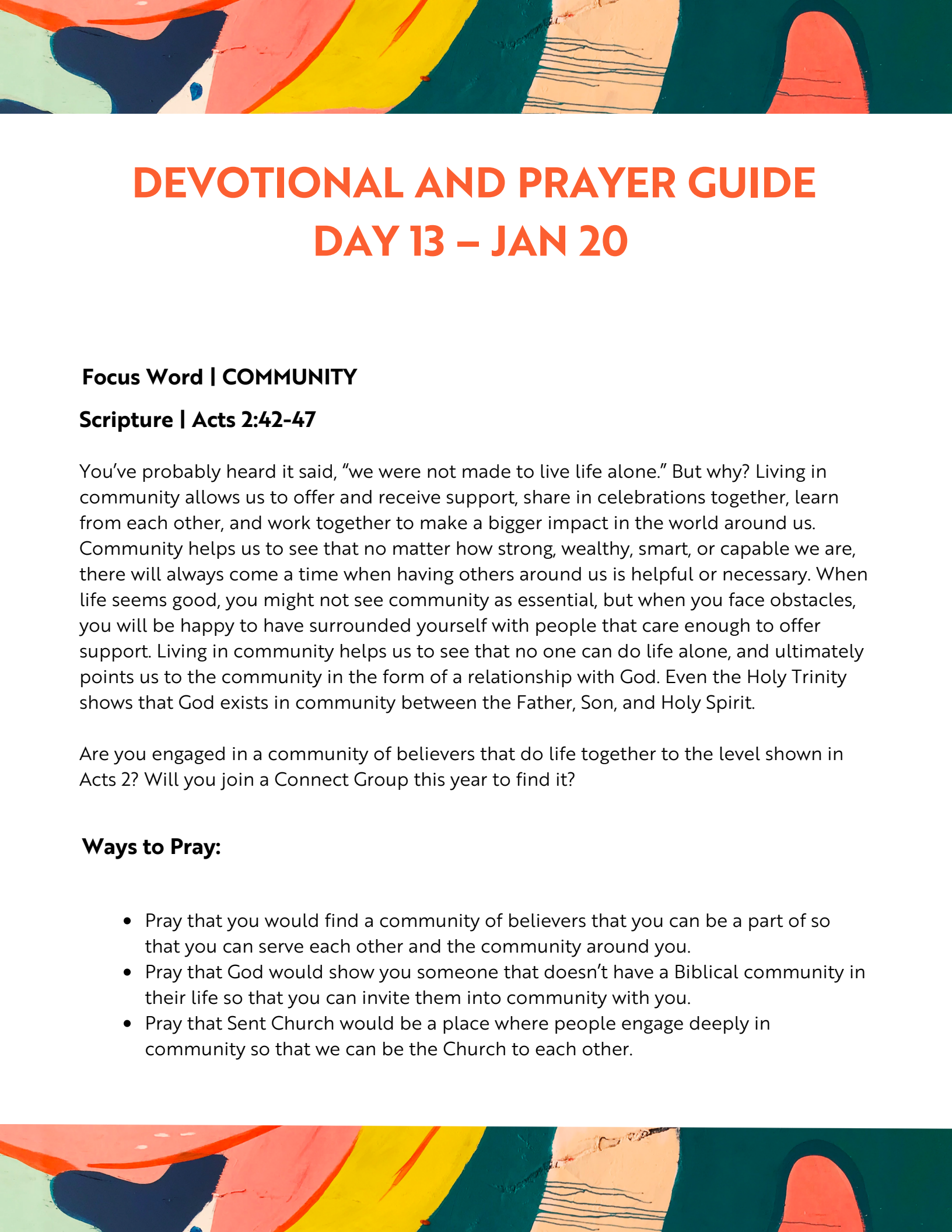
Scripture | Matthew 25:31-46

The way we treat others, particularly those most in need, has a direct and eternal impact on our relationship with Christ. The one who loves and meets the needs of the least is blessed, and the one who does not is cursed. Jesus has called us to serve the least in such a way as though we are serving Christ Himself, who is the ultimate King and Judge.

How have you seen the needs of the least, and in what ways might you serve in order to address those needs?

Ways to Pray:

- Pray for God to forgive us for the times we have neglected to serve the least.
- Pray for God to open your eyes to see the needs of the least and the heart to serve them in love.
- Pray that God would help Sent Church be faithful in caring for the least, both in our local community, as well as around the world.



