

HUNGER



A 21-DAY JOURNEY
TOWARD A SPIRIT-FILLED
DEPENDENCY

BY GARY ROHRMAYER

Foreword by Mark Albrecht

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.

² Remember 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. ³ He 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

Hunger: A 21-Day Journey Toward a Spirit-Filled Dependency.

Written by Gary Rohrmayer

Axelerate

319 Lake Shore Drive

Lindenhurst, IL 60046

Copyright © 2025 Gary Rohrmayer.

All rights reserved. No part of this book may be used or reproduced by any means, graphic, electronic, or mechanical, including photocopying, recording, taping or by any information storage retrieval system without the written permission of the author except in the case of brief quotations embodied in critical articles and reviews.

This book is a work of non-fiction. Unless otherwise noted, the author and the publisher make no explicit guarantees as to the accuracy of the information contained in this book and in some cases, names of people and places have been altered to protect their privacy.

Unless otherwise indicated, Scripture quotations are from the Holy Bible, New International Version®, NIV®, Copyright © 1973, 1978, 1984, 2011 by Biblica, Inc.™ Used by permission of Zondervan. All rights reserved worldwide.

ISBN: 9-798296-008831

FOREWORD

This is the word of the Lord to Zerubbabel: "Not by might, nor by power, but by my Spirit," says the Lord Almighty. "What are you, O mighty mountain? Before Zerubbabel you will become level ground." (Zechariah 4:6)

This powerful statement is part of the message that God gave to Zerubbabel as he led the Israelites in the daunting task of rebuilding the temple in Jerusalem after the people of God had lived in captivity for 70 years. It tells us that despite the strength, resources, and resolve of the Israelites, this work of rebuilding could only be accomplished if the Spirit of God worked through them. Though they had significant capabilities, they needed to learn how to rely on the power of the Spirit.

As a lead pastor and church planter, I have had to learn (and continue to learn) that when we rely excessively on the talents and efforts of people, the fruit will not be lasting and ultimately, the effort will be futile.

In my life and ministry, I have mountains that need to be moved. Some are spiritual obstacles that require supernatural transformation of hearts and wills. Some are financial obstacles, needing miraculous provision. Some are directional obstacles, uncertain about which way to go and needing divine wisdom. In a variety of ways, I and others have tried hard to "move" these mountains using all

our strength, effort, and ingenuity... only to find they won't budge. But when God's people learn to call on Him, rely on Him, and wait on Him, I've seen mountains "leveled" and God's work advanced in surprising and unpredictable ways.

That's why I'm excited for you to read and experience *Hunger: A 21-Day Journey Toward a Spirit-Filled Dependency* - this three-week journey will lead you toward true spiritual dependency. Dr. Gary Rohrmayer has been a mentor, coach, and friend. He has produced many resources that have helped countless local churches like my own, and specifically, God has used Gary to rally the church to focused prayer. Pastor Dawn Hayman is a gifted leader who refuses to fall into the trap of self-reliance. She is a woman of prayer who models a spirit of dependency. I'm so grateful that she and Gary collaborated to help us all move away from our independence and self-sufficiency so that the power of God can be unleashed in our lives and in the local church.

I pray that this book will lead you on a 21-day adventure that draws you into deeper communion and dependence upon the Spirit of God, so that one day in the future you too will be able to say with joy, "What are you, O mighty mountain?"

—Mark Albrecht
Lead Pastor of NorthBridge Church (Antioch, IL)

ACKNOWLEDGMENTS

I want to express my deep gratitude to all those who helped bring *Hunger: A 21-Day Journey Toward a Spirit-Filled Dependency* into reality.

To the pastors, ministry leaders, and intercessors who encouraged this vision—thank you for your prayers, insights, and faithful example of Spirit-filled living. Your hunger for God has inspired my own.

To Dawn Hayman, a special thank you, for her careful work and tremendous outline that inspired this recent addition to the 21-Day Resources.

To the editors Helen Naber, John Szott and the Accordus publishing team who brought clarity, beauty, and structure to the content—thank you for your excellence and commitment to the mission behind this book.

To my wife Mary—thank you for your unwavering support, encouragement, and love. You are a daily reminder of God's goodness and grace.

To my church, Northbridge Church, our spiritual family and home for the last 25 years.

And to every reader who has embraced this 21-day journey—thank you for opening your heart to the Spirit's work. My prayer is that your hunger for God would grow deeper, your dependence on the Spirit would grow stronger, and your impact for the kingdom would grow wider.

Above all, I thank the Lord Jesus Christ—our source, sustainer, and Shepherd. May this book serve only to magnify Him and stir fresh longing for His presence.

Soli Deo Gloria.
—Gary Rohmayer

CONTENTS

3 INTRODUCTION

- 6 The Big 5 Journal Guide
- 9 How to Use This Discipleship Guide

12 DEVOTIONALS

12 WEEK ONE

- 13 Day 1: Acknowledging Your Need
- 15 Day 2: False Security in Our Strength
- 17 Day 3: The Limits of Human Effort
- 19 Day 4: Corporate Confession
- 21 Day 5: Rest as Surrender
- 23 Day 6: Repentance from Self-Will
- 25 Day 7: Control vs. Trust

28 WEEK TWO

- 29 Day 8: Spirit-Empowered Living
- 31 Day 9: Led by the Spirit
- 33 Day 10: The Spirit Helps Us Pray
- 35 Day 11: The Gifts of the Spirit
- 37 Day 12: The Fruit of the Spirit
- 39 Day 13: Hearing God's Voice
- 41 Day 14: Revival Through the Spirit

44 WEEK THREE

- 45 Day 15: Devoted To Pray Together
- 47 Day 16: Bearing One Another's Burdens
- 49 Day 17: Boldness in Prayer
- 51 Day 18: Praying for Leaders
- 53 Day 19: Missional Intercession
- 55 Day 20: Breakthrough & Miracles
- 57 Day 21: The Preeminence of Prayer

- 60 What's Next?
- 65 Who is Gary Rohrmayer?
- 66 Who is Axelerate?
- 67 What is a 21-Day Campaign?

INTRODUCTION

"We have become so accustomed to instant gratification that we assume we can apply it to our spiritual lives. But the spiritual disciplines call us to patience and to a hunger for God that may stretch over a long season." — Richard J. Foster

At the core of every spiritual awakening, personal renewal, and missional breakthrough lies a holy hunger—a desperate longing for more of God. Not more religious activity. Not more human effort. But more of the living presence and power of the Holy Spirit. This is the heartbeat behind *Hunger: A 21-Day Journey Toward a Spirit-Filled Dependency*. It is a call to step beyond surface-level spirituality into the depths of Spirit-empowered living through daily surrender and prayerful dependence.

Throughout Scripture, God meets the hungry. He fills the thirsty soul, satisfies the longing heart, and empowers the humble with His Spirit. The psalmist declares, "As the deer pants for streams of water, so my soul pants for you, my God" (Psalm 42:1). Jesus echoes this hunger in the Beatitudes: "Blessed are those who hunger and thirst for righteousness, for they will be filled" (Matthew 5:6). And the Apostle Paul, though deeply mature in his faith, cries out near the end of his ministry, "I want to know Christ..." (Philippians 3:10). This spiritual hunger is not a sign of deficiency—it's the mark of spiritual vitality.

This 21-day journey is not a formula. It is a pathway. A rhythm. A focused season of returning to what matters most—abiding in Christ and walking in step with the Spirit. Each day is designed to stir your affections for God, to challenge areas of self-reliance, and to cultivate deeper spiritual dependency. It is both theologically grounded and practically accessible, inviting believers at every stage of the journey to posture themselves for renewal.

In the book of Acts, the early Church was marked by its dependence on the Holy Spirit. They prayed, fasted, listened, obeyed, and moved with boldness—not because they had perfect plans, but because they were filled with the Spirit of God. They lived with a Spirit-filled hunger that fueled their mission and shaped their community. That same hunger is needed in our churches today. Not for emotional hype, but for holy fire. Not for programmatic success, but for supernatural fruitfulness.

John Piper writes, "If you don't feel strong desires for the manifestation of the glory of God, it is not because you have drunk deeply and are satisfied. It is because you have nibbled so long at the table of the world. Your soul is stuffed with small things, and there is no room for the great." We live in a distracted age. Our affections are pulled in a thousand directions. Our calendars are filled, but our souls are empty. Many leaders confess to running on fumes—spiritually dry while externally busy. This book is an invitation to recalibrate. To reorder your loves. To make space for God's presence, to renew your heart and redirect your steps.

Why 21 days? Because spiritual formation takes intentionality. New rhythms require repetition. And hunger for God when nurtured, grows into an insatiable appetite for a day to day encounter with the Father, and the Son, and the Holy Spirit. Over the next three weeks, you will be guided through Scripture, reflection, personal prayer, and Spirit-led action. You will be invited to confess areas where self-reliance has taken root. You will be encouraged to ask boldly for the Spirit to fill, empower, and guide. And you will be challenged to live with open hands and a soft heart, willing to say, "Lord, I need You more than I need control."

