



DAYS OF
PRAYER + FASTING
2 0 2 0



RESONATE
Life Church

Guide and Journal

Resonate Life Church 21 Days of Prayer and Fasting.

Are you ready to go on a journey? A life changing journey of **21 days** of seeking God for your life, your family, for wisdom, discernment, healing, salvation, and revelation of who God is in your life.

We as a church are setting aside the month of January to seek God, to examine our hearts and prepare our spirit's for all that 2020 brings. Our fast begins Sunday night, January 6, at 6pm and ends after church on January 26.

We are calling this corporate fast a Spirit-led fast. Meaning, ask the Holy Spirit to speak to you specifically what He would have you to give up and set aside in order to seek God. See fasting examples below.

We believe as you spend time in prayer and God's Word during this season, you will experience God in a new way. You will hear His voice more clearly, experience a deeper understanding of His Word, and see breakthrough in many areas of your life as you surrender to Him.

Fasting and Prayer Schedule for 2020

Sunday, January 5 - 6 pm - Fasting starts with Encounter Service
Wednesday, January 8 - 7-8 pm - Prayer in the Worship Center
Wednesday, January 15 - 7-8 pm - Prayer in the Worship Center
Wednesday, January 22 - 7-8 pm - Prayer in the Worship Center
Sunday, January 26 - 12pm - Fasting Ends

In addition to the prayer guide, every morning at 6:45 -7 am there will be a 10-15 min devotional and prayer time on our website (www.resonatelife.tv) and Facebook page.

RLC Missionaries Supported

Alan & Karmy Crookham - Panama
Eric & Dee Duggins - Mexico
Estancia School in the Philippines
Rob & Jodi Herman - Indonesia
Douglas & Ruth Montague - Far East
Danny & Anhel Noah - South Dallas
E.C. Okay - Nigeria
Esdras & Michelle Orantes - Brazil
Zibi Marzec - Poland
Sureka via Vision Trust - 16 yr old in India
Chrissy Linson - Djibouti, Africa
Cornelia Albu - CRU - Moldova
Ana Uncu - CRU - Moldova

PRAYER:

“Father God, nothing is too hard for You! Through Your great power, all things are possible. All authority is Yours, all might is Yours, and I know that Your victory will be complete. You are amazing, and I worship You. I praise You for Your power and presence in my life. You are my God, and You are worthy of all praise.”

During this fast, I'm believing God for:

FASTING GUIDE

What is Biblical Fasting?

Biblical fasting involves abstaining from eating food and replacing it with prayer. Here are a few of the occasions for fasting we see in God's Word.

It was in a time of fasting that the Holy spirit spoke to send out **Paul and Barnabas** for the work of the ministry. It's in fasting God calls us into ministry **Acts 13:1-3**

In **Esther 4:14** a fast was called for deliverance of the Jewish people who were about to be killed. If you need deliverance from an addiction or stronghold in your life, it's time to fast

We fast for healing in our bodies. **Isaiah 58:8**

In **Jonah 3:5-7** the people of Nineveh fasted for mercy from God and for salvation. We fast for our neighbors and family members to know Christ.

It was during a fast that Daniel received one of the greatest revelations from God about his people and the future messiah. We fast for greater revelation of God and insight into our daily lives. **Daniel 10:2-3**

It was during fasting that **Cornelius** and his family became the first non-Jewish people to receive salvation in Jesus and the baptism of the Holy Spirit. We fast for our families, our marriages, and our children to grow closer to God. **Acts 10:30**

Jehoshaphat was king of Judah when a vast army marched against him and he declared a fast. God had him appoint singers and worshippers to go out ahead of the king and his army. God caused the enemy armies to go into confusion and kill one another. The people of Judah arrived to the battlefield and saw corpses as

far as the eye could see. God went before them. God gave them victory through fasting. What battles are ahead that you can't see in 2020? When we fast and pray, God goes out ahead and defeats the enemy Himself. The victory is won by His Spirit, not by our strength.

The **disciples** couldn't cast out a demon out of a boy and they asked Jesus why. Jesus said this can only come out with prayer and fasting. We fast and pray to defeat demonic activity.

Jesus fasted for 40 days before ministry. Let's take the first month of 2020 to fast and pray to prepare for all that God has for us this year.

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

Fasting teaches us that doing God's will sustains us: **John 4:31-35** records Jesus' encounter with the woman at the well. When the disciples return, they encourage Jesus to eat. He responds by saying, "I have food to eat that you know not of." Then He adds, "My food is to do the will of the Father." Again, Jesus reminds us that food alone is not enough. We are sustained by doing God's will.

