

21 DAYS

of Prayer & Fasting
Prayer Journal

January 19 - February 9, 2025



NEW HOPE
CHURCH

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Dear Friends,

It is, once again, my favorite time of the year. For the past several years, many of the Christ-honoring churches and thousands of followers of Jesus have committed themselves to a special season of prayer and fasting. That magnificent time is approaching again. Jan. 19 to Feb. 9, we will come together for **21 DAYS** of *prayer & fasting*.

The goal of this time and focus of our prayers is simple:

to see transformative, Christ-centered revival in our community

to see the lost come to faith in Jesus

to see the broken healed

to pierce the darkness of our time with the light of the Gospel

The following guide is intended as a simple aid in this great endeavor. Please use it as you see fit. It exists in two sections: a fasting guide to help you approach fasting wisely and Biblically, then a prayer guide that provides direction for your prayers during each of the 21 days.

FASTING GUIDE

What does the Bible teach about fasting?

BIBLICAL FASTING INVOLVES ABSTAINING FROM EATING (AND/OR DRINKING) FOR SPIRITUAL PURPOSES:

In the Old Testament, Israel celebrated certain annual fasts, the most prominent being the Day of Atonement. There were also occasional fasts tied to specific historical events, sometimes individual and sometimes corporate. Here are a few of the occasions for fasting: at a time of grief ([I Sam. 31:13](#); [Neh. 1:4](#)), at a time of repentance ([I Sam. 7:6](#); [I Kings 21:27](#)), as an expression of humility ([Ezra 8:21](#); [Ps. 69:10](#)) and as an expression of a need for God's guidance and help. All of these fasts express a common dependence on God. Several New Testament passages give us insight about fasting.

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 for sustenance. 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 Supper. Jesus is the source of eternal life. Fasting is feasting on Jesus. Jesus assumed fasting would be a vital part of His disciples' spiritual lives. In [Matthew 6:16-18](#), He says "when you fast," not "if you fast."

THE PURPOSE OF FASTING

Fasting is designed to intensify our dependence on God by weakening our dependence on food and other things.

FASTING REVEALS AND HEALS OUR DEPENDENCE ON FOOD AND OTHER THINGS to fill the discomfort caused by low self-esteem, unfulfilling work, unloving relationships, uncontrollable circumstances, etc. It removes the false peace derived from the pleasure of eating. Richard Foster, in his classic *Celebration of Discipline*, says, “More than any other discipline, fasting reveals the things that control us. This is a wonderful benefit to the true disciple who longs to be transformed into the image of Jesus Christ. We cover up what is inside us with food and other good things, but in fasting these things surface. If pride controls us, it will be revealed almost immediately. David writes, ‘I humbled my soul with fasting’ (Ps. 69:10). Anger, bitterness, jealousy, strife, fear—if they are within us, they will surface during fasting.”

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, not only in relation

to food, but in other areas as well. It teaches contentment.

(1 Tim. 6:6)

FASTING EXPRESSES AND DEEPENS OUR HUNGER FOR GOD:

Richard Foster says, “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’ (Col. 1:17). Therefore, in experiences of fasting we are not so much abstaining from food as we are feasting on the word of God and on Christ Himself. Fasting is feasting.” Fasting for other reasons, such as a “spiritual disguise” for losing weight, is an aberration of Biblical fasting. Fasting to even appear spiritual to others is more akin to the Pharisees’ instructions rather than Jesus’. Fasting must always, first and foremost, center on God.

STEP 1

Clarify the purpose of your fast.

Why are you fasting? (For the purpose of the 21 Days, see above.) Ask the Holy Spirit to clarify His leading and objectives for your prayer 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 nature of your fast.

Pray about the kind of fast you should undertake. Before you fast, be purposeful about:

- how long you will fast—one meal, one day, one week, several weeks, or certain days, with beginners starting slowly, then building up to longer fasts
- the type of fast God wants you to undertake (discussed in the Types of Fasts section)
- 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 entice you to abandon it.

STEP 3

Prepare your heart, mind, and body for your fast.

Fasting should not be spur-of-the-moment. Biblical fasting requires a total, deliberate commitment.

