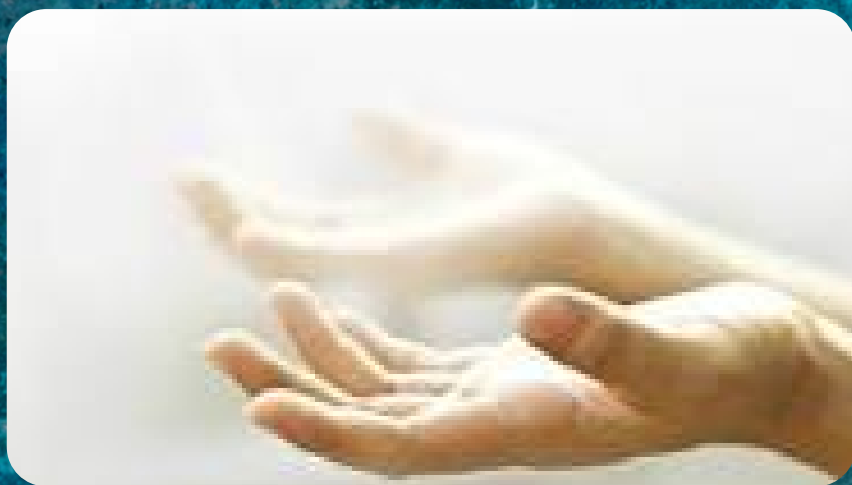


21 DAYS OF **PRAYER & FASTING**

8-28 September 2023



**One person fasting is
powerful. It will affect
that individual.**

**But when a group of
people begin to fast, it
is multiplied strength
and power.**



Be Exalted

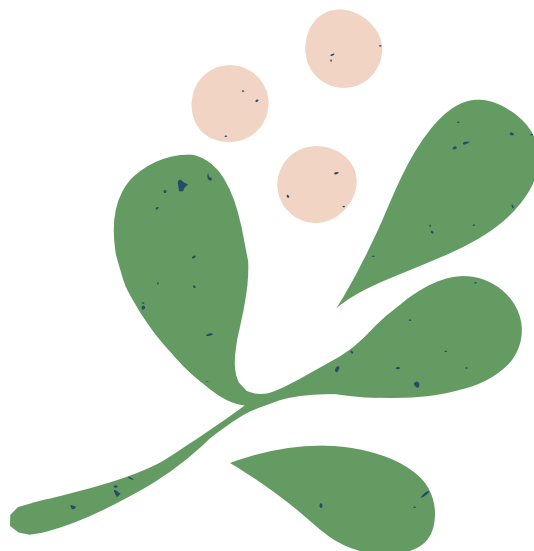
Isaiah 25:1 O Lord, you are my God; I will exalt you; I will praise your name, for you have done wonderful things, plans formed of old, faithful and sure.

Gratitude and thanksgiving are important aspects of our worship. In Isaiah 25:1, the prophet Isaiah praises God in this way. Isaiah thanks God for being who He is, for being a very personal God to him. He also worships God for His faithfulness, and all the wonderful things He has done.

Fasting is about carving out space to make room for God. Spend some time today thinking about God. Consider His character, that He is good, faithful and loving. Sit for a few minutes in awe of God and simply worship Him.

Prayer

God, I want to use my time to give you honor and praise. You have done incredible things in my life and in the lives around me. Help me to know you more and more.





The Peace of God

Psalms 4:8 In peace I will lie down and sleep, for you alone, O Lord, will keep me safe.

There is a lot of anxiety and worry in the world around us. So many people are battling with fear and depression. There are so many things that are outside of our control, but we spend time worrying about things that we have no control over.

Scripture tells us that trust in God should fill the gap between reality and what we desire. He alone has control over the unknown, and He is our good Father that takes good care of His children. The writer of Psalm 4 says that he will lay down at night in peace, free from anxiety and worry. Even though the writer is surrounded by danger, he places his trust in God. That leads him to sleep peacefully and safely.

Fasting helps us to surrender ourselves to God, including our own fears and worries. Spend some time considering your own heart. Are you anxious or filled with worry? Meditate on God's power and sovereignty. During your fast today, ask Him to fill you with His peace and assurance that He is in control.

Prayer

Father, I can sleep peacefully because You care for me and my future. I commit my concerns to You today. Give me peace-filled rest so that I can rise joyfully and do all that you have called me to do.





Our Good Shepherd

John 10:11 I am the good shepherd. The good shepherd lays down his life for the sheep.

Someone told me “you are worth a Son to the Father” and it has changed my heart completely. Self-worth is not really derived from ourselves, but it is actually based upon how we perceive how significant others value us.

In John 10, Jesus tells the people He is the good shepherd and He is willing to lay down His life for His sheep. He truly cares for us. He desires to walk alongside you in life. Do you fully trust in Him? Salvation is not a system. Salvation is a Person, Jesus Christ. That person, Jesus, is dedicated to delivering us from our past failures and sin, giving us peace in the present, and securing our future with Him.

Fasting helps us draw near to God. Have you considered Jesus as the shepherd of your own soul? He is not a leader that wants to make your life burdensome or difficult. Instead He wants you to live in freedom and grace. Take a moment to consider Jesus as your shepherd, open your heart to Him, trust Him!

Prayer

Jesus, thank you for being my good shepherd. You selflessly pursue me, even when I doubt your goodness. Help me to trust in you rather than in my own ability, help me to anchor my worth in your love.





God never changes

Zephaniah 3:17 The Lord your God is in your midst, a mighty one who will save; he will rejoice over you with gladness; he will quiet you by his love; he will exult over you with loud singing.

