

Prayer



# 21 days of prayer

and fasting



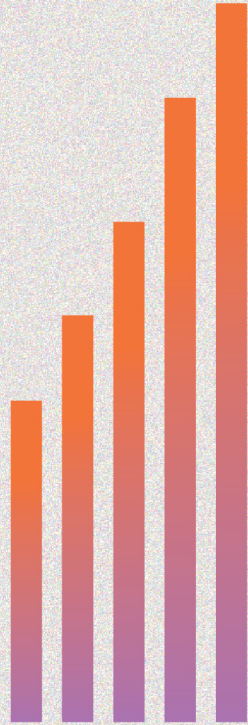
fast



Are

are you all in?

fast



prayer

# 21 days of prayer and fasting



fast

# All In

What does it mean to go “all in?” It’s the mantra of every sports team, the charge of armies and militaries across the world. It’s a rallying cry. It’s a call to give your best. At times it seems cliché. Overused. Just hype. Yet when you sit down and really think about what it means to go all in, you’ll discover there’s something inside every one of us that desires to let go.

“All in” is a rally cry of those who are putting all their eggs in one basket. Those who are giving all of their efforts in one direction. Those who are committing to focus their energy, their time, and their resources in one concentrated area. Because of the commitment to “all in” there’s a fear of going all in. But there’s also the exhilaration of going all in!

If you’ve ever ridden on a roller coaster you know the feeling of being all in but having a little fear hiding underneath the surface. Sure you try to hide it, but as the coaster nears the top of the track, before plummeting down from the highest point of the roller coaster, you get that feeling in the pit of your stomach. You begin to question, “What did I get into?” “Will this turn out ok?” “Have they tested this to verify it can hold me?”

Fear can grip you in the moment. You have a physical response to the fear as your stomach begins to drop. Soon fear turns to adrenaline as the adventure becomes something that brings great joy and exhilaration as you let go and enjoy the journey! What was once the scariest decision has become one you would do over and over again.

Following Jesus is like strapping into that roller coaster. There will be moments when you feel fear but there are moments when you’ll feel the rush of trusting Jesus. You’re in. There’s no turning back. You are not getting off the ride when it gets difficult. You’re committed to the end.

This is what following Jesus requires. Surrender. Going all in with your life, trusting every area to God. The areas we are afraid of. The areas we long to control. The areas that seem so common and basic that they don’t seem big enough to consult God about. It’s surrendering your thoughts, your energy, your money, your affections, your time...all of you for all of Him.



In the book of Matthew Jesus was confronted by Pharisees trying to determine the most important command they should follow. They said, “Teacher, what is the most important commandment in the law of Moses?” Jesus responds with the crux of the gospel. You must go all in with God.

Matthew 22:37-39 NLT - 37 *Jesus replied, “‘You must love the Lord your God with all your heart, all your soul, and all your mind.’ 38 This is the first and greatest commandment. 39 A second is equally important: ‘Love your neighbor as yourself.’*

All of your heart. All of your soul. All of your mind. The very seat of your affections, your desires, your thoughts. The parts of us that drive our actions and what we do with our lives. Jesus is saying I don’t want just a part of you, I want all of you!

God is looking for a people who aren’t hedging their bets by holding on to a part of their life in case following Jesus doesn’t work out. He’s looking for a people who will bet it all and sell out with no safety net. He’s looking for those who get on the roller coaster and say “If it goes off the rails, I’m going off with it.” He’s looking for a people who will say “Jesus isn’t just a part of my life, Jesus IS my life!”

All in is more than hype, it’s a statement of surrender. “All in” is the rally cry of those who realize, as the scriptures say, “You’ve been bought with a price, you are not your own anymore.” It’s the echo of what Paul said in Galatians 2, “It is no longer I who live, but Christ who lives in me.” This means following Jesus is allowing Christ to live IN you and live THROUGH you! It means letting go of your life to find your life.

All in isn’t easy, but it’s worth it. What would your life look like if you lived this year giving God all of your heart, all of your soul, and all of your mind?

What would your decisions look like? What would your schedule look like? What would your peace look like? What would your joy look like?

Don’t let fear dictate your decisions. Stop holding back. Stop holding out. Let this be the year of no turning back. The year you make a decision to surrender all of your heart, all of your soul, and all of your mind as you go “All In” with God!

“

THINK OF WHAT HE CAN DO, AND HOW  
HE DELIGHTS TO HEAR THE PRAYERS  
OF HIS REDEEMED PEOPLE. THINK OF  
YOUR PLACE AND PRIVILEGE IN  
CHRIST, AND EXPECT GREAT THINGS!

