

21 Days of Prayer & Fasting

January 8-28, 2023



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Introduction to Prayer & Fasting

The Next 21 Days

Daily Devotions

1. *Remembering God's Promises (Joshua 1:3-5; Acts 1 & 2)*
2. *Resisting Temptation (1 Corinthians 10:13; Acts 3)*
3. *Standing Firm (Ephesians 6:13; Psalms 139:14; Acts 4)*
4. *Being Devoted to God (Joshua 23:8-11; Acts 5)*
5. *Setting Ourselves Apart (Joshua 3:5; Romans 6:12; Acts 6 & 7)*
6. *Standing on God's Word (Matthew 7:24-25; James 1:22-24; Acts 8)*
7. *Being Strong in Purpose (Acts 4:19-20; Romans 8:28; Acts 9)*
8. *Being Filled with the Holy Spirit (Ephesians 5:18; John 15:26; Romans 8:26-27; Acts 10)*
9. *Living According to the Spirit (Romans 8:5-6; Acts 11 & 12)*
10. *Hearing the Voice of the Holy Spirit (John 16:13; Acts 13)*
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13. *Anointed for a Purpose (Isaiah 61:1; 1 Corinthians 12:7-11; Acts 17-18)*
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17. *Our God-given Identity (1 Chronicles 4:9-10; Romans 8:38-39; Acts 23 & 24)*
18. *Spurring One Another On (2 Samuel 10:11-12; Acts 25)*
19. *Recognize the Coming Breakthrough (Isaiah 43:18-19; Acts 26)*
20. *Pressing On (Philippians 3:13-14; Acts 27)*
21. *The Promise of Victory (Joshua 10:12-13; Acts 28)*

Introduction to Prayer & Fasting

WHAT is fasting?

Fasting is deliberately abstaining from the normal routines of life. Its purpose is to spend focused time in prayer and the study of God's Word, seeking to align our lives with God's will.

Ultimately, fasting is more about replacing than abstaining. It is filling our lives with God's Word instead of with food, social media, or entertainment. It is finding satisfaction and enjoyment in God and God alone. Fasting helps us humble ourselves before the Lord and positions us to experience spiritual breakthroughs in our lives.

WHY prayer and fasting?

God's people all over the world have been seeking spiritual breakthroughs through prayer and fasting since the birth of the church. When was the last time you entered an extended time of prayer and fasting for spiritual, relational, or missional breakthrough? Throughout the history of God's people, great leaders reached out to God for a fresh encounter or divine intervention:

MOSES spent 40 days alone with God without eating or drinking until he received the Ten Commandments; **DAVID** sought a personal breakthrough as he fasted to keep himself humble; **DANIEL** fasted and prayed as he sought revival among God's people who were living in rebellion; **PAUL** fasted after his encounter with the risen Lord Jesus and what it meant for his life; **JESUS**, setting the supreme example, entered 40 days of prayer and fasting before launching his public ministry.

HOW do I get started?

1 Pick your fast

Full Fast: Drink liquids only. Please consult your doctor first.

Daniel Fast: Eat only vegetables, fruit, water, and juice (minimal carbohydrates).

Partial Fast: Not eating one or two meals on a specific day or abstaining from certain kinds of food.

All-day Food Fast: Abstaining from food one day or multiple days per week.

Activity/Media Fast: Forgoing a time-consuming activity such as entertainment, hobbies, social media, tv, internet, sports, etc.

2 Set goals and write them down

Begin with clear, personal goals as well as breakthrough goals for your church. Be specific. Why are you fasting? Do you need direction, healing, restoration for your marriage or resolution of family issues? Are you facing difficulties?

Pray and ask the Holy Spirit for guidance. Write these requests in a journal or a digital notebook. Keeping a journal throughout your fast is a great way to track and remember all that God does during your fast.

3 Feast on the Word of God

Fasting is ultimately an expression of humility and dependence on God. It is about replacing daily intake of food, entertainment, and human contact with focused times of prayer, and spending large amounts of time feeding on the Word of God and spiritual listening. You can use the recommended readings in this guide or continue your normal Bible reading program. The YouVersion Bible App and bible.com have a variety of 21-day Bible reading programs.

4 Open your life before God

One of the great benefits of spiritual fasting is a heightened awareness of God's presence and power in our lives. It is not that God has moved but that we have. Fasting has a great way of moving us towards a deeper spiritual dependency and away from willful self-dependency.

The greatest breakthrough will take place when you make time to examine your life and discover what areas most need breakthrough. We ask that you fast for spiritual breakthroughs for your church family and its mission endeavors as well as for yourself.

5 Expect God to move

Enter your fast by faith. The Word of God says, "And without faith it is impossible to please God, for anyone who comes to him must believe that he exists and that he rewards those who earnestly seek him" (Hebrews 11:6).

Spiritual fasting is a supernatural endeavor that has shaped and transformed God's people for centuries. If you have doubt, ask God to meet you in your doubts and lead you in overcoming them, just as the apostles prayed, "increase our faith!" (Luke 17:5).

OUR PRAYER FOR YOU

Our prayer for you during these 21 days of prayer and fasting is that you will experience a deeper craving for the beauty of the Lord, the wonder of his leading in your life, the fullness of the Holy Spirit, and the favor of God as you have never known before.

Our prayer is that you will realize you are not alone on this journey. You are joining with your immediate and extended church family in seeking the Lord for significant spiritual breakthroughs. Our desire is that these breakthroughs will ripple out and turn into a tidal wave of revival and spiritual awakening all across our community, country, and even the world.

Our prayer is that you will acquire your own prayer and fasting testimony, and that God will overwhelm you with his goodness as you seek his power, presence, and provision in every step of your journey.

"Be careful to follow every command I am giving you today, so that you may live and increase and may enter and possess the land the LORD promised on oath to your ancestors.

