

21 Day Fasting & Prayer Focus Devotional Reading Guide

(beginning) January 3rd – January 22nd

Week 1-Fasting is a spiritual discipline.
Jesus did not say, “if you fast,” but, “when you fast.”

January 3rd Day #2 Scripture Meditation (Matthew 6:16-18)

Prayer Focus- As we begin this time of consecration may God be pleased with your sacrifice.



January 4th Day #3 Scripture Meditation (1 John 1:7)

Prayer Focus- Ask God to help you through the process of **Exposure**, (bring to light anything that needs to be dealt with) **Confession**, (admit your sins to God) **Forgiveness**, (Jesus forgives us, therefore we should forgive others), **Blessing** (bless those that curse you), **Healing** (Ask the Holy Spirit to heal the areas of need).



January 5th Day #4 Scripture Meditation (Luke 12:1-3)

Prayer Focus- God is omniscience, you can't hide anything from Him. God show me how I can be salt and light in all arenas and areas in my life.



January 6th Day #5 Scripture Meditation (James 5:16)

Prayer Focus-**Confess** your sin(s), your spiritual weaknesses, self-reliance, your lack of dependence on God. Allow the Holy Spirit to circumsize your heart, mind, and soul. Be prepared, write down what the Spirit of the Lord is saying to you during this time of meditation.



January 7th Day #6 Scripture Meditation (Matthew 6:14-15)

Prayer Focus-Forgiveness is not for the other person it is for you. Unforgiveness creates heartache, bitterness, distruption and it creates a spiritual wedge between us and God. Is there someone you need to forgive or someone needing your forgiveness?



January 8th Day #7 Scripture Meditation (Phillipians 2:3)

Prayer Focus- Be mindful of the opportunities (Jabez appointments) God places before you. Have you missed the mark? Ask God for forgiveness and the opportunity to make amends.



January 9th Day #8 Scripture Meditation (2 Chronicles 7:14-17)

Prayer Focus- How can my individual healing support Kingdom advancement here at Crosstown Church? Talk with God, ask him to make know those secret areas in need for healing.

Week 2 - Fasting is a holy pursuit of God. A time for us to conduct a spiritual inventory of one's soul and spiritual fruitfulness. Fasting is a tool that helps us discern what our Spirit Man is saying. This is a time to slow down and hear God's voice.

January 10th Day #9 Scripture Meditation (Psalms 37:7)

Prayer Focus- Cultivate the discipline of being still before the Lord in the face of the schemes and attacks of the enemy. Pray that God gives you strength to commit your way to the Lord and to wait patiently on Him as the power of wickedness is broken. **Selah**

January 11th Day #10 Scripture Meditation (Psalms 62:5-6)

Prayer Focus-What is your listening practice when being still before the Lord? Make a goal of sitting an extra 30 minutes today in the Lord's presence. Pray, listen, and journal.

January 12th Day #11 Scripture Meditation (Isiah 40:31)

Prayer Focus- Do you ever just give up on your prayers and think God is not listening? How fervant are your prayers attachehd to your faith?

January 13th Day #12 Scripture Meditation (Psalms 91:1)

Prayer Focus-How does your character emulate Christ? What area(s) do I need to grow in?

Attentive, teachable, obedient, respectful, honest, forgiving, peacemaker, courageous, discerning, content, servant-hearted, thankful, self-control, loving, humble, prayerful, modest, joyful, generous, responsible, compassionate, kind, patient, diligent, faithful, and orderly.

January 14th Day #13 Scripture Meditation (Psalms 131:1-2)

Prayer Focus-Where are you? Ask God to show you the places of pride, presumption, and conceit in your life. Be ready to repent of these and to let the pursuit of worldly things be transformed by the peace and quietness of soul that comes from contentment in the presence of God. **Selah**.

January 15th Day #14 Scripture Meditation (Job 6:24-26)

Prayer Focus-How are your active listening skills? Ask God to search your heart and point out the areas in your communication style, in which you need to grow.

