



# 21 days of **fasting** & PRAYER

January 8<sup>th</sup> – January 29<sup>th</sup>  
More Information visit [www.thegatecog.com](http://www.thegatecog.com)



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Dear Gate Family,

Thank you for joining us for 21 days of prayer and fasting. We begin January 8<sup>th</sup> and will end January 29<sup>th</sup>. We are asking you to join us during the next 21 days. Ask the Lord what portion of these 21 days he would have you participate. Together as a body, we will fulfill the call to this corporate fast.

As we enter a new year, we want to give God our first fruits by giving Him the first of this new year. We need to consecrate ourselves unto the Lord. We want to be cleansed of any hindrances we have picked up along the way, so we are asking the Lord to search our hearts and cause us to be repentant of whatever sins He may bring to our awareness. We want to bring ourselves into full submission to His will. This is also a time to learn to hear His voice and to be revived in our passion for Jesus. In addition to personal consecration, this prayer and fasting time is to intercede for our families, our church family, our church leaders, our pastoral team, our church staff, our community, our neighbors, our friends, our associates, our surrounding region, our state, our nation, and the world. Let us pray for revival and harvest.

If you need encouragement or further guidance during this fast, please feel free to call me @ 863-289-6193.

Printed guidelines and support materials are also available in the back of the church. I am looking forward to taking this journey together!

Blessings,

Pastor Jeremy



## KNOW WHAT TO EXPECT

### Physically:

- When you fast, your body **detoxifies**.
- This can cause physical discomforts, especially on the second day.
- You may have fleeting hunger pains or dizziness.
- A lack of caffeine and sugar may cause headaches.
- The first **two or three days are usually the hardest**.
- However, should you feel hunger pains, increase your liquid intake.
- Prepare yourself for temporary **mental discomforts**; (impatience, crankiness, anxiety)

### Tips:

- Speak to your doctor before beginning your fast.
- Limit your activity and exercise only moderately.
- Rest as much as your schedule will permit.
- Remember you should be feeding the spirit, not sitting in a miserable state.

### Expect Results Spiritually:

- As you enter this time of heightened spiritual devotion, be aware that Satan will do everything he can to pull you away from your prayer and Bible reading time.
- When you feel the enemy trying to discourage you, immediately go to God in prayer and ask Him to strengthen your resolve in the face of temptations.



## KNOW WHAT TO EXPECT...

- **The enemy makes you a target** because he knows that fasting is the most powerful of all Christian disciplines and that God may have something very special to show you as you wait upon Him and seek His face.
- Satan does not want you to grow in your faith, and will do anything from making you hungry and grumpy to bringing up trouble in your family or at work to stop you.
- Make prayer your shield against such attacks.

### **Isaiah 58:6; 8-9**

Is not this the fast that I have chosen to loose the bands of wickedness, to undo the heavy burdens, and to let the oppressed go free, and that ye break every yoke? Then your light will break out like the dawn, and your recovery will speedily spring forth; And your righteousness will go before you; The glory of the Lord will be your rear guard. “Then you will call, and the Lord will answer; You will cry, and He will say, ‘Here I am.’”

### **Results of Fasting:**

- Healing (Marriage, emotions, physical)
- Holiness (Not perfection, your life goes back on the right path)
- Protection
- Answers



## KNOW YOUR PLAN

### Nothing secures success like a proper plan:

- Receiving God’s best blessing from a fast requires **solid commitment**.
- Arranging special time each day with God is absolutely crucial in attaining intimate communion with the Father.
- You must devote yourself to seeking God’s face, even (and especially) during those times in which you feel weak, vulnerable, or irritable.
- Read His Word and pray during what were mealtimes.
- Don’t allow your **‘public life’** to pull you away from success.

**Matthew 6:16-18** “Whenever you fast, do not put on a gloomy face as the hypocrites do, for they neglect their appearance so that they will be noticed by men when they are fasting. Truly I say to you, they have their reward in full. But you, when you fast, anoint your head and wash your face so that your fasting will not be noticed by men, but by your Father who is in secret; and your Father who sees what is done in secret will reward you.”

- Even in a **corporate time of fasting it is a private experience**. This passage reminds us to not allow the public distractions to pull away from our focus.



## KNOW YOUR PLAN...

### **Consider your Schedule:**

Know your 21 Days. What meetings, appointments, family functions do you have coming? For maximum spiritual benefit, **set aside ample time to be alone with the Lord.** The more time you spend with Him, the more meaningful your fast will be.

### **Morning:**

- Begin your day in praise and worship.
- Read and meditate on God's Word.
- Pray for inner strength, conviction, and growth.

### **Noon**

- Read a book or dedicate time to memorize scripture.
- Take a short prayer walk.
- Invite God to use you. Ask Him to show you how to influence your world, your family, your church, your community, your country, and beyond.

### **Evening**

- Listen to a sermon or teaching.
- Meditate on what God is saying.
- Finish your night in worship.



## **QUICK TIPS FOR FASTING**

### **How to Begin**

Start with a clear goal. Be specific. Why are you fasting? Do you need direction, healing, restoration of marriage or family issues? Are you facing financial difficulties? Ask the Holy Spirit for guidance. Pray daily and read the Bible.

