

Twenty-One Days of Prayer and Fasting



I keep asking that the God of our Lord Jesus Christ, the glorious Father, may give you the Spirit of wisdom and revelation, so that you may know Him better. I pray that the eyes of your heart may be enlightened in order that you may know the hope to which He has called you, the riches of His glorious inheritance in His holy people, and His incomparably great power for us who believe.

// Ephesians 1:17-19a //

I will give them a heart to know me, that I am the Lord. They will be my people, and I will be their God, for they will return to me with all their heart.

// Jeremiah 24:7//

Introduction:

What if God is trying to get your attention? Are you in a place where you can hear His voice? What if God is calling your name? What if God is trying to turn your life in His direction? What if He is trying to take our Church on a journey that we never thought possible? In these 21 days of prayer and fasting, it is not only possible, it is God's desire to speak into our lives and into the life of our Church to use this time as a turning point in the direction of our church.

This annual season of prayer and fasting will be aided and accompanied by several tools in this document, including: a Biblical guide to fasting, different fasting options, and a prayer guide for each of the 21 days that includes a central Biblical passage, reflection questions, and a prayer and journaling section.

The purpose of these 21 Days of Prayer and Fasting is to seek God as He leads us into the future and as He guides us into where He wants us to be and what He wants us to do. Our prayer is that God would move our hearts as a family to deepen our roots in this body, in this community and globally. That we would be led to invest in the mission and vision He is putting before us to see this generation reached with the hope of the Gospel! We believe that our mission of connecting people to a growing relationship with Jesus happens more than just on a Sunday morning and it will take all of us working together to accomplish it.

We eagerly wait for what the Lord will do in us and through us during these 21 days that we are setting aside to seek His face and His plan for our church, our city and our world.

Fasting guide

What does the Bible teach about fasting?

Biblical fasting involves abstaining from eating (and/or drinking) for spiritual purposes.

In the Old Testament, Israel celebrated certain annual fasts, the most prominent being the Day of Atonement. There were also occasional fasts tied to specific historical events, sometimes individual and sometimes corporate. Here are a few of the occasions for fasting: at a time of grief (I Sam. 31:13; Nehemiah 1:4), at a time of repentance (I Sam 7:6; I Kings 21:27), as an expression of humility (Ezra 8:21; Psalm 69:10), and as an expression of a need for God's guidance and help. What all of these fasts share in common is that they were an expression of dependence on God and a turning back to Him. Several New Testament passages give us insight about fasting.

Fasting teaches us that its God's Word that truly nourishes us:

Matthew 4:1-4 records the only example of Jesus fasting, just prior to His being tempted in the wilderness. He faced temptation with these words, "*Man shall not live on bread alone, but on every word that proceeds out of the mouth of God.*" Jesus is quoting Deuteronomy 8:3-5 which talks about the 40 years Israel spent in the wilderness, depending daily on manna to sustain them. He says that God humbled them and let them be hungry in order to teach them to depend on God's Word to sustain them. By His example of fasting, Jesus reminds us that food alone can't sustain us. We need to be nourished by God's Word.

Fasting teaches us that doing God's will sustains us:

John 4:31-35 records Jesus' encounter with the woman at the well. When the disciples return, they encourage Jesus

to eat. He responds by saying, *"I have food to eat that you know nothing about."* Then He adds, *"My food is to do the will of him who sent me and to finish his work."* Again, Jesus reminds us that food alone is not enough. We are sustained by doing God's will.

Fasting teaches us that Jesus Himself sustains us:

In John 6:48-50 Jesus says, *"I am the bread of life. Your ancestors ate the manna in the wilderness, yet they died. But here is the bread that comes down from heaven, which anyone may eat and not die."* We see this pictured symbolically in the bread and the cup of the Lord's Supper. Jesus is the source of eternal life. Fasting is literally feasting on Jesus.

Jesus assumed that fasting would be a part of His disciple's spiritual life. In Matthew 6:16-18, He says, *"When you fast,"* not *"if you fast."* He warns us not to fast to impress people, but to be near to the heart of God.

What is the purpose of fasting?

Fasting is designed to intensify our dependence on God by weakening our dependence on food and other things. How does it do that?

