



21 DAYS PRAYER & FASTING



Crossroads
COMMUNITY CHURCH



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21 DAYS VIDEOS + RESOURCES*

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A NOTE FROM PASTOR KEITH...

I'm excited about the opportunity in front of you. I believe God wants to do something meaningful in your life, and sometimes we simply need to make space to hear His voice.

Over these 21 days, we will journey from seeking God to trusting God to joining Him in His mission. Each day includes Scripture and prayer prompts to help you spend intentional time with Jesus.

Life is busy. Fasting helps quiet the noise so we can focus on God. We do not fast to get something from Him. We fast because we want to know Him more. As we pray and read His Word, He shapes our hearts and changes our lives.

This year, I want to challenge you to set a spiritual goal that lasts beyond these 21 days. Maybe it is building a daily Bible reading habit, creating a consistent prayer rhythm, or taking a new step of faith. Let this be the beginning of something that continues long after the fast ends.

As a church, we will also pray together every day at 9:00 AM and 9:00 PM for our Forward Together initiative, asking God to provide what is needed so more people can find and follow Jesus.

Join us beginning Monday, August 3. I am praying that God draws you closer to Himself and uses this season to transform your life.

For You, For Jesus, For a Better Life,

PASTOR KEITH

SETTING 21 DAYS GOALS (DON'T SKIP THIS!)

Before you begin the 21 Days, take a moment to reflect:

What do you hope God does in your life during this time?

This year, I want to challenge you to think about your goals or next steps in your relationship with Jesus. What are you praying for? What are you hoping to hear, change, or start?

Maybe you're asking God for clarity on your next right step. It could be:

- Getting connected in community – *join a small group in September*
- Starting to serve – *join The Team at Crossroads*
- Giving generously through tithing
- Building a regular Bible reading or prayer rhythm – *download the YouVersion App*
- Discipleship – *1-on-1 discipleship through Small Circle*
- Or asking God for a breakthrough in a challenging season or a big decision

Whatever it is, write it down below. Use this space to set your intention and invite the Holy Spirit to guide you through these 21 days.

HOW TO USE THIS JOURNAL...

For each of the 21 days, we have provided you with scripture to meditate on. We encourage you to use the “S.O.A.P.” journaling method for each day’s verse. We have included something each day that we can corporately pray about, as we will try to live into our mission of being FOR YOU. There are short devotional videos on our website breaking down each verse. Each day will also wrap up with a “Take It Further” section. It may be an action step, a study idea, or even an opportunity for more prayer.

WHAT DOES S.O.A.P. MEAN?

S – The S stands for Scripture. You physically write out the scripture.....you’ll be amazed at what God will reveal to you by taking the time to slow down and actually write out what you are reading!

O – The O stands for Observation. What do you see in the verses you’re reading? Who is the audience? Is there a repetition of words? What words stand out to you? What do other translations say?

A – The A stands for Application. This is when God’s Word becomes personal. What is God saying to me today? How can I apply what I just read to my personal life? What changes do I need to make? Is there an action that I need to take?

P – The P stands for Prayer. Pray God’s Word back to Him. If He has revealed something to you during this time in His Word, pray about it. Confess if He has revealed some sin that is in your life.

WHY S.O.A.P.?

It’s one thing to simply read through scripture, but when you learn to slow down to REALLY read it, meditate on it, and study it, suddenly words start popping off the page. There is a big difference between getting through scripture and getting scripture through you. By “S.O.A.P’ing” your verses, you can dig deeper into scripture and “see” more than if you simply read the verses and went on your way. Let me encourage you to take the time to S.O.A.P. the daily verses and see for yourself how much more you get out of your daily reading.....you’ll be amazed.

Studying God’s Word like this can take as little or as long as you have time to give. Some days it can take just 10 or 15 minutes, other days longer.

ON THE NEXT PAGE YOU WILL FIND AN EXAMPLE OF WHAT A COMPLETED JOURNAL ENTRY MIGHT LOOK LIKE USING THE S.O.A.P. METHOD.

VERSE: Colossians 1:5-8 ...which come from your confident hope of what God has reserved for you in heaven. You have had this expectation ever since you first heard the truth of the Good News. This same Good News that came to you is going out all over the world. It is bearing fruit everywhere by changing lives, just as it changed your lives from the day you first heard and understood the truth about God's wonderful grace. You learned about the Good News from Epaphras, our beloved co-worker. He is Christ's faithful servant, and he is helping us on your behalf. He has told us about the love for others that the Holy Spirit has given you.

WRITE IT OUT: (Write out the verse by hand) ... which come from your confident hope of what God has reserved for you in heaven. You have had this expectation ever since you first heard the truth of the Good News. This same Good News that came to you is going out all over the world. It is bearing fruit everywhere by changing lives, just as it changed your lives from the day you first heard and understood the truth about God's wonderful grace. You learned about the Good News from Epaphras, our beloved co-work

OBSERVATION: (What do you notice?)

- When you combine faith and love, you get hope.
- We have to remember that our hope is in heaven... it is yet to come.
- The gospel is the word of truth.
- The gospel is continually bearing fruit and growing from the 1st day to the last.
- It just takes one person to change a whole community....Epaphras.

