



21 DAY JOURNEY OF

Prayer

AND

FASTING

PERSONAL STUDY & DEVOTIONS

Dear Gateway Family,

We are so glad you have decided to participate in an extended time of prayer, fasting and personal devotion. There really is no better way to reset our spiritual compass and bring about refreshing in every area of our lives than through prayer and fasting. Our hope is that this time of prayer and fasting will refresh us personally but also our church as we seek His blessing and direction.

This Prayer and Fasting guide is designed to be flexible so that you can participate at any level. Whether you have done a 21-day season of prayer and fasting before, or if this is your first time, you can start where you are and experience what God has in store for you in a powerful way. Daily devotions, scripture reading and suggested prayers are included in this booklet. Please commit to reading them each day. The last week will focus on the ultimate sacrifice Jesus made on the cross and the victory we have through His resurrection.

We pray that you will experience the presence and power of God in an extraordinary way as you commit yourself to Him over the next 21 days. May you be closer to God than ever before as you seek Him first.

As you prepare for the next 21 days, think about why you are fasting. Is it for spiritual renewal, for guidance, for healing, for the resolution of problems, for special grace to handle a difficult situation, or for a major decision? Ask the Holy Spirit to clarify His leading and objectives for your journey. This will enable you to pray more specifically and strategically. Think about the top two or three most pressing issues on your heart and zone in on those with God. Write these down in the space provided below, and be open to hearing what God wants to show you in those areas. When praying, make your primary goal to know Jesus more and experience Him. Focus first on what's right about Him, such as His goodness and His greatness, and see everything else through that filter.

Finally, make time to pray daily. Don't overcomplicate this! Just talk to God. Have that place and time where you can seek Him every day. If you don't plan to pray, you won't.

During this fast, I am praying and seek God's guidance for:

- 1) _____
- 2) _____
- 3) _____

Prayer & Fasting Devotions

DAY 1: Thy Kingdom Come, Thy Will Be Done

DAY 2: Tuning Into His Voice

DAY 3: Lord, Teach Us To Pray

DAY 4: Hunger for God

DAY 5: Confession and Confidence

DAY 6: Thanksgiving and Humility

DAY 7: Seeking God's Will

DAY 8: Great Expectations

DAY 9: Taste and See

DAY 10: The Battle Belongs to the Lord

DAY 11: Keep Knocking

DAY 12: Speak Life

DAY 13: Deep Cleaning

DAY 14: If Only and What If

DAY 15: Thinking Like Jesus

DAY 16: Finding Your Passion

DAY 17: Uncommon Love

DAY 18: Turn Your Eyes Upon Jesus

DAY 19: Piercing the Darkness

DAY 20: Alive Again

DAY 21: Keep the Fire Burning

WHY FAST?

Fasting has the potential for significant impact in our lives. Through fasting and prayer, the Holy Spirit can transform your life personally and God can speak to you in new and dynamic ways.

Fasting and prayer can also work on a much grander scale. According to Scripture, personal experience and observation, we are convinced that when God's people fast with a proper Biblical motive – seeking God's face not His hand – with a broken, repentant, and contrite spirit, God will hear from heaven and heal our lives, our churches, our communities, our nation and world. Fasting and prayer can bring about revival – a change in the direction of our nation, the nations of earth and the fulfillment of the Great Commission.

Biblical fasting is, very simply, denying oneself something for the sake of seeking and honoring God. Pastor Stovall Weems says that “prayer is connecting with God; fasting is disconnecting ourselves from the world.” That’s a great way to describe the feeling. In addition to food, you can also fast from other things that keep you connected to the world. These may include television, social media, video games and more.

Why you should fast:

If you do not already know of the power and importance of fasting, here are some very important facts:

- Fasting was an expected discipline in both the Old and New Testament eras. For example, Moses fasted at least two recorded 40-day periods. Jesus fasted 40 days and reminded His followers to fast, “*when* you fast,” not *if* you fast.
- Fasting and prayer can restore the loss of the “first love” for your Lord and result in a more intimate relationship with Christ.
- Fasting is a Biblical way to truly humble yourself in the sight of God (Psalm 35:13; Ezra 8:21). King David said, “I humble myself through fasting.”
- Fasting enables the Holy Spirit to reveal your true spiritual condition, resulting in brokenness, repentance and a transformed life.
- The Holy Spirit will quicken the Word of God in your heart and His truth will become more meaningful to you!
- Fasting can transform your prayer life into a richer and more personal experience.
- Fasting can result in a dynamic personal revival in your own life – and make you a channel of revival to others.

If you fast, you will find yourself being humbled. You will discover more time to pray and seek God's face. And as He leads you to recognize and repent of unconfessed sin, you will experience special blessings from God.

HOW TO FAST

As you prepare to fast, it is important to choose a fasting plan that works for you. While this section provides some general information about different types of fasts, as well as some suggestions on how to create your own fasting plan, it is important to mention that there is nothing more inherently spiritual about one type of fast as opposed to another. These are simply guidelines and suggestions on different things you can do.

Fasting can include food, social media and entertainment, among other things. It should be something you are accustomed to so that it stretches you to give it up. Giving it up for a period of time enables one to focus on God. For example, when those hunger pangs happen, turn to prayer. When you usually watch your television shows, open your Bible to read and pray instead. Fast from social media or watching sports so you can focus on God.

Don't let what you eat or do not eat become the focus of your fast. Our focus should be on drawing closer to God. Remember, this is a time to disconnect enough from your regular patterns and habits in order to connect more closely to God.

Here are a few tips to keep in mind before getting started.

1. Start where you are:

We are all at different places in our walk with God. Likewise our jobs, daily schedules and health conditions are all different and place various levels of demand on our energy. So most importantly, whether you've fasted before or this is your first time, start where you are. Your personal fast should present a level of challenge to it, but it's very important to know your own body, know your options and, most importantly, seek God in prayer and follow what the Holy Spirit leads you to do.

Remember, the goal of fasting is not just to do without food or Facebook. The goal is to draw nearer to God.

2. Make your commitment

Pray about the kind of fast you should undertake. Jesus encouraged us to fast (Matthew 6:16-18). For Him it was a matter of when believers fast, not if they would do it. Before you fast, we encourage you to decide up front the type of fast God wants you to undertake and how much time each day you will devote to prayer and reading God's Word. Making these commitments ahead of time will help sustain your fast when physical temptations and life's pressures tempt you to abandon it.

You may choose to fast all 21 days. Or you may choose to fast several days out of the 21 days, such as three or four days a week throughout the 21-day period. Maybe you will do that and do three to seven consecutive days at the end. This is your personal decision and should be prayerfully considered as it applies to your circumstances.

It is important to fast in a way that works for you. The goal is that you choose a fast that will be challenging for you but will work within your life. You should choose a plan that will cause you to rely on God and will create space in your life for Him to work.

DIFFERENT TYPES OF FASTS

Specific Food or Activity Fast:

In this type of fast you omit a specific item(s) from your meal plans. For example, you may choose to eliminate all red meat, processed or fast food, or sweets. Most people can incorporate this type of fast relatively easily. It can also prove to be a great solution for people with specific dietary needs or medical conditions that may cause certain limitations.

While fasting typically refers to refraining from specific food items, you may also find it extremely beneficial to fast from a regular activity or habit. This might include things such as television, social media and the like. Prayer and fasting are about both connecting to God and disconnecting from the world. Try to tune out some of the regular distractions from your day as much as possible. Replace that time with things that will nourish you spiritually.

Daniel Fast:

The Daniel fast is a great model to follow and one that is extremely effective for spiritual focus, bodily discipline and purification of the body and soul. It is probably one of the most commonly referred-to fasts; however, within the Daniel fast there is room for broad interpretation.

In the book of Daniel we find two different times where the prophet Daniel fasted. Daniel 1 states that he ate only vegetables and water, and in Daniel 10, while the passage does not give a specific list of foods that Daniel ate, it does state that he ate no rich (or choice) foods, as well as no red meat or wine. So based on these two verses, we can see that either of these, or combinations of the two, constitute a Daniel fast.