Fasting reveals and heals our dependence on food (and other things)

to fill the discomfort caused by low self-esteem, unsatisfying work, unloving relationships, uncontrollable circumstances, etc. It removes the false peace that comes from the pleasure of eating or filling our schedules with busy work or useless entertainment.

Richard Foster says, "More than any other discipline, fasting reveals the things that control us. This is a wonderful benefit to the true disciple who longs to be transformed into the image of Jesus Christ. We cover up what is inside us with food and other good things, but in fasting these things surface. If pride controls us, it will be revealed almost immediately. David writes, *"I humbled my soul with fasting"* (Psalm 69:10). Anger,

bitterness, jealousy, strife, fear—if they are within us, they will surface during fasting.”

Fasting teaches us that we can go without getting what we want and still survive.

Fasting can free us from having to “get” what we want. Therefore, fasting can teach moderation or self-control, not only in relation to food, but in other areas as well. It teaches contentment. (1 Timothy 6:6)

Fasting expresses and deepens our hunger for God.

Fasting reminds us that we are sustained “*by every word that proceeds from the mouth of God*”(Matt. 4:4). Food does not sustain us; God sustains us. In Christ, “*All things hold together*” (Colossians 1:17). Therefore, in our experiences of fasting, we are abstaining from food or other activities and feasting on God’s Word and God’s presence.

Fasting must always, first and foremost, center on God. It must be about Him.

Step 1: clarify the purpose of your fast

As a church, we are fasting to gain perspective on where God is leading us and how we can better position ourselves to honor Him with everything we do. We are seeking God’s heart for clear direction and for Him to receive glory in everything we strive to accomplish. Our heart is that you would join us in endeavoring to seek God’s heart for our body.

Why are you fasting? Ask the Holy Spirit to clarify His leading and objectives for your prayer and fasting. This will enable you to pray more specifically and strategically. Fasting is God-led and God-initiated. That means that He fuels a desire to fast and pray. He loves it when we fast.

Step 2: specify the kind of fast you will do

Pray about the kind of fast you should undertake. Jesus implied that all of His followers should fast. (Matthew 6:16-18; 9:14,15) For Him it was a matter of when believers would fast, not if they would do it. Before you fast, decide the following up front:

- How long you will fast - one meal, one day, one week, several weeks, certain days (beginners should start slowly, building up to longer fasts)?
- The type of fast God wants you to undertake - discussed in the *Types of Fasts* section below.
- What physical or social activities you will restrict
- How much time each day you will devote to prayer and God's Word Making these commitments ahead of time will help you sustain your fast when physical temptations and life's pressures tempt you to abandon it.

Step 3: prepare your heart, mind, and body for fasting

Fasting is not a spur-of-the-moment thing. It is planned. We must prepare. The very foundation of fasting and prayer is repentance. Un-confessed sin can hinder your prayers. There are several things you can do to prepare your heart

- Fasting requires reasonable precautions. Consult your physician first, especially if you take prescription medication or have a chronic ailment. Some persons should never fast without professional supervision.
- Do not rush into your fast. Prepare your body. Eat smaller meals before starting a fast. Avoid high fat and sugary foods. Eating raw fruit and vegetables prior to your fast is helpful. Physical preparation makes the drastic change in your eating routine a little

easier so that you can turn your full attention to the Lord in prayer.

- Prepare your heart and mind: Remember that God is your Father and He loves you and is for you.
- Confess every sin that the Holy Spirit calls to your remembrance and accept God's forgiveness (1 John 1:9). Seek forgiveness from all whom you have offended, and forgive all who have hurt you (Mark 11:25; Luke 11:4; 17:3,4). Make restitution as the Holy Spirit leads you.
- Surrender your life fully to Jesus Christ (Romans 12:1, 2). Meditate on the attributes of God, His love, sovereignty, power, wisdom, faithfulness, grace, compassion, and others. (Psalm 48:9,10; 103:1-8, 11-13)
- Begin your time of fasting and prayer with an expectant heart. (Hebrews 11:6)
- Do not underestimate spiritual opposition. Satan sometimes intensifies the natural battle between body and spirit. (Galatians 5:16,17)
- Finally, and of deep importance, Jesus instructs us in Matthew to not let others know about your fasting. The strict details of your fast should not be something you constantly talk about to others. It should remain between you and God.

