

● JANUARY 2026

201 DAYS

PRAYER & FASTING ●

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HOW TO USE THIS GUIDE

Thank you for joining us for 21 Days, a prayer and fasting challenge! In the coming weeks, our goal as a church is to understand how God desires a relationship with us, how we can trust Him, and ultimately, to commit to a lifelong relationship with Him. Matthew 18:20 says, “For where two or three gather in my name, there am I with them.” By praying together, we believe God will deepen our faith and work powerfully in our church and city.

This journal is designed to guide you daily in prayer and worship. Rather than simply reciting the prompts, we encourage you to pray sincerely in your own words. Use the blank sections to write personal prayers, and let this journal provide a framework for intentional prayer using the PRAY Model.

PRAISE: Start your prayer by showing your appreciation for Him. Praise Him for who He is, what He has done, and what He will do. Starting with gratitude and worship helps posture our hearts before God to listen to Him.

REPENT: Humbly bring your sins before God and ask for forgiveness. God wants to bring us close to Him. To do so, we need to seek forgiveness for the sins that hold us back from Him.

ASK: Once we have repented and received forgiveness, we can then approach Him in faith to ask of Him. Use this time to ask questions that are on your heart or to boldly ask Him to do something in your life.

YIELD: Finally, we yield to God and what He has to say. We can boldly ask anything of Him, but we must also be ready to accept His answer. Take time to review His word and listen for the voice of the Holy Spirit.

WHAT IS PRAYER?

James 5:16 says, "Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective."

Prayer is an intentional, personal, and real communication with our Heavenly Father. While prayer is, at its core, communicating with God, there are a few things we should keep in mind:

Prayer should be a two-way conversation. This is just like with any other relationship in your life. We come to God honestly and humbly, sharing our hearts while being open to the Holy Spirit's guidance and correction.

Prayer should be consistent. As our relationship with God grows through daily communion, we learn from His word and hear His Spirit. Constant communication deepens our connection with Him.

Prayer should be intentional. We shouldn't approach God only when it's convenient or out of habit. Carve out focused time for Him daily. While short prayers may suffice in busy moments, make intentional prayer a regular practice.

Prayer should be personal. God desires heartfelt, honest prayers that trust Him fully. We can bring our hearts and concerns before the King in expectation that He will answer us. We only need to approach with a humble heart ready to accept the answer He provides.

WHAT IS FASTING?

Matthew 6:17–18 says, “But when you fast, put oil on your head and wash your face, so that it will not be obvious to others that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you.”

Biblical fasting is an intentional, spiritual act of drawing near to God by abstaining from something, usually food, for a set period of time. Fasting is a purposeful surrender that creates space for God to speak, strengthen, and transform us. As we set aside physical cravings, we turn our attention to the Lord in a deeper way. Here are a few things to keep in mind as we fast:

Fasting should focus your heart on God. The purpose of biblical fasting is not merely to skip meals, but to seek God with greater clarity. When hunger or discomfort rises, it becomes a reminder to turn your attention toward Him. Fasting disconnects us from the world so we can connect more intentionally with the Father.

Fasting should be accompanied by prayer. Fasting without prayer quickly becomes nothing more than dieting. Scripture consistently pairs fasting with seeking God through prayer, worship, and repentance. As we fast, we quiet the noise around us to hear His voice more clearly and align our hearts with His will.

Fasting should be humble and sincere. Biblical fasting is never meant to be a display of spirituality. Instead, we fast privately and sincerely, knowing God sees what is done in secret.

Fasting should be intentional and sacrificial. We choose to abstain from something meaningful, whether food, media, habits, or comforts, to remind ourselves that God alone sustains us. In scripture, we see fasting is almost always about food. This is because we rely on food to sustain us. The pain of a fast from food reminds us of our total dependence on God. This intentional sacrifice sharpens our spiritual focus and builds discipline in our walk with Christ.

WHAT ARE YOU
FASTING FROM?



