



21 DAY DAILY DEVOTIONAL

PRAYER AND FASTING



# TABLE OF CONTENTS

Introduction _____	I
Fasting Guide _____	III
Our Prayer _____	VIII
Day 1: Tune In _____	2
Day 2: Unwavering In Faith _____	4
Day 3: Spiritual Food _____	6
Day 4: Cultivating Spiritual Hunger _____	8
Day 5: Fasting With Prayer Removes Unbelief _____	11
Day 6: Reliance On God _____	13
Day 7: Fervent Prayer _____	15
Day 8: Detours _____	17
Day 9: Revolving _____	20
Day 10: Living Dangerously _____	22
Day 11: Samples _____	24
Day 12: Humble Yourself _____	26
Day 13: Spoken Word _____	28
Day 14: Clean House _____	30
Day 15: What's Your Assignment? _____	32
Day 16: Be Your Best _____	35
Day 17: Be Yourself _____	37
Day 18: Grow By Learning _____	39
Day 19: Prepared Or Repaired _____	41
Day 20: Don't Worry – Pray Instead _____	43
Day 21: Praying Boldly _____	46

# Introduction

We are so glad you have decided to participate in our 21 days of prayer and fasting. There is no better way to bring about refreshing in every area of our lives than through prayer and fasting.

We hope that during these 21 days, God will refresh us both personally and as a church as we seek His blessing and direction. We pray that you will experience God's presence and power extraordinarily. May we be closer to God than ever before as we seek Him first.

As you prepare for the fast, think about why you are fasting. Is it for spiritual renewal, for guidance, for healing, for the resolution of problems, for special grace to handle a difficult situation, or for a major decision? Ask the Holy Spirit to clarify His leading and objectives for your fast. This will enable you to pray more specifically and strategically. Think about the top two or three most pressing issues on your heart and zone in on those with God. Write these down in the space provided below, and be open to hearing what God wants to show you in those areas.

When praying, make your primary goal to know Jesus more and experience His fullness. Focus first on what's right about Him, such as His goodness and His faithfulness, and see everything else through that filter. Finally, make time to pray daily. Don't over-complicate this! Just talk to God. Have that place and time where you can seek Him every day. If you don't plan to pray, you won't.

This book is designed as a day-by-day study and guide for you to follow and write in daily. We suggest printing a copy for yourself so that you have easy access to it.



# Fasting Guide

As you fast and pray, the Holy Spirit will transform your life personally and God can speak to you in new and dynamic ways. According to Scripture, we are convinced that when God's people fast with proper Biblical motivation – seeking God's face, not His hand – with a broken, repentant, and contrite spirit, God will hear from heaven and heal our lives, our churches, our communities, our nation, and world. Fasting and prayer can bring about revival and the fulfillment of the Great Commission.

Biblical fasting is, very simply; denying oneself something for the sake of seeking and honoring God. Pastor Stovall Weems says that “prayer is connecting with God; fasting is disconnecting ourselves from the world.” In addition to food, you can also fast from other things that keep you connected to the world. These may include television, social media, video games, and more.

## Why you should fast:

If you do not already know of the power and importance of fasting, here are some very important facts:

- Fasting was an expected discipline in both the Old and New Testament eras. For example, Moses fasted at least two recorded 40-day periods. Jesus fasted for 40 days and reminded His followers to fast, “when you fast,” not if you fast.
- Fasting and prayer can restore the loss of the “first love” for your Lord and result in a more intimate relationship with Christ.
- Fasting is a Biblical way to truly humble yourself in the sight of God (Psalm 35:13; Ezra 8:21). King David said, “I humble myself through fasting.”

- Fasting enables the Holy Spirit to reveal your true spiritual condition, resulting in brokenness, repentance, and a transformed life.
- Holy Spirit will quicken the Word of God in your heart and His truth will become more meaningful to you!
- Fasting can transform your prayer life into a richer and more personal experience.
- Fasting can result in a dynamic personal revival in your own life – and make you a channel of revival to others.
- You will discover more time to pray and seek God’s face. And as He leads you to recognize and repent of unconfessed sin, you will experience special blessings from God.
- Fasting allows us to focus on God. For example, when those hunger pangs happen, turn to prayer. When you would usually watch television or sports instead you focus on God. Don’t let what you eat or do not eat become the focus of your fast. Our focus should be on drawing closer to God. Remember, this is a time to disconnect enough from your regular patterns and habits in order to connect more closely to God.

Here are some fasting tips to keep in mind before getting started:

- Remember, the goal of fasting is not just to do without food or Facebook. *The goal is to draw nearer to God* and create space in your life for Him to work. Try to tune out some of the regular distractions from your day as much as possible. Replace that time with things that will nourish you spiritually.
- Make a commitment to your fast. Jesus encouraged us to fast (Matthew 6:16-18). For Him it was a matter of when believers fast, not if they fast. Make a commitment to fast. There will be physical temptations and life pressures that will tempt you to abandon your fast. Proverbs 16:3 Commit your works to the LORD, And your thoughts will

be established. He wants you to finish, and He will give you the grace and strength to do it!

- Keep your fridge and pantry stocked with the items you need. Being unprepared to fast sets you up to give in to temptation.
- Make it a priority to attend church during your 21-day fast. Being around other believers will encourage you to keep on going when fasting gets difficult.
- If you are in a Life Group, you can share what God is showing you in your group as well as spend time in prayer together.
- If you mess up, don't get discouraged. Just get right back on track and keep going. God's mercies "are new every morning" (Lamentations 3:22-23).

## What kind of fast are we suggesting?

The Daniel fast is a great model to follow and one that is extremely effective for spiritual focus, bodily discipline, and purification of the body and soul. It is probably one of the most commonly referred-to fasts; however, within the Daniel fast there is room for broad interpretation.

In the book of Daniel, we find two different times when the prophet Daniel fasted. Daniel One states that he ate only vegetables and water, and in Daniel 10, while the passage does not give a specific list of foods that Daniel ate, it does state that he ate no rich (or choice) foods, as well as no red meat or wine. So, based on these two verses, we can see that either of these or combinations of the two, constitute a Daniel fast. The foundation of the Daniel fast is fruit and vegetables. Some starchy vegetables and dairy could be included, but that depends on the individual. Your goal should be to seek God in prayer about this and follow what the Holy Spirit leads you to do.



## Fasting safely:

As you begin your fast, you may hear from concerned loved ones and friends who urge you to protect your health. And they are right. You should protect your health. But we want to encourage you that if done properly, fasting will not only prove to be a spiritual blessing but a physical blessing as well. You may, however, have a physical problem that would make fasting unwise or dangerous. This could include tumors, cancer, blood diseases, diabetes, or heart disease. If that is the case, include your doctor in your decision on how to fast. Also, if you are under any type of medication, you may want to talk with your doctor before changing your regime.

