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**TWENTY -
ONE
DAYS
OF PRAYER**

FASTING: AN INTRODUCTION

Fasting is a spiritual discipline designed to better connect us with God. It's all about aligning ourselves with God and what He wants to do. As a church, we are fasting together to deepen our relationship with God as well as get in step with His plan and purpose for us this coming year.

DIFFERENT KINDS OF FASTS

FULL FAST

Drink only liquids; water, 100% juice and clear broth.

PARTIAL FAST

This type of fast is from 6 a.m. to 3 p.m. or maybe one meal out of the day. You can also do any of the above fasts for a portion of the day.

DANIEL FAST

Eat no meat, no sweets and no bread. Eat fruits and vegetables and drink only water. Veggie burgers are also a common choice during this type of fast.

FASTING OBJECTS

Fast something that you may find yourself doing for hours during the day or something that you really love. This could include electronics, social media, sports, shopping, other forms of entertainment, etc

SCRIPTURES ABOUT FASTING

Matthew 6:16-18, 9:14-15

Nehemiah 9:1-3

Luke 18: 9-14

Joel 2:15-16

1 Samuel 7:5-6

Jonah 3:5-10

2 Chronicles 20:34

Acts 27:33-37

Ezra 8:21-23



PRAYER: AN INTRODUCTION

HOW TO PRAY FOR AN HOUR

ADORATION (FIVE MINUTES)

Begin the prayer by adoring God. Praise and worship Him. This is a time for telling God what He means to you and how much you love Him. This is not the same as thanksgiving where you thank God for all He has done, but a time to tell God how magnificent/ holy/glorious He is - to focus solely on Him - to tell Him all the wondrous, beautiful things about Him that you love.

CONFESSION (FIVE MINUTES)

This is when we confess all our sins to God. We don't confess our sins in order to be forgiven, we confess our sins because we are forgiven. Unconfessed sin creates a barrier between you and God and can hinder your prayers. Begin by confessing your sin to Him with an apologetic and repentant heart (to repent is to stop and turn 180 degrees from). Ask God to bring to mind any sins you may not be aware of so that you may repent and confess. If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness 1 John 1:8-9.

THANKSGIVING (TEN MINUTES)

This is where we count our blessings - thanking and praising God for all He has given us and done for us in life. You may begin with the basics such as family, friends, food, shelter, safety, jobs, health, and healing. Thank Him for hearing your prayers, for forgiving your sins, and for His all-consuming love "for you. Thank Him for His promises, for the glory of His handiwork, for His promises to you. Follow Paul's advice, Ephesians 5:20 - giving thanks always for all things unto God and the Father in the name of our Lord Jesus Christ.



PRAYER: AN INTRODUCTION

SUPPLICATION (FIFTEEN MINUTES)

This is also known as intercession. This is the phase of prayer where we come to the Father asking God to supply needs for ourselves and others. Be specific in your prayers. For example, instead of asking for God to bless your family, ask Him to help your son focus in math class and to give his teacher the wisdom she needs to present the information in a way he can digest. If you are struggling in school, ask God to give you focus and endurance to graduate strong. If you are struggling at work, ask God to open doors for your strengths and gifts to be used and to renew your drive for the work you are doing. If you feel led to pray for a certain person but don't know exactly what that person needs, ask God to lead you in prayer. He will.

LISTENING (TEN MINUTES)

Prayer is a two way street, we want to not only talk to the Father but listen to what he has to say to us. This would be a great time to write things God speaks to you in your journal so you can look back on it. The Holy Spirit may lead you to look up a Bible verse during this time as well.

WORSHIP (FIFTEEN MINUTES)

Worship through singing or praising God is another expression we can use to connect to the Father. As we lift up our voice in worship, we are choosing to lay down those things that are weighing heavily on our hearts at the feet of God. By lifting up our voices in worship, we are putting Him above everything and before everything.

