

21 DAYS
PRAYER & FASTING
Seeking God with all your heart

21-day prayer guide for your personal life

before you begin

step 1: set your objective

Why are you fasting? Ask the Holy Spirit to clarify His leading and objectives for your prayer fast. This will enable you to pray more specifically and strategically. Through fasting and prayer, we humble ourselves before God so the Holy Spirit will stir our souls.

step 2: make your commitment

Pray about the kind of fast you should undertake. Jesus implied that all of His followers should fast (Matt. 6:16-18; 9:14-15). For Him it is a matter of when believers fast not if they fast. Before you fast, decide the following upfront:

- How long you fast - one meal, one day, one week, several weeks, certain days (Beginners should start slowly, building up to longer fasts).
- The type of fast God wants you to undertake (such as water only or water and juices; what kind of juices you will drink and how often, see types of fasts below).
- What physical or social activities you will restrict.
- How much time each day you will devote to prayer and God's Word.

Making these commitments ahead of time will help you sustain your fast when physical temptations and life's pressures tempt you to abandon it.

step 3: prepare yourself spiritually

The very foundation of fasting and prayer is repentance. Unconfessed sin can hinder your prayers. Here are several things you can do to prepare your heart:

- Remember that God is your Father and He loves you and is for you.
- Confess every sin that the Holy Spirit calls to your remembrance and accept God's forgiveness (1 John 1:9).
- Make restitution as the Holy Spirit leads you.
- Ask God to fill you with His Holy Spirit according to His command in Ephesians 5:18 and His promise in 1 John 5:14 – 15.
- Surrender your life fully to Jesus Christ as your Lord and Master; refuse to obey your worldly nature (Romans 12:1 – 2).
- Meditate on the attributes of God, His love, sovereignty, power, wisdom, faithfulness, grace, compassion, and others (Psalm 48:9 – 10; 103:1 – 8, 11 – 13).
- Begin your time of fasting and prayer with an expectant heart (Hebrews 11:6).
- Do not underestimate spiritual opposition. Satan sometimes intensifies the natural battle between body and spirit (Galatians 5:16 – 17).

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step 4: prepare yourself physically

- Fasting requires reasonable precautions. Consult your physician first, especially if you take prescription medication or have a chronic ailment. Some persons should never fast without professional supervision.
- Physical preparation makes the drastic change in your eating routine a little easier so that you can turn your full attention to the Lord in prayer.
- Do not rush into your fast.
- Prepare your body.
- Eat smaller meals before starting a fast. Avoid high fat and sugary foods.
- Eat raw fruit and vegetables for two days before starting a fast.

types of fasts

While preparing for your fast, it is important to choose ahead of time what type of fast you will participate in. Not only will this help you make the necessary preparations to implement your plan, but it will also help you plan. As you commit to a specific fast ahead of time, knowing how you're going to do it will position you to finish strong.

Choosing your fasting plan is a very personal decision. We are all at different places in our walk with God and our spirituality. Fasting should never be a cause for comparison or competition. There is nothing more "inherently spiritual" about one type of fast as opposed to another. Your personal fast should present a level of challenge to it. Know your body, know your options, and most importantly, seek God in prayer about this and follow what the Holy Spirit leads you to do. It is also important to not let what you eat or do not eat become the focus of your fast. This is a time to disconnect enough with your regular patterns and habits to enable you to connect closer to God.

Listed below are some options and variations of different types of fasts you can choose to engage in. As you read over the information provided here, please consider how it applies to your circumstances and convictions. Fasting does require reasonable precautions. If you have any health concerns, please consult your physician prior to beginning your fast - especially if you are taking medication, have a chronic condition, or if you are pregnant or nursing.

specific food or activity fast

This type of fast refers to omitting a specific item or activity. For example, you may choose to eliminate red meat, processed or fast food, or sweets. It could also involve fasting from an activity or habit, such as television watching, or social media.

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before you begin

media fast

Consider turning off all electronic media and communication devices at a certain time each day for 21 days, for instance when you leave work. Instead of filling your evenings with video games, Internet and television, spend time together as a family. Eat dinner together, talk, take walks, pray or build relationships with a neighbor for the purpose of witnessing to them. Disconnect from the "world" and connect with God and family.

Daniel fast

The Daniel fast is a great model to follow that proves to be extremely effective for spiritual focus, bodily discipline, and purification in the body and soul. In the book of Daniel, we find two different times where Daniel fasted: once in Daniel 1 and again in Daniel 10. Daniel 1 states that he ate vegetables and water. Daniel 10, while the passage does not give a specific list of foods that Daniel ate, states that Daniel ate no rich (or choice) foods as well as no meat or wine. So based on these two verses, we can see that either of these, or any variation between, constitutes a fast. Again, there is nothing "inherently spiritual" about one type of fast as opposed to another. It is important to seek God in prayer and follow what the Holy Spirit leads you to do.

juice fast

A juice fast is not eating solid food and instead drinking vegetable juices, fruit juices and water.

water fast

A water fast is eating no foods and drinking no liquids except water for a period of time. Extreme precautions should be taken with a water fast and should be done under the direct supervision and monitoring of your physician.

duration and extent of your fast

This fast is intentionally designed to be flexible. As with choosing what type of fast you will be undertaking, it is important to also decide ahead of time how long you will be fasting and to what extent you will be fasting. Some people may choose to fast at one level all 21 days, or even fast once or twice a week throughout the 21-day period. This is a personal decision and one that should be prayerfully considered.

21-day prayer guide for your personal life

day 1: to increase in spiritual hunger and holiness

Psalm 51:10-12: Create in me a clean heart, O God, And renew a steadfast spirit within me. Do not cast me away from Your presence, And do not take Your Holy Spirit from me. Restore to me the joy of Your salvation, And uphold me *by Your* generous Spirit.

Daniel 6:10: But when Daniel learned that the law had been signed, he went home and knelt down as usual in his upstairs room, with its windows open toward Jerusalem. He prayed three times a day, just as he had always done, giving thanks to his God.

It was Daniel’s practice, three times a day, to go to an upstairs room in his apartment, open the window facing Jerusalem, get down on his knees, and prayed to the one true God. No doubt, Daniel prayed at other times also. He probably prayed throughout the day. But there were these special times, set aside times, where it was his priority to meet with God in prayer. In fact, it was such a priority to Daniel that when the king passed a decree that for the next 30 days people could only pray to the king, Daniel was unfazed. “No way.” Daniel may have been an important official in Darius’ kingdom, but when the king’s law (don’t pray) conflicted with God’s Law (pray), the choice was clear. Daniel just kept right on praying.