APPLICATION: (What is God telling you?)

Something that stood out to me today was how God used one man, Epaphras, to change a whole town! I was reminded that we are simply called to tell others about Christ... it's God's job to spread the gospel... to grow it and have it bear fruit. I felt today's verses were almost directly spoken to me.... "all over the world this gospel is bearing fruit and growing, just as it has been doing among you since the day you heard it and understood God's grace in all its truth."

MY PRAYER: (Pray about it and write it out)

Lord, please help me to be an "Epaphras" - to tell others about you and then leave the results in your loving hands. Please help me to understand and apply what I have read today to my life personally, thereby be coming more and more like you each and every day. Help me to live a life that bears the "fruit" of faith and love... anchoring my hope in heaven, not here on earth. Help me to remember that the best is yet to come!

The next 4 elements are here for you to take action on. I hope that you will pray & participate daily.

CROSSROADS PRAYER: That our church family would grow closer to Jesus during these 21 days.

#FOR YOU PRAYER: Pray for Crossroads Mission Partner, Food For Thought, as they feed the hungry in our community through their numerous mobile food pantries and weekend lunch programs.

VIDEO: Scan the QR code on the back or go to our website for a video breakdown of today's verse.

TAKE IT FURTHER: Join us at 5 pm today for Prayer on Facebook @crossroadson23.

HOW TO FAST

As you prepare to fast, it is important to choose a fasting option 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 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 on different things you can do. Do not let what you eat or don't eat become the focus. Keep the main thing the main thing, which is drawing closer to Jesus. Remember, this is a time to disconnect enough from your regular patterns and habits to connect more closely to Him. Here are a few tips to keep in mind before getting started:

WHAT IS FASTING?

Fasting is voluntarily going without food, or any other regularly enjoyed, good gift from God, for the sake of some spiritual purpose. It is markedly counter-cultural in our consumerist society. Jesus assumes His followers will fast, and even promises it will happen. He doesn't say "if," but "when you fast" (Matthew 6:16). And he doesn't say his followers might fast, but "they will" (Matthew 9:15). Fasting is for stretching our hearts to get fresh air beyond the pain and trouble around us. And it is for the battle against the sin and weakness inside us. We express our discontent with our sinful selves and our longing for more of Christ.

HAVE A PLAN

Fasting isn't merely an act of self-deprivation, but a spiritual discipline for seeking more of God's fullness. We should have a plan for what positive pursuit to undertake in the time it normally takes to eat. We spend a good portion of our day with food in front of us. One significant part of fasting is the time it creates for prayer and meditation on God's word or some act of love for others. Before diving headlong into a fast, craft a simple plan. Connect it to your purpose for the fast. Each fast should have a specific spiritual purpose. Identify what that is and design a focus to replace the time you would have spent eating. Without a purpose and plan, it's not Christian fasting; it's just going hungry. Christian fasting seeks to take the pains of hunger and transpose them into the key of some eternal anthem. Whether it's fighting against some sin, pleading for someone's salvation, for the cause of the unborn, or longing for a greater taste of Jesus.

BEGINNING + BREAKING YOUR FAST

Depending on the type of fast you choose, it is very important to prepare your body ahead of time before beginning the fast. Take some days to transition into your fast; otherwise, you could get sick. For example, if you would like to go on a fruit and vegetable or juice fast, start eliminating meat, white grains, and refined sugars from your diet the week before. Also, 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 gradually. Please don't break your fast with a greasy cheeseburger! Because your body is so cleansed and detoxified, you will most likely get sick if you do that. There are also several supplements you can take that will help support the detox process during your fast. Your health-food store can give you recommendations.

PREPARATION

Make it a priority to participate in weekly worship gatherings. Being around other Christ-followers will encourage you to keep on going when fasting gets difficult. If you are fasting with others, you may want to set aside time for a weekly group gathering. As you select your type of fast, you may want to make a fasting calendar that fits your plan. Determining what each day and week will look like is wise. Keep your fridge and pantry stocked with the items you need. Being unprepared to fast sets you up to give in to temptation. Choose well when selecting products, stick to raw food as much as you can, and limit artificial ingredients.

WATER

Drink lots of water while fasting to support critical liver function. The liver is the filter for the body, so when you don't drink enough water, the liver doesn't function at its highest capacity. To keep your energy up throughout the day, it's important to eat or drink every two and a half to three hours. Be careful not to over-stuff yourself, even if you are only eating fruits and vegetables. If you slip up, don't get discouraged. Just get back on track and keep going. He wants you to finish, and He will give you the grace and strength to do it. Talk to God and give Him time and space to talk to you.

CAFFEINE

Should you completely cut it out? It depends. The great thing is, that when you fast, your body automatically craves less caffeine. If you can stay in your Fast Zone with a little caffeine, great. If you are going on a longer fast and want to cut it out of your diet completely, that's great too. But ease yourself off and make it your goal to be completely caffeine-free about two-thirds of the way into your fast. If you regularly have a high caffeine intake, one of the worst mistakes you can make is to fast for one to three days, cutting caffeine out abruptly and completely. Please don't do that or you will spend this time grumpy and in withdrawal instead of enjoying God's presence.

