

NEW LIFE

**21 Days
of Prayer & Fasting**

Daily Guide

New Life begins each year with a time of fasting and prayer.

The purpose of this is to step away from the daily grind for a bit to listen to what God has for us as a church and as individuals in the new year.

Make a Plan!

Pray that God would lay it on your heart about which type of fast He is challenging you to do. Based on that, create a plan for the 21 days.

Here are resources to help you prepare:

(each is a link that will take you to a different file)

- **[A Guide to Fasting & Prayer](#)** - explanation of the why's and how's fasting
- **[Planning guide for 2022's 21 Days of Prayer and Fasting](#)** - simple planning guide you can print and fill out.
- **[Think Fast](#)** - explanation of fasting adapted from Dr. Bill Bright of Cru.

Using this Daily guide:

- Get a notebook and pen – Though this resource is designed to be read on a phone, we recommend you get a notebook & pen to be able to write down thoughts, prayers, insights, etc as you go along each day.
- Schedule a time with God – If you don't schedule when you'll do this then it won't happen! Pick a 20 minute window during each day of the fast to work through this resource and be with the Lord.
- 4 steps each for each day:
 - **Scripture:** there is a short passage to read each day. But the idea is not simply to check a box that you read.
Read each passage 3x's, following the daily reading prompts.
 - **Prayer:** Whether in the quiet of your heart or writing your prayers out, spend time talking with God
 - **Gratitude:** Daily prompts are given to help us see how much we have to be thankful for.
 - **Action:** We are to be doers of the Word, not mere hearers of it. There are suggested actions given each day to help you put things into practice.

Each day has two pages.

The first page has the four different steps, along with the prompts for each one.

The second page has the full text of the day's scripture.

Go to a specific date:

January 9

January 10

January 11

January 12

January 13

January 14

January 15

January 16

January 17

January 18

January 19

January 20

January 21

January 22

January 23

January 24

January 25

January 26

January 27

January 28

January 29

SCRIPTURE - Psalm 63

- 1st Reading – Read slowly to take it in
- 2nd Reading – Prayerfully ask God before reading to draw your heart to one phrase. Read slowly. As you read, which phrase sticks out to you? Why would the Lord draw you to that phrase?
- 3rd Reading – Prayerfully ask God to tend to your heart through the scripture: to encourage, challenge, grow or convict you.

PRAYER -

Spend some time talking with God.
Be vulnerable to share with Him,
be open to hear from Him.

GRATITUDE -

Write down 3 specific things that Psalm 63 reminds you to be grateful for today?

ACTION -

- Memorize Psalm 63:1.
- Write down 2-3 things you are seeking God for during these weeks of fasting and prayer.

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,

⁶ when I remember you upon my bed,
and meditate on you in the watches of the night;

⁷ for you have been my help,
and in the shadow of your wings I will sing for joy.

⁸ My soul clings to you;
your right hand upholds me.

⁹ But those who seek to destroy my life
shall go down into the depths of the earth;

¹⁰ they shall be given over to the power of the sword;
they shall be a portion for jackals.

¹¹ But the king shall rejoice in God;
all who swear by him shall exult,
for the mouths of liars will be stopped.

SCRIPTURE - Psalm 121

- 1st Reading – Read slowly to take it in
- 2nd Reading – Prayerfully ask God before reading to draw your heart to one phrase. Read slowly. As you read, which phrase sticks out to you? Why would the Lord draw you to that phrase?
- 3rd Reading – Prayerfully ask God to tend to your heart through the scripture: to encourage, challenge, grow or convict you.

PRAYER -

Spend some time talking with God.
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GRATITUDE -

Write down 3 specific things that Psalm 121 reminds you to be grateful for today?

ACTION -

Memorize Psalm 121:2

¹ I lift up my eyes to the hills.

From where does my help come?

² My help comes from the LORD,
who made heaven and earth.

³ He will not let your foot be moved;
he who keeps you will not slumber.

⁴ Behold, he who keeps Israel
will neither slumber nor sleep.

⁵ The LORD is your keeper;
the LORD is your shade on your right hand.

⁶ The sun shall not strike you by day,
nor the moon by night.

⁷ The LORD will keep you from all evil;
he will keep your life.