Types of Fasts

Now that we have explored the Old and New Testament teaching and instruction on fasting, we can proceed to discuss specific kinds of fasts. Let's begin with the helpful words of Richard Foster in, *Celebration of Discipline*: "As with all the Disciplines, a progression should be observed; it is wise to learn to walk well before we try to run."

Biblical fasting almost always concerns food. Since the purpose of fasting, as we saw above, is to focus on God, to humble ourselves and to remind ourselves that we are sustained by every word that proceeds from the mouth of God, then the task in fasting is connecting our “going without” to “hungering for God.” This takes time, focus and prayer. Please do not expect to be an “expert” at fasting right away. Fasting is a discipline that can take a very long time to understand well. Also, do not let this fact deter you or intimidate you.

Fasting is not unlike the writings in scripture. It is simple enough for a youth to understand and enjoy, and yet deep enough for the scholar to devote his/her entire life to.

Abstaining from certain types of foods (*meat, sweets, etc.*) - Daniel 10:3

This type is a good one for beginners to fasting or those with health needs and special or restrictive diets.

Choose to abstain from something like breads, sweets, sodas, coffee, or even red meat. Perhaps spend some time reading through Daniel's fast in Daniel chapter 1 and chapter 10. Stick to only fruits and vegetables like he did or something similar.

Determine the timing and duration of your fast and begin. You may choose to go without this specific type of food on only certain days like Fridays, or you may go without during the weekdays only or perhaps every day. Finally, choose the duration of your fast. This fast is 21 days (January 3 – January 23) but that does not mean you must go without for all of the 21 days. Determine the timing and duration ahead of time and stick to it. Pray through this entire process.

Abstaining from all food - Esther 4:16; Acts 9:9

This kind of fast is more difficult but can be broken up by timing and duration. This seems to be the most prevalent

of the fasts we see in the Bible. It is also the most intimidating, but refuse to let it scare you. Fasting from all food is not scary if you determine beforehand when you will do so and for how long. Here are some ideas.

- Start slowly. Begin with fasting for only a part of a day (lunch, or lunch and dinner). Do this for one day a week, or perhaps three days a week. You determine the timing and duration. Take a step of faith. Fasting is risky and involves our faith.
- Next, try fasting from food but not beverages. This means that according to your timing and duration, you would not eat any solid foods but only water, juices, smoothies, or perhaps simple soup broths.
- Do this for the first one or two weeks. Devote the time that you normally would eat to Scripture reading and prayer. Focus on Jesus' statements about food.
- Next, try a 24-hour fast. This means that you get up and eat a good breakfast and drink only water or juice until the following breakfast the next day. Set aside specific time, during normal mealtimes if possible, to pray and seek God.
- Finally, you may progress to a two or three day fast. For some, progression may lead to a multi-day, even multi-week fast. But remember the purpose of your fast.

Soul Fast - Daniel 6:18

The king's voluntary "fasting" from entertainment in the time of Daniel helps us further understand yet another type of fast. Fasting from entertainment can be particularly helpful and accessible to kids and teens.

Think of abstaining from television, mobile devices, video games, music, or texting, etc. for the duration of your fast. This can be a very powerful decision even as a supplement to foodfasts.

Choosing your fasting plan is a very personal decision. We are all at different places in our walk with God and our spirituality should never be a cause for comparison or competition. There is nothing more “inherently spiritual” about one type of fast as opposed to another. Your personal fast should present a level of challenge to it, but know your body, know your options, and most importantly, seek God in prayer about this and follow what the Holy Spirit leads you to do. It’s also important to not let what you eat or do not eat become the focus of your fast. This is a time to disconnect enough with your regular patterns and habits in order to connect more closely to God.

If you do not choose to fast, or no matter what kind of fast you choose, seek God with us in prayer.

Day 1, January 3:

Scripture:

Ephesians 1:18: *I pray that the eyes of your heart may be enlightened in order that you may know the hope to which He has called you, the riches of His glorious inheritance in his holy people.*

Daniel 6:10: Now when Daniel learned that the decree had been published, he went home to his upstairs room where the windows opened toward Jerusalem. Three times a day he got down on his knees and prayed, giving thanks to his God, just as he had done before.