This is a journey for individuals, for small groups, for churches, and for leaders. It's for the spiritually dry and the spiritually hungry. For those who long to see God move in fresh ways in their lives, their communities, and their generation. It's not about reaching a destination—it's about cultivating a posture: a Spirit-filled dependency that sustains, empowers, and renews.

As you begin this 21-day journey, bring your hunger. Bring your questions, your distractions, your discouragements, and your dreams. Lay them all at the feet of Jesus. Open your heart to the

Spirit's work. And ask boldly: "Lord, increase my hunger. Fill me afresh. Let me live in daily, joyful, Spirit-filled dependence on You."

May these 21 days not just stir a temporary passion but ignite a lifelong pursuit. May they be the beginning of a new rhythm of surrender, a fresh encounter with the living God, and a deeper hunger that shapes every day to come.

Let the journey begin. The hunger for God is a holy and sacred journey. And God is eager to fill the heart that seeks Him. Jesus said, "Blessed are those who hunger and thirst for righteousness, for they will be filled" Matthew 5:6.

The Big 5 Journal Guide

In early 1535, the Protestant reformer Martin Luther was having his hair cut at the local barbershop. His barber, Peter Beskendorf, asked Luther this famous question: "Dr. Luther, do you think you could help me learn to pray better?"

Luther went back to his office and responded with a forty-page letter titled "How One Should Pray for Master Peter the Barber." His letter was eventually published as the booklet *A Simple Way to Pray*. This timeless booklet has shaped the prayers of God's people for more than 500 years.

Martin Luther taught his barber how to pray through scripture, using the example of the Lord's Prayer and the Ten Commandments. He instructed Peter to read or recite scripture word by word while prayerfully reflecting and asking four questions. These questions were designed to allow God's Word to shape his prayers and take hold of his heart so he could hear God's voice and submit to his will.

Over 40 years ago, I read Luther's letter to Peter the barber. This is one of the most influential teachings ever to shape my prayer life. Building off the foundation of Luther's wisdom, I have developed what I call "The Big Five Prayer Journal," based on the following questions:

- **What am I learning?**
- **What am I thankful for?**
- **What do I regret?**
- **Who do I need to pray for today?**
- **What do I need to do today?**

So How Does It Work?

After reading a scripture text word for word one to three times, I prayerfully ask myself the following questions.

What am I learning?

What is God teaching me? After prayerfully reading the text, I write out some immediate thoughts or lessons I am learning about God, about myself, and about my relationship with God's mission. If I have time, I will do more prayerful study on the text through cross-referencing and word searches around some of the ideas that I sense God is bringing to my attention. As we enter this study on the Holy Spirit, I would encourage you to look up the Bible references cited to verify the teaching in each devotional. Paul described the believers in the city of Berea as being "of more noble character" because "they received the message with great eagerness and examined the Scriptures every day to see if what Paul said was true" (Acts 17:11). As you enter this study, be noble like the Bereans.

What am I thankful for?

This is a time when I glean from the text the various things I learned about God's character and the spiritual blessings he pours out on us. As I write them down, I consciously bring them to God in an act of adoration and worship. I offer them as sacrifices of praise in Jesus's name. William Law wrote, "Prayer is the nearest approach to God and the highest enjoyment of Him that we are capable of in this life."

Worship begins in our prayer closet and breaks forth in corporate worship with other believers. Too often, our corporate worship is dry and lifeless because our daily devotion is dull and unmoving.

What do I regret?

I then reflect on any sins that are pointed out in the text or during my quietness before the Lord. I confess them by holding them out before God and agreeing that they are wrong, that they violate

God's holiness, that they bring pain to the Holy Spirit, and that they hinder the work of God in me and through me. F. B. Meyer wrote, "There are no sacrifices so dear to God as broken hearts; no offerings so precious as contrite spirits."

Who do I need to pray for today?

This is my intercession prayer list. I write out prayer requests for my family, friends, ministry needs, and goals. Oswald Chambers writes, "True intercession involves bringing the person, or the circumstance that seems to be crashing in on you, before God, until you are changed by His attitude toward that person or circumstance." He also writes, "Intercession is putting yourself in God's place; it is having His mind and His perspective."

What do I need to do today?

This is where I write down my to-do list for the day, including projects I'm working on, meetings I will have, phone calls I need to make, and any ministry deadlines and personal goals I need to address. I have learned to pray about everything I do by bringing God into my work. Our work matters to him, so we need to pray about what we do. As Oswald Chambers wrote, "Prayer does not equip us for greater works—prayer is the greater work."

How to Use This Discipleship Guide

First, find a place to study and pray.

"But when you pray, go into your room, close the door and pray to your Father, who is unseen. Then your Father, who sees what is done in secret, will reward you" (Matthew 6:6). We see Jesus often demonstrate this by withdrawing to a place of solitude to seek the Father's heart: "But Jesus often withdrew to lonely places and prayed" (Luke 5:16). The movie *War Room* depicts the mentoring relationship between an older Christian woman, Miss Clara, and a younger Christian woman, Elizabeth, who is struggling with a faltering marriage. Miss Clara teaches Elizabeth that she needs to have a secret place to pray, where she battles for her family through the spirit of prayer. She calls that place her "war room." Where is your war room? Do you have a place where you can pray and not be interrupted? Do you have a place where you can connect with Jesus consistently? To hear his voice, to soak in His Word, and to bring your daily joys, problems and pains through conversational prayer.

Second, make this the first thing you do in your day, if possible.

King David wrote, "In the morning, Lord, you hear my voice; in the morning I lay my requests before you and wait expectantly" (Psalm 5:3). Another psalmist continues this theme: "I wait for the Lord more than watchmen wait for the morning, more than watchmen wait for the morning" (Psalm 130:6). Andrew Murray wrote,

The student who has made personal devotion to Christ his watchword, will find in the morning hour the place where day by day the insight into his holy calling is renewed; where his will is braced up to walk worthy of it; and his faith rewarded by the presence of Christ waiting to meet him, and take charge of him for the day...A living Christ waits to meet us!

Let us learn to start our days with Jesus. He is waiting!

Third, do it with a spouse or close Christian friend. Don't do it alone.

"And let us consider how we may spur one another on toward love and good deeds" (Hebrews 10:24). There is no such thing as being a solo Christian; Christianity is a team sport. We need others to cheer us on, as we in turn encourage others in their walks of faith. Finding a fellow believer to join you on this 21-day journey might be just the thing you need to take your prayer life to a new level, and it might be just the thing your friend needs, too.

**THERE IS NO
SUCH THING AS
BEING A SOLO
CHRISTIAN;
CHRISTIANITY IS
A TEAM SPORT.**

We are called to walk through this life together, not alone. Find a friend or a loved one and text each other words of encouragement and prayers of love and concern. Share what you are learning and what you are struggling with during this journey.

Fourth, write down your thoughts and prayers.

Over 40 years ago, I was introduced to the concept of writing out my prayers and journaling my thoughts to God. It has brought such focus and clarity to my prayers that I try never to miss a day. Something amazing happens when you start writing things down. It unclutters your mind. It helps you sort out your emotions. It increases gratefulness. It crystallizes your goals. It records God's mercies. It tells a story of God at work in your life. The psalmist wrote, "I gave an account of my ways, and you answered me" (Psalm 119:26).

Fifth, share what you are learning with those around you.

King David wrote,

I proclaim your saving acts in the great assembly; I do not seal my lips, Lord, as you know. I do not hide your righteousness in

my heart; I speak of your faithfulness and your saving help. I do not conceal your love and your faithfulness from the great assembly. (Psalm 40:9–10)

Sharing what you are learning has a way of solidifying it in your heart and, in turn, it can be a blessing to others. Your God-story could unlock the God-story in others. Your understanding could provide just the right insight that people are looking for in their lives. Your testimony could be used to fill their weary hearts with words of encouragement to carry them through whatever they are facing. Therefore, let us heed David's words: "I do not hide your righteousness in my heart; I speak of your faithfulness and your saving help" (Psalm 40:10).

DEVOTIONALS

Week One

We need to recognize our limits and release our control to the One who controls all things. This happens through repentance, confession, and surrender to the Sovereign Lord.

"God comes in where my helplessness begins."

— Oswald Chambers

"Humility, the place of entire dependence on God, is the first duty and the highest virtue of the creature, and the root of every virtue. And so pride, or the loss of this humility, is the root of every sin and evil."

— Andrew Murray

DAY 1 Acknowledging Your Need

Scripture Reading: John 15:1-10

"I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing." — John 15:5

There is something deep within the human soul that longs for independence. From our earliest days, we strive to prove we can do things "all by myself." Yet, this drive for self-reliance often becomes a barrier in our relationship with God. Jesus speaks directly to this in John 15:5. He reminds us that spiritual fruitfulness and vitality come only through abiding in Him—not from our strength, wisdom, or effort.

