

21 DAYS OF **POSSIBLE**

FAST

PRAY

HEAR

OBEY

PRAYER & FASTING GUIDE



TABLE OF CONTENTS

PRAY FIRST	03
HOW TO USE THIS PRAYER & FASTING GUIDE	04
CREATING A LIFESTYLE OF PRAYER MODELS	05
WHAT DOES THE BIBLE SAY ABOUT FASTING?	06
WHAT'S THE PURPOSE OF FASTING	07
TYPES OF FASTS	09
WEEK 1: THE LORD'S PRAYER	11
WEEK 2: TABERNACLE PRAYER	19
WEEK 3: PRAYING FOR THOSE WHO NEED GOD	28

Dear Citizen Heights,

Welcome to our 21 Days of Possible Prayer and Fasting Guide! I personally believe prayer and fasting is one of the most powerful ways you can start a new year!

Throughout these next 21 days of prayer and fasting, it is not only possible, but probable that God will speak into your life. I believe God is calling your name, in this season—it's time for a fresh start! A new beginning. What if God is about to give you a fresh start and the merge ramp into some of His blessings is simply leveling up your prayer life? We want to help!

This season of 21 Days of Possible will be aided and accompanied by several tools in the following guide, that will help, including: a Biblical guide to fasting, different fasting options, and a prayer guide for each of the 21 days.

We cannot wait to see what the Lord will do for us, in us and through us during these very special 21 days, and beyond in 2022, as we learn how to pray together. I believe the 21 Days of Possible experience, the presence of God is going to change your life and set you up for a turnaround in 2022.

Once you learn how to pray, prayer can become a part of everyday life.

- Before the day begins
- Before you go to bed
- Before you go to work or school
- Before you send that text
- Before you react
- Before bad things happen
- Before you eat, drive, or travel
- In every situation — PRAY FIRST!



Pastor Michael Giroux

I keep asking that the God of our Lord Jesus Christ, the glorious Father, may give you the Spirit of wisdom and revelation, so that you may know Him better. I pray that the eyes of your heart may be enlightened in order that you may know the hope to which He has called you, the riches of His glorious inheritance in His holy people, and His incomparably great power for us who believe.

EPHESIANS 1:17-19

HOW TO USE THIS PRAYER & FASTING GUIDE

We don't have to follow a specific formula to talk with God, but practicing the discipline of daily prayer can help us find deeper purpose and connection to Him.

The goal of using this guide is not to add pressure or overwhelm you. The goal is simply to create a daily rhythm of prayer and fasting for our community as we begin a new year. To make your prayer time even more meaningful, you can write notes and prayer requests and play worship music. You can submit your own prayer requests to our Pastoral and Prayer Team at <https://citizenheights.com/prayer>. The most important step is committing to regularly entering God's presence through prayer on a daily basis.

The heart of this guide is to help you find a new level of purpose, effectiveness, and enjoyment in your prayer and fasting life. While prayer and fasting does take commitment and can require discipline to develop into a daily habit, we also want to remember that it's a "get to" not a "have to" experience. It's an incredible opportunity to go to God in prayer, and we're thankful that you're choosing to take this journey with us.

CREATING A LIFESTYLE OF PRAYER

Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed. Mark 1:35

Prayer is most effective when it isn't something we do every now and then, but when it's a lifestyle we cultivate. To understand how to have a lifestyle of prayer, we can look at the example Jesus gave during his life on earth.

HAVE A TIME TO PRAY

Jesus got up early in the morning to spend time with his heavenly father. Make a daily appointment with God — whether it's first thing in the morning, at lunch, or in the evening — and faithfully keep it.

HAVE A PLACE TO PRAY

Jesus had a specific place he went to pray. Having a designated place to pray helps us remove distractions and frees us to worship and pray out loud.

HAVE A PLAN WHEN PRAYING

When Jesus taught his disciples how to pray, he gave them a prayer outline. We call it "the Lord's prayer." This outline is available in this guide. As we pray every day, our plans for our prayer time can vary, maybe including worship music, Bible reading, and quiet time to listen to God. It doesn't always have to look the same; it just helps when we have a plan for connecting regularly with God.

WORSHIP AND MEDITATION

Singing songs of praise to God while declaring His truth is a form of worship to Him. Throughout these 21 days you can worship to the songs featured on our 21 Days of Possible Spotify playlist. Each day's guide is accompanied by a specific song or songs to help you meditate on the prayer point. Listen and follow our playlist here

21 Days of Possible Spotify
Playlist QR Code



BIBLE READING

Reading the Bible is an important way to learn how to pray. As a church, we'll be taking the journey of The One Year Bible together. Here are the instructions to access a totally free version of this plan - and many, many more!

Step 1: Download the YouVersion app on **Google Play** or **iTunes**

Step 2: Open the app and go to "Plans" from the bottom menu.

Step 3: Click the search icon, in the top right corner, and type "The One Year Bible."

Step 4: Select the Bible plan, and click the button "Start Plan." You can start this plan alone, or with a friend!

WHAT DOES THE BIBLE SAY ABOUT FASTING?

Biblical fasting involves abstaining from eating (and/or drinking) for spiritual purposes.

In the Old Testament, Israel celebrated certain annual fasts, the most prominent being the Day of Atonement. There were also occasional fasts tied to specific historical events, sometimes individual and sometimes corporate. Here are a few of the occasions for fasting: at a time of grief (I Sam. 31:13; Nehemiah 1:4), at a time of repentance (I Sam 7:6; I Kings 21:27), as an expression of humility (Ezra 8:21; Psalm 69:10), and as an expression of a need for God's guidance and help. What all of these fasts share in common is that they were an expression of dependence on God.