FASTING + EATING DISORDERS

If you have struggled with an eating disorder then consider fasting from television, social media, shopping, or some other favorite activity.

IMPORTANT NOTE

Fasting requires reasonable precautions. If you have any health concerns, please consult your physician before beginning your fast, especially if you are taking any medication, have a chronic condition, or are pregnant or nursing a baby.

FASTING OPTIONS

There isn't one fasting option that works the same for everyone. Follow Jesus' lead, mix it up, and find what works for you. Below are a few options to consider:

- *SKIPPING A MEAL*

One great way to do a fast is simply by selecting one meal you will skip each day for 3 weeks. It is important to plan this out and decide in advance what meal it will be. While it is okay to choose a different meal on certain days, it's important to not approach it haphazardly by picking which meal is the easiest for you on that day.

- *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 when the prophet Daniel fasted. Daniel 1 states that he only ate 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 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.

- *SPECIFIC FOOD OR ACTIVITY*

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, shopping, alcohol, etc.

- *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 is a great alternative. If you choose the juice-only fast, consider a shorter fast than 21 days.

PRAYER IDEAS

There are a variety of ways to pray, and this list is certainly not all of them. Choosing a prayer method or strategy is super valuable, as it helps you approach prayer with purpose and intentionality.

Here are some possible methods to try in your next quiet time:

- *ACTS/PRAY*

ACTS is an acronym to help guide you through your prayer time while still giving you a lot of space to pray as you feel led. The ACTS Acronym looks like this:

- **Adoration:** Praising God for who He is
- **Confession:** Humbly acknowledging your sin before God
- **Thanksgiving:** Praising God for what He has done and expressing gratitude for it
- **Supplication:** Asking God to provide for your needs or the needs of others

An important thing to note in this method is the order of areas you pray for. Prayer always begins with praise to God and humility for our sin. Too often, we jump into prayer with a to-do list of things we want from God and don't take the time to praise, confess, or thank Him at all, or only as an afterthought.

- *PRAYER JOURNALING/PROMPTS*

To use this method, simply find yourself a journal or loose piece of paper and write down what you are praying about. To be able to see what you've been praying for over a length of time is a unique experience. It helps better-develop thoughts and assess how we are doing, so we can improve our prayer life.

- *PRAYER THROUGH SONG + WORSHIP*

Prayer through song and worship takes two forms; praying the lyrics of a song or praying while you worship to that song. Sometimes it's hard to find the words to say, or the lyrics hit you in a new way. In these situations, sometimes it is good to take the time to stop and pray those words.

- *PRAYER WALKS*

This prayer method is nice when you are praying over a specific location. You can walk through the location and pray over the people that will be or have been in this area. Another way to use this type of prayer is to slow down, take a walk through nature, and intentionally notice the creation of God, and recognize Him in it. Thank Him for it and talk to Him about it.

- *PRAYING THE PSALMS*

In this method, select a psalm and use it to communicate your thoughts. The psalms are relatable in the lives of many people. The psalmist expresses his joy in the Lord and the sorrows of his troubles. When you are having trouble articulating what you feel, sometimes it is easier to reflect on someone else's words and personalize them to your circumstances.

- *THE LORD'S PRAYER*

There seem to be two extremes to using the Lord's Prayer. On one hand, people use it as the only way to pray. On the other hand, they find it "old", irrelevant, or think they have learned all they could from it. However, the reality lies somewhere in the middle. There are various ways to pray that are not limited to the Lord's Prayer. However, that does not mean we should discount it altogether. The Lord's Prayer was intended to be a model or example of how we should pray, and you may want to use that layout with your own words. Either way, turn to Matthew 6 and give it a try. You may be surprised.

- *SILENT PRAYER*

This form of prayer is not often talked about but it is super important. Prayer is a conversation with God, and conversations go both ways. Silent prayer is an opportunity to simply be quiet and listen for the voice of God. It is very easy to jump into prayer, rattle off a few things, and walk away without giving God the chance to speak to you. Silent prayer is an opportunity to focus specifically on that, listening. It is not an easy task when your mind is going one hundred miles per hour. You may need to experiment with what time of day it is easiest to get quiet, and from there it just takes practice. Take some time, quiet your spirit, and wait for the Lord to speak to you.

- *CENTERING PRAYER*

Find a quiet space where you are unlikely to be disturbed. Sit in a way that allows you to be relaxed in body and alert in mind. Use a chair, meditation cushion, or prayer rug, according to your own physical needs and preferences. Gently close your eyes. Whenever you become aware of a thought, no matter what its nature, let it go. Repeat a sacred word in your head to help with this. This is a word or short phrase that helps you let go of thoughts. It is a reminder of your intention to remain open to the silence. Generally, sacred words fall into one of 2 categories: "God" words/phrases such as "Abba", "Jesu", "Reality", "Come Lord," or "state" words/phrases such as "love", "peace", "be still." It is common to have thoughts of various kinds during this type of prayer. They might involve your plans for the day, or give you some psychological insight into your behavior. You may find yourself with pleasant thoughts, or angry feelings, or notice yourself trying to create a particular mood in your practice. You may even be aware of being 'blissed out'. No matter the type or nature of thoughts and feelings the response is the same: gently return to saying your sacred word in your head, which is the symbol of your intention to consent to the presence and action of God within, and then let go. Do not analyze, label, or judge your thoughts and feelings. Simply, gently, let them go. Over, and over, and over. Continue this practice for 5, 10, or even 20 minutes. At the end of the time, get up and go about your business, leaving the practice behind, and in the same way, you let go of your thoughts.