## Fasting while nursing or pregnant:

Strict fasting while nursing or pregnant is not recommended. If you are in this season of life, here are some great options for you to consider – with the approval of your physician:

- A modified Daniel fast including whole grains, legumes, whey protein, calcium and iron supplements
- Fasting sweets and desserts
- Fasting red meat
- Fasting non-food activities like television, Facebook, Twitter, movies, etc.

## Fasting and eating disorders:

If you have struggled with an eating disorder, this situation is a battle that you can win through Christ (Philippians 4:13). Remember, fasting is a tool used to get closer to God, and it actually should keep us from being

preoccupied with food. If your method of fasting is going to cause you to obsess about what you eat in any way, you will either need to change your approach or your mindset. If giving up food is a stumbling block to you, then consider fasting TV, Facebook, reading (other than the Bible), or shopping. There are many distractions and ways that we use to stay in control that we could eliminate from our daily routine. If you can identify such other things, maybe you can give those up instead of food.

Remember that you are covered by God's grace. God will show you what to do and give you His peace.

Here are several things you can do to prepare your heart:

- 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 people whom you have offended, and forgive those who have hurt you (Mark 11:25; Luke 11:4; 17:3,4).
- Ask God to fill you with His Holy Spirit according to his command in Ephesians 5:18 and His promise in 1 John 5:14,15.
- Surrender your life fully to Jesus Christ as your Lord; refuse to obey your worldly nature (Romans 12:1,2)
- 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).

# Our Prayer

We anticipate God doing a mighty work in our lives. We are asking our Church to join together with one heart and one purpose - and that is to seek God during this time. All of our adults, Young Adults, Youth Students, and Kids are encouraged to participate!

Our prayer is that this will be a significant time in all of our lives, and we will experience God's presence like never before! If we sincerely humble ourselves before the Lord, repent, pray, and seek God's face; If we consistently meditate on His word, we will experience a heightened awareness of His presence (John 14:21).

We believe the Lord will give us fresh, new spiritual insights. Our confidence and faith in God will be strengthened and we will be refreshed.

This devotional is designed to guide us through the 21-day fasting time. Readings are provided for each day along with a suggested prayer. We encourage you to carve out time in your day to be with God.

If you are part of a Life Group, we encourage you to talk about what you are experiencing as you study the Word and pray in the coming weeks. It would be great for your group to commit to participating in fast together.

All scripture passages are from the New King James Version unless otherwise noted.

# **21-Day Daily Devotional**

## Day 1: Tune In

*John 10:22-30 says,*

*“Now it was the Feast of Dedication in Jerusalem, and it was winter. And Jesus walked in the temple, in Solomon’s porch. Then the Jews surrounded Him and said to Him, “How long do You keep us in doubt? If You are the Christ, tell us plainly.” Jesus answered them, “I told you, and you do not believe. The works that I do in My Father’s name, they bear witness of Me. But you do not believe, because you are not of My sheep, as I said to you. My sheep hear My voice, and I know them, and they follow Me and I give them eternal life, and they shall never perish; neither shall anyone snatch them out of My hand. My Father, who has given them to Me, is greater than all; and no one is able to snatch them out of My Father’s hand. I and My Father are one.”*

Have you ever been searching for a radio station only to be frustrated by finding static rather than music? You then focus on fine-tuning the dial again, and suddenly you hear a clear signal. The fact is, the signal always existed on the airwaves; the only difference is that now you have adjusted your tuner to the right frequency. In our hectic lives, there are so many signals bombarding our senses that it can become difficult to distinguish God’s voice from the deafening “static noise” of life. Fasting enables us to tune out the world’s distractions and tune in to God. As we fast, we deny our flesh. When we deny our flesh, we become more in tune with the Holy Spirit and can hear God’s voice more clearly. If you truly listen to God’s voice, you will hear it. When you hear it, it will build faith within you. If you desire to tune out the static of life and really tune into the voice of God, come to Him first and foremost with ears that are willing to listen and a heart that is ready to obey what he says. The more we practice being in His presence, the clearer and more recognizable His voice becomes.

## Question:

What distractions do you need to remove so that you can focus more on God?

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Prepare your heart to hear the voice of God, and ask God to help you remove distractions that keep you from focusing on Him and hearing Him clearly.

## Additional reading:

*Psalm 34:18 says, "The LORD is near to those who have a broken heart, And saves such as have a contrite spirit."*

*Isaiah 66:2 "For all those things My hand has made, And all those things exist," Says the LORD. "But on this one will I look: On him who is poor and of a contrite spirit, And who trembles at My word."*

## Prayer:

Lord,

Help me tune in to You. As distractions and temptations come, give me the strength to turn to You. Teach me. Give me eyes and ears to hear Your voice. Open my heart to Your Word. As I'm challenged in the days ahead, please give me what I need to humble myself and honor You. Help me to take time to be holy, to spend time with You in secret, and to trust in Your Word. Thank You for being a God who I can trust. You are so faithful to me. I am Yours.

In Jesus Name, Amen

## Day 2: Unwavering In Faith

*James 1:2-7 says,*

*“My brethren, count it all joy when you fall into various trials, knowing that the testing of your faith produces patience. But let patience have its perfect work, that you may be perfect and complete, lacking nothing. If any of you lacks wisdom, let him ask of God, who gives to all liberally and without reproach, and it will be given to him. But let him ask in faith, with no doubting, for he who doubts is like a wave of the sea driven and tossed by the wind. For let not that man suppose that he will receive anything from the Lord;”*

When we pray with earnest expectation, we are exercising our faith. The earnest prayers of people walking in step with God can produce powerful results, and the most earnest prayers come from us recognizing our need for God. There can be a natural tendency to shrink back when praying for the seemingly impossible, but we must remember that nothing is impossible with God. Know that God never wavers in His love for you. You can trust Him completely.

### Question:

What are you trusting God for?

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Find promises in His Word that answer your needs and write them down today.

### Additional reading:

*Matthew 17:20 So Jesus said to them, "Because of your unbelief; for assuredly, I say to you, if you have faith as a mustard seed, you will say to this mountain, 'Move from here to there,' and it will move; and nothing will be impossible for you.*

*Romans 12:2 And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God.*

## Prayer:

Lord,

You are my strong tower. I know I can trust in You. Guard and renew my mind, body, soul and spirit in Christ Jesus according to Your will. Give me faith to move mountains, knowing that You have promised to do the impossible so that You may be glorified. May my life, thoughts and expectations reflect Yours, my King and my God.

In Jesus Name, Amen



## Day 3: Spiritual Food

*Psalm 34:8 says,*

*“Oh, taste and see that the LORD is good; Blessed is the man who trusts in Him!”*

God’s Word, is life-giving, spiritual food.