Several New Testament passages give us insight about fasting.

Fasting teaches us to that God's Word nourishes us | Matthew 4:1-4 records the only example of Jesus fasting, just prior to His being tempted in the wilderness. He faced temptation with these words, "Man shall not live on bread alone, but on every word that proceeds out of the mouth of God." Jesus is quoting Deuteronomy 8:3-5 which talks about the 40 years Israel spent in the wilderness, depending daily on manna to sustain them. He says that God humbled them and let them be hungry in-order-to teach them to depend on God's Word to sustain them. By His example of fasting, Jesus reminds us that food alone can't sustain us. We need to be nourished by God's Word.

Fasting teaches us that doing God's will sustains us | John 4:31-35 records Jesus' encounter with the woman at the well. When the disciples return, they encourage Jesus to eat. He responds by saying, "I have food to eat that you know not of." Then He adds, "My food is to do the will of the Father." Again, Jesus reminds us that food alone is not enough. We are sustained by doing God's will.

Fasting teaches us that Jesus Himself sustains us | In John 6:48-50 Jesus says, "I am the bread of life. Your fathers ate the manna in the wilderness, and they died. This is the bread which comes down out of heaven, so that one may eat of it and not die." We see this pictured symbolically in the bread and the cup of the Lord's supper. Jesus is the source of eternal life. Fasting is feasting on Jesus. We are sustained by Jesus himself.

Jesus assumed that fasting would be a part of His disciple's spiritual life. In Matthew 6:16-18, He says, "when you fast," not "if you fast." He warns us not to fast to impress people, but to be near to the heart of God.

WHAT IS THE PURPOSE OF FASTING?

Fasting is designed to intensify our dependence on God by weakening our dependence on food and other things. How does it do that?

Fasting reveals and heals our dependence on food (and other things) to fill the discomfort caused by low self-esteem, unfulfilling work, unloving relationships, loneliness, restlessness, sinful urges and uncontrollable circumstances, etc. It removes the false peace derived from the pleasure of eating.

Richard Foster says, “More than any other discipline, fasting reveals the things that control us. This is a wonderful benefit to the true disciple who longs to be transformed into the image of Jesus Christ. We cover up what is inside us with food and other good things, but in fasting these things surface. If pride controls us, it will be revealed almost immediately.

David writes, ‘I humbled my soul with fasting’ (Psalm 69:10). Anger, bitterness, jealousy, strife, fear—if they are within us, they will surface during fasting.”

Fasting teaches us that we can go without getting what we want and survive. Fasting can free us from having to have what we want. Therefore, fasting can teach moderation or self-control, not only in relation to food, but in other areas as well. It teaches contentment. (I Timothy 6:6)

Fasting expresses and deepens our hunger for God. Richard Foster says, “Fasting reminds us that we are sustained ‘by every word that proceeds from the mouth of God’ (Matthew 4:4).” Food does not sustain us; God sustains us. In Christ, “All things hold together” (Colossians 1:17). Therefore, in experiences of fasting, we are abstaining from food or other activities and feasting on God’s Word.

Fasting must always, first and foremost, center on God. It must be about Him.

STEP 1: CLARIFY THE PURPOSE OF YOUR FAST CARES!

Why are you fasting? A deeper hunger for God? Reconciliation with an estranged spouse? Salvation for a family member? All of the above? Ask the Holy Spirit to clarify His leading and objectives for your fast. This will enable you to pray more specifically and strategically. Fasting is most effective when coupled with spirit-led prayer. That means that He fuels a desire to fast and pray.

STEP 2: SPECIFY THE KIND OF FAST YOU WILL DO

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

- How long you will fast - one meal, one day, one week, several weeks, certain days. If you are new to fasting, you should start slowly, building up to longer fasts.
- The type of fast God wants you to undertake - discussed in the Types of Fasts section 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 YOUR HEART, MIND AND BODY FOR FASTING

Fasting is not a spur-of-the-moment thing. It is planned. We must prepare. The very foundation of fasting and prayer is repentance. Unconfessed sin can hinder your prayers. There are several things you can do to prepare your heart

- 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.
- Do not rush into your fast. Prepare your body. Eat smaller meals before starting a fast. Avoid high fat and sugary foods. Eating raw fruit and vegetables prior to your fast is helpful. 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.
- Prepare your heart and mind: 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). Seek forgiveness from all whom you have offended, and forgive all who have hurt you (Mark 11:25; Luke 11:4; 17:3,4). Make restitution as the Holy Spirit leads you.
- Surrender your life fully to Jesus Christ (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).
- Finally, and of deep importance, Jesus warns us in Matthew to not focus too much on discussing our fast with others.

The details of the fast should not be something you constantly talk about to others. For the most part, it should remain between you and God.

TYPES OF FASTS

Now that we have explored the Old and New Testament teaching and instruction on fasting, we can proceed to discuss specific kinds of fasts. Let us begin with the helpful words of Richard Foster in his classic, *Celebration of Discipline*: “As with all the Disciplines, a progression should be observed; it is wise to learn to walk well before we try to run.”