**"THE PRAYER OF A RIGHTEOUS PERSON IS
POWERFUL AND EFFECTIVE."**

JAMES 5:16

DAY 01: JESUS IS OUR CREATOR

The Bible says that all things were made through Jesus and that without Him, nothing was made that has been made. Jesus was in the beginning with God. If we go back to Genesis 1, we remember that in everything God created, “He saw that it was good.” We were made in His image (Gen. 1:27). This is extremely important to remember at times when we feel worthless or as if we have no use or direction. We’re reminded that God created us for a purpose and we each have unique gifts and talents that are needed in this world. Knowing Jesus as Creator and knowing that we were created in His image also informs us that we, in turn, are creative and creators. We can bring about life, dreams and visions. We can create business plans, write books, paint beautiful works of art or use whatever talents God has given us to create. It is through Him that we have this power and since it is through Him, it is also good.

“As we begin this new year and new season of life, think about the things you want to create or feel called to give birth to during this time. God has great plans for you in this new year so be open and bold in moving forward. As you seek the Lord today, ask Him to give you a renewed creative mind and new ideas to accomplish what He has for you this year.

FIND IT IN THE WORD JOHN 1:1-5

DAY 02: JESUS IS OUR PROVIDER

These people were famished. They had been sitting outside all day and had not eaten. Over 5,000 men had come that day. Many brought their wives and children just to hear the good news of Jesus. Although their spirits were surely full from Jesus' wisdom, Jesus knew their physical needs could not go unmet. The food He blessed and multiplied overtook the great need that was once present.

We, at times, may feel like we have too little to take care of our needs. Sometimes, we have abundance in one area of our lives, but lack in another. During these times, we can trust that Jesus is always faithful to provide exceedingly, abundantly above all that we ask or think, as His power works in us (Eph 3:20). As you pray, thank Jesus for being your provider and ask Him to give you peace as He faithfully provides all that you need according to His riches in glory (Phil 4:19).

FIND IT IN THE WORD MATTHEW 14:15-21

DAY 03: JESUS IS FORGIVING

Three times Peter lied about knowing Jesus. The most frustrating part for Peter may have been knowing what test was awaiting him and still managing to fail it- three times! Peter must have felt guilty and worthless for betraying Jesus so intentionally. A lot of us may relate to Peter. We have done things that we are not proud of, things we wish we could take back. It is important to know that this passage speaks as much about Jesus' forgiveness as it does about Peter's transgression. Jesus knew that Peter would fail Him. He knew that it wouldn't just be one time, or in one way. Yet Jesus still forgave Peter and through the cross made a way for all to receive that same forgiveness.

Just like Jesus forgave Peter (John 21:15-17) He also has forgiven you from all past and future mistakes. As you seek God today, recognize that His forgiveness is personal, authentic, and intentional. Know that He is faithful to forgive our transgressions - we must only ask.

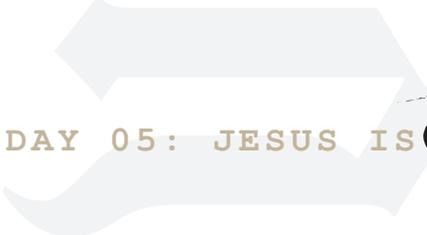
FIND IT IN THE WORD MARK 14:66-72

DAY 04: JESUS IS OUR HEALER

There are countless accounts in the Bible of Jesus healing those in need. In this particular story, a few friends believed if they could get Jesus to touch their blind friend, he would be healed. So they did just that! Jesus was ready and willing to bring healing to this man's eyes and didn't stop until the man had received COMPLETE restoration. It's because of the work that was done on the cross and the stripes that Jesus bore on His back that we are able to live in complete freedom, health and wholeness. And you know what? Jesus is still healing.

If you need healing in your life, whether it's physical, mental, spiritual or emotional, Jesus is ready and willing to meet your need. Nothing is too big or too small for His healing power. Take time today to seek Him as your Healer, believing that He desires to make you completely whole. And if you have a friend or family member that needs healing, be the kind of friend that asks Jesus to touch them as well.

FIND IT IN THE WORD **MARK 8:22-26**



DAY 05: JESUS IS OUR PEACE

These verses in Matthew tell of a great storm that came while Jesus and the disciples were on a boat. The disciples were frantic, fearing for their lives. Jesus, on the other hand, was sleeping. He calmly awoke to their cries and quieted the storm before them. “‘Who can this be that even the winds and the sea obey Him?,’ they marveled.”