Fasting teaches us that Jesus Himself sustains us: In **John 6:48-50** Jesus says, "I am the bread of life. Your fathers ate the manna in the wilderness, and they died. This is the bread which comes down out of heaven, so that one may eat of it and not die." We see this pictured symbolically in the bread and the cup of the Lord's

Name of Jesus has great power in the spiritual realm. The Bible tells us in **James 4:7** that if we resist the devil, he will flee from us. Through prayer, we can resist him and walk forward in freedom.

PRAYER:

"God, I recognize that my struggles today aren't against the people or circumstances around me, but against the enemy. Please help me to see how the enemy is lying to me. Help me to recognize his lies, take them captive, and make all of my thoughts obedient to the truth of Your Word (list out any specific areas God shows you where you have believed a lie that needs to be replaced with His truth). While the enemy wants to destroy me, I know that You came to give me life to the fullest. I don't have to fear the enemy because the One who is in me is greater than the one who is in the world."

"For yours is the Kingdom and the power and the glory forever."

EXPRESS FAITH IN GOD'S ABILITY

God is more than able to move in every situation, and ending our prayer time claiming His authority and power focuses our minds on the truth and hope of who He is and what He can do. Ah, Sovereign LORD, you have made the heavens and the earth by Your great power and outstretched arm. Nothing is too hard for You. **Jeremiah 32:17**

Remind yourself of God's limitless power and then return to praising Him and declaring your faith in Him: • "Yours is the Kingdom" – all authority belongs to You • "Yours is the Power" – all mightiness flows from You • "Yours is the Glory" – Your victory will be complete.

PRAYER:

“God, thank You so much for offering me the gift of forgiveness. Show me any areas in my life that I need to bring before You in order to receive forgiveness and healing. I confess that I have been struggling with sin (talk to God about any areas of sin in your life), and I know that You want me to be clean again. Please forgive me for my sin. Thank You for showing me unfailing grace. As You have so freely forgiven me, I also want to freely forgive others. Please help me let go of all of my offenses. I release to You those who have hurt me, and I trust You to handle those situations according to Your perfect will.”

“And don’t let us yield to temptation, but rescue us from the evil one.

ENGAGE IN SPIRITUAL WARFARE

Spiritual warfare can seem difficult to understand, but the Bible makes it very clear that we have an enemy who is trying to steal from us, kill us, and destroy us. As we pray, we take our stand against the enemy and fight from a place of victory through Jesus as we’re empowered by His Holy Spirit. There is power in God’s Word, and every lie the enemy has told us can be replaced with God’s truth. For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. **Ephesians 6:12** By recognizing that the enemy wants to destroy you, you can shed light on his lies and claim God’s truth over your life.

Ask God to show you any lies you are believing or areas of warfare happening in your life. Ask Him to expose the enemy and to help you understand and receive His truth. Simply speaking the

supper. Jesus is the source of eternal life. Fasting is feasting on Jesus.

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

What is the purpose of fasting?

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

Fasting teaches us that we can go without getting what we want and survive. Fasting can free us from having to have what we want. Therefore, fasting can teach moderation or self-control, not only in relation to food, but in other areas as well. It teaches contentment. **I Timothy 6:6**

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

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

How to get started on your Fast

Step 1: Clarify the purpose of your fast.

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

Step 2: Specify the kind of fast you will do.

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

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

before God to physically show your surrender to Him. Problems can either be ours or God's; they can't be both.

PRAYER:

“Father, I acknowledge that everything I need today will come from You. You made the heavens and the earth; You are more than capable of handling any situation I’m dealing with, so I give it to You completely (specifically talk to God about what is on your mind and heart right now and give it to Him). I look to you to help me, sustain me, and give me Your peace. Remind me of Your hope and power today. Thank You in advance for taking care of my needs.”

“and forgive us our sins, as we have forgiven those who sin against us

FORGIVE AND BE FORGIVEN

God has offered us complete forgiveness, and we can receive it at any time. When we turn away from our sins and receive His forgiveness, our hearts are more prepared to forgive others as well. If we confess our sins, He is faithful and just and will forgive us our sins and purify us from all unrighteousness.

1 John 1:9

Ask God to check your heart and life and show you areas where you might need to ask for forgiveness from Him. Then, it is your turn to forgive those who have offended you. We can even choose to forgive people in advance. Ask God to forgive you and to help you forgive others.

- Saving the lost
- Wisdom and guidance for those in authority –parental, spiritual, governmental, work-related
- Accomplishing His purpose in our lives.

PRAYER:

“God, I recognize there is no better plan on earth than Yours, and I pray for Your will to be done in my life (name the areas of your life where you need more of God’s presence today) and in our world. This world is lost and needs You desperately, and I pray for every person to know You as their personal Lord and Savior. I pray for the leaders in my life (pray specifically over parents, spiritual leaders, government leaders, employers, and any other leaders in your life), that you would give them supernatural wisdom and discernment as they lead. Give them a revelation of Your will and Your purpose for them. And I give my life to You again today; have Your way in my life! Anything You want to do in me or through me, I will do. I ask today for wisdom and clarity as you show me my next steps.”