Biblical fasting almost always concerns food. Since the purpose of fasting, as we saw above, is to focus on God, to humble ourselves and to remind ourselves that we are sustained by every word that proceeds from the mouth of God, then the task in fasting is connecting our “going without” to “hungering for God.” This takes time, focus and the act of praying. Please do not expect to be an “expert” at fasting right away. Fasting is a discipline that can take a very long time to understand well. Also, do not let fasting distract you from praying or intimidate you.

Fasting is not unlike a beautifully written masterpiece of literature. It is simple enough for a youth to understand and enjoy, and yet magnificently rich enough for a scholar to devote their entire life to it.

1.) Abstaining from certain types of foods (meat, sweets, etc.) - Daniel 10:3

This type of fast is a good one for beginners to fasting or those with health needs and special or restrictive diets.

Choose to abstain from something like breads, sweets, sodas, coffee, or even red meat. Perhaps spend some time reading through Daniel's fast in Daniel chapter 1 and chapter 10. Stick to only fruits and vegetables like he did or something similar.

Determine the timing and duration of your fast and begin. You may choose to go without this specific type of food on only certain days like Fridays, or you may go without during the weekdays only or perhaps every day. Finally, choose the duration of your fast. This fast is 21 days (January 2nd – January 23rd) but that does not mean you must go without for all of the 21 days. Determine the timing and duration ahead of time and stick to it. Rather, pray through it.

2.) Abstaining from all food - Esther 4:16; Acts 9:9

This kind of fast is more difficult but can be broken up by timing and duration. This seems to be the most prevalent of the fasts we see in the Bible. It is also the most intimidating, but refuse to let it scare you. Fasting from all food is not scary if you determine beforehand when you will do so and for how long.

Here are some ideas:

Start slowly. Begin with fasting for only a part of a day (lunch, or lunch and dinner).

- Do this for one day a week, or perhaps three days a week. You determine the timing and duration. Take a step of faith. Fasting involves our faith.
- Next, try fasting from food but not beverages. This means that according to your timing and duration, you would not eat any solid foods but only water, juices, smoothies, or perhaps simple soup broths.
- Do this for the first one or two weeks. Devote the time that you normally would eat to Scripture reading and prayer. Focus on Jesus' statements about food.
- Next, try a 24-hour fast. This means that you get up and eat a good breakfast and drink only water or juice until the following breakfast the next day. Set aside specific time, during normal meal times if possible, to pray and seek God.
- Finally, you may progress to a two or three day fast. For some, progression may lead to a multi-day, even multi-week fast. But remember the purpose of your fast - it's not just abstaining from food, it's connecting with God.

3.) Abstaining from entertainment - Daniel 6:18

The king's voluntary "fasting" from entertainment in the time of Daniel helps us further understand yet another type of fast. Fasting from entertainment can be particularly helpful and accessible to kids and teens.

Think of abstaining from forms of media, such as, social media, Netflix, television, video games, all reading except the Bible, music, texting, etc. for the duration of your fast. This can be a very powerful decision even as a supplement to food fasts.

Choosing your fasting plan is a very personal decision. We are all at different places in our walk with God and our spirituality 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, but 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's 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 in-order-to connect more closely to God.

IF YOU DO NOT CHOOSE TO FAST, OR NO MATTER WHAT KIND OF FAST YOU CHOOSE, SEEK GOD WITH US IN PRAYER.

WEEK 1

THE LORD'S

PRAYER

JANUARY 2-8

The Lord's Prayer is often recited in churches or at special events, but there's so much more to this prayer. Jesus provided this model as an outline to teach us how to pray in a way that connects us to God, aligns our priorities with His, and helps us live dependently on Him. This model takes us through each part of The Lord's Prayer, showing us how to pray the way Jesus instructed.

One day Jesus was praying in a certain place. When He finished, one of His disciples said to Him, "Lord, teach us to pray..." LUKE 11:1

"Our Father in Heaven, hallowed be Your name. Your Kingdom come. Your will be done on earth as it is in Heaven. Give us this day our daily bread. And forgive us our debts, as we forgive our debtors. And do not lead us into temptation, but deliver us from the evil one. For Yours is the Kingdom and the power and the glory forever. Amen." MATTHEW 6:9-13 NKJV

CONNECT WITH GOD RELATIONALLY

“Our Father in Heaven”

God isn't interested in us practicing religion; instead, He desires a relationship with us. God has adopted us as His children and loves for us to call Him our Father. Starting our prayer time acknowledging our relationship with God is powerful for us and delights Him as well.

You have not received a spirit that makes you fearful slaves. Instead, you received God's Spirit when He adopted you as His own children. Now we call Him, "Abba, Father." ROMANS 8:15 NLT

Proclaim your intimate relationship with God, addressing Him lovingly as your Father and thanking Him that you are His child.

PRAYER:

“Father, I come to You in prayer today, thankful that I am Your child. I know I have missed the mark, but You have forgiven me and adopted me as Your own, and I am so grateful to call You my Father. Thank You for loving me.”

WORSHIP:

Spend some time in prayer, worship, and meditation while listening to the song “Surrounds Me” by Hillsong Worship.

WORSHIP HIS NAME

“Hallowed be Your name”

God loves when we worship Him, and there is power in His name. Here is a list of some of His attributes to help us worship Him specifically and personally:

GOD IS RIGHTEOUSNESS – He makes us clean

GOD IS SANCTIFIER – He has called us and set us apart

GOD IS HEALER – He heals all our diseases

GOD IS BANNER OF VICTORY – He defeated our enemies

GOD IS SHEPHERD – He speaks to us and leads us

GOD IS PEACE – He is our peace in every storm

GOD IS PROVIDER – He supplies all of our needs

The name of the Lord is a strong tower; the righteous man runs into it and is safe. PROVERBS 18:10 ESV

Read through the above descriptors of God, and say them out loud. When we proclaim who He is, we not only worship Him, but we also remind ourselves how powerful and great our God is.