⁸ The LORD will keep
your going out and your coming in
from this time forth and forevermore.

Psalm 121:1-8

SCRIPTURE - Deuteronomy 6:4-9

- 1st Reading – Read slowly to take it in
- 2nd Reading – Prayerfully ask God before reading to draw your heart to one phrase. Read slowly. As you read, which phrase sticks out to you? Why would the Lord draw you to that phrase?
- 3rd Reading – Prayerfully ask God to tend to your heart through the scripture: to encourage, challenge, grow or convict you.

PRAYER -

Spend some time talking with God.
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GRATITUDE -

Write down 3 specific things about God's
Word that you can be grateful for today?

ACTION -

Print/write out Deut 6:4-5. Hang it in a place where you'll be reminded of the passage and it's call to us (Vs9).

⁴ “Hear, O Israel: The LORD our God, the LORD is one. ⁵ You shall love the LORD your God with all your heart and with all your soul and with all your might. ⁶ And these words that I command you today shall be on your heart. ⁷ You shall teach them diligently to your children, and shall talk of them when you sit in your house, and when you walk by the way, and when you lie down, and when you rise. ⁸ You shall bind them as a sign on your hand, and they shall be as frontlets between your eyes. ⁹ You shall write them on the doorposts of your house and on your gates.

Deuteronomy 6:4-9

SCRIPTURE - Luke 10:38-42

- 1st Reading – Read slowly to take it in
- 2nd Reading – Prayerfully ask God before reading to draw your heart to one phrase. Read slowly. As you read, which phrase sticks out to you? Why would the Lord draw you to that phrase?
- 3rd Reading – Prayerfully ask God to tend to your heart through the scripture: to encourage, challenge, grow or convict you.

PRAYER -

Spend some time talking with God.
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be open to hear from Him.

GRATITUDE -

Write down 3 specific things about God's presence that you can be grateful for today?

ACTION -

Thinking of your schedule for today or tomorrow, what is one specific way you can be more like Mary from this story?

³⁸ As Jesus and his disciples were on their way, he came to a village where a woman named Martha opened her home to him. ³⁹ She had a sister called Mary, who sat at the Lord's feet listening to what he said. ⁴⁰ But Martha was distracted by all the preparations that had to be made. She came to him and asked, "Lord, don't you care that my sister has left me to do the work by myself? Tell her to help me!"

⁴¹ "Martha, Martha," the Lord answered, "you are worried and upset about many things, ⁴² but few things are needed—or indeed only one. Mary has chosen what is better, and it will not be taken away from her."

Luke 10:38-42

SCRIPTURE - James 4:4-10

- 1st Reading – Read slowly to take it in
- 2nd Reading – Prayerfully ask God before reading to draw your heart to one phrase. Read slowly. As you read, which phrase sticks out to you? Why would the Lord draw you to that phrase?
- 3rd Reading – Prayerfully ask God to tend to your heart through the scripture: to encourage, challenge, grow or convict you.

PRAYER -

Spend some time talking with God.
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be open to hear from Him.

GRATITUDE -

Write down 3 specific things about God's grace that you can be grateful for today?

ACTION -

Vs 7-10 give specific things for believers to do.
Which specifically do you need to focus on?
What does a specific step look like?

⁴ You adulterous people, don't you know that friendship with the world means enmity against God? Therefore, anyone who chooses to be a friend of the world becomes an enemy of God. ⁵ Or do you think Scripture says without reason that he jealously longs for the spirit he has caused to dwell in us? ⁶ But he gives us more grace. That is why Scripture says:

“God opposes the proud
but shows favor to the humble.”

⁷ Submit yourselves, then, to God. Resist the devil, and he will flee from you. ⁸ Come near to God and he will come near to you. Wash your hands, you sinners, and purify your hearts, you double-minded.

⁹ Grieve, mourn and wail. Change your laughter to mourning and your joy to gloom. ¹⁰ Humble yourselves before the Lord, and he will lift you up.

James 4:4-10

SCRIPTURE - Lamentations 3:22-27

- 1st Reading – Read slowly to take it in
- 2nd Reading – Prayerfully ask God before reading to draw your heart to one phrase. Read slowly. As you read, which phrase does your heart get drawn to? Why would the Lord draw you to that phrase?
- 3rd Reading – Prayerfully ask God to tend to your heart through the scripture: to encourage, challenge, grow or convict you.

