

21 DAYS

# Prayer & Fasting



# **Sunday-Experience Praise and Thanksgiving**

## **READ**

**Psalm 63:1 O God, you are my God; earnestly I seek you; my soul thirsts for you; my flesh faints for you, as in a dry and weary land where there is no water.**

**2 So I have looked upon you in the sanctuary, beholding your power and glory.**

**3 Because your steadfast love is better than life, my lips will praise you.**

**4 So I will bless you as long as I live; in your name I will lift up my hands.**

**5 My soul will be satisfied as with fat and rich food, and my mouth will praise you with joyful lips.**

**Psalm 100:4 Enter his gates with thanksgiving, and his courts with praise!**

**Give thanks to him; bless his name!**

## **EXAMINE**

**David declares that his every satisfaction is found in God. He was on the run from either Saul or Absalom, away from the tabernacle, but danger did nothing to stop his deep desire for God's presence. David's thirst for God found relief as he praised Him. He considered God's favor even better than life itself. Thinking about God's ability to satisfy his every need brought a sense of fullness into David's life. David's meditation on God overflowed in praise. The Israelites began their prayer time with thanksgiving and praise. Gratitude says what I have is enough.**

## **APPLY**

**Spend some time thinking about all of the blessing in your life for which you are thankful. Write out a list, sing a song of praise or just spend moments reflecting on your gratitude and praise to God. When you meditate on these truths, gratitude is produced, leading to praise and worship.**

## **PRAY**

**"Father, You are good and You deserve all of my praise. Thank You for the many ways You have blessed me (tell Him specific things in your life you are grateful for. Thank Him for something new). I want to experience Your presence and love like never before. Thank you for Jesus most of all. Thank You for Who you are and what You have done."**

# **Monday-Experience Forgiveness through Repentance**

## **READ**

**1 John 1:7 But if we walk in the light, as He is in the light, we have fellowship with one another, and the blood of Jesus his Son cleanses us from all sin. 8 If we say we have no sin, we deceive ourselves, and the truth is not in us. 9 If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness. 10 If we say we have not sinned, we make Him a liar, and His word is not in us.**

**Romans 12:1 I appeal to you therefore, brothers, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship.**

## **EXAMINE**

**Genuine, authentic faith is based solely on a relationship and fellowship with God. Understanding the nature of God in relation to who we are as creations of God is of critical importance. God is light; anything that remains in darkness does not have fellowship with Him. It is impossible to walk in both darkness and light. At times we are in danger of being deceived into allowing religious activities to replace the work of confession and repentance. Instead, we walk in light with other believers. This is only made possible by acknowledging our sin and allowing the work of Christ on the cross to cleanse us. He is our advocate and sacrifice for our sins. We are in need of being cleansed and forgiven by God.**

## **APPLY**

**Our daily practice as believers should be to evaluate the thoughts and behaviors in our life that are counter to the character of God. "Walking in the light" means we repent daily with desperation to remove anything that would separate us from the Father. When we don't slow down enough for self evaluation, it's easy for busyness of life to cloud our time with the Lord. Because of what Jesus did on the cross, we can confess our sins to Him and receive complete forgiveness. Humbly turn away from your sins, turn to Him and allow Him to cleanse and renew you.**

## **PRAY**

**"God, I confess my sins to You and turn away from them (tell God any sin you know of and confess before Him with a sincere heart). Show me all areas that need Your forgiveness. Thank You, God, for forgiving me. I turn towards You and away from my sins. I give you everything. My mind, my heart, and my body. Thank you for the cross and the forgiveness I have found in Jesus."**

## **Tuesday-Experience a Life in Christ**

### **READ**

**John 15:4 Abide in me, and I in you. As the branch cannot bear fruit by itself, unless it abides in the vine, neither can you, unless you abide in me. 5 I am the vine; you are the branches. Whoever abides in me and I in him, he it is that bears much fruit, for apart from me you can do nothing.**

### **EXAMINE**

**When we get frustrated with life, it's easy to feel frustrated with God. We wonder why things are going wrong and feel angry in our circumstances. But how often does our frustrations and fruitlessness come from a lack of abiding in the Lord's presence and listening to His teachings. In these verses, Jesus is reminding us that the only way to a fulfilling life is through our relationship with Him. Without Him we can do nothing, but with Him we are blessed beyond measure. Daily dependance on Jesus is the way we abide with Him. Moment by moment and day after day.**