“Give us today the food we need,”

DEPEND ON HIM FOR EVERYTHING

God promises to supply all our needs, and He wants us to come to Him with our problems, needs, and desires and to trust Him to provide. I look up to the mountains—does my help come from there? My help comes from the Lord, who made heaven and earth! **Psalm 121:1-2**

Ask God for what you need today. It may help to write down the concerns weighing on your mind or the desires of your heart. You can bring them to God, and trust Him enough to hand them over to Him fully. It may help to open your hands

Step 3: Prepare your heart, mind, and body for fasting.

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

- Fasting requires reasonable precautions. Consult your physician first, especially if you take prescription medication or have a chronic ailment. Some people should never fast without professional supervision.
- Do not rush into your fast. Prepare your body. Eat smaller meals before starting a fast. Avoid high fat and sugary foods. Eating raw fruit and vegetables prior to your fast is helpful. Physical preparation makes the drastic change in your eating routine a little easier so that you can turn your full attention to the Lord in prayer.
- Prepare your heart and mind: Remember that God is your Father and He loves you and is for you.
- Confess every sin that the Holy Spirit calls to your remembrance and accept God’s forgiveness (1 John 1:9). Seek forgiveness from all whom you have offended, and forgive all who have hurt you (Mark 11:25; Luke 11:4; 17:3,4). Make restitution as the Holy Spirit leads you.
- Surrender your life fully to Jesus Christ (Romans 12:1, 2). Meditate on the attributes of God, His love, sovereignty, power, wisdom, faithfulness, grace, compassion, and others. (Psalm 48:9,10; 103:1-8, 11-13)
- Begin your time of fasting and prayer with an expectant heart. (Hebrews 11:6)

• Do not underestimate spiritual opposition. Satan sometimes intensifies the natural battle between body and spirit. (Galatians 5:16,17)

Types of Fasts

Biblical fasting almost always concerns food.

1. Selective Fast (Daniel 10:3)

You could abstain from something like breads, sweets, sodas, coffee, or even red meat. Perhaps spend some time reading through Daniel's fast in Daniel chapter 1 and chapter 10. Stick to only fruits and vegetables like he did or something similar. Determine the timing and duration of your fast and begin. You may choose to go without this specific type of food on only certain days like Fridays, or you may go without during the weekdays only or perhaps every day. Finally, choose the duration of your fast. This fast is 21 days (January 6 - 26) but that does not mean you must go without for all of the 21 days.

Determine the timing and duration ahead of time and stick to it. Rather, pray through it.

2. Partial Fast

This fast is sometimes called the "Jewish Fast" and involves abstaining from eating any type of food in the morning and afternoon. This can either be correlated to specific times of the day, such as 6:00 am to 3:00 pm, or from sun-up to sun-down.

3. Complete Fast (Esther 4:16; Acts 9:9)

This seems to be the most prevalent of the fasts we see in the Bible. It is also the most intimidating, but refuse to let it scare you. Fasting from all food is not scary if you determine beforehand when you will do so and for how long. The complete

- God is Banner of Victory – He defeated our enemies
- God is Shepherd – He speaks to us and leads us
- God is Peace – He is our peace in every storm
- God is Provider – He supplies all of our needs

The name of the Lord is a strong tower; the righteous man runs into it and is safe. **Proverbs 18:10**

Speak God's Names out loud. When we proclaim who He is, we not only worship Him, but we also remind ourselves how powerful and great our God is.

PRAYER:

"God, I am in awe of You. Your Name is a strong tower, a place of protection and safety for me. I praise You as my Healer, my Shepherd, and my Banner of Victory. You are my Peace, my Provider, my Righteousness, and my Sanctifier. Your Name is great, and I worship You."

"May your Kingdom come soon. May your will be done on earth, as it is in heaven."

PRAY HIS AGENDA FIRST

Part of being a child of God is caring about what He cares about. We know His will is perfect, and we acknowledge His wisdom and sovereignty when we pray His agenda first. He will always give you all you need from day to day if you will make the Kingdom of God your primary concern. **Luke 12:31** Spend time focusing on what God is focused on. His priorities include:

“Our Father in Heaven”

CONNECT WITH GOD RELATIONALLY

God isn't interested in us practicing religion; instead, He desires a relationship with us. God has adopted us as His children and loves for us to call Him our Father. Starting our prayer time acknowledging our relationship with God is powerful for us and delights Him as well.

You have not received a spirit that makes you fearful slaves. Instead, you received God's Spirit when He adopted you as His own children. Now we call Him, “Abba, Father.” **Romans 8:15** Proclaim your intimate relationship with God, addressing Him lovingly as your Father and thanking Him that you are His child.