WEEK 1 THEME • SEEKING GOD

AUGUST 3
DAY 1

DAY ONE THEME: Delight in God

VERSE: Psalms 37:4 (NLT) Take delight in the Lord, and he will give you your heart's desires.

WRITE IT OUT: (Write out the verse by hand) _____

OBSERVATION: (What do you notice?)

APPLICATION: (What is God telling you?)

MY PRAYER: (Pray about it and write it out)

CROSSROADS PRAYER: Pray that every person at Crossroads would delight in Jesus above everything else and discover that true joy is found in Him, not in the things of this world. Pray for Forward Together at 9am and 9pm

#FOR YOU PRAYER: Pray for Southeast Michigan, that God would awaken hearts, restore communities, and transform lives through Jesus

VIDEO: Scan the QR code on page 13 for the Day 1 video devotional.

TAKE IT FURTHER: “Facebook Prayer Time” - One of our staff will be praying throughout the day. Go to Crossroads’ Facebook page and share your prayer request with them. You can even direct message your private prayer requests.

DAY 1: ADDITIONAL THOUGHTS, NOTES, OBSERVATIONS

[illegible]

WEEK 1 THEME • SEEKING GOD

AUGUST 4
DAY 2

DAY TWO THEME: Hunger for God

VERSE: Psalm 63:1 (NLT) O God, you are my God; I earnestly search for you. My soul thirsts for you; my whole body longs for you in this parched and weary land where there is no water.

WRITE IT OUT: (Write out the verse by hand) _____

OBSERVATION: (What do you notice?)

APPLICATION: (What is God telling you?)

MY PRAYER: (Pray about it and write it out)

CROSSROADS PRAYER: Pray that people would come to faith in Jesus every week through Crossroads and that our church would develop a deep hunger to know Him more. Pray for Forward Together at 9am and 9pm

#FORYOU PRAYER: Pray for Northwest Ohio, that God would awaken hearts, restore communities, and transform lives through Jesus.

VIDEO: Scan the QR code on page 15 for the Day 2 video devotional.

TAKE IT FURTHER: Read through today's verse in 4-5 other translations & note the differences and what they illuminate about this verse. (Try the NIV, CEV, ESV, NKJV, and MSG) The Bible App can help you do this.



WEEK 1 THEME • SEEKING GOD

AUGUST 5
DAY 3

DAY THREE THEME: Put God First

VERSE: Matthew 6:33 (NLT) Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need.

WRITE IT OUT: (Write out the verse by hand) _____

OBSERVATION: (What do you notice?)

APPLICATION: (What is God telling you?)

MY PRAYER: (Pray about it and write it out)

CROSSROADS PRAYER: Pray that Crossroads people would put God first by developing consistent spiritual disciplines that deepen their relationship with Him. Pray for Forward Together at 9am and 9pm.

#FORYOU PRAYER: Pray that through our presence at the Whiteford Farmers Market, Crossroads would reflect the love of Jesus and be known as a church that truly cares for the community.

VIDEO: Scan the QR code on page 17 for the Day 3 video devotional.

TAKE IT FURTHER: Look for an opportunity to share with one person what you took away from today's time. Ask God to put this person on your heart.

[illegible]

WEEK 1 THEME • SEEKING GOD

AUGUST 6
DAY 4

DAY FOUR THEME: Draw Near to God

VERSE: James 4:8 (NLT) Come close to God, and God will come close to you. Wash your hands, you sinners; purify your hearts, for your loyalty is divided between God and the world.

WRITE IT OUT: (Write out the verse by hand) _____

OBSERVATION: (What do you notice?)

APPLICATION: (What is God telling you?)

MY PRAYER: (Pray about it and write it out)

CROSSROADS PRAYER: Pray that more people would fully engage at Crossroads by worshiping together, connecting in community, serving on The Team, and taking intentional next steps toward God. Pray for Forward Together at 9am and 9pm.

#FORYOU PRAYER: Pray for our Local Mission Partner, God Works, as they faithfully serve meals to those in need through their soup kitchens across Monroe County. Ask God to bless their work and touch the lives of everyone they serve.

VIDEO: Scan the QR code on page 19 for the Day 4 video devotional.

TAKE IT FURTHER: Ask someone to pray for you daily over the next three weeks.

DAY 4: ADDITIONAL THOUGHTS, NOTES, OBSERVATIONS

[illegible]

WEEK 1 THEME • SEEKING GOD

AUGUST 7
DAY 5

DAY FIVE THEME: Seek God wholeheartedly

VERSE: Jeremiah 29:13 (NLT) If you look for me wholeheartedly, you will find me.