Again, it is important to mention that there is nothing inherently spiritual about one type of fast as opposed to another. The foundation of the Daniel fast is fruits and vegetables. Some starchy vegetables and dairy could be included, but that depends on the individual. Your goal should be to seek God in prayer about this and follow what the Holy Spirit leads you to do.

If you would like more information on a Daniel Fast, go to: www.daniel-fast.com

Juice Fast:

A juice fast is simply consuming vegetable and fruit juices and water instead of solid food. Many people include whey protein in their liquid plan as well. Even if you choose not to make your entire fast liquids-only, substituting one or two meals for liquids could be a great alternative.

Fasting Safely:

As you begin your fast, you may hear from concerned loved ones and friends who urge you to protect your health. And they are right. You should protect your health. But we want to encourage you that if done properly, fasting will not only prove to be a spiritual blessing, but a physical blessing as well.

You may, however, have a physical problem that would make fasting unwise or dangerous. This could include tumors, cancer, blood diseases, diabetes or heart disease. If that is the case, include your doctor in your decision on how to fast. Also, if you are under any type of medication, you may want to talk with your doctor before changing your regime.

Fasting While Nursing or Pregnant:

Strict fasting while nursing or pregnant is not recommended. If you are in this season of life, here are some great options for you to consider – with the approval of your physician:

- a modified Daniel fast including whole grains, legumes, whey protein, calcium and iron supplements
- fasting sweets and desserts
- fasting red meat
- fasting non-food activities like television, Facebook/Twitter, movies, etc.

Fasting and Eating Disorders:

If you have struggled with an eating disorder, this situation is a battle that you can win through Christ (Philippians 4:13). Remember, fasting is a tool used to get closer to God, and it actually should keep us from being preoccupied with food. If your method of fasting is going to cause you to obsess about what you eat in any way, you will either need to change your approach or your mindset.

If giving up food is a stumbling block to you, then consider fasting of TV, Facebook, reading (other than the Bible), or shopping. There are many distractions and ways that we use to stay in control that we could eliminate from our daily routine. If you can identify such other things, maybe you can give those up instead of food. Remember that you are covered by God's grace. God will show you what to do and give you His peace.

3. Beginning and Ending Your Fast Well:

Depending on the type of fast you choose, it may be important to prepare your body ahead of time before beginning the fast. Take a week or so to transition into your fast; otherwise it may be difficult on your body. For example, if you would like to go on a fruits and vegetables or juice fast, start eliminating meat, white grains, and refined sugars from your diet the week before. Also you may want to start to cut back on dairy products and some of your caffeine intake.

The same principle applies to breaking your fast. When your fast is over, add foods back in very gradually. You won't want to break your fast with a greasy cheeseburger!

The goal for this 21-day fast is that you would experience a new intimacy in your relationship with God. As you prepare to begin, we encourage you to prepare your heart spiritually. The foundation for fasting and prayer is repentance. Unconfessed sin can hinder your prayers.

Here are several things you can do to prepare your heart:

- 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 people whom you have offended, and forgive those who have hurt you (Mark 11:25; Luke 11:4; 17:3,4).
- Ask God to fill you with His Holy Spirit according to His command in Ephesians 5:18 and His promise in 1 John 5:14,15.
- Surrender your life fully to Jesus Christ as your Lord; refuse to obey your worldly nature (Romans 12:1,2).
- 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).

Final Fasting Tips:

- Keep your fridge and pantry stocked with the items you need. Being unprepared to fast sets you up to give into temptation.
- Make it a priority to attend church during your 21-day fast. Being around other believers will encourage you to keep on going when fasting gets difficult.
- If you are fasting with others, you may want to meet together in a small-group setting. You can share what God is showing you in your devotional time as well as spend time in prayer together.
- If you mess up, don't get discouraged. Just get right back on track and keep going. God's mercies "are new every morning" (Lamentations 3:22-23). He wants you to finish, and He will give you the grace and strength to do it!

If you sincerely humble yourself before the Lord, repent, pray, and seek God's face; if you consistently meditate on His word, you will experience a heightened awareness of His presence (John 14:21). The Lord will give you fresh, new spiritual insights. Your confidence and faith in God will be strengthened and you will feel refreshed.

Our prayer is that this will be a significant time in your life where you experience God's presence like never before!

(Adapted from *Your Personal Guide to Fasting and Prayer*, by Dr. Bill Bright, Campus Crusade for Christ International and Awaken Prayer and Fasting Guide.)

Weekly Fasting Schedule:

Here is a quick guide to help you chart your journey.

<p>Day 1 – Monday Fast Options <input type="checkbox"/> Water Fast <input type="checkbox"/> Liquid Fast <input type="checkbox"/> Eat one meal only <input type="checkbox"/> Item fast: _____ <input type="checkbox"/> Other: _____</p>	<p>Day 2 – Tuesday Fast Options <input type="checkbox"/> Water Fast <input type="checkbox"/> Liquid Fast <input type="checkbox"/> Eat one meal only <input type="checkbox"/> Item fast: _____ <input type="checkbox"/> Other: _____</p>
<p>Day 3 – Wednesday Fast Options <input type="checkbox"/> Water Fast <input type="checkbox"/> Liquid Fast <input type="checkbox"/> Eat one meal only <input type="checkbox"/> Item fast: _____ <input type="checkbox"/> Other: _____</p>	<p>Day 4 – Thursday Fast Options <input type="checkbox"/> Water Fast <input type="checkbox"/> Liquid Fast <input type="checkbox"/> Eat one meal only <input type="checkbox"/> Item fast: _____ <input type="checkbox"/> Other: _____</p>
<p>Day 5 – Friday Fast Options <input type="checkbox"/> Water Fast <input type="checkbox"/> Liquid Fast <input type="checkbox"/> Eat one meal only <input type="checkbox"/> Item fast: _____ <input type="checkbox"/> Other: _____</p>	<p>Day 6 – Saturday Fast Options <input type="checkbox"/> Water Fast <input type="checkbox"/> Liquid Fast <input type="checkbox"/> Eat one meal only <input type="checkbox"/> Item fast: _____ <input type="checkbox"/> Other: _____</p>
<p>Day 7 – Sunday Fast Options <input type="checkbox"/> Water Fast <input type="checkbox"/> Liquid Fast <input type="checkbox"/> Eat one meal only <input type="checkbox"/> Item fast: _____ <input type="checkbox"/> Other: _____</p>	

DAY 1: Thy Kingdom Come, Thy Will Be Done

"And lead us not into temptation but deliver us from the evil one." Mt 6:13

Read Matthew 6:1-34

We have all heard the phrase, "just like heaven on earth." When Jesus taught His disciples how to pray, in Matthew 6:9-13, He provided some insight into what "heaven on earth" might look like. In reality, heaven is a place where God's will reigns supreme. If we want to have a taste of heaven on earth, then our prayer should be like Jesus': "Thy kingdom come, Thy will be done..." The purest motivation for our prayers is that God will be glorified and that His will would reign supreme in our lives, just like it does in heaven.

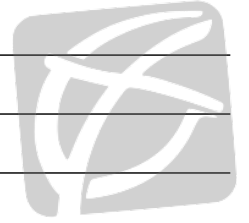
On a more personal level, we can pray that His will be unhindered in our own lives. Rather than imposing His will upon us, God gives us the choice to surrender to it with trust and gladness. As we yield to the Lordship of Christ over every area of our lives, we come into agreement with Him. We experience alignment with heaven and position ourselves to taste a little bit of heaven here on earth. His will then becomes what we desire and the thing we seek after most. We enter into the incredible adventure of participating in God's plan to move His kingdom forward on the earth. This is where we find the most fulfilling and joyous life, but it all starts with one, personal "yes, Lord" on our part.

- What does God's will "on earth as it is in heaven" look like in your life?
- Do the desires of your heart line up with the will of God?
- As we seek God together, let's pray as Jesus taught us, "Thy kingdom come, Thy will be done."