### **Preparing Spiritually**

Confess your sins to God. Ask the Holy Spirit to reveal areas of weakness. Forgive all who have offended you and ask forgiveness from those you may have offended ([Mark 11:25](#); [Luke 11:4;17:3-4](#)). Surrender your life fully to Jesus Christ and reject the worldly desires that try to hinder you ([Romans 12:1-2](#)).

### **Deciding What to Fast**

The type of fasting you choose is up to you. You could go on a full fast in which you only drink liquids, or you may desire to fast like Daniel, who abstained from sweets and meats, and the only liquid he drank was water. Remember to replace that time with prayer and Bible study.





## **QUICK TIPS FOR FASTING...**

### **Deciding How Long**

You may fast as long as you like. Most can easily fast from one to three days, but you may feel the grace to go longer, even as much as 21 to 40 days. Use wisdom and pray for guidance. Beginners are advised to start slow.

### **What to Expect**

When you fast your body detoxifies, eliminating toxins from your system. This can cause mild discomfort such as headaches and irritability during withdrawal from caffeine and sugars. And naturally, you will have hunger pains. Limit your activity and exercise moderately. Take time to rest. Fasting brings about miraculous results. You are following Jesus' example when you fast. Spend time listening to praise and worship. Pray as often as you can throughout the day. Get away from the normal distractions as much as possible and keep your heart and mind set on seeking God's face.



## **When you fast**

- Expect to get to know God better
- Fasting is waiting.
  - Lamentations 3:25-27
- Fasting is drawing near.
  - Jeremiah 29:11-13
- As you demonstrate sincerity to God, you can expect:
  - Expect strength in your inner character.
- Find power to leave sinful habits.
  - 2 Corinthians 7:1
- Find power to stay focused in prayer.
- Find yourself desiring God's presence.
- Expect the hand of God to move to answer unselfish prayers.
- Expect resistance from the devil.
- Expect your prayers to go to a higher level.
- Fast with friends.
  - Matthew 18:19
- Fast with a purpose (not casually) and set a start date and end date.
- Fast unselfishly.
  - Isaiah 58:1-11
- Spend time with God.
- Fasting does not work if you do not pray.

## **How to End**

Don't overeat when the time comes to end your fast. Begin eating solid food gradually; eat small portions or snacks.



## **TYPES OF FAST**

There are several types of fasting. The one you choose is between you and God. He will honor your best sacrifice.

### **Full Fast**

Drink only liquids (you establish the number of days).

### **The Daniel Fast**

Eat no meat, no sweets and no bread. Drink water and juice. Eat fruits and vegetables.

### **3-Day Fast**

This fast can be a Full Fast, Daniel Fast or give up at least one item of food.

### **Partial Fast**

A partial fast is from 6:00 am to 3:00 pm. You can select from three types of fasting — a Full Fast, Daniel Fast or give up at least one item of food.



### **Scripture References for Fasting:**

[Matthew 6:16-18](#), [Matthew 9:14-15](#), [Luke 18:9-14](#)

### **Relation to Prayer and Reading of the Word:**

[1 Samuel 1:6-8, 17-18](#), [Nehemiah 1:4](#), [Daniel 9:3, 20](#),  
[Joel 2:12](#), [Luke 2:37](#), [Acts 10:30](#), [Acts 13:2](#)

### **Corporate Fasting:**

[1 Samuel 7:5-6](#), [Ezra 8:21-23](#), [Nehemiah 9:1-3](#), [Joel 2:15-16](#), [Jonah 3:5-10](#), [Acts 27:33-37](#)

Remember that it is the attitude of a heart sincerely seeking Him to which God responds with a blessing ([Isaiah 58](#), [Jeremiah 14:12](#), [1 Corinthians 8:8](#)). May God greatly bless you as you fast!

### **Fasting Basics**

According to the Bible, there are three duties of every Christian: give, pray and fast.

Biblical fasting takes a lot of discipline and strength — strength which you can only receive from God. Your private discipline will bring you rewards in Heaven, says [Matthew 6](#).

When you give God your first through fasting, prayer and giving at the beginning of the year, you set the course for the entire year.



### **Why should I fast?**

- . Are you in need of healing or a miracle?
- . Do you need the tender touch of God in your life?
- . Is there a dream inside you that only He can make possible?
- . Are you in need of a fresh encounter?
- . Do you desire a deeper, more intimate and powerful relationship with the Lord?
- . Are you ready to have heightened sensitivity to the desires of God?
- . Do you need to break away from bondages that have been holding you hostage?
- . Is there a friend or loved one that needs Salvation?
- . Do you desire to know God's will for your life?
- . We encourage you to seek the Lord in prayer and let your decisions about your biblical fasting come from Him.
- . Ask the Lord to show you areas to target during your time of fasting and prayer.
- . We believe that, as we pray and seek God and give Him our best at the first of the year, He will bless our ENTIRE year ([Matthew 6:33](#))!



## The Daniel Fast Food List

When you consider a food item, take a look at the ingredient list included on the label. It's usually near or under the nutritional information. The acceptable foods must be sweetener-free, chemical-free, and consistent with the food lists below.