PRAYER:

“God, I am in awe of You. Your name is a strong tower, a place of protection and safety for me. I praise You as my Healer, my Shepherd, and my Banner of Victory. You are my Peace, my Provider, my Righteousness, and my Sanctifier. Your name is great, and I worship You.”

WORSHIP:

Spend some time in prayer, worship, and meditation listening to the song “Way Maker” by Mandisa.

PRAY HIS AGENDA FIRST

“Your Kingdom come. Your will be done on Earth as it is in Heaven”

Part of being a child of God is caring about what He cares about and loving who He loves. We know His will is perfect, and we acknowledge His wisdom and sovereignty when we pray His agenda first

He will always give you all you need from day to day if you will make the Kingdom of God your primary concern.

LUKE 12:31 TLB

Spend time focusing on what God is focused on. His priorities include:

- Saving the lost
- Accomplishing His purpose in our lives
- Wisdom and guidance for those in authority— parental, spiritual, governmental, work-related
- Caring for the poor and marginalized
- Unity and love
- Justice
- Freedom for those in bondage

PRAYER:

“God, I recognize there is no better plan on Earth than Yours, and I pray for Your will to be done in our world and in my life (name the areas of your life where you need more of God’s presence today). This world needs You desperately, and I pray for every person to know You as their personal Lord and Savior. I pray for the leaders in my life (pray specifically over parents, spiritual leaders, governmental leaders, employers, and any other leaders in your life), that You would show them Your will and give them supernatural wisdom and discernment as they lead. God, I pray that Your heart for justice and unity would be seen in our world; that those who are in bondage will be set free; that the needs of the poor and marginalized will be met. Show me what my role is in seeing the realities of heaven come to Earth. Make Your priorities my priorities. Help me love who You love and see value in all people. I give my life to You again today; have Your way in me. Please give me wisdom and clarity as You show me my next steps.”

WORSHIP:

Spend some time in prayer, worship, and meditation listening to the song “Here as in Heaven” by Elevation Collective.

DEPEND ON HIM FOR EVERYTHING

“Give us this day our daily bread”

God promises to supply all our needs, and He wants us to come to Him with our problems, needs and desires - and to trust Him to provide.

I look up to the mountains—does my help come from there? My help comes from the Lord, who made heaven and earth! PSALM 121:1-2 NLT

Ask God for what you need today. It may help to write down the concerns weighing on your mind or the desires of your heart. Bring them to God, and trust Him enough to hand them over to Him fully. It may help to open your hands before God to physically show your surrender to Him. Problems can either be ours or God's; they can't be both.

PRAYER:

“Father, I acknowledge that everything I need today will come from You. You made the heavens and the earth; You are more than capable of handling any situation I'm dealing with, so I give it to You completely (specifically talk to God about what is on your mind and heart right now and give it to Him). I look to You to help me, sustain me, and give me Your peace. Remind me of Your hope and power today. Thank You in advance for taking care of my needs.”

WORSHIP:

Spend some time in prayer, worship and meditation listening to the song “Make Room” by Jonathan McReynolds.

FORGIVE AND BE FORGIVEN

“Forgive us our debts, as we forgive our debtors”

God has offered us complete forgiveness, and we can receive it at any time. When we turn away from our sins and receive His forgiveness, our hearts are more prepared to forgive others as well.

If we confess our sins, He is faithful and just and will forgive us our sins and purify us from all unrighteousness.

1 JOHN 1:9

Ask God to check your heart and life and show you areas where you might need to ask for forgiveness from Him. Then, it is your turn to forgive those who have offended you. We can even choose to forgive people in advance. Ask God to forgive you and to help you forgive others.

PRAYER:

“God, thank You so much for offering me the gift of forgiveness. Show me any areas in my life that I need to bring before You to receive forgiveness and healing. Thank You for showing me unfailing grace. As You have so freely forgiven me, I also want to freely forgive others. Help me let go of the things that have offended me and acknowledge when I have offended others. I release to You those who have hurt me, and I trust You to handle those situations according to Your perfect will.”

WORSHIP:

Spend some time in prayer, worship and meditation listening to the song “Broken Vessels (Amazing Grace)” by Hillsong Worship.

ENGAGE IN SPIRITUAL BATTLE

“And do not lead us into temptation, but deliver us from the evil one.”

Spiritual battle, traditionally known as “spiritual warfare,” can seem difficult to understand, but the Bible makes it very clear that we have an enemy (John 10:10 NIV). As we pray, we take our stand against anything that seeks to deter us from God’s goodness and will in our lives. There is power in God’s Word, and every lie the enemy has told us can be replaced with God’s truth.

For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. EPHESIANS 6:12

Ask God to show you any lies you’re believing, have believed, or areas of battle, trauma, struggle, drama, or unexplainable opposition happening in your life. Ask God to expose the enemy and to help you understand and receive His truth. Simply speaking the name of Jesus has great power in the spiritual realm. The Bible tells us in James 4:7 that if we resist the devil, he will flee from us. Through prayer, we can resist him and walk forward in freedom.