WEEK 1

BATTLING AGAINST FEAR

God is looking to transform each of us into saints, on fire for the Lord, but fear holds us back. Over the next seven days, we will explore what fear is and how to combat it.

Jeremiah 5:23-25

But these people have stubborn and rebellious hearts; they have turned aside and gone away. They do not say to themselves, "Let us fear the Lord our God, who gives autumn and spring rains in season, who assures us of the regular weeks of harvest." Your wrongdoings have kept these away; your sins have deprived you of good.

Reflection

At its root, fear is unbelief in God. God calls Israel rebellious not because they shouted against Him, but because they refused to trust the One who provided their rain, harvest, and protection. Fear becomes rebellion when it leads us away from God instead of towards Him. We struggle against the fear of the unknown, loss, pain, and our fellow man. Battling fear begins by returning our hearts to awe, reverence, and confidence in who He is.

Guided Prayer

Lord, You are, The Most High God. You see my heart, when I replace my love for You with something temporary. Father, I repent of relying on anything other than You for my life. I repent of living a life that, at times, is driven by fear rather than giving control to you. Restore me and cure me of unfaithfulness, and reliance on other things, not with any pretense, but with all my heart. You alone are able. You alone will save me.

WRITE YOUR PRAYER HERE.

Prayer Prompts: • Consider any areas of your life that you have

- Consider any areas of your life that you have not given to the Lord. Ask Him to show you areas where you are giving your confidence to something other than Him for solutions.
- What are you fearful of?

1 John 4:18

There is no fear in love. But perfect love drives out fear, because fear has to do with punishment. The one who fears is not made perfect in love.

Reflection

The first step in this battle begins when we cut off the source of what feeds our fear. Fear is starved in the presence of perfect love. Not merely sentimental love, but the fierce, holy, and unwavering love of God. This love reassures us that we are not standing before a Judge waiting for punishment, but before a Father who has already given everything for our redemption. Fear tries to convince you that you cannot trust God. We diminish fear when we feast on the promises of God.

Guided Prayer

Father, You alone are Holy and a steadfast lover of my soul. You alone have provided a way for me to enter to dwell with You, by the sacrifice of Your son, Jesus. Thank you for Your Son, Your Word, and Your Spirit that testify of Your trustworthy nature. Build in me a deeper trust in You, so that I may live a life that glorifies You. I don't want to live in fear of worldly consequences, but live in the confidence that whatever this life brings, I can trust Your promises.

WRITE YOUR PRAYER HERE.

Prayer Prompts:

- Ask God to show you Himself! Ask Him to show you ways to live more faithfully, and the things that He wants you to change to do that.
- Ask Him to show you the ways you are relying on yourself and your solutions, rather than Him and His ways.

Philippians 4:4-9

Rejoice in the Lord always. I will say it again: Rejoice! Let your gentleness be evident to all. The Lord is near. Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you.

Reflection

Fear is only powerful when we give it a voice in our lives. Paul said in Romans 10:17, “Consequently, faith comes from hearing the message, and the message is heard through the word about Christ.” Growing in faith comes from hearing the word of Christ! Paul shows us a rhythm that builds unshakable trust: rejoice, pray, give thanks, and fill your thoughts with what is true and good. Faith isn’t strengthened by wishing or hoping, but by choosing to place our worries before God and then fixing our minds on His character and His promises. When we practice these things, God guards our hearts with a peace that fear cannot penetrate.

Guided Prayer

Good Father, Your plans for me are good, and I am grateful! Thank You for giving me Your Word, which directs my thoughts toward a healthy, peace-filled path when I am struggling with anxiety.

WRITE YOUR PRAYER HERE.

Prayer Prompts:

- Consider the thoughts that create fear in your life and need replacing with the truths of God, His Word and His plans for you.
- Take time to list how God has been good in your life.

Ephesians 6:16

In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one.