PRAYER -

Spend some time talking with God.
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be open to hear from Him.

GRATITUDE -

Write down 3 specific things from
Lamentations 3:22-27 you are thankful for.

ACTION -

Text, call or write someone to share this passage with them. Share with them why it was an encouragement to you.

²² Because of the LORD's great love we are not consumed, for his compassions never fail.

²³ They are new every morning;
great is your faithfulness.

²⁴ I say to myself, "The LORD is my portion;
therefore I will wait for him."

²⁵ The LORD is good to those whose hope is in him,
to the one who seeks him;

²⁶ it is good to wait quietly
for the salvation of the LORD.

²⁷ It is good for a man to bear the yoke
while he is young.

Lamentations 3:22-27

SCRIPTURE - 1 Timothy 4:11-16

- 1st Reading – Read slowly to take it in
- 2nd Reading – Prayerfully ask God before reading to draw your heart to one phrase. Read slowly. As you read, which phrase does your heart get drawn to? Why would the Lord draw you to that phrase?
- 3rd Reading – Prayerfully ask God to tend to your heart through the scripture: to encourage, challenge, grow or convict you.

PRAYER -

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GRATITUDE -

Write down 3 specific things that 1 Timothy 4:11-16 reminds you to be grateful for today?

ACTION -

Today's passage gives specific things for believers to do. Which specifically do you need to focus on? What does that look like?

¹¹ Command and teach these things. ¹² Don't let anyone look down on you because you are young, but set an example for the believers in speech, in conduct, in love, in faith and in purity. ¹³ Until I come, devote yourself to the public reading of Scripture, to preaching and to teaching. ¹⁴ Do not neglect your gift, which was given you through prophecy when the body of elders laid their hands on you.

¹⁵ Be diligent in these matters; give yourself wholly to them, so that everyone may see your progress.

¹⁶ Watch your life and doctrine closely. Persevere in them, because if you do, you will save both yourself and your hearers.

1 Timothy 4:11-16

SCRIPTURE - 1 Peter 2:11-17

- 1st Reading – Read slowly to take it in
- 2nd Reading – Prayerfully ask God before reading to draw your heart to one phrase. Read slowly. As you read, which phrase does your heart get drawn to? Why would the Lord draw you to that phrase?
- 3rd Reading – Prayerfully ask God to tend to your heart through the scripture: to encourage, challenge, grow or convict you.

PRAYER -

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be open to hear from Him.

GRATITUDE -

Write down 3 specific things that 1 Peter 2:11-17 reminds you to be grateful for today?

ACTION -

- What is one thing you need to do or stop doing in light of today's prayer time?
- How can you live out vs17 specifically?

¹¹ Dear friends, I urge you, as foreigners and exiles, to abstain from sinful desires, which wage war against your soul. ¹² Live such good lives among the pagans that, though they accuse you of doing wrong, they may see your good deeds and glorify God on the day he visits us. ¹³ Submit yourselves for the Lord's sake to every human authority: whether to the emperor, as the supreme authority, ¹⁴ or to governors, who are sent by him to punish those who do wrong and to commend those who do right. ¹⁵ For it is God's will that by doing good you should silence the ignorant talk of foolish people. ¹⁶ Live as free people, but do not use your freedom as a cover-up for evil; live as God's slaves. ¹⁷ Show proper respect to everyone, love the family of believers, fear God, honor the emperor.

1 Peter 2:11-17

SCRIPTURE - Romans 12:3-8

- 1st Reading – Read slowly to take it in
- 2nd Reading – Prayerfully ask God before reading to draw your heart to one phrase. Read slowly. As you read, which phrase does your heart get drawn to? Why would the Lord draw you to that phrase?
- 3rd Reading – Prayerfully ask God to tend to your heart through the scripture: to encourage, challenge, grow or convict you.

PRAYER -

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GRATITUDE -

Write down 3 specific things about the church you can be grateful for.