*Proverbs 4:20-22 says,*

*“My son, give attention to my words; Incline your ear to my sayings. Do not let them depart from your eyes; Keep them in the midst of your heart; For they are life to those who find them, And health to all their flesh.”*

God’s Word is life-changing, miracle-working, alive, holy, true, perfect, empowering, encouraging, trustworthy, and healing. His Word guides us, gives wisdom, judges the thoughts and attitudes of the heart, is a mighty weapon, and is to be treasured! Jesus was the Word made flesh, our bread of life. When we open the scriptures, we begin to know Him better.

*John 6:27 says,*

*“Do not work for food that spoils, but for food that endures to eternal life, which the Son of Man will give you.”*

We are spiritually nourished by feeding on God’s Word and by doing His will. Ask God to open your spiritual eyes and ears to receive His Word as life-giving and sustaining. Drink deeply from His Word. Listen for His voice. Obey His promptings. Trust Him to sustain you as you pray and fast. He will do more than you can imagine.

### Question:

How can you create time to be in God’s Word?

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Ask God to meet you personally through this time as you seek Him. He desires to teach you. He delights in you.

### Additional reading:

*John 4:9-10 says, Then the woman of Samaria said to Him, "How is it that You, being a Jew, ask a drink from me, a Samaritan woman? For Jews have no dealings with Samaritans." Jesus answered and said to her, "If you knew the gift of God, and who it is who says to you, 'Give Me a drink,' you would have asked Him, and He would have given you living water."*

*John 6:35 says, And Jesus said to them, "I am the bread of life. He who comes to Me shall never hunger, and he who believes in Me shall never thirst."*

### Prayer:

Lord,

Thank You for nourishing me with Your Word. It is life to my body and soul. Help me to realize the power of Your Word in my life. Open my eyes and ears to know You better as I spend time in the scriptures. Teach me, renew me, and make me strong in You. Help me to keep Your words in my heart and to do Your will. Show me how to use Your Word to bring renewal to my life and to bring others to You. I trust You to sustain me. You are more than enough.

In Jesus Name, Amen

## Day 4: Cultivating Spiritual Hunger

*Mark 1:12-13 says,*

*Immediately the Spirit drove Him into the wilderness. And He was there in the wilderness forty days, tempted by Satan, and was with the wild beasts; and the angels ministered to Him.*

Even Jesus disconnected from the world to fast and pray. The Gospels of Matthew, Mark, and Luke also describe other times Jesus pulled away from the demands of the crowds, His ministry, and even His closest friends to pray. There are times that we, too, need to pull away from the things of the world and focus on God. “The things of the world” can certainly include more than just food. In fact, in our world, it is more likely to be television, movies, Facebook, Twitter, cell phones, and the internet. None of these things are wrong in and of themselves, but they are avenues for a mental and spiritual “crowd” to gather around us and drown out the gentle voice of the Holy Spirit.

Fasting is a means of disconnecting from the distractions of daily life and consciously choosing to bring God into greater focus. Giving up physical nourishment is the first step in engaging that process. During this time of fasting, we may feel physical hunger, but let’s be intentional about cultivating spiritual hunger as well. Let’s draw away from the crowds and lay aside for a season the activities we use to nourish our souls. Instead, let’s allow ourselves to enter a state of spiritual hunger.

*Matthew 5:6 says,*

*Blessed are those who hunger and thirst for righteousness, For they shall be filled. During this time, you will find that being still before the Lord will set you in a place of increased strength, peace and hunger for God.*

## Questions:

Are you disconnected from the things that nourish your body and soul?

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What do you need to deny yourself so that this can be a powerful time in your life?

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## Additional reading:

*Matthew 6:19-21 "Do not lay up for yourselves treasures on earth, where moth and rust destroy and where thieves break in and steal; but lay up for yourselves treasures in heaven, where neither moth nor rust destroys and where thieves do not break in and steal. For where your treasure is, there your heart will be also."*

*2 Timothy 2:20-22 But in a great house there are not only vessels of gold and silver, but also of wood and clay, some for honor and some for dishonor. Therefore if anyone cleanses himself from the latter, he will be a vessel for honor, sanctified and useful for the Master, prepared for every good work. Flee also youthful lusts; but pursue righteousness, faith, love, peace with those who call on the Lord out of a pure heart.*

## Prayer:

Lord,

give me a spiritual hunger that I have never known.

Increase my thirst for righteousness, for purity, for holiness, for You! Break the power of sin and worldly habits that keep me from You. Pour Your cleansing, living water through me and make me a vessel that You can use to refresh others.

Make me an instrument of Your healing and compassion.

Use me in Your service. Help me to store up treasures in Heaven.

In Jesus Name, Amen

## Day 5: Fasting With Prayer Removes Unbelief

*Matthew 17:18-20 says,*

*“And Jesus rebuked the demon, and it came out of him; and the child was cured from that very hour. Then the disciples came to Jesus privately and said, “Why could we not cast it out?” So Jesus said to them, “Because of your unbelief; for assuredly, I say to you, if you have faith as a mustard seed, you will say to this mountain, ‘Move from here to there,’ and it will move; and nothing will be impossible for you.””*

When we pray and fast, we don’t do so to change God or His will. By praying and fasting, we are the ones changed. Coming into alignment with God helps us curb our doubts and fears. When we pray and fast, one thing that leaves is our unbelief. It is when we have faith to believe, that we can pray with confidence and know that “nothing will be impossible” as we live to bring glory to God. Ask God to strengthen our hearts to fully believe Him and believe His word. It is okay to recognize and acknowledge if you struggle with unbelief. It’s the first step in allowing God to strengthen your faith and align you with His plan for your life.

### Question:

What is it that you need faith to believe in God for?

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Align yourself with God’s Word and will during this fast. Ask the Holy Spirit to free you from your unbelief and pray with confidence, knowing “nothing will be impossible for you.”

## Additional reading:

*2 Corinthians 10:3 says, "For though we walk in the flesh, we do not war according to the flesh. For the weapons of our warfare are not carnal but mighty in God for pulling down strongholds, casting down arguments and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ,"*

*Mark 9:24 says "Immediately the father of the child cried out and said with tears, "Lord, I believe; help my unbelief!""*

## Prayer:

Lord,

I confess my unbelief. I am weak, but You are strong. Increase my faith. Remind me of Your Word for my life. I know it is powerful. Help me to use it to strengthen my spirit and to war against Satan and his efforts against me. Help me to take every thought captive to make it obedient to Christ. Make me an overcomer as I receive in faith the victory You have for me. You are not finished with me yet. I praise You for Your grace and goodness to me.

Amen

## Day 6: Reliance On God

*Romans 7:18-20 says,*

*For I know that in me (that is, in my flesh) nothing good dwells; for to will is present with me, but how to perform what is good I do not find. For the good that I will to do, I do not do; but the evil I will not to do, that I practice. Now if I do what I will not to do, it is no longer I who do it, but sin that dwells in me.*

There's an internal war that often wages within every one of us. The good news is that we don't have to rely on our strength to make the right decisions. We don't have to be dominated by our sinful nature and end up doing the things we don't want to do. But the only way we can live this kind of life is by yielding to the Holy Spirit and relying on the strength of Jesus Christ, not our own. Instead of trusting in our strength, let's learn to yield to and become reliant upon the Holy Spirit.