Think about the answer to that question. Whatever storm you're going through in your life right now, whatever worry you may face, Jesus can be your peace. He'll speak calm into the midst of your trials and help you to come out victorious on the other side. As Paul wrote in Philippians 4:7, His peace will guard your heart and mind as you live in Him. Today, have faith that Jesus can quiet the storms around you and bring you peace that passes all understanding.

FIND IT IN THE WORD **MATTHEW 8:23-27**

DAY 06: JESUS IS PATIENT

Often when we encounter disruptions or inconveniences in life, we can be tempted to overreact or obsess over them. Here, the disciples are ready to completely decimate the village that did not offer Jesus a place to stay while He was journeying to Jerusalem. Let's think about their suggestion for a moment. Even if they had called down fire to consume the village, they still would not have had a place to rest! Jesus showed them how to be patient when confronted with unexpected resistance. The passage says that "He set His face to go to Jerusalem." He was not going to let anything stall His mission.

When we are frustrated with roadblocks, shut doors, or detours, let us respond with patience and set our face to follow God. As you seek God today - be patient, knowing that His plans for you will come to pass.

FIND IT IN THE WORD LUKE 9:51-56

DAY 07: JESUS IS HOLY

Throughout the Gospels, we see religious leaders get really frustrated with Jesus for His actions. They were upset when He healed on the Sabbath, when He pardoned the adulteress, even just for Him baptizing more people than John. But in this particular passage, they were ready to kill Him. Why? Because He declared that He was One with the Father. It was a dangerous declaration for Him to make, but for Jesus to describe Himself as anything less would have been to deny His true and holy nature. Likewise, we do not profess that Jesus is less than God the Father, nor do we profess that He is separate from God the Father.

We profess that Jesus, along with the Holy Spirit, is One with the Father. We recognize that our Savior is both fully human and fully God. (John 1:1,14). As you follow Jesus today, know that His divinity is unquestioned. Jesus Christ, our Savior, is God.

FIND IT IN THE WORD JOHN 10:30-33

DAY 08: JESUS IS HUMAN

In this passage, Jesus is mourning the death of His friend, Lazarus. As the people there saw Jesus weep, they said, “See how He loved him!” These verses remind us that Jesus truly humbled himself to become human and He experienced the sadness, the joy, the love and every emotion that we find ourselves experiencing from day-to-day.

At times, it can feel like the verses we read are just stories, and it can feel like Jesus is far removed from what we face as people. Since He was fully God, we sometimes forget that He was also fully man. Remember this today as you seek Him. He knows exactly what you’re going through and exactly what you need. Trust in Him that He understands and is faithful to meet you where you are today.

FIND IT IN THE WORD JOHN 11:32-36

DAY 09: JESUS IS HUMBLE

Chapter 2 of Philippians begins by talking about how believers should act in humility and that through humility, we can have true unity with one another. We are to do everything in love and regard others higher than ourselves. In Jesus, we find the perfect example of humility. Jesus, being God, humbled Himself and became human (as we touched on yesterday). Not only did He humble Himself by becoming human, He humbled Himself to the point of death - dying on the cross so that we didn't have to experience all the pain, suffering and death that awaited us. If you keep reading this chapter, you'll see that God was the one to exalt Jesus and has given Him the Name above every other name.

We may not be asked to humble ourselves the way that Jesus has, but we can look to serve others and to love others by His example. We can also be grateful about where He's placed us in life and remember that it is because of Him that we are where we are and not because of our own strength. This day, ask God to give you the courage to walk in humility in every area of your life.

FIND IT IN THE WORD PHILIPPIANS 2:5-8



DAY 10: JESUS IS MERCIFUL

In this account, Jesus confronts the accusers and is also merciful in dealing with a woman who had greatly sinned in the eyes of those around her. This scenario can play out a number of ways in our own lives. Sometimes we are the accusers, wanting to see people get what they deserve for their wrongdoing. Other times, we are the ones in need of mercy when those around are spewing words of condemnation our way. It can even, at times, be difficult for us to be merciful towards ourselves. But Jesus is the One who gives mercy. He counts us as worthy and that's the final say.