ANDREW MURRAY



# 2024 Prayer Focus – 21 Days of Prayer

## FOR PEOPLE TO TAKE NEXT STEPS

There's nothing like seeing people make decisions for Jesus, and go public with their decision through baptism! The first step in the journey is beginning a relationship with Jesus.

- Pray for people to go all in with God, surrendering their time talent and treasure to serve the Lord wholeheartedly with their lives.
- Believe God for answered prayer to our specific needs – Connect Cards and prayer requests.

## MARRIAGES AND FAMILIES

Marriages are under attack because they are one of the greatest pictures on earth of the covenant relationship we have with Jesus! We must pray for unity in marriages, and in the families in our community

- Pray for peace, unity, and the presence of God in our homes.
- Pray for blended families, single parent families, and for healthy relationships.

## THE NEXT GENERATION

Pray for our students and children to be equipped and prepared to live Godly lives in the culture we live in. God put them here for such a time as this, and our job is to pray for them and prepare them!

## KINGDOM EXPANSION

Isaiah 9:7 says that of the increase of His Kingdom there will be no end. The Kingdom of God is growing and expanding as Jesus builds His Church! We have the great privilege of being a part of reaching people with the life changing message of Jesus.

- Pray for unity in our church and the vision to help people Know Jesus, Grow in Him, Discover Purpose, and Change their World.
- Pray for our influence, both locally and globally, as we share Jesus' love through various outreaches and mission opportunities.

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OUR PRAYERS MAY BE AWKWARD.  
OUR ATTEMPTS MAY BE FEEBLE. BUT  
SINCE THE POWER OF PRAYER IS IN  
THE ONE WHO HEARS IT AND NOT IN  
THE ONE WHO SAYS IT, OUR  
PRAYERS DO MAKE A DIFFERENCE.

MAX LUCADO



## A LIFESTYLE OF PRAYER

How do we make prayer a part of our everyday life? We can learn from three things that Jesus did...

*Now in the morning, having risen a long while before daylight, He went out and departed to a solitary place; and there He prayed. - Mark 1:35*

- **A CERTAIN TIME**

Jesus got up early early in the morning to spend time with His heavenly Father. In order for prayer to work, we should do the same. Make a daily appointment with God and keep it.

- **A CERTAIN PLACE**

Jesus had a prayer place. Your prayer place needs to be an undistracted environment, where you can pray out loud, and perhaps have some worship music playing in the background.

- **A CERTAIN PLAN**

Go into your prayer time with a plan. If it changes that's fine. When Jesus taught His disciples how to pray, He gave His disciples a prayer outline. We call it, "the Lord's Prayer," or, "the Model Prayer." ***This outline is available in the "Pray First" books we make available all year long.***

On the next few pages you will find scriptures to pray through, and meditate on, which will help guide you in prayer. We pray as you set aside daily time to pray and seek God, you will create new habits that will transform your life!

## SCRIPTURES ON FAITH

**Matthew 21:22 (NLT)** — 22 *You can pray for anything, and if you have faith, you will receive it.*"

**Mark 11:22–24 (NLT)** — 22 *Then Jesus said to the disciples, "Have faith in God. 23 I tell you the truth, you can say to this mountain, 'May you be lifted up and thrown into the sea,' and it will happen. But you must really believe it will happen and have no doubt in your heart. 24 I tell you, you can pray for anything, and if you believe that you've received it, it will be yours.*

**James 1:5–6 (NLT)** — 5 *If you need wisdom, ask our generous God, and he will give it to you. He will not rebuke you for asking. 6 But when you ask him, be sure that your faith is in God alone. Do not waver, for a person with divided loyalty is as unsettled as a wave of the sea that is blown and tossed by the wind.*

**Matthew 19:26 (NLT)** — 26 *Jesus looked at them intently and said, "Humanly speaking, it is impossible. But with God everything is possible."*

**Romans 10:17 (NLT)** — 17 *So faith comes from hearing, that is, hearing the Good News about Christ.*

**Hebrews 11:1 (NLT)** — 1 *Faith shows the reality of what we hope for; it is the evidence of things we cannot see.*

**Mark 9:23 (NLT)** — 23 *"What do you mean, 'If I can'?" Jesus asked. "Anything is possible if a person believes."*

**Hebrews 10:23 (NLT)** — 23 *Let us hold tightly without wavering to the hope we affirm, for God can be trusted to keep his promise.*

**2 Corinthians 1:20 (NLT)** — 20 *For all of God's promises have been fulfilled in Christ with a resounding "Yes!" And through Christ, our "Amen" (which means "Yes") ascends to God for his glory.*