### Question:

What areas in your life do you need to surrender in your life?

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Make a decision today that you will yield to the Holy Spirit and lean on His strength, not your own, to overcome obstacles of sin and selfishness in your life. Surrender and release those areas to God, knowing He will help you.

### Additional reading:

*Colossians 3:12-13 says, "in whom we have boldness and access with confidence through faith in Him. Therefore I ask that you do not lose heart at my tribulations for you, which is your glory. For*



*this reason I bow my knees to the Father of our Lord Jesus Christ,”*

*Ephesians 4:22-24 says, “that you put off, concerning your former conduct, the old man which grows corrupt according to the deceitful lusts, and be renewed in the spirit of your mind, and that you put on the new man which was created according to God, in true righteousness and holiness.”*

## Prayer:

Lord,

Give me the desire to please You in all things. I confess I want to do things my way. Forgive my stubbornness and pride. Help me to choose Your way. I humbly ask You for grace and a willingness to yield to the Holy Spirit who lives in me. May my life reflect Your will for me. Today, I put on compassion, kindness, humility, gentleness, and patience. Give me grace to forgive as You have forgiven me. I love You.

In Jesus Name, Amen

## Day 7: Fervent Prayer

*James 5:16 says “Confess your trespasses to one another, and pray for one another, that you may be healed. The effective, fervent prayer of a righteous man avails much.”*

Fervent prayer speaks of our level of intensity, passion, and persistence. Many times, we can lose our passion for prayer or stop praying for certain things altogether because we lose heart or give up. But God invites us to keep them before Him and trust Him for an answer in His time. The Old Testament prophet, Elijah, practiced a lifestyle of fervent, intense prayer and he witnessed incredible miracles in his lifetime as a result. In 1 Kings 17:17-24, we read of a woman whose only son became ill and died. When Elijah heard the news he quickly took action and did what he knew best – he fervently cried out to God. Elijah fully believed that God could bring the boy back to life, and he didn’t pray just once. It is recorded that he prayed three times for the boy’s soul to return to him. He prayed fervently, repeatedly and he wasn’t going to give up. Verse 22 reads, “Then the Lord heard the voice of Elijah; and the soul of the child came back to him, and he revived.”

God honored Elijah’s obedience and fervent prayers and brought the boy to life. God hears your prayers as well and will bring an answer in His perfect timing. But don’t be discouraged or disheartened if the answer is not exactly what you expected. Commit to praying to God with passion and persistence, trusting the answer will come in God’s perfect way and in His perfect timing. As we close out this first week, continue to pray fervently for the main areas of concern in your life. Trust God to bring an answer

### Additional reading:

*Matthew 7:7-11 “Ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you. For everyone who asks receives, and he who seeks finds, and to him who knocks it will be opened. Or what man is there among you who, if his son asks*

*for bread, will give him a stone? Or if he asks for a fish, will he give him a serpent? If you then, being evil, know how to give good gifts to your children, how much more will your Father who is in heaven give good things to those who ask Him!"*

*Ezra 8:23 says, "So we fasted and petitioned our God about this, and he answered our prayer.*

## Prayer:

Lord,

teach me to pray. You have given me the gift of partnering with You in prayer. Stir my heart to prayer and give me ears to listen as You speak to me in the quiet places of my heart. Increase my faith as I trust You for the answers to my prayers. Thank You for hearing me. I seek Your face and humbly, persistently ask that You will do mighty work in my life. Use my prayers to bless and encourage others. Teach me to praise You in my prayers. You are worthy of my praise.

In Jesus Name, Amen

## Day 8: Detours

*2 Corinthians 12:9-10 says "And He said to me, "My grace is sufficient for you, for My strength is made perfect in weakness." Therefore most gladly I will rather boast in my infirmities, that the power of Christ may rest upon me. Therefore I take pleasure in infirmities, in reproaches, in needs, in persecutions, in distresses, for Christ's sake. For when I am weak, then I am strong."*

Detours due to construction abound all around us. It never fails; you are running a few minutes behind and there it is, a large DETOUR sign followed by bright orange cones or flashing warning signs. They are perhaps the most inconvenient and frustrating obstacles you may come across. The flashing of the sign or the brightly colored safety devices work as intended...they get your attention. They are informing you of the potential safety hazard that lies ahead. Not just for you but for the men and women working in the construction zone.

Detours are not just found on our roads, they are also found in our lives. We may have everything planned out to perfection and then all of a sudden we hit the dreaded detour sign, flashing lights included. We get frustrated and disappointed when our plans get derailed. Or did they? We become so frustrated that we begin to force our way back to our original path. That detour is there for a specific reason and placed there for a specific purpose. You see, there are things that the Lord sees that you can't. He is causing you to slow down. Causing you to re-evaluate. Causing you to learn more than you ever have on the Almighty. Ever notice looking back on an event that there was no way out if it wasn't for our Heavenly Father?

Detours are not to be feared but welcomed, as they create reliance on God in a whole new way. But just as detour signs pop up and begin to re-direct us, they may have been placed there for another purpose. Our redirection may have occurred for the safety of the ones who are in the

“construction” zone. You see, God will intentionally and occasionally divert us for the purpose of speaking into, sharing with, uplifting, or even blessing the very one in the “construction zone,” and He wants to use us specifically in that person's life. Detours foster intimacy with Christ, making them all the more worthwhile.

- Ask yourself what is God using as a “detour” in your life?

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- How can God use your “detour” to make you or those around you better?

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Additional reading:

*Romans 8:28 “And we know that in all things God works for the good of those who love him, who have been called according to his purpose.”*

*Jeremiah 29:1-13 For I know the thoughts that I think toward you, says the LORD, thoughts of peace and not of evil, to give you a future and a hope. Then you will call upon Me and go and pray to Me, and I will listen to you. And you will seek Me and find Me, when you search for Me with all your heart.*

**Payer:**

Lord,

I pray You use the detours and their signage to help me through the construction process. Whether they are for my safety or someone else's they are essential. I ask that any pain, sickness, or changed plans be used for your glory. God you are molding me as clay in your compassionate hands to look more like your Son.