We must be quick to give mercy to others, as Christ is merciful with us even when we feel we don't deserve it. Instead of death, we receive life and instead of guilt and shame, we receive forgive-ness and reconciliation. Remember this today as you seek His face. He is merciful and He counts you worthy.

FIND IT IN THE WORD JOHN 8:1-11

DAY 11: JESUS IS SUPREME

This passage reiterates what we've seen when thinking of Jesus as Creator. He existed from the beginning and through Him, all things were created. He is and always has been first, making Him the ultimate and supreme. We can take comfort in knowing that Jesus is above everything and every circumstance we face.

As the head of the Church, He made a way for us to join in His inheritance as sons and daughters of the Living God. He gave His final and supreme word of reconciliation, bringing perfect peace between God and man, when He shed His blood on the cross. As you bring your cares before God, know that before they were, Jesus was and is.

FIND IT IN THE WORD **COLOSSIANS 1:15-20**

DAY 12: JESUS IS SAVIOR

This passage shows that Jesus fulfilled a prophecy found in Psalm 118. Though He was despised and rejected by those around Him, He is the Chief Cornerstone by which God was able to build His Church. It is because of this that we are able to receive salvation. He is the only way to have true communion with the Father. We now have an assurance that heaven will be our home for all of eternity and we never have to be separated from His love.

Take the time today to thank Jesus for His sacrifice on the cross and for saving you from sin and death. Also ask Him to give you confidence in sharing His gospel to those around you.

FIND IT IN THE WORD ACTS 4:11-12

DAY 13: JESUS IS OUR ADVOCATE

We all mess up and we all fall, but Jesus is there to fight for us and defend us before God. Isn't it amazing to know that when God looks at us, He sees Jesus? When God looks at you, He isn't angry and there is no need for you to shy away from Him when you sin. He looks at you and sees Jesus' pure blood. He looks at you and sees His beautiful creation. While we should strive to be holy and set apart - remaining in right communion with Him - it is comforting to know that no matter how many times we fall, His sacrifice covers all of our sins.

When you pray today, thank God that He sees you through Jesus' shed blood. Ask Him to help you remain pure in word and deed.

FIND IT IN THE WORD 1 JOHN 2:1-2

DAY 14: JESUS IS LOVE

It's all about Love. Everything about Jesus is Love. Everything that we've studied over the past couple weeks of this fast culminates in the fact that Jesus is Love. It is because of Love that we were created and are able to create. It's Love that has provided us with all that we need to live and to be. Love has forgiven and Love has healed us. It's because of divine Love that we have peace. Love is kind, faithful, strong, wise, patient, holy, human, humble and full of mercy. It is Love that reigns supreme and ultimate, Love that has saved us and redeemed us. It is Love that is the same - constant, consistent and true - and Love that fights for us and defends us. It is because of Love's sacrifice that we have new life, new hope, and a new home.

Praise Him and worship Him for all that He is today and ask Him to help you show true love to those around you.

FIND IT IN THE WORD **COLOSSIANS 1:15-20**

DAY 15-21: EMBARK ON YOUR OWN JOURNEY

Congratulations on finishing days one through fourteen! To complete this twenty one day journey, select one of the following plans below and follow along on the YouVersion application (downloadable in the iTunes App Store) or online.

KIDS

ABRAHAM'S BIG TEST by Life Church
THE DREAMER by Life Church

YOUTH

SWITCH by Life Church
POTENTIAL by Life Church

NEW BELIEVER

BEGINNING A RELATIONSHIP WITH JESUS by David Dwight + Nicole Nice
HOW TO SHARE YOUR FAITH by Life Church

DAY 15-21: EMBARK ON YOUR OWN JOURNEY

MEN

PLAY THE MAN by Mark Batterson

7 QUESTIONS THAT RATTLE IN THE MINDS OF MOST MEN by John Woodall

WOMEN

THE SISTERHOOD by Bobbie Houston

LISTENING TO GOD by Amy Groeschel