DEVOTIONAL AND PRAYER GUIDE

DAY 13 – JAN 20

Focus Word | COMMUNITY

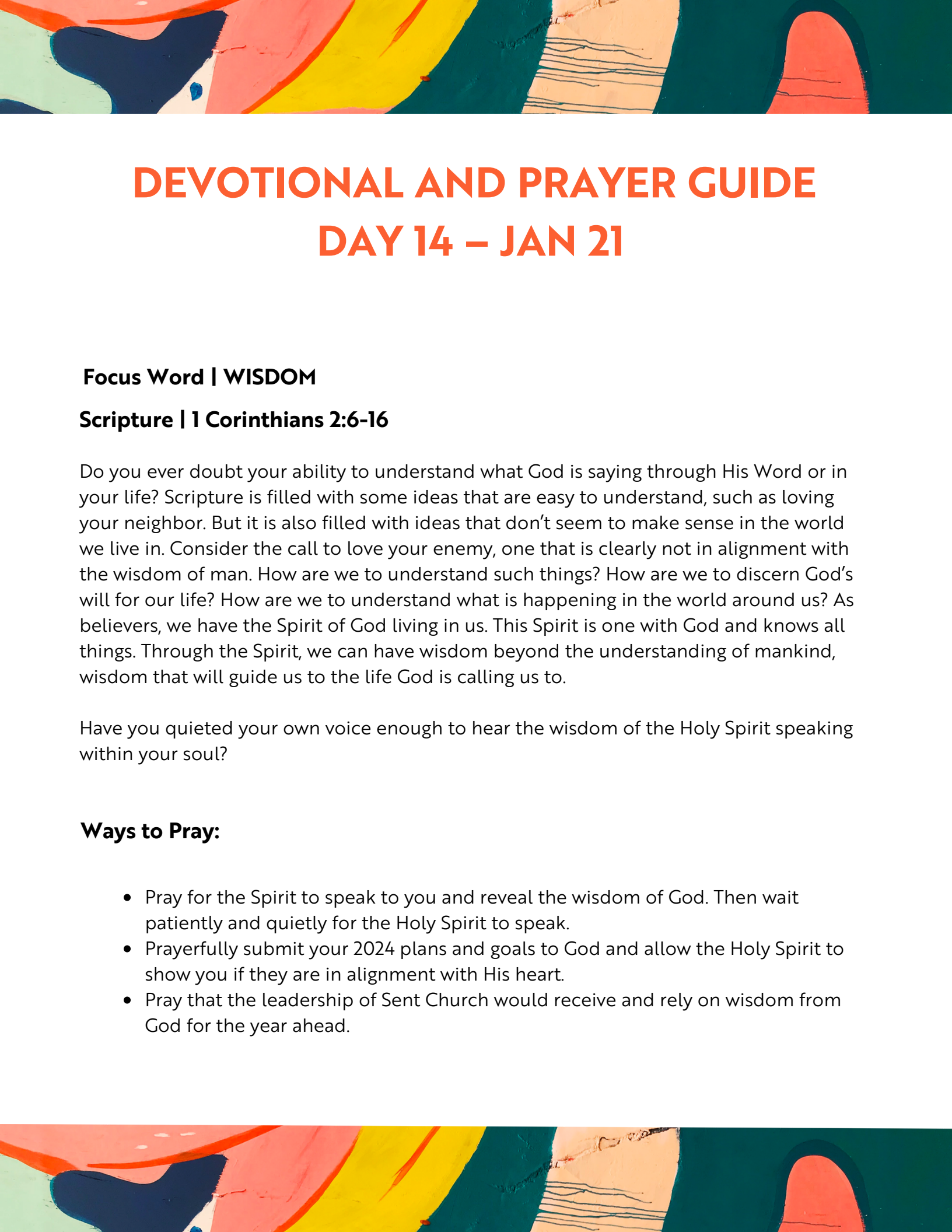
Scripture | Acts 2:42-47

You've probably heard it said, "we were not made to live life alone." But why? Living in community allows us to offer and receive support, share in celebrations together, learn from each other, and work together to make a bigger impact in the world around us. Community helps us to see that no matter how strong, wealthy, smart, or capable we are, there will always come a time when having others around us is helpful or necessary. When life seems good, you might not see community as essential, but when you face obstacles, you will be happy to have surrounded yourself with people that care enough to offer support. Living in community helps us to see that no one can do life alone, and ultimately points us to the community in the form of a relationship with God. Even the Holy Trinity shows that God exists in community between the Father, Son, and Holy Spirit.

Are you engaged in a community of believers that do life together to the level shown in Acts 2? Will you join a Connect Group this year to find it?

Ways to Pray:

- Pray that you would find a community of believers that you can be a part of so that you can serve each other and the community around you.
- Pray that God would show you someone that doesn't have a Biblical community in their life so that you can invite them into community with you.
- Pray that Sent Church would be a place where people engage deeply in community so that we can be the Church to each other.