When we try to live without consciously depending on Christ, we drift into self-sufficiency. We lead ministries in our own strength, make decisions without prayer, carry burdens alone, and measure success by worldly standards. These attempts, though sometimes masked in noble intentions, subtly say, "I've got this, God." But Jesus makes it unmistakably clear: *"Apart from Me you can do nothing."*

Confessing this tendency is the beginning of spiritual freedom. We must humbly admit:

- "Lord, I often act like the outcome depends entirely on me."
- "I've tried to parent, pastor, or plan without asking for Your guidance."
- "I rely more on strategies than on Your Spirit."

**ACKNOWLEDGING
YOUR NEED IS
NOT WEAKNESS
—IT'S WORSHIP.**

Acknowledging your need is not weakness—it's worship. It honors the Vine. It says, "I can't bear fruit

without You." It repositions Christ at the center, where He belongs.

Today, ask the Spirit to show you where you've been striving in your own strength. Confess those places and surrender them anew to Jesus. Abide in Christ—rest in Him, draw from Him, and trust Him to produce what only He can. Because "apart from Him, we can do nothing" (John 15:5). But with Him, "all things are possible" (Mark 10:27).

JOURNAL

What am I learning?

What am I thankful for?

What do I regret?

Who do I need to pray for?

What do I need to do today?

DAY 2 False Security in Our Strength

Scripture Reading: Psalm 20

"Some trust in chariots and some in horses, but we trust in the name of the Lord our God." – Psalm 20:7 (NIV)

It's easy to trust in what we can see, measure, or control—our "chariots and horses." In ancient times, these represented a nation's military power and security. Today, they may look like financial savings, job titles, ministry platforms, physical health, or personal talents. These are not inherently wrong, but when they become the source of our confidence, they subtly replace our trust in God.

Psalm 20:7 reminds us of the danger of misplaced trust. What we lean on in times of stress reveals where our faith truly lies. Do we rely on our own wisdom, our networking ability, our leadership experience? Or do we trust in the faithful name of the Lord? Pride often whispers, *"You've got this."* It convinces us we don't need to pray, don't need counsel, and don't need to wait on God. But false security will eventually collapse. Our strength, no matter how impressive, is finite. His strength is not.

Confess and surrender these areas of pride or overconfidence:

- "Lord, I've trusted more in my resume than in Your calling."
- "I've put more faith in systems than in Your Spirit."
- "I've leaned on my intellect, charm, or past success rather than Your daily grace."

The pathway back is humility—a clear-eyed acknowledgment that everything we have is a gift and that true security rests only in Him.

Let this be your prayer:

Lord, strip away anything I trust more than You. I surrender my

*pride and ask for the grace to depend
wholly on Your name.*

Because chariots rust, horses fall—but
the name of the Lord endures forever.
And in Him, we are truly secure.

**EVERYTHING WE
HAVE IS A GIFT
AND THAT TRUE
SECURITY RESTS
ONLY IN HIM.**

JOURNAL

What am I learning?

What am I thankful for?

What do I regret?

Who do I need to pray for?

What do I need to do today?

DAY 3

The Limits of Human Effort

Scripture Reading: Zechariah 4

"Not by might nor by power, but by my Spirit," says the Lord Almighty." – Zechariah 4:6

We live in a world that celebrates hustle, self-made success, and personal drive. While diligence is commendable, Scripture reminds us that human effort has limits—especially in spiritual matters. Zechariah 4:6 is a divine reset. It reminds us that God's work is not accomplished through raw strength or sheer willpower, but through His Spirit.

The context of this verse is the rebuilding of the temple—a task far beyond the ability of Zerubbabel and the remnant of Israel. The opposition was fierce, the resources were limited, and discouragement was high. Yet God gave a clear word: *"Not by might nor by power, but by my Spirit."* The task would be completed, not by human ingenuity, but by divine empowerment.

We often carry the weight of ministry, family, and life as if it all depends on us. We try to fix broken relationships, grow churches, change hearts, or overcome sin in our own strength. But human effort alone cannot accomplish what only God can do.

Today is an invitation to declare dependence:

- "Lord, I renounce the lie that it's all up to me."
- "I surrender the burden of outcomes and choose to trust Your Spirit."
- "I acknowledge my limitations and invite Your unlimited presence into every task."

**DECLARING
DEPENDENCE
ON GOD'S
SPIRIT ISN'T
PASSIVITY—IT'S
POWERFUL
HUMILITY.**

Declaring dependence on God's Spirit isn't passivity—it's powerful humility. It opens the door for God to do what our might and power never could.

So today, take a deep breath. Lay down your striving. And whisper this simple prayer: *Holy Spirit, take the lead. Work in me and through me. Not by my strength, but by Yours.*

Because what is impossible for man is always possible with God.

JOURNAL

What am I learning?

What am I thankful for?

What do I regret?

Who do I need to pray for?

What do I need to do today?

DAY 4 Corporate Confession

Scripture Reading: 2 Chronicles 7

"If my people, who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then I will hear from heaven, and I will forgive their sin and will heal their land." – 2 Chronicles 7:14

There is great power when God's people come *together* in humble, united confession. In 2 Chronicles 7:14, God extends a promise not to isolated individuals but to a repentant community. "If my people... will humble themselves..." This is a divine invitation to a collective turning—to gather not in self-righteousness but in humility, brokenness, and hope.

We often confess privately—and rightly so. But the healing of a land, the renewal of a church, the awakening of a nation—these require more than individual piety. They demand corporate humility. *Together*, we must admit where we have strayed:

- Where we've grown prayerless as a people
- Where our worship has become routine
- Where justice has been neglected, and love has grown cold
- Where pride has hardened our hearts and divided our fellowship

Corporate confession is not about blame—it's about burden. Weekly worship with God's people is a time for corporate confession, along with special prayer gatherings and when we celebrate communion, for we must examine our hearts and confess our sinful attitudes and actions *together* before the Lord. When was the last time you attended a corporate prayer gathering? When we humble ourselves *together*,

**IT BEGINS WITH US—
HIS PEOPLE—ON OUR
KNEES, TOGETHER.**

we position ourselves to receive God's mercy together.

Let this be your prayer as a community:

Lord, we are Your people. We humble ourselves before You. We confess our sins of complacency, division, pride, and prayerlessness. We seek Your face—not just Your hand. We turn from our ways and return to Yours. Heal us. Heal our land. Revive us again.

This promise still stands. God still hears. He still forgives. And He still heals. But it begins with us—His people—on our knees, together.

JOURNAL

What am I learning?

What am I thankful for?

What do I regret?

Who do I need to pray for?

What do I need to do today?

DAY 5

Rest as Surrender

Scripture Reading: Exodus 33

"The Lord replied, 'My Presence will go with you, and I will give you rest.'" – Exodus 33:14

In a world that glorifies hustle, productivity, and constant motion, rest can feel like weakness. But in God's economy, rest is not laziness—it's surrender. In Exodus 33:14, God promises Moses something far greater than success or safety—He promises His Presence and His rest.

This came at a moment of deep uncertainty. Moses had just interceded for a stubborn, weary people. He knew the journey ahead was impossible without God. So when the Lord answered, "My Presence will go with you, and I will give you rest," it wasn't just reassurance—it was *relief*. Moses didn't need to carry the weight of the mission. He only needed to stay close to the One who would.

We often try to earn rest by finishing our to-do lists, meeting goals, or solving problems. But biblical rest begins when we stop striving and start trusting. It's laying down our obsession with control, achievement, and people-pleasing—and choosing to abide in God's presence instead.

What if the most spiritual thing you could do today is pause?

- Set down your phone.
- Step away from the pressure.
- Sit quietly before the Lord and say, "I need You more than I need to get things done."

Pray this:

Lord, I've been living like everything depends on me. I invite You into

my over-busy life. Teach me to rest in Your presence—not just physically, but spiritually. Lead me out of frantic striving and into quiet surrender. Let Your presence be my peace and Your voice my guide.

True rest isn't found in a vacation or a nap. It's found in the nearness of God. And He promises, "*I will give you rest.*"

**TRUE REST ISN'T
FOUND IN A
VACATION OR A
NAP. IT'S FOUND
IN THE NEARNESS
OF GOD.**

JOURNAL

What am I learning?

What am I thankful for?

What do I regret?

Who do I need to pray for?

What do I need to do today?

DAY 6 Repentance from Self-Will

Scripture Reading: James 4

"God opposes the proud but shows favor to the humble. Submit yourselves, then, to God... Come near to God and he will come near to you." – James 4:6-8 (NIV)

There is a quiet danger in self-will—a subtle defiance that says, "I know what's best for me." It's the root of pride, the fuel of stubbornness, and the barrier to deeper intimacy with God. James 4 calls us to lay that down—not gently or gradually, but with urgency and clarity.