- Fasting requires reasonable precautions. Consult your physician first, especially if you take prescription medication or have a chronic ailment. Some persons should never fast without professional supervision.
- Do not rush into your fast. Prepare your body. Eat smaller meals before starting a fast. Avoid fatty and sugary foods. Eat raw fruit and vegetables for two days before starting a fast. 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 by remembering that God is your Father and that He loves you. He will be pleased with your attempts at following His Son's example in fasting and prayer.
- 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. (Rom. 12:1,2) Meditate on the attributes of God: His love, sovereignty, power, wisdom, faithfulness, grace, compassion, etc. (Ps. 48:9,10; 103:1-8, 11-13)
- Begin your time of fasting and prayer with an expectant heart. (Heb. 11:6)
- Do not underestimate spiritual opposition. Satan sometimes intensifies the natural battle between body and spirit. (Gal. 5:16,17)
- Of utmost importance, Jesus instructs us in Matthew to not let others know about your fasting. The strict details of your fast should not be something you constantly talk about to others. It should remain between you and God.

TYPES OF FASTS

Now that we have explored the Old and New Testament teaching and instruction on fasting, we can proceed to discuss specific types of fasts. Let us begin with the helpful words of Richard Foster: “As with all the Disciplines, a progression should be observed; it is wise to learn to walk well before we try to run.” Choosing your fasting plan is a very personal decision. We are all in 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; follow as the Holy Spirit leads you. *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 from your regular patterns and habits in order to connect more closely to God.

Biblical fasting almost always concerns food. Since we’ve learned the purpose of fasting is to focus on God, humble ourselves, and remember we are sustained by every word that proceeds from the mouth of God, then the task in fasting is to make a connection between our going-without and our

hunger for God. This takes time, focus, and prayer. Please do not expect to be an expert at fasting right away. Do not let the fact that fasting is a discipline that requires practice deter or intimidate you. Fasting is not unlike a beautifully written masterpiece of literature. It is simple enough for a youth to understand and enjoy, and yet magnificently rich enough for the scholar to devote his/her entire life to.

ABSTAINING FROM CERTAIN TYPES OF FOODS

(meat, sweets, etc.) - Daniel 10:3

This is a good one for beginners—those with health needs, and those requiring special or restrictive diets. You may choose to abstain from something like breads, sweets, sodas, coffee, or even red meat. Spend some time reading through Daniel chapter 1 and chapter 10 to see how he fasted by eating only fruits and vegetables, or try something similar. You may choose to go without a specific type of food only certain days like Fridays, or you may go without during the weekdays, or the weekends only, or perhaps every day. This community wide fast is 21 days, but that does not mean you must go without for each or all of the 21 days. Determine the timing and duration of your fast in advance and pray through it.

ABSTAINING FROM ALL FOOD

Esther 4:16; Acts 9:9

This seems to be the most prevalent of Biblical fasts; it can also be the most intimidating, but refuse to let it scare you. It can be broken up by timing and duration. Fasting from all food is not as daunting if you determine beforehand when you will do so and for how long. Here are some ideas:

- Start slowly. Begin with fasting for only a part of a day (lunch, or lunch and dinner). Do this for one day a week or perhaps three days a week. Fasting is risky and involves our faith. God will honor that faith.
- Next, try fasting from food but not beverages. This means you would not eat any solid foods, having only water, juices, smoothies, or perhaps simple soup broths.
- Fast for the first one or two weeks. Devote the time that you normally spend eating to reading Scripture and praying. Focus on Jesus' statements about food.
- Try a 24-hour fast. This means eating a good breakfast, then drinking only water or juice until the following day's breakfast. Set aside those times usually spent eating during the day to pray and seek God.

- For some, progression may lead to a multi-day or even a multi-week fast, but always remember the purpose of your fast.

ABSTAINING FROM OTHER THINGS BESIDES FOOD

Daniel 6:18

The king's voluntary abstinence from entertainment in the time of Daniel helps us further understand yet another type of fast. Fasting from non-food items like entertainment can be particularly helpful and accessible to kids and teens. Think of abstaining from television, phones, video games, music, texting, etc. for the duration of your fast. This can be a very powerful decision even as a supplement to food fasts.

PRAYER GUIDE

As we engage the heart of God and pray for transformative, Christ-centered revival in our community, we will be leaning on the work of Steve Hawthorne and his Austin, Texas-based prayer ministry Waymakers (waymakers.org). The following prayers are adaptations from the Waymakers guide "Seek God for the City 2015". As you employ these 21 short prayer entries, or if you choose another method of praying through this season, focus your prayers on the following expressions of Biblical hope:

REVIVAL: pray that God would powerfully move among His Church and the lost of our community.