During this 21 day journey, commit to daily praying and memorizing the Lord's Prayer—

*Our Father in heaven,
Hallowed be Your Name,
Your kingdom come,
Your will be done,
On earth as it is in heaven.
Give us today our daily bread.
And forgive us our debts,
As we also have forgiven our debtors.
And lead us not into temptation,
But deliver us from the evil one.
For Thine is the kingdom,
And the power,
And the glory,
Forever.*

PRAYER JOURNAL



PRAYER REQUESTS

PRAISES & ANSWERED PRAYERS

DAY 2: Tuning Into His Voice

"My sheep listen to my voice; I know them, and they follow me. I give them eternal life, and they shall never perish; no one will snatch them out of my hand."
Jn 10:27

Read John 10:1-18

Have you ever been searching for a radio station only to be frustrated by finding static rather than music? You then focus to tune the dial again, and suddenly you hear a clear signal. The fact is, the signal always existed on the airwaves; the only difference is that now you have adjusted your tuner to the right frequency.

In our hectic lives, there are so many signals bombarding our senses that it can become difficult to distinguish God's voice from the deafening "static noise" of life. Fasting enables us to tune out the world's distractions and tune in to God. As we fast, we deny our flesh. When we deny our flesh, we become more in tune to the Holy Spirit and can hear God's voice more clearly. If you truly listen for God's voice, you will hear it. When you hear it, it will help you become more like Jesus.

Fasting is a means of disconnecting from the distractions of daily life and consciously choosing to worship God and find our satisfaction in Him alone. Giving up physical nourishment is the first step in engaging that process. If you desire to tune out the static of life and really tune into the voice of God, come to Him first and foremost with ears that are willing to listen and a heart that is ready to obey what He says.

The more we practice being in His presence, the clearer and more recognizable His voice becomes.

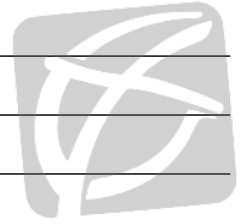
During this time of fasting, we may feel physical hunger, but let's be intentional, using those hunger pains to listen and speak to God. Be still before the Lord and He will set you in a place of increased strength, peace and hunger for His righteousness.

- In this time of fasting, what is your mind tuned to?
- What distractions do you need to remove so that you can focus on God?
- Prepare your heart to hear the voice of God, and ask God to help you remove distractions that keep you from focusing on Him and hearing Him clearly.

Prayer:

Lord, help me to tune in to You. As distractions and temptations come, give me strength to turn to You. Teach me. Give me eyes and ears to hear Your voice. Open my heart to Your Word. As I'm challenged in the days ahead, please give me what I need to humble myself and honor You. Help me to take time to be holy, to spend time with You in secret, to trust in Your Word. You are the potter. I am the clay. Mold me and make me according to Your will. Thank You for being a God who I can trust. You are so faithful to me. I am Yours.

PRAYER JOURNAL



PRAYER REQUESTS

PRAISES & ANSWERED PRAYERS

DAY 3: Lord, Teach Us To Pray

*"One day Jesus was praying in a certain place. When he finished, one of his disciples said to him, "Lord, teach us to pray, just as John taught his disciples."
Lk 11:1*

Read Luke 11:1-13

You might ask, "If God already knows what we need before we ask, why even bother praying?" Scripture makes a very strong case for prayer in the life of the believer. Jesus told us to pray, modeled focused times of prayer and emphasized it in His teaching. One model for how we should pray is captured in the acrostic A.C.T.S. Each letter stands for a specific aspect of prayer, arranged in a very natural order. These elements of prayer are reflected in the prayer Jesus taught us.

A: Adoration (Worship)

Jesus essentially taught us the same thing in the Lord's Prayer, which begins, "Our Father who art in heaven, hallowed be Thy name" (Matthew 6:9). This puts things in perspective for us. When we take time to praise and worship God in our prayers, we are placing God where He rightfully belongs. As a result, our problems and needs come into their proper perspective.

C: Confession (Of Specific Sins)

The closer we draw to God, the more we sense our own sinfulness. The confession of our sin removes any barriers and clears the air of anything that would cause God not to hear our prayers. As 1 John 1:9 says, "If we confess our sins, He is faithful and just to forgive us . . ." This is, once again, modeled in the Lord's Prayer. After "Our Father who art in heaven," we find, "Forgive us our sins" (Matthew 6:12).

T: Thanksgiving (Gratitude)

Our immediate response after confession is thanksgiving. We should be thankful that God would indeed cleanse and forgive us. Psalm 118:1 says, "Give thanks to the Lord, for He is good! For his mercy endures forever." By giving thanks for the "daily bread" He has provided, we prevent our focus from shifting to what we do not have.

S: Supplication (Specific Requests)

God does want to hear our needs and requests, yet too often we cut to the chase and start with asking. If we are faithful in the first three steps, the final step will become more meaningful and powerful. Even as you pray for your personal request, remember the Lord's Prayer is a collective prayer – "Our Father, Give us, Forgive us, Lead us, Deliver us." Supply others with strength and provision by connecting them to God in your prayers.

"To be a Christian without prayer is no more possible than to be alive without breathing."

~Martin Luther

Prayer:

Lord, You know how often my mind goes to worry and not to trusting You. May my thoughts be quicker to turn into prayers to You, my Almighty God, because You know the plans You have for me, and they are plans to prosper me and not to harm me. Thank You for Your peace that surpasses all understanding as I place my confidence in You and believe You are at work in my life.

PRAYER JOURNAL



PRAYER REQUESTS

PRAISES & ANSWERED PRAYERS

DAY 4: Hunger for God

"Then Jesus was led by the Spirit into the wilderness to be tempted by the devil. After fasting forty days and forty nights, he was hungry."
Mt 4:1-2

Read Luke 4:1-11

Even Jesus disconnected from the world to fast and pray. The Gospels of Matthew, Mark and Luke speak of Jesus in the wilderness for 40 days and 40 nights. They also describe other times Jesus pulled away from the demands of the crowds, His ministry and even His closest friends to pray.

There are times that we, too, need to pull away from the things of the world to focus and adore God. "The things of the world" can certainly include more than just food. In fact, in our world, it is more likely to be television, movies, Facebook, Twitter, cell phones and internet that keep us "tuned in" to the world.

None of these things are wrong in and of themselves, but they are avenues for a mental and spiritual "crowd" to gather around us and drown out the gentle voice of the Holy Spirit.

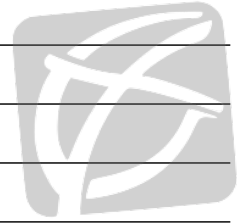
Fasting is a means of disconnecting from the distractions of daily life and consciously choosing to worship God and find our satisfaction in Him alone. Giving up physical nourishment is the first step in engaging that process. If you think about it, though, we nourish our souls as well as our bodies. We do so through reading, talking, socializing, playing and leisure. When we fill our souls up with all those things, we don't feel a hunger for God.

During this time of fasting, we may feel physical hunger, but let's be intentional about cultivating spiritual hunger as well. Let's draw away from the crowds, and lay aside for a season the activities we use to nourish our souls. Instead let's allow ourselves to enter a state of spiritual hunger - a hunger for Who God is. Take time to acknowledge God's attributes of love, grace, holiness, sovereignty, and any others that come to mind. Adore and be still before the Lord and He will set you in a place of increased strength, peace and hunger for His righteousness.

- Are you disconnected from the things that nourish your body and soul?
- What do you need to deny yourself so that this can be a powerful time in your life?
- Take time to pray and read God's Word during the time you would normally do what you are fasting from. God will honor your heart and commitment.

Prayer:
Lord, give me a spiritual hunger that I have never known. Increase my thirst for righteousness, for purity, for holiness, for You! Break the power of sin and worldly habits that keep me from You. Pour Your cleansing, living water through me and make me a vessel that You can use to refresh others. Use me in Your service. Help me to remember the brevity of my life and to store up treasures in Heaven.