"Submit yourselves... Resist the devil... Wash your hands... Purify your hearts... Grieve... Mourn... Wail." These are not passive suggestions. They are the active steps of repentance. And at the heart of them is this: *humility*.

God *opposes* the proud. Not ignores. Not tolerates. Opposes. But He *gives grace* to the humble. Repentance from self-will is not merely admitting we've gone the wrong way—it's surrendering our control, our agenda, and our pride to the Lord of grace. Stubbornness says, "I'll do it my way." Repentance says, "Your will be done." Self-will clings to independence. Humility clings to mercy.

Today, reflect and pray:

- "Lord, I confess my stubborn spirit. I have pushed forward in my own wisdom."
- "I've ignored Your voice, justified my disobedience, and resisted correction."
- "I repent. I draw near to You—not with excuses, but with honesty."

**SELF-WILL
CLINGS TO
INDEPENDENCE.
HUMILITY
CLINGS
TO MERCY.**

The promise stands: *Draw near to God, and He will draw near to you.* He's near to the humble. He runs toward the repentant. And He gives more grace.

Father, cleanse me. Break the grip of self-will in my life. Replace it with a spirit of joyful submission. I humble myself before You. Be my center, reign over my thoughts, decisions and actions. In the name of Jesus my Risen Lord and only Savior.

JOURNAL

What am I learning?

What am I thankful for?

What do I regret?

Who do I need to pray for?

What do I need to do today?

DAY 7

Control vs Trust

Scripture Reading: Proverbs 3

"Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight." – Proverbs 3:5-6

Control feels safe. When we can predict outcomes, plan every detail, and solve problems quickly, we feel secure. But the life of faith often calls us to something far more uncomfortable—and far more beautiful: trust.

Proverbs 3:5-6 invites us to release our grip on control and lean into the steady, faithful hand of God. "Trust in the Lord with *all* your heart" implies a full surrender—not partial, not conditional. It means letting go of the illusion that we know best, and believing instead that God is wise, loving, and perfectly able to lead us.

But trust isn't easy. It's especially hard when the path ahead is unclear, when the waiting is long, or when life takes an unexpected turn. That's when we're tempted to lean on our own understanding, to fix things ourselves, to manipulate outcomes.

Yet God calls us to *submit* in all our ways—our relationships, careers, finances, health, and ministries. He doesn't promise we'll always understand the journey, but He does promise to make our paths straight when we trust Him.

Offer this prayer today:

Father, I confess my need to control. I've leaned too much on my own understanding. Teach me to trust You with all my heart. Help me surrender my plans, fears, and expectations into Your hands. Lead me and

**TRUST IN
THE LORD
WITH ALL
YOUR HEART.**

make my path straight—not for my comfort, but for Your glory.

When we let go of control and trust God instead, we find peace, clarity, and purpose. He is a faithful guide, and His way is always better. Let Him lead. Let Him be enough.

JOURNAL

What am I learning?

What am I thankful for?

What do I regret?

Who do I need to pray for?

What do I need to do today?

Week Two

Experiencing the presence and power of the Holy Spirit in our lives through being open and in tune with the Spirit's work in and through us.

"Complete weakness and dependence will always be the occasion for the Spirit of God to manifest His power."

— Oswald Chambers

"I despaired at the thought that my life might slip by without seeing God show himself mightily on our behalf."

— Jim Cymbala

DAY 8 Spirit-Empowered Living

Scripture Reading: Ephesians 3

"I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being, so that Christ may dwell in your hearts through faith." – Ephesians 3:16-17

In a world driven by outward performance, Paul directs our attention inward—to the heart, the soul, the place where true transformation begins. His prayer in Ephesians 3 is not for better circumstances, greater success, or external power, but for *inner strength*—the kind that only the Holy Spirit can give.

Spirit-empowered living begins here: being strengthened in the core of who we are so that Christ can dwell—not visit, not stay occasionally, but dwell deeply within us. This kind of indwelling doesn't happen through self-effort or religious routine. It happens when we open the deepest places of our hearts and invite Jesus to take full residence. We don't need more willpower—we need *Spirit power*. The Spirit meets us in our weakness and fills us with strength that we could never manufacture on our own. He anchors us when the world shakes, renews us when we're weary, and shapes us to reflect Jesus more and more.

Today, pray this from the depths of your heart:

Lord, I need more than outward strength—I need You to strengthen me in my inner being. Fill me with Your Spirit. Remove anything in me that crowds You out. I want Christ to dwell fully, freely, and deeply in my heart. Not as a guest, but as King. Teach me to live not by my own strength, but by Yours.

As you yield to the Spirit, you'll begin to experience a power that goes beyond emotion or effort. It's the quiet, unshakable strength of Christ living in you—and that changes everything.

THE SPIRIT MEETS US IN OUR WEAKNESS AND
FILLS US WITH STRENGTH THAT WE COULD NEVER
MANUFACTURE ON OUR OWN.

JOURNAL

What am I learning?

What am I thankful for?

What do I regret?

Who do I need to pray for?

What do I need to do today?

DAY 9

Led by the Spirit

Scripture Reading: Galatians 5

"So I say, walk by the Spirit, and you will not gratify the desires of the flesh." – Galatians 5:16

*"Since we live by the Spirit, let us keep in step with the Spirit."
– Galatians 5:25*

The Christian life was never meant to be lived by our own will or in our own strength. Paul's words in Galatians 5 call us to a life that is led, not driven; guided, not forced. To walk by the Spirit means to surrender our agenda, silence our flesh, and follow God's gentle promptings throughout the day.

The Spirit doesn't drive us with guilt or fear. He leads us with love, truth, and wisdom. But walking in step with the Spirit requires attentiveness—a willingness to pause, listen, and obey. It means asking, "Holy Spirit, what would You have me do?" in our conversations, decisions, and even our interruptions.

**WALKING BY
THE SPIRIT
ISN'T ABOUT
PERFECTION—
IT'S ABOUT
DIRECTION.**

When we're led by the Spirit, we begin to see the fruit of His presence—love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. These aren't achieved by trying harder; they're produced as we stay close to the Spirit and let Him lead.

But if we ignore Him, rush ahead, or insist on our own way, we find ourselves drifting into the desires of the flesh—selfishness, anger, impurity, pride. The Spirit calls us back gently, consistently, and powerfully.

Pray this today:

Holy Spirit, I invite You to lead me today. Help me to walk in step with You—to listen for Your voice, to follow Your prompting, to surrender my will. I don't want to be led by my emotions, my own understanding or by my sinful nature, but by Your wisdom and love. Bear Your fruit in me as I stay near to You.

Walking by the Spirit isn't about perfection—it's about direction. One step at a time, led by grace, we follow the One who knows the way.

JOURNAL

What am I learning?

What am I thankful for?

What do I regret?

Who do I need to pray for?

What do I need to do today?

DAY 10

The Spirit Helps Us Pray

Scripture Reading: Romans 8

"In the same way, the Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit himself intercedes for us through wordless groans." – Romans 8:26

There are moments when words fail us—when the pain is too deep, the situation too confusing, or the burden too heavy to articulate in prayer. In these moments, we are not alone. Romans 8:26-27 offers a stunning promise: *the Holy Spirit Himself prays for us.*

God knows our weakness. He knows that we often don't know how to pray or even what to ask for. But instead of leaving us to fumble in silence, the Spirit steps in—not as a distant observer but as an intimate intercessor. He takes our sighs, tears, and wordless groans and translates them into powerful prayers aligned with God's will.

What a comfort to know that our prayers are not limited to our vocabulary. The Spirit searches our hearts and brings our deepest needs before the Father—even when we don't understand them ourselves. And because the Spirit always intercedes according to God's perfect will, we can trust that His prayers for us are always effective.

Rejoice in this truth today:

Holy Spirit, thank You for praying for me when I don't know what to say. Thank You for carrying my unspoken fears, my hidden grief, and my inexpressible longings to the Father. Teach me to rest in Your intercession. Let me not be discouraged when my

**THE SPIRIT SEARCHES
OUR HEARTS AND
BRINGS OUR DEEPEST
NEEDS BEFORE THE
FATHER—EVEN WHEN
WE DON'T UNDERSTAND
THEM OURSELVES.**

words feel weak, because You are strong on my behalf.

You are never alone in prayer. The Spirit is not only with you—He's praying for you. And in that quiet, mysterious intercession, you are held, heard, and deeply loved.

JOURNAL

What am I learning?

What am I thankful for?

What do I regret?

Who do I need to pray for?

What do I need to do today?