ACTION -

- Send a note to someone in the church, thanking them for who they are as part of it.
- How can you use your gifts/talents in the church community? (See also 1 Cor 12)

³ For by the grace given me I say to every one of you: Do not think of yourself more highly than you ought, but rather think of yourself with sober judgment, in accordance with the faith God has distributed to each of you. ⁴ For just as each of us has one body with many members, and these members do not all have the same function, ⁵ so in Christ we, though many, form one body, and each member belongs to all the others. ⁶ We have different gifts, according to the grace given to each of us. If your gift is prophesying, then prophesy in accordance with your faith; ⁷ if it is serving, then serve; if it is teaching, then teach; ⁸ if it is to encourage, then give encouragement; if it is giving, then give generously; if it is to lead, do it diligently; if it is to show mercy, do it cheerfully.

Romans 12:3-8

SCRIPTURE - Psalm 96:1-10

- 1st Reading – Read slowly to take it in
- 2nd Reading – Prayerfully ask God before reading to draw your heart to one phrase. Read slowly. As you read, which phrase does your heart get drawn to? Why would the Lord draw you to that phrase?
- 3rd Reading – Prayerfully ask God to tend to your heart through the scripture: to encourage, challenge, grow or convict you.

PRAYER -

Spend some time talking with God.
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GRATITUDE -

Write down as many things about God that you can think of to be grateful for!

ACTION -

Write a social media post with part of Psalm 96 in it, explaining that you want to declare how God has been marvelous to you.

- ¹ Sing to the LORD a new song;
sing to the LORD, all the earth.
- ² Sing to the LORD, praise his name;
proclaim his salvation day after day.
- ³ Declare his glory among the nations,
his marvelous deeds among all peoples.
- ⁴ For great is the LORD and most worthy of praise;
he is to be feared above all gods.
- ⁵ For all the gods of the nations are idols,
but the LORD made the heavens.
- ⁶ Splendor and majesty are before him;
strength and glory are in his sanctuary.
- ⁷ Ascribe to the LORD, all you families of nations,
ascribe to the LORD glory and strength.
- ⁸ Ascribe to the LORD the glory due his name;
bring an offering and come into his courts.
- ⁹ Worship the LORD in the splendor of his holiness;
tremble before him, all the earth.
- ¹⁰ Say among the nations, "The LORD reigns."
The world is firmly established, it cannot be moved;
he will judge the peoples with equity.

Psalm 96:1-10

SCRIPTURE - Isaiah 58:6-9

- 1st Reading – Read slowly to take it in
- 2nd Reading – Prayerfully ask God before reading to draw your heart to one phrase. Read slowly. As you read, which phrase does your heart get drawn to? Why would the Lord draw you to that phrase?
- 3rd Reading – Prayerfully ask God to tend to your heart through the scripture: to encourage, challenge, grow or convict you.

PRAYER -

Spend some time talking with God.
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be open to hear from Him.

GRATITUDE -

Write down 3 specific ways you have experienced the provision and care mentioned in these verses.

ACTION -

Do one of the things mentioned in vs 7.

⁶ “Is not this the kind of fasting I have chosen:
to loose the chains of injustice
and untie the cords of the yoke,
to set the oppressed free
and break every yoke?

⁷ Is it not to share your food with the hungry
and to provide the poor wanderer with shelter—
when you see the naked, to clothe them,
and not to turn away from your own flesh and blood?

⁸ Then your light will break forth like the dawn,
and your healing will quickly appear;
then your righteousness will go before you,
and the glory of the LORD will be your rear guard.

⁹ Then you will call, and the LORD will answer;
you will cry for help, and he will say: Here am I.

Isaiah 58:6–9

SCRIPTURE - James 5:13-16

- 1st Reading – Read slowly to take it in
- 2nd Reading – Prayerfully ask God before reading to draw your heart to one phrase. Read slowly. As you read, which phrase does your heart get drawn to? Why would the Lord draw you to that phrase?
- 3rd Reading – Prayerfully ask God to tend to your heart through the scripture: to encourage, challenge, grow or convict you.

PRAYER -

Spend some time talking with God.
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be open to hear from Him.

GRATITUDE -

Write down 3 specific ways that James 5:13-16 reminds you to be grateful.

ACTION - of the descriptions of love:

- Who is someone that comes to mind that you can connect with to pray for them?
- Join the Zoom prayer meeting tonight to do what this passage is telling us to do!