January 16th Day #15 Scripture Meditation (Hebrews 2:1-3)

Prayer Focus-What is God warning you to pay attention to in this season, and how do you pay attention to his instructions?

Week 3- Experience the guiding hand of God in us and over our lives.

January 17th Day #16 Scripture Meditation (Jeremiah 29:10-11)

Prayer Focus-Have you taken the time to consult with God lately, have your plans deviated from his purpose for your life? What steps could you take this week for realignment?

January 18th Day #17 Scripture Meditation (Galatians 5:22-26)

Prayer Focus- Godly Character...Pray for God to reveal the characteristic(s) and for His strength to help you in the process of pruning and development.

January 19th Day #18 Scripture Meditation (1 Corinthians 9:24-27)

Prayer Focus- Life is a journey, not a destination; the race we are running is a long-distance race. Plan with purpose, stop and settle at specific points, savor the moment, and celebrate your accomplishments. All the while learning how to run our race with integrity, intentionality, and God's blessing.

January 20th Day #19 Scripture Meditation (Romans 12:1-2)

Prayer Focus- Allow your heart to be captured by the mercy and grace of God throughout this day. **Offering** ourselves as **living sacrifices** is to choose daily to lay down **our** own desires and to live **our** lives honoring and obeying Him. **Selah**

January 21st Day #20 Scripture Meditation (Galatians 5:22-23)

Prayer Focus- As you worship God in prayer let Him know you refuse to go into the future without His power and that you want all the spiritual resources He has for you.

January 22nd Day #21 Scripture Meditation (Ephesians 2:10)

Prayer Focus- Are you ready to step into the supernatural call on your life? Are you ready to put your hands to the plow? Are you ready to grow where God has planted you? God has a purpose for your presence. What next for you individually and collectively as a part of the body at Crosstown church.

January 23rd

Sunday Celebration

Types of Fast

Full Fast – Drink liquids only. However, consult your doctor first before choosing this fast.

Daniel Fast- Eat only vegetables, fruit, nuts, water and 100% juice.

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

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

Activity/Media Fast – Forgoing a time-consuming activity such as entertainment, hobbies, television, internet, sports, etc.

Biblical Postures of Prayer

STANDING is a way of honoring the presence of another and giving him or her your full attention. Stand before the majesty of God.

“The Lord said, ‘Go out and stand on the mountain in the presence of the LORD, for the LORD is about to pass by.’” (1 Kings 19:11)

“And when you stand praying, if you hold anything against anyone, forgive him.” (Mark 11:25)

“Abraham remained standing before the LORD.” (Genesis 18:22)

OUTSTRETCHED ARMS pulls our awareness toward heaven. It is a posture that opens the core of our body toward God.

“May the lifting up of my hands be like the evening sacrifice.” (Psalm 141:2)

“In your name I will lift up my hands.” (Psalm 63:4)

“At night I stretched out untiring hands.” (Psalm 77:2)

"I want men everywhere to lift up holy hands in prayer, without anger or disputing." (1 Tim 2:8)

UPLIFTED EYES looking up to heaven draws our attention above earthly realities to eternal verities. We are not alone. God is watching us.

"I lift up my eyes to you, to you who sit enthroned in heaven. As the eyes of slaves look to the hand of their masters, as the eyes of a female slave look to the hand of her mistress, so our eyes look to the LORD our God." (Psalm 123:1-2)

"He looked up to heaven and with a deep sigh said to him '*Ephphatha!*'" (Mark 7:34)

"Taking the five loaves and two fish and looking up to heaven, he gave thanks and broke the loaves." (Mark 6:41)

"After Jesus said this, he looked toward heaven and prayed." ((John 17:1)

KNEELING is a way we express humility and reverence.