Reflection

Consider Paul's words, "take up." We must carry the shield of faith with us at all times and rise it when the arrows of the enemy come. As the warrior must know when to swing his sword, they too must know when to raise the shield to protect themselves. Also this shield not only protects but extinguishes the burning fire of fear. Faith isn't pretending everything is fine; it is choosing to stand firm on who God is when circumstances threaten to overwhelm. When lifted, faith covers our hearts and minds, reminding us that our protection comes from God's power, not our own ability to control the battle.

Guided Prayer

Lord, Your power is unending. I am grateful that You consider my fears, and are building my faith through this season. Help me to find my shield in times of fear, and bring Your word to mind when I need covering for circumstances that are beyond my control.

WRITE YOUR PRAYER HERE.

Prayer Prompts: • Looking into the future, where do you need the shield of faith?

2 Chronicles 20:17

You will not have to fight this battle. Take up your positions; stand firm and see the deliverance the Lord will give you, Judah and Jerusalem. Do not be afraid; do not be discouraged. Go out to face them tomorrow, and the Lord will be with you.

Reflection

Fear leads us into battles that were never ours to fight. God tells Judah to stand firm, not because the situation isn't dangerous, but because He Himself will fight for them. Fear tries to convince us that everything depends on us, but faith remembers that God is a warrior who defends His people. Victory belongs to Him. Our part is obedience, trust, and showing up with confidence that He is present and powerful.

Guided Prayer

My Father and my Banner, thank You for Your power in fighting my battles! When I feel weak, remind me of Your strength. I am grateful that nothing is too difficult for You. Help me to surrender my fear, bringing my circumstances to You through prayer and petition, knowing that You will fight for me.

WRITE YOUR PRAYER HERE.

Prayer Prompts: • Thank God for a time when he fought the battle for you.

- When was the last time you fought the battle without Him? What was the outcome and how did it differ from when you relied on Him?

Psalm 46:1-4

God is our refuge and strength, an ever-present help in trouble. Therefore we will not fear, though the earth give way and the mountains fall into the heart of the sea, though its waters roar and foam and the mountains quake with their surging. There is a river whose streams make glad the city of God, the holy place where the Most High dwells.

Reflection

Not only is God our warrior but he is also our true refuge from the battle. To the psalmist, the sea represents chaos and fear so for it to overtake the mountains shows this is the biggest crisis. Even if mountains crumble and seas roar, God provides a river of peace that flows from His presence. When we take shelter in Him, our fear loses its voice because our confidence rests not in circumstances, but in His unchanging strength.

Guided Prayer

Lord, You are my refuge and strength, my only place of rest. Thank You. When I face difficult times, help me to experience Your peace and the certainty of Your protection. Even when my perspective is limited, help me to see Your work and to trust You more completely.

WRITE YOUR PRAYER HERE.

Prayer Prompts: • Consider the hard things in your life. Did you take shelter in Him through them? Why or why not?

- Take time and list the areas in your life where you are treating God as your rest. What things do you use for rest other than God?

2 Timothy 1:7

for God gave us a spirit not of fear but of power and love and self-control.

Reflection

When you become a follower of Christ you are immediately given the Holy Spirit who resides in you. This doesn't mean that we won't experience fear but rather to deal with that fear we must rely on the power of the Holy Spirit within us. Through His power we experience love and self-control. Another way to translate self-control is a sound-mind. If we have God on our side, living within us, what is there to fear? To know the creator of everything, source of love, and ultimate satisfaction is fighting for you and has given you a new spirit, that only results in a sound-mind.

Guided Prayer

Father, thank you for giving me Your Holy Spirit to guide me and help me discern right from wrong. Help me to call on Your Spirit for wisdom in my decisions. Father, remind me of the Spirit that you have given, not one of fear but of self-control. Lord, grow that Spirit within me by your strength and not my own.

WRITE YOUR PRAYER HERE.

Prayer Prompts:

- What has God taught you during this first week?
- Are there any areas you are still struggling to let go of due to fear?