Read Daniel 6. Daniel was thrown in the lions’ lair, but God protected Daniel, delivered Daniel, honored Daniel, and put it in the Bible for all to see.

Of the many truths in this stunning chapter, one concerns Daniel’s prayer. Three times a day, he set aside a special time to pray. God nowhere commands us that we must do the same, but there is wisdom here. Wisdom would suggest a special time, or several times, set aside each day to meet with God in prayer a time we prize, a time we protect, a time we prioritize.

Yes, we want to pray throughout the day, an ongoing conversation with our Father. But it is wise to also have a special time of prayer each day. Maybe it’s not a long time, but it is your time, as in you and God. It is your time to talk and listen and be together, no matter what else happens that day - your time to connect. During that time, God will fill you up, restore your soul, and prepare you for whatever the day brings.

reflect:

- Describe your thoughts about Daniel and his commitment to the Lord.
- What special time will you set aside in the next 21 days to talk and listen to God?

prayer:

Lord, awaken my heart to Your love. Give me an increased hunger to spend more time in prayer, worship, and Your Word. Please give me a greater awareness of Your holiness, a tender conscience, and a heart to please You in every thought, word, and deed.

journal

day 2:
to draw close to the Lord

Psalm 24:3-4: Who may climb the mountain of the Lord? Who may stand in his holy place? Only those whose hands and hearts are pure, who do not worship idols and never tell lies.

Psalm 32:5: Finally, I confessed all my sins to you and stopped trying to hide my guilt. I said to myself, "I will confess my rebellion to the Lord." And you forgave me! All my guilt is gone.

How can I sincerely draw close to a God who is all-powerful, all-knowing, and fully aware of all the reasons I do not belong in His presence? Is it really safe? Is this really what God desires?

It is a common malady of this Christian life to face serious insecurities when considering approaching God. In my own life, I have experienced many dark seasons of feeling unworthy or uniquely disqualified from this privilege.

Why the struggle? Because I know me! I know my propensity to sin. I know my inability to give God the righteousness He deserves. If I were Him, I wouldn't be pleased to have me come near. Praise God. He knows we have the struggles he has the answer.

First, my confidence in drawing near to God is not based on my performance. My confidence is in the performance of Jesus. Hebrews 4 instructs us to come to God with boldness based on our full confidence in the finished work of Jesus on our behalf.

And second, my confidence in drawing near to God is based on His love. I can trust His love for me. And strangely enough, the very things in my life that appear to disqualify me - sin, weakness, failure, flaws, etc. - provide convincing proof of God's love. If someone says they love you but are not familiar with your past failures and current weaknesses, you cannot be sure they really love you. But if they are fully aware of the good and the ugly and love you anyway, you are truly loved. Praise God! He knows it all and loves us anyway. My sin and weaknesses become my opportunity to really know He loves me. I can really trust his love for me.

Today we draw near to God. We do this by uncovering the 'ugly' side. We confess our sin. We reveal the part of our life that puts His love for us to the test (at least in our minds). And praise God again... He proves His love. He forgives and loves us anyway.

reflect:

- It's not until we recognize the depth of our sin that we realize the depth of God's love. What sins have you minimized to 'little mistakes' versus acknowledging they are what nailed Jesus to the cross?
- According to Romans 2:4, what leads us to repentance?

prayer:

Heavenly Father, reveal anything in my life that would hinder my ability to come into Your presence. Help me see my propensity toward sin and help me to change. Help me to see my sin the way You see it. Thank you for loving me and in spite of my failures. Lord, it is your lovingkindness that leads me to repentance.

journal

day 3:

to worship with a whole heart

Psalm 111:1: Praise the Lord! I will thank the Lord with all my heart as I meet with his godly people.

Psalm 27:8: My heart has heard you say, “Come and talk with me.” And my heart responds, “Lord, I am coming.”

In You, O God, I find my identity. When I come to seek You, I find that You are already here, seeking me. What gives my worship meaning is so much more than anything that I can do or say – it is You! You are the reason I came to exist, You are the giver of my next breath, and You are the reason for my continued being. You are the reason I worship. I worship You with my whole heart.

I come to worship You because of who You are! You are the one and only true God! I bring you praise because of Your holiness. You are so gracious to me, and You have already done more than enough for me to bring You thanksgiving. I worship You.

May my life bring glory to You, my Lord and my God. I want to worship You with my whole heart. I am not ashamed to declare my love and adoration for You before others. All I am is Yours, and I belong to You. I am Your possession. May You be pleased with my worship.

I long to recapture a spirit of genuine worship, a personal revival of my whole being heart, soul, and spirit. Heaven and earth declare Your glory, O God, and therefore so do I. All of creation submits to You, and so my life I surrender to You. I am willing to do Your will. How can I be in Your presence and not be changed? I long to be the kind of worshiper that You have been looking for, fully devoted to You. I worship You with my whole heart.

reflect:

- How has being in God’s presence changed you?
- Because everything we do can be an act of worship, how does this affect your view and even more your attitude about common, everyday tasks?

prayer:

Humbly and yet confidently, I come into Your presence. I am relying on the promise of Christ providing me the relationship with You as my Heavenly Father. Bring me fully into Your presence O God. Lead me more fully into Your will so that every day of my life I will worship, offering a living sacrifice to bring You glory.

journal

day 4:
to set the desire of your heart

Psalm 27:4: The one thing I ask of the Lord— the thing I seek most— is to live in the house of the Lord all the days of my life, delighting in the Lord’s perfections and meditating in his Temple.

Psalm 37:4: Take delight in the Lord, and he will give you your heart’s desires.

When it comes to setting our hearts in the proper place, there may be no better example outside of Jesus than an obscure, often forgotten figure in the Old Testament named Ezra. He didn’t lead the first wave of exiles back to Jerusalem; he led the second. He wasn’t a powerful military leader, just a scribe. He didn’t even show up in the book that bore his name until chapter 7 (out of only 10). But once Ezra arrived on the scene, he arrived in force.

We learned that the hand of God was all over this man (Ezra 7:6,9,28); that he successfully led 5000 people with 30 tons of precious metals on a four-month, 900 mile journey from Babylon to Jerusalem (Ezra 8); that he was supremely concerned about holiness and the purity of God’s people (Ezra 9); and that he ultimately lead God’s people to repentance like few others we read about in scripture (Ezra 10).