DAY 11

The Gifts of the Spirit

Scripture Reading: 1 Corinthians 12

"There are different kinds of gifts, but the same Spirit distributes them." – 1 Corinthians 12:4

The Holy Spirit is not only our Comforter and Guide—He is also the divine Giver of gifts. In 1 Corinthians 12:4–11, Paul reminds us that every believer has been given spiritual gifts, not for personal prestige, but for the common good. These gifts—wisdom, knowledge, faith, healing, miracles, prophecy, discernment, tongues, and interpretation—are manifestations of the Spirit, uniquely distributed according to His will.

Too often, we limit ourselves by comparing our gifts to others or assuming spiritual gifts are only for a select few. But Paul's teaching is clear: *"To each one the manifestation of the Spirit is given"* (v.7). That means you have been gifted—uniquely and purposefully—for the building up of the body of Christ.

These gifts are not earned or achieved; they are received by grace and activated by faith. And while their expression may vary, their source is the same Spirit, working all things together in unity and love. The goal is not to elevate ourselves but to glorify Christ and edify His Church.

Today, ask the Holy Spirit to stir the gifts He's placed within you. Pray this with an open heart:

Holy Spirit, thank You for the gifts You give. I surrender my life to be used by You. Stir up the gifts You've placed in me—gifts I may have neglected or doubted. Use them for Your glory and the good of others. Teach me to walk in humility, love, and boldness as I follow Your lead.

The Church is strongest when every member embraces their Spirit-given role. Don't bury your gift—fan it into flame. The Spirit is ready to work in you and through you, today.

**THE GOAL IS NOT TO
ELEVATE OURSELVES BUT
TO GLORIFY CHRIST AND
EDIFY HIS CHURCH.**

JOURNAL

What am I learning?

What am I thankful for?

What do I regret?

Who do I need to pray for?

What do I need to do today?

DAY 12

The Fruit of the Spirit

Scripture Reading: Galatians 5

"But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control..." – Galatians 5:22-23

The Christian life is not primarily about trying harder—it's about *growing deeper*. Galatians 5:22–23 describes the beautiful, Spirit-empowered character that flows from a life surrendered to God. Paul doesn't call them the *fruits* of the Spirit, but the *fruit*—singular. These nine qualities are not separate achievements but one unified expression of the Holy Spirit's presence in us.

This fruit cannot be manufactured through willpower. We can fake kindness for a while. We can force patience under pressure. But only the Spirit can produce genuine, lasting love, joy, peace, and the rest in our hearts. This fruit is the natural result of abiding in Christ—staying connected to Him, as a branch draws life from the vine (John 15:5).

These qualities also grow most powerfully in the soil of relationships—especially difficult ones. Love is tested when people disappoint us. Patience grows when life moves slower than we want. Gentleness shines when we're tempted to react harshly. The fruit of

the Spirit is not just for personal holiness, but for relational harmony.

**THE FRUIT OF THE
SPIRIT IS NOT JUST
FOR PERSONAL
HOLINESS, BUT
FOR RELATIONAL
HARMONY.**

Pray this today:

Holy Spirit, I long for Your fruit to grow in my life. I surrender my heart, my reactions, my relationships, and my desires to

You. Cultivate in me a deeper love, a joy that cannot be shaken, and a peace that passes understanding. Grow patience, kindness, goodness, faithfulness, gentleness, and self-control in every part of my life. Let others see Jesus in me—not because of who I am, but because of what You are doing in me.

The world doesn't need more religious effort. It needs more Spirit-filled people bearing fruit that lasts. Let the sanctifying work of the Holy Spirit take hold of you—today.

JOURNAL

What am I learning?

What am I thankful for?

What do I regret?

Who do I need to pray for?

What do I need to do today?

DAY 13

Hearing God's Voice

Scripture Reading: John 10

"My sheep listen to my voice; I know them, and they follow me." — John 10:27

In a world full of noise—notifications, news, opinions, and distractions—hearing God's voice can feel like trying to catch a whisper in a storm. And yet Jesus makes a profound promise: *"My sheep listen to my voice; I know them, and they follow me."* The issue is not whether God is speaking, but whether we are listening.

Hearing God's voice begins with relationship. Sheep know the shepherd's voice because they've spent time in his presence. In the same way, the more time we spend in God's Word, in prayer, in worship, and in quiet reflection, the more familiar His voice becomes. He speaks through Scripture, through the Holy Spirit, through wise counsel, and through the quiet nudges in our spirit.

But it also requires discernment. Not every voice we hear is from God. Some voices are rooted in fear, pride, or personal agenda. Others come from the enemy who seeks to deceive and distract. That's why spiritual discernment is essential—testing what we hear against God's Word and the peace of His Spirit.

Jesus is not a distant voice shouting from afar. He is the Good Shepherd, walking beside us, speaking with love, clarity, and truth.

THE MORE TIME WE SPEND IN GOD'S WORD, IN PRAYER, IN WORSHIP, AND IN QUIET REFLECTION, THE MORE FAMILIAR HIS VOICE BECOMES.

Pray this today:

Lord, I want to hear Your voice. In the middle of all the noise, help me recognize the gentle whisper of Your Spirit. May I hunger for Your Word that I may understand your ways. Give me discernment to know what is from You and what is not. Teach me to listen with humility, to respond with obedience, and to follow You closely, step by step. I surrender my heart to be led by Your voice.

You are not alone. Your Shepherd is speaking. Lean in—and listen.

JOURNAL

What am I learning?

What am I thankful for?

What do I regret

Who do I need to pray for?

What do I need to do today?

DAY 14 Revival Through the Spirit

Scripture Reading: Titus 3

"He saved us, not because of righteous things we had done, but because of his mercy. He saved us through the washing of rebirth and renewal by the Holy Spirit, whom he poured out on us generously through Jesus Christ our Savior." – Titus 3:5–6

True revival is not something we can manufacture with clever strategies or emotional hype. It is a sovereign work of God—a *generous outpouring of His Spirit that brings renewal, cleansing, and new life*. Titus 3:5–6 reminds us that salvation and transformation come not by our works, but by the mercy of God through the renewing power of the Holy Spirit.

The Spirit brings life where there is dryness, softens what has grown hard, and awakens hearts that have grown cold. This is the kind of revival we need—not just bigger crowds or louder worship, but *deeper repentance, fresh surrender, and Spirit-empowered obedience*.

Revival begins in the Church. When God's people humble themselves, confess their sins, and seek His face, the Holy Spirit brings personal renewal that leads to communal transformation. The Spirit revives our love for Jesus, restores our hunger for holiness, and reignites our passion for the lost.

Today, pray boldly for a Spirit-led revival:

Holy Spirit, we need You. Forgive us for relying on programs, personalities, and performance. Renew us through Your power. Wash us clean. Revive our hearts with fresh passion for Christ. Stir up a deep hunger for Your presence and truth. Pour Yourself out on our churches, our leaders, and our people. Let Your renewal begin in me—and spread to all around me. We long for You, Lord. Come and

revive us again.

Revival is not a distant dream—it is a present possibility whenever the Church hungers for God and turns back to the Spirit in humility and faith. Let it begin with us.

**REVIVAL
BEGINS
IN THE
CHURCH.**

JOURNAL

What am I learning?

What am I thankful for?

What do I regret?

Who do I need to pray for?

What do I need to do today?

Week Three

Becoming a hungry community of faith, devoted to prayer, believing for the impossible, and advancing our knees together in humble dependence.

"The greatest need you and I have—the greatest need of collective humanity—is renovation of our heart. That spiritual place within us from which outlook, choices, and actions come has been formed by a world away from God."

— Dallas Willard

"To have found God and still to pursue Him is the soul's paradox of love, scorned indeed by the too-easygoing religionist, but justified in happy experience by the children of the burning heart."

— A.W. Tozer

DAY 15

Devoted to Pray Together

Scripture Reading: Acts 4

"All the believers were one in heart and mind..." – Acts 4:32

The early Church was marked by something powerful—not just bold preaching or miracles, but a deep and abiding unity expressed through persistent, communal prayer. Acts 4:32 captures the spirit of that community: *"All the believers were one in heart and mind."* That unity was not manufactured through programs, but forged in the fires of prayer.

After Peter and John's release from prison, the believers didn't scatter in fear—they gathered to pray. Their response to pressure wasn't panic, but passionate intercession. And what followed? The place where they prayed was shaken, they were filled with the Holy Spirit, and they spoke the word of God boldly (Acts 4:31). Then came the beautiful result: a church unified in heart, mission, and generosity.

Prayer is the furnace of spiritual unity. When we pray together—earnestly, consistently, humbly—God knits our hearts together. We begin to carry one another's burdens, align with His will, and become bold in our witness.

We need this kind of culture today—not just moments of prayer, but a movement of prayer. Not just occasional requests, but a devotion to intercede together for God's power, presence, and guidance.