WEEK 2

NOT YOUR OWN

You were made on purpose for a purpose. Over the next seven days, we will focus on how God has redeemed us, how that salvation should result in life change, and the marks of a true follower of Christ.

1 Peter 1:18-20

For you know that it was not with perishable things such as silver or gold that you were redeemed from the empty way of life handed down to you from your ancestors, but with the precious blood of Christ, a lamb without blemish or defect. He was chosen before the creation of the world, but was revealed in these last times for your sake.

Reflection

As you read the New Testament, you will see the Apostle Paul proudly wear the title of bondservant of Christ. Paul understands that he is not his own, he was bought with a price. God didn't redeem you with gold or silver but with the precious blood of Christ. When you understand the cost of your salvation, it reshapes how you live. Christ died on that cross for your sake. Your life is not cheap, God paid a high price for you to be allowed into the family. We have been set free from the chains of sin and like our brother Paul, we should boldly wear the title of bondservant for Christ.

Guided Prayer

Thank You, God, for the ultimate sacrifice of Your Son, Jesus, who paid the cost for my sin that I could never pay myself. Despite the great price, Your desire to save me was unwavering. Deepen my understanding of this profound sacrifice so that it fundamentally transforms me from the inside out.

WRITE YOUR PRAYER HERE.

Prayer Prompts: • Ask God to reveal the areas of your life that you are preventing Him from changing.

1 Corinthians 6:19-20

Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your bodies.

Reflection

When you give your life to Christ, you become the temple in which God resides. God has not just forgiven you; He filled you. Often, we consider the church building as holy ground because it is where God seems most present. However, when we embrace this scripture as Christians, we realize that everywhere we walk is holy ground, because the one true living God dwells within us.

Guided Prayer

Lord, You are Creator God! You made man from dust, and breathed the breath of life into his body. You made me in Your image, and filled me with Your Holy Spirit when I accepted Christ as my savior. Thank you, Father, for making me Your temple where You reside.

WRITE YOUR PRAYER HERE.

Prayer Prompts: • If someone were to take a walk through your

- Ask God to clean the temple of your life so it may be a holy ground for Him.

Matthew 7:21-26

Not everyone who says to me, “Lord, Lord,” will enter the kingdom of heaven, but only the one who does the will of my Father who is in heaven. Many will say to me on that day, “Lord, Lord, did we not prophesy in your name and in your name drive out demons and in your name perform many miracles?” Then I will tell them plainly, “I never knew you. Away from me, you evildoers!” Therefore everyone who hears these words of mine and puts them into practice is like a wise man who built his house on the rock. The rain came down, the streams rose, and the winds blew and beat against that house; yet it did not fall, because it had its foundation on the rock. But everyone who hears these words of mine and does not put them into practice is like a foolish man who built his house on sand.

Reflection

We receive a warning here that calling Jesus “Lord” is not the same as following Him. This scripture invites us to engage in sober reflection: Are we truly surrendered to Christ, or are we merely familiar with His name? The Oxford Dictionary defines “Lord” as “someone having power, authority, and influence.” This begs the question—are we Christians because it’s part of our culture, or do we actively surrender ourselves to Him as the Lord of our lives? To truly belong to Him means building everything we are on Him and His teachings. This is a call to deepen our commitment and ensure our faith goes beyond mere words to a life transformed by His love and authority.

Guided Prayer

Father God, incline my heart to Your will in my life, and help me to see any areas where I am being foolish. Help me to be a doer of Your Will, not just someone that hears about You, yet is unaffected by Your sacrifice.

WRITE YOUR PRAYER HERE.

Prayer Prompts: • Is there a part of your life where you only call Jesus 'Lord' with your lips and not your heart?

Galatians 5:22-24

But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law. Those who belong to Christ Jesus have crucified the flesh with its passions and desires.