So what’s the point? The point is that all of Ezra’s success can be biblically directed back to the place where he set his heart. This is the key to Ezra’s life of leadership and a clear guide to success with God in our own lives. Set your heart to study God’s word. Set your heart to doing God’s word. And set your heart to give God’s word away.

reflect:

- The world needs more people like Ezra. Where will you set your heart?
- According to Matthew 6:33, what should you seek first?

prayer:

Lord, I want You to be the top priority of my life with nothing even close in second place. Help me, Father, to love You more than I ever have before. I want You to fill my heart, all of it, so Your love and grace can flow richly through me to everyone I come in contact with.

journal

day 5:
to grow in wisdom and revelation

Psalm 43:3: Send out your light and your truth; let them guide me. Let them lead me to your holy mountain...

Ephesians 1:17-18: ...asking God, the glorious Father of our Lord Jesus Christ, to give you spiritual wisdom and insight so that you might grow in your knowledge of God. I pray that your hearts will be flooded with light so that you can understand the confident hope he has given to those he called—his holy people who are his rich and glorious inheritance.

Too often we slide slowly into the normalcy of pretending and stay there unaware. With this strange statement, I mean that as Christ Jesus has resurrected our souls by His grace, we know that light and life only come from Him. We are convinced of this emphatic truth. We've looked elsewhere for life and have been awakened to its emptiness. But sadly, we often return there slowly and sink into the gray of unintentional motion, conditioned responses, and banal routine.

Lord Jesus, Open our eyes!

James, the leader of the Jerusalem church, reminds us that when we lack wisdom, we should ask it of God who gives generously. In Psalm 43, the Psalmist confesses that God's light and God's truth are the only reliable leaders for they bring us to where He is.

God of Heaven, lead us with Your light and truth!

As we continue our way into this consecrated season of prayer and fasting, we are coming together as a church praying that God will lead us, open our eyes, and give us the moving power of His Spirit in a fresh and awakening way. This prayer is a heartfelt, sustaining desire to return to true reality, God's light and life. We know that Christ Jesus has resurrected our souls by His grace and that light and life, along with wisdom and revelation come only from Him.

reflect:

- Where have you sensed God giving you the gift of wisdom and discernment in your life?
- James tells us that God will give us wisdom if we ask. Will you ask Him for wisdom? He promises to give it to you when you ask.

prayer:

Lord, open my eyes to see You more clearly and my ears to hear anything You desire to speak. I ask for a spirit of wisdom and revelation that I might know Jesus more deeply and have a profound understanding of the hope that is in His heart for me.

journal

day 6:

to be filled with power and purpose

Psalm 61:3 & 5: for you are my safe refuge, a fortress where my enemies cannot reach me. For you have heard my vows, O God. You have given me an inheritance reserved for those who fear your name.

Psalm 92:11: My eyes have seen the downfall of my enemies; my ears have heard the defeat of my wicked opponents.

Romans 15:13: I pray that God, the source of hope, will fill you completely with joy and peace because you trust in him. Then you will overflow with confident hope through the power of the Holy Spirit.

As we near the end of the first week of fasting, you may be tired. You may be wondering how you will be able to fast for two more weeks. It reminds me of how often in life we feel tired. Physically tired, spiritually tired, emotionally tired. We have so many things pulling at our time and making us tired. Our daily task lists just seem to get longer and longer with less and less time for rest. Do you ever have those days where you just feel completely drained? Like you have nothing left to give? I often ask myself, "How can I fulfill the purpose God has for me when I feel like I have no more to give?" The answer is simple God's Word, the Bible.

Jesus tells us in John 15:1 – 4, "I am the vine and my Father is the gardener. He cuts off every branch in me that bears no fruit, while every branch that does not bear fruit he prunes so that it will be even more fruitful... Remain in me, and I will remain in you. No branch can bear fruit by itself; it must remain in the vine. Neither can you bear fruit unless you remain in me."

It takes discipline to keep our devotions at the top of the priority list, especially when there are so many other things fighting to be at the top of the list. The Bible is very clear though, in that if we are to bear fruit we must stay connected to the vine. He will prune us to bear fruit and cut off what is not bearing fruit for His purpose. God does have a plan and a purpose for each and every one of us. We must remain in Him to be filled with the power of the Holy Spirit. If we put God first and stay connected with Him, He will give us the strength and power to do the tasks He has set before us.

reflect:

- What areas of your life are not bearing fruit and can be pruned?
- Where will you find more time in your schedule to stay connected to the vine?

prayer:

Father God, I pray for You to help me stay connected to the vine. Lord, I desire You in every aspect of my life. Please prune off the things that are not important and get in the way of my time with You. I know that I can only fulfill Your purpose for me by being filled with Your Holy Spirit.

journal

**day 7:
to find and fulfill your destiny**

Psalm 139:24b: ...lead me along the path of everlasting life.

Psalm 18:36: You have made a wide path for my feet to keep them from slipping.

Psalm 37:23: The Lord directs the steps of the godly. He delights in every detail of their lives.

Psalm 44:18: Our hearts have not deserted you. We have not strayed from your path.

So often we are the ones to decide what we want to be or do with our life. As children we are asked, “What do you want to be when you grow up?” There is an unspoken pressure to decide, and then somewhere around your junior or senior year in high school, it becomes spoken with a deadline affixed to your sophomore year in college. But finding and fulfilling our destiny can only be done in God.

Joseph was given a dream, David had an encounter with a prophet, and Joseph had a mentor. In all three cases, God conveyed His plan into the lives of these individuals.

Jeremiah wrote that God has a plan for your life, and when you seek Him you will discover your destiny (Jeremiah 29:11 – 13). Moreover, you find out his plan is far superior to yours.

Holding on to the dream is tough when you face prison time and accusation as Joseph did. The words of the prophet can fade away when you find yourself hiding and living in caves as David did. The disciplines of your apprenticeship imparted by a mentor can become a lonely place when he is gone as Joshua discovered.