### FOODS TO INCLUDE IN YOUR DIET DURING THE DANIEL FAST

**All fruits:** These can be fresh, frozen, dried, juiced, or canned. Fruits include but are not limited to apples, apricots, bananas, black berries, blueberries, boysenberries, cantaloupe, cherries, cranberries, dates, figs, grapefruit, grapes, guava, honeydew melon, kiwi, lemons, limes, mangoes, nectarines, oranges, papayas, peaches, pears, pineapples, plums, prunes, raisins, raspberries, strawberries, tangelos, tangerines, and watermelon.

**All vegetables:** These can be fresh, frozen, dried, juiced, or canned. Vegetables include but are not limited to artichokes, asparagus, avocados, beets, bok choy, broccoli, brussels sprouts, cabbage, carrots, cauliflower, celery, chili peppers, collard greens, corn, cucumbers, eggplant, garlic, ginger root, green beans, jicama, kale, leeks, lettuce, mushrooms, mustard greens, okra, olives, onions, parsley, parsnips, peppers, potatoes, radishes, rutabagas, scallions, shallots, spinach, sprouts, squashes, sweet potatoes, tomatoes, tomato paste, turnips, water chestnuts, watercress, yams, and zucchini. Veggie burgers are an option if you are not allergic to soy.

**All whole grains:** These include but are not limited to barley, brown rice, corn flour, cornmeal, grits, millet, oat bran, oats, popcorn, quinoa, rice cakes, wheat germ, whole wheat, whole wheat pasta, and whole wheat tortilla.



## The Daniel Fast Food List...

All nuts and seeds: These include but are not limited to almonds, cashews, coconut, flax seeds, pecans, peanuts, pine nuts, poppy seeds, sesame seeds, and walnuts. Nut butters such as peanut butter and tahini (sesame seed paste) may be included.

All legumes: These can be canned or dried. Legumes include but are not limited to black beans, black-eyed peas, cannellini beans, chickpeas, dried beans, kidney beans, lentils, lima beans, navy beans, pinto beans, split peas, and white beans.

All quality oils: These include but are not limited to canola, coconut, grape seed, olive, peanut, and sesame. Water. Distilled water, filtered water, spring water, or other pure waters. Soy foods. These include tofu (all kinds), TVP (textured vegetable protein), and other soy products.

Condiments and cooking ingredients: Adobo sauce, cilantro, herbs, mustard (unsweetened), salt, seasonings, soynnaise, spices, TVP, vanilla, and vegetable broth. You can use small amounts of fruit juices as ingredients in dishes (apple juice, lemon juice, lime juice, orange juice, pineapple juice).



## FOOD TO EXCLUDE

Exclude all meat and animal products such as beef, lamb, pork, poultry, and fish.

Exclude all dairy products such as milk, cheese, cream, butter, and eggs.

Exclude all sweeteners such as sugar, raw sugar, honey, syrups, molasses, and cane juice.

Exclude all leavened bread such as Ezekiel Bread (most of which contains yeast and honey), pretzels, pita bread, and other baked goods made with leavening agents.

Exclude all refined and processed food products that contain such ingredients as artificial flavorings, food additives, chemicals, white rice, white flour, or artificial preservatives.

Exclude all deep-fried foods such as potato chips, French fries, corn chips.

Exclude all solid fats such as shortening, margarine, lard, and foods high in fat.

Exclude all non- water beverages such as coffee, tea, herbal teas, carbonated beverages, energy drinks, and alcohol.

Remember, **READ THE LABELS** to know all the ingredients included in prepared foods! **STOCKING YOUR PANTRY**

An important key to success for the Daniel Fast is having easy access to the foods you need to stay within the guidelines.





Here are some items to keep on hand:

Fresh fruit: Apples, bananas, blueberries, grapefruit, lemons, limes, oranges. Fresh vegetables: Bell peppers (green and red), cucumber, green lettuce, scallions (aka green onions), yellow onions, tomatoes

Canned foods: Beans in various varieties (black, kidney, pinto, and chickpeas), jalapeno peppers, pineapple juice, tomato sauce, diced tomatoes.

Frozen foods: Corn, peas, mixed vegetables, stir fry vegetables, apple juice concentrate. Whole grains and legumes: Brown rice, oatmeal, muesli, green peas, lentils.

Dried fruit: Raisins, apricots, dates.

Miscellaneous: Peanut butter, rice cakes, walnuts, almonds, soy milk.

Eat foods that work for you! Some fruits, vegetables, healthy fats, and grains are very good at speeding up your metabolism. Some of the best vegetables are asparagus, beets, broccoli, cabbage, carrots, spinach, and tomatoes. Among the best fruits are apples, blueberries, citrus fruits, melons, and pears. Nuts and nut butters are good in moderation, and brown rice, barley, and oats are among the whole grains that rev up your metabolism.



## Acknowledging God, the Creator of Heaven and Earth

Devotion #1

Jan. 8<sup>th</sup>

Sunday

Have you ever wondered who or what created the heavens or even little things like flies and ants? If so, what caused you to think that there is someone besides God who can bring things like that into existence?

Colossians 1:16 says, “for by Him all things were created that are in heaven and that are on earth, visible and invisible, whether thrones or dominions or principalities or powers. All things were created through Him and for Him.” When we acknowledge the Creator of heaven and earth

It leaves no room or doubt in our minds that our Heavenly Father is the creator of the Universe. Look around outside today and behold the beauty of the sky and the things around you; and look at how detailed our Father God is. Don't you think that if we serve a God who is that detailed in the smallest things of His creation like a tiny ant then think of how detailed the plan must be that He has for your life? Take some time today to thank God for what He has done for us in all creation. God loves it when we brag on Him and about Him. Watch how He will begin to fill your heart with joy!