**2 Corinthians 5:7 (ESV)** — 7 *for we walk by faith, not by sight.*

**Hebrews 11:6 (NLT)** — 6 *And it is impossible to please God without faith. Anyone who wants to come to him must believe that God exists and that he rewards those who sincerely seek him.*

**Matthew 17:20 (NLT)** — 20 *"You don't have enough faith," Jesus told them. "I tell you the truth, if you had faith even as small as a mustard seed, you could say to this mountain, 'Move from here to there,' and it would move. Nothing would be impossible."*

**Romans 10:11 (NLT)** — 11 *As the Scriptures tell us, "Anyone who trusts in him will never be disgraced."*



## SCRIPTURES ON VICTORY

**1 John 5:4 (NLT)** — *4 For every child of God defeats this evil world, and we achieve this victory through our faith.*

**Romans 8:37 (NLT)** — *37 No, despite all these things, overwhelming victory is ours through Christ, who loved us.*

**2 Corinthians 4:17 (NLT)** — *17 For our present troubles are small and won't last very long. Yet they produce for us a glory that vastly outweighs them and will last forever!*

**Isaiah 43:2 (NLT)** — *2 When you go through deep waters, I will be with you. When you go through rivers of difficulty, you will not drown. When you walk through the fire of oppression, you will not be burned up; the flames will not consume you.*

**1 Corinthians 15:57 (NLT)** — *57 But thank God! He gives us victory over sin and death through our Lord Jesus Christ.*

**Romans 8:31 (NLT)** — *31 What shall we say about such wonderful things as these? If God is for us, who can ever be against us?*

**Psalms 27:1 (NLT)** — *1 The Lord is my light and my salvation— so why should I be afraid? The Lord is my fortress, protecting me from danger, so why should I tremble?*

**Luke 10:19 (NLT)** — *19 Look, I have given you authority over all the power of the enemy, and you can walk among snakes and scorpions and crush them. Nothing will injure you.*

**1 John 4:4 (NLT)** — *4 But you belong to God, my dear children. You have already won a victory over those people, because the Spirit who lives in you is greater than the spirit who lives in the world.*

**Psalms 46:1–3 (NLT)** — *1 God is our refuge and strength, always ready to help in times of trouble. 2 So we will not fear when earthquakes come and the mountains crumble into the sea. 3 Let the oceans roar and foam. Let the mountains tremble as the waters surge!*  
*Interlude*

**Ephesians 6:10 (NLT)** — *10 A final word: Be strong in the Lord and in his mighty power.*

**Ephesians 1:18–19 (NLT)** — *18 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. 19 I also pray that you will understand the incredible greatness of God's power for us who believe him.*

**Jeremiah 32:17 (NLT)** — *17 "O Sovereign Lord! You made the heavens and earth by your strong hand and powerful arm. Nothing is too hard for you!*

**Psalms 118:6 (NLT)** — *6 The Lord is for me, so I will have no fear. What can mere people do to me?*

## SCRIPTURES ON THE HOLY SPIRIT

**Luke 11:13 (NLT)** — 13 So if you sinful people know how to give good gifts to your children, how much more will your heavenly Father give the Holy Spirit to those who ask him."

**John 4:24 (NLT)** — 24 For God is Spirit, so those who worship him must worship in spirit and in truth."

**John 16:13 (NLT)** — 13 When the Spirit of truth comes, he will guide you into all truth. He will not speak on his own but will tell you what he has heard. He will tell you about the future.

**John 14:26 (NLT)** — 26 But when the Father sends the Advocate as my representative—that is, the Holy Spirit—he will teach you everything and will remind you of everything I have told you.

**Luke 24:49 (NLT)** — 49 "And now I will send the Holy Spirit, just as my Father promised. But stay here in the city until the Holy Spirit comes and fills you with power from heaven."

**John 16:7 (NLT)** — 7 But in fact, it is best for you that I go away, because if I don't, the Advocate won't come. If I do go away, then I will send him to you.

**Acts 1:8 (NLT)** — 8 But you will receive power when the Holy Spirit comes upon you. And you will be my witnesses, telling people about me everywhere—in Jerusalem, throughout Judea, in Samaria, and to the ends of the earth."

**Acts 4:29–31 (NLT)** — 29 And now, O Lord, hear their threats, and give us, your servants, great boldness in preaching your word. 30 Stretch out your hand with healing power; may miraculous signs and wonders be done through the name of your holy servant Jesus." 31 After this prayer, the meeting place shook, and they were all filled with the Holy Spirit. Then they preached the word of God with boldness.