However, all three experienced what Mary said in Luke 1:37: “No word from God is without power.” It is only the word from God that can sustain you in the long term. His plan for our lives is better than our own. The greatest joy, fulfillment, and success come when we seek him about the direction for our lives and commit to follow his plan for us

reflect:

- Where do you believe God is leading you?
- Are you willing to surrender your plan to discover and live out His plan for you?

prayer:

Lord, please give me the next step in Your divine plan for my life. Help me to be still and know that you are God, so that I can clearly sense Your guidance and hear from You. I commit to follow You forever.

journal

day 8:

to produce the fruit of the spirit

Galatians 5:22: But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control.

1 Corinthians 13:4: Love is patient and kind. Love is not jealous or boastful or proud or rude.

Once we ask Jesus into our lives, the Holy Spirit takes up residence within us. The apostle Paul gives some great advice for loving and living in the Spirit in Galatians, Chapter 5. He tells us we are called to serve one another humbly; to love others like we love ourselves. He goes on to list the fruit that comes from living in step with God, one of which is love.

Love is a loaded word. If you asked ten people to describe it, you would most likely get 10 different answers. The good news is we don't have to guess what true, Godly love, is. It is spelled out for us in the Word. Love is patient and kind. It is not rude, self-seeking, or easily angered. It does not delight in evil but rejoices in truth because it is full of goodness, faithfulness, and joy. Do you see the connection between these two pieces of Scripture? They weave together quite beautifully and leave us with a clear picture of what love and living in the Spirit really looks like.

reflect:

- Which fruits do you think you and those in your family share easily and often?
- Which fruits do you think you should ask God to help you bear more of?

prayer:

Gracious God, thank You for Your Word that describes so clearly what love is and for Your Son Jesus who humbly modeled it on earth for us. Help my family and me to produce the Fruit of Your Spirit and to love each other in the way that pleases You. May we always have a love that protects, trusts, hopes, and perseveres.

journal

day 9:
to be saved and delivered

Psalm 18:2: The Lord is my rock and my fortress and my deliverer, my God, my rock, in whom I take refuge, my shield, and the horn of my salvation, my stronghold.

Psalm 16:11: You make known to me the path of life; in your presence there is fullness of joy; at your right hand are pleasures forevermore.

Acts 16:31: And they said, "Believe in the Lord Jesus, and you will be saved, you and your household."

Andrew was 17 years old, grew up in a strong Christian home, and was clearly loved and cared for. He was close to graduating from high school, but had taken a turn for the worse. Andrew was a smart kid, but academics were not his forte. His friends joked, "Andrew will work at McDonald's for his entire life." They thought it was funny. Andrew laughed about it on the outside, but grew more broken inside. He began to think that if that's the way people thought of him, then that's what he would do.

Early in the school year, he began to use drugs and drink alcohol with his friends. He kept it a secret from his family; he thought they would not understand. In the dark, his addictions grew, moving to harder drugs. His family tried every method to get through to him. They tried punishment, and Andrew would rebel more. His family was exhausted and confused. They came to a place where they finally realized that the situation was out of their hands – and placed it entirely in God's hands.

His family cannot explain it, nor can he really, but when things seemed most hopeless, God saved him. Andrew struggles to put it into words, but somehow, somehow, he felt the love of God, and that altered the course of his life. It was almost as if a light went on inside him; the blinders were off. He was saved and delivered into the love of God. His family gives God the glory for doing in Andrew what human beings could not.

reflect:

- What or who does your heart ache for God to deliver and save?
- Will you trust that God will do the impossible in their lives?
- In this painful and confusing time, will you trust God to be your rock? Take refuge in Him.

prayer:

Father, I care for the hurting and lost of this world. I ask that You do what only You can in the life of _____ (insert name). Be their Rock, their Redeemer. Use me in effective ways to show Your love. Enter into the hearts of those far from You. Be their Savior; deliver them into a transforming relationship with You. I name my loved ones by name who do not know you the Lord or have fallen away from You. I ask You to reveal Yourself to them as the awesome God that You are. I pray a hedge of protection around my family from all deception, temptation, and any plans of the enemy that would thwart the good plans You has for them.

journal

day 10:
to serve God together

Psalm 92:1: It is good to give thanks to the Lord, to sing praises to your name, O Most High;

Psalm 100:2: Serve the Lord with gladness! Come into his presence with singing!

Joshua 24:15: But as for me and my house, we will serve the Lord.

The Christian life was never intended to be a solitary one. Jesus shared His life with 12 disciples and then taught them to share it with others. The early believers gathered together to break bread and share the living Word. What we do each week in church is an expression of shared belief in Jesus – His body, a community of faith that gains strength and courage through worship.

But a full and meaningful life of following Jesus is built on much more than one hour a week in church. It requires personal devotion and an interdependency with others in prayer, study, fellowship, and praise. In other words, the best way to follow and serve Jesus is in community.

Modern families come in all shapes and sizes. Whether you're widowed, single, divorced, or living in a blended family, God has a group for you, a place of intimate belonging. This cluster of believers is a smaller version of the church, or we could say the church is a larger expression of the family unit. However we view it, the purpose is to be a place for love, acceptance, prayer, and to celebrate the communion of Jesus among us.

Finding time to pray as a family beyond grace at meals is an important discipline. To share our hearts, burdens, and triumphs is important, as well as encouraging each other to stay strong in the Lord (Ephesians 6:18). Prayer is as uncomplicated as talking to God together. Seeking time with a trusted brother or sister can move us from defeat to victory. Building the habit of worshiping together is crucial to becoming the people God desires for us to become.

reflect:

- Who is your family, your community of faith, other than the larger church you attend?
- How do you express love, acceptance, grace, and encouragement with them?
- What elements of prayer and worship are regularly missing from your time with them?

prayer:

Great Father God, Jesus my Brother, Holy Spirit my Comforter... lead me into deeper communion and fellowship with You and with my community of faith. Begin with my own family to teach me to be bold to lead in worship and prayer, to bring the greatest glory to You, the only wise God, for ever and ever.

journal

day 11: to be healed

Psalm 107:20: He sent out his word and healed them, and delivered them from their destruction.

Psalm 147:3: He heals the brokenhearted and binds up their wounds.

Malachi 4:6: And he will turn the hearts of fathers to their children and the hearts of children to their fathers, lest I come and strike the land with a decree of utter destruction.”

Psalm 147:3, one of the Scriptures for today, tells us that God “...heals the brokenhearted and binds up their wounds.” You’ll notice the Scripture does not say that hearts will not be broken or that there will be no wounds in fact, we know the opposite is true; Because God has given us free will to live in His creation, we are certain to face trials and difficulties along our way. Today we will reflect on how we deal with these moments which are sure to come.