PRAYER:

“God, I recognize that my struggles today aren’t against the people or circumstances around me, but against the enemy. Help me to recognize the enemy’s lies, take them captive and make all of my thoughts obedient to the truth of Your Word (list out any specific areas God shows you where you have believed a lie that needs to be replaced with His truth). While the enemy wants to destroy me, I know that You came to give me life to the fullest. I speak the name of Jesus over my life and declare that no weapon formed against me will prosper. I don’t have to fear because the One who is in me is greater than the one who is in the world.”

WORSHIP:

Spend some time in prayer, worship and meditation listening to the song “That’s The Power” by Hillsong Worship, and “Battle Belongs” by Phil Wickham.

EXPRESS FAITH IN GOD'S ABILITY

"For Yours is the Kingdom and the power and the glory forever."

God is more than able to move in every situation, and ending our prayer time claiming His authority and power focuses our minds on the truth and hope of who He is and what He can do.

Ah, Sovereign LORD, You have made the heavens and the earth by Your great power and outstretched arm. Nothing is too hard for You. JEREMIAH 32:17

Remind yourself of God's limitless power and then return to praising Him and declaring your faith in Him:

- "Yours is the Kingdom" – all authority belongs to You
- "Yours is the Power" – all mightiness flows from You
- "Yours is the Glory" – Your victory will be complete

PRAYER:

"Father, nothing is too hard for You! Through Your great power, all things are possible. All authority is Yours, all might is Yours, and I know that Your victory will be complete. You are amazing, and I worship You. I praise You for Your power and presence in my life. You are my God, and You are worthy of all praise."

WORSHIP:

Spend some time in prayer, worship and meditation listening to the song "What a Beautiful Name" by Hillsong Worship.

WEEK 2

TABERNACLE

PRAYER

JANUARY 9-15

In the Old Testament, the Tabernacle was the dwelling place of God, built to His specifications, where He would meet His people. As they entered the Tabernacle, they passed through seven stations, following God's instructions, to experience His presence. Today, even though we no longer need the physical Tabernacle to meet with God, these same steps can help us connect with Him. This prayer model will take us through each station of the Tabernacle and use the purpose of each station to guide our prayers.

THE OUTER COURT

THANKSGIVING AND PRAISE

The Israelites entered the Tabernacle with thanksgiving and praise. We start our prayer time the same way.

Enter His gates with thanksgiving and His courts with praise; give thanks to Him and praise His name. PSALM 100:4

Spend some time really thinking about all the blessings in your life for which you're thankful. When we start our prayer time with God this way, it takes the focus off of ourselves and puts our eyes on Him. You can write down a list, sing your own song of praise or just spend quiet moments reflecting on your gratitude and praise toward God.

PRAYER:

"Lord, You are good, and You deserve all my praise and more. Thank You for the many ways You have blessed me and for watching over me (tell Him specific things in your life that you're grateful for. Thank Him for something new that you've never thanked Him for before). I want to experience Your presence and Your love in a fresh way today, Jesus. I thank You that Your mercies are new every day. I thank You for who You are and all You have done for me."

WORSHIP:

Spend some time in prayer, worship and meditation listening to the song "Jireh" by Maverick City Music.

THE BRAZEN ALTAR

THE CROSS OF JESUS

In the Old Testament, everyone had to regularly bring animal sacrifices as payment for their sins. Today, we don't have to do that because Jesus paid for our sins once and for all with His blood on the cross.

Praise the LORD, my soul, and forget not all His benefits—who forgives all your sins and heals all your diseases, who redeems your life from the pit and crowns you with love and compassion, who satisfies your desires with good things so that your youth is renewed like the eagle's. PSALM 103:2-5

Thank God for the gift of Jesus. Thank Jesus for His sacrifice and love. Let the power of the cross, the reality of His sacrifice and what it means for your life really settle in your spirit. In addition to expressing your gratitude, declare the power of transformation and healing that the cross of Jesus has in your life

The cross provides us with five major benefits:

- Salvation - God forgives all my sins
- Healing - God heals all my diseases
- Redemption - God rescues me and restores me
- Transformation - God changes me into His likeness
- Blessing - God provides everything I need

PRAYER:

"Thank You, God, for making a way for me through Your Son. Jesus, thank You for the sacrifice You made for me on the cross. You saved me, and You set me free. I praise You for being my Healer. You have power over all disease and harm in my life (list specific areas where you need to experience God's healing power). Thank You for being my Redeemer. You rescue me and give my life purpose. Thank You for transforming my life with Your love, for making me new. I want to grow to be more like You. Thank You for blessing me. I know You have good plans for me and all that I have comes from You (thank Him for specific blessings in your life)."

WORSHIP:

Spend some time in prayer, worship and meditation listening to the song "None but Jesus" by Hillsong United.

THE LAVER

CLEANSING AND PREPARING

The next step in the Tabernacle was a bowl of water where people were reminded of their need to be cleansed and forgiven by God. Checking our hearts and motives and surrendering our lives to God is an important part of daily prayer.

I appeal to you therefore, brothers, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship. ROMANS 12:1 ESV

Because of what Jesus did on the cross, we can confess our sins to Him and receive complete forgiveness and a fresh start. In prayer, humbly and sincerely ask the Holy Spirit to reveal to you anything that is keeping you from, or even distracting you from, your relationship with God. Then, ask Him for forgiveness and to help you turn away from those things. Allow Him to cleanse and renew you. Then, surrender your past and future to Him.