**GOD STILL
MOVES WHERE
HIS PEOPLE
PRAY.**

Pray this today:

Lord, make us a praying people. Teach us to gather not only in fellowship but in fervent prayer. Cultivate in our churches a culture

of united, Spirit-filled intercession. Break down walls of division, selfishness, and apathy. Knit our hearts together as one—in purpose, in love, and in prayer. Let us experience what the early Church knew: the power of a hungry heart, focus and wholly devoted to You—and they knew what it meant to be desperate for each other's prayers and calling on You with one voice.

God still moves where His people pray. Let us commit—not just to personal prayer—but to praying together, in one heart and one mind.

JOURNAL

What am I learning?

What am I thankful for?

What do I regret?

Who do I need to pray for?

What do I need to do today?

DAY 16

Bearing One Another's Burdens

Scripture Reading: Galatians 6

"Carry each other's burdens, and in this way you will fulfill the law of Christ." – Galatians 6:2

The Christian life was never meant to be lived in isolation. From the beginning, God designed us for community—for shared joys, shared struggles, and shared faith. Galatians 6:2 calls us into the heart of that community: *bearing one another's burdens*. This is not a casual suggestion; it's a command that reflects the very nature of Christ Himself.

To bear someone's burden is to come alongside them in love, to feel the weight they carry, and to help shoulder it with grace and compassion. Sometimes that means offering a listening ear. Other times, it means providing practical help, encouragement, or persistent intercession in prayer. But always, it requires presence—a heart that's willing to get close enough to care deeply.

This kind of burden-bearing reflects the law of Christ—the law of love. Jesus bore the ultimate burden on the cross for us. Now, as His followers, we are called to embody that sacrificial love in our relationships with one another. In a world that tells us to look out for ourselves, the gospel calls us to look out for each other.

Pray this today:

Lord, open my eyes to the burdens others are carrying. Give me a heart that sees, a spirit that listens, and a willingness to enter into the struggles of my brothers and sisters. Teach me to pray earnestly for others—not just for my needs, but for theirs. Strengthen our church family with a spirit of unity, love,

**GOD
DESIGNED
US FOR
COMMUNITY.**

and mutual support. Help us to reflect Your love by bearing one another's burdens, just as You bore ours.

When we lift each other up in love and prayer, we fulfill the law of Christ—and reveal His heart to the world.

JOURNAL

What am I learning?

What am I thankful for?

What do I regret?

Who do I need to pray for?

What do I need to do today?

DAY 17

Boldness in Prayer

Scripture Reading: Hebrews 4

"Let us then approach God's throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need." — Hebrews 4:16

One of the greatest barriers to prayer is not time, distraction, or even discipline—it's *timidity*. Too often, we approach God cautiously, unsure if we're welcome, uncertain if we're heard. But Hebrews 4:16 shatters that hesitation with a powerful invitation: *Come boldly*. Not arrogantly, but confidently. Not timidly, but with conviction.

Why? Because Jesus, our Great High Priest, has made the way open. Because the cross has removed the guilt. Because mercy is waiting and grace is flowing.

This throne we approach is not a throne of judgment—it's a *throne of grace*. A place where the undeserving are welcomed, where the weak are strengthened, and where the burdened are relieved. It is at this throne where we find what we could never earn: mercy for our past and grace for our present struggles.

Bold prayer doesn't mean fancy words or loud declarations. It means coming honestly, consistently, and expectantly. It means praying like you believe God hears, cares, and responds.

Every revival, every breakthrough, every move of God in Scripture is marked by bold, believing prayer. The early church prayed with boldness, and the place was shaken. What might God do in us, through us, if we came boldly to Him?

Offer this prayer today:

Father, thank You that I can come boldly—not because of my

righteousness, but because of Jesus' sacrifice. Help me shed the fear, doubt, and hesitation. Teach me to pray with confidence, to ask big things, and to believe in Your mercy and grace. Make me bold in prayer, rooted in faith, and shaped by Your Spirit. In Jesus' name, amen.

Let today mark a turning point—a new freedom, a deeper confidence, and a Spirit-shaped boldness in your prayer life.

**EVERY MOVE
OF GOD IN
SCRIPTURE
IS MARKED
BY BOLD,
BELIEVING
PRAYER.**

JOURNAL

What am I learning?

What am I thankful for?

What do I regret?

Who do I need to pray for?

What do I need to do today?

DAY 18

Praying for Leaders

Scripture Reading: 1 Timothy 2

"I urge, then, first of all, that petitions, prayers, intercession and thanksgiving be made for all people—for kings and all those in authority, that we may live peaceful and quiet lives in all godliness and holiness." – 1 Timothy 2:1–2 (NIV)

The health of the Church is directly linked to the spiritual vitality of its leaders. That's why Paul's words to Timothy are so vital: *"First of all...pray."* Before strategy, before programs, before plans—*pray*. And especially, pray for those in leadership.

Pastors, missionaries, and church leaders carry heavy spiritual burdens. They shepherd God's people, proclaim His Word, lead through conflict, and often serve unseen and unthanked. Behind every Sunday message and every ministry moment is a leader who needs strength, wisdom, and protection. Our prayers can be their lifeline.

When we pray for leaders, we partner with God's purposes in their lives. We're not just asking for their success—we're asking for their *faithfulness*, their *courage*, their *endurance*. And when leaders thrive in the Spirit, the church flourishes in unity, peace, and mission.

So let's lift them up:

- Pray for your pastor's heart to remain tender to God's voice.
- Pray for missionaries to be bold and resilient in the face of resistance.
- Pray for denominational and church leaders to lead with humility, discernment, and grace.

**WHEN WE
PRAY FOR
LEADERS,
WE PARTNER
WITH GOD'S
PURPOSES IN
THEIR LIVES.**

Prayer:

Lord, today I lift up the leaders You've placed in Your Church. Strengthen their hearts, protect their families, renew their calling. Guard them from discouragement and temptation. Fill them with Your Spirit so they lead with courage and compassion. Help us, as Your people, to be faithful in praying, encouraging, and standing with them. In Jesus' name, amen.

Leaders are not superhuman—they are servants in need of prayer. Let's cover them daily with the support only heaven can supply.

JOURNAL

What am I learning?

What am I thankful for?

What do I regret?

Who do I need to pray for?

What do I need to do today?

DAY 19

Missional Intercession

Scripture Reading: Luke 10

Jesus told them, "The harvest is plentiful, but the workers are few. Ask the Lord of the harvest, therefore, to send out workers into his harvest field." – Luke 10:2 (NIV)

Jesus saw what many overlook—the harvest was *ready*, but the labor force was *lacking*. His solution? Not better strategies, not more funding, but *prayer*. "Ask the Lord of the harvest..." Before the mission begins, before feet hit the ground, Jesus commands His disciples to pray.

Missional intercession is foundational to gospel advancement. It is praying with God's priorities, aligning our hearts with His mission, and believing that He is already at work in places we have yet to go. Jesus sends the seventy-two out *after* they've prayed—because prayer precedes power.

This kind of intercession begins locally. Who in your city or neighborhood needs Jesus? What new thing might be in God's plan—perhaps even through you? It then extends regionally. Where are the unreached communities in your state or nation that need healthy, gospel-preaching churches? And it expands globally. Are you asking God to send workers into nations where His name is not yet known?

God still responds to the prayers of His people. The harvest is still plentiful. And He is still calling and sending—if only we will ask.

**REVIVAL BEGINS
ON OUR KNEES.**

Offer this prayer today:

Lord of the Harvest, we hear Your call. We see the need. We ask You today to raise up workers for the harvest. Stir hearts in our churches,

our cities, our schools, and our families. Send laborers locally, regionally, and internationally. And if it's us You're calling—here we are. Send us. In Jesus' name, amen.

Revival begins on our knees. Let's pray like the harvest depends on it. Because it does.

JOURNAL

What am I learning?

What am I thankful for?

What do I regret?

Who do I need to pray for?

What do I need to do today?

DAY 20 Breakthrough and Miracles

Scripture Reading: Acts 4

"Now, Lord, consider their threats and enable your servants to speak your word with great boldness. Stretch out your hand to heal and perform signs and wonders through the name of your holy servant Jesus." – Acts 4:29–30

The early Church was under pressure—threatened, opposed, and outnumbered. But they didn't retreat in fear. They didn't ask for comfort or escape. They asked for *boldness*. They asked for God to *show up* in power. And what happened? The place where they prayed was *shaken*, and they were *filled* with the Spirit. Miracles followed. The gospel advanced. And lives were changed.

Breakthroughs in Scripture are almost always preceded by a profound hunger for God, and desperate, unified prayer. The believers in Acts 4 didn't ask God to remove the threats—they asked Him to move through them. They understood that impossible situations are the perfect backdrop for God's power.

We need that kind of faith today. Whether you're facing personal barriers, ministry roadblocks, or spiritual resistance in your community, remember this: God is still in the miracle-working business. He still stretches out His hand to heal, to restore, to redeem.

So don't settle for small prayers. Don't let discouragement shrink your faith. Instead, pray big. Pray bold. Pray for God to do what only He can do.