Reflection:

There are many parts of your life demanding your focus, but the urgent is seldom the most necessary, and in fact – ***the most necessary is seldom urgent***. What if you were more intentional about what gets your attention and what you focus on? What if all that is needed for a new perspective is a turn of the head?

Circle the areas where you have been focusing heavily and draw a line under those that definitely need greater focus:

Work	Extended Family	Personal Fitness
Church	Small Group/Friends	Social Media
Family	Bible Time	Entertainment/Fun
Marriage	Prayer	Doctor/Health
Closest Friends	News Cycle	Rest
Financial Planning	Volunteering	Home Needs
Time with Friends	Serving Others	Alone Time

Journal: What is God revealing to you?

Prayer: What is your response to Him?

Day 2, January 4:

Scripture:

Romans 12:2: *And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God.*

Ephesians 4:14-15: *...that we should no longer be children, tossed to and fro and carried about with every wind of doctrine, by the trickery of men, in the cunning craftiness of deceitful plotting, but, speaking the truth in love, may grow up in all things into Him who is the head—Christ.*

Reflection:

“Seeking” encompasses everything from reading and studying God’s Word to prayer, private worship, gratitude, church attendance, and focus. Rate yourself on a scale from 1-10 for the following statement:

Are you seeking God during the course of each week?

A “1” would mean that you don’t seek Him at all whereas a “10” would mean that you seek Him endlessly every day all day. Circle your answer:

1 2 3 4 5 6 7 8 9 10

What would it take to move that score closer to a 10? What keeps you from moving closer to a 10?

Journal: What is God revealing to you?

Prayer: What is your response to Him?

Day 3, January 5:

Scripture:

Romans 8:11: *But if the Spirit of Him who raised Jesus from the dead dwells in you, He who raised Christ Jesus from the dead will also give life to your mortal bodies through His Spirit who dwells in you.*

I Thessalonians 1:5: for our gospel did not come to you in word only, but also in power and in the Holy Spirit and with full conviction; just as you know what kind of men we proved to be among you for your sake.

Reflection:

Question 1: Look back over your life. When was the last time God surprised you by doing what you could not have done yourself? List below even if it's just one thing. If the answer is NEVER...then think again and ask the Lord to remind you. He will.

Question 2: Can He do it again? Why or why not?

Question 3: Is there a situation, a need, or a dream you are experiencing right now that would be an amazing surprise if He surprised you with a solution or a way? List and define:

Journal: What is God revealing to you?

Prayer: What is your response to Him?

Day 4, August 6:

Scripture:

Romans 8:28: And we know that all things work together for good to those who love God, to those who are the called according to His purpose. he will give you the desires of your heart.

Reflection:

Questions #1: Be as honest as you can.

Are you a thermometer or a thermostat?

And – thermometer, what can you do about that?

Questions #2: Let's take it a little deeper. When you look at what's possible for your life, are you more of a thermometer or a thermostat? Explain.

Questions #3: What would it take for you to respond more like a thermostat than a thermometer?

Journal: What is God revealing to you?

Prayer: What is your response to Him?

Day 5, August 7:

Scripture:

John 16:33: *These things I have spoken to you, that in Me you may have peace. In the world you ^[a]will have tribulation; but be of good cheer, I have overcome the world.*

Isaiah 43:1-2: *But now, thus says the Lord, who created you, O Jacob, And He who formed you, O Israel: "Fear not, for I have redeemed you; I have called you by your name; you are Mine.*

When you pass through the waters, I will be with you; and through the rivers, they shall not overflow you. When you walk through the fire, you shall not be burned, nor shall the flame scorch you."

Reflection:

Rate your overall attitude toward life on a scale from 1-10. A "1" would mean you are a very negative person whereas a "10" would mean you see every situation as amazing and awesome.

1 2 3 4 5 6 7 8 9 10

Question #1: Why is your score what you say it is?

Question #2: Are you happy with the score you chose? Why or why not?

Question #3: What would it take to move your score closer to a 10?

Question #4: Do you consider yourself a grateful person to God? To others? To God- why or why not? To others- why or why not?

List the top ten things you are grateful for:

Journal: What is God revealing to you?

Prayer: What is your response to Him?