In Jesus Name, Amen

## Day 9: Revolving

*Proverbs 3:1-8 says, "My son, do not forget my law, But let your heart keep my commands; For length of days and long life and peace they will add to you. Let not mercy and truth forsake you; Bind them around your neck, Write them on the tablet of your heart, And so find favor and high esteem In the sight of God and man. Trust in the LORD with all your heart, And lean not on your own understanding; In all your ways acknowledge Him, And He shall direct your paths. Do not be wise in your own eyes; Fear the LORD and depart from evil. It will be health to your flesh, And strength to your bones."*

The Sun is an amazing creation. It warms the earth, causes plants to grow, provides vitamin energy, and even illuminates the moon to give us light at night. And much, much more here on earth. Within our solar system, all the planets rely on the Sun as their central anchor. Its pull keeps them on a particular path, at a particular distance. Can you imagine if it were removed, even for a split second? It would be disastrous here on earth causing great calamity, and the planets, stars, etc. with their trajectory changed would shoot off into the cosmos crashing into one another. It truly would be catastrophic on a cosmic level. You can see how important a role the Sun plays in our everyday lives. I believe God created the Sun to represent His glory and reflect His nature. He warms our hearts, comforts us, causes us to grow more Christlike, and illuminates our very lives to be a light in a dark world full of lost souls. He is our anchor. He causes us to stay on the narrow path and helps us to keep a safe distance away from potential peril or distractions. Everything we do, everything we are, and everything He wants us to become ought to be a reflection of God being at the center of our lives. Unfortunately, we can see the effects all around when He is removed from the center and they are catastrophic!

### Questions:

What are the areas of your life you feel are out of control?

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Is God at the center or has He been sidelined?

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### Additional reading:

*Mark 12:30 'And you shall love the LORD your God with all your heart, with all your soul, with all your mind, and with all your strength.'*

*Hebrews 6:19 This hope we have as an anchor of the soul, both sure and steadfast, and which enters the Presence behind the veil,*

### Prayer

Father,

I take time today to reevaluate my life. I ask you to be my anchor. I ask you to be the center of my family, job, and my finances. Having You at the center is just how You intended it to be. I trust you to make my life joyous and full. I know that life is so much better when it revolves around the SON!  
Amen



## Day 10: Living Dangerously

*Mathew 14:23-33 says, "And when He had sent the multitudes away, He went up on the mountain by Himself to pray. Now when evening came, He was alone there. But the boat was now in the middle of the sea, tossed by the waves, for the wind was contrary. Now in the fourth watch of the night Jesus went to them, walking on the sea. And when the disciples saw Him walking on the sea, they were troubled, saying, "It is a ghost!" And they cried out for fear. But immediately Jesus spoke to them, saying, "Be of good cheer! It is I; do not be afraid." And Peter answered Him and said, "Lord, if it is You, command me to come to You on the water." So He said, "Come." And when Peter had come down out of the boat, he walked on the water to go to Jesus. But when he saw that the wind was boisterous, he was afraid; and beginning to sink he cried out, saying, "Lord, save me!" And immediately Jesus stretched out His hand and caught him, and said to him, "O you of little faith, why did you doubt?" And when they got into the boat, the wind ceased. Then those who were in the boat came and worshiped Him, saying, "Truly You are the Son of God." Living dangerously is synonymous with living on the edge. Its about being a risk taker. One who is willing to throw caution to the wind and live with extreme faith. It is possible to be a follower of Christ and live still dangerously. You see God is calling us to much more than a safe, secure, complacent life. Instead, God is calling us to fully step into the grace offered through Jesus. Living dangerously is to risk a life of total obedience. Living dangerously is to live completely surrendered and know God will lead you to complete freedom. Living dangerously is to allow our lives to conform to the very image of Christ and in turn actually reflect what we say we believe. Living dangerously is to trust wholeheartedly that the very Spirit of God is alive and working in and through us."*

There's safety in complacency, but God is calling us out of our comfort zone into a life of complete surrender. To live dangerously is not to live recklessly but righteously. It is because of God's radical grace for us that we can risk living a life of radical obedience for Him. We can risk it all and still be faithful to His call. Abandoned through grace but

anchored in His love....we can live dangerously in the hands of God.

### Questions:

How can you choose to live on the edge for Him today?

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Would you be willing to risk your reputation for Him?

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### Additional reading:

*II Chronicles 16:9 "For the eyes of the LORD run to and fro throughout the whole earth, to show Himself strong on behalf of those whose heart is loyal to Him. In this you have done foolishly; therefore from now on you shall have wars."*

*Mark 6:34 When He had called the people to Himself, with His disciples also, He said to them, "Whoever desires to come after Me, let him deny himself, and take up his cross, and follow Me."*

### Prayer

Lord,

Today I choose to live dangerously for you! I know pressure will come in many different forms but pressure is also the very thing that creates a diamond from a piece of carbon. I will not give in to the pressure to compromise. Living a righteous life demands that Holiness be a part of my everyday decisions. I choose to live dangerously. I will not look back. I'm determined to be an overcomer striving to be more Christ-like every day.

In Jesus Name, Amen

## Day 11: Samples

*Psalms 34:1-8 says, "I will bless the LORD at all times; His praise shall continually be in my mouth. My soul shall make its boast in the LORD; The humble shall hear of it and be glad. Oh, magnify the LORD with me, And let us exalt His name together. I sought the LORD, and He heard me, And delivered me from all my fears. They looked to Him and were radiant, And their faces were not ashamed. This poor man cried out, and the LORD heard him, And saved him out of all his troubles. The angel of the LORD encamps all around those who fear Him And delivers them. Oh, taste and see that the LORD is good; Blessed is the man who trusts in Him!"*

I have to admit, I like samples. When visiting some of the local wholesale clubs and meandering through the aisles, I enjoy heading over to the sample stands. Sample stands are genius! The store employees make them taste oh so good. From tacos to potato bites to wheatgrass, they have it covered. As you may have guessed, the Wheat Grass Station always has the least amount of people. No surprise there! They have it down to a science. They give you a \$.10 sample, so you end up buying the product that they are showcasing. Ultimately, after you have purchased, you go back for more the next time you're there. Spend \$7.00 and gain three pounds. GREAT! It dawned on me that there is a correlation between sample stands and us as believers. People are mulling all around us, sometimes just aimlessly without direction and without Christ. We, as the children of God, have something that those people do not. They are looking but we need to pull them in and offer a sample of what we have. Even in everyday life whether at work, the gas station, or even at home, we should reflect God dwelling inside of us. In a world so full of calamity and despair people are searching and in need of hope. We have that hope. We know the answer. Today let someone sample the love of the Father in your life. The world is craving it. And once they have tasted they will definitely be back for more.

Christ gave us the opportunity to sample his life through the gift of salvation.

### Question:

- How is your life being poured out for others to partake?

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### Additional reading:

*Matthew 5:14-16 "You are the light of the world. A city that is set on a hill cannot be hidden. "Nor do they light a lamp and put it under a basket, but on a lamp stand, and it gives light to all who are in the house. "Let your light so shine before men, that they may see your good works and glorify your Father in heaven.*

*Ephesians 1:18-19 the eyes of your understanding being enlightened; that you may know what is the hope of His calling, what are the riches of the glory of His inheritance in the saints, and what is the exceeding greatness of His power toward us who believe, according to the working of His mighty power.*

### Prayer

Lord,

I pray my life will reflect your Love. When others interact with me, I pray they experience a sample of Your goodness. I desire to represent Your Kingdom in a way that creates a hunger and thirst that only You can satisfy.