PRAYER:

“God, I confess my sins to You and turn away from them (tell God any sin you know is in your life and confess it to Him with a sincere heart. Ask Him to show you any other areas that need His cleansing). Thank You, God, for freely forgiving me. As I turn away from my sin, I turn toward You, and I offer myself to You:

- I give You my tongue, to speak good and not evil*
- I give You my eyes, to focus on You and the needs of others*
- I give You my ears, to be sensitive to Your voice*
- I give You my hands, to accomplish your purposes*
- I give You my feet, to walk in Your ways and follow Your footsteps*
- I give You my mind, to be transformed and used by You*

I ask You, Lord, for the fruit of the Spirit found in Galatians 5:22-23, so that I can grow closer to You and make a difference in the lives of others. I ask for love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self control.”

WORSHIP:

Spend some time in prayer, worship and meditation listening to the song “I Am a Living Sacrifice” by Sarah Juers.

THE CANDLESTICK

THE HOLY SPIRIT

The next piece of the Tabernacle was a seven-branched golden candlestick. The fire represents the Holy Spirit and how we are called to be light in the world's darkness.

The Spirit of the LORD will rest on him—the Spirit of Wisdom and of Understanding, the Spirit of Counsel and of Might, the Spirit of the Knowledge and fear of the LORD. ISAIAH 11:2

When Jesus left the earth, Christians were given the gift of the Holy Spirit. He calls the Holy Spirit our “Advocate.” We cannot do all that God has called us to do without His supernatural power. It is through the Holy Spirit that God comforts us, guides us and empowers us.

PRAYER:

“Holy Spirit, I ask You to fill me up. I need Your presence in my life, guiding, directing, comforting and counseling me. I know that You, Holy Spirit, are God, in the Trinity with God the Father and the Son, Jesus. You are the Spirit of Wisdom, Understanding, Counsel, Might and Knowledge. Give me a holy fear of the Lord, helping me to be in awe of who God is and what God does. Work in me, Holy Spirit. Teach and transform me (pray through any areas where you feel the need for transformation today). Empower me with Your spiritual gifts to strengthen the Church and to help bring the reality of the Kingdom of Heaven to earth.

WORSHIP:

Spend some time in prayer, worship and meditation listening to the song “Fresh Wind” by Hillsong Worship.

THE TABLE OF SHEWBREAD

THE WORD OF GOD

In the Tabernacle, a table with twelve loaves of bread represented the importance of reading God's Word for daily sustenance.

Keep this Book of the Law always on your lips; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful. JOSHUA 1:8

God's Word, the Bible, is an incredible gift and a powerful tool. It has great relevance and impact in our prayer life. Here is how you can incorporate God's Word into your daily prayer time:

- Take time to read and think about the Word
- Claim God's many great promises for your life and the world around you
- Ask Him for fresh revelation of His Word; to open your eyes with understanding
- Ask Him for a Word to help you as you go throughout your day
- Ask Him to show you how to apply His Word to your life

PRAYER:

"Thank You, God, for giving me Your Word. I commit to reading it, and I ask You to reveal Yourself to me through it. I want to know You more. Help me to grow more in love with Your Word and to be more dependent on it. I claim the promises You have for me, and I meditate on the truth of Your Word (pray any Scriptures that are on your heart or that God has given you in your current season). Give me fresh revelation from Your Word today and every day! Help me apply it so I can be Your ambassador for love, justice and righteousness in the world.

WORSHIP:

Spend some time in prayer, worship and meditation listening to the song "This I Believe (The Creed)," by Hillsong Worship.

THE ALTAR OF INCENSE

WORSHIP

A small altar of burning incense stood at the entrance to the Holy of Holies, where God's presence dwelled. The people of God entered God's presence as they worshipped His name. This altar represents worship and the pleasure it gives God when we worship Him.

The name of the LORD is a strong tower; the righteous run to it and are safe. PROVERBS 18:10 NKJV

Thank God for making His presence available to you. Praise His name and worship Him personally and specifically for who He is and how He has moved in your life.

PRAYER:

"Thank You, God, for Your presence. I know that You are here with me. I worship You and You alone. I know God, that You are:

My Righteousness - Jeremiah 23:6

My Sanctifier - Leviticus 20:7-8

My Healer - Exodus 15:26

My Provider - Genesis 22:14

My Banner of Victory - Exodus 17:15

My Peace - Judges 6:24

My Shepherd - Psalm 23:1

(As you pray through the different names of God, focus on a few aspects of who He is that have been especially meaningful in your current season of life.) I know that You are always with me, God, and Your presence is life to me. You give me breath, joy and purpose. I love You, God."

WORSHIP:

Spend some time in prayer, worship and meditation listening to the song "Brave / Forever / Oceans" by Anthony Evans.

THE ARK OF THE COVENANT

INTERCESSION

The final place in the Tabernacle was the Holy of Holies, where God's presence dwelled. There, the priest interceded by praying on behalf of the people of God. In the same way, we intercede on behalf of those around us.

I urge, then, first of all, that petitions, prayers, intercession and thanksgiving be made for all people— for kings and all those in authority, that we may live peaceful and quiet lives in all godliness and holiness. This is good, and pleases God our Savior, who wants all people to be saved and to come to a knowledge of the truth.