Keep in mind first of all the purpose of our 21 Day Fast: to draw closer to God. Perhaps you read the instruction today and thought, “Well, I’m not really in the midst of a difficult time right now, so today must not be for me.” On the contrary! What we hope to hear from God today should be useful for all of us, either in the midst of difficult circumstances we currently face, or to help us deal with difficult circumstances when we face them someday. Even if you aren’t in the midst of a trying time today, use your fasting time to grow closer to God, to learn to listen for His voice more closely, because this is exactly what you will need when your trials come (and they will!).

One of the consistent questions our human condition causes us to ask when we face something difficult is the same question we all drove our parents crazy with when we were young and curious: “Why?” And, as I’m sure you remember, there were times when your parents had a great answer, and there were times when their answers left a little more to be desired (“Because I said so, that’s why!”). We are always looking to make sense of situations, to try to understand them logically. And the simple truth is this: There isn’t always a great answer to the question, “Why?”

Often people who have been dealing with a trial in their lives say they feel “stuck.” I believe our “stuckness” is directly related to our insistence on having an answer to the “Why?” question. As long as we insist on having that question answered, we are going to remain stuck. As long as we ask why our difficult circumstance happened (or is happening), I believe we cannot find God’s peace. His peace can only come when we relinquish the right to know why.

The “Why?” question keeps us looking back at our circumstance. I think God wants us to begin looking forward, asking how we can grow closer to Him and become more like Him in the midst of our trying time. Remember, God’s thoughts are not our thoughts, and our ways are not His ways. He has a different understanding than we do, and He wants us to grow a deep trust in Him, even when we are hurting.

What we know for certain is that in the middle of our most difficult times in life, God has not left us. He did not look away from your moment while a terrible tragedy struck, and He also did not bring the situation about as some sort of cosmic punishment.

day 12:
to receive a fresh outpouring of God's Spirit

Psalm 51:2: Wash me thoroughly from my iniquity, and cleanse me from my sin!

Psalm 51:7: Purge me with hyssop, and I shall be clean; wash me, and I shall be whiter than snow.

Mark 2:22b: But new wine is for fresh wineskins.

It seems for many believers a major disconnect occurs between the heart and mind. That being said, a fresh outpouring of God's Spirit is greatly connected to our conscious awareness of His indwelling. John's Gospel states clearly the sending of the Holy Spirit, 'the Comforter,' for encounter not only with us but to dwell (live His life) in us. We must be aware of His presence more than our sin.

Romans 8:5: For those who live according to the flesh set their minds on the things of the flesh, but those who live according to the Spirit set their minds on the things of the Spirit.

Jesus having become sin for us, dealt the death blow to sin's hold on us. Now the removal of the residue of sin's power is no less than Christ's promise to us.

Romans 6:11: So you also must consider yourselves dead to sin and alive to God in Christ Jesus.

There are many word pictures or descriptions of the Holy Spirit; one is water. Notice the request from Psalm 51 is for 'another' to wash, cleanse, and purify us. The very work of the Spirit invokes the idea of cleansing or purifying by literally being the *Living Water* flowing in power from within. Also, Ephesians speaks of Christ and His bride, "...that He might sanctify and cleanse her with the washing of the water by the word." The living water and the living word are ever present to do their work; we simply must say "yes" to His will and way in us and through us!

The new wineskins spoken of in Mark can refer to fresh governing or new governing of our lives. When the new spiritual *mind-set* being the awareness of Christ's promise is fixed, fresh outpouring, *New Wine* will follow. When new wine comes, *times of refreshing* in the Spirit of the Lord will overcome and overtake us with breakthrough in all aspects of our lives and those we influence... as it did on the Day of Pentecost and throughout the book of Acts. Jesus started the church the way He wanted it; now He wants the church the way He started it! He wants us saturated with fresh outpouring!

reflect:

- Do you need a fresh awareness of the Holy Spirit's presence in your life?
- Will you ask Him to fill you to overflowing?

prayer:

Lord, I ask for times of refreshing as Your Word and the Holy Spirit's presence cleanse and renew me. I that I will be spiritually – minded and that I will say yes to Your way and will through me. Thank you for Your faithfulness to me! I ask that my spiritual family will receive a fresh outpouring of Your Spirit!

journal

day 13:
to be served by visionary leader

Psalm 78:24: He rained down on them manna to eat and gave them the grain of heaven.

Habakkuk 2:1: I will take my stand at my watchpost and station myself on the tower, and look out to see what he will say to me, and what I will answer concerning my complaint.

Proverbs 29:18: Where there is no prophetic vision the people cast off restraint, but blessed is he who keeps the law.

The crowd was buzzing. The morning dew was burning off under the heating sun. Dogs were barking, birds chirping, and the announcers giving instructions to the trainers to bring their racing greyhound dogs to the track in the appropriate gates. These dogs have been bred and trained since birth to do one thing, run after the lure (an artificial, mechanical bunny). They were made for this.

The gate opens! The dogs sprint! The crowd erupts! The announcers shout! But this race had an unexpected turn...part way through the race, the lure exploded! For a brief moment, the dogs continue to run, but eventually slowed down, not knowing what to do. Some ran around aimlessly, some ran back toward the gate where they began, and other dogs just laid down on the track pathetically with their tongues hanging out. There was no way to determine a winner, so the race was called off. The race was over.

What caused the dogs to lose focus? Why couldn't they continue the race? They lost their vision. Even though they had received the strictest training, they failed to achieve anything because they had nothing to aim for.

This story illustrates, in a simple way, the profound truth found in Proverbs 29:18, "Where there is no vision, the people perish." This proverb takes on so many different applications in so many different settings. But let's not mistake a good plan as the complete thought here. A vision cannot be a God-given vision unless it is guided by – well – God. As Christians, we find our ultimate vision in the pages of God's story, the Bible.

Vision is built not just by human effort and planning, but by seeking God through His Word and prayer.

reflect:

- What dream is God revealing to you?
- Are you ready to train and chase after God's vision for your life?
- Will you trust and pray for your church leaders?

prayer:

Father, the giver of vision, help me to hear Your voice through Your Word. Mold and motivate me to chase Your vision for my life and the vision You have for Your church. Answer the prayers of the leaders of this church; give them a clear and passionate vision. Help the vision to stick in the hearts and minds of this congregation – that we might win the race with You! Thy will be done, on earth as it is in Heaven.

journal

day 14:
to be a habitation for God's presence

Psalm 100:3: Know that the Lord, he is God! It is he who made us, and we are his; we are his people, and the sheep of his pasture.