Amen.

## Day 12: Humble Yourself

*Matthew 17:14-16 says, And when they had come to the multitude, a man came to Him, kneeling down to Him and saying, "Lord, have mercy on my son, for he is an epileptic and suffers severely; for he often falls into the fire and often into the water. So I brought him to Your disciples, but they could not cure him."*

What a great example of humility. This man approached Jesus and knelt before Him in the midst of a crowd. As the father approached Jesus, he believed that Jesus would bring his son relief. But even in his belief, his approach was humble and submitted to Christ. Looking further into the story, we find the father was also persistent and resisted taking offense. Though the disciples were not able to help him, he set aside his temporary disappointment in their failure and continued to seek after Jesus.

He knew Jesus was the solution to his circumstance, the source of relief through his trial. Offenses and disappointment may come but continue in your pursuit of Jesus. You may not get relief right away but know that God is never late and His solution is always perfect.

Prayer is a posture of humility. Humble yourself before the Lord each day and bring your cares to Him.

### Question:

Is there discouragement in your heart today?

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### Additional reading:

*Colossians 3:12-14 Therefore, as the elect of God, holy and beloved, put on tender mercies, kindness, humility, meekness,*

*long suffering; bearing with one another, and forgiving one another, if anyone has a complaint against another; even as Christ forgave you, so you also must do. But above all these things put on love, which is the bond of perfection.*

*James 4:10 Humble yourselves in the sight of the Lord, and He will lift you up.*

## Prayer:

Lord,

I bow before You, realizing You are sovereign, almighty, and all-powerful. I thank You that in Your greatness, You still love and care for me. Your ways and thoughts are so much higher than mine, and I acknowledge my need for You. May I have a meek and humble spirit like Jesus. Remove pride from my life, for I confess I am nothing without You. I submit my life to You once again. I pray You remove disappointment and discouragement from me as I trust in You and Your perfect will. Help me to be humble and gentle to those around me. Thank You for working in my heart. I love You.

Amen.

## Day 13: Spoken Word

*John 11:38-44 says "Then Jesus, again groaning in Himself, came to the tomb. It was a cave, and a stone lay against it. Jesus said, "Take away the stone." Martha, the sister of him who was dead, said to Him, "Lord, by this time there is a stench, for he has been dead four days." Jesus said to her, "Did I not say to you that if you would believe you would see the glory of God?" Then they took away the stone from the place where the dead man was lying. And Jesus lifted up His eyes and said, "Father, I thank You that You have heard Me. And I know that You always hear Me, but because of the people who are standing by I said this, that they may believe that You sent Me." Now when He had said these things, He cried with a loud voice, "Lazarus, come forth!" And he who had died came out bound hand and foot with grave clothes, and his face was wrapped with a cloth. Jesus said to them, "Loose him, and let him go.""*

The story of Lazarus and his resurrection reflects the power of the spoken Word of Jesus. He already knew in His heart the miracle that was about to take place, but His words spoke the miracle into existence. While prayer is our declaration of our dependence on God, our spoken words can be the manifestation of what's happening in our hearts. There is power in our spoken words – whether they are used to build up or tear down. It is so important to keep our hearts filled with the truth from God's Word so that our words will produce good fruit. As you seek God in prayer, ask Him for the words and discernment that may help someone today. Pray that your words will be encouraging, edifying, and aligned with the truth of God's word. Building others up around us with our words allows us to be God's instrument – a vessel for His good work.

As God continues to fill us through this season of prayer and fasting, He wants to take what is now in our hearts and share it with others.

How can you use the power of your spoken words to speak God's truth in the lives of others?

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### Additional reading:

*Isaiah 50:4 "The Lord GOD has given Me the tongue of the learned, that I should know how to speak a word in season to him who is weary. He awakens Me morning by morning, He awakens My ear to hear as the learned.*

*Ephesians 4:29 Let no corrupt word proceed out of your mouth, but what is good for necessary edification, that it may impart grace to the hearers.*

*Proverbs 18:21 Death and life are in the power of the tongue, and those who love it will eat its fruit.*

### Prayer:

Father,

Thank You that Your Word is life and power to me and to others. Your Word brings hope to things that appear to have no hope. May Your words take root in my heart so that I can bring life, power, and encouragement to others who are weary. Place a deep hunger in my heart for Your words so that I can memorize and recall them when needed. May the words of my mouth and the meditations of my heart be pleasing in Your sight, oh Lord, my rock and my redeemer. Amen



# Day 14: Clean House

*Romans 8:5-6 says, For those who live according to the flesh set their minds on the things of the flesh, but those who live according to the Spirit, the things of the Spirit. For to be carnally minded is death, but to be spiritually minded is life and peace.*

Have you ever looked up at your ceiling fan blades or in the deep recesses of your couch cushions and noticed the filth that builds up over time? Even though we might clean on a regular basis, there are times when we need to go... a little deeper. We realize that what appeared to be clean on the surface was in all actuality, quite filthy. The same thing can happen spiritually. As we go about our daily lives, there are things that can build up over time. Even if we regularly worship, pray, and read our Bible, the different pressures and cares of this world can quietly build up and end up consuming our lives. Without even realizing it, we can lose our peace, our joy, and our passion for the things of God. Our service to God, which used to fill us with life and excitement, becomes a duty that we must fulfill. Fasting is the deep cleaning that helps us take our mind off of the things of this world and instead have a refreshed focus on the things of the Spirit. It is an incredibly effective way to get into the nooks and crannies of our soul and bring all those dusty old habits, broken mindsets, and rusty attitudes out into the light of God's truth. In fasting and prayer, our service to God returns to something we want to do rather than something we have to do.

## Question

What areas is God showing you where you could use a refreshed spiritual focus?

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Pray that God will cleanse your heart, renew your spirit, and restore the joy of your salvation. Pray with confidence, knowing that He wants to fill you with His life and peace.

### Additional reading:

*Psalm 51:1-2 Have mercy on me, O God, according to your unfailing love; according to your great compassion blot out my transgressions. Wash away all my iniquity and cleanse me from my sin.*

*Philippians 4:8-9: “ Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you.”*

Prayer:

Lord,

At times, I grow tired and lukewarm in my love and service for You. Forgive me for allowing the distractions of the world to take my focus off of You. Please renew the joy of my salvation and give me a fresh passion for You. I want to love You more than life. Thank You that You never grow weary and that Your passion for me is always secure.