PRAYER JOURNAL



PRAYER REQUESTS

PRAISES & ANSWERED PRAYERS

DAY 5: Confession and Confidence

"Create in me a pure heart, O God, and renew a steadfast spirit within me. Do not cast me from your presence or take your Holy Spirit from me. Restore to me the joy of your salvation and grant me a willing spirit, to sustain me."
Psalm 51:10-12

Read Psalm 51

Consider the things that come between you and God, and hold them up to God as a confession. Confession causes us to face our nature, and can be a frightful thing, but it is also a bridge to God. Sincere confession is always followed by God's drawing near in forgiveness.

- Are there areas in your life causing an internal struggle?
- Make a decision today that you will yield to the Holy Spirit and lean on His strength, not your own, to overcome obstacles of sin and selfishness in your life.
- Surrender and release those areas to God, knowing He will help you.

As you read the following prayer confession– think of the areas resonate with you. And don't be limited by what is written here, add your own words of confession. As the scripture says, "If we confess our sins to him, he is faithful and just to forgive us and to cleanse us from every wrong" (1 John 1.9). Now is the time to search our hearts and to be fully known by God. As we focus on the cross and resurrection, we need to be honest with God, hiding nothing. Remember as well that there is no darkness too deep for God: His own Son suffered death on a cross under a greater burden than any have known before or after Him to free us from the darkness of sin.

There is no depth to which we may sink where He has not been or where we will be out of reach of the mercy of God.

Prayer:
 Holy and merciful Father: I confess to You... that I have sinned by my own fault in thought, word and deed; by what I have done and by what I have left undone. I have not loved You with my whole heart, and mind, and strength. I have not loved my neighbors as myself. I have not forgiven others as I have been forgiven. I have been deaf to Your call to serve, as Christ served me... I have grieved Your Holy Spirit.

Father, I confess to You my great pride, impatience, self indulgence, prejudice, contempt, cruelty and dishonesty. I confess my exploitation of others, envy of those more fortunate, lust for worldly goods and comforts, negligence in prayer and worship, and my failure to stand firm and be a witness to Your reality. Father, by way of the cross and passion of Your Son our Lord, teach me the joy of resurrection.

PRAYER JOURNAL _____



PRAYER REQUESTS _____

PRAISES & ANSWERED PRAYERS _____

DAY 6: Thanksgiving and Humility

"One of them, when he saw he was healed, came back, praising God in a loud voice. He threw himself at Jesus' feet and thanked him—and he was a Samaritan." **Lk 17:15**

Read Luke 17:11-19

What a great example of humility – this man ran back to Jesus and threw himself at His feet. As the others left with their salvation from Jesus, his response was to return and give thanks. And even though Jews and Samaritans regarded each other as enemies, he approached Jesus humbly and submitted to Him.

"But he gives us more grace. That is why Scripture says: God opposes the proud but shows favor to the humble. Submit yourselves, then, to God. Resist the devil, and he will flee from you. Come near to God and he will come near to you. Wash your hands, you sinners, and purify your hearts, you double-minded. Grieve, mourn and wail. Change your laughter to mourning and your joy to gloom. Humble yourselves before the Lord, and he will lift you up." **James 4: 6-10**

Being humble before God is realizing our need of Him, submitting to His will, pursuing Him and being confident the outcome will occur in God's perfect timing.

Be encouraged that approaching God with a heart of humility will always position you to find relief in Jesus. Don't be ashamed to humble yourself before God, even in the midst of others looking on. Offenses and disappointment may come but continue in your pursuit of Jesus. You may not get relief right away but know that God is never late and His solution is always perfect.

Prayer is a posture of humility. Humble yourself before the Lord each day and bring your cares to Him.

You may want to consider how you present your body to the Lord in prayer. Getting down on our hands and knees or stretching out on our faces on the floor puts us in positions of humility that can help us focus. He wants to meet you where you are and answer your every need.

- Is there discouragement in your heart today?
- Write it down and release it to our perfect God.

Prayer:
 Lord, I bow before You realizing You are sovereign, almighty, and all powerful. I thank You that in Your greatness You still love and care for me. Your ways and thoughts are so much higher than mine, and I acknowledge my need for You. May I have a meek and humble spirit like Jesus. Remove pride from my life, for I confess I am nothing without You. I submit my life to You once again. I pray You remove disappointment and discouragement from me as I trust in You and Your perfect will. Help me to be humble and gentle to those around me. Thank You for working in my heart. I love You.

PRAYER JOURNAL



PRAYER REQUESTS

PRAISES & ANSWERED PRAYERS

DAY 7: Seeking God's Will

Jesus, full of the Holy Spirit, returned from the Jordan and was led by the Spirit in the desert, where for forty days He was tempted by the devil. He ate nothing during those days, and at the end of them He was hungry...Jesus returned to Galilee in the power of the Spirit, and news about Him spread through the whole countryside. He taught in their synagogues, and everyone praised Him.

Luke 4:1-2, 14-15

Read Luke 4

Fasting and prayer are helpful to receiving a clear vision of God's specific path for our lives. Many times following a season of prayer and fasting we can have a more defined understanding of the part that we play in the body of Christ.

This chapter in the Gospel of Luke describes the circumstances surrounding the beginning of Jesus' public ministry. Notice that He went into the desert "full of the Holy Spirit." However, He returned to Galilee, "in the power of the Holy Spirit." Being full of the Spirit is knowing God and His character; walking in the power of the Spirit is when we know that we have the God-given strength and authority in our lives to walk in His will.

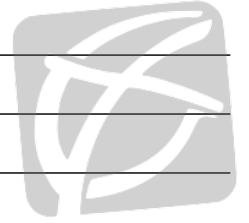
The power of the Spirit is essential for us to accomplish God's plan for our lives– to live for Christ, grow in Christ, serve like Christ and make disciples of Christ. God could be leading you to fast so that you can receive His specific instructions for your life. He will empower you, not just to know Him, but to walk in His power to accomplish all that He has called you to do.

- Are there areas of your life that need more clarity?
- Are you walking in the power of the Spirit and living in God's purpose for your life? Write down those things God is speaking to you.
- As you continue your fast, pray that God continually reveals His purpose and gives you ever increasing clarity and strength to walk it out.

Prayer:

Holy Spirit, thank You that Your power lives within me. I want to live more in Your power, so I ask that You come into my soul and fill me again. I do not want any sin in my life to block You, so I ask You to cleanse my heart. I know You have a purpose for my life, but I don't always know what that is. I ask for a clear calling and discernment as I desire to live out Your plan. When You call me to something, You also completely equip me. I pray that You alone will work through me and that others will see You in me. Thank You for choosing me and giving me a purpose. May my life shine brightly for You!

PRAYER JOURNAL



PRAYER REQUESTS

PRAISES & ANSWERED PRAYERS

DAY 8: Great Expectations

Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, because you know that the testing of your faith produces perseverance. Let perseverance finish its work so that you may be mature and complete, not lacking anything. If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you. But when you ask, you must believe and not doubt, because the one who doubts is like a wave of the sea, blown and tossed by the wind. That person should not expect to receive anything from the Lord. James 1:2-7

Read James 2

What do you expect when you pray? When we pray with earnest expectation, we are exercising our faith. The earnest prayers of people walking in step with God can produce powerful results, and the most earnest prayers come from us recognizing our need for God.

There can be a natural tendency to shrink back when praying for the seemingly impossible, but we must remember that nothing is impossible with God. If we know the promises that God has given us, and understand His character and the principles by which He works, we can pray with confidence and trust Him for the answer.

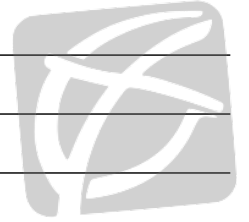
The Kings James Version of the Bible refers to it as being "unwavering in your faith." What has caused you to waver in your expectation with God? James reminds us that faith and wavering are actually contradictory - he says "nothing wavering". Know that God never wavers in His love for you. You can trust Him completely.

- What are you trusting God for in this season?
- How can you line up your expectations with the Word of God when you pray?
- Find promises in His Word that answer your need and write them down today.