PRAYER:

“Father, I come to You in prayer today thankful that I am Your child. I know I am a sinner, but You have forgiven me and adopted me as Your own, and I am so grateful to call you my Father. Thank you for loving me. I love you.”

“May Your name be kept holy”

WORSHIP HIS NAME

God loves when we worship Him, and there is power in His Name. Here is a list of some of His Names to help us worship Him specifically and personally:

- God is Righteousness – He makes us clean
- God is Sanctifier – He has called us and set us apart
- God is Healer – He heals all our diseases

fast is going without food and only drinking water or juice. Example could be a 3 day fast, or one meal a day or eating only dinners.

4. Soul Fast (Daniel 6:18)

The king's voluntary “fasting” from entertainment in the time of Daniel helps us further understand yet another type of fast. This fast is a great option if you do not have much experience fasting food, have a health condition, or if you wish to refocus certain areas of your life that are out of balance. Fasting from things like entertainment can be particularly helpful and accessible to kids and teens. Think of abstaining from television, social media, iPods/iPads, video games, all reading except the Bible, music, texting, etc. for the duration of your fast. This can be a very powerful decision even as a supplement to food fasts.

Choosing your fasting plan is a very personal decision. We are all at different places in our walk with God and our spirituality should never be a cause for comparison or competition. There is nothing more “inherently spiritual” about one type of fast as opposed to another. Your personal fast should present a level of challenge to it, but know your body, know your options, and most importantly, seek God in prayer about this and follow what the Holy Spirit leads you to do. It's also important to not let what you eat or do not eat become the focus of your fast. This is a time to disconnect enough with your regular patterns and habits in order to connect more closely to God. If you do not choose to fast, or no matter what kind of fast you choose, seek God with us in prayer.

Day 1- Monday, January 6: Prepare our hearts for God to speak

Reading for today: Isaiah 58

A true fast, as we see in Isaiah, is more than going through the motions, it's a change of heart. In order to receive all that God has for us during these 21 days, we have to look at our own hearts and motives and allow God's word, His mirror, to reflect what He sees. When we allow God to do that in us, He says in verses 8 we will be healed and protected, we will call and He will answer, light will break through our darkness. Ask God to point out anything in our hearts that would hinder us from getting closer to Him.

Prayer Points: Search our hearts, obedience to do His will, surrender to His ways.

What is God saying to you today? What are you fasting for?

THE LORD'S PRAYER

The Lord's Prayer is often recited in churches or at religious events, but there's so much more to this prayer. Jesus provided this model as an outline to teach us how to pray in a way that connects us to God and empowers us to accomplish great things through Him. This model takes us through each part of The Lord's Prayer, showing us how to pray the way Jesus instructed.

One day Jesus was praying in a certain place. When He finished, one of His disciples said to Him, "Lord, teach us to pray..."

Matthew 6:9-13 New Living Translation (NLT):

*"Pray like this:
Our Father in heaven,
may your name be kept holy.*

*May your Kingdom come soon.
May your will be done on earth,
as it is in heaven.*

*Give us today the food we need,

and forgive us our sins,
as we have forgiven those who sin against us.*

*And don't let us yield to temptation,
but rescue us from the evil one."*

Day 21 - Sunday, January 26: Harvest of New Believers
Bible reading for today: Matthew 9:35–38; Matthew 28:16–20

We close out this time of fasting with praying for the harvest of souls God wants to bring into the Church. Jesus said, “**The harvest is plentiful but the workers are few. Ask the Lord of the harvest, therefore, to send out workers into his harvest field.**” We are all workers in the Kingdom of God so let’s all do our part and get to work. Pick up your plow! Ask the Holy Spirit to show you those people in your life who are ripe for the harvest- a family member, a co-worker, a friend, or a neighbor. Begin to pray for them and tell them what Jesus has done for you.

Prayer Points: Pray for more workers to have the courage to go and make disciples. Pray for those in your life who do not know Jesus. Ask Holy Spirit for opportunities to share your faith and the boldness to speak.

What is God saying to you today? Who are the people in your life who need to know Jesus? What is saying to you about them?

Day 2 - Tuesday, January 7: Local City
Reading for today: Romans 13:1-7; Jeremiah 29:1-14

God puts in place the authorities in our lives for a time, place, and purpose. In these passages of Scripture we are called to be subject under the governing authorities, who are God’s ministers (v. 6). It’s so important that we do not lose sight of how God wants to move through authoritative people to further His Kingdom in our communities. No matter the darkness or evil that is prevalent, we can hold fast to hope. Praying for Hope. God has good plans for each one of us, providing us with a future of hope. Let us seek God with all of our hearts as it concerns the city that we have been placed in. You are where you are for a reason and a purpose, begin to pray into it. Let your faith arise for a move of God to sweep across your specific community.