DEVOTIONAL AND PRAYER GUIDE

DAY 14 – JAN 21

Focus Word | WISDOM

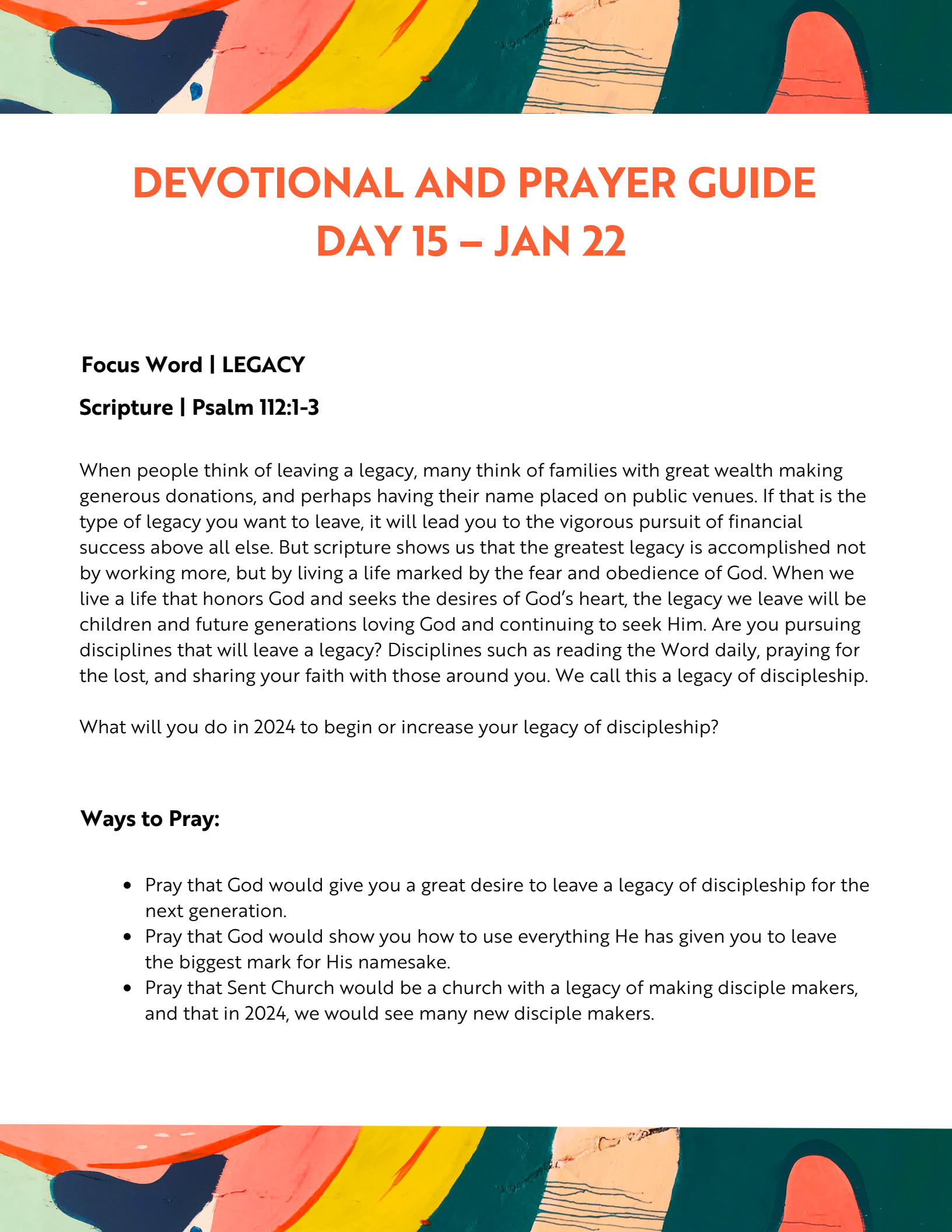
Scripture | 1 Corinthians 2:6-16

Do you ever doubt your ability to understand what God is saying through His Word or in your life? Scripture is filled with some ideas that are easy to understand, such as loving your neighbor. But it is also filled with ideas that don't seem to make sense in the world we live in. Consider the call to love your enemy, one that is clearly not in alignment with the wisdom of man. How are we to understand such things? How are we to discern God's will for our life? How are we to understand what is happening in the world around us? As believers, we have the Spirit of God living in us. This Spirit is one with God and knows all things. Through the Spirit, we can have wisdom beyond the understanding of mankind, wisdom that will guide us to the life God is calling us to.

Have you quieted your own voice enough to hear the wisdom of the Holy Spirit speaking within your soul?

Ways to Pray:

- Pray for the Spirit to speak to you and reveal the wisdom of God. Then wait patiently and quietly for the Holy Spirit to speak.
- Prayerfully submit your 2024 plans and goals to God and allow the Holy Spirit to show you if they are in alignment with His heart.
- Pray that the leadership of Sent Church would receive and rely on wisdom from God for the year ahead.