**Galatians 5:16–18 (NLT)** — 16 So I say, let the Holy Spirit guide your lives. Then you won't be doing what your sinful nature craves. 17 The sinful nature wants to do evil, which is just the opposite of what the Spirit wants. And the Spirit gives us desires that are the opposite of what the sinful nature desires. These two forces are constantly fighting each other, so you are not free to carry out your good intentions. 18 But when you are directed by the Spirit, you are not under obligation to the law of Moses.

**Romans 8:26–27 (NLT)** — 26 And the Holy Spirit helps us in our weakness. For example, we don't know what God wants us to pray for. But the Holy Spirit prays for us with groanings that cannot be expressed in words. 27 And the Father who knows all hearts knows what the Spirit is saying, for the Spirit pleads for us believers in harmony with God's own will.

## SCRIPTURES ON GENEROSITY

**Deuteronomy 15:7-8 (NLT)** — 7 “But if there are any poor Israelites in your towns when you arrive in the land the Lord your God is giving you, do not be hard-hearted or tightfisted toward them. 8 Instead, be generous and lend them whatever they need.

**Deuteronomy 15:10 (NLT)** — 10 Give generously to the poor, not grudgingly, for the Lord your God will bless you in everything you do.

**Luke 6:38 (NLT)** — 38 Give, and you will receive. Your gift will return to you in full—pressed down, shaken together to make room for more, running over, and poured into your lap. The amount you give will determine the amount you get back.”

**Proverbs 11:24-25 (NLT)** — 24 Give freely and become more wealthy; be stingy and lose everything. 25 The generous will prosper; those who refresh others will themselves be refreshed.

**Proverbs 19:17 (NLT)** — 17 If you help the poor, you are lending to the Lord— and he will repay you!

**Proverbs 22:9 (NLT)** — 9 Blessed are those who are generous, because they feed the poor.

**Acts 20:35 (NLT)** — 35 And I have been a constant example of how you can help those in need by working hard. You should remember the words of the Lord Jesus: ‘It is more blessed to give than to receive.’ ”

**2 Corinthians 9:6-8 (NLT)** — 6 Remember this—a farmer who plants only a few seeds will get a small crop. But the one who plants generously will get a generous crop. 7 You must each decide in your heart how much to give. And don’t give reluctantly or in response to pressure. “For God loves a person who gives cheerfully.” 8 And God will generously provide all you need. Then you will always have everything you need and plenty left over to share with others.

**1 Timothy 6:17-19 (NLT)** — 17 Teach those who are rich in this world not to be proud and not to trust in their money, which is so unreliable. Their trust should be in God, who richly gives us all we need for our enjoyment. 18 Tell them to use their money to do good. They should be rich in good works and generous to those in need, always being ready to share with others. 19 By doing this they will be storing up their treasure as a good foundation for the future so that they may experience true life.

**Malachi 3:10 (NLT)** — 10 Bring all the tithes into the storehouse so there will be enough food in my Temple. If you do,” says the Lord of Heaven’s Armies, “I will open the windows of heaven for you. I will pour out a blessing so great you won’t have enough room to take it in! Try it! Put me to the test!



## SCRIPTURES ON STEWARDSHIP

**Proverbs 3:9–10 (NLT)** — 9 *Honor the Lord with your wealth and with the best part of everything you produce. 10 Then he will fill your barns with grain, and your vats will overflow with good wine.*

**Matthew 6:19–21 (NLT)** — 19 *“Don’t store up treasures here on earth, where moths eat them and rust destroys them, and where thieves break in and steal. 20 Store your treasures in heaven, where moths and rust cannot destroy, and thieves do not break in and steal. 21 Wherever your treasure is, there the desires of your heart will also be.*

**Matthew 6:24 (NLT)** — 24 *“No one can serve two masters. For you will hate one and love the other; you will be devoted to one and despise the other. You cannot serve God and be enslaved to money.*

**1 Chronicles 29:16 (NLT)** — 16 *“O Lord our God, even this material we have gathered to build a Temple to honor your holy name comes from you! It all belongs to you!*

**Luke 16:10–11 (NLT)** — 10 *“If you are faithful in little things, you will be faithful in large ones. But if you are dishonest in little things, you won’t be honest with greater responsibilities. 11 And if you are untrustworthy about worldly wealth, who will trust you with the true riches of heaven?*

**1 Peter 4:10 (NLT)** — 10 *God has given each of you a gift from his great variety of spiritual gifts. Use them well to serve one another.*