AWAKENING: pray for those in our community that are far from God, that they would turn their hearts to Christ.

TRANSFORMATION: pray for the families of our community, for its leadership and its blessing.

EVANGELIZATION: pray specifically that the Gospel of Jesus Christ would be proclaimed and believed.

RECONCILIATION: pray for the healing power of grace to be released in relationships throughout our community.

SUN., JANUARY 19

Psalm 85:6-9

Will You not Yourself revive us again, that Your people may rejoice in You? Show us Your lovingkindness, O LORD, and grant us Your salvation. I will hear what God the LORD will say; for He will speak peace to His people, to His godly ones; but let them not turn back to folly. Surely His salvation is near to those who fear Him, that glory may dwell in our land.

Our prayer today is for renewal. Revive us, O Lord. Revive our community. Revivals in earlier generations have come and gone, blazing intensely and then sputtering out. Can Your unfailing love bring an unceasing revival? We know that our love for You fades, but Your love is never-failing. Please show us what Your enduring love can do. Meet us with power and grace. Do something amazing in our community. Surprise us with Your glory. We pray the words spoken over John the Baptist, that You would continue to do this in our community.

Luke 1:76-78

... go on BEFORE THE LORD TO PREPARE HIS WAYS; to give to His people the knowledge of salvation by the forgiveness of their sins, because of the tender mercy of our God, with which the Sunrise from on high will visit us ...

MON., JANUARY 20

Isaiah 29:13-14

Then the Lord said, 'Because this people draw near with their words and honor Me with their lip service, but they remove their hearts far from Me, and their reverence for Me consists of tradition learned by rote, therefore behold, I will once again deal marvelously with this people, wondrously marvelous; and the wisdom of their wise men will perish, and the discernment of their discerning men will be concealed.'

Today we pray for You to replace our pride with humility and our complacency with faith, trust, action, obedience, prayer, and mercy. We are often impressed by our own religious performance. When we do so, we are among those who have approached You without heart or humility. Please, break through our pride. Surprise us with your supremacy. Humble us with your glory, O Lord.

Matthew 11:28-30

Come to Me, all who are weary and heavy-laden, and I will give you rest. Take My yoke upon you and learn from Me, for I am gentle and humble in heart, and YOU WILL FIND REST FOR YOUR SOULS. For My yoke is easy and My burden is light.

We have kept ourselves busy and taken pride in our busyness and preoccupation, but our ambitious self-sufficiency has left us weary and distracted. We come close to You now—just as You have summoned us to come—to learn who You are. Show us Your heart and train us in Your humility.

- pray for God to rescue our runaway lives so that we can more fully follow Him and His ways
- pray for Christ's humility to replace our pride and heal our brokenness
- pray for the pastors in our community

TUES., JANUARY 21

Psalm 51:10-12

Create in me a clean heart, O God, and renew a steadfast spirit within me. Do not cast me away from Your presence and do not take Your Holy Spirit from me. Restore to me the joy of Your salvation and sustain me with a willing spirit.

Search our hearts, and expose areas of secret sin. For too long we have blamed others and denied our own responsibility. Purify us from the inside out. Grant us an enduring spiritual power to serve You with integrity. We long for the joy of a single-minded devotion to You, our most Holy God.

Mark 1:40-42

And a leper came to Jesus, beseeching Him and falling on his knees before Him, and saying, 'If You are willing, You can make me clean.' Moved with compassion, Jesus stretched out His hand and touched him, and said to him, 'I am willing; be cleansed.' Immediately the leprosy left him and he was cleansed.

Our Savior, as You did with this man so long ago, will You do likewise with us and with our community? Thank You for Your willingness to cleanse us from the pollution of our sin. You are still filled with endless compassion. You are willing to touch us. You can make us clean.

WED., JANUARY 22

Isaiah 44:3-4

For I will pour out water on the thirsty land and streams on the dry ground; I will pour out My Spirit on your offspring and My blessing on your descendants; and they will spring up among the grass like poplars by streams of water.

For some of us, Lord, prayers that echo passages like this make us uncomfortable. Save us from the shackles of fear. Allow the Holy Spirit to form our meager prayers into powerfully true expressions before Your throne. Pour out Your Spirit on us. Inundate us with Your love. Pour out Your grace on our children. Grow us in maturity, health, and strength.