Prayer Points: Pray to the Lord for great and good things to happen for your city and your schools. Ask that they happen by God’s power and for his glory. Seek the welfare of the place where God has sent you. Think of yourself as sent there by God for his glory. Because you are.

What is God saying to you today?

Day 3 - Wednesday, January 8: Sharing Your Faith

Reading for today: Acts 4:23–31

It's the responsibility of every believer to share the good news of Christ with the world. Many times our thoughts about this are centered around standing up on a busy street and preaching the gospel. God could be calling you to do this, but more often than not God is calling us to be a witness within our sphere of influence. Our family, co-workers, friends, neighbors, and people we encounter in everyday life. From the passage in Acts we see two resources the Holy Spirit gives us to share our faith. Number one, boldness. Boldness to speak the truth, stand up for righteousness and to share our hope in Jesus. The second request the early church had was for miracles, signs, and wonders. If you pray for a co-worker and God heals them, they will be open to hear about the One who healed them. The Apostle Paul said, "I did not come preaching with just words but with a demonstration of the Spirit's power." Next time a co-worker says, "I have a headache," ask if you can pray for their healing.

Prayer points: Boldness to share the gospel, miracles, signs, and wonders.

What is God saying to you today?

Day 20 - Saturday, January 25: Physical Healing

Reading for today: 2 Corinthians 4:17–18; Luke 10:9; Ephesians 2:19–20

When you watch a good movie, you are often drawn into the drama and suspense of the main characters. You feel their fear and worry and root for the good guys to win. Even though the movie is able to tug on your heart and move you emotionally, you never completely lose the sense that it is "just a movie." You live in a *higher reality*. After you have seen the movie a couple times, you even get a new perspective about how each scene leads the characters to the eventual happy ending.

God sees the end of our lives from the beginning. Though we are living this very real story line as main characters, God knows that our struggles are "just temporary." He exists in a *higher reality*. This reality is called the kingdom of heaven, where there is no pain, no sickness, and no disease. When we pray for healing, what we are actually praying for is the grace to catch a glimpse of God's *higher reality*. When we pray "on earth as it is in heaven" (see Matt 6:10), we are merely asking for the superior eternal reality to manifest itself in place of an inferior temporary one. We can impose this higher reality by the authority of Jesus in every circumstance through prayer.

Prayer Points: Borrow God's perspective for a moment. The kingdom of God is eternal, and because it is eternal, the kingdom of God is here right now. Build your faith by spending five minutes praying and meditating on this truth.

What healing are you believing for?

Day 19 - Friday, January 24: Fruit of the Spirit

Reading for today: Galatians 5:13–26

We live in a world where many times someone’s gift is elevated over their character. If someone can produce results their bad character is swept under the rug. The problem is at some point someone’s lack of integrity and character will get the best of them. The Holy Spirit wants to work through us with his gifts and do a work in us so we have the character to sustain us through the hard times and the blessings. Jesus says a person is known by their fruit (Matt 7:15–20). In Galatians 5 we see a stark contrast between the fruit of our flesh and the fruit of the Holy Spirit in our lives. The fruit of the Holy Spirit is a work of the Spirit in our lives, but every day we have to crucify our flesh and allow the Holy Spirit to direct us. This is an intentional act. You are saying “I want *you*, Holy Spirit, more than what *I* want. What you produce in my life is always good and the fruit my flesh produces will always lead to destruction.”

Prayer Points: Ask the Holy Spirit to lead your life, make a decision to yield to his voice and not to your flesh today.

What is God saying to you today?

Day 4 - Thursday, January 9: Family and Friends

Reading for today: Acts 10

The story of Cornelius a Roman army officer is a fascinating story. Cornelius was a Gentile, not a Jew. This is the first account in Acts of someone outside of the Jewish faith receiving the gospel and being baptized in the Holy Spirit. Cornelius feared God as best he knew him and he prayed and gave to those in need (10:2). God sent an angel to him and hold him to send for Peter to hear what he has to say (10:3–6). Peter comes and shares the gospel and everyone in the room was saved and filled with the Holy Spirit (10:44–48). But in verse 24 it says Cornelius had called together his relatives and close friends to come hear the truth. Because he was praying and fasting God responded and his entire family and close friends (10:4). Could it be because you are fasting and praying that God wants to bring salvation to your entire family and friends? Never underestimate the power the Spirit of God has to impact people’s hearts.

Prayer points: Pray for lost family members, relatives, friends, neighbors, and co-workers,

What is God saying to you today?