DEVOTIONAL AND PRAYER GUIDE

DAY 15 – JAN 22

Focus Word | LEGACY

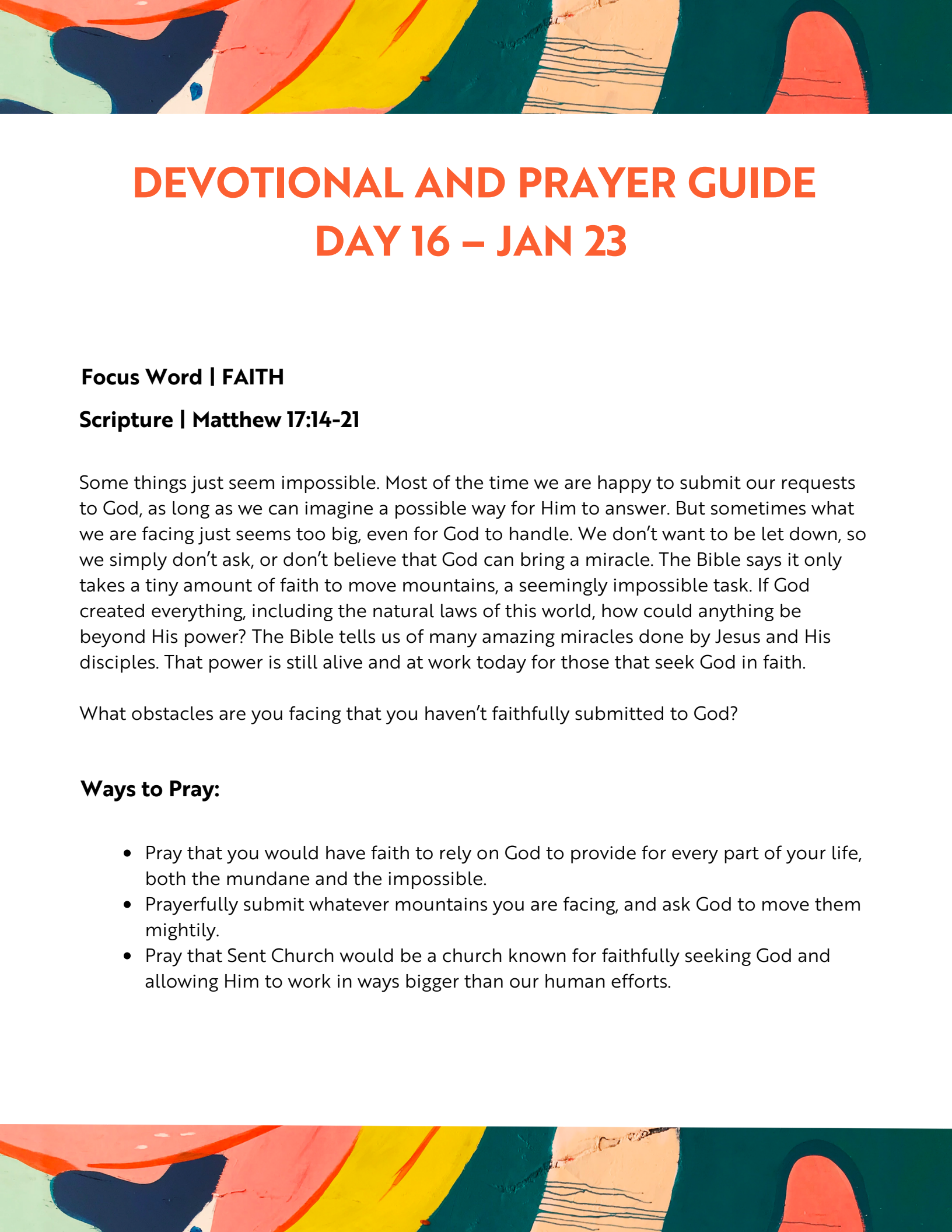
Scripture | Psalm 112:1-3

When people think of leaving a legacy, many think of families with great wealth making generous donations, and perhaps having their name placed on public venues. If that is the type of legacy you want to leave, it will lead you to the vigorous pursuit of financial success above all else. But scripture shows us that the greatest legacy is accomplished not by working more, but by living a life marked by the fear and obedience of God. When we live a life that honors God and seeks the desires of God's heart, the legacy we leave will be children and future generations loving God and continuing to seek Him. Are you pursuing disciplines that will leave a legacy? Disciplines such as reading the Word daily, praying for the lost, and sharing your faith with those around you. We call this a legacy of discipleship.

What will you do in 2024 to begin or increase your legacy of discipleship?

Ways to Pray:

- Pray that God would give you a great desire to leave a legacy of discipleship for the next generation.
- Pray that God would show you how to use everything He has given you to leave the biggest mark for His namesake.
- Pray that Sent Church would be a church with a legacy of making disciple makers, and that in 2024, we would see many new disciple makers.