Psalm 95:7-8: For he is our God, and we are the people of his pasture, and the sheep of his hand. Today, if you hear his voice, do not harden your hearts, as at Meribah, as on the day at Massah in the wilderness...

1 Timothy 2:8: I desire then that in every place the men should pray, lifting holy hands without anger or quarreling;

Matthew 13:58: And he did not do many mighty works there, because of their unbelief.

Oh, how Matthew 13:58 breaks my heart because I so desire that God be active in my community! Therefore, I must pray.

Several times in Scripture we see God looking for a person who will stand in the gap for a people, a nation, or the land. He desires to come with blessing, healing, and salvation and is looking for someone, or a group of someones, to agree with Him by paving the way for His coming in prayer.

The Biblical record reveals the Lord descending with His presence on Nineveh, Antioch, Ephesus, and Jerusalem as well as other cities. Today, we have documented reports of the same kind of Divine activity in over 1000 communities in the past several years.

The thought resounds: Why not here; why not now? It is possible because our heavenly Father wants to exalt His Son over our community. There is not a formula to accomplish this, but there are some things we should give ourselves to as we invite Him to come. Christian researchers have discovered all 1000 communities that are experiencing God's abiding presence have five things in common.

- persevering spiritual leadership
- united efforts of prayer
- reconciliation, compassion, and evangelism
- public power encounters
- spiritual mapping/diagnostic research: what's going on in your community, what are the desperate needs?

So, let's get to it! Find out who the spiritual leaders of our community are and pray for them regularly. Attend community – wide prayer events where Christians gather to pray for the community. Pray for compassion efforts to rise up and be successful. Join in public displays of your faith with other believers. Lastly, ask God to give wisdom about transforming the underlying issues in our community where powers and principalities derive their power.

reflect:

- How will you play a role in bringing God's presence to our community?
- In what areas can you play a leadership role in providing united efforts of prayer with Christ followers?

prayer:

Heavenly Father, I lift up my neighbors before You asking for Your presence to feel the atmosphere so that they will hear You speak and see You work in their lives. Right now I name all of my neighbors by name. I ask, God, that You will reveal Yourself to each one of them.

journal

day 15:
to value integrity

1 Samuel 16:7b: For the Lord sees not as man sees: man looks on the outward appearance, but the Lord looks on the heart.

Proverbs 4:23: Keep your heart with all vigilance, for from it flow the springs of life.

Matthew 5:8: Blessed are the pure in heart, for they shall see God.

If a tree falls in a forest and no one is there to hear it, does it make a noise? Whether a noise is heard or not, the fallen tree is dead, and there is now a hole in the forest. There is impact. It has been said integrity is what you do when no one is looking. Does it matter what you do when no one is looking? Do you think there is really an impact? How about with your relationship with God?

God looks at the heart. We cannot hide this from Him. The core of who we are, He knows. What we look at, think about, talk about, and act on is all made clear to our Creator. Integrity is from the heart.

Poor integrity does not protect the heart; rather, it tries to destroy it and disobeys God. Good integrity protects the heart, keeps it pure, heeds, and ultimately obeys God.

Consistent poor integrity that disobeys God is defiance to God. It slowly builds a brick wall between us and God until we can hardly hear Him at all. Poor integrity hinders our connection with God.

Good integrity is not being perfect. It is humbling, repentant, and obedient to God even when no one is watching. Read more about private behavior in Matthew 6: 5 – 6 and Matthew 25:31 – 46.

reflect:

- Do you value integrity?
- Why does God choose to look at the heart of a person?
- How might God use your integrity to impact the people around you?

prayer:

Father, I know You can see my thoughts and know them completely. I want to be obedient to You. Allow others to see that You change me from the inside out.

journal

day 16:
to be cleansed of sin

Psalm 25:18: Consider my affliction and my trouble, and forgive all my sins.

Nehemiah 1:6-9: I confess the sins we Israelites, including myself and my father’s family, have committed against you. We have acted very wickedly toward you. We have not obeyed the commands, decrees and laws you gave your servant Moses. “Remember the instruction you gave your servant Moses, saying, ‘If you are unfaithful, I will scatter you among the nations, but if you return to me and obey my commands, then even if your exiled people are at the farthest horizon, I will gather them from there and bring them to the place I have chosen as a dwelling for my Name.’”

In a meeting of diverse Christian leaders someone said, “The church in our city needs to repent.” One response to the statement was, “What do we need to repent for?” Then that individual went on to talk about all the good things the church in that city was doing and finished by trying to make the case that there was not a need for repentance and the seeking of forgiveness from God, but rather that favor of God was resting on the city

1 John 1:8 –10, “If we say that we have no sin, we are deceiving ourselves and the truth is not in us. If we confess our sins, he is faithful and righteous to forgive us our sins and to cleanse us from all unrighteousness. If we say that we have not sinned, we make Him a liar and His word is not in us.”

The Scriptures reveal the sinfulness of cities such as Sodom, Gomorrah, Nineveh, and other cities too. Those that repented and turned to God were blessed and those that did not, well, some of them do not even exist anymore.

God loves to take a sinful city and turn it into a revival center. He did just that in Antioch, Ephesus, Jerusalem, Nineveh, and more recently in Callie Columbia, Fiji, Guatemala, Uganda, Brazil and hopefully very soon in our own community.

How does this happen that an entire community or city repents to the extent that it gets God’s attention and a transformation begins to occur? It begins by individuals getting honest with God, confessing their sin, and crying out to Him for forgiveness and freedom.

The real question is not, “Can it happen in our community?”but “Will you allow it to happen in you?” Let’s be honest before God and about those things in our heart. Confess our sins to Him and repent!

reflect:

- Imagine what our community would look like if a true transformation occurred among Christ followers. What are some things that would look different?
- Will you pray for the revival to begin in you?

prayer:

Holy God, I understand that a city or region cannot receive Your blessing if it is built on sin and bloodshed. That type of foundation causes the people to labor and gain nothing. Lord, we humbly ask for Your mercy and ask for Your forgiveness to be poured out in the community we live in. Lord, at this time I also name the specific sins that I am aware of such as injustices or covenant breaking, and I repent of them. I ask that You use me in my community wherever You desire so that You are glorified and seen in our midst.

journal

day 17: to experience revival

Psalm 86:6: Hear my prayer, Lord; listen to my cry for mercy.