Day 6, January 8:

Scripture:

Philippians 3:12-14: *Not that I have already attained, or am already perfected; but I press on, that I may lay hold of that for which Christ Jesus has also laid hold of me. Brethren, I do not count myself to have apprehended; but one thing I do, **forgetting those things which are behind and reaching forward to those things which are ahead, I press toward the goal for the prize of the upward call of God in Christ Jesus.***

Reflection:

Question 1: What are you still carrying from your past that seems to continually affect your present and your future? Why is there reluctance to lay it down?

Question 2: Is there something the Lord told you to do or laid on your heart in the past that you never did? Could the Lord be giving you a second chance to answer that call?

Question 3: Who is it in your past that keeps your focus? Has God told you to let that person go? Have you? Should you? Will you? Explain.

Question 4: Could it be that your next season has not begun because you are still living in the former season? If yes, explain:

Journal: What is God revealing to you?

Prayer: What is your response to Him?

Day 7, January 9:

Scripture:

Psalm 139:21 – 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.*

Isaiah 44:22: *I have swept away your offenses like a cloud, your sins like the morning mist. Return to me, for I have redeemed you.*

Reflection:

Question 1: This is just you and God talking – what areas do you struggle with sin?

Question 2: A Deeper Dive – What are the one or two sins that seem to have you? These are the one or two that you have probably carried with you for many years.

Question 3: If there was a way to rid yourself of that sin, would you do it?

Question 4: Is there a device, an instrument or any physical object, material, or person that Satan uses to ensnare you?

Journal: What is God revealing to you?

Prayer: What is your response to Him?

Day 8, January 10:

Scripture:

Matthew 14:27-32: *But Jesus (walking on the water) immediately said to them: "Take courage! It is I. Don't be afraid." "Lord, if it's you," Peter replied, "tell me to come to you on the water." "Come," he said. Then Peter got down out of the boat, walked on the water and came toward Jesus. But when he saw the wind, he was afraid and, beginning to sink, cried out, "Lord, save me!" Immediately Jesus reached out his hand and caught him. "You of little faith," he said, "why did you doubt?"*

Reflect:

Question 1: Are you in an emotional season right now? If yes, explain. If there isn't one now, write about the last troubling season you went through.

Question 2: Did God seem distant, fully present, or not there at all? If there was distance, was it Him or was it you?

Journal: What is God revealing to you?

Prayer: What is your response to Him?

Day 9, January 11:

Scripture:

John 10:12-14: *“Most assuredly, I say to you, he who believes in Me, the works that I do he will do also; and greater works than these he will do, because I go to My Father. And whatever you ask in My name, that I will do, that the Father may be glorified in the Son. If you ask anything in My name, I will do it.”*

Ephesians 2:10: *For we are his workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them.*

Reflection:

Question 1: Let me ask you a question: Who is responsible for making you aware of your purpose? You figuring it out or God making it clear to you?

Question 2: Based on your best understanding, what is your purpose or purposes right now?

Question 3: What questions do you have for God about your purpose or assignment? Be specific.

Journal: What is God revealing to you?

Prayer: What is your response to Him?

Day 10, January 12:

Scripture:

Luke 12:2: *For there is nothing covered that will not be revealed, nor hidden that will not be known.*

Reflect:

Question 1: Think of the three closest friends or family members you know. What value do you add to their life?

Questions 2: Now go back and write what value they add to yours. Is there a balance or an inequity?

Journal: What is God revealing to you?

Prayer: What is your response to Him?

Day 11, January 13:

Scripture:

1 Peter 3:9: *“Do not repay evil for evil or reviling for reviling, but on the contrary, bless, for to this you were called, that you may obtain a blessing.”*

Reflection:

Question #1: Is there a face or faces that come to mind when you think of your most difficult people? If yes, explain briefly. What it is that is so annoying or hurtful, and be specific.

Question #2: Describe the way this person or persons view you.

Question #3: If there was anything you could say to this person(s) without any ramifications what would you say?

Journal: What is God revealing to you?

Prayer: What is your response to Him?