### Prayer:

Father God, who is like You? There is none in heaven or on earth like our Mighty and Awesome God. O Lord, you have created all things and by You all things exist. Heaven is Your throne, and the earth is Your footstool. God, we your children cannot build anything large enough to contain You and Your glory, the heavens can't contain You, yet You have chosen to have Your Holy Spirit live inside of us. Thank You Father, for all the things You have done for us. Thank You, for the wonderful creation of life we partake in each day God. Lord, we acknowledge that You are God of every living thing. We say that You are God of all



flesh, the Creator, the Great I Am, the Ancient of Days, and we bless Your Holy and Righteous Ways. Thank You, Father, for Your Creation.

Scriptures to Meditate on:

1 Kings 8:22-23,27; Psalm 103:1; Psalm 148, Isaiah 66:1; 2 Timothy 1:14



## **One Nation, Truly Under God**

Devotion #2

Jan. 9<sup>th</sup>

Monday

Today in our society we have become passive about how and what people do, especially our own children. We now look at the wrong people do and call it right, and the good that people do, and call it bad. The word of God tells us in Psalm 33:12, “that blessed is the nation whose God is the Lord.” We cannot be silent as our nation slips further and further away from God. You and I are called by God to be a light in the darkness. We must never forget that regardless of the outward appearance, the scriptures are clear that there will always be more that are for us than those who are against us (2 Kings 6:17). God is watching (Proverbs 15:3) to see how we will respond to the world around us. Always remember that throughout scripture it often only took a single person seeking God’s direction and help to turn the course of an entire nation. Remember the impact of Daniel, Jeremiah, and Moses. A single person’s commitment could change the course of our entire nation! Will you be that person?

### **Prayer:**

Father, first forgive me for silently standing by while watching people make bad decisions and not sharing the Gospel of Jesus Christ with them. Help me to not be afraid to share Your goodness to the world around me. Father, I have a desire to see my home, city, state, and country be changed by You. We want You, Lord Jesus to rule in our nation. We want what You want for our Nation so that we can continue to be blessed by You to be a blessing to other Countries. Help us dear Lord, to be a Nation who calls You, our God.

### **Scriptures to Meditate on:**

Psalm 33:12-15, Psalm 52:4, Job 24:1-25



## **Guidance for the President and Vice President of the United State of America**

Devotion #3

Jan. 10<sup>th</sup>

Tuesday

It is our job as believers to keep them lifted up in prayer, whether you like the choice or not we are told in scripture to pray for them. God is the one who lifts some up and sits some down. We must understand that God has the last word and whatever decisions these two people make, our God is STILL in control. The Bible tells us that He is the God of all. So let us make a decision to pray for guidance for our leaders. Let us purpose in our hearts that we will ask the Father to lead and guide every plan, purpose, thought, and decision they make. Remember, these Leaders have a huge load to carry. As God's word instructs us, let us lift up those in authority over us each day. Only as our nation's leaders turn towards God can our nation remain great.

### Prayer:

Lord, we pray that you will touch our president and all those who you have allowed to be in positions of leadership in our nation. May they seek and receive wisdom from you and may their steps reflect your righteousness.

If they do not know you personally, may you create circumstances in their lives that cause them to seek your saving grace and may that decision result in a relationship with you that will be a blessing to our entire nation. May your word dwell richly in their hearts and minds so that with each decision and trial that they face the Holy Spirit would be the voice speaking loudest to their hearts. In our future elections exalt those who trust in you and bring down those who reject you. Bless us so that we may bless the entire world. Bring us peace and prosperity as our nation returns to you.

### Scriptures to Meditate on:

Psalms 1:1-3, Romans 13:1-7, 1 Timothy 2:1-4



## Accountability

Devotion #4

Jan.11<sup>th</sup>

Wednesday

No one wants to be accountable. As young children we begin to find ways to release ourselves from the accountability of others. We simply want to do what we want to do without having to deal with the consequences of our actions. However, the Word of God is clear that we owe both God and others in the Body of Christ our honest accountability.

### Prayer:

Dear Lord, I humble myself before you and before my accountability partner. Through their involvement in my life bring me closer to you. Forgive me for the years that I wasted thinking that I could live this life without anyone's help. I commit to you and to them that this year will be my most devoted year ever as they hold me accountable to those disciplines and devotions that produce your spirit in me more and more.

### Scriptures to Meditate on:

Romans 12:16, Matthew 12: 33-37



## **God Wants to Use You!**

Devotion #5

Jan. 12<sup>th</sup>

Thursday

It absolutely thrills me when I think that the God of Heaven can actually use me! We all should be very grateful to know that we can be an instrument to accomplish His will here on earth. Faithful Christians are the tools God uses to do great things that have eternal value. He uses His followers as witnesses to the entire earth to tell everyone about Him and His love. When you stop to think about it, you and I can truly alter the course of history and the world.