Psalm 80:18-19: Then we will not turn away from you; revive us, and we will call on your name. Restore us, Lord God Almighty; make your face shine on us, that we may be saved.

It is pointed out that 2 Chronicles 7:14 is addressed specifically to Israel. That is true. But surely the passage shows God's heart for any people, any land.

What does God want from us? First, we must humble ourselves. We must admit that God is God and we are not. We must submit to God and come to Him in brokenness and repentance.

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

Second, we must pray and seek God's face. No revival or awakening comes without prayer. Extensive prayer. Fervent and prayer. Corporate prayer. Continual prayer. It is worth noting that the prayer here is focused on seeking God's face and not God's hand. We are seeking God for Himself and not for what He gives us. We are locked in on God's glory, not our need.

Third, we must turn from our wicked ways. God wants obedience, not religious ceremony. We cannot just say the words of repentance and pray the prayers of repentance. We must do the deeds of repentance and open to God in every part of life.

If we do these three things, then God promises to respond in three ways. First, He will hear us. He will hear those prayers. Second, He will forgive our sin. He will remove our sin as far as the east is from the west. And third, God will heal our land. He will pour out His favor and blessing upon us.

In 1861, Abraham Lincoln had just been elected President. The nation was tottering on the brink of war. There was cruel slavery in the land. The President faced widespread opposition and hostility. He issued a proclamation for our country, a proclamation which expresses the spirit of this passage.

Whereas a joint committee of both Houses of Congress has waited on the President of the United States and requested him to "recommend a day of public humiliation, prayer, and fasting to be observed by the people of the United States with religious solemnities and the offering of fervent supplications to Almighty God for the safety and welfare of these States, His blessings on their arms, and a speedy restoration of peace;" and Whereas it is fit and becoming in all people at all times to acknowledge and revere the supreme government of God, to bow in humble submission to His chastisements, to confess and deplore their sins and transgressions in the full conviction that the fear of the Lord is the beginning of wisdom, and to pray with all fervency and contrition for the pardon of their past offenses and for a blessing upon their present and prospective action; Therefore I, Abraham Lincoln, President of the United States, do appoint the last Thursday in September next as a day of humiliation, prayer, and fasting for all the people of the nation. And I do earnestly recommend to all the people, and especially to all ministers and teachers of religion of all denominations and to all heads of families, to observe and keep that day according to their several creeds and modes of worship in all humility and with all religious solemnity, to the end that the united prayer of the nation may ascend to the Throne of Grace and bring down plentiful blessings upon our country.

reflect:

- During this time of prayer and fasting, have you humbled yourself before God?
- How will you continue having a humbled state before God when our 21 days of prayer and fasting end? Is there a practice you can commit to, such as kneeling before Him at the beginning of every day to recognize who He is?
- How will you continue to pray and seek God's face when our 21 days are over?

prayer:

Father, I pray for a marketplace revival to sweep through our community and revival to break out in our streets, schools, governments, business, media, entertainment, and congregations. We need revival in our congregation as we represent You in all areas of life. I ask, Lord, that You raise up dedicated Christians who will become a voice to reform our region and to make a difference in the lives of all who live here.

journal

day 18:
to uphold righteousness and justice

Psalm 89:14: Righteousness and justice are the foundation of your throne; steadfast love and faithfulness go before you.

Matthew 6:33: But seek first the kingdom of God and his righteousness, and all these things will be added to you.

My stomach dropped into my shoes as my eyes grew big. I had just heard that there are more slaves in the world today than at any other point in history. How can that be true? In the progressive post-abolition culture that we live in, how can there be over 27 million slaves worldwide? And how could there have been over 1000 calls to the National Human Trafficking Hotline in the past four years from a single state? Surely slavery doesn't happen here, close to where I live. But it does, and the reason is because there is heartbreaking injustice in the world.

As Christ followers, God makes it clear that we are to take a stand against injustice and fight for those who do not have the ability to fight for themselves. "Learn to do right; seek justice. Defend the oppressed. Take up the cause of the fatherless; plead the case of the widow." (Isaiah 1:17) When I compare this command to the statistics of injustice like human trafficking, poverty, homelessness, domestic abuse, and so many others, I begin to feel helpless. How do we even begin to act justly when injustice seems to be taking over? Where do we start?

The best place that we can start is where many great Biblical leaders before us have started with prayer. Look to the examples of men like Moses, Ezra, and Nehemiah who turned first to God and pleaded for His guidance and intervention. These men sought God to change the attitudes of Kings and cause rulers to move in ways that were beyond what they had imagined. The rulers of their day, who were once set against God, allowed a nation to be freed from slavery, a Temple to be rebuilt by an exiled people, and a city wall to be built up in only 52 days. Each of these men were guided in their work by the One who has a passion for those under unjust oppression.

There is an overwhelming amount of work to be done to solve the injustices in our world today. So where do we begin to stem the tide of heartbreak? The best place, the only place to start, is on our knees asking God to give us His wisdom and discernment as we work to uphold justice in our circles of influence. Don't hesitate to ask boldly for Him to move the hearts of those with greater influence as well – our leaders, politicians, and media. Our call is to uphold righteousness and justice in the world around us, but just like the leaders whose stories are recorded in the Bible, God does not leave us alone in that task.

reflect:

- What injustices cause your heart to break?
- Where is God giving you influence to fight injustice?

prayer:

Father God, Your Word shows that You care deeply for those that are suffering injustice. Thank You for Your fatherly heart that upholds the oppressed. I ask that You would be with our leaders and work through them as You have so many times throughout history. Give them a passion to establish just laws and the wise discernment they need to solve issues. Where there is a lack of passion, move their hearts to create an urgency to uphold justice. Give me a fire to stand for those who are suffering all kinds of injustice. Show me how I can work to influence those around me, and move in my own community to show Your love and compassion. May Your kingdom come even now!

journal

day 19:
to experience God's presence and power

Psalm 43:3-4: Send out your light and your truth; let them lead me; let them bring me to your holy hill and to your dwelling! Then I will go to the altar of God, to God my exceeding joy, and I will praise you with the lyre, O God, my God.