Reflection

We have spent the last few days talking about cultural Christianity, but what does authentic faith look like? If we are the temple and the Holy Spirit resides in us, the fruit of the Spirit is the results of the Spirit's work, not our own. Fruit reveals the health of the root! Those with authentic faith in Christ are actively growing in each of these. Notice too that for each of these fruits, it is others who get to enjoy them the most. As you mature in Christ, other people will notice the fruit of the Spirit within you. When the flesh is crucified, the Spirit grows His fruit in us. The evidence of a believer is not perfection, but transformation—an inner life shaped by God's presence.

Guided Prayer

Father, I thank You for the gift of the Holy Spirit residing within me. Because of the Spirit, I am empowered to distinguish between thoughts and actions that arise from my own sinful nature and those that originate with You. The Holy Spirit enables me to deny the desires of my flesh, which lead to death, and instead pursue the priorities of Your kingdom, which lead to life. Please deepen my love for the things of Your kingdom and help me consistently seek the fruit of the Spirit.

WRITE YOUR PRAYER HERE.

Prayer Prompts: • Which fruit of the Spirit do you see God growing

- Which fruit are you preventing God from growing?

Matthew 16:24-26

Then Jesus said to his disciples, “Whoever wants to be my disciple must deny themselves and take up their cross and follow me. For whoever wants to save their life will lose it, but whoever loses their life for me will find it. What good will it be for someone to gain the whole world, yet forfeit their soul? Or what can anyone give in exchange for their soul?”

Reflection

As we reflect on this verse, it's crucial to remember the intensity it held for its original audience. The call to pick up your cross was not just metaphorical; for those early followers, it was a literal calling. Jesus was straightforward with His disciples—following Him could cost them everything, including their lives. While we may not face the same physical threats today, the concept remains powerful. Each of us is called to die to ourselves, which means surrendering our desires, comforts, and ambitions in order to take up the cross He has set before us. In this process of losing our lives for His sake, we discover the profound truth that true satisfaction is found only in Him. For countless Christians around the globe, this verse continues to resonate in a very real, tangible manner. Are you prepared to pick up your cross and embrace the journey He calls you to?

Guided Prayer

Thank you, Lord, for the cross, which clearly showed me the true cost of following the Father's will. I ask for Your help to identify what I need to surrender in my life so I can genuinely follow You. Give me the strength to embrace Your will for my life, no matter what it entails.

WRITE YOUR PRAYER HERE.

Prayer Prompts:

- What is the cross God is calling you to bear?
- If the words of Christ frighten you or make you uncomfortable, ask the Lord to give you confidence in the calling He has for your life.

James 1:22-24

Do not merely listen to the word, and so deceive yourselves. Do what it says. Anyone who listens to the word but does not do what it says is like someone who looks at his face in a mirror and, after looking at himself, goes away and immediately forgets what he looks like.

Reflection

As Christians, we are called not only to believe in Jesus but to be His apprentices. One of the biggest reasons people struggle to listen to Christians is because of hypocrisy. Hearing the Word must lead to doing the Word. Scripture serves as a mirror, revealing our true selves; if we walk away unchanged, we are deceiving ourselves. Obedience is what transforms truth into action. It's through our obedience that we best represent Christ to those around us. An authentic faith is one that is lived out daily and guided by the Holy Spirit. We must allow Him to shape and sharpen our actions, habits, relationships, and character, ensuring that our faith is not just a statement but a way of life.

Guided Prayer

Father, recreate me in Your image. Refine my life, my thoughts and my affections so they will be more like You and Your will for my life. Help me walk in the freedom that comes only when my will is completely surrendered to Yours.

WRITE YOUR PRAYER HERE.

Prayer Prompts:

- What are you doing in your life that is in contrast with God's word?
- Ask for the Lord's voice to be the loudest in your life so you may hear His word over the word of the enemy.

Galatians 5:13-16

You, my brothers and sisters, were called to be free. But do not use your freedom to indulge the flesh; rather, serve one another humbly in love. For the entire law is fulfilled in keeping this one command: "Love your neighbor as yourself." If you bite and devour each other, watch out or you will be destroyed by each other. So I say, walk by the Spirit, and you will not gratify the desires of the flesh.