John 7:37-38

Now on the last day, the great day of the feast, Jesus stood and cried out, saying, 'If anyone is thirsty, let him come to Me and drink. He who believes in Me, as the Scripture said, From his innermost being will flow rivers of living water.'

Like that beautiful moment with our Savior, take Your stand in our community O God. Raise Your voice so that everyone can hear. Call us to come to You. May those far from You hear and re-pond. You are the only source of life, we confess and celebrate. May Your life cover our community.

THUR., JANUARY 23

Isaiah 62:6-7

On your walls, O Jerusalem, I have appointed watchmen; all day and all night they will never keep silent. You who remind the LORD, take no rest for yourselves; and give Him no rest until He establishes and makes Jerusalem a praise in the earth.

Consistent and persistent prayer is hard, O Lord, but Your goodness and gracious plans for our community keeps us on our knees. We refuse to believe the lie that You are inactive and uninterested in us and our community. You are not finished with us. Lift up our hopes, so that we pray mighty prayers. Grant us stamina at our posts, watching, asking, and thanking You.

Luke 18:1-3

Now [Jesus] was telling them a parable to show that at all times they ought to pray and not to lose heart, saying, 'In a certain city there was a judge who did not fear God and did not respect man. There was a widow in that city, and she kept coming to him ...'

We confess we are often prayer-less. We lose heart easily. We are too full, too content, and too busy. Call us anew to a life of praying with steady determination. Energize us with Your unwavering zeal. Train us to pray in patient pursuit of Your promises.

- pray for Jesus to encourage our hearts to pray with renewed hope and persistence
- pray for God to invigorate this special season of prayer in our homes and throughout the Body of Christ in our community
- pray for students, professors, administrators, and parents

FRI., JANUARY 24

Isaiah 30:18-19

Therefore the LORD longs to be gracious to you, and therefore He waits on high to have compassion on you. For the LORD is a God of justice; how blessed are all those who long for Him. O people in Zion, inhabitant in Jerusalem, you will weep no longer. He will surely be gracious to you at the sound of your cry; when He hears it, He will answer you.

Thank you, O Lord, that You are quick to answer when we cry for help. You are as swift as You are patient. We pray that today You act in our hearts, O God. Wait no longer, God of patient love. May this be the day when You satisfy Your desire to be known as the God who is gracious to all.

Luke 15:20

So he got up and came to his father. But while he was still a long way off, his father saw him and felt compassion for him, and ran and embraced him and kissed him.

O Jesus, this well-known story of Your love for the broken is medicine for a soul who fails to believe this is true of You. You are constantly watching. Expose the hoax of worldly treasures that keep us and so many in our community from returning to You.

Awaken their yearning. Convince them of Your unfailing love, and let the homecoming party begin.

- pray for the body of Christ in our community to give grace to those who are on their way back home to God
- pray that God would strengthen the heart of parents of wayward children and spouses of wayward partners

SAT., JANUARY 25

Psalm 103:11-13

For as high as the heavens are above the earth, so great is His lovingkindness toward those who fear Him. As far as the east is from the west, so far has He removed our transgressions from us. Just as a father has compassion on his children, so the LORD has compassion on those who fear Him.

Why is Your boundless compassion and grace unknown by so many in our community? Your love is more fiercely loyal than the finest father's. Your constant compassion is more sure and merciful than the best mother's. Put Your love on display for all to see. Send a message to people throughout our community that You long to embrace them with love as large as the sky. Use us, Your Church, to do it.

John 17:20-23

I do not ask on behalf of these alone, but for those also who believe in Me through their word; that they may all be one; even as You, Father, are in Me and I in You, that they also may be in Us, so that the world may believe that You sent Me. The glory which You have given Me I have given to them, that they may be one, just as We are one; I in them and You in Me, that they may be perfected in unity, so that the world may know that You sent Me, and loved them, even as You have loved Me.

Let Jesus' prayer be true of us, O Lord. Let the unity of the Body of Christ in our community be a loud cry for the strength of Your love for all. Let our love for one another be a clarion call for our community to respond to Your love for all.