### **APPLY**

**This decision to abide in Christ is not a one and done choice. Because of our sinful nature, there is a constant spiritual battle going on inside us. Every single day we must wake up and choose to spend time with Jesus, to dwell in His presence, and learn from His Word. When we learn to maintain this habit of walking with Christ, He blesses us in ways that we can't imagine. When Jesus says "apart from me you can do nothing" we need to recognize that this comes down to us making a choice to live in obedience and unity with Christ. We must acknowledge that whenever we try to do things on our own, we are like a branch that withers away, and it is only through God that we can be fruitful.**

### **PRAY**

**"Thank you Jesus for life found in You. I know You are here with me. You are my righteousness (Jer. 26:3), You are my Sanctifier (Lev.20:7-8), You are My Healer (Ex. 15:26), You are my Provider (Gen.22:14), You are my Peace (Judge.6:24), and You are my Shepherd (Psalm 23:1).(Focus on these aspects of who He is and how this is especially meaningful to you right now) I know You are always with me and Your presence is life to me. Thank you Jesus for giving me breath, joy and purpose in this life."**

## **Wednesday-Experience the Word of God**

### **READ**

**Joshua 1:8 This Book of the Law shall not depart from your mouth, but you shall meditate on it day and night, so that you may be careful to do according to all that is written in it. For then you will make your way prosperous, and then you will have good success. 9 Have I not commanded you? Be strong and courageous. Do not be frightened, and do not be dismayed, for the Lord your God is with you wherever you go."**

### **EXAMINE**

**In this passage, Joshua has been made the leader of the nation of Israel after the death of Moses. He is stepping into the shoes of a giant leader who has courageously led the Israelites through thick and thin. It would've been easy for Joshua to rely on his own knowledge, strength, and experience as he steps into this leadership role. However, God instructs Joshua "to meditate on [the Scriptures] day and night so that you may carefully observe everything written in it." Joshua found strength in God's Word, not in his own leadership experience.**

### **APPLY**

**It can be easy for us to turn to our own strengths and knowledge as we overcome the struggles of daily life. This can lead us to feeling disconnected from our God who has given us His Word to know Him and receive instructions for life. Through our devotion to the Word, we begin to grow closer to God as our Father and we receive truth. Take time to read and think about the Word. Claim God's promises for your life, family and world around you.**

### **PRAY**

**"Father, give me the desire to spend time in your Word even when it is difficult or I don't "feel like it." I claim the promises you have for me, and I meditate on the truth of Your Word (pray scriptures that are on your heart). Help me to see it as a Living Word. Give me a Word to help me today. Thank you for speaking to me through your Word."**

## **Thursday-Experience Community with Others**

### **READ**

**Hebrews 10:24-25 24 And let us consider how to stir up one another to love and good works, 25 not neglecting to meet together, as is the habit of some, but encouraging one another, and all the more as you see the Day drawing near.**

### **EXAMINE**

**The writer of Hebrews is exhorting these believers to not forsake gathering together as a community of Christ-followers. This source of community between these believers should spur on love between them, holding one another up during times of hardship and abundance. As they continue to do life together, they are to encourage one another to be steadfast alongside each other.**

### **APPLY**

**It was once said, "Community is forged, not found." Being a part of a community of believers is not always easy. It takes effort on our part to be intentional in finding our people who will be with us through both the valleys and mountaintops of life. When we forsake the community of believers, we lose the connection with other believers that God designed us for. Although it may not always be easy, it is essential for every Christian to be engaged in biblical community for their own (and others) spiritual growth! Make a commitment to be faithful to church and to serve on a team. Pray that God will move in a great way in your church. Call someone or meet them in person, and encourage them in their walk with God. Decide to lead or attend a Life Group and watch how God strengthens you and others as you do life together.**

### **PRAY**

**"Father, I want to be intentional in growing in my relationships with other believers. I lift up my friends and church family to you. May our relationships deepen through Life Groups. Use me as a leader to develop more, deeper, and healthy relationships with others around me. Open my eyes to the needs of those around me. Thank you for the church family, extend our borders, save souls, and deepen our relationships."**