I remember the first time I really felt the presence of God. Not those moments of 'Jesus Chills' where you know the Spirit is leading you on to something, but the first time there was weight and a person alongside, that Presence when the Holy Spirit wasn't just prompting, but came down in force. It all happened when I was 10 years old. Every Sunday night we went to church. On one particular Sunday night, I saw God moving among people who were at the altar. I thought to myself, "I want what they have."

As I walked up front, it happened all of a sudden. The presence of God was so strong I could not even stand. I knew that I was smack dab in the middle of God's love. I couldn't imagine being anywhere else. I don't how long I was at the altar but it seemed like forever. With tears flowing freely, I prayed and worshiped God. That experience was a defining moment in my life.

reflect:

- Have you met and encountered the Holy Spirit of God? When and where was that? What led up to that encounter?
- How are you different because of that moment? What has changed in and around you because of that?
- As we begin to draw our time of fasting to a close, where has God shown up?

prayer:

God, I pray that Your Spirit comes down in real and powerful ways in my life. Come alongside me today and demonstrate who You are. Show me the power of Your radical love, show me who I am because of what You have done, and show me how that can impact those around me with Your will and love. Be alongside me in my interactions with others, in my conversations with You, and in how I treat my family and my friends. Be near to me, show me Your presence and Your power, and make me a different person because of how You love me. But more than anything, I pray that You show up in my life. I acknowledge that there is no church, there is no faith without You, and so I ask that You be present and vibrant in all that I think, say, and do.

journal

day 20: to be filled with God's glory

Psalm 22:27-28: All the ends of the earth shall remember and turn to the Lord, and all the families of the nations shall worship before you. For kingship belongs to the Lord, and he rules over the nations.

Habakkuk 2:14: For the earth will be filled with the knowledge of the glory of the Lord as the waters cover the sea.

At a time when Israel was rebellious, immoral, and indifferent towards God, Moses prayed, "Lord, show me Your glory!" God was quick to respond to this prayer. And Moses saw with his own eyes a portion of the glory of God. But he also heard the voice of God declaring His glory. God defined His glory by describing His nature. "I am the Lord, God! I am compassionate, merciful, loving and forgiving. And I am perfectly just and will not excuse the guilty."

Exodus 34:6-7: "The Lord, the Lord, a God merciful and gracious, slow to anger, and abounding in steadfast love and faithfulness, keeping steadfast love for thousands, forgiving iniquity and transgression and sin, but who will by no means clear the guilty, visiting the iniquity of the fathers on the children and the children's children, to the third and the fourth generation."

So when we pray for God's glory to come, we are praying for His nature to overwhelm our nature. We are seeking His nature to drive out the influence of sin nature, demonic nature, or any influence in a region or culture that is counter to Him.

This hour for us is not unlike the time when Moses prayed this great prayer. We, too, are at a time when our nation and the world have never been so contentious with God. The name of Jesus stirs deep resentment in many people. Holiness is rare. Morality is in rapid decline. And the church of Jesus Christ is in a battle for its existence. In America, 3500 – 4000 churches a year close their doors. Churches lose 2.7 million people a year to nominalism or secularism. And 1500 pastors a month are leaving the ministry (Barna stats).

Moses could have prayed, "God meet our needs." But this circumstance demanded so much more than "meet our needs." He prayed, "Show me Your glory!"

We are in a desperate place today. We join our hearts in intercession to pray, "God, show us Your glory!" Overwhelm the numbness of our hearts with Your fire. Revive me with Your presence. Show Your glory in the church. Show us Your glory in America and all over the world.

reflect:

- Will you begin to pray, "Lord, show us Your glory" so that the world will see and know Him?
- What does it look like to be the 'salt and light' in the workplace, school, or neighborhood you live in?

prayer:

Sovereign God, I ask that the believers in our community would be a city set on a hill and 'salt and light' to the world. I ask that we would influence other nations with righteousness. I pray You give me Your perspective on reaching this world with the love of Jesus. Lord, instill in me a passion to join You in the mission of pursuing people to know You so that You are glorified among all nations and peoples. Lord, may I hunger and thirst after You and desire that for all people.

journal

day 21:
to continue to seek God first

Psalm 9:10: And those who know your name put their trust in you, for you, O Lord, have not forsaken those who seek you.

Jeremiah 29:13: You will seek me and find me, when you seek me with all your heart.

1 Chronicles 22:19: Now set your mind and heart to seek the Lord your God.

Colossians 3:2: Set your minds on things that are above, not on things that are on earth.

For the last 21 days, we have been chasing after God as we pray and fast. We have deliberately chosen to focus on Him and seek His presence. We have deliberately chosen to take time to read His Word and listen to His voice. For some of us, we can honestly say we didn't really hear from God in a profound way during this time. For others, this has been an amazing time of growth, and we have felt His guidance and direction about something we were seeking. Regardless of what we have learned through this time or if we have cheated on something we were going too fast from, these past 21 days have been crucial to us because we have obeyed God's command to seek His presence. It is always a beautiful thing when we chase after God and we put Him first because we desire to know Him more. He promises us that when we seek Him, He will be found.

As we conclude our 21 days of prayer and fasting, it is important to ask, "Now what?" How can you remain committed to seeking Him? Very simply, decide to love God and seek Him. That's right, decide. Look for opportunities to spend time with Him and learn from Him. Daily. Decide to chase after Him and not the things of this life that quickly distract us. Give Him your whole heart. Look for Him in each day, through people, circumstances, the Bible, and creation. It will take intention, effort, desire, and time. But it will be so worth it as your relationship with Him grows, develops, and you fall more and more in love with Him.

Hebrews 11:6 says that God will reward those who earnestly seek Him. Will you continue to earnestly seek after the God of this universe who loves you completely and desires to walk with you daily? The reward will be great because God is great!

reflect:

- How will you continue to pray daily and seek God through Scripture now that our 21 days of prayer and fasting are ending?

- Will you pray daily for a hunger and thirst to chase after God and seek His presence?

What will you commit to intentionally doing so that you are seeking God daily?

prayer:

Father God, thank you for these last 21 days of focusing on You. Thank You for the promise that You will be found when I seek You. Thank you that You don't hide from me but that You constantly draw me nearer to You. Please put a hunger and a thirst in my life for You Lord. You are so beautiful, so amazing, so forgiving, so good. I am deciding to chase after You with all of my heart from this day on. Lord, may I put You first and seek Your face. I love You, Lord and I want to love and know You more. Amen.

journal

21 Day devotion adopted from, "Hungry." Written, in part, by Lima Community Church