²Remember how the LORD your God led you all the way in the wilderness these forty years, to humble and test you in order to know what was in your heart, whether or not you would keep his commands. ³He humbled you, causing you to hunger and then feeding you with manna, which neither you nor your ancestors had known, to teach you that man does not live on bread alone but on every word that comes from the mouth of the LORD." - Deuteronomy 8:1-3

THE NEXT 21 DAYS

God responds to those who seek Him. As we begin 2023 and come before God in fasting and prayer over the next 21 days, God will renew our expectations, give us new perspectives, and launch us forward into His plans and purpose for our lives. Our theme for these 21 days is '**Forward**'. God's purposes do not change regardless of our circumstances. Instead, He empowers us to move forward in His plans, taking new ground in every area of our lives. Each week in this devotional has a specific focus - Standing Strong, Being Led by the Holy Spirit, and Taking Ground. Each day includes a devotional reading with some suggestions for prayer and reflection. There is also a portion of scripture that you can read, which will take you through the book of Acts by the end of the 21 days. As you read the devotional, allow God to speak to you! Take time to reflect, pray and respond to God's word. Allow Him to change your heart and lead you into the things He has prepared for you this year!

WEEK 1 (Days 1-7) - STANDING STRONG

This first week, we begin our journey by "Standing Strong." God has empowered us to stand strong and be courageous, even when we go through difficult circumstances. We must stand firm and not concede any ground that God has given to us, and move forward in His plans and purposes!

WEEK 2 (Days 8-14) - BEING LED BY THE HOLY SPIRIT

This week's focus is on "Being Led by the Holy Spirit." Jesus promised us that He would send the Holy Spirit into our lives as our helper, comforter and guide. After the Holy Spirit fell on the early believers on the Day of Pentecost, they were empowered to preach the gospel, perform miraculous healings, and bring hope and freedom wherever they went. The same Holy Spirit that fell on the early believers is alive and present in us today!

To step forward into God's plans and purposes for our lives, we need to develop a growing reliance on the Holy Spirit. How does this happen in our lives? We develop a reliance on the Holy Spirit when we first know Him, learn to discern His voice, and are willing to submit and obey His leading in our lives. As we begin to grow in our reliance on the Holy Spirit, we become empowered to fulfill our God-given purpose in our lives.

WEEK 3 (Days 15-21) - TAKING GROUND

Our focus for our final week in our 21-Day journey is on "Taking Ground," where we take bold steps forward and experience victory in the different areas of our lives. Even when everything around us seems to come to a standstill, God's desire is not that we shrink back or remain passive. Rather, God's desire is that we continue to advance and move forward, taking new territory and stepping into the plans and purposes that He has for us in this season. God is constantly doing a new thing in our lives, and we need to recognize what He is doing, and submit wholeheartedly to His leading.

This week, allow God to reveal truths to you, change your perspective and position you to step forward!

**21 DAYS OF
PRAYER & FASTING
DAILY DEVOTIONS**

Day 1 *Remembering God's Promises*

Scripture Reading: Joshua 1:3-5; Acts 1 & 2

REMEMBERING GOD'S PROMISES

When God makes a promise, we can be confident that it never changes and will be fulfilled! Even though the Israelites had to wait 40 years to see the fulfillment of God's promise, Joshua stood firm in believing he would step into the promised land. God came through for them, and He still comes through today.

When we anchor ourselves on God's promises, we can stand strong. God promised Joshua that He would never fail or abandon him. Because of God's promise, Joshua was unfazed when he encountered enemies more formidable than him. What promises has God shown you in his Word? Hold onto them and don't let obstacles derail you from seeing those promises fulfilled in your own life!

We need to act in faith on God's promises. God's promises often come with a call to action. God told Joshua "wherever you set foot, you will be on land that I have given you". So Joshua had to keep moving forward, advancing, and taking territory. If God has spoken to you to make some decisions, don't delay! Take that step of faith!

God is always faithful to fulfill his promises! More important than the promise itself, is the God who makes the promise. God told Joshua that He would not fail or abandon him. In the same way, God is with you and for you today. He is always faithful to do what he has promised! As 2 Timothy 2:13 states, "Even if we are faithless, God remains faithful, for he cannot deny Himself." What are you believing God to do this year? What step of faith is God calling you to take in obedience to his calling on your life?

Reflect:

Identify a promise that God has given to you in His Word. How can you anchor yourself on that promise to stand strong like Joshua?

What is a step of faith that God has asked you to take in relation to that promise? Share it with someone and make a decision to take that step today!

Prayer:

Dear God, I know that Your promises never fail. Teach me how to anchor myself on Your promises and help me to stand strong even in the midst of difficult circumstances. I choose to put my trust in You. In Jesus' name I pray, Amen.

Journal Your Thoughts & Prayers

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Day 2 *Resisting Temptation*

Scripture Reading: 1 Corinthians 10:13; Acts 3

RESISTING TEMPTATION

When we give in to temptation, the saying “one step forward, two steps back” can be a description of our walk with God. We take one step forward into God’s plan for us, but sin causes us to take two steps back. However, that doesn’t need to be our experience! God has given us all that we need to resist temptation, so that every step we take leads us closer to God’s purpose for us.

We need to humble ourselves before God. Pride tells us that we can resist temptation on our own and that we don’t need God. The truth is, turning to God is the only way we find the spiritual strength to withstand temptation.

Bring temptation into the light. Secrecy keeps us trapped in temptation, but openness exposes the schemes of the enemy. When we are open before God and others about the temptations we face, God shows us a way out! Expose temptation while it is still small - a wayward thought, a fleeting desire for the worldly things - and don’t allow it to grow.

Pray! When you face temptation, confess your weakness before God, and ask Him to give you the strength to resist. Don’t go on this journey alone. God has placed leaders above us whom we can be accountable to. Find someone who you trust that can pray with you and challenge you, even as you take steps forward in God’s plans and purposes.

Reflect:

Are there certain times during the day when you feel susceptible to temptation? Take active steps to flee from sources of temptation and turn your focus towards God during those times (e.g. by memorizing and reciting Scripture, calling out to Jesus, etc.).

Is there an area in your life where you constantly face temptation? Commit it to prayer and speak with a leader who can pray with you, and offer encouragement and accountability.