# Friday-Experience Life with the Holy Spirit

## READ

**Galatians 5:16** But I say, walk by the Spirit, and you will not gratify the desires of the flesh. **17** For the desires of the flesh are against the Spirit, and the desires of the Spirit are against the flesh, for these are opposed to each other, to keep you from doing the things you want to do. **18** But if you are led by the Spirit, you are not under the law. **19** Now the works of the flesh are evident: sexual immorality, impurity, sensuality, **20** idolatry, sorcery, enmity, strife, jealousy, fits of anger, rivalries, dissensions, divisions, **21** envy, drunkenness, orgies, and things like these. I warn you, as I warned you before, that those who do such things will not inherit the kingdom of God. **22** But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, **23** gentleness, self-control; against such things there is no law. **24** And those who belong to Christ Jesus have crucified the flesh with its passions and desires. **25** If we live by the Spirit, let us also keep in step with the Spirit. **26** Let us not become conceited, provoking one another, envying one another.

## EXAMINE

The Holy Spirit is the key to Christian living. In fact, Jesus told His disciples that it would be better for them after He returned to the Father and the Holy Spirit came to lead them in His place. Why? Because in His physical body, Jesus' ministry was limited by proximity. He could only be in one place at one time. The Holy Spirit, however, would indwell ALL believers from the moment of their salvation. We don't have to seek the Spirit out or meet with Him in a specific location or time. He is available to us 24/7. As our Counselor, He leads us, speaks to us, intercedes for us, convicts us, and empowers us. Apart from Him, we can't live out our faith as Jesus intends. This is why Paul urges us to walk by the Spirit. Otherwise, we will default to the flesh, and the results are VERY different.

## APPLY

One of the great things about Paul's command to "walk by the Spirit" is that it's immediately followed by a checklist to help us evaluate how well we're doing. Read through the two lists: the works of the flesh (v.19-22) and the fruit of the Spirit (22-26). Which list characterizes your journey in this season? Do you lean more heavily towards one or the other? Highlight or write down areas of concern and begin to seek the Spirit's lead in moving towards spiritual health. He will not force Himself, so invite Him into everyday life. Work together as a life-long partner.

## PRAY

"Holy Spirit, I give you complete control of my life. I need Your presence in my life, guiding, directing, comforting and counseling me. In your Spirit, I receive power, love and a sound mind. Give me a holy fear of the Lord, helping me to be aware and in awe of who God is and what He is doing. Work in me and through me, Holy Spirit, for the good of the church and the glory of the Father."

## **Saturday-Experience the Miracles of God**

### **READ**

**Isaiah 40:28 Have you not known? Have you not heard?**

**The Lord is the everlasting God, the Creator of the ends of the earth.**

**He does not faint or grow weary; His understanding is unsearchable.**

**29 He gives power to the faint, and to him who has no might he increases strength.**

**30 Even youths shall faint and be weary, and young men shall fall exhausted;**

**31 but they who wait for the Lord shall renew their strength; they shall mount up with wings like eagles; they shall run and not be weary; they shall walk and not faint.**

### **EXAMINE**

**God knows we're going to get tired. He knows that life can be difficult and draining, that our own strength will fail us and we will reach points where weariness overtakes us. But this verse reminds us that our God prepares us for miraculous moments. He steps in and offers His hand to each of us when we do not see another way. The same God who never tires, who created the universe and everything in it, shares his strength with you. When we take the time to sit and rest in his presence, He provides stability, peace, and strength that you can't find anywhere else.**

### **APPLY**

**It's easy to forget to ask God to step in and provide a miracle.**

**We often think we can handle it ourselves or we think it's too big for God.**

**What we need to remember, and what these verses remind us, is that God can (and will!) provide us the strength to face every battle. When we place our hope in God, He provides. When we turn to face our problems with God, He turns our weakness into strength and desperations into peace. Seek God first but don't be afraid to ask for a miracle. He is a miracle working God!**

### **PRAY**

**"Thank you God for giving us a way into Your presence through Jesus. I want to specifically ask You to do a miracle in our Nation, our city and our church. (Ask God for specific miracles involving your family, finances, relationships, physical needs and spiritual needs). There is nothing too big or too small that You cannot change. (Specifically thank God for the miracle) Thank you for hearing our prayers. Thank you for answering our prayers. I will give you all of the praise, honor and glory that you deserve."**