- pray for Christians throughout our community to pray with humility for the lost and those far from God
- pray by name for those you know who are far from God
- pray for those struggling with depression, anxiety, and mental illness in our community

SUN., JANUARY 26

Psalm 110:1-3

The LORD says to my Lord: 'Sit at My right hand until I make Your enemies a footstool for Your feet.' The LORD will stretch forth Your strong scepter from Zion, saying, 'Rule in the midst of Your enemies.' Your people will volunteer freely in the day of Your power; in holy array, from the womb of the dawn, Your youth are to You as the dew.

Mighty Messiah, You died to break the power of evil. You ascended to liberate its captives. You alone are crowned with power over every enemy. Extend Your mighty power over our community. Break the grip of evil, darkness, and the devil. Cause all of the prisoners of this spiritual battle to hear Your voice and to rise to follow You. Release them. Set the captives free.

Luke 10:17-20

The seventy returned with joy, saying, 'Lord, even the demons are subject to us in Your name.' And He said to them, 'I was watching Satan fall from heaven like lightning. Behold, I have given you authority to tread on serpents and scorpions, and over all the power of the enemy, and nothing will injure you. Nevertheless do not rejoice in this, that the spirits are subject to you, but rejoice that your names are recorded in heaven.'

Jesus, be our Captain! As You authorize us, we will act in Your authority. Be our Champion!

- pray for people who are afflicted by dark powers to be liberated by the power of the gospel
- pray for Christ to be glorified by His conquering of the darkness in our community
- pray for the Biblical counselors and mentors in our community

MON., JANUARY 27

Isaiah 61:1, 3-4

The Spirit of the Lord GOD is upon me, because the LORD has anointed me to bring good news to the afflicted; He has sent me to bind up the brokenhearted, to proclaim liberty to captives and freedom to prisoners... So they will be called oaks of righteousness, the planting of the LORD, that He may be glorified. Then they will rebuild the ancient ruins, they will raise up the former devastations; and they will repair the ruined cities, the desolations of many generations.

O God, place Your Church among the poor, the needy, and those far from You, inspiring them with words and deeds of true freedom. Empower Your people to speak the Good News with such life that people are transformed. Bring renewal to desolate families throughout our community Be glorified in the very settings where You are now forgotten, suppressed, and re-belled against.

Luke 4:43

But [Jesus] said to them, 'I must preach the kingdom of God to the other cities also, for I was sent for this purpose.'

Jesus, through Your Church, You are still fulfilling the same purpose in our day, right here in our community.

You are press-

ing forward to peoples and places that have yet to see the demonstration of Your power and grace. Do not overlook a single home or neighborhood.

- pray for the gospel of Christ to be proclaimed throughout our community, and that hundreds and thousands of people would turn their hearts to the Lord—and that He receive all glory
- pray for the Church to demonstrate the power and life of God’s kingdom as Jesus did
- pray for the children of our community

TUES., JANUARY 28

Isaiah 59:14-16

Justice is turned back, and righteousness stands far away; for truth has stumbled in the street, and uprightness cannot enter. Yes, truth is lacking; and he who turns aside from evil makes himself a prey. Now the LORD saw, and it was displeasing in His sight that there was no justice. And He saw that there was no man, and was astonished that there was no one to intercede; then His own arm brought salvation to Him, and His righteousness upheld Him.

Truth has become scarce in the open squares of our culture and society. Falsehood dilutes almost everything. Integrity is rare. Standing for truth is considered intolerance. O God, do not leave us in this darkness. We call on You to intervene as only You can. Reach in to our community, and expose falsehoods. Establish the truth, and let us walk in the light of Your justice and mercy.

Matthew 22:16

Teacher, we know that You are truthful and teach the way of God in truth, and defer to no one; for You are not partial to any.

Jesus, You not only say true things, You are the Truth. We welcome You to our community as Teacher, as Truth, as Light. Train us to

walk in Your ways, so that our entire community and culture honors what is true and right.

- pray for truth to be recognized in government, education, business, the arts, and in media
- pray for someone by name to seek Christ as true Teacher
- pray for the civil servants in our city and county



WED., JANUARY 29

Isaiah 58:6-8

Is this not the fast which I choose, To loosen the bonds of wickedness, To undo the bands of the yoke, And to let the oppressed go free And break every yoke? Is it not to divide your bread with the hungry And bring the homeless poor into the house; When you see the naked, to cover him; And not to hide yourself from your own flesh? Then your light will break out like the dawn, And your recovery will speedily spring forth; And your righteousness will go before you; The glory of the LORD will be your rear guard.