Amen

## Day 15: What's Your Assignment?

*Luke 4:1-2, Then Jesus, being filled with the Holy Spirit, returned from the Jordan and was led by the Spirit into the wilderness, being tempted for forty days by the devil. And in those days He ate nothing, and afterward, when they had ended, He was hungry.*

*Luke 4:14-15 Then Jesus returned in the power of the Spirit to Galilee, and news of Him went out through all the surrounding region. And He taught in their synagogues, being glorified by all.*

Fasting and prayer are helpful in receiving a clear vision of God's specific path for our lives. Many times following a season of prayer and fasting we can have a more defined understanding of the part that we play in the body of Christ and a greater sense of our particular spiritual gifts. This chapter in the Gospel of Luke describes the circumstances surrounding the beginning of Jesus' public ministry. Notice that He went into the desert "full of the Holy Spirit." However, He returned to Galilee "in the power of the Holy Spirit." Being full of the Spirit is knowing God and his character; walking in the power of the Spirit is when we know that we have the God-given strength and authority in our lives to walk out His will. The power of the Spirit is essential for us to accomplish the assignment God has for our lives. God could be leading you too fast so that you can receive His specific instructions for your life. He will empower you, not just to know Him, but to walk in His power to accomplish what He has called you to do.

### Question

What are the areas of your life that need more clarity?

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How are you walking in the power of the Spirit and living in God's purpose for your life?

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As you continue your fast, pray that God continually reveals His purpose and gives you ever-increasing clarity and strength to walk it out.

### Additional reading:

*Psalms 37:3-7 Trust in the LORD, and do good; Dwell in the land, and feed on His faithfulness. Delight yourself also in the LORD, And He shall give you the desires of your heart. Commit your way to the LORD, Trust also in Him, And He shall bring it to pass. He shall bring forth your righteousness as the light, And your justice as the noonday. Rest in the LORD, and wait patiently for Him; Do not fret because of him who prospers in his way, Because of the man who brings wicked schemes to pass.*

*Romans 12:1-2: I beseech you therefore, brethren, by the mercies of God, that you present your bodies a living sacrifice, holy, acceptable to God, which is your reasonable service. And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God.*

### Prayer:

Holy Spirit, thank You that Your power lives within me. I want to live more in Your power, so I ask that You come into my soul and fill me again. I do not want any sin in my life to block You, so I ask You to cleanse my heart. I know You have a purpose for my life, but I don't always know what that is. I ask for a clear calling and discernment as I desire to live out the assignment You have given me. Thank You that when You call me to something, You also completely

equip me. I pray that You alone will work through me and that others will see You in me. Thank You for choosing me and giving me a purpose. May my life shine brightly for You!  
Amen

## Day 16: Be Your Best

*2 Timothy 2:15 Be diligent to present yourself approved to God, a worker who does not need to be ashamed, rightly dividing the word of truth.*

*2 Timothy 2:15 MSG "Concentrate on doing your best for God, work you won't be ashamed of, laying out the truth plain and simple."*

God has a lot to offer us in this life but we have to work and believe. We need to do our best at everything we do. Who we are is defined by how we behave. I believe we are truly blessed on our path in life when we offer our best. It helps us move beyond the bumps in our path.

Sometimes, we can underestimate the unimportance of nearly everything in our lives. I know I can get easily distracted, and as a result, I put my best version of myself on the back burner. Commit today to start being your best.

It's hard to improve when you have no one but yourself to follow. Get around people that encourage growth and excellence in every area of your life.

There will never be a day that will not require dedication, discipline, good judgment, and the feeling that we can improve. Each day offers an opportunity to be the best that we can be.

### Additional reading:

*1 Thessalonians 3:11-12 says, "Now God himself and our Father, and our Lord Jesus Christ, direct our way unto you. And the Lord make you increase and abound in love toward another, and toward all men, even as we toward you."*

*James 2:17 says, Thus also faith by itself, if it does not have works, is dead. But someone will say, "You have faith, and I have works." Show me your faith without your works, and I will show*

*you my faith by my works. You believe that there is one God. You do well. Even the demons believe —and tremble! But do you want to know, O foolish man, that faith without works is dead?*

## Prayer

Lord, give me energy when I get weary. Remind me to continue to move forward and offer my best in everything I do, because as I grow closer to you, others around me will see the spirit of excellence in me.”

Amen

# Day 17: Be Yourself

*Psalm 139:1-3 says, O LORD, You have searched me and known me. You know my sitting down and my rising up; You understand my thought afar off. You comprehend my path and my lying down, And are acquainted with all my ways.*

*Psalm 139:1-3 (NLT) says, "O Lord, you have examined my heart and you know everything about me. You know my thoughts even when I'm far away. You see me when I travel and when I rest at home. You know everything I do."*

In your journey walking with God, you may discover what a fascinating person you are. As we grow in Christ we will find out some things we like about ourselves, and you may even discover things you want to change. Embrace the truth of God's Word over your life, and learn to release the lies that, over time, beat down your self-esteem. Today, reflect on what God's Word says about you. Remind yourself that you are an overcomer. You will never rise above the picture that you see of yourself in your mind. It's impossible to consistently behave in a manner that is inconsistent with how we see ourselves.

## Questions

Do you encourage yourself or criticize yourself? In what ways can you encourage yourself in the Lord?

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To add value to another person's life, you need to first see the value in your own life. Today, make a list of the value in your own life. Think of the things that God has blessed you with to be a blessing to others.



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### Additional reading:

*1 Thessalonians 5:11 Therefore comfort each other and edify one another, just as you also are doing.*

*Ephesians 4:32 And be kind to one another, tenderhearted, forgiving one another, even as God in Christ forgave you.*

### Prayer:

Lord, I Pray today that as I am on this great adventure, I will discover the amazing and unique person that I am created to be. I pray and thank You for the wonderful value that You have put in me so I can be a blessing to others.

Amen

# Day 18: Grow By Learning

*Colossians 1:10-11 says, That you may walk worthy of the Lord, fully pleasing Him, being fruitful in every good work and increasing in the knowledge of God; strengthened with all might, according to His glorious power, for all patience and longsuffering with joy;*

*Colossians 1:10-11 (NLT) "Then the way you will always honor and please the Lord, and your lives will produce every kind of good fruit. All the while you will grow as you learn to know God better and better."*

Learn something new each day. Wake up with the attitude of openness to something new. Look at each day as having multiple opportunities to learn and grow. It's like a rubber band—growth stops when you lose the tension between where you are and where you could be. Yes, you can teach an old dog new tricks. As we run our race in life, we should commit to grow and continue to learn. The scripture says, "My people perish for a lack of wisdom." We gain this wisdom by having a mindset of seeking God and His Word. We are never too old to learn something new. I love to watch The Shark Week episodes on television. I learned that if you confine a baby shark, it will never grow out of its confined space. Just like us, if we never explore the vastness of what God has for us, we limit our growth. Be open to God calling you to go and learn new things every day.

## Questions

What are some things that you can start this year to promote growth?

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Look at areas in your life that you are passionate about and commit to expanding your knowledge in those areas.

### **Additional reading:**

*Proverbs 4:7 Wisdom is the principal thing; Therefore get wisdom. And in all your getting, get understanding.*

*James 1:5 If any of you lack wisdom, let him ask of God that giveth to all men liberally.*

### **Prayer:**

Lord,

Lead and teach me something new today. Let my heart and mind be open to experience the newness You bring my way on a daily basis.