Prayer:

Lord, please help me to stand firm in my faith as I walk with You. You are my strong tower. I know I can trust in You. Guard and renew my mind, body, soul and spirit in Christ Jesus according to Your will. May each one line up with the Word of God. May my life be filled with faith and expectation that You are working all things for good. Give me faith to move mountains, knowing that You have promised to do the impossible so that You may be glorified. May my life, thoughts and expectations reflect Yours, my King and my God.

PRAYER JOURNAL



PRAYER REQUESTS

PRAISES & ANSWERED PRAYERS

DAY 9: Taste and See

The law of the Lord is perfect, refreshing the soul. The statutes of the Lord are trustworthy, making wise the simple. The precepts of the Lord are right, giving joy to the heart. The commands of the Lord are radiant, giving light to the eyes. The fear of the Lord is pure, enduring forever. The decrees of the Lord are firm, and all of them are righteous. They are more precious than gold, than much pure gold; they are sweeter than honey, than honey from the honeycomb. **Psalm 19:7-10**

Read Psalm 19

Your Bible, God’s Word, is life-giving, spiritual food. When Jesus was tempted by Satan in the wilderness, He said, “Man shall not live on bread alone, but on every word that comes from the mouth of God” (Matthew 4:4). Psalm 19 says this about God’s words: “They are more precious than gold, than much pure gold; they are sweeter than honey, than honey from the honeycomb.” Proverbs 4:22 says, “For they are life unto those that find them, and health to all their flesh.”

God’s Word is life changing, miracle working, alive, holy, true, perfect, empowering, encouraging, trustworthy and healing. It guides us, gives wisdom, judges the thoughts and attitudes of the heart, is a mighty weapon and is to be treasured! Jesus was the Word made flesh, our bread of life. When we open the scriptures, we begin to know Him better.

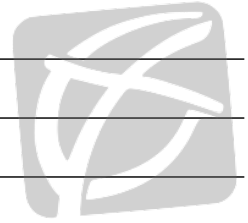
In John 4, we read about Jesus’ encounter with the Samaritan woman. When Jesus met her, His disciples had gone into town to get food. When they returned with the food, they found Jesus’ hunger satisfied. They were confused by this, wondering if He had eaten while they were gone. But Jesus said, “My food is to do the will of him who sent me and to finish his work.” Jesus was sustained spiritually by doing His Father’s will. He then told them in John 6:27, “Do not work for food that spoils, but for food that endures to eternal life, which the Son of Man will give you.”

We are spiritually nourished by feeding on God’s Word and by doing His will. Ask God to open your spiritual eyes and ears to receive His Word as life-giving and sustaining. Drink deeply from His Word. Listen for His voice. Obey His promptings. Trust Him to sustain you as you pray and fast. Believe that God’s Word is “sweeter than honey, than honey from the honeycomb.” He will do more than you can imagine.

- How can you create time to be in God’s Word?
- Do you believe that it will nourish you and bring life to you?
- Ask God to meet you personally through this time as you seek Him. He desires to teach you. He delights in you.

Prayer:
 Lord, thank You for nourishing me with Your Word. It is life to my body and soul. Help me to realize the power of Your Word in my life. Open my eyes and ears to know You better as I spend time in the scriptures. Teach me, renew me and make me strong in You. Help me to keep Your words in my heart and to do Your will. Show me how to use Your Word to bring renewal to my life and to bring others to You. I trust You to sustain me. You are more than enough.

PRAYER JOURNAL _____



PRAYER REQUESTS _____

PRAISES & ANSWERED PRAYERS _____

DAY 10: The Battle Belongs to the Lord

For I know that good itself does not dwell in me, that is, in my sinful nature.[c] For I have the desire to do what is good, but I cannot carry it out. 19 For I do not do the good I want to do, but the evil I do not want to do—this I keep on doing. 20 Now if I do what I do not want to do, it is no longer I who do it, but it is sin living in me that does it.
Romans 7:18-20

Read Romans 7

There's an internal war that often wages within each and every one of us. Paul describes this so well here in Romans 7 - we desire to do the right thing, but in our own efforts, we don't have the power to and we mess up.

The good news is that we don't have to rely on our own strength to make right decisions. We don't have to be dominated by our sinful nature and end up doing the things we don't want to do. But the only way we can live this kind of life is by yielding to the Holy Spirit and relying on the strength of Jesus Christ, not our own.

When we're facing struggles, we must rely on God's power alive within us through the Holy Spirit. When we are born again, the Holy Spirit resides in us and places in us the desire to do what is pleasing to God. (Hebrews 10:16) The Holy Spirit always wants to do what is right. He always wants to uphold the perfect will of God, pleasing the Father in every way. It is our job to lay down our stubborn fleshly will and yield to the will of God. In that moment, the Holy Spirit will be there to help us in our time of need. Instead of trusting in our own strength, let's learn to yield to and become totally reliant upon the Holy Spirit.

- Are there areas in your life causing an internal struggle?
- Make a decision today that you will yield to the Holy Spirit and lean on His strength, not your own, to overcome obstacles of sin and selfishness in your life.
- Surrender and release those areas to God, knowing He will help you.

Prayer:

Lord, give me the desire to please You in all things. I confess I want to do things my way. Forgive my stubbornness and pride. Help me to choose Your way. I humbly ask You for grace and a willingness to yield to the Holy Spirit who lives in me. May my life reflect Your will for me. Help me to put away childish things and to put on love. Help me to stop actions that are harmful to me and others. Today I put on compassion, kindness, humility, gentleness and patience. Give me grace to forgive as You have forgiven me. I love You.

PRAYER JOURNAL



PRAYER REQUESTS

PRAISES & ANSWERED PRAYERS

DAY 11: Keep Knocking

Ask and it will be given to you; seek and you will find; knock and the door will be opened to you. For everyone who asks receives; the one who seeks finds; and to the one who knocks, the door will be opened. "Which of you, if your son asks for bread, will give him a stone? Or if he asks for a fish, will give him a snake? If you, then, though you are evil, know how to give good gifts to your children, how much more will your Father in heaven give good gifts to those who ask him!" Matthew 7:7-11

The effective, fervent prayer of a righteous man avails much.

James 5:16b

Read James 5:7-20

Fervency speaks of our level of intensity, passion and persistence. Many times, we can lose our passion in prayer or stop praying for certain things altogether because we lose heart or give up. But God invites us to keep them before Him and trust Him for an answer in His time. (Matthew 7:7-11)

The Old Testament prophet, Elijah, practiced a lifestyle of fervent, intense prayer and he witnessed incredible miracles in his lifetime as a result. In 1 Kings 17:17-24, we read of a woman whose only son became ill and died. When Elijah heard the news he quickly took action and did what he knew best – he fervently cried out to God. Elijah fully believed that God could bring the boy back to life, and he didn't pray just once. It is recorded that he prayed three times for the boy's soul to return to him. He prayed fervently, repeatedly and he wasn't going to give up. Verse 22 reads, "then the Lord heard the voice of Elijah; and the soul of the child came back to him, and he revived."

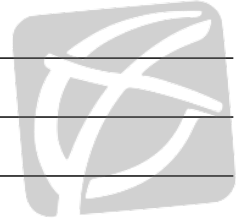
God honored Elijah's obedience and fervent prayers and brought the boy to life. God hears your prayers as well and will bring an answer in His perfect timing. But don't be discouraged or disheartened if the answer is not exactly what you expected. Commit to praying to God with passion and persistence, trusting the answer will come in God's perfect way and in His perfect timing.

- How often do you pray throughout the day?
- Who are the people or what are the areas that require your fervent prayers?
- What are natural times during the day that you can commit to praying for these needs?

Prayer:

Lord, You have given me the gift of partnering with You in prayer. Stir my heart to prayer and give me ears to listen as You speak to me in the quiet places of my heart. Increase my faith as I trust You for the answers to my prayers. Thank You for hearing me. I seek Your face and humbly, persistently ask that You will do a mighty work in my life. Use my prayers to bless and encourage others. Teach me to praise You in my prayers. You are worthy of my praise.

PRAYER JOURNAL



PRAYER REQUESTS

PRAISES & ANSWERED PRAYERS

DAY 12: Speak Life

Jesus, once more deeply moved, came to the tomb. It was a cave with a stone laid across the entrance. "Take away the stone," he said.