¹³ Is anyone among you in trouble? Let them pray.

Is anyone happy? Let them sing songs of praise.

¹⁴ Is anyone among you sick? Let them call the elders of the church to pray over them and anoint them with oil in the name of the Lord. ¹⁵ And the prayer offered in faith will make the sick person well; the Lord will raise them up. If they have sinned, they will be forgiven. ¹⁶ Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective.

James 5:13-16

SCRIPTURE - 1 Corinthians 13:4-8

- 1st Reading – Read slowly to take it in
- 2nd Reading – Prayerfully ask God before reading to draw your heart to one phrase. Read slowly. As you read, which phrase does your heart get drawn to? Why would the Lord draw you to that phrase?
- 3rd Reading – Prayerfully ask God to tend to your heart through the scripture: to encourage, challenge, grow or convict you.

PRAYER -

Spend some time talking with God.
Be vulnerable to share with Him,
be open to hear from Him.

GRATITUDE -

Write down 3 specific ways you are grateful for God's love.

ACTION - of the descriptions of love:

Who comes to mind as you read them?
Why that person? Live this text by connecting with people that come to mind, for whatever reason God laid them on your heart.

⁴ Love is patient, love is kind.

It does not envy, it does not boast, it is not proud.

⁵ It does not dishonor others, it is not self-seeking,
it is not easily angered, it keeps no record of wrongs.

⁶ Love does not delight in evil
but rejoices with the truth.

⁷ It always protects, always trusts,
always hopes, always perseveres.

⁸ Love never fails.

1 Corinthians 13:4-8

SCRIPTURE - Matthew 6:25-34

- 1st Reading – Read slowly to take it in
- 2nd Reading – Prayerfully ask God before reading to draw your heart to one phrase. Read slowly. As you read, which phrase does your heart get drawn to? Why would the Lord draw you to that phrase?
- 3rd Reading – Prayerfully ask God to tend to your heart through the scripture: to encourage, challenge, grow or convict you.

PRAYER -

Spend some time talking with God.
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be open to hear from Him.

GRATITUDE -

Write down 3 specific ways you are grateful for God's provision and care for you.

ACTION -

Identify the biggest thing you worry about. Find someone you can talk to for help or counsel. What does trusting God with it and seeking Him first look like in your life?

²⁵ “Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes? ²⁶ Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? ²⁷ Can any one of you by worrying add a single hour to your life?

²⁸ “And why do you worry about clothes? See how the flowers of the field grow. They do not labor or spin. ²⁹ Yet I tell you that not even Solomon in all his splendor was dressed like one of these. ³⁰ If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you—you of little faith? ³¹ So do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ ³² For the pagans run after all these things, and your heavenly Father knows that you need them. ³³ But seek first his kingdom and his righteousness, and all these things will be given to you as well. ³⁴ Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

Matthew 6:25–34

SCRIPTURE - John 13:1-5

- 1st Reading – Read slowly to take it in
- 2nd Reading – Prayerfully ask God before reading to draw your heart to one phrase. Read slowly. As you read, which phrase does your heart get drawn to? Why would the Lord draw you to that phrase?
- 3rd Reading – Prayerfully ask God to tend to your heart through the scripture: to encourage, challenge, grow or convict you.

PRAYER -

Spend some time talking with God.
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GRATITUDE -

Write down 3 specific ways you are grateful for God's community.

ACTION -

Prayerfully choose 2-3 people that you can honor or serve. What is one tangible way you can “wash their feet,” so they'd know your love and appreciation in the Lord for them?

¹ It was just before the Passover Festival. Jesus knew that the hour had come for him to leave this world and go to the Father. Having loved his own who were in the world, he loved them to the end.

² The evening meal was in progress, and the devil had already prompted Judas, the son of Simon Iscariot, to betray Jesus. ³ Jesus knew that the Father had put all things under his power, and that he had come from God and was returning to God; ⁴ so he got up from the meal, took off his outer clothing, and wrapped a towel around his waist. ⁵ After that, he poured water into a basin and began to wash his disciples' feet, drying them with the towel that was wrapped around him.