"When Solomon had finished all these prayers and supplications to the LORD, he rose from before the altar of the LORD, where he had been kneeling with hands spread out toward heaven." (1 Kings 8:54)

"He got down on his knees and prayed." (Acts 9:40)

"Three times a day he got down on his knees and prayed, giving thanks to his God, just as he had done before." (Daniel 6:10)

"A man with leprosy came to him and begged him on his knees." (Mark 1:40)

PROSTATE lying face down or bowing low to the earth reminds us that we were created from dust and to dust we will return. It is a posture of submission and obedient worship.

"Abram fell facedown, and God said to him..." (Genesis 17:3)

"They bowed down and worshiped." (Exodus 4:31)

"They bowed down and worshiped the LORD with their faces to the ground." (Neh 8:6)

"Then the woman, seeing that she could not go unnoticed, came trembling and fell at his feet." (Luke 8:47)

"All the earth bows down to you." (Psalm 66:4)

Prayer Techniques

Breath Prayer is a form of contemplative prayer linked to the rhythms of breathing: (1) breathe in, calling on a biblical name or image of God, and (2) breathe out a simple God-given desire.

- Repeating a simple one-sentence prayer that begins with a biblical name of God that is meaningful to you; follow the name with a word or phrase expressing your deed God-given desire; connect the prayer to your breathing and return to it throughout the day until it becomes a soul reflex.
- Saying a traditionally scriptural breath prayer known as the "Jesus Prayer": "Jesus. Son of David, have mercy on me a sinner"; breath prayers include phrases of Scripture: for example, "My soul glorifies the Lord" (Luke 1:46), "My soul finds rest in God alone" (Psalm 62:1)
- Breath prayers can be short prayers of love and desire, for example, "Shepherd, lead me by still waters," or "Come, Holy Spirit, come"

Centering Prayer is to a time to quiet the heart and rest in God alone.

- Resting in and gazing on Christ
- Waiting before the Lord in open attentiveness
- Attending to the presence of the Holy Spirit within
- Taming scattered thoughts by attending to Christ through the use of a prayer word
- Releasing distractions into the hands of God and returning constantly to his presence within

Contemplative Prayer is to develop an open, restful receptivity to the Trinity that enables me to always be with God just as I am.

- Practicing the presence of God
- Allowing a portion of Scripture to sink deep into the heart as a prayer to God

- Practicing breath prayer, simple prayer, prayer of the heart
- Practicing centering prayer
- Resting in God and allowing the Spirit to nudge, fill or speak
- Wasting time with God

Conversational Prayer is the desire to talk naturally and unselfconsciously to God in group prayer times with others.

- Attending concerts of prayers for global concerns
- Having short, vocal prayer in planned and unplanned venues
- Praying spontaneously with others around specific topics as they come to mind
- Talking with God throughout the day

Listening Prayer is to quiet the inner and outer noise so I can open my heart and listen for God's voice.

- Responding to God's agenda for prayer
- Reading a Scripture and listening to what "lights" up, letting this be the focus of prayer
- Notice when a song or reading grabs at the heart; don't move on; listen for what God is saying at that moment and respond
- Listening to God rather than talking to God

Welcoming Prayer is when we welcome Jesus into every part of my life, body, circumstances and relationships.

- Doing a body scan and inviting Jesus into the tightness, numbness and pain held in the body
- Practicing three movements of letting go and one movement of acceptance
 - I release my need to please people in this situation. Welcome, Jesus, welcome.
 - I release my desire for security in this situation. Welcome, Jesus, welcome.
 - I release my need to control this situation. Welcome, Jesus, welcome.

- I receive what is. I let go of my desire to change reality. Welcome, Jesus, welcome.

Praying Scripture is to allow God to shape my prayer life through the words of Scripture.

- Meditating on Scripture; interacting with God around the revelations its stories bring.
- Listening to the Lord and lingering at the spaces for reflection that biblical stories allow.
- Listening for the question Jesus puts to the disciples as if they were questions he is putting to you.
- Placing your name in the place of “you” pronouns.
- Adopting a prayer of David, Daniel, Paul, Mary, Jabez or Jesus.

Adopted from the “Spiritual Disciplines Handbook”

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