DEVOTIONAL AND PRAYER GUIDE

DAY 16 – JAN 23

Focus Word | FAITH

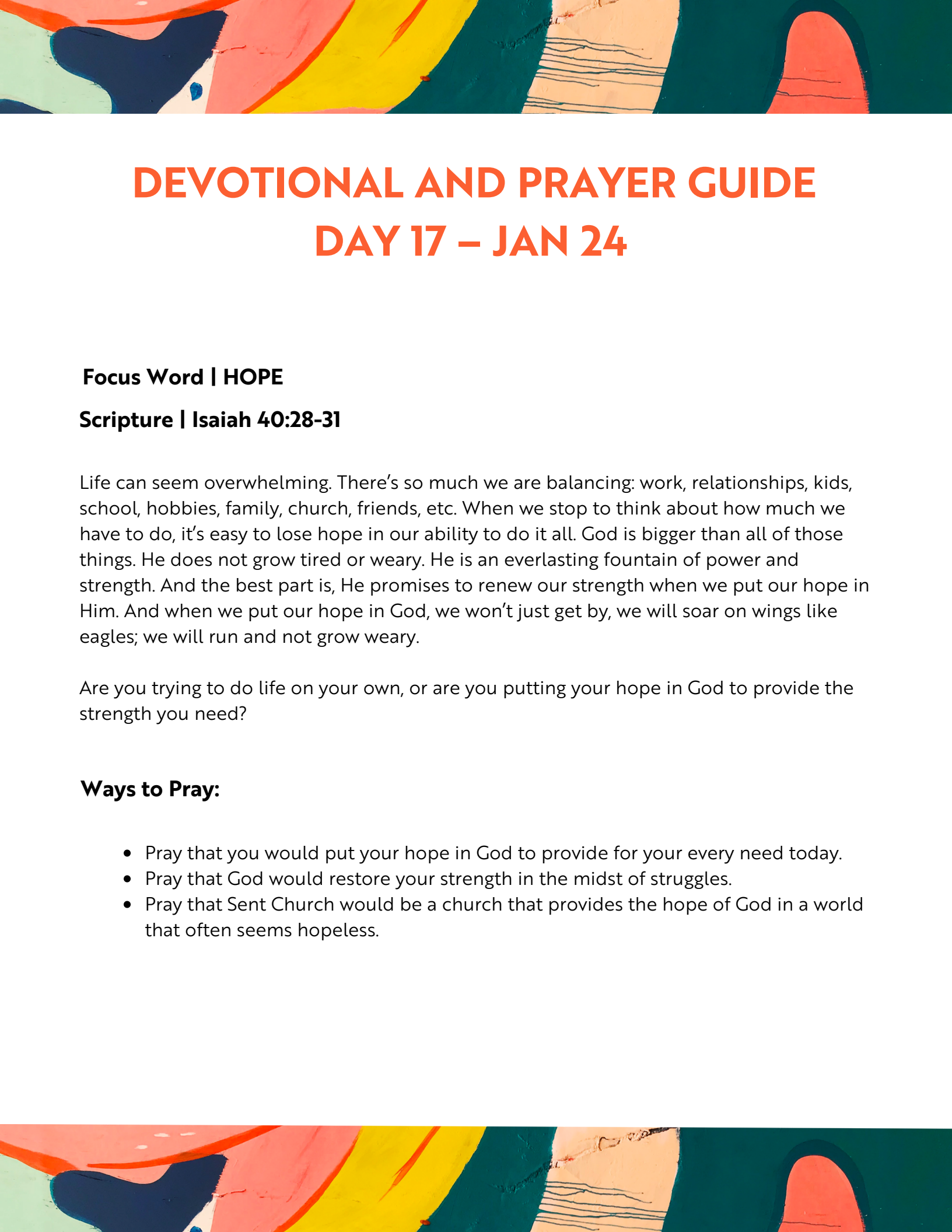
Scripture | Matthew 17:14-21

Some things just seem impossible. Most of the time we are happy to submit our requests to God, as long as we can imagine a possible way for Him to answer. But sometimes what we are facing just seems too big, even for God to handle. We don't want to be let down, so we simply don't ask, or don't believe that God can bring a miracle. The Bible says it only takes a tiny amount of faith to move mountains, a seemingly impossible task. If God created everything, including the natural laws of this world, how could anything be beyond His power? The Bible tells us of many amazing miracles done by Jesus and His disciples. That power is still alive and at work today for those that seek God in faith.

What obstacles are you facing that you haven't faithfully submitted to God?

Ways to Pray:

- Pray that you would have faith to rely on God to provide for every part of your life, both the mundane and the impossible.
- Prayerfully submit whatever mountains you are facing, and ask God to move them mightily.
- Pray that Sent Church would be a church known for faithfully seeking God and allowing Him to work in ways bigger than our human efforts.



DEVOTIONAL AND PRAYER GUIDE

DAY 17 – JAN 24

Focus Word | HOPE

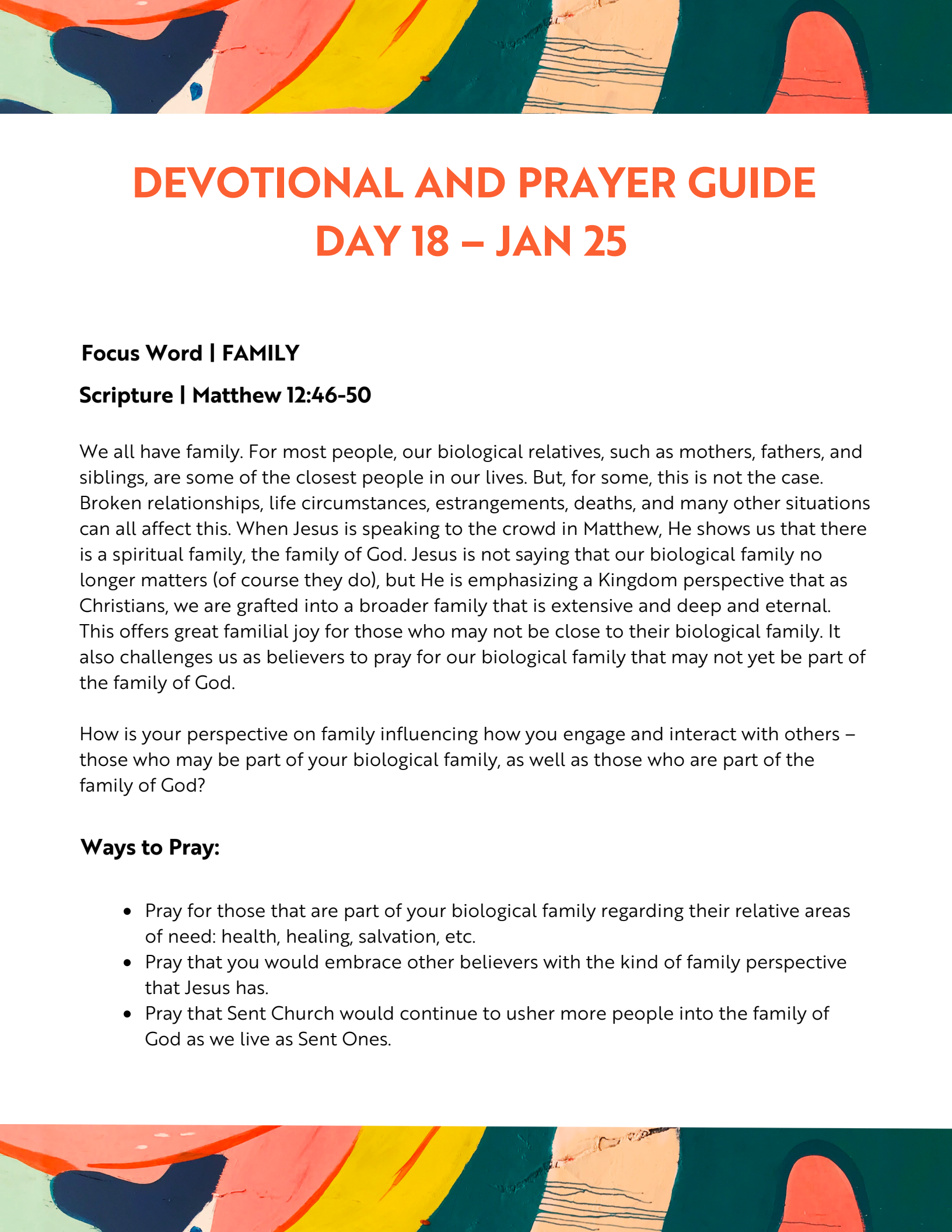
Scripture | Isaiah 40:28-31

Life can seem overwhelming. There's so much we are balancing: work, relationships, kids, school, hobbies, family, church, friends, etc. When we stop to think about how much we have to do, it's easy to lose hope in our ability to do it all. God is bigger than all of those things. He does not grow tired or weary. He is an everlasting fountain of power and strength. And the best part is, He promises to renew our strength when we put our hope in Him. And when we put our hope in God, we won't just get by, we will soar on wings like eagles; we will run and not grow weary.