John 13:1-5

SCRIPTURE - Romans 10:9-15

- 1st Reading – Read slowly to take it in
- 2nd Reading – Prayerfully ask God before reading to draw your heart to one phrase. Read slowly. As you read, which phrase does your heart get drawn to? Why would the Lord draw you to that phrase?
- 3rd Reading – Prayerfully ask God to tend to your heart through the scripture: to encourage, challenge, grow or convict you.

PRAYER -

Spend some time talking with God.
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be open to hear from Him.

GRATITUDE -

Write down 3 specific ways you are grateful
for God's salvation and new life in Him.

ACTION -

Have you declared that Jesus is your Lord?
If not - let today be the day you trust Him!
If yes - who comes to mind when you read
vs14-15? Share with them!

⁹ If you declare with your mouth, “Jesus is Lord,” and believe in your heart that God raised him from the dead, you will be saved. ¹⁰ For it is with your heart that you believe and are justified, and it is with your mouth that you profess your faith and are saved. ¹¹ As Scripture says, “Anyone who believes in him will never be put to shame.” ¹² For there is no difference between Jew and Gentile—the same Lord is Lord of all and richly blesses all who call on him, ¹³ for, “Everyone who calls on the name of the Lord will be saved.”

¹⁴ How, then, can they call on the one they have not believed in? And how can they believe in the one of whom they have not heard? And how can they hear without someone preaching to them? ¹⁵ And how can anyone preach unless they are sent? As it is written: “How beautiful are the feet of those who bring good news!”

Romans 10:9–15

SCRIPTURE - Psalm 15

- 1st Reading – Read slowly to take it in
- 2nd Reading – Prayerfully ask God before reading to draw your heart to one phrase. Read slowly. As you read, which phrase does your heart get drawn to? Why would the Lord draw you to that phrase?
- 3rd Reading – Prayerfully ask God to tend to your heart through the scripture: to encourage, challenge, grow or convict you.

PRAYER -

Spend some time talking with God.
Be vulnerable to share with Him,
be open to hear from Him.

GRATITUDE -

Write down 3 specific ways Psalm 15 reminds you to be grateful.

ACTION -

What is one line in this Psalm you need to do?
What is one line you need to stop doing?
What specific steps can you take today to be faithful to the message of this Psalm?

¹ LORD, who may dwell in your sacred tent?

Who may live on your holy mountain?

² The one whose walk is blameless,

who does what is righteous,

who speaks the truth from their heart;

³ whose tongue utters no slander,

who does no wrong to a neighbor,

and casts no slur on others;

⁴ who despises a vile person

but honors those who fear the LORD;

who keeps an oath even when it hurts,

and does not change their mind;

⁵ who lends money to the poor without interest;

who does not accept a bribe against the innocent.

Whoever does these things will never be shaken.

Psalm 15:1-5

SCRIPTURE - Ephesians 4:25-32

- 1st Reading – Read slowly to take it in
- 2nd Reading – Prayerfully ask God before reading to draw your heart to one phrase. Read slowly. As you read, which phrase does your heart get drawn to? Why would the Lord draw you to that phrase?
- 3rd Reading – Prayerfully ask God to tend to your heart through the scripture: to encourage, challenge, grow or convict you.

PRAYER -

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GRATITUDE -

Who are people that have built you up, or been kind and compassionate toward you?

ACTION -

- Memorize 4:29
- Who are people that come to mind as you read this passage? What do you need to do with them to be faithful to this text?

²⁵ Therefore each of you must put off falsehood and speak truthfully to your neighbor, for we are all members of one body. ²⁶ “In your anger do not sin”: Do not let the sun go down while you are still angry, ²⁷ and do not give the devil a foothold. ²⁸ Anyone who has been stealing must steal no longer, but must work, doing something useful with their own hands, that they may have something to share with those in need.

²⁹ Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen. ³⁰ And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption. ³¹ Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. ³² Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.

Ephesians 4:25–32

SCRIPTURE - Isaiah 40:27-31

- 1st Reading – Read slowly to take it in
- 2nd Reading – Prayerfully ask God before reading to draw your heart to one phrase. Read slowly. As you read, which phrase does your heart get drawn to? Why would the Lord draw you to that phrase?
- 3rd Reading – Prayerfully ask God to tend to your heart through the scripture: to encourage, challenge, grow or convict you.