WRITE IT OUT: (Write out the verse by hand) _____

OBSERVATION: (What do you notice?)

APPLICATION: (What is God telling you?)

MY PRAYER: (Pray about it and write it out)

CROSSROADS PRAYER: Pray for everyone participating in Small Circle and one-to-one discipleship, that they would pursue God with their whole heart and help others do the same. Pray for Forward Together at 9am & 9pm.

#FORYOU PRAYER: Pray for our Local Mission Partner, Somerset Beach Campground. Ask that youth and families experience God through their programs and leave feeling refreshed, encouraged, and renewed.

VIDEO: Scan the QR code on page 21 for the Day 5 video devotional.

TAKE IT FURTHER: #FORYOU Friday! After a summer of unforgettable moments, let's thank the Somerset staff for their dedication and work with the youth and families they served. Send a note of appreciation to: Somerset Beach Campground & Retreat Center 9822 Brooklawn Court, Somerset, MI 49282

[illegible]

WEEK 1 THEME • SEEKING GOD

DAY SIX THEME: Seek Him while He may be Found

VERSE: Isaiah 55:6 (NLT) Seek the Lord while you can find him. Call on him now while he is near.

WRITE IT OUT: (Write out the verse by hand) _____

OBSERVATION: (What do you notice?)

APPLICATION: (What is God telling you?)

MY PRAYER: (Pray about it and write it out)

CROSSROADS PRAYER: Pray that people throughout our community would respond to God's invitation, find hope in Jesus, and experience true belonging at Crossroads. Pray for Forward Together at 9am and 9pm.

#FORYOU PRAYER: Pray for our Thursday Night Community Dinners at Crossroads. Ask that every guest leave feeling full, loved, and encouraged. Pray for God's blessing on all who serve to make each meal possible.

VIDEO: Scan the QR code on page 23 for the Day 6 video devotional.

TAKE IT FURTHER: Share something on our social media posts (Facebook or Instagram) that God has been showing you over the last week.

[illegible]

WEEK 1 THEME • SEEKING GOD

DAY SEVEN THEME: Wait on the Lord

VERSE: Psalm 27:14 (NLT) Wait patiently for the Lord. Be brave and courageous. Yes, wait patiently for the Lord.

WRITE IT OUT: (Write out the verse by hand) _____

OBSERVATION: (What do you notice?)

APPLICATION: (What is God telling you?)

MY PRAYER: (Pray about it and write it out)

CROSSROADS PRAYER: Pray that Crossroads would become a church marked by dependence on prayer, willing to wait on God's timing instead of relying on our own strength. Pray for Forward Together at 9am and 9pm.

#FORYOU PRAYER: Pray for our Global Mission Partner, Ebenezer Glenn Orphanage in Haiti, as they care for orphans and local children by providing rescue, education, and support. Ask God to bless their work and fill each child with love and hope.

VIDEO: Scan the QR code on page 25 for the Day 7 video devotional.

TAKE IT FURTHER: Take a moment to pray for someone today and then send them a quick text to let them know you did. A simple message can bring encouragement and remind them they're not alone.

[illegible]

WEEK 2 THEME • TRUSTING GOD

AUGUST 10
DAY 8

DAY EIGHT THEME: Trust Beyond Understanding

VERSE: Proverbs 3:5-6 (NLT) Trust in the Lord with all your heart; do not depend on your own understanding. Seek his will in all you do, and he will show you which path to take.

WRITE IT OUT: (Write out the verse by hand) _____

OBSERVATION: (What do you notice?)

APPLICATION: (What is God telling you?)

MY PRAYER: (Pray about it and write it out)

CROSSROADS PRAYER: Pray that our church would have the courage to follow wherever God leads and continue doing whatever it takes to reach people with the Gospel. Pray for Forward Together at 9am and 9pm.

#FOR YOU PRAYER: Pray for your family, neighbors, coworkers, and others outside the church walls who don't know Jesus. Ask God to help you see ways to connect and serve others right where you are.

VIDEO: Scan the QR code on page 27 for the Day 8 video devotional.

TAKE IT FURTHER: "Facebook Prayer Time" - One of our staff will be praying throughout the day. Go to Crossroads' Facebook page and share your prayer request with them. You can even direct message your private prayer requests.

[illegible]

WEEK 2 THEME • TRUSTING GOD

AUGUST 11
DAY 9

DAY NINE THEME: Be Still Before God

VERSE: Psalm 46:10 (NLT) Be still, and know that I am God! I will be honored by every nation. I will be honored throughout the world.”

WRITE IT OUT: (Write out the verse by hand) _____

OBSERVATION: (What do you notice?)

APPLICATION: (What is God telling you?)

MY PRAYER: (Pray about it and write it out)

CROSSROADS PRAYER: Pray that our worship gatherings would continue to be a place where people encounter the presence of God and that more lives would be transformed each week. Pray for Forward Together at 9am and 9pm.