Day 12, January 14:

Scripture:

Psalm 139:7-10: *Where can I go from Your Spirit? Or where can I flee from Your presence? If I ascend into heaven, You are there; If I make my bed in hell, behold, You are there. If I take the wings of the morning, and dwell in the uttermost parts of the sea, Even there Your hand shall lead me, and Your right hand shall hold me.*

Psalm 139:16-17: *"Your eyes saw my substance, being yet unformed. And in Your book they all were written, the days fashioned for me, when as yet there were none of them. How precious also are Your thoughts to me, O God! How great is the sum of them!"*

Reflection:

Question 1: When was the last time you remember that the Lord spoke to your spirit in such a way that you knew it was Him?

Question 2: One of the ways the Lord speaks to us is through His Word. Do you take time daily or even weekly to spend time reading and meditating on God's Word? If yes, how much. If no, why not?

Question 3: Is it possible to seek the Lord with your WHOLE heart and seldom or never read His Word?

Question 4: When is the last time you truly felt the Presence of God? Where were you and describe the experience?

Journal: What is God revealing to you?

Prayer: What is your response to Him?

Day 13, January 15:

Scripture:

II Kings 6:15-20: *And when the servant of the man of God arose early and went out, there was an army, surrounding the city with horses and chariots. And his servant said to him, "Alas, my master! What shall we do?" So he answered, "Do not fear, for those who are with us are more than those who are with them." And Elisha prayed, and said, "Lord, I pray, open his eyes that he may see." Then the Lord opened the eyes of the young man, and he saw. And behold, the mountain was full of horses and chariots of fire all around Elisha.*

Reflection:

Question 1: Have you ever been told or noticed that you have blind spots? These can be anything from relationships to personal habits or the way you treat people. If yes, what are they? Do you agree? Why or why not?

Question 2: Where are your blind spots in your walk with the Lord? Put another way, what are the areas that are neglected in your walk with Christ?

Question 3: Sometimes blind spots happen through misplaced trust. Have you experienced betrayal or been hurt by others that you never saw coming? If yes explain:

Journal: What is God revealing to you?

Prayer: What is your response to Him?

Day 14, January 16:

Scripture:

Proverbs 5:1-2: *My son, pay attention to my wisdom; listen carefully to my wise counsel. Then you will show discernment, and your lips will express what you've learned.*

Reflection:

Question 1: Do you believe there are two worlds – a physical world we can see and touch and a spiritual world where we cannot see with human eyes?

Question 2: What kinds of things do you need to do to interpret your circumstances through the eyes and mind of Christ?

Question 3: What kind of covenant are you willing to make with the Lord about your spiritual growth? Use this format: Jesus, if you will _____ then I will commit to _____.

Journal: What is God revealing to you?

Prayer: What is your response to Him?

Day 15, January 17:

Scripture:

Psalm 92:12-15: *The righteous will flourish like a palm tree, they will grow like a cedar of Lebanon; planted in the house of the LORD, they will flourish in the courts of our God. They will still bear fruit in old age, they will stay fresh and green, proclaiming, "The LORD is upright; he is my Rock, and there is no wickedness in him."*

Reflection:

Question 1: Where do you fall in the spectrum of ages in our church? What kinds of pressures are you feeling in your personal and professional world?

Question 2: Where are your greatest challenges?

Question 3: What about YOU? What are you doing to stay relevant in an ever-changing world? Professionally? Personally?

Question 4: Are there areas you are unwilling to bend that are creating issues for you? Professionally? Personally?

Journal: What is God revealing to you?

Prayer: What is your response to Him?

Day 16, January 18:

Scripture:

Philippians 4:12-13: *I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. I can do all this through him who gives me strength.*

Reflect:

Question 1: Write in your own words your personal understanding of the word contentment:

Now pull up the dictionary definition and see how close you are.

Question 2: How would you define the word “contentment” as it is talked about in the Bible?

Question 3: Rate your contentment level on a scale from 1-10 with 1 being the inability to see any good in your current situation and a 10 is “I feel like I won the lottery every day!!”

1 2 3 4 5 6 7 8 9 10

Question 4: Why did you choose the score you chose?

Question 5: What would it take to move that score closer to a 10?

Journal: What is God revealing to you?

Prayer: What is your response to Him?