We consume so much. We become more selfish every day. Please, O God, give us the courage to turn from the tyranny of constantly satisfying our earthly desires. Turn our attention to You and Your idea of justice and service.

Matthew 23:23

For you have neglected the weightier provisions of the law: justice and mercy and faithfulness; but these are the things you should have done without neglecting the others.

We can excel at religious duties without Your help, but apart from your Spirit, we can do nothing that pleases You—nothing that lasts. Do a new work of Your Spirit in

Your people. Give us the joy of serving, pursuing justice, and extending mercy and grace. Train us to be faithful in Your purpose.

- pray for God’s people to liberate the oppressed from spiritual bondage
- pray for the Church of our community to find a tangible way to serve and extend mercy and grace to our community
- pray for the unborn and their mothers in our community

THUR., JANUARY 30

Isaiah 49:6

He says, 'It is too small a thing that You should be My Servant to raise up the tribes of Jacob and to restore the preserved ones of Israel; I will also make You a light of the nations so that My salvation may reach to the end of the earth.'

Lift our vision, O God, to see the broad expanse of Your family. You are the Father of all peoples, as each of the nations is a precious child in Your household. Bring Your light to illumine every people group on the earth. Light of the world, make us Your able light-bearers. Send us also to the nations who have been brought into our community.

Luke 2:30-32

For my eyes have seen Your salvation, which You have prepared in the presence of all peoples, A LIGHT OF REVELATION TO THE GENTILES, and the glory of Your people Israel.

Let us see Your glory. We cannot truly know You by our own understanding. Only You can reveal the truth that brings Your salvation to us. May the truth of the Gospel shine among the diverse peoples of our community. Glorify Your Son Jesus as the only Savior, the Way, and the Light of the world.

FRI., JANUARY 31

Psalm 65:2, 5

O You who hear prayer, to You all men come. By awesome deeds You answer us in righteousness, O God of our salvation, You who are the trust of all the ends of the earth and of the farthest seas.

You always hear. Nothing escapes Your attention, and You respond with great love. Today, we ask again for You to continue to be Yourself, O God—the hearer and responder to our prayers. Move powerfully as we intercede for our community and for individuals. Work Your grace. Do more than we ask.

Luke 19:37-38

...the whole crowd of the disciples began to praise God joyfully with a loud voice for all the miracles which they had seen, shouting: BLESSED IS THE KING WHO COMES IN THE NAME OF THE LORD; peace in heaven and glory in the highest.

Lord Jesus, each of Your miracles in the Bible was in some way an answer to prayer. During this season, surpass our expectations by answering our prayers in miraculous ways. Enable us to pray with empathy, faith, and boldness. Show Your kindness and power, so that we can celebrate as Your disciples did—with loud, raucous joy.

- pray for God to encourage those who struggle with doubt
- pray that God's answers to our prayers would become the talk of the town
- pray for the physically disabled in our community and those who provide them with care

SAT., FEBRUARY 1

Zechariah 8:20-22

Thus says the LORD of hosts, It will yet be that peoples will come, even the inhabitants of many cities. The inhabitants of one will go to another, saying, 'Let us go at once to entreat the favor of the LORD, and to seek the LORD of hosts; I will also go.' So many peoples and mighty nations will come to seek the LORD of hosts in Jerusalem and to entreat the favor of the LORD.

Only You, O God, can trigger chain reactions of people to move toward You with faith and passion. Draw more than just a few scattered people. We ask You to move among whole cities, starting with our own. Fulfill Your promise in our day by igniting community-wide movements.

Matthew 21:10

The whole city was stirred and asked, "Who is this?"

Jesus, our Redeemer, as You shook the cultures and expectations of cities in Your earthly ministry, do so again today in ours. Many times, You set the entire community buzzing with questions and conversations about You. Stir the hearts of our people to the know the truth of who You really are.

- pray that our community would be stirred with curiosity about Jesus
- pray that the Body of Christ in our community would answer this curiosity in truth, clarity, and grace
- pray for those in our community struggling with addiction

SUN., FEBRUARY 2

Psalm 22:27-28

All the ends of the earth will remember and turn to the LORD, and all the families of the nations will worship before You. For the kingdom is the LORD'S and He rules over the nations.