PRAYER -

Spend some time talking with God.
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GRATITUDE -

Write down different ways that God has renewed your strength in the past?

ACTION -

Write Isaiah 40:31 on a 3x5 card or something similar, keeping it in your wallet. During moments you feel faint, bring it out and prayerfully look to God for strength & hope.

²⁷ Why do you complain, Jacob?

Why do you say, Israel,

“My way is hidden from the LORD;
my cause is disregarded by my God”?

²⁸ Do you not know? Have you not heard?

The LORD is the everlasting God,
the Creator of the ends of the earth.

He will not grow tired or weary,
and his understanding no one can fathom.

²⁹ He gives strength to the weary
and increases the power of the weak.

³⁰ Even youths grow tired and weary,
and young men stumble and fall;

³¹ but those who hope in the LORD
will renew their strength.

They will soar on wings like eagles;
they will run and not grow weary,
they will walk and not be faint.

Isaiah 40:27-31

SCRIPTURE - Matthew 7:21-27

- 1st Reading – Read slowly to take it in
- 2nd Reading – Prayerfully ask God before reading to draw your heart to one phrase. Read slowly. As you read, which phrase does your heart get drawn to? Why would the Lord draw you to that phrase?
- 3rd Reading – Prayerfully ask God to tend to your heart through the scripture: to encourage, challenge, grow or convict you.

PRAYER -

Spend some time talking with God.
Be vulnerable to share with Him,
be open to hear from Him.

GRATITUDE -

Write down specific things or moments from the fast that you are grateful for.

ACTION -

What are 2-3 specifics things you need to do, adjust, change, etc in the weeks ahead from what you've experienced these last 3 weeks?

²¹ “Not everyone who says to me, ‘Lord, Lord,’ will enter the kingdom of heaven, but only the one who does the will of my Father who is in heaven. ²² Many will say to me on that day, ‘Lord, Lord, did we not prophesy in your name and in your name drive out demons and in your name perform many miracles?’

²³ Then I will tell them plainly, ‘I never knew you. Away from me, you evildoers!’

²⁴ “Therefore everyone who hears these words of mine and puts them into practice is like a wise man who built his house on the rock. ²⁵ The rain came down, the streams rose, and the winds blew and beat against that house; yet it did not fall, because it had its foundation on the rock. ²⁶ But everyone who hears these words of mine and does not put them into practice is like a foolish man who built his house on sand. ²⁷ The rain came down, the streams rose, and the winds blew and beat against that house, and it fell with a great crash.”

Matthew 7:21-27

SCRIPTURE - Psalm 100

- 1st Reading – Read slowly to take it in
- 2nd Reading – Prayerfully ask God before reading to draw your heart to one phrase. Read slowly. As you read, which phrase does your heart get drawn to? Why would the Lord draw you to that phrase?
- 3rd Reading – Prayerfully ask God to tend to your heart through the scripture: to encourage, challenge, grow or convict you.

PRAYER -

Spend some time talking with God.
Be vulnerable to share with Him,
be open to hear from Him.

GRATITUDE -

Write down specific things which Psalm 100 reminds you to be grateful for.

ACTION -

- Memorize Psalm 100:5
- Join the church family for worship tomorrow!

¹ Shout for joy to the LORD, all the earth.

² Worship the LORD with gladness;
come before him with joyful songs.

³ Know that the LORD is God.

It is he who made us, and we are his;
we are his people, the sheep of his pasture.

⁴ Enter his gates with thanksgiving
and his courts with praise;
give thanks to him and praise his name.

⁵ For the LORD is good and his love endures forever;
his faithfulness continues through all generations.

Psalm 100:1-5

Suggestions for ending the fast:

- Go slow - don't jump right in eating a lot of the foods you did before the fast.
- Keep drinking plenty of water.
- Don't let your time with God just be a 3-week time at the beginning of the year!
Keep that time slot going, using the Scripture, Prayer, Gratitude and Action steps.
- Share with others from church about your experience during the 21 days of prayer & fasting.
- Celebrate the goodness of God!!

And now that the fast is over...



So go ahead. Eat your food with joy, and drink your wine with a happy heart, for God approves of this!
Ecclesiastes 9:7