Day 17, January 19:

Scripture:

John 16:33: *These things I have spoken to you, that in Me you may have peace. In the world you will have tribulation; but be of good cheer, I have overcome the world.*

Reflection:

Question 1: Are you easily discouraged by circumstances, people/relationships, or setbacks? Explain your answer.

Question 2: Do you always respond to challenges or setbacks in the way you wish you would respond? Do you ever respond in a manner that you later regret? Explain.

Journal: What is God revealing to you?

Prayer: What is your response to Him?

Day 18, January 20:

Scripture:

2 Peter 3:18: *Put on the whole armor of God, that you may be able to stand against the wiles of the devil. For we do not wrestle against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this age, against spiritual hosts of wickedness in the heavenly places. Therefore, take up the whole armor of God, that you may be able to withstand in the evil day, and having done all, to stand.*

Reflection:

Question 1: How would you think or feel if you truly believed that the person who offends you most is actually being manipulated by a much stronger power – whose aim is to offend, hurt, or discourage you?

Question 2: Have you ever said or done something that you look back on and wish you had never done? Have you ever looked back and said to yourself, “I can’t believe I did that?” Or “I can’t believe I said that. That’s not even how I feel.” Explain.

Questions 3: Why do you think you behaved the way you did or said the things you said? Could it be you allowed the enemy to manipulate you and use you to hurt someone else?

Journal: What is God revealing to you?

Prayer: What is your response to Him?

Day 19, August 20:

Scripture:

Jeremiah 29:11-13: *“For I know the plans I have for you,” declares the Lord, “plans to prosper you and not to harm you, plans to give you hope and a future. Then you will call on me and come and pray to me, and I will listen to you. You will seek me and find me when you seek me with all your heart.”*

I Corinthians 2:9: *“What no eye has seen, what no ear has heard, and what no human mind has conceived” the things God has prepared for those who love him—*

Reflection:

Question 1: Do you ever worry about your future and if God will ever use you in a significant way?

Question 2: Where do you fall on the “will of God” barometer below? Are you all the way over at “100% God is in control and when He has a next step for me He will tell me” or are you way over at the “I have to be proactive and search out every possibility and knock on lots of doors to see which opens” side?

I have to be proactive – – – – – – – – –He will let me know.

Question 3: Where do you think God wants you along that line? Why?

Journal: What is God revealing to you?

Prayer: What is your response to Him?

Day 20, January 22:

Scripture:

Psalm 37:4: Take delight in the Lord, and he will give you the desires of your heart.

Reflection:

Question 1: What would you attempt if you knew you could not fail?

Question 2: When you look out at the world and see things that catch your eye and hurt your heart, what breaks your heart the most?

Question 3: What's that in your hand? In other words, what are you good at? What would you do for free if all your bills were paid? What is your platform – the people you have influence over?

Journal: What is God revealing to you?

Prayer: What is your response to Him?

Day 21, January 23:

Scripture:

Hebrews 11:13-15: *These all died in faith, not having received the promises, but having seen them afar off were assured of them, embraced them and confessed that they were strangers and pilgrims on the earth. For those who say such things declare plainly that they seek a homeland. And truly if they had called to mind that country from which they had come out, they would have had opportunity to return.*

Reflection:

Question 1: What are you doing and who are you reaching?

Question 2: Who is there with you?

Question 3: What is the impact you are having?

Journal: What is God revealing to you?

Prayer: What is your response to Him?

You made it! As we conclude our 21 days of prayer and fasting, it is important to ask, “*Now what?*” How can you remain committed to seeking Him? Very simply, decide to love God and seek Him. That’s right, **decide**. Look for opportunities to spend time with Him and to learn from Him.

Daily. Decide to chase after Him and not the things of this life that quickly distract us from Him.

Daily. Give Him your whole heart.

Daily. Look for Him in each day, through people, circumstances, the Bible, and creation.

Daily. It will take intention, effort, desire, and time.

Weekly. **Meet with a small group.** It will be so worth it as your relationship with Him grows, develops, and you fall more and more in love with Him. Hebrews 11:6 says that God will reward those who earnestly seek Him. Will you continue to earnestly seek after the God of this universe who loves you completely and desires to walk with you daily? The reward will be great because God is great!

We believe, that as we work together to see God glorified in our homes, in our communities and in the world, that **the BEST IS ALWAYS YET TO COME!**