Amen

# Day 19: Prepared Or Repaired

*1 Corinthians 9:25-27 And everyone who competes for the prize is temperate in all things. Now they do it to obtain a perishable crown, but we for an imperishable crown. Therefore I run thus: not with uncertainty. Thus I fight: not as one who beats the air. But I discipline my body and bring it into subjection, lest, when I have preached to others, I myself should become disqualified.*

There is an old saying: Champions don't become champions in the ring — they are merely recognized there.

Even if a person has natural talent, they have to prepare and still train to become successful. God can position you in places where the odds say you would never be, but positioning comes after preparation. I believe it's better to PREPARE than to REPAIR. Preparation may take longer than you'd hoped or planned, but keep training, and keep preparing until you are face to face with success.

## Questions:

What are your goals on this journey of life? What are you trying to overcome or accomplish?

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Set a high standard; make a list of the things you will no longer accept or tolerate below.

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Start your training today by preparing a plan. We get a crown of glory if we fight the good fight of faith.

### Additional reading:

*Luke 14:28 "For which of you, intending to build a tower, does not sit down first and count the cost, whether he has enough to finish it—*

*Proverbs 16:1-3 The preparations of the heart belong to man, But the answer of the tongue is from the LORD. All the ways of a man are pure in his own eyes, But the LORD weighs the spirits. Commit your works to the LORD, and your thoughts will be established.*

### Prayer

Lord,

Thank you for ordering my steps according to your will and purpose for my life. I will honor You and show my gratitude by preparing and training so I can be ready for every opportunity You orchestrate.

Amen

## Day 20: Don't Worry – Pray Instead

*Philippians 4:6-7 says, "Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus."*

Worry seems to be an inescapable fact of modern life. No doubt there is plenty to worry about: our future, the economy, global warming, war, disease— the list could go on forever! Sometimes it might seem that worry has even replaced Jesus as the focal point of our lives. Jesus Himself admonished us several times not to worry. And the great apostle, Paul, tells us in the passage above that there is an antidote to worry... prayer.

When we worry about something, we are spending energy on it, wondering what might happen, rehearsing the "if only's" and "what ifs" in our minds. Why not take that same energy and refocus it on prayer instead? When we worry, we are simply talking to ourselves about our fears, but when we pray, we are taking those fears to God. We can't control the future; in the words of Anne Graham Lotz, "God is already there"! He knows exactly what is going to happen, and He promises to be with us every step of the journey. As we continue this season of prayer and fasting, let's make an effort to convert our worry into prayer. As Paul says in the verse above, "Let petitions and praises shape your worries into prayers," and you will find that the peace of God will guard your heart.

### Questions

Are there things that you consistently worry about?

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As you go through your day today, recapture each worried thought and send it up to God as a prayer. See how your outlook improves when the peace of God is activated through prayer!

### Additional reading:

*Proverbs 3:1-6 My son, do not forget my law, But let your heart keep my commands; For length of days and long life and peace they will add to you. Let not mercy and truth forsake you; bind them around your neck, write them on the tablet of your heart, and so find favor and high esteem In the sight of God and man. Trust in the LORD with all your heart, and lean not on your own understanding; in all your ways acknowledge Him, and He shall direct your paths.*

*Jeremiah 29:11-13: For I know the thoughts that I think toward you, says the LORD, thoughts of peace and not of evil, to give you a future and a hope. Then you will call upon Me and go and pray to Me, and I will listen to you. And you will seek Me and find Me, when you search for Me with all your heart.*

*Isaiah 41:10-13 Fear not, for I am with you; Be not dismayed, for I am your God. I will strengthen you, Yes, I will help you, I will uphold you with My righteous right hand. Behold, all those who were incensed against you shall be ashamed and disgraced; they shall be as nothing, and those who strive with you shall perish. You shall seek them and not find them— Those who contended with you. Those who war against you shall be as nothing, as a nonexistent thing. For I, the LORD your God, will hold your right hand, saying to you, 'Fear not, I will help you.'*

## Prayer

Lord,

You know how often my mind goes to worry instead of trusting You. May my thoughts be quicker to turn into prayers to You, because You know the plans You have for me, and they are plans to prosper me and not to harm me. Thank You for Your peace that surpasses all understanding as I place my confidence in You and believe You are at work in my life.

Amen



## Day 21: Praying Boldly

*1 Kings 18:36 And it came to pass, at the time of the offering of the evening sacrifice, that Elijah the prophet came near and said, "LORD God of Abraham, Isaac, and Israel, let it be known this day that You are God in Israel and I am Your servant, and that I have done all these things at Your word.*

The sacrifice was a declaration that Elijah was a servant of the Most High God. Elijah belonged to God, and he represented God to the people. However, Elijah's boldness was not a result of who he was; it was the result of knowing God! As children of God under the new covenant of Jesus, we don't have to be timid or fearful when coming to God in prayer. We can approach God boldly.

It's hard to imagine taking a fearless, confident, bold attitude when coming before God in prayer. Yet this is exactly what we are admonished to do! God has already settled the issue of our access to Him, but we can be assured that our access is not because of our righteousness. It's because of what Jesus did on the cross. We can come to the throne in such outrageous boldness because Jesus was outrageously righteous! When we pray, we come to God in the authority of Jesus' name, and we can be confident that we will find grace, mercy, and perfectly timed help.

### Questions:

Do you approach God with timidity or confidence?

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Seek God boldly today knowing you are fully forgiven and Jesus has made you righteous. When you approach God in prayer, seek a fresh revelation of who He is in your life.

### Additional Reading:

*Matthew 9:18-26: "Assuredly, I say to you, whatever you bind on earth will be bound in heaven, and whatever you loose on earth will be loosed in heaven. Again I say to you that if two of you agree on earth concerning anything that they ask, it will be done for them by My Father in heaven. For where two or three are gathered together in My name, I am there in the midst of them." Then Peter came to Him and said, "Lord, how often shall my brother sin against me, and I forgive him? Up to seven times?" Jesus said to him, "I do not say to you, up to seven times, but up to seventy times seven. Therefore the kingdom of heaven is like a certain king who wanted to settle accounts with his servants. And when he had begun to settle accounts, one was brought to him who owed him ten thousand talents. But as he was not able to pay, his master commanded that he be sold, with his wife and children and all that he had, and that payment be made. The servant therefore fell down before him, saying, 'Master, have patience with me, and I will pay you all.'"*

*Hebrews 4:16 Let us therefore come boldly to the throne of grace, that we may obtain mercy and find grace to help in time of need.*

Prayer:

Father,

I thank You that I can approach You boldly and with confidence because I am righteous through Christ. Lord, please give me a boldness in asking from You. Nothing is too difficult for You, and I pray for a renewed revelation of who You are today. You hold all things in Your hands and have a perfect plan for my life. Thank You. I love You.

Amen