Day 5 - Friday, January 10: Hearing God

Reading for today: 1 Kings 19:9–18; John 16:5–15

Every believer can and should hear the voice of God. Jesus said the Holy Spirit will guide us into all truth, that’s one of His roles in our lives, to speak (John 16:13). God gives us His written word and also speaks by His Spirit. The written word gives us general understanding of God’s character and how He speaks. However, the Holy Spirit speaks to give us instructions about a specific situation. For instance, his written word can help us know how to conduct our business with integrity but the Holy Spirit can give us instructions on a specific business dealing. It’s important to read and know God’s written word in order to know how God speaks by His Spirit. The Holy Spirit will never contradict His written word.

Prayer points: Ask God to open your ears to hear what the Holy Spirit is saying today.

What is God saying to you today?

Day 18 - Thursday, January 23: Our Children

Bible reading for today: Deuteronomy 6:4–9; Mark 10:13–16; Philippians 1:3-11, Psalm 127

It is interesting that Matthew and Mark would place Jesus’s blessing of children between his teaching on divorce (Matt 19:1–12; Mark 10:1–12) and the rich young man (Matt 19:16–30; Mark 10:17–31). The fathers and mothers had enough personal faith to bring their children to receive a blessing from Jesus, while the rich young man brought only his achievements since childhood. Even the disciples thought, “Children cannot come into the kingdom until they are grown ups.” Jesus disagrees. He says, “Grown ups cannot come into the kingdom of God until they become like children.” Children stand for something. They stand for the kind of simple, receptive trust that it requires for adults to enter the kingdom of God. Our children are precious gifts from God. The truth is as adults we must come to Jesus in childlike faith and we must teach our children to do the same.

Prayer points: Pray for our children’s protection, physically, mentally, and emotionally. Pray for salvation. Pray for parents to have wisdom and intentionality with the spiritual development of their children.

What is God saying to you today?

Day 17 - Wednesday, January 22: Discipleship

Reading for today: Matthew 28:16–20; Acts 2:42–47

When we think of discipleship we often think of being in a classroom or in a bible study, but being a disciple is simply being a follower or a student. We are disciples of Jesus and his commission to us was to go and make other disciples. Looking at how Jesus made disciples we see he invited others to do life with him and in the process he taught them the Scriptures and how to connect with God. That’s our call today! You don’t need a “Reverend” in front of your name in order to disciple others, just invite them into your world. Let others see how you train your children, how you deal with crisis, or how you pray. These are all a part of discipleship. Paul said, “Follow me as I follow Christ” (1 Cor 11:1). Your life doesn’t have to be perfect, in fact letting others see how you lean on Jesus and his word during tough times is a perfect example of discipleship. Who are you discipling today?

Prayer points: Ask God who you are called to mentor and disciple in Christ and what are the next steps you are going to take to begin the process.

What is God saying to you today?

Day 6 - Saturday, January 11: Emotional/Mental Healing

Reading for today: James 1:21; Titus 3:5; John 3:17; Romans 12:2

The amazing mystery of salvation has been revealed through the gift of Jesus Christ. By simply *receiving Jesus* and making him Lord of our lives, we are saved. The Greek word SOZO (saved) is used 110 times in the Bible. Much of this word’s meaning has been lost in translation to our current modern vernacular. SOZO is an incredible multi-faceted word meaning saved, made whole, healed, preserved, made well. When Jesus saves us, we can say that: he heals us (physically), makes us whole (emotionally), makes us well (mentally), and preserves us (spiritually). There is a limitless depth to the saving ability of Jesus Christ in our lives.

By understanding the word SOZO, and realizing that by *receiving Jesus* we have been completely saved by His death on the cross, we begin to take back dominion from the enemy in regard to our minds and emotions. The plan to heal us begins and ends with Jesus.

Prayer points: Meditate on the word “sozo.” Ask God to dramatically heal any emotional wounds or mental barriers. Make a commitment to engage with Scripture daily, renewing your mind and *receiving Jesus* each day.

What is God saying to you today?

Day 7 - Sunday, January 12: The Body of Christ
Reading for today: John 13:35; John 17:20–23; 1 Corinthians 12:12–31

In John 17, one of Jesus’s last prayers before he was arrested was that all believers would be one as he is one with the Father. We are all part of the Body of Christ, each functioning in different ways. There are many denominations, beliefs, political views, personalities, interpretations of scripture, etc, but if the foundation is Christ, we should resolve to love one another and trust that the Holy Spirit will lead us into all truth. No matter the differences, we should listen and seek to understand one another before stating our opinions. Let’s be slow to anger and rich in love and mercy. Let’s ask the Lord to examine our hearts before judging other believers.

Prayer points: Believers around the world will unite as the Body of Christ and love one another. We will encourage and pray for one another. In the middle of disagreements, we will listen and be gentle with our words and attitudes.

What is God saying to you today about your relationships with other believers who differ from you?