Prayer:

Dear God, I humble myself before You. I acknowledge that I am not strong enough to overcome temptation on my own. I need Your strength to truly overcome. Lord, I commit to not trying to do it on my own. Instead, I choose to rely wholly on You. In Jesus' name I pray, Amen.

Journal Your Thoughts & Prayers

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Day 3 *Standing Firm*

Scripture Reading: Ephesians 6:13; Psalm 139:14; Acts 4

STANDING FIRM

The purpose of a soldier's armor is to protect vital parts of his body during a battle. Missing just one piece of his armor renders him vulnerable, open to the enemy's attack. The Bible tells us that we are fighting a spiritual war - against the principalities, powers and rulers of darkness in this world. We, too, need to be equipped with spiritual armor in order to fight our battles and stand our ground.

Prepare yourself for battle. We must first recognize that we have an enemy! He does not play by the rules and will choose to attack us in the areas in which we are the weakest. Unless we prepare ourselves, we are exposed to the enemy's attacks. We also need to be familiar with the full armor of God. Every soldier who goes to battle must know what he is equipped with in order to fight well. Paul instructs us to put on the full armor of God. When the enemy attacks us with lies, we can protect our minds with the helmet of salvation that assures us of who we are in Christ. When we are tempted to sin, we can fight back with the sword of the Spirit which is the word of God!

Don't give up ground. Is there an area in your life that is constantly being attacked by the enemy? Don't remain passive! Make a decision today that you will not cede ground because of the enemy's attacks. Be fully equipped, stand firm and trust in Christ for victory over the enemy.

Reflect:

Identify an area of your life that is constantly under attack by the enemy (e.g. feelings of worthlessness, plagued by guilt, shame or worry).

Prepare yourself for the enemy's attack by equipping yourself with a specific truth in God's word (e.g. Psalm 139:14).

Prayer:

Dear God, thank You for giving me all that I need to stand firm against the attacks of the enemy. Help me to identify the areas of my life that I am weak in and show me how to resist the enemy's attacks. I confess my dependence on You. In Jesus' name I pray, Amen.

Journal Your Thoughts & Prayers

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Day 4 *Being Devoted to God*

Scripture Reading: Joshua 23:8-11; Acts 5

BEING DEVOTED TO GOD

Joshua was one of only two people who journeyed from the wilderness and into the promised land. In his final message to the nation of Israel just before he died, Joshua reminded them twice of God's faithfulness - that He was the one who fought on their behalf, and that He had never failed to bring victory to the Israelites. He commanded them not to associate with the people who lived in the lands or with their gods, but to remain wholly devoted to God alone.

Our devotion to God positions us for breakthrough. When we are fully devoted to God, our thoughts and actions come into alignment with His. We learn to persist through difficult times because of an unrelenting commitment to His call and His cause in Christ. These are the ingredients that precede breakthrough in our spiritual lives and help us to endure and overcome in any circumstance!

Our devotion will be tested but we must hold on. Joshua told the Israelites to cling tightly to God. He knew that there would be temptation and tests that would try and draw them away from God. The Bible says that in these last days the love of many will grow cold (see Matthew 24:12). As you start this new year, decide in your heart that this will be a year where you remain fiercely devoted to God's purposes for you! Begin with the small things. Don't neglect your times of personal devotion, prayer, and the gathering of God's people. Choose to remain devoted to God!

Reflect:

What are some obstacles stopping you from being fully devoted to God? Surrender those thoughts to God and ask Him to give you a new perspective.

Think of one practical way that you can continue to express your devotion to God when you face difficult situations (e.g. thanking God for all that He has done for you).

Prayer:

Dear God, I know that You are fighting on my behalf and that, in Christ, I will experience victory in every situation. Help me to remain devoted to You by obeying Your commandments, and draw me closer into Your presence. In Jesus' name I pray, Amen.

Journal Your Thoughts & Prayers

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

Day 5 *Setting Ourselves Apart*

Scripture Reading: *Joshua 3:5; Romans 6:12; Acts 6 & 7*

SETTING OURSELVES APART

The presence of impurities reduces the electrical conductivity of metals. This is why the copper wiring used in light bulbs needs to be pure, so that when an electric current passes through, bright light is emitted! In the same way, we need to set ourselves apart so that the full power of God can work through our lives. Here's how:

Pursue holiness. Sin separates us from God and derails our calling and ministry.

Romans 6:12 says we should not let sin control the way we live. So take the active step to reject sin and commit to living a life of holiness each day! This means repenting when you sin but also purposefully choosing to honor God in our thoughts, speech, and actions.

Make kingdom choices. There are many choices we make that may not be sinful but don't set us apart for the kingdom of God. How we spend our time, the relationships that we cultivate, the lifestyle that we lead - in each of these things, we can make choices that lead us more towards God, or more towards the world. Make choices today that will make you more like Christ and that will build the kingdom in your life.

Reflect:

Ask the Holy Spirit to reveal thoughts, attitudes or behaviors that are not right in your life. Choose to repent of them and surrender them to God.

Setting ourselves apart is an intentional decision. What is one way that you can cultivate an active obedience to honor God in your life?

Prayer:

Dear God, I confess that I am weak in my own strength. Without You, I have no power over sin. Help me to break away from habitual sin and strengthen me in my weaknesses. I ask for Your grace and strength as I commit to set my life apart for You and to live in holiness. In Jesus' name I pray, Amen.

Journal Your Thoughts & Prayers

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Day 6

Standing on God's Word

Scripture Reading: Matthew 7:24-25; James 1:22-24; Acts 8

STANDING ON GOD'S WORD

The structural strength of a house depends on its foundation! When the foundation is strong, it can withstand the test of time. It is the same with our lives and the Word of God!

Make God's Word your foundation. The Bible contains spiritual truths and practical wisdom that we can build our lives on. Unlike anything else you might read - the news, books, or your Instagram feed - the Bible brings life. The Holy Spirit works in our lives when we read God's Word, convicting us of areas that do not please Him, guiding us through different seasons in our lives and equipping us to navigate times of uncertainty.