Unfortunately, some people are not being used by God because they are either unwilling or unfaithful. It is said that Leon Trotsky, who was a key part of the Communist revolution in Russia, actually attended a Sunday school class one day during a visit to America. But the teacher of the class was absent that morning, and did not bother to get a substitute. So no one taught the Bible that morning, and as far as anyone knows, Trotsky never attended church again. What if someone had been faithful enough to show up that morning? It may have helped to alter history! All that God asks of us is to make ourselves available to Him. Tell the Lord today that you want to faithfully serve Him. Who knows what wonderful things might happen when you are faithful to the Lord?

### Prayer:

Dear Lord, forgive me for not being available for Your use in the Kingdom. Lord I want to be used by You to bring about change in my community. I yield myself to You Lord, to do whatever You want me to do. In Jesus' name, Amen.

### Scriptures to Meditate on:

2 Timothy 2:20-21, Psalm 91, Psalm 100



## What Is Freedom?

Devotion #6

Jan. 13<sup>th</sup>

Friday

The concept of freedom is one that most Americans would claim to comprehend. But after generations of living free, do we really understand what would be lost if just a piece of our freedom were taken away? Remember the days just after September 11, 2001? Airlines were shut down, and air travel suffered for months. Professional football games were postponed. Large events were canceled. Security measures implemented and since then have cost billions of dollars and demanded countless hours. Imagine what life would be like if we suffered a barrage of suicide bombers, truck bombs and armed assaults similar to what happens in places like Iraq and Israel. An old saying warns that you don't know what you have until it is gone. Truly, we take so much for granted in this country that it is easy to lose sight of how much is at stake. We must do our part to secure the future for our children and grandchildren, not only for the sake of our loved ones, but also for the sake of freedom.

### Prayer:

Thank You, Lord, for the freedom we enjoy in this country. You have blessed us beyond what we deserve. Thank you, for the gifts of transportation, recreation, national security, and so much more. We are guilty of taking Your blessings for granted. Remind us continually of how You protect us and cause us to prosper. Help us not to squander the freedom You have bestowed upon us. Help us to protect it as the treasure that it is.

### Scriptures to Meditate on:

Galatians 5:1, Romans 6:7, 2 Corinthians 3:17





## The Difference Between Covering and Covering Up

Devotion #7

Jan. 14<sup>th</sup>

Saturday

1 Peter 4:8, “Above all, love each other deeply, because love covers a multitude of sins.”

Sometimes this passage is misinterpreted to mean that our love for each other blots out our sin. Make no mistake, the only love that can cancel out sin is the love of Jesus manifested in His death on the cross. What Peter is talking about here is the unconditional love and acceptance that should be present in the Body of Christ creating an environment where we feel safe and secure to confess our sins to one another and repent. Sadly, in some church fellowships that love and acceptance is not present. This results in an environment where we dare not confess our faults to each other for fear we will become exposed and put through a gossip mill. This lack of “covering love” in the church is the spirit of the Pharisees, not that of Jesus! When Jesus encountered those struggling with sin He responded with compassion and understanding, saying “I don’t condemn you.” He did this, even though He is the only person who has the right to condemn sinners. You and I don’t have the right. We are like the Pharisees with rocks in their hands waiting to throw them at the sinful woman; when Jesus reminded them of their own sin, one by one they dropped their stones and walked away, knowing they were every bit as guilty as her. Through the Word of God and the Holy Spirit that which is sin and that which is not sin becomes very clear. We are not a people called to turn a blind eye to sin in our lives or the lives of others. We must be willing to confront sin but we must always do that after a relationship is established and with our primary motivation being reconciliation and love and always with a eye to our own sinfulness.

### Prayer:

Dear Lord, thank You for putting me in a body of believers that I can be accountable to and who won’t gossip about my sins or shortcomings, but will pray with me and for me. Help us Father, Your children, to truly edify and pray for each other the way You intend for us to. In Jesus name, I pray Amen.



Scriptures to Meditate on:

Hebrew 10:24-25, 1 Thessalonians 4: 11



## **Salvation for the Lost**

Devotion #8

Jan. 15<sup>th</sup>

Sunday

Do you know of someone who does not know Jesus Christ as their personal Lord and Savior? Chances are that you do. It may be a co-worker, a friend, a neighbor, and even your own mother or father. The fact is, almost every born-again believer knows at least one person who is not saved. Why then do you think that God has placed you in their life? Is it to witness to them or to let your light shine before them so that they will desire to know your God? Today take time out to pray for someone specifically that you know who is not saved. Ask God to show and tell you exactly how to witness to this person or people that He has for you to share your faith. God desires for everyone to be saved.

### **Prayer:**

Heavenly Father, I come to You now in the name of my Lord and Savior Jesus Christ. Heavenly Father, I pray for (\_\_\_\_\_), and the lost of the world this day and that every man, woman, and child from here to the farthest corners of the earth be saved. As I intercede, I use my faith, believing that thousands this day have the opportunity to make Jesus Christ their Lord and Savior. I ask the Lord of the harvest to thrust the perfect laborers into these lives this day to share the good news of the Gospel in a special way so that it will touch their hearts. In the name of Jesus I pray, Amen.