Day 16 -Tuesday, January 21: Nation, President, and Government
Bible reading for today: Psalm 33:12; 2 Chronicles 7:14; 1 Timothy 2:1–2; Romans 13:1–7

Today we should pray for our nation. The Bible instructs us that we will be blessed as a nation if we have God as Lord. In 2 Chronicles 7:14 God says if his people will pray and seek him, he will hear from heaven – he will forgive our sins and heal our land. In spite of social and political unrest, we should seek God for his will and trust his ability to put things in order.

We should also pray for our President and government. Pray for those in authority so that we may live peaceful and quiet lives. No chaos. No confusion. When we feel this – we should pray. We should pray understanding that God has appointed the governing authorities and ultimately he is the one in charge.

Prayer Points: Pray over our nation, President, and government. Ask God to help keep our nation anchored on biblical principles. Ask God to help our President and those in government to make wise and godly choices. Pray specifically for the upcoming elections in November.

What is God saying to you today?

Day 15 - Monday, January 20: Ministering to God

Reading for today: Acts 17:28; Revelation 4:8, 11; Revelation 5:8–10

In heaven the only necessity there will be is to worship God in all His majesty, beauty, and glory. All of our attention, affections, desires, and focus will be synced up and set on one Man, Jesus; whom we will be worshipping for eternity. This does not negate our current responsibility as believers to preach, evangelize, and make disciples, but it does put into focus what our primary response should be in regards to the worth and validity of Jesus, thus making our public life as a believer more authentic, effective, and influential.

This reality speaks of our ultimate function as a believer and disciple of Jesus Christ; but should we wait until heaven to function in this? Living a life where worshipping and ministering to God is threaded through every season and detail of our life is what we were made for. It is the essence of Jesus's death on the cross and resurrection from the grave; that we would be a people made by him, for him, with our chief intention and purpose to minister to him.

Prayer Points: Minister to God and worship Him for who He is over any prayer needs you have. (Example: If you have a financial need, find Scriptures that describe God as provider and pray them back to him.)

Prayer Exercise: Think of names, attributes, and characteristics of God using the alphabet (A-Z) to strengthen and familiarize yourself with who He is. Example: "A- Alpha B- Beloved C- Cornerstone D- Deliverer ..."

Day 8 - Monday, January 13: Ministering to God

Reading for today: I Peter 2:9; Revelation 1:5–6

When God calls us "priests," he is validating our role in the kingdom as such. Priests were the only ones allowed and selected to go before the Lord to minister to Him, burn incense, and pray. Now through Jesus's blood and sacrifice we have been given the right to always come boldly to God not only for ourselves, but to minister to Him.

"Ministry to God" may be verbiage unused today, but certainly still holds weight for how it impacts our heart, soul, and mind. When we push aside our "prayer list" and focus on the one who holds the keys to death, hell, and the grave, who has all power and authority, it transforms our prayer life because we have become more acquainted with the One whom we are praying too.

Ministry to God is simply taking what biblical descriptions say about God in passages of Scripture and praying them back to him. When we do this, God's character, nature, and the absolute of who he is is exalted and then faith fills our hearts and minds to to be firmly rooted in the knowledge of who he is.

Prayer Points: Pray this prayer.

"You are the Everlasting God. You have all authority and power and your name is everlasting. Truth and justice are the foundations of your throne and You are righteous in all your ways. You are a refuge and help in times of trouble and everlasting love is who you are. You are everything I need, a father to the fatherless and the shepherd of my soul. Who do I have in heaven but you? And I desire nothing on earth but you. My heart and my flesh may fail, but you are the strength of my heart and my portion forever. Amen."

Day 9 - Tuesday, January 14: Business

Reading for today: 1 Corinthians 3:10–15

Paul says that every person is working and building something with their life (1 Cor 3:10–15). Specifically talking to Christians, he explains that all people are either building things that are eternal or worthless.

God has an amazing story of his glory that he has and is continuing to weave through human history. This story displays God’s goodness, love, mercy and redemption through Christ. The amazing thing is Jesus Christ invites us to be part of this story. He taught us to pray for his kingdom to come (Matt 6:9–16) and to actively participate in bringing his kingdom here on earth as we go about our lives (Matt 28:19–20).

Today God is inviting us to participate in his story through our work and the daily grind of our lives. If we take the time to hear God on a daily basis and take those small steps of faith as he calls us, our work will become worship to him and we will find ourselves beautifully weaved into his story on earth.

Prayer points: Pray for our local businesses in our church and community.

What is God saying to you today?

Day 14 - Sunday, January 19: The Persecuted Church

Bible reading for today: Matthew 5:10; John 15:18–25, 2 Corinthians 4:8–12

According to Christians in Crisis, 43 million Christians have been martyred over the past 2,000 years. Half of those were martyred in the last century. More than 300 Christians die per day because of their faith in Christ. At least 100 million Christians face persecution each day. The estimated number of persecuted Christians is more than 245 million. These numbers are staggering and painful to read. These are our brothers and sisters in Christ. Romans 15:30 says, “I urge you, brothers and sisters, by our Lord Jesus Christ and by the love of the Spirit, to join me in my struggle by praying to God for me.” Let’s pray for those who are in a spiritual battle around the world, including our missionaries that we financially and prayerfully support as a church.