How long, O Lord, until You fulfill Your promise to be known in every nation? We know that when You return, You will set all things right. You are worthy of praise from every people, language, and place. You deserve that kind of glory. You are that good. Even today, draw worship from every people. Gather those who love You in every community. Give them courage to honor You openly, especially in dangerous places.

John 12:20-21

Now there were some Greeks among those who were going up to worship at the feast. These then came to Philip... and began to ask him, saying, 'Sir, we wish to see Jesus.'

People from every nation are eagerly seeking to worship what is true. Their hearts are longing for meaning and substance. Many have exchanged the truth of God for a lie and worship the created things rather than You, the Creator. The truth is only found in You, and Jesus is the only way to You, Our Father. Help

us to fulfill our role in global evangelism and discipleship. Only You can accomplish a task so large. Train us by Your grace.

- pray that God will miraculously reach the millions who are seeking truth within a dark religion or culture
- pray for the Church to be strong, growing, and protected in these places
- pray for honest trust, love, support, and partnerships among the churches of our community

MON., FEBRUARY 3

Micah 4:3

And He will judge between many peoples and render decisions for mighty, distant nations. Then they will hammer their swords into plowshares and their spears into pruning hooks; nation will not lift up sword against nation, and never again will they train for war.

We are powerless to quell the feuds that rage among the nations. Thus, we come before You, God of all nations. Only when You rise to rule will the nations find rest from war. Your promise encourages us to begin this work of peace every-day, right where we are and any way we can, though always and only in Your power. Disarm our hearts to move towards people, dismantle grievances, reconcile distances, and bring peace. Walk with us, and train us in Your ways of peace.

Luke 18:13-14

But the tax collector, standing some distance away, was even unwilling to lift up his eyes to heaven, but was beating his breast, saying, 'God, be merciful to me, the sinner!' I tell you, this man went to his house justified rather than the other; for everyone who exalts himself will be humbled, but he who humbles himself will be exalted.

Our Savior, let our cries be the cries of those in our community that are far from You. Let them be the prayers of all nations, peoples, and cultures. Pour out Your hopes and dreams for every nation as they fix their hope on Jesus.

- pray that Jesus, the Prince of Peace, reconciles wars on a global scale
- pray that Christ would bring peace to relationships throughout our community

TUES., FEBRUARY 4

Jeremiah 29:7

Seek the welfare of the city where I have sent you into exile, and pray to the LORD on its behalf; for in its welfare you will have welfare.

Forgive us, O God, for speaking of our community with ridicule and pessimism. In many ways, we have failed to believe Your intentions to bring peace and blessing here. Let us see Your vision for our community. Transform our hearts. Bring outbreaks of peace throughout our community, and let us celebrate Your peace and reconciliation together.

Luke 6:27-28

But I tell you who hear Me; love your enemies. Do good to those who hate you. Bless those who curse you. Pray for those who mistreat you.

Jesus, help us to follow Your ways of love. They are so alien and unnatural to our flesh. Save us from merely being polite or pleasant. Instill in us deep kindness, sincerity, humility, and Your brand of love. Change our hearts, and shape our thoughts to respond to trials, attacks, and mistreatment in the way You desire. Help us to become the blessing You desire us to be.

- pray that our community would see the Body of Christ in a positive light because of our love, grace, and service
- pray for the persecuted Church around the world, especially pastors and those in prison
- pray for judges and law enforcement officers



WED., FEBRUARY 5

Haggai 2:7, 9

I will shake all the nations; and they will come with the wealth of all nations, and I will fill this house with glory, says the LORD of hosts. The latter glory of this house will be greater than the former, says the LORD of hosts, and in this place I will give peace, declares the LORD of hosts.

Come, Lord Jesus. You are the desire of all nations. Build Your house amidst the chaos of this age. Awaken among the people a desire for the greater glory of Jesus Christ. Gather a great throng of people to Yourself. Under the canopy of Your presence, let heaven's peace be granted and Jesus be exalted.

Matthew 24:7-8, 14

For nation will rise against nation, and kingdom against kingdom, and in various places there will be famines and earthquakes. But all these things are merely the beginning of birth pangs. ... This gospel of the kingdom shall be preached in the whole world as a testimony to all the nations, and then the end will come.

Bitter conflicts are tearing peoples and nations apart. Disasters have obliterated cities. Our hearts are fearful, but Your kingdom is forever. Enable us to be the living testimony of Your kingdom.