"But, Lord," said Martha, the sister of the dead man, "by this time there is a bad odor, for he has been there four days."

Then Jesus said, "Did I not tell you that if you believe, you will see the glory of God?" So they took away the stone. Then Jesus looked up and said, "Father, I thank you that you have heard me. I knew that you always hear me, but I said this for the benefit of the people standing here, that they may believe that you sent me."

When he had said this, Jesus called in a loud voice, "Lazarus, come out!" The dead man came out, his hands and feet wrapped with strips of linen, and a cloth around his face.

*Jesus said to them, "Take off the grave clothes and let him go." **John 11:38-44***

Read John 11

The story of Lazarus' death and resurrection reflects the power of Jesus' to bring life. He already knew in His heart the miracle that was about to take place, but His words brought life back to Lazarus.

While prayer is our declaration of our dependence on God, our words of encouragement can be a testimony of what's happening in our hearts. There is power in our words – whether they are used to build up or tear down. It is so important to keep our hearts filled with the truth from God's Word so that our words will produce good fruit.

Prayer:
Father, Thank You that Your Word is life and power to me and to others. Your Word brings hope to things that appear to have no hope. May Your words take root in my heart so that I can bring life, power and encouragement to others who are weary. Place a deep hunger in my heart for Your words so that I can memorize and recall Your words when needed. May the words of my mouth and the meditations of my heart be pleasing in Your sight, oh Lord, my rock and my redeemer.

As you seek God in prayer, ask Him for the words and discernment that may help encourage someone today. Pray that your words would be aligned with the truth of God's word. Building others up around us with our words allows us to be God's instrument - a vessel for His good work.

As God continues to fill us through this season of prayer and fasting, He wants to take what is now in our hearts and share it with others.

- How can you use the power of God's Word and work in you to speak life into the lives of others?
- Who do you know that could use a text, message, card, or phone call of encouragement and prayer?

PRAYER JOURNAL



PRAYER REQUESTS

PRAISES & ANSWERED PRAYERS

DAY 13: Deep Cleaning

For those who live according to the flesh, set their minds on the things of the flesh, but those who live according to the Spirit, the things of the Spirit. For to be carnally minded is death, but to be spiritually minded is life and peace.
Romans 8:5-6

Read Romans 8

Have you ever looked up at your ceiling fan blades or in the deep recesses of your couch cushions and noticed the filth that builds up over time? Even though we might clean on a regular basis, there are times when we need to go... a little deeper. We realize that what appeared to be clean on the surface was in all actuality, quite filthy.

The same thing can happen spiritually. As we go about our daily lives, there are things that can build up over time. Even if we regularly worship, pray and read our Bible, the different pressures and cares of this world can quietly build up, and end up consuming our lives. Without even realizing it, we can lose our peace, our joy, and our passion for the things of God. Our service to God, which used to fill us with life and excitement, becomes a duty that we must fulfill.

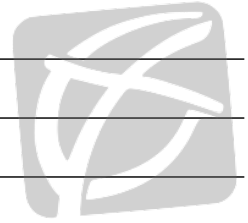
Fasting is the deep cleaning that helps us take our mind off of the things of this world and instead have a refreshed focus on the things of the Spirit. It is an incredibly effective way to get into the nooks and crannies of our soul and bring all those dusty old habits, broken mindsets and rusty attitudes out into the light of God's truth. In fasting and prayer, our service to God returns to something we want to do rather than something we have to do.

As you pray and fast today, ask God to show you any areas where you could use a refreshed spiritual focus. Like David, in Psalm 51:10-12, pray that God will cleanse your heart, renew your spirit, and restore the joy of your salvation. Pray with confidence, knowing that He wants to fill you with His life and peace.

Prayer:

Lord, at times I grow tired and lukewarm in my love and service for You. Forgive me for allowing the distractions of the world to take my focus off of You. Please renew the joy of my salvation and give me a fresh passion for You. I want to love You more than life. Thank You that You never grow weary and that Your passion for me is always secure.

PRAYER JOURNAL _____



PRAYER REQUESTS _____

PRAISES & ANSWERED PRAYERS _____

DAY 14: If Only and What If

*Rejoice in the Lord always. I will say it again: Rejoice! Let your gentleness be evident to all. The Lord is near. Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. **Philippians 4:4-7***

Read Philippians 4

Worry seems to be an inescapable fact of modern life. No doubt there is plenty to worry about: our future, the economy, global warming, war, disease... the list could go on forever! Sometimes it might seem that worry has even replaced Jesus as the focal point of our lives. Jesus Himself admonished us several times not to worry. And the great apostle, Paul, tell us in the passage above that there is an antidote to worry...prayer.

When we worry about something, we are spending energy on it, wondering what might happen, rehearsing the "if only's" and "what if's" in our mind. Why not take that same energy and refocus it on prayer instead? When we worry, we are simply talking to ourselves about our fears, but when we pray, we are taking those fears to God. We can't control the future, but in the words of Anne Graham Lotz, "God is already there!" He knows exactly what is going to happen and He promises to be with us every step of the journey.

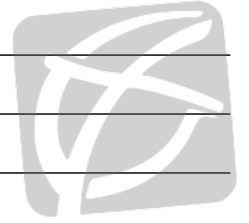
As we continue this season of prayer and fasting, let's make an effort to convert our worry into prayer. As Paul says in the verse above, "let petitions and praises shape your worries into prayers," and you will find that the peace of God will guard your heart.

- Are there things that you consistently worry about?
- As you go through your day today, recapture each worried thought and send it up to God as a prayer. See how dramatically your outlook improves when the peace of God is activated through prayer!

Prayer:

Lord, You know how often my mind goes to worry and not to trusting You. May my thoughts be quicker to turn into prayers to You, my Almighty God, because You know the plans You have for me, and they are plans to prosper me and not to harm me. Thank You for Your peace that surpasses all understanding as I place my confidence in You and believe You are at work in my life.

PRAYER JOURNAL



PRAYER REQUESTS

PRAISES & ANSWERED PRAYERS

DAY 15: Thinking Like Jesus

Therefore if you have any encouragement from being united with Christ, if any comfort from his love, if any common sharing in the Spirit, if any tenderness and compassion, then make my joy complete by being like-minded, having the same love, being one in spirit and of one mind. Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, not looking to your own interests but each of you to the interests of the others.

*In your relationships with one another, have the same mindset as Christ Jesus: **Philippians 2:1-5***

Read Philippians 2

Our godliness can often be measured by the line between our pride and humility. Scripture tells us that God has placed a spirit of "fierce desires" in us. Pride can ignite these God-given desires into an occasion for doing wrong. Humility, on the other hand, makes room for God, who tempers and directs our desires, and guides us to lasting fulfillment.

Scripture tells us that Jesus humbled Himself and was obedient to the point of death, even death on a cross (a more humiliating event could not have been imagined). So we practice humility as a way to follow Jesus, and to cast off all our ineffective, prideful attempts at self-promotion, self-salvation and self-satisfaction.

When we remember that Jesus' death is our only hope, and that all our efforts to save ourselves are at best short-term solutions and doomed to fail, we weep for our condition. But we also need to remember that humiliation and remorse, both appropriate responses to God, are temporary.

Through Christ's resurrection, the humble are lifted up, and those who mourn are comforted with an everlasting comfort.

- In what area of your life or in what relationship do you need to ask God to grant you humility?
- Is there someone you need to humbly approach and ask for forgiveness?
- Is there an area you need to surrender to God and no longer seek your will, but to trust in Him for His will to be done?

Prayer:
 God grant me the ability to see myself as You see me. Yet protect me from what I find in my own heart, for surely it is more awful than I can bear. Forgive me, and carry my burden of grief when I see my failings. And God, don't let me take credit for the good things You have given me. In Your mercy help me to see the pride in my own heart. Heal and renew my spirit; refine the passion of my heart; and help me to walk in humility.