Reflection

Jesus' work on the cross has set us free from sin and paid the price for our wrongdoings against our Creator. We might think at times, if Jesus has paid the price, what is the issue with me continuing to sin? However, we must be careful not to let that sacrifice go in vain. Through the profound cost of the cross, the Spirit guides us to a life where sin loses its grip and love becomes our default. Paul reminds us not to use our freedom as an opportunity to sin. The antidote is to focus on loving our neighbors. By denying ourselves and prioritizing the needs of others, we walk by the Spirit. Jesus said it like this in Matthew 16:25: "For whoever wants to save their life will lose it, but whoever loses their life for me will find it."

Guided Prayer

Lord Jesus, Your ultimate sacrifice on the cross is a profound and painful illustration of true love, offering the perfect example of valuing others above oneself, something difficult for us to fully grasp today. Please help me keep this example at the forefront of my mind. Grant me the increased ability to apply this self-sacrificial love in my own life and find more ways to live for Your glory, not my own. Thank you.

WRITE YOUR PRAYER HERE.

Prayer Prompts: • Ask God to reveal someone in your life where

- Ask God to reveal someone in your life where you need to show the love of Christ.
- What has God taught you during this second week?



WEEK 3

BY HIS POWER

The life of a follower of Christ is challenging and, at times, seemingly impossible. In this final week, we will focus on how the life of the believer is only through the strength of the Lord.

2 Corinthians 12:8-10

Three times I pleaded with the Lord to take it away from me. But he said to me, "My grace is sufficient for you, for my power is made perfect in weakness." Therefore I will boast all the more gladly about my weaknesses, so that Christ's power may rest on me. That is why, for Christ's sake, I delight in weaknesses, in insults, in hardships, in persecutions, in difficulties. For when I am weak, then I am strong.

Reflection

Sometimes, it is in what we perceive as the absence of an answer to our prayers that we actually hear God's voice. The phrase of pleading three times can also serve as an idiom that describes how Paul prayed without ceasing. In those prayers, Paul heard God say that His power is made perfect in Paul's weakness. This weakness acts as a doorway for Christ's power to rest upon us. It is in recognizing our own insufficiency that we truly understand that God's grace is sufficient. When Paul says, "When I am weak, I am strong," he emphasizes that it is Christ's power, not his own, that gives him strength.

Guided Prayer

Lord, what a relief this scripture is to me! Thank you for this image of Paul as weak, and requiring Your strength to overcome his flesh. Father, give me that same Spirit of self-control that leads to submission. With You I have access to true strength and power beyond my own. Help me to rely on Your strength first before anything else.

WRITE YOUR PRAYER HERE.

Prayer Prompts: • What would it look like for you to surrender to

- What would it look like for you to surrender to God's strength instead of using your own?
- How might God be inviting you to see your weaknesses, not as failures, but as opportunities for His power to rest on you and be made visible through your life?

James 1:2-4

Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, because you know that the testing of your faith produces perseverance. Let perseverance finish its work so that you may be mature and complete, not lacking anything.

Reflection

James mentions “whenever you face trials,” not “if you face trials.” This distinction highlights that a Christian’s life inevitably includes challenges and difficulties. Facing a trial is like confronting an enemy in battle or dealing with a challenging situation; it suggests we approach it with confidence, strategy, and determination. While trials themselves are not joyful, they lay the groundwork for joy by fostering spiritual maturity. God uses these pressures and trials to refine our faith. Perseverance involves actively enduring in our faith during trials, supported by the understanding of what God accomplishes through them. It is through these trials that we are made complete in Christ, not lacking anything.

Guided Prayer

God, I thank you for the joy that comes from the confidence I have in You, knowing that You are refining me to look more like Jesus. When I face trials, help me to approach them with this confidence, rooted deeply in Your word rather than in my own flesh. Hold fast to me through these times, Lord, so that I may always be reminded of Your strength and goodness.