#FORYOU PRAYER: Pray for our Global Mission Partner, Team Teach Haiti, and their devoted American and Haitian teachers. Ask God to meet their financial needs, keep them safe and healthy, and bless their work as they teach and share His love with the children of Haiti.

VIDEO: Scan the QR code on page 29 for the Day 9 video devotional.

TAKE IT FURTHER: Read through today’s verse in 4-5 other translations and note the differences and what they illuminate about this verse. (Try the NIV, CEV, ESV, NKJV, and MSG) The Bible App can help you do this.

[illegible]

WEEK 2 THEME • TRUSTING GOD

DAY TEN THEME: Renewed Strength

VERSE: Isaiah 40:31 (NLT) But those who trust in the Lord will find new strength. They will soar high on wings like eagles. They will run and not grow weary. They will walk and not faint.

WRITE IT OUT: (Write out the verse by hand) _____

OBSERVATION: (What do you notice?)

APPLICATION: (What is God telling you?)

MY PRAYER: (Pray about it and write it out)

CROSSROADS PRAYER: Pray for strength and fresh vision as we prepare for the Fall Kickoff, asking God to use every ministry to draw people closer to Him. (Sunday, September 13th) Pray for Forward Together at 9am and 9pm.

#FORYOU PRAYER: Pray for our local schools as they prepare to return to class. Ask God to give teachers and students safety, encouragement, and a positive start to the new school year.

VIDEO: Scan the QR code on page 31 for the Day 10 video devotional.

TAKE IT FURTHER: Look for an opportunity to share with one person what you took away from today's time. Ask God to put this person on your heart.

[illegible]

WEEK 2 THEME • TRUSTING GOD

DAY ELEVEN THEME: Pray Instead of Worry

VERSE: Philippians 4:6-7 (NLT) Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.

WRITE IT OUT: (Write out the verse by hand) _____

OBSERVATION: (What do you notice?)

APPLICATION: (What is God telling you?)

MY PRAYER: (Pray about it and write it out)

CROSSROADS PRAYER: Pray for the men of Crossroads to trust God fully, lead spiritually with courage, and become examples of faith in their homes and communities. Pray for Forward Together at 9am and 9pm.

#FORYOU PRAYER: Pray for LifeWise Academy as they bring Bible education to children in our local schools. Ask God to bless the host locations, the volunteers who teach, and the students attending. Pray that each child hears truth, experiences God's love, and begins a personal relationship with Jesus.

VIDEO: Scan the QR code on page 33 for the Day 11 video devotional.

TAKE IT FURTHER: Try to find a place today to be still and quiet for at least 15 uninterrupted minutes. Don't do anything during this time but try to listen to God. Once you are done, write down what comes to mind.



WEEK 2 THEME • TRUSTING GOD

DAY TWELVE THEME: Trust God's Purposes

VERSE: Romans 8:28 (NLT) And we know that God causes everything to work together for the good of those who love God and are called according to his purpose for them.

WRITE IT OUT: (Write out the verse by hand) _____

OBSERVATION: (What do you notice?)

APPLICATION: (What is God telling you?)

MY PRAYER: (Pray about it and write it out)

CROSSROADS PRAYER: Pray that God would continue providing abundantly so that the ministry impact of Crossroads grows far beyond what we could accomplish on our own. Pray for Forward Together at 9am & 9pm.

#FORYOU PRAYER: Pray for our Local Mission Partner, Bella Vita Network, as they provide a safe space for women to learn about their pregnancy options and advocate for the unborn. Bella Vita includes The Pregnancy Center (Hope & Answers), The Haven (Post-Abortion Care), and Soul Purpose (Campus Ministry). Ask God to guide their work and bless every woman they serve.

VIDEO: Scan the QR code on page 35 for the Day 12 video devotional.

TAKE IT FURTHER: #FORYOU Friday! Let's bless Bella Vita! Send a box of diapers or wipes via Amazon or write and mail a note of encouragement to the staff at Bella Vita. A small act can make a big impact! Send to: Bella Vita 716 N Westwood Toledo, OH 43607.



AUGUST 15
DAY 13

WEEK 2 THEME • TRUSTING GOD

DAY THIRTEEN THEME: Commit Your Way to Him

VERSE: Psalm 37:5 (NLT) Commit everything you do to the Lord. Trust him, and he will help you.

WRITE IT OUT: (Write out the verse by hand) _____

OBSERVATION: (What do you notice?)

APPLICATION: (What is God telling you?)

MY PRAYER: (Pray about it and write it out)

CROSSROADS PRAYER: Pray for everyone who has recently placed their faith in Jesus, asking God to strengthen them and lead many more to take the next step through baptism. Pray for Forward Together at 9am and 9pm.

#FORYOU PRAYER: Pray for the Crossroads Praise Garden, that every harvest would bring hope to those receiving it at local pantries and strength to those faithfully serving.

VIDEO: Scan the QR code on page 37 for the Day 13 video devotional.

TAKE IT FURTHER: Take a moment to pray for someone today and then send them a quick text to let them know you did. A simple message can bring encouragement and remind them they're not alone.