### **Scriptures to Meditate on:**

Acts 2:38, John 14:6, John 3:16-18



## Destiny

Devotion #9

Jan. 16<sup>th</sup>

Monday

This life is but a grain of sand on eternity's beach. Your ultimate destiny is more magnificent than you can possibly imagine. However, God wants to give you a taste of it here in this life. He has a plan for you to accomplish. He has set you on a prearranged path with an intended destination. Has God told you to do something that looks totally impossible to your natural eyes and understanding? Do you hear God calling you to go to the left instead of the right? Step onto the path that God is calling you to, and stay on it. Every step on this path is covered in God's wisdom. Listen and watch as He guides you past every obstacle and distraction. Know that your Heavenly Father is always guiding you with His right hand.

### Prayer:

Dear Lord, in my heart I submit myself to your purpose for my life. I believe that as long as my heart is stayed on you there is no way I can fail. I trust you to reveal your plan for my life. I will listen for your voice. I know that even in those times that I don't think I can hear your voice you are powerful enough to direct my life in a way that will both please you and bring glory to your name. My simple commitment is to remain submitted to you in every way I know how. In Jesus name, Amen.

### Scriptures to Meditate on:

Proverbs 19:21; 20:24, John 5:20, Romans 12:2



## **Promotion**

Devotion #10

Jan. 17<sup>th</sup>

Tuesday

No one in the Body of Christ is bound to a dead-end job. We serve a God of increase and prosperity. He will promote you to positions you never thought you could do and then give you the ability to do them better than anyone ever has. Never forget that your Father prospers everything you set your hands to do. So set your hand to the plow and don't let up. Maintain a good attitude. Don't be a complainer. Complainers are always last in the promotion line. See your present job as a proving ground. Do it as unto the Lord and to the very best of your ability, and don't be selfish. If the opportunity arises, teach others to do your job as well as you can. You will reap the benefits of sowing into someone else's life and ensure that you have a replacement when you get the promotion you've been expecting. Remember, promotion does not come from the east or the west, but promotion is from God!

### **Prayer:**

Dear Lord, thank You for raising me from the dust (the place where I am easily driven by the wind). Thank You, Lord for delivering me from the dunghill (the place of deep and lengthy poverty). You Lord have set me with kings and nobles. You, Father, have made me righteous in the earth. You have guarded my ways and given me strength to do Your will. Lord, Your word says that You are the one who promotes and I believe Your word for my life. I thank You, Father, that You have come to give me an abundant life. Amen.

### **Scriptures to Meditate on:**

Deuteronomy 8:6-18, Psalm 75: 6-7



## Waiting on God

Devotion #11

Jan. 18<sup>th</sup>

Wednesday

As children of God we often find it hard to wait on God to answer our prayers. For some reason we think God needs our help in answering our prayers so we might tend to do things our own way instead of waiting on God. God's word tells us that His ways are not our ways and His thoughts are not our thoughts. So why is it hard for us to wait on God? Maybe it is because of our impatience, immaturity, or lack of trust that will cause us to jump ahead of God instead of waiting and listening for His voice. Do we really trust God to answer us when we call on Him? Are you willing to wait on the Lord to answer all your prayers, even if it takes longer than expected?

### Prayer:

Father show me Your ways, Lord God, and teach me Your paths. Lead me in Your truth and teach me. You are the God of my salvation. I wait before You with expectant hope all the day long. Let integrity and uprightness preserve me as I wait on You. Father God, help me to remember to wait on You at all times and to be of good courage, for I know that as I do these things, You will strengthen my heart. Thank You, Father, for this precious promise from Your word. In Jesus name, Amen.

### Scriptures to Meditate on:

Psalm 25:1-5, 21; Psalm 27:14



## **Life Balance**

Devotion #12

Jan. 19<sup>th</sup>

Thursday

Balance is not an easy thing to find and an even harder thing to regain if you lose it. We live in a very fast-paced world. Every second of our day is up for grabs and there are a lot of things vying for those seconds. We have work, recreation, family, church, children, grandchildren, appointments, friends, education, sleep, shopping, fun, holidays, vacations, sports, and the list goes on and on. If we aren't careful, the Lord's place in our life can suddenly be found to be way down on a list full of other things. Over and over throughout the history of the people of Israel, this is exactly what happened. God would be center to their lives and great blessing and peace would be upon the people. Time would pass, the people would begin to allow other things to crowd God out of their lives, and difficulty would befall them. It's a pattern that happened over and over. Are there many worthwhile things competing for our time, money and allegiance? Absolutely and many of them are noble, righteous things. However, even good things must not be allowed to push God from the center of our lives and the first place on all of our priority lists. God has given us every aspect of our lives including our bodies, our time, our money, our families, our work, everything. In all of our ways let's acknowledge him first!

### **Prayer:**

Father, please show me any areas where I need to reorder my priorities. Guide me to solutions that will help me live my life in a way that is pleasing to You. Jesus, I desire for my steps to be ordered in Your Word. I want to be faithful to the time You have given me on this earth. I want to please You, Lord in all that I do. Help me, Holy Spirit, not to neglect my body in which You dwell. Help me not to neglect my family by being too busy for them. Forgive me, Lord, for using my time unwisely. Thank You, Lord, for being faithful to me when I am unfaithful with the time You have given me. In Jesus' name I pray, Amen.