1 TIMOTHY 2:1-4

We can make a difference when we spend time praying for others. Pray for those with whom you interact and connect, including:

- Those in authority - leaders in church, government, family and workplace
- Those who are marginalized - those suffering injustice, the poor, the widowed, the weak
- Your family - both immediate and extended family members
- Your church - pastors, Citizen Group leaders, members and missionaries
- Your community - people in your city, nation and world
- Your relationships - friends, coworkers, acquaintances
- Your adversaries - those with whom you disagree

PRAYER:

"Thank You, God, for creating a way through Jesus for me to have Your presence wherever I go. I want to specifically ask You to watch over those in authority over me— my spiritual leaders, governmental leaders, the leaders in my family and my employers (pray for these people by name). Give them wisdom and grace. Watch over and protect them, and help them to know and love You more.

I also ask You to watch over those who are marginalized in my nation and in my community. Our world is desperate for justice and reconciliation. Please meet the needs of the poor, the widowed, the weak and those suffering injustice (Pray specifically for people you know who need help, advocacy and intervention). Show me how I can be Your hands and feet to those who are hurting.

I ask You, God, to be present with my family. Bless them and keep them from harm (pray for any specific needs in your family right now). For those in my family who don't know You, please meet them where they are and guide their hearts toward You.

I ask You to watch over my church, God. Give my pastor wisdom and vision, bless our Citizen Groups and everyone who steps foot into our buildings. I pray that You will bring the lost into our church, and that they will have a positive experience and come to know You. Keep our vision rooted in who You are and moving toward Your goals.

I ask You to watch over my city, my nation and our world. I pray for justice and equality for all and ask You to bring peace (name areas where you feel a burden for your city, nation and the world). I pray for anyone who comes across my path to see Your light in me. I lift up my friends, neighbors and coworkers. I thank You for them and pray for Your blessing over them (pray for any specific needs of others). I also pray for my adversaries, as the Bible teaches. Let me be a bridge through which You can bring unity and reconciliation.

Lastly, God, I ask You to provide for my needs. I know that You sustain me, and that You care for me. I lift up my physical, emotional and spiritual needs to You (share the needs on your mind right now). I lay my cares at Your feet. Thank You for loving me, choosing me and calling me Yours. Amen.”

WORSHIP:

Spend some time in prayer, worship and meditation listening to the song “No One Beside” by Elevation Worship.

WEEK 3

PRAYING FOR

THOSE WHO

NEED GOD

JANUARY 16-22

God desires everyone to know Him. In fact, we were created for relationship with God! He says in His Word that He would leave the ninety-nine to go after the one who doesn't know Him. As followers of Christ, we are called to partner with Him in praying for those who don't know Him to come to know Him.

THE ARK OF THE COVENANT

In the Old Testament, the Ark of the Covenant was the literal presence of God. Because of all Jesus has done for us, we now get to take the presence of God with us everywhere we go, through the Holy Spirit in us. God draws people to Him. It's not something we can make happen out of our own efforts, but we can be faithful in praying that the Father would draw those He's placed on our hearts to Jesus.

No one can come to me unless the Father who sent me draws them... JOHN 6:44

Think about the people you know who are far from God. Let your heart be open to God and anyone He may bring to your mind. Remember, you are the carrier of God's presence, so God places people in your sphere of influence on purpose! It may help to write down their names as you focus on praying for them today.

PRAYER:

"Father, I pray for the people around me (list specific names), that You would supernaturally draw their hearts to You. Thank you that you put them in my life for a reason, and I pray that I would shine your light and carry your presence everywhere I go. Send Your Holy Spirit to them, and give them the desire to give their lives to You. Help them to recognize their longing for more in life as a spiritual thirst only You can quench. Open their ears to hear Your voice."

WORSHIP:

Spend some time in prayer, worship and meditation listening to the song "Spirit Break Out" by Eddie James & Dante Bowe.

BIND THE SPIRIT THAT BLINDS THEIR MINDS

The truth can be right in front of some people, and they still can't see it because something is in the way blocking their view of God.

The god of this age has blinded the minds of unbelievers, so that they cannot see the light of the gospel that displays the glory of Christ, who is the image of God. 2 CORINTHIANS 4:4

We can pray against whatever is in the way of those who need to experience God's truth so that they can see the light of God. We can pray effective and powerful prayers that they would see and experience the truth without any obstacles or distractions interfering.

PRAYER:

"Father, bind the work of the enemy of our soul that blinds the minds of the people around me to your truth. In the name of Jesus, I pray that they would be able to see clearly, to recognize who You are and to give their hearts to You. Remove all hindrances, distractions and schemes the enemy would use to deter them from Your truth. Open their eyes, Lord, that they might see Jesus."

WORSHIP:

Spend some time in prayer, worship and meditation listening to the song "Sure Thing" by Hillsong United.

PRAY THAT THEY MAY HAVE A PERSONAL RELATIONSHIP WITH GOD

Many people think Christianity is just another religion. They only see God through the lens of the organization and institution of the church. They may even feel frustrated, angry or betrayed by people in churches they have encountered or by religious legalists and their hypocrisy. But God didn't come to build an organization. He came to have a relationship with His children.

The Spirit you received does not make you slaves, so that you live in fear again; rather, the Spirit you received brought about your adoption to sonship. And by Him we cry, "Abba, Father." ROMANS 8:15

God wants His sons and daughters to come home. God wants to have a personal relationship with each and every person and for each one to experience the freedom and adoption that comes from that relationship. Your prayers for people to have personal encounters with the living God make a huge difference.