WRITE YOUR PRAYER HERE.

Prayer Prompts: • When a trial comes your way, what is your first

- Where is God inviting you to persevere right now, and how can you anchor yourself more firmly in His Word rather than in your feelings or fears as you endure?

James 1:5-8

If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you. But when you ask, you must believe and not doubt, because the one who doubts is like a wave of the sea, blown and tossed by the wind. That person should not expect to receive anything from the Lord. Such a person is double-minded and unstable in all they do.

Reflection

God sees our condition and trials reveal the condition of our heart, mind, and spirit to ourselves. Through trials, we learn what we lack; however, God will generously provide for those who ask in faith. When we recognize our shortcomings, the first and only source we should turn to is our heavenly Father. When you ask, make sure your request is rooted in faith. God desires a steadfast follower, not someone who is double-minded, trusting Him one moment and clinging to the world the next. Remember Hebrews 11:6, "And without faith it is impossible to please God, because anyone who comes to him must believe that he exists and that he rewards those who earnestly seek him."

Guided Prayer

Generous Father, thank You for the wisdom You freely give when I seek it. Increase my faith so that I may confidently ask for Your wisdom and discernment. Shield me from being double-minded or doubting Your goodness or ability. Your Word encourages me to "boldly come before the throne," grant me the boldness to ask You for direction and wisdom in my life.

WRITE YOUR PRAYER HERE.

Prayer Prompts: • What areas do you lack in? Ask God to glorify Himself in that weakness.

Ephesians 3:20-21

Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us, to him be glory in the church and in Christ Jesus throughout all generations, for ever and ever! Amen.

Reflection

Over the past few days, we have been focusing on how God's power is perfected in our weakness and on the fact that we can ask Him in faith to supply our needs. Now take time to realize that God is not only able to do all you can ask, but He desires to do even more than that! God's power at work in us is greater than anything we can imagine. We often pray within the limits of our understanding, but God works according to His limitless ability. Therefore, trust Him as you ask in your prayer. Trust Him as the foundation of your life. Trust Him to create a new work in you, your family, and your neighbor. Trust Him to do far more than you imagine.

Guided Prayer

Lord, thank You that Your thoughts and ways surpass my own. I am thankful for the good plan You have for my life. I ask that You increase my vision of who You are, helping me to see that Your plans for my life and gifts are greater than I can imagine. Help me to live in and pray for Your will. Give me the confidence to embrace opportunities for spiritual growth, trusting that because of Your love, You will often call me to things that are beyond my current ability or scope. Help me to walk with confidence, knowing Your timing is perfect.

WRITE YOUR PRAYER HERE.

Prayer Prompts: • What is your testimony? Take time to thank God for how He has done more than you could have imagined.

- In what areas of my life, family, future, relationships, or spiritual growth, do I sense God calling me to believe for more and step into His greater plans with confidence?

Pray this scripture:**Ephesians 6:10-18**

Finally, be strong in the Lord and in his mighty power. Put on the full armor of God, so that you can take your stand against the devil's schemes. For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand. Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place, and with your feet fitted with the readiness that comes from the gospel of peace. In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. Take the helmet of salvation and the sword of the Spirit, which is the word of God. And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord's people.

Reflection

Notice that our battle isn't solely against our own sinful desires but against our spiritual enemy, the devil. Focus on each piece of armor. The truth of God's word holds together the armor. The righteousness of Christ closely protects you at all times. The gospel of peace will guide your every step. As we studied before, allow faith to be wielded actively to protect against the enemy's attacks. Salvation safeguards your identity, which is found solely in Christ. The word of God is your weapon used to cut down the enemy, but like a real sword, one must practice with it before the battle to use it effectively. Soldiers remain vigilant during warfare, and our spiritual battle is ongoing. Therefore, we must remain fully clothed in the armor of God and maintain a posture of prayerful readiness.