Act on what you read! James 1:22-24 says that those who hear God's word but don't act on it fool themselves. A foundation is not just built by understanding how to build one - it is built when that knowledge is applied and put in practice. In our lives, this is expressed through our obedience to the Word.

Begin each day in God's Word. Build your day's foundation right by reading the Bible. Start by committing one verse to memory today and ask the Holy Spirit to reveal the truths and wisdom from the verse.

Reflect:

Knowing that God's Word is a sure foundation and anchor in every season, how will this affect your response to trials, suffering, and difficult situations?

Are there areas in your life that are taking time away from time that can be spent on God's word? Set limits on the time spent on those activities.

Prayer:

Dear God, thank You for providing Your word to guide, lead and direct me. Speak to me and show me how I can apply Your word in my life. Give me an understanding of Your word and the obedience to act on it. In Jesus' name I pray, Amen.

Journal Your Thoughts & Prayers

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Day 7 *Being Strong in Purpose*

Scripture Reading: Acts 4:19-29; Romans 8:28; Acts 9

BEING STRONG IN PURPOSE

In Acts 4, the leaders and elders of the religious council threatened Peter and John to stop preaching about Jesus, after they had witnessed the disciples heal a crippled beggar. In front of the entire council, Peter and John remain unfazed. They boldly declared that their purpose was to tell everyone about all that they had seen and heard, and that they were not going to stop.

Our purpose will be tested. The call of God is exciting and inspiring - He has called us to be His witnesses and share the gospel! Like Peter and John, we should expect to face opposition and testing. You might be going through a period of testing and opposition because of your decision to pursue God's purposes for your life. Take heart, you're not alone!

We must hold fast to what God has called us to. Decide that it is better to obey God than to fear man. Pray and ask God for boldness and strength - just like Peter and John - to stand against opposition and not give up ground. God is standing with you in such moments and will give you the courage to stay the course. People are watching and your response in such situations will set an example of someone standing strong in God's purposes.

All things will work out for good! Romans 8:28 says that God causes everything to work together for the good of those who love God and are called according to His purpose. Because of the conviction that Peter and John had, the council released them and they continued preaching about Jesus. God is on our side! If He begins a good work in you, He will see it to completion!

Reflect:

Identify instances where you've faced opposition because of your decision to pursue God's purpose for you. Did you give in to the pressure? How can you stand strong when you face pressure again?

What has God called you to in this season? List some practical ways to remain faithful to that calling.

Prayer:

Dear God, thank You for Your faithfulness in my life. I know that You work all things out for the good of those who love You and are called according to Your purpose. Even though I may not fully understand challenges that I go through, help me to remain strong and faithful to Your calling. I choose to trust in You. In Jesus' name I pray, Amen.

FASTING CHECK-UP

What has the Lord done in your life during this first week of fasting? Have you experienced a deeper understanding or dependency on Him? How so?

Journal Your Thoughts & Prayers

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Day 8

Being Filled with the Holy Spirit

Scripture Reading: Ephesians 5:18; John 15:26; Romans 8:26-27; Acts 10

BEING FILLED WITH THE HOLY SPIRIT

What we are filled with changes us. A person that is filled with alcohol eventually succumbs to the influence of alcohol. If you've ever felt a "food coma," you know that filling yourself with too much food at lunch means struggling to stay awake for your afternoon classes and meetings!

The Holy Spirit changes us to be more like Christ. The Holy Spirit is not an impersonal "force" or "power". He is a Person. The Holy Spirit gives us wisdom and helps us to know the truth (John 15:26). He helps us in our weakness and teaches us how to pray (Romans 8:26-27). When we allow the Holy Spirit to enter our lives, we come under His influence and control. This means that He begins to influence every area of our lives - our thoughts, perspectives, words and actions.

Be filled with the Holy Spirit! In Ephesians 5:18, Paul tells believers to be filled with the Holy Spirit. This means we are to "make full, to fill up" continually with the Holy Spirit. We cannot be filled with the Spirit if we simultaneously allow wrong desires, thoughts and attitudes into our lives. Begin each day in a posture of surrender to Him and allow Him into every area of your life!

Reflect:

What have you allowed into your life today? (e.g. negative thoughts, worry, wrong attitudes) As you identify these areas, surrender and yield each area to God.

Is there an area in your life that you have sought to control in your own strength? Ask God to show you what these areas are and invite the Holy Spirit into those areas.

Prayer:

Dear God, help me to empty myself of everything of this world and fill me with Your Holy Spirit. I choose to surrender every area of my life to You and submit to the Holy Spirit's leading in my life. In Jesus' name I pray, Amen.

Journal Your Thoughts & Prayers

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Day 9 *Living According to the Spirit*

Scripture Reading: Romans 8:5-6; Acts 11 & 12

LIVING ACCORDING TO THE SPIRIT

A common practice amongst elite athletes is visualization. Visualization is a technique used to prepare and condition themselves to perform at their peak. They rehearse their performance in their minds and envision themselves emerging as the winner of the race. In fact, scientific research shows that athletes stimulate the same region of their brains during visualization as they do when they perform the actual physical actions. That's the power of our minds!

The Holy Spirit gives us the right focus. When the Holy Spirit is absent from our lives, our focus soon becomes fixed on what may be valuable to the world, but of no worth in God's eyes. Our vision becomes fixed on what is fleeting and temporal. The Holy Spirit is our source of wisdom, and He will help us to see the things in life that have eternal value and please God. These things become the focus of our time, energy and resources. Soon, our perspective begins to look like God's perspective - what matters to God becomes what matters to us!

Today, make a decision to allow the Holy Spirit to control your thoughts and determine your focus. We do this by yielding to the gentle promptings of the Holy Spirit and resisting our fleshly impulses. As we do so, we find ourselves pursuing the things that matter to God - things that possess eternal value.

Reflect:

Ask the Holy Spirit to reveal to you the things that are temporary and fleeting that you have allowed to become your focus.