PRAYER:

"Father, I pray that people will understand how much You love them. I pray the people around me (write down or pray out loud specific names of people God has placed in your life that need to experience a relationship with God) would experience your adoption as a child of God. I pray that they come into a meaningful relationship with You. Stir in their hearts a longing to come home, to hear Your voice and to see You welcoming them with open arms. Let them know You are always running to meet them and hold them close."

WORSHIP:

Spend some time in prayer, worship and meditation listening to the song "Sons and Daughters" by Vineyard Worship and Kyle Howard.

PRAY FOR BELIEVERS TO CROSS THEIR PATHS

This prayer point is twofold: we can pray for other Christians to influence the people around them positively, and we can also look for opportunities in our own lives to influence others positively. God's plan to reach people is worked through those who already know and love Him. Jesus asked us to pray for people to go into the world to be salt and light. He came to bring the good news of the gospel to all people, and His desire is that everyone would know and love Him.

Ask the Lord of the harvest, therefore, to send out workers into His harvest field. MATTHEW 9:38

As His "spiritual farmers," we get the opportunity to plant seeds of truth, life, hope and the goodness of God in the lives of the people we encounter each day. We may have no idea who has already been praying for them and the culminating impact our kind word, compassionate act, heart-felt prayer or loving attitude can have to draw them to Christ.

PRAYER:

"Father, I pray for the lost around me to meet believers who will influence them in a positive way. Lord, let my life shine in such a way that people want to know the God I serve. Allow others to see my genuine love and concern for them in all that I say and do. Let me be Your hands and feet to serve them and let them know just how much You love them."

WORSHIP:

Spend some time in prayer, worship and meditation listening to the song "Rescue" by Mosaic MSC.

RELEASE THE SPIRIT OF WISDOM AND REVELATION ON THEM, SO THEY MAY KNOW GOD BETTER

It's that "eureka" moment, that "aha!" when it finally clicks. The most important moment we experience with this type of revelation is when the lights come on spiritually. People need to see their own sin, see what Jesus did on the cross and see the hope that comes from giving their life to God.

I keep asking that the God of our Lord Jesus Christ, the glorious Father, may give you the Spirit of Wisdom and Revelation, so that you may know Him better. EPHESIANS 1:17

People need wisdom, not just knowledge, of spiritual things. There's a personal encounter we can each have with our very real God where we can truly know Him. We can pray for this kind of supernatural revelation that only comes from God for those around us.

PRAYER:

"Father, I pray for the people around me to experience the Spirit of Wisdom and Revelation. I pray that they would truly understand their spiritual condition and see what Jesus did for them on the cross. I pray their experience would go beyond the cerebral and would be a deeper "eureka" moment for them as they experience you personally. Help them to come to You, so they can understand all You have for them."

WORSHIP:

Spend some time in prayer, worship and meditation listening to the song "Sure Thing" by Hillsong United.

PERSONAL PRAYER

We often find ourselves praying and believing in faith for others, while holding our own desires, and maybe even needs, at arm's length. As important as it is to pray for others, it's also important to pray for ourselves.

I pray that from his glorious, unlimited resources he will empower you with inner strength through his Spirit. Then Christ will make his home in your hearts as you trust in him. Your roots will grow down into God's love and keep you strong. And may you have the power to understand, as all God's people should, how wide, how long, how high, and how deep his love is. EPHESIANS 3:16-18

We need to take time to pour out our hearts to God and experience his love. When we humble ourselves before him and pray for the things deep in our hearts, our faith and our strength grows. We also more fully understand the vastness of God's love for us as individuals. Not because of what we've done, but because of who He is.

PRAYER:

"Father, I pray for myself. I pray that I would encounter your unfailing, never ending love for me. I pour out the desires of my heart (tell God the things that are on your heart today, and even the things you are believing for this year-nothing is too big or too small) to you because I believe that you care for me. I thank you that I can come to you, where you accept me as I am, and I can experience your perfect love for me and the strength that provides for my life. May my roots grow down deep into your love. In Jesus' name I pray. Amen."

WORSHIP:

Spend some time in prayer, worship and meditation listening to the song "When We Pray" by Tauren Wells.

VISION PRAYER

Vision can mean different things to different people. The Bible is clear that without a vision for our lives, our church, our families, our business, our finances (the applications are endless), we will end up wandering astray. God has a vision and purpose for your life, the church and the world. We can ask Him for His vision for our lives.

When there is no clear prophetic vision, people quickly wander astray. But when you follow the revelation of the Word, heaven's bliss fills your soul. PROVERBS 29:18 TPT

We need God's vision for our lives, and one of the best resources for us to ensure we are walking in God's vision is the Bible. As we come to the end of our 21 Days of Possible, let's believe together that God's vision - his plans, purposes and desires for our lives - will be revealed, and that the habits we've created throughout these 3 weeks together would permeate every part of our lives and the lives of those around us.

PRAYER:

"Father, I thank you for your vision. I thank you that you don't hide your purposes and plans for my life, but instead you desire to make them plain for me so I can walk them out. I pray that you would keep my heart open to receive your vision and to walk in the path you have for me. I thank you for your Word that provides wisdom and insight into my life and the lives of each person in my personal world. Thank you for the habits I've formed over these 21 Days of Possible. Help me to continue to grow in these spiritual disciplines all year long."

WORSHIP:

Spend some time in prayer, worship and meditation listening to the song "This I Believe (The Creed)," by Hillsong Worship.

21 DAYS OF
POSSIBLE



CITIZEN
HEIGHTS



Hillsong
Family