PRAYER JOURNAL



PRAYER REQUESTS

PRAISES & ANSWERED PRAYERS

DAY 16: Finding Your Passion

The disciples went and did as Jesus had instructed them. They brought the donkey and the colt and placed their cloaks on them for Jesus to sit on. A very large crowd spread their cloaks on the road, while others cut branches from the trees and spread them on the road. The crowds that went ahead of him and those that followed shouted,

"Hosanna to the Son of David! Blessed is he who comes in the name of the Lord!" Matthew 21:6-9

Read Matthew 21:1-11

The day Jesus entered Jerusalem before His death and resurrection is known as Palm Sunday. It marks the beginning of the week of Christ's passion. The word 'passion' comes from a Latin word which means 'suffering'. The suffering of Jesus Christ on the cross has always been referred to as The Passion. There is even a movie by that name. In modern times, we have come to apply the word passion to mean any kind of strong feeling, or commitment, even though it more properly describes a suffering for some worthwhile thing.

In many ways we have lost this sense of the word - in part, perhaps, because there is so little of this kind of passion left in the western world. We ascribe the word passion to how we feel about sports teams, music, or our political views. Would you be willing to suffer for those things?

How different is the passion of Jesus: directed by God and willingly accepted. Jesus actively chose His path and the sufferings that followed. In Jesus we see not only the full depth of God's passion for us and the suffering that was a necessary part of it, but also the full depth of one perfect human's passion for God (in Jesus): obedience that led to death.

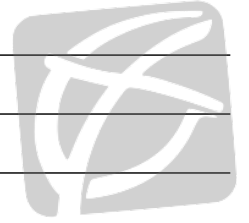
How do we respond to God's call to follow Him? Are we passionate? Or passive? To walk with Jesus, who said, "take up your cross and follow me," we must accept God's direction and choose to follow the path laid out for us. This is a path of certain passion (suffering), but also certain hope because of the victory we have through Christ's resurrection.

- How are you passionate in your love for the Lord?
- In what areas do you actively choose God's ways and desire to live for Him?
- Or, do you passively follow Him?
- In what ways do others look at your life and see your passion and consuming love for Jesus?
- Ask God to enable you to passionately love and follow Him.

Prayer:

Lord, thank You for Your passionate love for me that You would die for me. And thank You for Your passionate love for the Father, that You would obey Him, even to death. Lord, I am so often harassed and helpless, like a sheep without a shepherd—how can I find my way unless You help me? Have mercy on me. Lead me, Lord. Come, and give me the strength I need to follow You in doing the Father's will. Bless the time I give to You this week. Pour Your blessing over me. Give me a passionate love equal to Yours.

PRAYER JOURNAL



PRAYER REQUESTS

PRAISES & ANSWERED PRAYERS

DAY 17: Uncommon Love

*It was just before the Passover Festival. Jesus knew that the hour had come for him to leave this world and go to the Father. Having loved his own who were in the world, he loved them to the end. The evening meal was in progress, and the devil had already prompted Judas, the son of Simon Iscariot, to betray Jesus. Jesus knew that the Father had put all things under his power, and that he had come from God and was returning to God; so he got up from the meal, took off his outer clothing, and wrapped a towel around his waist. 5 After that, he poured water into a basin and began to wash his disciples' feet, drying them with the towel that was wrapped around him. **John 13:1-5***

Read John 13

At the last supper Jesus washed the disciples' feet. He also gave them a new commandment, "Love one another as I have loved You."

But the disciples don't fully comprehend how deeply Jesus has loved them. After all they had been through, it took a king on His knees with a towel around His waist to prove to them the loving, servant heart of God—

- What if our president, or a king, were to wash the feet of a bunch of fishermen today?
- What if it were your feet?

But even so, Peter the disciple doesn't understand why Jesus would defile Himself in this way. If that night Peter finds it hard to accept that Jesus His king would humiliate Himself by washing His followers' feet, he will be even more confounded the next day. For there will be another demonstration of how God loves on Good Friday, when the perfect love of God in Jesus faces the wrath of God against evil, and triumphs in the end. All for the love of us.

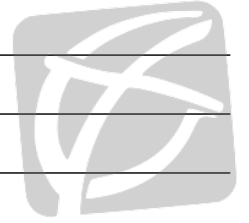
Are you washed in the love of Jesus?

- Whose feet do you need to wash in humility and love?
- In what areas of your life and in what relationships do you need His Spirit of love and humility?
- How can you serve others, especially those you are the closest to? How can you grant another the peace He has freely given us?

Prayer:

Wash me clean, Lord. I want to receive all You have for me. I am blessed and honored when You serve me; I am humbled by Your humility. Help me remember Your healing and cleansing. Don't let me forget my salvation. In darkness help me call on Your name. Jesus. In darkness, be the light of my heart; may I never be afraid. I am longing for Your sunrise, Jesus. In Your mercy, give me the gift of hope. And by Your love, help me to love others. Teach me Your way in the coming days. Help me to understand how You have loved me, and how You love me still.

PRAYER JOURNAL



PRAYER REQUESTS

PRAISES & ANSWERED PRAYERS

DAY 18: Turn Your Eyes Upon Jesus

Two other men, both criminals, were also led out with him to be executed. When they came to the place called the Skull, they crucified him there, along with the criminals—one on his right, the other on his left. Jesus said, "Father, forgive them, for they do not know what they are doing." And they divided up his clothes by casting lots.

...It was now about noon, and darkness came over the whole land until three in the afternoon, 45 for the sun stopped shining. And the curtain of the temple was torn in two. 46 Jesus called out with a loud voice, "Father, into your hands I commit my spirit." When he had said this, he breathed his last.

Luke 23:32-34 & 44-46

Read Luke 23

When we think of Jesus' death on the cross, we also remember all those who were together with Him in the last days. Imagine being in the disciples' shoes during what was certainly the darkest period of their lives. Through the Scriptures we see Jesus' followers as they fall asleep, betray Him, deny, flee, despair and generally fail to "get it." Imagine what it would have been like for them to watch their friend, mentor, King, their Savior, be arrested, whipped, humiliated, stripped naked, crowned with thorns and hammered to a wooden cross.

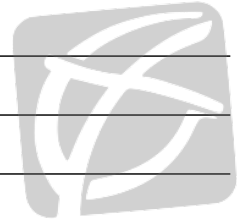
Jesus chose the path of suffering and death so that they—and we—could be free forever from the punishment due to us because of the evil in our hearts. He took our place on the cross. If we are able to "get" this truth, then suffering and death are no threat to us, whether at the hands of a Roman soldier, or in the hands of a just God. We don't need to fear death because of what Jesus did.

Because of Jesus' suffering, we also have an advocate when we suffer. No matter what we are going through, no matter how tough or terrorizing, one thing is sure: Jesus understands. He has endured far worse, for our sake. When we are tempted to look up out of the dark holes we find ourselves in, to search the heavens and call out to God—we may wonder, "Where is God and why won't He rescue me?" Consider for a moment that Jesus doesn't gaze down at you from some great throne in Heaven. No. He is beside you, waiting for you to let go and fall back into His arms. Jesus has experienced the limit of suffering and He is able to meet you where you are. There is no depth of despair to which we can ever descend that is lower than Jesus went when He died under the weight of a world full of evil. But no matter how lost we have been, don't doubt that we are found in Jesus.

Prayer:

Father, teach me Your way. Teach me how to leave my selfish, sinful ways at the foot of the cross, and teach me how Jesus my Savior is willing to bear those sins in His own body and be punished for them. Lord, how can I thank You for this great salvation? I worship You and Your amazing power: Jesus is greater than death, and could not be conquered. When He died, I know that my sins were destroyed: it happened "once for all time." And when You raised Him three days later, You taught us that we, too, could be raised. I confess my many sins, Lord Jesus: I lay them down at the foot of the cross. I turn away from them and ask You to give me a new way of living in the world. Walk with me this week, Father. Teach me Your way.

PRAYER JOURNAL



PRAYER REQUESTS

PRAISES & ANSWERED PRAYERS

DAY 19: Piercing the Darkness

33 At noon, darkness came over the whole land until three in the afternoon. 34 And at three in the afternoon Jesus cried out in a loud voice, "Eloi, Eloi, lema sabachthani?" (which means "My God, my God, why have you forsaken me?").