What are some things that are of eternal value and are pleasing to God that you want to focus on this year? (Such as discipling and helping a new believer to grow in their walk with God.)

Prayer:

Dear God, I choose to fix my eyes on things that are eternal and turn away from everything else that is of no worth. Holy Spirit, I surrender my thoughts to You. Come and take control and help me to focus on the things that please You. In Jesus' name I pray, Amen.

Journal Your Thoughts & Prayers

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Day 10 *Hearing the Voice of the Holy Spirit*

Scripture Reading: *John 16:13; Acts 13*

HEARING THE VOICE OF THE HOLY SPIRIT

“Stop! Don’t touch the pan, it’s hot!” When we were young, our parents would shout at us whenever we came close to injuring ourselves. These warnings were loud, direct and clearly spoken to us. Just like our parents, God desires to speak to us in a clear and direct way through the Holy Spirit. However, we are sometimes surrounded by other voices, which tend to drown out the voice of the Holy Spirit.

We need to recognize the voice of the Holy Spirit. The Holy Spirit is present in us, and desires to be involved in every aspect of our lives. Just like a child needs to recognize the voice of his parent, we need to recognize the voice of the Holy Spirit.

We must discern the voice of the Holy Spirit. One key to discerning the voice of the Holy Spirit is that His voice must align with God’s word! What the Holy Spirit speaks to us will never deviate from God’s word.

We must decide to act upon hearing the Holy Spirit. As we begin to recognize the voice of the Holy Spirit, we must also act on what He says. When we respond in obedience to the Holy Spirit, His voice becomes clearer and more recognizable. It also becomes easier to obey what He tells you to do!

The Holy Spirit is the Spirit of Truth. In an age where it’s hard to discern what is true and what is false, recognizing the voice of the Holy Spirit is our protection against the lies of the enemy. Don’t listen to other voices that sow worry and anxiety in our lives! Instead, choose to guard what we listen to and learn to recognize the voice of the Spirit.

Reflect:

What are some noises that have taken the place of the Holy Spirit’s voice in your life? How can you reduce the attention that you give to these noises?

Begin each day by inviting the Holy Spirit to speak to you. Instead of feeling the urge to constantly speak during your times of prayer, quieten your heart, invite the Holy Spirit to speak to you, and listen for His voice.

Prayer:

Dear God, thank You for sending us the Spirit of Truth. Help me to recognize His voice in my life and give me the courage to obey His leading. Help me to discern and know what to allow into my life, and shut out the voices which are not from You. In Jesus' name I pray, Amen.

Journal Your Thoughts & Prayers

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Day 11

Praying in the Spirit

Scripture Reading: Romans 8:26; Acts 14 & 15

PRAYING IN THE SPIRIT

“Words cannot express how I feel” - this phrase can sometimes describe our emotions when we encounter a difficult or impossible situation. Overwhelmed by our circumstances, we often struggle in knowing what to pray for or how to pray. When we don't know what to pray for or how to pray, the Holy Spirit will help us!

The Holy Spirit helps us to pray when we don't know how to pray. In Romans 8, Paul describes the Holy Spirit as a Helper who helps us in our weaknesses. When our words fail us, the Spirit steps in, praying and interceding on our behalf, with “groanings that cannot be expressed in words.” These prayers are prayers that God understands, because the Spirit is able to communicate perfectly with God.

The Holy Spirit helps us to pray according to God's will. Sometimes, we pray with the wrong motives or for the wrong reasons. Because the Holy Spirit understands God's will perfectly, He helps us to pray according to God's will.

Let's cultivate the habit of setting aside time daily to pray in the Spirit. Every prayer matters to God. Whatever the request, the Holy Spirit who lives in us knows our request and how to approach the Father.

Reflect:

Before you pray for God to move in a difficult or impossible situation, begin by first asking the Holy Spirit to reveal God's will and purpose, so that you can pray according to His will.

List down some reasons why it can sometimes feel difficult to pray in the Spirit (e.g. it's hard to stay focused). Ask Him to give you the strength to persist and perseverance in prayer.

Prayer:

Dear God, I thank you for the Holy Spirit. Give me a desire to not rely on my own understanding, but on the Spirit who will lead me to pray prayers that are aligned with Your will. In Jesus' name I pray, Amen.

Journal Your Thoughts & Prayers

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Day 12

The Spirit of Wisdom

Scripture Reading: *Joshua 5:13-15; Ephesians 1:17; Acts 16*

THE SPIRIT OF WISDOM

In Joshua 5, Joshua was on the brink of attacking the fortified city of Jericho when he encountered a divine messenger on the road with sword in hand. In that moment, Joshua did not know if the divine messenger was on his side or if he was the enemy. When the messenger announced that he was the commander of the Lord's army, Joshua immediately understood that he was sent by God and fell face down on the ground in worship and reverence.

How does God reveal Himself to us and give us understanding?

One way that God reveals himself to us is through the Holy Spirit. In Ephesians 1:17 Paul describes the Holy Spirit as the Spirit of wisdom that helps us grow in our knowledge of God. When we ask the Holy Spirit, He gives us understanding of who God is in our lives and how he is working in us and through our circumstances. For example, in the midst of difficult situations, the Spirit strengthens us in our weakness. When we find ourselves struggling to understand or questioning why certain things keep happening to us, the Spirit directs us back to the goodness and love of God, who is always faithful and always in control. When we trust fully in the Spirit of God who gives wisdom to us, we find the assurance that God knows and loves us deeply, understands all that we're going through, and promises to provide for us according to his perfect will.

In all you do, begin by first asking the Holy Spirit to give you wisdom and remind you of who God is. Don't just seek God only when you need Him. Desire to know Him more personally and intimately. Purpose in your heart to seek God first before taking any steps ahead and hear Him tell you what He wants you to do.

Reflect:

God's word reveals who He is. Cultivate the habit of reading and meditating on God's word daily and allow God to reveal His character and will to you.

Is there a situation or challenge that you are facing now? Encourage and strengthen your faith by asking the Holy Spirit to give you wisdom and remind you of who God is and how he is working!