[illegible]

WEEK 2 THEME • TRUSTING GOD

DAY FOURTEEN THEME: Walk by Faith

VERSE: Hebrews 11:6 (NLT) And it is impossible to please God without faith. Anyone who wants to come to him must believe that God exists and that he rewards those who sincerely seek him.

WRITE IT OUT: (Write out the verse by hand) _____

OBSERVATION: (What do you notice?)

APPLICATION: (What is God telling you?)

MY PRAYER: (Pray about it and write it out)

CROSSROADS PRAYER: Pray that Crossroads would reflect the beauty of God's Kingdom through growing diversity, deep unity, and faith-filled obedience. Pray for Forward Together at 9am and 9pm.

#FORYOU PRAYER: Pray that God would open your eyes to those in your neighborhood who don't know Him. Ask for opportunities to connect with them and invite them to a service at Crossroads.

VIDEO: Scan the QR code on page 39 for the Day 14 video devotional.

TAKE IT FURTHER: Share something on our social media posts (Facebook or Instagram) that God has been showing you over the last week

DAY 14: ADDITIONAL THOUGHTS, NOTES, OBSERVATIONS

[illegible]

WEEK 3 THEME • JOINING GOD IN HIS MISSION

AUGUST 17
DAY 15

DAY FIFTEEN THEME: Empowered by the Spirit

VERSE: Acts 1:8 (NLT) But you will receive power when the Holy Spirit comes upon you. And you will be my witnesses, telling people about me everywhere—in Jerusalem, throughout Judea, in Samaria, and to the ends of the earth.”

WRITE IT OUT: (Write out the verse by hand) _____

OBSERVATION: (What do you notice?)

APPLICATION: (What is God telling you?)

MY PRAYER: (Pray about it and write it out)

CROSSROADS PRAYER: Pray that the Holy Spirit would empower every person at Crossroads to boldly share Jesus and that broken marriages and families would find healing through Him. Pray for Forward Together at 9am and 9pm.

#FORYOU PRAYER: Pray for our Impact Event, Trunk or Treat, on October 28, as we welcome over 3,000 guests to our campus. Ask that every person who attends feels welcome. Pray for our volunteers and trunk hosts.

VIDEO: Scan the QR code on page 41 for the Day 15 video devotional.

TAKE IT FURTHER: One of our Staff will be praying throughout the day. Go to Crossroads' Facebook page and share your prayer request with them. You can even direct message your private prayer requests.

[illegible]

WEEK 3 THEME · JOINING GOD IN HIS MISSION

AUGUST 18
DAY 16

DAY SIXTEEN THEME: God Can Do More Than You Imagine

VERSE: Ephesians 3:20 (NLT) Now all glory to God, who is able, through his mighty power at work within us, to accomplish infinitely more than we might ask or think.

WRITE IT OUT: (Write out the verse by hand) _____

OBSERVATION: (What do you notice?)

APPLICATION: (What is God telling you?)

MY PRAYER: (Pray about it and write it out)

CROSSROADS PRAYER: Pray that God would cultivate outrageous generosity in our church so that we have more than enough to bless others and advance His mission. Pray for Forward Together at 9am and 9pm.

#FORYOU PRAYER: Pray for our Fall Food Drop on November 21, that food donations would overflow and every person served would feel seen, cared for, and loved by Jesus.

VIDEO: Scan the QR code on page 43 for the Day 16 video devotional.

TAKE IT FURTHER: Read through today's verse in 4-5 other translations and note the differences and what they illuminate about this verse. (Try the NIV, CEV, ESV, NKJV, and MSG) The Bible App can help you do this.

[illegible]

WEEK 3 THEME • JOINING GOD IN HIS MISSION

AUGUST 19
DAY 17

DAY SEVENTEEN THEME: Let Your Life Shine

VERSE: Matthew 5:16 (NLT) In the same way, let your good deeds shine out for all to see, so that everyone will praise your heavenly Father.

WRITE IT OUT: (Write out the verse by hand) _____

OBSERVATION: (What do you notice?)

APPLICATION: (What is God telling you?)

MY PRAYER: (Pray about it and write it out)

CROSSROADS PRAYER: Pray that Heart of Christmas and every act of generosity through Crossroads would point people to Jesus and display His love to our community. Pray for Forward Together at 9am and 9pm.

#FOR YOU PRAYER: Pray for our Local Mission Partner, Social Services for the Arab Community (SSFAC), as they provide vital resources, support immigrants, and help individuals on their path to citizenship. Ask God to bless their work and pour out His favor over their ministry.

VIDEO: Scan the QR code on page 45 for the Day 17 video devotional.

TAKE IT FURTHER: Look for an opportunity to share with one person what you took away from today's time. Ask God to put this person on your heart.

[illegible]

WEEK 3 THEME · JOINING GOD IN HIS MISSION

AUGUST 20
DAY 18

DAY EIGHTEEN THEME: Live and Speak Wisely

VERSE: Colossians 4:5-6 (NLT) Live wisely among those who are not believers, and make the most of every opportunity. Let your conversation be gracious and attractive so that you will have the right response for everyone.

WRITE IT OUT: (Write out the verse by hand) _____

OBSERVATION: (What do you notice?)