### **Scriptures to Meditate on:**

Ecclesiastes 3:13



## **God Works Through Families**

Devotion #13

Jan. 20<sup>th</sup>

Friday

Whether we know it or not our families are a classroom for God's character traits, including forgiveness, mercy, justice, grace, trust, loyalty, and love. God put us in families to teach us how to be more like Him. As we care for our aging parents, we learn to serve as He served us in the person of Jesus Christ. As we raise our children, we learn to love as He loves us as His own children. As we carry out our marriage vows, we learn to sacrifice self as He sacrificed Himself for our sins. As we stand by our brothers and sisters in trials, we learn to care for their needs as our Father cares for us. Through the family, God also teaches us about His covenant. God works through families. Over and over in scripture we see His hand touching generations to bring His plan to fulfillment, Noah, Abraham, Isaac, Jacob, and even through the genealogy of Jesus Christ. God also uses the family to teach us about community. In walking through life with our families, we share the good and the bad. We care for one another, pray for one another, and learn the value of standing together in tough times as well as rejoicing in good times. Scripture says, "All have sinned and fall short of the glory of God" (Romans 3:23). So inevitably, we will wound one another or let one another down in some way, however in our family, we can hold each other accountable and walk through forgiveness and repentance.

Prayer: Dear God, thank You for what You have taught and are teaching me through my family. Help me to continue to grow in love, joy, peace, forgiveness, self-control, kindness, and goodness. Help me and my family to glorify You in all that we do. Use us to teach another family about Your true love so that they may want You as their Lord and Savior. Help us Lord to love what You love and do what You would do. Amen.

Scriptures to Meditate on:

Genesis 17:7, Romans 3:23, Galatians 5:16





## **Restore Relationships**

Devotion #14

Jan. 21<sup>st</sup>

Saturday

Today as you continue in this fast and prayer ask the Holy Spirit to help you restore any of your relationships that you know ended in an abrupt way. You may not be angry or hold any ill feeling towards the person but maybe you feel as if they are upset with you. Sometimes the enemy blinds us into thinking that someone is angry at us or you have done something wrong to them. Walk in boldness today and with help of the Holy Spirit go to that person and say, “Can we talk?” Don’t be tricked by your own thoughts, the situation may not be what you think. How many people do you know that are not communicating with distant loved ones just because they think that the other person is mad at them when in fact, it’s not that way at all? Maybe they are waiting on you to make the first move.

### **Prayer:**

Father, today I ask you to help me take all of my thoughts captive to the obedience of Jesus Christ. Help me, Lord, to see all people the way you see them. Help me to be a person of reconciliation, restoring all that may have been lost in the relationships with others you have place in my life. I ask You, Father, to restore a good relationship between me and all of my family, friends, co-workers, and others.

### **Scriptures to Meditate on:**

Proverbs 19:11, Ephesians 4:30-32, Romans 12:10



## Enlightenment

Devotion #15

Jan. 22<sup>nd</sup>

Sunday

Do you have a desire to know more about God? I have a hard time imagining anyone answering no to that question. God has promised in His Word to enlighten us and reveal Himself to us. How does He do that? Through the combination of two things. His Word (the Bible) and through the Holy Spirit. It's sort of like a glue that comes in two parts. Separate they don't stick anything together. Mix them together, spread them onto something and stick it to something else and in just a little time the two pieces are now one piece. The Word of God through the Holy Spirit making it alive in us brings the truths of who God is and how God works right into our hearts and perhaps more importantly into our minds. at process is called enlightenment in Paul's letter to the Ephesians.

### Prayer:

Lord of Heaven, I pray that You might give to me Your spirit of wisdom and revelation, with the eyes of my heart being enlightened, knowing what is the hope of Your calling, Your inheritance in me and Your inherent power to me as one who believes (see Eph. 1:17-19). Father, I pray that You would make known to me the mystery of Your will according to Your good pleasure (see Eph. 1:9).

### Scriptures to Meditate on:

Daniel 2:21, James 1:5



## **God's Provision and Protection**

Devotion #16

Jan. 23<sup>rd</sup>

Monday

When we seek God and are thankful with all He has given us, we will not lack anything we need. When we give to those less fortunate than ourselves, He will bless us (Psalm 41:1-2). If we close our eyes to the needs of those around us, God will do the same with our needs. When we put all that we have, especially our finances in His hands and do with it what He is telling us to do, He promises to bless us. Remember, if you give nothing, you get nothing, and if you give little, you get little. "You reap what you sow". How many times have we been protected and spared from harm and disaster that we are not even aware of? God's word tells us that we are in His hands and no man can pluck us out.

### Prayer:

Lord, I worship You as my Almighty God. You are my King and Lord over all my life. I surrender everything I have to You because I recognize that every good thing I have has been given by You as a sign of Your goodness, mercy, and love (James 1:17). Thank You that You are my Provider and You provide everything I need, Amen.

### Scriptures to Meditate on:

Psalm 28:7, 34:10, Matthew 6:25-34, Psalm 91



## **A Prayer for Spiritual Strength**

Devotion #17

Jan. 24<sup>th</sup>

Tuesday

### **Prayer:**

Praying Ephesians 3:14-21

Father, In the name of Jesus, I praise and thank You that You saved me for a purpose, and that You have a plan for my life that exceeds my most imaginative hopes and dreams. For that reason, Father, I bow my knee to You, the God of heaven and earth. I pray that by Your glorious riches You would strengthen me on the inside through the power of Your Holy Spirit and that Christ would truly live in my heart and live through me by my faith in You. Help me to understand with all of the saints the breadth, length, depth, and height of Your love which surpass all knowledge. Fill me with all of Your fullness, Your wisdom, strength, and power, so that I would live a life that glorifies you. Amen!