Prayer:

Dear God, I know that You are active and present in my life and that You desire to reveal Yourself to me through the Holy Spirit. Give me a fresh understanding of who You are in my life and give me the courage to take a step of faith in obedience to anything You say to me. In Jesus' name I pray, Amen.

Journal Your Thoughts & Prayers

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Day 13

Anointed for a Purpose

Scripture Reading: Isaiah 61:1; 1 Corinthians 12:7-11; Acts 17 & 18

ANOINTED FOR A PURPOSE

Have you ever visited an American embassy while you were traveling overseas? The embassy and the resident ambassador is sent to a foreign country to act as representatives of their country. The ambassador's authority does not come from his or her own personal standing but is given by the country that sent him or her there. As believers, we too have been given the authority from God to act as His representatives here on earth!

The Holy Spirit is the one who sends and empowers us. During His own time of ministry, Jesus demonstrated His God-given authority to fulfill His purpose here on earth - to preach the gospel of salvation, comfort the brokenhearted and proclaim freedom to those who are bound. This is exactly what God has intended for us to do. The good news is that it is not dependent on our strength or ability. It is the Holy Spirit who will give us the right words to say, show us the right things to do, and help us pray prayers that are in line with God's will and purpose. The Spirit also empowers us with spiritual gifts. 1 Corinthians 12:7-11 tells us that the Holy Spirit gives us spiritual gifts, not for our own benefit, but so that we can help one another.

God has anointed us for the purpose of reaching those around us. We are His representatives to those around us, but we need to partner with the Holy Spirit in order to represent Him well. We can identify physical and spiritual needs in the lives of those we see around us and begin to ask Him to show us how to meet these needs and grant us opportunities to share the good news of Jesus!

Reflect:

Why do we sometimes experience fear when we share the gospel?

Take a moment to identify a need in someone you know and ask the Holy Spirit to show you how you can meet that need in their life.

Prayer:

Dear God, I know that I have been anointed by You to preach the gospel and meet the needs of those around me. Help me to not rely on my own strength, but on the Holy Spirit who enables me. I choose to be used by You. In Jesus' name I pray, Amen.

Journal Your Thoughts & Prayers

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Day 14 *Relying on the Holy Spirit*

Scripture Reading: Zechariah 4:6; 1 Corinthians 2:11-12; Acts 19

RELYING ON THE HOLY SPIRIT

For toddlers, taking their first steps is not easy. They do not learn and grow just by relying on their own strength - their parents hold their hands as they learn to walk. Similarly, we grow and mature spiritually not through our own strength, but by relying on the Holy Spirit. He is our guide and counsel in our spiritual growth!

The Holy Spirit will give us understanding when we need it. The way we understand and react to circumstances are often shaped by our beliefs and past experiences. This can limit our understanding of how God wants to work in and through us. For example, when we encounter a challenging situation (e.g. the loss of a job), we can easily lose hope and worry about how to provide for ourselves and our families. In these situations, the Holy Spirit gives us wisdom and understanding. 1 Corinthians 2:11-12 tells us that we have received the Holy Spirit so that we can know and understand God's mind. As we begin to rely on the Holy Spirit, He begins to reveal God's purpose for us even in the midst of our situation.

It is the Holy Spirit who will empower us to overcome difficult situations. As we choose to rely on the Holy Spirit, He gives us the courage and faith to trust God with our situation. He brings us from a place of anxiety and worry into a place of absolute confidence and trust in God.

Today, make the decision to rely less on yourself. Instead, choose to rely on the Holy Spirit. Seek the Holy Spirit's direction in every decision you make, no matter how big or small.

Reflect:

Why is it difficult to rely on the Holy Spirit?

Is there an area in your life where you are trusting the Lord for a spiritual breakthrough?
Ask the Holy Spirit to show you what God is doing in the midst of your situation.

Prayer:

Dear God, thank You for the promise of Your Holy Spirit. I know that when I choose to rely on the Spirit, I will step into the plans and purposes that You have for my life. Help me to rely less on my own strength and knowledge and more on Your Spirit. In Jesus' name I pray, Amen.

FASTING CHECK-UP

How have these two weeks of fasting impacting you both physically and spiritually? What are some of the blessings and challenges you have experienced during your fast?

Journal Your Thoughts & Prayers

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Day 15

Changing Our Perspective

Scripture Reading: Genesis 15:5-6; Acts 20

CHANGING OUR PERSPECTIVE

Have you ever looked through a pair of sunglasses? Everything you see seems dull and muted, but in reality, things are not what they appear to be. When you take off your sunglasses, you will realize how bright and colorful your surroundings actually are. The truth is that there are things that can distort or limit our perspective.

Don't let your perspective dilute God's promise. In Genesis 12, God promised to give Abram the land of Canaan and that his descendants would fill the land. There was only one problem - Abram and his wife Sarai were childless! In spite of the hopelessness that Abram felt, God's promises had not changed! Just like Abram, our perspective can be shaped by our present limitations, causing us to doubt God's promises. When we focus on our limitations, what we see in the natural world begins to take the place of our faith in who God says He is. Instead of believing that God will fulfill all the promises that He has made, we begin to focus on all the reasons why God's promise will not be fulfilled. But the truth is that God is a promise-keeper and He will never fail us!

God can give us a new perspective! In the midst of our discouragement, God desires to give us a new perspective – one that is perfectly aligned with who He says He is and the promises that He has given to us. We need to look outside of ourselves and away from our current circumstances. When God gives us a new perspective, we receive a fresh faith to believe that God's promises will come to pass. Evaluate the areas which stop us from lifting up our faith. Hold on to God's promises and look up towards His purposes. As we do so, faith begins to arise in our hearts and what looks impossible becomes a reality in our lives.

Reflect:

Allow God to examine if there are areas in your life (e.g. in your work, relationships, or ministry) where you need a new perspective. Be prepared to respond as He speaks.

We begin to see God's greatness when we worship Him. Devote some time to worship God and allow Him to change your perspective!