APPLICATION: (What is God telling you?)

MY PRAYER: (Pray about it and write it out)

CROSSROADS PRAYER: Pray that Crossroads people would intentionally know, love, and serve their neighbors, making the most of every opportunity to reflect Christ. Pray for Forward Together at 9am and 9pm.

#FORYOU PRAYER: Pray that Crossroads would make a meaningful Impact at the Whiteford Fall Festival on Saturday, October 3rd. Lift up our volunteers, that they would serve with joy and kindness. Pray that everyone we encounter would feel seen and loved.

VIDEO: Scan the QR code on page 47 for the Day 18 video devotional.

TAKE IT FURTHER: Grab some bread and juice. Take some time today to take communion on your own. Spend time making sure your heart is clear and thanking Jesus for his sacrifice.

[illegible]

WEEK 3 THEME • JOINING GOD IN HIS MISSION

AUGUST 21
DAY 19

DAY NINETEEN THEME: God Provides What We Need

VERSE: 2 Corinthians 9:8 (NLT) And God will generously provide all you need. Then you will always have everything you need and plenty left over to share with others.

WRITE IT OUT: (Write out the verse by hand) _____

OBSERVATION: (What do you notice?)

APPLICATION: (What is God telling you?)

MY PRAYER: (Pray about it and write it out)

CROSSROADS PRAYER: Pray that God would raise up more group leaders, hosts, and disciple-makers so that every person has a place to belong and grow. Sign-ups start in September. Pray for Forward Together at 9am and 9pm.

#FORYOU PRAYER: Pray for our Local Mission Partner - Little Blessings Veteran and Community Outreach. That veterans and their families will find peace and healing through their programs. Pray for Jamie Paxton as she leads this mission and all volunteers as they help our local veterans.

VIDEO: Scan the QR code on page 49 for the Day 19 video devotional.

TAKE IT FURTHER: #FORYOU Friday! Little Blessings is our neighbor! Let's show the staff there our love and write them a note of encouragement for all they do for our local veterans and their families. Send to: LBVO 5725 West Sterns Rd Ottawa Lake, MI 49267.

[illegible]

WEEK 3 THEME • JOINING GOD IN HIS MISSION

AUGUST 22
DAY 20

DAY TWENTY THEME: Don't Give Up

VERSE: Galatians 6:9 (NLT) So let's not get tired of doing what is good. At just the right time we will reap a harvest of blessing if we don't give up.

WRITE IT OUT: (Write out the verse by hand) _____

OBSERVATION: (What do you notice?)

APPLICATION: (What is God telling you?)

MY PRAYER: (Pray about it and write it out)

CROSSROADS PRAYER: Pray for our pastors, staff, elders, and ministry leaders, asking God to renew their strength, protect their families, and help them remain faithful in every season. Pray for Forward Together at 9am and 9pm.

#FORYOU PRAYER: Pray that Crossroads makes an impact at the Sylvania Fall Festival on Sunday, October 18th. Ask God to bless our booth, parade volunteers, and show you how you might get involved. Pray that our Student Float is a blessing to the community and draws more students to our Wednesday Student Nights.

VIDEO: Scan the QR code on page 51 for the Day 20 video devotional.

TAKE IT FURTHER: Take a moment to pray for someone today and then send them a quick text to let them know you did. A simple message can bring encouragement and remind them they're not alone.

[illegible]

WEEK 3 THEME · JOINING GOD IN HIS MISSION

AUGUST 23
DAY 21

DAY TWENTY ONE THEME: Pray Continually

VERSE: Ephesians 6:8 (NLT) Pray in the Spirit at all times and on every occasion. Stay alert and be persistent in your prayers for all believers everywhere.

WRITE IT OUT: (Write out the verse by hand) _____

OBSERVATION: (What do you notice?)

APPLICATION: (What is God telling you?)

MY PRAYER: (Pray about it and write it out)

CROSSROADS PRAYER: Pray that every person who calls Crossroads home would discover their God-given design, become fully engaged in the mission, and that our church would be known as a people who never stop praying. Pray for Forward Together at 9am and 9pm.

#FORYOU PRAYER: Pray that we never grow complacent in our Community Impact, but stay energized and committed to reaching more lives with love, hope, and purpose. May we continually seek fresh ways to serve and make a lasting difference in our communities.

VIDEO: Scan the QR code on page 53 for the Day 21 video devotional.

TAKE IT FURTHER: Share something on our social media posts (Facebook or Instagram) that God has been showing you over the last week.



MAKE THE IMPACT LAST BEYOND 21 DAYS

As this journey comes to a close, don't let the momentum stop here. Take a moment to look back at your goals from the beginning of the 21 Days (page 3).

Now, ask yourself: What are 1–2 actionable next steps I can take this Fall to keep growing in my relationship with Jesus?

Write down your next steps below—and commit to walking them out.

Let this be the beginning, not the end.

[illegible]

[illegible]

FINAL THOUGHTS, NOTES, OBSERVATIONS

[illegible]

21 DAYS PRAYER & FASTING



SCAN CODE TO ACCESS 21 DAYS VIDEOS + RESOURCES
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