Prayer:

Lord, we need You to move. Stretch out Your hand in our churches, our families, our cities, and our nations. Break through hardened

hearts. Heal broken bodies. Restore lost hope. Perform signs and wonders that reveal Your glory and draw people to Jesus. Fill us with boldness to speak Your Word without fear. We believe You still work miracles—and we trust You in every impossible situation. In Jesus' name, amen.

**PRAY BIG. PRAY
BOLD. PRAY
FOR GOD TO
DO WHAT ONLY
HE CAN DO.**

When God's people pray with boldness,
God responds with power. Let that be your expectation today.

JOURNAL

What am I learning?

What am I thankful for?

What do I regret?

Who do I need to pray for?

What do I need to do today?

DAY 21

The Preeminence of Prayer

Scripture Reading: Ephesians 6:10-20

"And pray in the Spirit on all occasions with all kinds of prayers and requests... Be alert and always keep on praying for all the Lord's people. Pray also for me, that whenever I speak, words may be given me so that I will fearlessly make known the mystery of the gospel..."
— Ephesians 6:18–20

At the end of his powerful teaching on spiritual warfare, Paul doesn't tell believers to charge forward with strategy or strength—he tells them to *pray*. Prayer isn't a side discipline—it's the *lifeline* of our mission. It is the unseen engine of kingdom advancement and the primary tool for spiritual victory.

Paul urges the Church to pray "in the Spirit on all occasions"—not just during crisis or routine, but in every season and circumstance. Spirit-filled prayer is marked by dependency, boldness, and sensitivity to God's leading. It listens as much as it speaks. It aligns with God's agenda, not ours.

Notice Paul's humility: even as a seasoned apostle, he pleads for prayer. He knows the gospel moves forward not by human eloquence but by divine empowerment. And that power is released through the prayers of God's people.

If we want to see God's kingdom advance—
hearts transformed, churches revived, cities
impacted—it must begin with a return to
the *preeminence of prayer*. Not as a task to
check off, but as a calling to embrace.

Prayer:

Lord, reignite in me a passion for prayer.

**PRAYER ISN'T
A SIDE
DISCIPLINE—
IT'S THE
LIFELINE OF
OUR MISSION.**

Teach me to pray in the Spirit—with faith, fire, and focus. May prayer become my first response, not my last resort. I pray for boldness in gospel witness, for revival in the Church, and for the advancement of Your kingdom. Let Your purposes be fulfilled through a praying people. In Jesus' name, amen.

When prayer takes the lead, God's power follows. Make it preeminent in your life today.

JOURNAL

What am I learning?

What am I thankful for?

What do I regret?

Who do I need to pray for?

What do I need to do today?

WHAT'S NEXT?

As you come to the end of this 21-day journey, know this: the goal was never simply to finish a devotional. It was to begin a lifestyle—one marked by deeper hunger for God, greater dependence on the Holy Spirit, and a more intimate walk with Jesus Christ. This isn't the conclusion of something; it's the continuation of a Spirit-filled life that God longs to cultivate in you every day.

Over the past three weeks, you've been invited to quiet your soul, reflect honestly, confess humbly, and draw near to the God who longs to fill you. You've been reminded that the Christian life is not about self-improvement, but about surrender. Not about trying harder, but about trusting deeper. Not about performance, but about presence—living in daily communion with the Spirit who empowers, guides, comforts, and transforms.

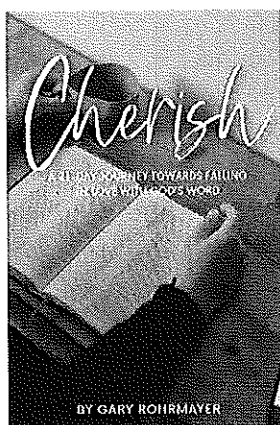
The Apostle Paul wrote, "Since we live by the Spirit, let us keep in step with the Spirit" (Galatians 5:25). This is your next step: to keep walking. To make space for the Spirit each day. To lean into His voice. To surrender your strength in favor of His power. To hunger more—not for religious busyness or spiritual status, but for the real, transforming presence of the living God.

And here's the good news: hunger for God is a gift. If your heart is stirred, if your spirit longs for more, that longing itself is evidence of God at work in you. He is drawing you into deeper waters. The One who has begun a good work in you will carry it on to completion (Philippians 1:6). He is not finished with you.

But don't stop here.

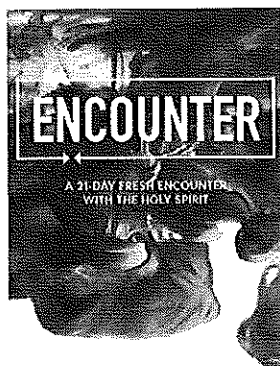
If Hunger has awakened something within you—a thirst for more of God's presence, a desire to live with Spirit-filled intentionality—then take the next step on your spiritual journey with one of the other 21-Day Campaign books in this series.

21 Day Campaign Books



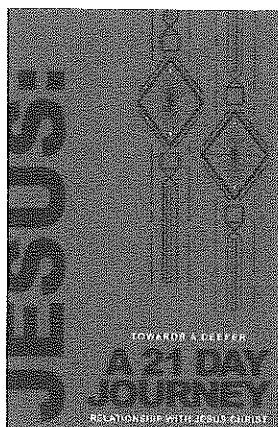
Cherish

A 21-Day Journey Towards Falling in Love with God's Word. Journey through Psalm 119 and renew your passion for studying, meditating on, and living out the Word of God in our lives.



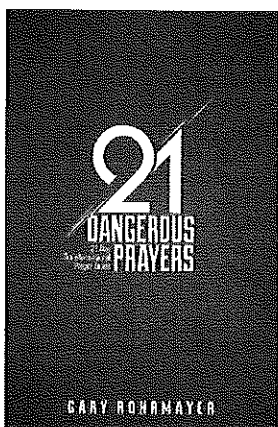
Encounter

A 21-Day Fresh Encounter with the Holy Spirit. Embrace with a new freshness with person and work of the Holy Spirit in your life.



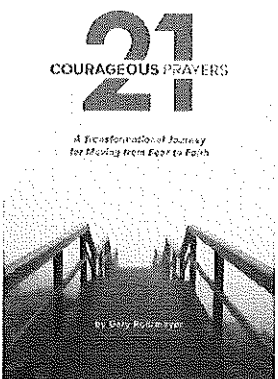
Jesus: A 21-Day Journey with Jesus

This will guide you into a deeper intimacy with Christ through meditating on His life, ministry, and character.



Dangerous Prayers

This 21-Day Journey through the dangerous prayers that the people of a scriptures prayed throughout the Bible. The lessons are profound.



Courageous Prayers

A 21-Day Journey through courageous prayers found in the book of Psalms. It helps us wrestle with the character of God and their implications in our prayers and daily lives.

A 21 DAY JOURNEY TO A
VICTORIOUS PRAYER LIFE

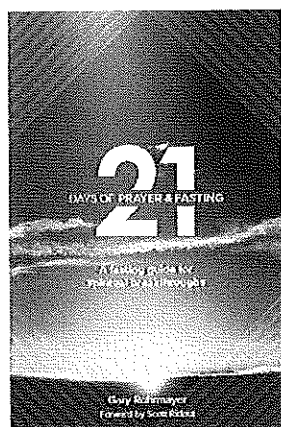
VICTORIOUS

BY GARY ROHRMAYER



Victorious

A 21 Day Journey towards overcoming the Evil one. By discovering the victorious power of Jesus who conquered our enemy, we can now experience true freedom and deeper confidence in our prayer lives.



Prayer & Fasting

A 21 Day Journey toward experiencing spiritual breakthroughs in our lives. Key learnings from spiritual leaders in the past and present on how the power of prayer and fasting changed their lives.

Coming Soon!

DEEPER PRAYER

Deeper Prayer

A 28 Day Journey through the prayers of the Apostle Paul. Join us as we take a chronological journey through Paul's prayers for churches and his ministry companions and partners.
(Coming Fall 2025)

Available at www.garyrohrmayer.com

Each of these books is rooted in the same conviction that shaped Hunger: that transformation happens not by information alone, but through repeated encounters with the living God. They are tools designed to foster personal renewal, spiritual formation, and communal discipleship—whether in a small group, a congregation, or an individual life.

As you consider what's next, ask the Lord: What are You inviting me into? Is it a deeper prayer life? A greater surrender in a specific area of your life? A bold step into ministry or mission? A healing work in your marriage or family? The Spirit who led you through these 21 days will continue to guide you—if you remain open, humble, and hungry.

Here's a simple but powerful next step: gather a few friends, a small group, or your church, and take one of the next 21-Day journeys together. There is something extraordinary that happens when God's people seek Him in unity. As we read, pray, and respond together, our hunger multiplies, our hearts align, and our lives bear lasting fruit.