WRITE YOUR PRAYER HERE.

Prayer Prompts:

- Which piece of the armor of God do you most need to strengthen or practice using right now?
- Ask God to make you more aware of the spiritual battle that takes place each day in your life.

Philippians 3:12-15

Not that I have already obtained all this, or have already arrived at my goal, but I press on to take hold of that for which Christ Jesus took hold of me. Brothers and sisters, I do not consider myself yet to have taken hold of it. But one thing I do: Forgetting what is behind and straining toward what is ahead, I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus. All of us, then, who are mature should take such a view of things. And if on some point you think differently, that too God will make clear to you.

Reflection

Spiritual maturity requires movement. Paul refuses to live in the past, either in regret or accomplishment. Instead, he presses toward the purpose for which Christ took hold of him. On this side of eternity, as Christians there isn't a moment where we can say, "I've made it." The Holy Spirit will always be working within you, teaching you new things, and weeding out the root of sin. Growth happens when we choose forward focus: letting go of what was, leaning into what is ahead, and pursuing God's calling with steady determination. As we focus on maturing in Christ, let each of us then have this mentality.

Guided Prayer

Lord, I ask that You refine me continually. Prune me, Father, so that the fruit I produce is pleasing to You. Help me to keep my focus on the prize of being Your child. Thank You, God, for sustaining me throughout this race.

WRITE YOUR PRAYER HERE.

Prayer Prompts: • What past failures, regrets, or even

- What past failures, regrets, or even accomplishments are you still holding onto, and how is God calling you to release them so you can press forward in spiritual maturity?
- Where is God trying to prune you so that you may grow?

Hebrews 13:1-6

Keep on loving one another as brothers and sisters. Do not forget to show hospitality to strangers, for by so doing some people have shown hospitality to angels without knowing it. Continue to remember those in prison as if you were together with them in prison, and those who are mistreated as if you yourselves were suffering. Marriage should be honored by all, and the marriage bed kept pure, for God will judge the adulterer and all the sexually immoral. Keep your lives free from the love of money and be content with what you have, because God has said, "Never will I leave you; never will I forsake you." So we say with confidence, "The Lord is my helper; I will not be afraid. What can mere mortals do to me?"

Reflection

Throughout the New Testament, a central theme is the perseverance of faith. Over the past twenty days, our prayer has been, through the power of the Holy Spirit, to overcome our fears and grow in our relationship with Christ. Our prayer today is simply for this journey to continue. While we have been united in prayer for twenty-one days, it is up to each of us to allow this love and unity to endure. God will never leave us, and since He is our helper, there is nothing to fear. With no fear to hold us back, what can stand against us?

Guided Prayer

Thank You, Lord, for Your constant presence in my life and for freeing me from fear as I surrender it to You. I ask that You would be with me, working both through me and, when necessary, in spite of me, to advance the work You are doing within me. Strengthen my discipline in seeking You, let me be fully satisfied in Your provision, and instill in me the confidence that You will continue the process of refining my character.

WRITE YOUR PRAYER HERE.

Prayer Prompts: • What has God taught you during this final week?

- Reflect on this 21 day journey with God. Pray for Him to continue the work He is doing in you, and for the confidence that He is building in you, through consistently training your body, mind and spirit for the battles to come.

Over these twenty-one days, we have journeyed through what it means to be a follower of Christ. We learned that fear loses its grip when confronted with the love of the Father, that our lives are no longer our own but redeemed and repurposed by Christ, and that the strength to walk faithfully comes not from our abilities but from His Spirit within us. What God has begun in your life over these twenty-one days is meant to continue. Let your confidence be this: the God who calls, loves, strengthens, and fights for you will never leave you or forsake you.

“I thank my God every time I remember you. In all my prayers for all of you, I always pray with joy because of your partnership in the gospel from the first day until now, being confident of this, that he who began a good work in you will carry it on to completion until the day of Christ Jesus.”

Philippians 1:3-6

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