Are you trying to do life on your own, or are you putting your hope in God to provide the strength you need?

Ways to Pray:

- Pray that you would put your hope in God to provide for your every need today.
- Pray that God would restore your strength in the midst of struggles.
- Pray that Sent Church would be a church that provides the hope of God in a world that often seems hopeless.



DEVOTIONAL AND PRAYER GUIDE

DAY 18 – JAN 25

Focus Word | FAMILY

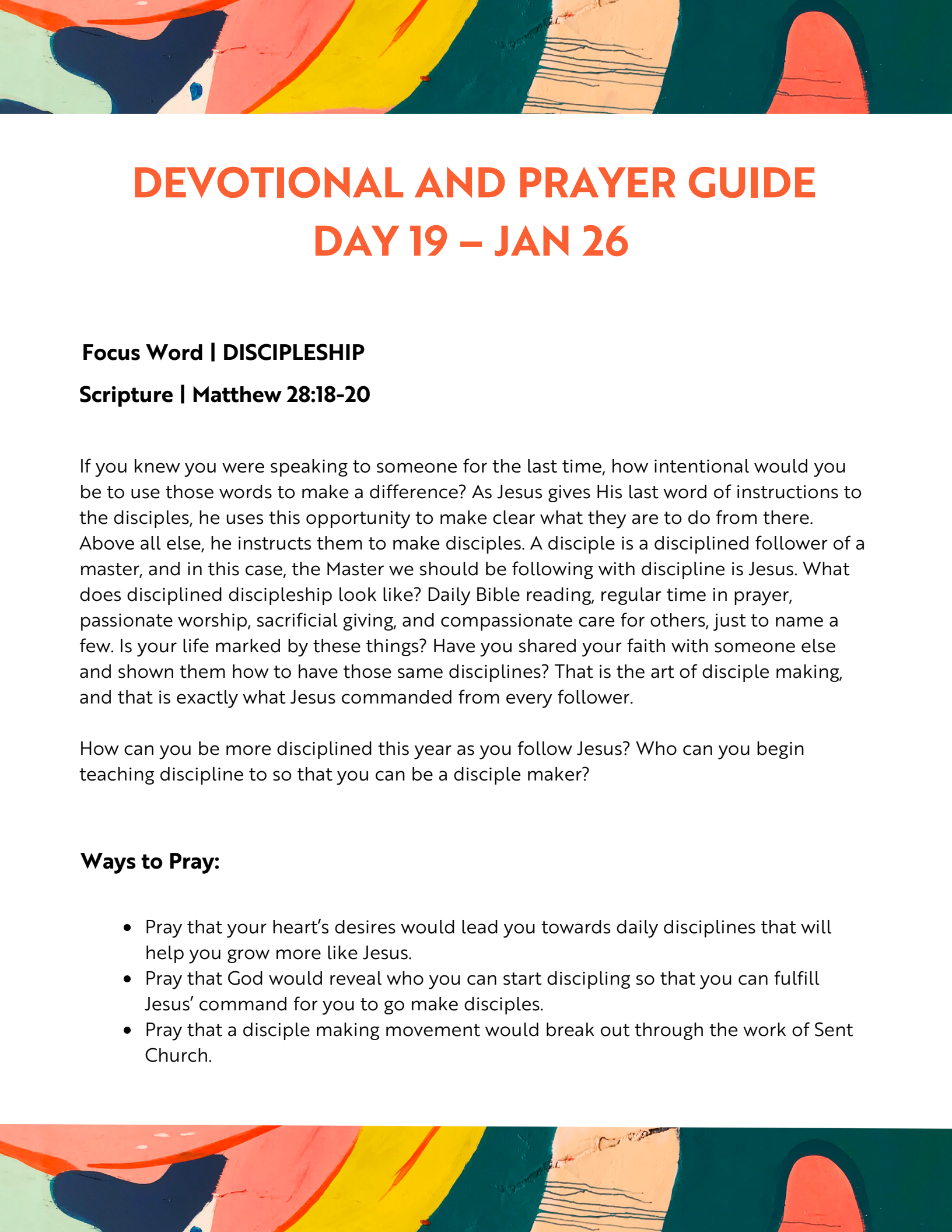
Scripture | Matthew 12:46-50

We all have family. For most people, our biological relatives, such as mothers, fathers, and siblings, are some of the closest people in our lives. But, for some, this is not the case. Broken relationships, life circumstances, estrangements, deaths, and many other situations can all affect this. When Jesus is speaking to the crowd in Matthew, He shows us that there is a spiritual family, the family of God. Jesus is not saying that our biological family no longer matters (of course they do), but He is emphasizing a Kingdom perspective that as Christians, we are grafted into a broader family that is extensive and deep and eternal. This offers great familial joy for those who may not be close to their biological family. It also challenges us as believers to pray for our biological family that may not yet be part of the family of God.

How is your perspective on family influencing how you engage and interact with others – those who may be part of your biological family, as well as those who are part of the family of God?

Ways to Pray:

- Pray for those that are part of your biological family regarding their relative areas of need: health, healing, salvation, etc.
- Pray that you would embrace other believers with the kind of family perspective that Jesus has.
- Pray that Sent Church would continue to usher more people into the family of God as we live as Sent Ones.