Prayer:

Dear God, I choose to turn away from my limitations and circumstances and turn to You. I acknowledge that You are the Creator who can do all things. You are the Promise Keeper who never fails. Give me a new perspective of who You are in my life. In Jesus' name I pray, Amen.

Journal Your Thoughts & Prayers

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Day 16

Growing Your Capacity

Scripture Reading: 1 Samuel 17:34-36; Acts 21 & 22

GROWING YOUR CAPACITY

A dam is not built for days when there is no rain. Rather, a dam is built in expectation of the large volume of water that comes when there is a thunderstorm. Trying to build a dam only when there are signs of rain would be futile!

Challenging circumstances are opportunities to grow our capacity. Before God can lead us into new things, He first needs to grow our capacity. Before meeting Goliath on the battlefield, David already knew what it meant to face an enemy much stronger and bigger than himself. While tending to his flock of sheep, David defended them from attacks from wild animals. This gave him the courage, strength and capacity to eventually stand up to Goliath and defeat him. God is constantly working in our lives to grow us, even in the midst of challenging circumstances. When we recognize that God is working in our lives, we respond in a way that not only honors God, but also grows our capacity and character. Like David, we need to allow God to mold and shape us, in preparation for the greater things that He wants to do through us.

It begins with faithfulness! David was able to handle the greater things that God did through him because he was first faithful over the little that was entrusted to him. In order for God to use us to accomplish His plans and purpose, we must remain faithful over all that God has entrusted to us. Has God called you to serve on a team or lead a small group? Use your gifts he has given you. Take that next step of obedience. Be faithful over those who have been entrusted to you. As we grow in our capacity and remain faithful, we avail ourselves to be used by God to take new ground!

Reflect:

Ask God to reveal to you the areas in your life where He wants to grow your capacity.

What are the roles and responsibilities that God has called you to in this season? List them down and commit to being faithful over them.

Prayer:

Dear God, help me to be faithful to the things that You have called me to this season. I know and trust that You are working in every area of my life to increase my capacity. Thank You for working in and through me. In Jesus' name I pray, Amen.

Journal Your Thoughts & Prayers

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Day 17 *Our God-given Identity*

Scripture Reading: 1 Chronicles 4:9-10; Romans 8:38-39; Acts 23 & 24

OUR GOD-GIVEN IDENTITY

In the Old Testament, it was common that names given by parents to their children often determined their future. In 1 Chronicles, we read the account of Jabez. The Bible tells us that his mother named him Jabez (“borne in pain”) because she gave birth to him in pain. Because of his name, those around him saw him as someone destined for a life of sorrow, pain, and hardship. However, Jabez entrusted his life and future to God alone instead of his own namesake, and as a result God blessed him tremendously.

We need to know our God-given identity. Before Jabez asked God to bless him, he had to first know who he was in God. To know who we are in God, we first need to know what God says about us in His Word. The Bible says that we are fearfully and wonderfully made, loved deeply by our Creator, and that there is a plan and purpose for our lives. And it doesn't end there. In Christ, we are a new creation, forgiven of all our past mistakes, and indwelt by the Holy Spirit. God has given us a new identity in Jesus!

Choose to reject the lies of the enemy. The enemy will come and distort who God says we are (e.g. that we are worthless and not deserving of any love). When we choose to believe what the enemy says about us, we lose sight of God's heart towards us. God's word is an effective shield against the lies of the enemy. When the enemy tells us that we're not deserving of God's love, remember the promise of Romans 8:38-39!

Today, make a decision to reject who other people or the enemy say you are; instead, trust what God's Word says about you to determine your identity. Have you given in to the identity that others have given to you? Don't lose heart! Today, know that God's desire for you is to find your identity in Christ alone. In Christ, there is freedom!

Reflect:

What are some of the labels that you've allowed to become your identity? Surrender them to God and allow Him to reveal who you are in Him.

What does God say about you? List down some of the ways that God describes you from the Bible (e.g. fearfully and wonderfully made).

Prayer:

Dear God, I thank You that You love me and provide for me. Today, I choose to embrace the identity that You have given to me in Christ, not the labels that others, myself, or the enemy place upon me. My true identity comes from you! In Jesus' name I pray. Amen.

Journal Your Thoughts & Prayers

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Day 18 *Spurring One Another On*

Scripture Reading: 2 Samuel 10:11-12; Acts 25

SPURRING ONE ANOTHER ON

In 2 Samuel, the Israelites were confronted by their enemies, who attacked them from the front and back. Joab, the commander of King David's army, split the army into two, with half led by him and the other half by his brother, Abishai. Joab strengthened Abishai's resolve and stirred his spirit by telling him that even though they were fighting battles on two fronts, that either of them would help the other if they were being overwhelmed. They were not fighting two separate battles, but together as one.

We are called to stand with each other. The people of Israel would only win the battle if both Joab and Abishai experienced victory on both fronts. Battles are not won alone! More often than not, our personal victories are possible only because others have come alongside us, believing, encouraging, and giving us strength as we fight and endure in our spiritual lives. We may know of others who are in the midst of a battle or difficult season. God has called us to stand together with them in their own spiritual battles. We fight our enemies - sin, Satan, and suffering - together!

We must be willing to sacrifice. Choosing to stand by each other may mean sacrificing our convenience, our time, and even comfort. In fact, we might even be fighting battles of our own while helping others! Even when we find that we don't have enough, the truth is that God is able to supply all that we need! As we choose to stand by each other, we find the strength and courage to stand, knowing that we're not fighting our battles alone, and that God's purpose will prevail.

Reflect:

How have others stood by you in the midst of a difficult situation? How did that impact you?

Identify someone whom you can invest your time, effort and energy in. Commit to seeing the person grow in their walk with God.

Prayer:

Dear God, open my eyes to those whom You have placed in my life. Give me a heart for those who are going through difficult situations. I know that You will enable me to stand with them as we battle the attacks of the enemy. I believe that there is victory in Christ! In Jesus' name I pray, Amen.