For further information, please visit: persecution.com (The Voice of the Martyrs)

Prayer Points: Courage and peace in hostile nations; victory over the darkness and evil; miracles, provision and supernatural safety.

What missionary is God laying on your heart?

(For a list of missionaries we support see page 39)

Day 13 - Saturday, January 18: Relational Healing

Reading for today: Matthew 5:23–24; Galatians 6:2; Colossians 3:13

The ultimate example of relational perfection is found in the life and ministry of Jesus Christ. He was without fault, yet others scorned, mocked, and ridiculed him. Scripture calls us to pick up our cross and follow after His example (Mark 8:34).

So how often do we get upset when someone treats us unfairly? Do we harbor animosity or anger to those who have wronged us? Unforgiveness is like drinking bitter poison while expecting the other person to die. Forgiveness is so important that God would rather you forgive than offer a sacrifice to him on the altar (Matt 5:23-24). The word Christian means “little Christ.” Examining your life and relationships, are you acting as a “little Christ” in each and every one? Here is a sobering fact: As a Christian, it is your responsibility to forgive. If Jesus forgave those who committed the worst offenses possible, why do we deserve to withhold forgiveness?

Prayer points: Decide right now to forgive and throw that bitter poison away. Ask the Holy Spirit to show you who you need to forgive in your life. There is tremendous freedom and a closer walk with God waiting on the other side.

What is God saying to you today?

Day 10 -Wednesday, January 15: Divine Appointments

Bible reading for today: Acts 8:26–40

This passage in Acts has one of the most intriguing miracles in the early church. After Philip had finished leading the Ethiopian to Christ and baptizing him, he was transported to another town. Pretty amazing! But the story also points us to something important about our walk: God will lead us to who needs to hear. God led Philip to just start walking down a desert road. Given no information, Philip just started walking. He meets the treasurer of Ethiopia who happens to be reading the passage about Jesus in the book of Isaiah (Isaiah 53:7–8). Then the Holy Spirit instructs Philip to visit the man and ask if he understands what he is reading. Can you ask for a better setup to share the gospel? The Holy Spirit knows every person’s heart and who is seeking for the truth. Do you think every person we run into is random? This passage alone shows God orchestrates meetings for us to encourage and share the good news of Christ. That person you keep running into at the grocery store or the person searching who happens to be seated next to you at school. God has set these divine appointments up for you to be a witness.

Prayer points: Ask the Holy Spirit to lead and guide you to someone who needs to hear the hope and truth of Jesus.

What is God saying to you today?

Day 11 - Thursday, January 16: Marriage

Reading for today: Genesis 2:18-25; I Corinthians 13; Ephesians 5:22-33; Colossians 3:18-19; Philippians 2:5-11

Marriage is a call to serve and requires initiative in Christlike love. Christian marriages flourish when husbands and wives are filled by the Spirit and reflect the picture of Christ's relationship to the church. While it is important for couples to work through communication problems, financial problems, personality differences, past sins, and other issues, let us remember the ultimate purpose of marriage: Marriage exists for the glory of God. Let your marriage be an offering of worship as you love each, forgive each other, and serve each other. Dwell on the love of Christ daily, as you seek to live out a Spirit-filled marriage.

If you are single, thank God for this season of singleness. Pray for those in your life who are married.

Prayer Points: Pray for God to strength your marriage, to see the good things in your spouse, pray for marriages in our church to be strong and be a witness for Christ.

What is God saying to you today?

Day 12 -Friday, January 17: Spiritual Gifts

Reading for today: 1 Corinthians 12

A spiritual gift is given to each of us so we can help each other (1 Cor 12:7). Have you ever felt encouraged and built up by a brother or sister in Christ during a tough time? You were on the receiving end of a spiritual gift. There are two important aspects to this verse; first, everyone has a gift and second, that gift has been given to you to build someone else up. Often times we have churches that only a few people are using their gift to build up others. Maybe it's the pastor, teacher, or worship leader. Paul says here in 1 Corinthians 12 that everyone has a gift. What is your spiritual gift? These gifts are different than the ability to work with your hands or sing. These gifts are supernatural gifts specifically given by the Holy Spirit to each believer to accomplish his will. Paul says at the end of the chapter that we should earnestly desire these gifts. Today ask God what gifts he wants to empower you with, and ask for opportunity to use those gifts to see God be glorified and his church built up.

Prayer Points: Ask the Holy Spirit to fill you and empower you with his gifts to encourage and build up his church.

What is God saying to you today?