DEVOTIONAL AND PRAYER GUIDE

DAY 19 – JAN 26

Focus Word | DISCIPLESHIP

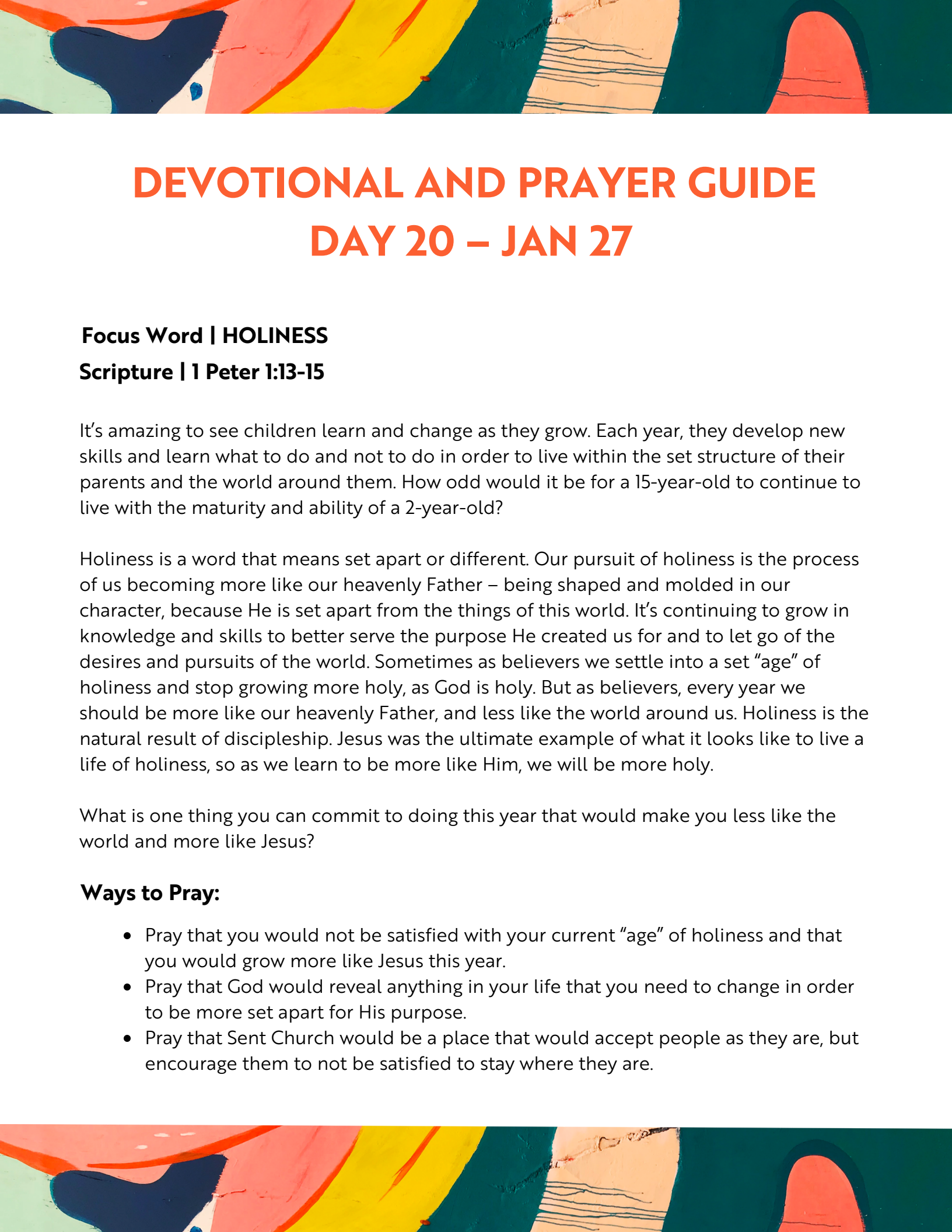
Scripture | Matthew 28:18-20

If you knew you were speaking to someone for the last time, how intentional would you be to use those words to make a difference? As Jesus gives His last word of instructions to the disciples, he uses this opportunity to make clear what they are to do from there. Above all else, he instructs them to make disciples. A disciple is a disciplined follower of a master, and in this case, the Master we should be following with discipline is Jesus. What does disciplined discipleship look like? Daily Bible reading, regular time in prayer, passionate worship, sacrificial giving, and compassionate care for others, just to name a few. Is your life marked by these things? Have you shared your faith with someone else and shown them how to have those same disciplines? That is the art of disciple making, and that is exactly what Jesus commanded from every follower.

How can you be more disciplined this year as you follow Jesus? Who can you begin teaching discipline to so that you can be a disciple maker?

Ways to Pray:

- Pray that your heart's desires would lead you towards daily disciplines that will help you grow more like Jesus.
- Pray that God would reveal who you can start discipling so that you can fulfill Jesus' command for you to go make disciples.
- Pray that a disciple making movement would break out through the work of Sent Church.