### **Scriptures to Meditate on:**

Deuteronomy 3:1-6, Psalms 121:1-2, Isaiah 41:10



## **A Prayer for Guidance**

Devotion #18

Jan. 25<sup>th</sup>

Wednesday

### **Prayer:**

Praying Philippians 1:9-11 for your loved ones and yourself. Insert the name of the person or people for whom you are praying for.

Father, in the name of Jesus, I pray that Your love in \_\_\_\_\_'s heart by the Holy Spirit would abound and grow more and more, strengthening \_\_\_\_\_'s knowledge of You and of the things You have called \_\_\_\_\_ to do, in the discernment and spiritual insight of the Holy Spirit. I pray that \_\_\_\_\_ can prove Your excellence by always knowing the right things to do and doing them with excellence and that

\_\_\_\_\_ will remain sincere, genuine, and real in all his/her/my encounters with others and free from blame or even the appearance of evil until the day of Jesus Christ's return. Allow this to lead to \_\_\_\_\_ over owing in the fruits of Your righteousness, which I have because of Jesus Christ, that all of this would make \_\_\_\_\_ a constant glory and praise to You under all circumstances and in all things. In Jesus name, Amen

### **Scriptures to Meditate on:**

Proverbs 3:5-6, Psalm 19:105, Psalm 37:23



## A Prayer for Unity

Devotion #19

Jan. 26<sup>th</sup>

Thursday

### Prayer:

Praying Romans 15:5-6 your Loved Ones, Your Church, Your Organization or Business, or Your City.

Heavenly Father, I know that it is by Your Spirit that we have the power to forgive, and that it is through the fruit of Your Spirit that we can overcome the challenges of life and become encouragers to others around us. I thank You that You have called us as Christians to be unifiers, reconcilers, and peacemakers on this earth as a display of Your love and grace in our everyday lives. I also thank You for giving us an example of true unity in Your relationship with Your Son, Jesus, as He walked upon this earth and that we can be one as You and He were one because of His prayers for us in John 17. For this reason, Father, I pray for unity for \_\_\_\_\_. I pray that You would not only use \_\_\_\_\_ to be a unifier, reconciler, and peacemaker but that the Holy Spirit would also be present with \_\_\_\_\_ everyday to help \_\_\_\_\_ overcome with Your joy and encourage others as \_\_\_\_\_ follows Jesus. I pray that in unity with one heart and one mouth \_\_\_\_\_ may glorify You, the Father of our Lord and Savior Jesus Christ. Amen.

### Scriptures to Meditate on:

1 Corinthians 1:10, Philippians 2:2, Colossians 3:13-14



## **A Prayer for Sanctification**

Devotion #20

Jan. 27<sup>th</sup>

Friday

### **Prayer:**

Praying 1 Thessalonians 5:23 for yourself.

Father, in the name of Jesus, I praise and thank You for being the God of Peace. I pray that You would sanctify me completely from my inner spirit to my outer actions, making my life stand out to others as an example of Your grace, mercy, love and righteousness. Father, help me to walk worthy of my heavenly citizenship even as Jesus has made me worthy through His sacrifice on the Cross. I pray that my entire Spirit, soul and body would be sanctified and complete for the purpose to which You have called me. I want to live blamelessly, above reproach, and without any appearance of evil, fit for Your use in all things and ready to tell others of Your love until the return of Your Son, my Lord and Savior Jesus Christ. Now unto You, who called me, be the glory forever and ever, even as You will be faithful to make certain Your sanctification and will are fulfilled in my life. Amen.

### **Scriptures to Meditate on:**

Colossians 3:1, 1 Corinthians 6:11, 1 John 1:9



## **A Prayer of Praise and Thanksgiving**

Devotion #21

Jan. 28<sup>th</sup>

Saturday

### **Prayer:**

Praying Romans 15:5-6 your Loved Ones, Your Church, Your Organization or Business, or Your City.

Father, You alone have the power to establish all of us according to the Good News of Christ. You have chosen to reveal through the Church the mystery of Your manifold wisdom, a secret You kept from the beginning of creation until the day You raised Jesus from the dead. You now are making that wisdom manifest to the entire universe through those of us who obey You. You, Father, who through the grace of our Lord and Savior Jesus Christ, have enriched us in knowledge and to the greatness of Jesus. You have enabled us to be steadfast and blameless until the day Jesus returns for us. You are faithful who has called us into the fellowship of Your Son Jesus Christ our Lord. You have enabled each of us to be ministers and ambassadors of Your grace regardless of our past and abilities. To You the only wise God, the King eternal, immortal, unseen by human eyes, who dwells in the light which no one can approach, who is the blessed and only true and Living God, the King of kings, and the Lord of lords, be the glory through Christ Jesus, the Church, and my life forever and ever.

### **Scriptures to Meditate on:**

Philippians 4:6-7, Psalm 136:1-3, Psalm 100:4