**Proverbs 21:5 (NLT)** — 5 *Good planning and hard work lead to prosperity, but hasty shortcuts lead to poverty.*

**Colossians 3:23–24 (NLT)** — 23 *Work willingly at whatever you do, as though you were working for the Lord rather than for people. 24 Remember that the Lord will give you an inheritance as your reward, and that the Master you are serving is Christ.*

**Luke 16:10–13 (NLT)** — 10 *“If you are faithful in little things, you will be faithful in large ones. But if you are dishonest in little things, you won’t be honest with greater responsibilities. 11 And if you are untrustworthy about worldly wealth, who will trust you with the true riches of heaven? 12 And if you are not faithful with other people’s things, why should you be trusted with things of your own? 13 “No one can serve two masters. For you will hate one and love the other; you will be devoted to one and despise the other. You cannot serve God and be enslaved to money.”*

pray

# 21 days of prayer and fasting

all about fasting



fast

## FASTING

The goal of fasting is to draw near to God. Biblical fasting always has to do with eliminating distractions for a spiritual purpose; it hits the reset button of our soul and renews us from the inside out. It also enables us to celebrate the goodness and mercy of God and prepares our hearts for all the good things God desires to bring into our lives.

Remember, your personal fast should present a level of challenge, but it is very important to know your body, your options, and, most importantly, to seek God in prayer and follow what the Holy Spirit leads you to do.

## TIMING OF A FAST

This year at New Covenant we are encouraging different kinds of fasting during a 21 day period in the month of January. This is part of 21 Days of Prayer and Fasting, a season of focused prayer as a church family. You may also choose to fast at other times during the year for your own spiritual development. It's very typical to fast a single meal, a whole day, or three days or more. The timing of your fast is not as important as the strength of your focus on God as you fast. Let the fast strengthen your dependence on God!

## Scripture References

- *Matthew 6:6-18*
- *Matthew 9:14-15*
- *Luke 18:9-14*
- *Acts 27:33-37*
- *Nehemiah 9:1-3*

## NEW COVENANT CHURCH WIDE FASTS

**Week 1** - *January 7th - January 13th - Social Media Fast*

**Week 2** - *January 14th - January 20th - Movies & Television Fast*

**Week 3** - *January 21st - January 27th - Food Fast*



## **TYPES OF FASTS:**

### **COMPLETE FAST**

*In this type of fast, you drink only liquids, typically water. Some add light juices, coffee, or tea.*

### **SELECTIVE FAST**

*This type of fast involves removing certain elements from your diet. One example of a selective fast is the “Daniel Fast”, during which you remove meat, sweets, and bread from your diet and consume water and juice for fluids and fruits and vegetables for food. (Daniel 1:12)*

### **PARTIAL FAST**

*This fast is sometimes called the “Jewish Fast” and involves abstaining from eating any type of food in the morning and afternoon. This can either correlate to specific times of the day, such as 6:00 am to 3:00 pm, or from sunup to sundown.*

### **SOUL FAST**

*This fast is a great option if you do not have much experience fasting food, have health issues that prevent you from fasting food, or if you wish to refocus certain areas of your life that are out of balance. For example, you might choose to stop using social media or watching television for the duration of the fast and then carefully bring that element back into your life in healthy doses at the conclusion of the fast.*

## STRUGGLES DURING FASTS

During your fast, you may have struggles, discomforts, spiritual victories, and failures. In the morning you may feel like you are on top of the world, but by evening you may be wrestling with the flesh—sorely tempted to raid the refrigerator and counting how many more days are left in your fast. This is especially true if you are new at fasting. To counteract temptations like these, take extra time with the Lord, remembering that you are choosing to sacrifice a certain thing, like food or entertainment, in order to spend that time getting closer to God. Step outside for some fresh air and talk to Him as you walk along. And in the process, always keep on sipping water or juice frequently during your waking hours.

If you ever feel like you are having serious, adverse reactions to fasting, or if you are experiencing severe abdominal pain and/or swelling, stop fasting and consult a doctor.

We want you to be safe during your fast! If you feel like you are unable to completely fast or selectively fast from foods, choose a soul fast. God loves your heart and will honor your desire to sacrifice to get closer to him!



QUIT PLAYING, START PRAYING. QUIT  
FEASTING, START FASTING. TALK  
LESS WITH MEN, TALK MORE WITH  
GOD. LISTEN LESS TO MEN, LISTEN  
TO THE WORDS OF GOD. SKIP  
TRAVEL, START TRAVAIL.

LEONARD RAVENHILL

## NOTES FOR JOURNALING

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## NOTES FOR JOURNALING

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*are you all in?*



# **NEW COVENANT CHURCH**

**KNOW - GROW - DISCOVER - CHANGE**

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