When some of those standing near heard this, they said, "Listen, he's calling Elijah." Someone ran, filled a sponge with wine vinegar, put it on a staff, and offered it to Jesus to drink. "Now leave him alone. Let's see if Elijah comes to take him down," he said. With a loud cry, Jesus breathed his last.

Mark 15:33-37

Read Mark 15

Darkness falls over the earth the day Jesus died on the cross. God's own Son sacrificed His life to save us from the darkness in our hearts. While He is walking out this terrifying mission, His followers seem to do everything they can to show how little we humans deserve the favor.

God is a God of Light: He can't tolerate darkness, and darkness cannot survive in His presence. We, who have dark hearts full of sin, must remember that Jesus, who was completely good, took on our sin and stood under the wrath of God.

On the cross, He Who knew no sin was made to be sin for us that we might be made right in God's sight. In the midst of humanity's own darkest hour, and in the face of His followers' cowardice, selfishness and laziness, God does not cut us off. In His awesome mercy, He sends His own Son into the darkness so that we might live in the light. Our heavenly Father sent His Son into the world, not to condemn the world, but that the world through Him might be saved; that all who believe in Him might be delivered from the power of sin and death, and become heirs with Him of everlasting life.

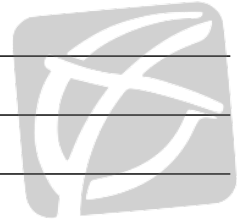
Please spend some time praying for the following:

- Pray for Christ's Church throughout the world.
- Pray for all nations and peoples of the earth, and for those in authority among them; for all who serve the common good, that by God's help they may seek justice and truth, and live in peace.
- Pray for all who suffer and are afflicted in body or in mind.
- Pray for all who have not received the Gospel of Christ.

Prayer:

O God of unchanging power and eternal light: Look favorably on Your whole church, that wonderful and sacred mystery; by the working of Your providence, carry out Your plan of salvation; let the whole world see and know that things which were cast down are being raised up, things which had grown old are being made new, and that the weak and weary are being made strong. Though sometimes it is hidden to our eyes, these things are being done by the One through Whom all things were made, Your Son Jesus Christ our Lord; Who lives and reigns with You, in the unity of the Holy Spirit, one God, for ever and ever. Grant us patience, faith, courage, and hope worthy of eternity.

PRAYER JOURNAL



PRAYER REQUESTS

PRAISES & ANSWERED PRAYERS

DAY 20: Alive Again

The angel said to the women, "Do not be afraid, for I know that you are looking for Jesus, who was crucified. He is not here; he has risen, just as he said. Come and see the place where he lay. 7 Then go quickly and tell his disciples: 'He has risen from the dead and is going ahead of you into Galilee. There you will see him.' Now I have told you."
Matthew 28:5-7

Read Matthew 28

The darkness of Christ's death is eclipsed by His resurrection. The grave could not hold Him and "Christ is risen indeed!"

A Prayer for the Resurrection:

Rejoice now, heavenly hosts and choirs of angels, and let your trumpets shout salvation for the victory of our mighty King! Rejoice and sing now, all the round earth, bright with a glorious splendor, for darkness has been vanquished by our eternal King. Rejoice and be glad now, Oh Church, and in radiant light, resound with the praises of your people.

It is truly right and good, always and everywhere, with our whole heart and mind to praise You, the invisible, almighty, and eternal God, and Your only-begotten Son, Jesus Christ our Lord; for He is the true Lamb, who at the feast of the Passover paid for us the debt of Adam's sin, and by His blood delivered Your faithful people.

This is the night, when all who believe in Christ are delivered from the gloom of sin, and are restored to grace and holiness of life. This is the night, when Christ broke the bonds of death and hell, and rose victorious from the grave. How wonderful and beyond our knowing, O God, is your mercy and loving-kindness to us, that to redeem a slave, You gave a Son.

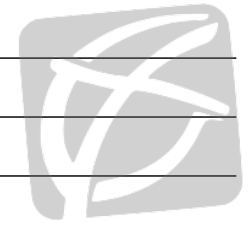
How holy is this night, when wickedness is put to flight, and sin is washed away. It restores innocence to the fallen, and joy to those who mourn. It casts out pride and hatred, and brings peace and concord. How blessed is this day, when earth and heaven are joined and humankind is reconciled to God! May the light of Jesus shine continually to drive away all darkness. May Christ, the Morning Star who knows no setting, find His light ever burning in our hearts—He who gives His light to all creation, and who lives and reigns for ever and ever.

- How do your daily activities and decisions reflect the new life Jesus gave you?
- How can Christ's resurrection give you power and hope for today?

Prayer:

Dear Lord, Thank You for walking with and sustaining me during this prayer and fasting journey. You have been faithful, and I thank You for what You have shown me. I ask that you seal the work You have done in my life and help me to continue to walk more closely with You. Open your Word in greater ways to me in the days ahead. Teach me, strengthen my faith and give me persistence and boldness in following Your will for me. Help me to be Your hands and feet in service and blessing to others. You are my risen, ascended, reigning and ruling Lord. I humbly thank You and praise Your name. You are awesome!

PRAYER JOURNAL



PRAYER REQUESTS

PRAISES & ANSWERED PRAYERS

DAY 21: Keep the Fire Burning

Those who know your name trust in You, for You, Lord, have never forsaken those who seek You.

You will seek me and find me when you seek me with all your heart.

Now devote your heart and soul to seeking the Lord your God.

Set your minds on things above, not on earthly things.

But you will receive power when the Holy Spirit comes on you; and you will be my witnesses in Jerusalem, and in all Judea and Samaria, and to the ends of the earth.

Psalm 9:10

Jeremiah 29:13

1 Chronicles 29:13

Colossians 3:2

Acts 1:8

Read Acts 1

For the last 21 days, we have been chasing after God as we pray and fast. We have deliberately chosen to focus on Him and seek His presence. We have deliberately chosen to take time to read His Word and listen to His voice. For some of us, we can honestly say we didn't really 'hear' from God in a profound way during this time. For others, this has been an amazing time of growth, and we have felt His guidance and direction about something we were seeking. Regardless of what we have learned through this time or if we have 'cheated' on something we were going to fast from, these past 21 days have been crucial to us because we have obeyed God's command to seek His presence. It is always a beautiful thing when we chase after God and we put Him first because we desire to know Him more. And He promises us that when we seek Him, He will be found.

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. But 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!

- How will you continue to pray daily and seek God through Scripture, now that our 21 days of prayer and fasting are ending?
- Will you pray daily for a hunger and a thirst to chase after God and seek His presence?
- What will you commit to intentionally doing so that you are seeking God daily?

Prayer:

Father God, thank You for these last 21 days of focusing on You. Thank You for the promise that You will be found when I seek You. Thank You that You don't hide from me but that You constantly draw me near to You. Please put a hunger and a thirst in my life for You, Lord. You are so beautiful. So amazing. So forgiving. So good. And I am deciding to chase after You with all of my heart from this day on. Daily. Lord, may I put You first and seek Your face. Daily. I love you, Lord and I want to love and know You more. Amen.

Speak, O Lord

Speak, O Lord, as we come to You
To receive the food of Your Holy Word.
Take Your truth, plant it deep in us;
Shape and fashion us in Your likeness,
That the light of Christ might be seen today
In our acts of love and our deeds of faith.
Speak, O Lord, and fulfill in us
All Your purposes for Your glory.
Teach us, Lord, full obedience,
Holy reverence, true humility;
Test our thoughts and our attitudes
In the radiance of Your purity.
Cause our faith to rise; cause our eyes to see
Your majestic love and authority.
Words of pow'r that can never fail—
Let their truth prevail over unbelief.
Speak, O Lord, and renew our minds;
Help us grasp the heights of Your plans for us—
Truths unchanged from the dawn of time
That will echo down through eternity.
And by grace we'll stand on Your promises,
And by faith we'll walk as You walk with us.
Speak, O Lord, till Your church is built
And the earth is filled with Your glory.

Written by Keith Green