Journal Your Thoughts & Prayers

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Day 19 *Recognize the Coming Breakthrough*

Scripture Reading: Isaiah 43:18-19; Acts 26

RECOGNIZE THE COMING BREAKTHROUGH

The tallest species of trees in the world can grow up to 110m and live for 1,800 years or more. However, it's easy to forget that even the biggest of trees grow from the smallest of seeds. What seems magnificent and majestic, actually started from a tiny seed that could fit into a child's hand.

God is constantly at work in your life. In Isaiah 43, God reveals Himself as a creative God who is always working behind the scenes. God does not want us to remain stagnant. Instead, He is constantly working in us, leading us into His plans and purposes for our lives. In times that you feel frustrated with the lack of progress or change in your life, don't give in to doubt! Instead, trust that God is actively working in you, even though you might not see it. God's timing is not our timing, but God's timing is always perfect!

Don't place a limit on what God can do! In 1 Kings 18, Elijah prayed earnestly for rain after the nation of Israel experienced three years of drought. Even though the first sign of rain came in the form of a small cloud the size of a man's fist, Elijah knew without a doubt that God had answered his prayer, and that heavy rain would soon come. The great things that God desires to do in us can often have small and insignificant beginnings. Don't despise the small beginnings! Instead, seize the moment and believe that what you see is just a glimpse of all that God will accomplish in your life.

When it feels as though nothing is changing in your life, encourage yourself by recognizing that you are a "work-in-progress"! As we allow God to work in us, He brings us from glory to glory, until we experience the fullness of His plans and purpose for our lives.

Reflect:

Is there an area in your life that you desire to see spiritual breakthrough in? List the small victories and wins that you've seen in this area and remind yourself that God is working!

What are some reasons that can cause you to lose faith or give up hope from a spiritual breakthrough happening in your life? (e.g. fear of greater commitment, fear of inconvenience)

Prayer:

Dear God, I believe You are the God of breakthroughs, and that You are actively leading me into the plans that You have for my life. Help me to follow Your leading, knowing that You are walking with me to fulfill your plan and purposes in my life. In Jesus' name I pray, Amen.

Journal Your Thoughts & Prayers

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Day 20 *Pressing On*

Scripture Reading: *Philippians 3:13-14; Acts 27*

PRESSING ON

Completing a full marathon is no easy feat. Even for a seasoned runner to finish the race, he needs to choose to keep going despite the pain and exhaustion that may set in along the way. The apostle Paul recognized that the Christian journey is just like a race. In Philippians 3, he teaches us how we can complete the race:

Forget the past - Our past mistakes, failures and shortcomings can hinder us from stepping into God's plan and purpose for our lives. You will not be able to run far if you carry the weight of your past. Choose not to be hindered by your past, and place your confidence in God!

Look forward - God has a plan and purpose for your life. Keep your eyes fixed on Christ and His call for your life and take intentional steps in obedience that will bring you closer to His plans and purposes for you.

Press on - Unhindered by your past and fixed on what lies before you, anchor your life in Christ and endure and persevere even when the going gets tough. Press on until you reach the goal!

Instead of letting guilt, shame or feelings of unworthiness discourage you, choose to maintain your focus on Jesus and look forward to the eternal reward that awaits you at the end of your race. As you persevere, the Holy Spirit will be there to teach, direct and equip you every step of the way – may the only time that we look back be to see how far we have come!

Reflect:

Take a moment to write down areas in your life that are hindering you from moving forward (e.g. past guilt, wrong habits). What are some practical steps you can take to leave those areas behind?

When the going gets tough, one simple way to persevere is to look back and remind yourself of how far the Lord has brought you. Celebrate the small victories, acknowledging that God is continuously working in you.

Prayer:

Dear God, I thank You that You have a purpose and plan for my life. Today, I commit to leave the past behind, to look ahead and run the race You have called me to. Help me to fix my eyes on You and trust that You will help me to accomplish all that You have planned for me. In Jesus' name I pray, Amen.

Journal Your Thoughts & Prayers

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Day 21

The Promise of Victory

Scripture Reading: Joshua 10:12-13; Acts 28

THE PROMISE OF VICTORY

In Joshua 10, Joshua held on to God's promise of victory over Israel's enemies and was not content until Israel achieved total victory. His conviction resulted in him asking God to cause the sun to stand still. In that significant moment of history, God did cause the sun to stop in mid-day, until the people of Israel completely defeated their enemies. How much more has God promised us victory over our enemy for those who are in Christ!

The promise of victory is found in Christ alone. In this life, we will face many attacks of the enemy, but victory is already promised to us because of what Jesus has accomplished. Through his life, death and resurrection, he defeated sin, death, hell, and Satan himself once and for all. So even though we might suffer and struggle on this side of eternity, we do not lose hope or doubt. Why? Because Jesus has already won! So when you find yourself in the heat of the battle just like Joshua, remember the promise of victory in Christ and boldly ask God to do the impossible in your life. For as Matthew 19:26 says, "With God all things are possible." Trust in Jesus for victory is found in him alone!

The conviction in our hearts determines our response. When we know that Christ has already won, we can trust that God will work out his perfect plan in our lives according to his timing. However, that does not mean we sit back and wait idly, nor does it mean we overlook sin in our lives or give in to the attacks of the enemy. Instead, we trust, obey, and remain faithful to Jesus. And in those difficult moments, the Spirit brings both conviction and strength to enable us to resist and overcome. So press on and contend for the faith and the promises that you have in Jesus!

Reflect:

Think about your life. How have you tried to overcome or find victory in hard times apart from Jesus? What was the result?

There is victory in Jesus, both now and for eternity. What area of your life do you need to hand over to Jesus and entrust to him, instead of trying to do it in your own strength?

Prayer:

Dear God, I know that You are good and You are faithful to Your Word. Help me to hold on to Your promises, to cling to Jesus despite my circumstances, and to persevere in faith. Victory belongs to Jesus! In Jesus' name I pray, Amen.

FASTING CHECK-UP

What has the Lord taught you during these 21 days of fasting? What are some of the spiritual goals you would like to see the Lord do in your life this year?

Journal Your Thoughts & Prayers

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