Final Prayer:

Father, thank You for stirring in me a deeper hunger for You. Thank You for meeting me in my weakness, filling me with Your Spirit, and calling me into greater dependency. I don't want to live on yesterday's encounter—I want to walk with You daily, moment by moment. Keep me hungry, keep me humble, and keep me close to Your heart. Lead me forward, and may this journey never end. In Jesus' name, amen.

The journey of Spirit-filled dependency is not a sprint—it's a lifelong pursuit. J.I. Packer writes, "What were we made for? To know God. What aim should we set ourselves in life? To know God... God is more than a subject to be studied—He is a person to be known."

Friends, you're not alone in this pursuit. God is with you. His Son is for you. His Spirit is in you. And the next step is right in front of you.

Stay hungry. Stay surrendered to the Father. Stay in step with Jesus. And stay filled with the Holy Spirit.



Who is Gary Rohrmayer?

Gary Rohrmayer has a unique focus on mobilizing and mentoring leaders toward missional impact. He specializes in equipping leaders in areas of spiritual formation, church planting, and church health.

Gary's vision is that "no leader should travel alone." He desires to emulate the ministry of Barnabas (Acts 4:32) by becoming a son of encouragement to the next generation of leaders. Gary has been involved in church planting since 1987. During this time, he has been involved in over 200 new church plants on every level. He has been a founding pastor, regional and national church planting leader, seminary professor, trainer, conference speaker, coach, consultant, and business leader.

Gary has authored 17 books. His 21 Days of Prayer books have sold over 100,000 copies. His 21 Days of Discipleship books are reaching that same level. His book *Spiritual Conversations* describes the evangelistic philosophy of his best-selling spiritual conversation tool, *The Spiritual Journey Guide*, that has sold over three million copies. Gary's resources are available through www.GaryRohrmayer.com.

On March 2010, Gary became the president of Converge MidAmerica, overseeing its business and ministry interests that support regional church planting and ongoing care of its partner churches. This regional network of churches has expanded into an international ministry. Under the team Gary has built, it has grown from 125 churches to over 838 churches. On November 2024, Gary will take a back seat in supporting his successor, who will take lead of the organization in reaching the next generation with the gospel, through the starting and strengthening of churches worldwide. Gary will focus his attention on the expanding work of Axelerate.

In 2017, Gary relaunched Axelerate (originally called Vision360), a multi-denominational ministry to serve church planting organizations throughout North America. Axelerate exists to serve leaders who serve church planters. During the last six years, Gary and his part-time start up team have coached, consulted, and cared for thirty-nine leaders in thirty organizations who are influencing over 36,000 churches in North America.

Gary is a graduate of Moody Bible Institute, Chicago, Illinois with a BA in Bible/Theology and an MA in Christian Ministry/Leadership. In 2024, Gary was awarded an Honorary Doctor of Divinity degree from Trinity Baptist College in Jacksonville, Florida. Gary and his wife, Mary, have been married over four decades. They have three grown children and three grandchildren.

Axelerate was birthed out of a great vision to see church planting accelerate throughout the myriads of denominations, associations, and networks across North America.

We are seeking to hit the key leverage point in multiplication by serving those catalytic leaders who lead multiplication ministries.

We will foster strategic coaching relationships with those national and regional leaders who facilitate church multiplication among their unique tribes.

Axelerate seeks to be inter-denominational in scope, providing assistance to those who can without reservation agree with The National Association of Evangelicals' Statement of Faith.

- We believe the Bible to be the inspired, the only infallible, authoritative Word of God.
- We believe that there is one God, eternally existent in three persons: Father, Son, and Holy Spirit.
- We believe in the deity of our Lord Jesus Christ, in His virgin birth, in His sinless life, in His miracles, in His vicarious and atoning death through His shed blood, in His bodily resurrection, in His ascension to the right hand of the Father, and in His personal return in power and glory.
- We believe that for the salvation of lost and sinful people, regeneration by the Holy Spirit is absolutely essential.
- We believe in the present ministry of the Holy Spirit by whose indwelling the Christian is enabled to live a godly life.
- We believe in the resurrection of both the saved and the lost; they that are saved unto the resurrection of life and they that are lost unto the resurrection of damnation.
- We believe in the spiritual unity of believers in our Lord Jesus Christ.

Our services consist of:

- Executive coaching for denominational executives and network leaders;
- Executive consultations for denominational executives and network leaders;
- Keynote presentations;
- Workshop presentations for pastors, church planters, and denominational executives;
- Retreats presentations for men, pastors, church planters, and denominational executives.

For more information, contact info@axelerate.org

For free resources, visit www.axelerate.org

What is a 21-Day Campaign?

In 1 Thessalonians 5:17, Paul tells us to "pray without ceasing," a reminder that prayer isn't just part of ministry; it fuels it. At its core, the 21-Day Campaign movement exists to help pastors and churches put prayer at the forefront of everything they do. Because when prayer is first, everything else begins to align with God's heart.

21-Day Campaigns are a unique opportunity to transition your church into a disciple-making community. Inspired by Daniel's 21 days of intercession, these focused seasons of prayer, fasting and doctrinal studies help churches recenter on what matters most. Whether it's launching a new ministry year, stepping into the new year with clarity, or preparing hearts during Lent, these campaigns stir hunger for God and renew dependence on His power

21 Days of Prayer – August, September, or October

21 Days of Prayer & Fasting – January, February, or March

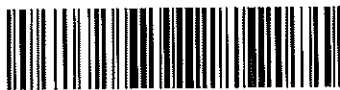
Ready to schedule or launch a 21-Day Campaign?

For ideas on how to launch a 21-Day Campaign in your church including a step by step guide, sermon ideas, and campaign materials go to www.garyrohrmayer.com/all-campaigns

Endnotes

1. Richard J. Foster, *Celebration of Discipline: The Path to Spiritual Growth* (San Francisco, CA: HarperSanFrancisco, 1978), p. 13
2. John Piper, *A Hunger for God: Desiring God through Fasting and Prayer* (Wheaton, IL: Crossway, 1997), p. 23
3. Andrew Murray, *The Inner Chamber and the Inner Life* (London: Hodder and Stoughton, 1905), 15–16
4. "56 William Law Quotes," Christian Quotes, accessed July 26, 2024, <https://www.christianquotes.info/quotes-by-author/william-law-quotes/>
5. F. B. Meyer, *Through the Bible Day by Day*, Bible Hub, accessed July 26, 2024, <https://biblehub.com/commentaries/ttb/psalms/51.htm>
6. Oswald Chambers, "Intercessory Prayer," *My Utmost for His Highest*, December 13, <https://utmost.org/intercessory-prayer/>
7. Oswald Chambers, "The Key of the Greater Work," *My Utmost for His Highest*, accessed July 26, 2024, <https://utmost.org/the-key-of-the-greater-work/>
8. J.I. Packer, *Knowing God* (Downers Grove, IL: InterVarsity Press, 1973), pp. 33–34

Made in the USA
Coppell, TX
11 December 2025



65386840R00042

"GOD COMES IN WHERE MY HELPLESSNESS BEGINS."

— OSWALD CHAMBERS

In a world that values self-reliance and independence, *Hunger* offers a different path—one of *Spirit-filled dependency*. This 21-day devotional journey invites you to awaken a deeper hunger for God's presence, power, and purpose in your life. Rooted in Scripture and written with pastoral insight, each daily entry leads you into honest reflection, Spirit-led prayer, and practical steps toward a life fully surrendered to the God and Father of our Lord Jesus Christ.

Whether you're a church leader longing for renewal, a believer seeking fresh intimacy with God, or a church looking to cultivate a deeper culture of prayer and dependence, *Hunger* will stir your soul and strengthen your walk.

Discover how to:

- Develop a posture of daily surrender
- Replace self-effort with Spirit-empowered living
- Cultivate a hunger that leads to transformation
- Pray with conviction, clarity, and boldness
- Walk in step with the Spirit in every area of life

Hunger is more than a devotional—it's an invitation to experience personal revival and a deeper, lasting intimacy with God.

GARY ROHRMAYER has spent over three decades helping pastors, church planters, and spiritual leaders cultivate healthy, mission-driven ministries. As a pastor, church planting strategist, and author, Gary's passion is to lead people into deeper dependence on God and greater effectiveness in gospel mission. He is the author of numerous resources, including *The 21-Day Prayer Campaign Series*, *Ten Marks of a Coachable Leader*, and *Spiritual Conversations*. More information: www.garyrohrmayer.com

AXELERATE is an inter-denominational mission that exists to empower networks, churches, and leaders to accelerate their spiritual momentum through proven tools, strategic coaching, and catalytic prayer movements. The 21-Day Journey series is one of Axelerate's premier resources designed to ignite spiritual hunger, renew gospel passion, and equip believers for everyday mission. More information: www.axelerate.org

AXELERATE
multiplying leaders. multiplying churches

Axelerate.org