DEVOTIONAL AND PRAYER GUIDE

DAY 20 – JAN 27

Focus Word | HOLINESS

Scripture | 1 Peter 1:13-15

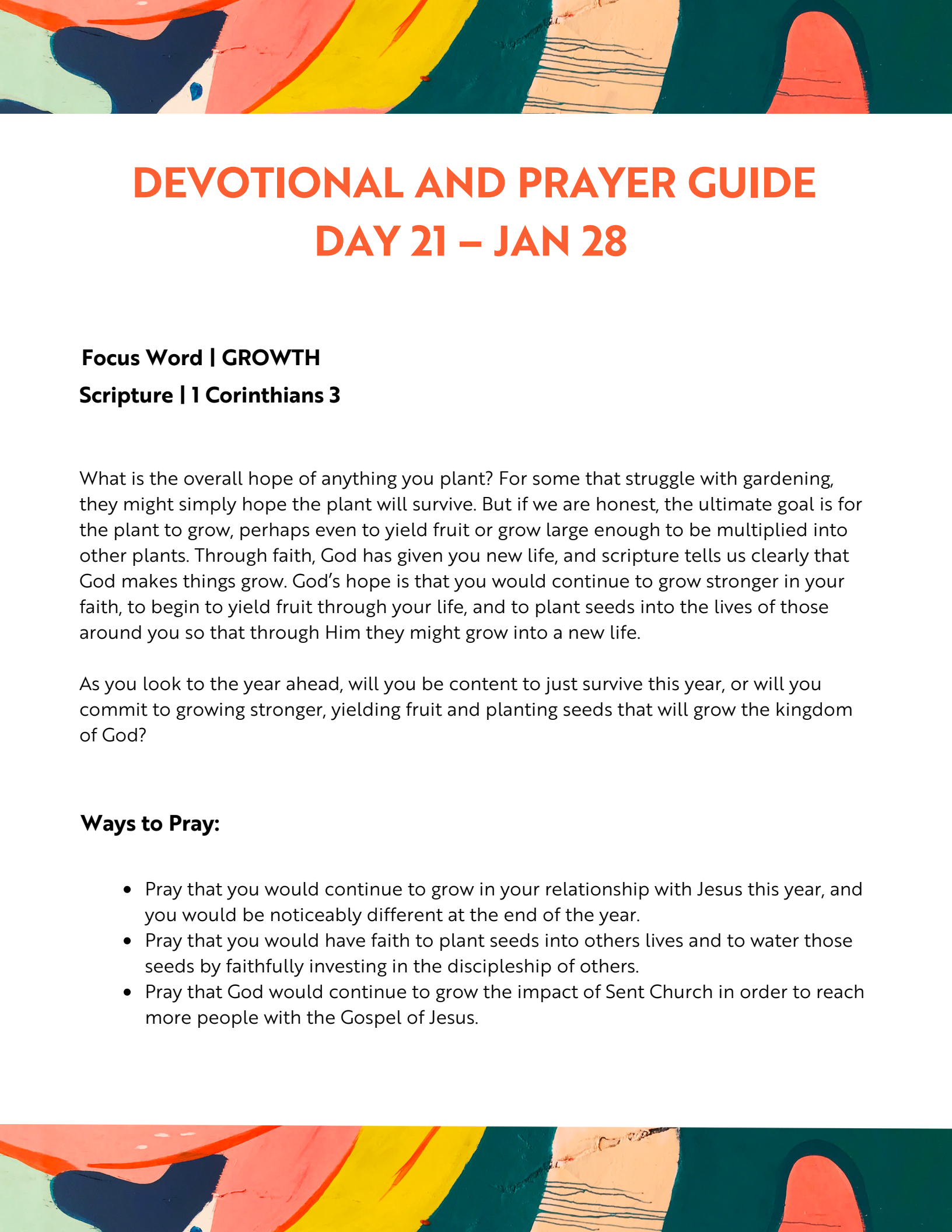
It's amazing to see children learn and change as they grow. Each year, they develop new skills and learn what to do and not to do in order to live within the set structure of their parents and the world around them. How odd would it be for a 15-year-old to continue to live with the maturity and ability of a 2-year-old?

Holiness is a word that means set apart or different. Our pursuit of holiness is the process of us becoming more like our heavenly Father – being shaped and molded in our character, because He is set apart from the things of this world. It's continuing to grow in knowledge and skills to better serve the purpose He created us for and to let go of the desires and pursuits of the world. Sometimes as believers we settle into a set "age" of holiness and stop growing more holy, as God is holy. But as believers, every year we should be more like our heavenly Father, and less like the world around us. Holiness is the natural result of discipleship. Jesus was the ultimate example of what it looks like to live a life of holiness, so as we learn to be more like Him, we will be more holy.

What is one thing you can commit to doing this year that would make you less like the world and more like Jesus?

Ways to Pray:

- Pray that you would not be satisfied with your current "age" of holiness and that you would grow more like Jesus this year.
- Pray that God would reveal anything in your life that you need to change in order to be more set apart for His purpose.
- Pray that Sent Church would be a place that would accept people as they are, but encourage them to not be satisfied to stay where they are.



DEVOTIONAL AND PRAYER GUIDE

DAY 21 – JAN 28

Focus Word | GROWTH

Scripture | 1 Corinthians 3

What is the overall hope of anything you plant? For some that struggle with gardening, they might simply hope the plant will survive. But if we are honest, the ultimate goal is for the plant to grow, perhaps even to yield fruit or grow large enough to be multiplied into other plants. Through faith, God has given you new life, and scripture tells us clearly that God makes things grow. God's hope is that you would continue to grow stronger in your faith, to begin to yield fruit through your life, and to plant seeds into the lives of those around you so that through Him they might grow into a new life.

As you look to the year ahead, will you be content to just survive this year, or will you commit to growing stronger, yielding fruit and planting seeds that will grow the kingdom of God?

Ways to Pray:

- Pray that you would continue to grow in your relationship with Jesus this year, and you would be noticeably different at the end of the year.
- Pray that you would have faith to plant seeds into others lives and to water those seeds by faithfully investing in the discipleship of others.
- Pray that God would continue to grow the impact of Sent Church in order to reach more people with the Gospel of Jesus.