Use the Body of Christ, Your Church, to demonstrate Your kind of reconciliation, peace, healing, and grace.

- pray for the Gospel of Jesus to be proclaimed clearly in the midst of war, conflict, and pain
- pray for churches and pastors in war-torn areas to rise up with faith and boldness
- pray for the men and women serving in the Armed Forces

THUR., FEBRUARY 6

Isaiah 2:2-3

Now it will come about that In the last days The mountain of the house of the LORD Will be established as the chief of the mountains, And will be raised above the hills; and all the nations will stream to it. And many peoples will come and say, "Come, let us go up to the mountain of the LORD, to the house of the God of Jacob; that He may teach us concerning His ways and that we may walk in His paths."

We want to walk in Your ways. We need You to teach and train our steps. We long to live in a land of justice, joy, and generous love. Teach our children. Instruct our elders. Train our leaders. Educate our educators. Equip our pastors and shepherds with Your nearness. Lead us to walk in the wisdom of Your ways.

John 8:2

At dawn He appeared again in the temple courts, where all the people gathered around Him, and He sat down to teach them.

Your words, O Jesus, were so appealing and powerful that people rose at dawn and crowded near to hear You. We have not been as eager to hear Your teaching. Forgive our compla-

gency. Equip each of us to change our community through the teaching, preaching, and modeling of Your Living Word. Gather us to Yourself and under the banner of Your truth. Disciple us to make disciples.

- pray for the powerful preaching and teaching of God's Word in our community
- pray for a new dawn in our community as many people gather to Jesus Christ
- pray for the influential business men and women of our community

FRI., FEBRUARY 7

Zechariah 9:9-10

Rejoice greatly, O daughter of Zion! Shout in triumph, O daughter of Jerusalem! Behold, your king is coming to you; He is just and endowed with salvation, humble, and mounted on a donkey, even on a colt, the foal of a donkey. ... And He will speak peace to the nations ...

Your kingdom does not come by conquest. Instead of invasion, You come by invitation, so we pray that our community would gladly welcome You, Jesus, as Jerusalem did on Palm Sunday. Come to us, lifting Your voice to proclaim Your peace to the nations and to our community. Disarm the arguments of those who deny You. Dismantle the defenses of those who are resisting Your love and offer of grace. Instill in our souls an enduring hope in You.

John 12:19

Look how the whole world has gone after Him.

This statement from Your detractors is still a welcoming prayer and hope for us and our community O God. Instead of typical religious activities of mundane routine, we pray that our community would be shaken with an explosion of joy as thousands

welcome the long-awaited Messiah into their hearts.
Disclose Yourself to the lost in our community, Lord Jesus.
Make Yourself known.

- pray that God's Spirit would open people's hearts to the Gospel
- pray for the parachurch ministries of our community, mission organizations, and specific outreaches
- pray for seminaries, theological training centers, and Biblical professors

SAT., FEBRUARY 8

Psalm 24:1-10

A Psalm of David. The earth is the LORD'S, and all it contains, the world, and those who dwell in it. For He has founded it upon the seas and established it upon the rivers. Who may ascend into the hill of the LORD? And who may stand in His holy place? He who has clean hands and a pure heart, who has not lifted up his soul to falsehood and has not sworn deceitfully. He shall receive a blessing from the LORD and righteousness from the God of his salvation. This is the generation of those who seek Him, who seek Your face—even Jacob. Selah. Lift up your heads, O gates, and be lifted up, O ancient doors, that the King of glory may come in! Who is the King of glory? The LORD strong and mighty, The LORD mighty in battle. Lift up your heads, O gates, and lift them up, O ancient doors, that the King of glory may come in! Who is this King of glory? The LORD of hosts, He is the King of glory.

As we close this special season of fasting and prayer, O God, hear our hearts yet again for our community. Please bring transformative, Christ-centered revival. Let it be all about Jesus. Let all the other names fade away—names of churches and individuals. Let it all be about Jesus. Fill the earth with Your glory, and we pray that You start here among us. Open the

gates of heaven and come down. Visit us with power. Save the lost. Heal the broken. Revive the weary. Show us Your glory and Your blessing.

- give thanks to God today for the past 21 days
- worship God today for specific answers to our many prayers
- pray again for awakening and revival in our community
- pray for the Body of Christ to be bold, to be a light, to speak with truth and grace
- pray by name for those that you know that are far from God