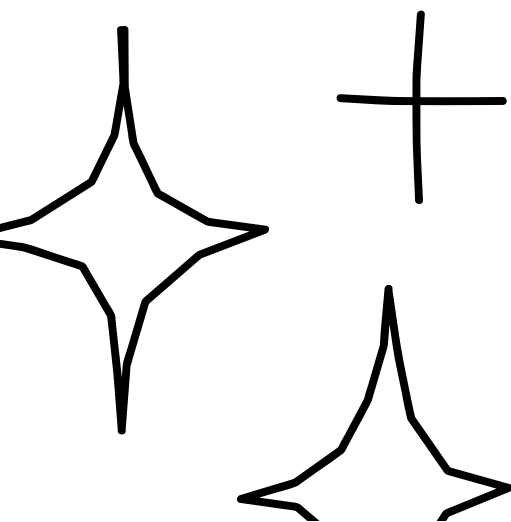
During the time of Zephaniah, God warned the people of Israel of His judgement because of their rebellious hearts, but He also reminded them of His promises for them.

The enemy uses guilt and shame to move us away from God, but the verse today reminds us of God's love. He is our Abba Father who sings over us. His love for us is the same throughout all generations. If you are struggling in your walk with God, you can turn your heart back to Him today. Remember He is still in our midst, He still rejoices over us. Let the Holy Spirit help you to bring all your struggles including your addiction to God today.

He is still our mighty God, and He cares for those who come and call on Him. Take a moment to read Zephaniah 3:17 out loud over yourself and your family.

Prayer

God, I am amazed that you take delight in me! Thank you for seeing me not for my imperfections, but as your child who delights in you. Help me to never lose focus on you, your guidance and your love.





Firm Foundation

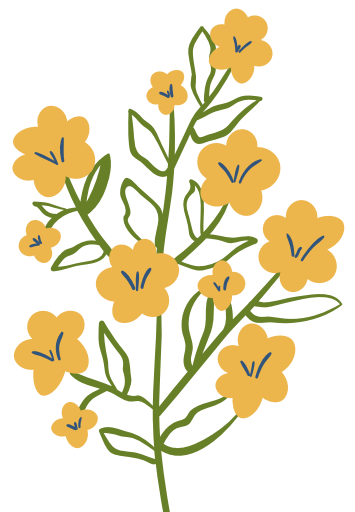
1 Peter 5:10 In his kindness God called you to share in his eternal glory by means of Christ Jesus. So after you have suffered a little while, he will restore, support, and strengthen you, and he will place you on a firm foundation.

We inhabit this beautiful but broken world. For those who are in Christ, suffering is inevitable, but also temporary. Jesus is the ultimate example for us as we experience suffering. He died the brutal death for us, and rose again so that we might be with Him forever.

Heartbreak is temporary, suffering is fleeting. Jesus is able to invite us to share in His eternal glory. Eventually, God is going to wipe away every tear once and for all. Fasting is a time we set aside to seek God, to see things through His perspective rather than our own. Remember, Jesus is our firm foundation, a foundation we can trust. So whatever you are walking through at the moment, no matter how hard, horrible, or absolutely heartbreaking - you can cling to the hope that "its days" are numbered. Jesus will place us on a firm foundation which we can find in Him.

Prayer

God, thank you for being the God of all grace. Your word says that you will restore me and make me strong. Please make me willing to allow your spirit to transform my life, and give me hope and strength to know that my suffering won't last forever.





Be Still

Matthew 11:28 Come to me, all of you who are weary and carry heavy burdens, and I will give you rest.

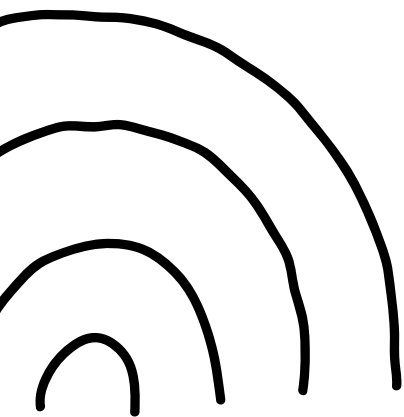
In our fast-paced culture, we are constantly in motion. During this time of fasting, let us set aside time to reflect. Many of us are consumed with working, performing, and longing to earn respect, position, authority, value, and love. This striving causes us to become tired and weary. Our soul is fatigued. The only way that we can begin a journey towards rest is to give ourselves permission to stop.

Take some time to find a quiet moment of solitude during today's fast, set aside time to be still. Take away your phone and sit alone with God during lunch time, and let Him do some work in your heart.

Remember, all men need enough silence and solitude in their lives to enable the deep inner voice of their own true self to be heard at least occasionally.

Prayer

Father, thank you for always being near to me. Help me to quiet my heart so that I can hear your gentle voice more clearly. As I rest comfortably in the stillness of your presence, may you renew my strength and grant me the wisdom I need to handle the challenges I face each day.





His Presence

Psalms 27: 4 One thing I ask of the Lord - the thing I seek most - is to live in the house of the Lord all the days of my life, delighting in the Lord's perfections and meditating in his Temple.

The writer of Psalm 27 is intentionally focusing on one of the most important aspects of our spiritual life, which is the presence of God.

In His presence, we find strength and hope; in His presence, our enemies lose their power over us. Through our union with Christ by His finished work on the cross, we don't have to go to a physical temple to seek God's face. The Holy Spirit dwells within us, and we now have access to God's presence at any time.

Just like the writer of the Psalm who desires to dwell in God's presence, we should also desire to be with God as much as possible. Pray for greater hunger for His presence during this fasting period.

Prayer

God, continue to be the focus of my daily life. Please make your presence known to me. Draw me closer to you so that I can know you more deeply.

