

21 Day Devotional, Fasting and Prayer Guide

By starting each year with a corporate fast, many Christians and Churches have found that God meets with us in very unique and special ways. His presence grows greater and greater with each day of the fast. Without fail, He always shows up!

Corporately *fasting* in January is much the same precept as praying in the morning to establish the will of God for the entire day. I believe along with many Pastors that, if we will pray and seek God and give Him our best at the first of the year, He will bless our ENTIRE year! "But seek ye first the kingdom of God and His righteousness, and all these things shall be added to you" (Matthew 6:33).

Fasting is a principle that God intended for everyone to be able to enjoy. It's not a punishment; it's a privilege! By making fasting a way of life, you can get closer to God and grow in your spiritual walk like never before. Fasting is one of the most powerful weapons God has given us for our daily lives. Through fasting, you can experience a release from the bondage of sin ... restoration in your relationships ... financial blessings ... spiritual renewal ... supernatural healing and so much more!

Another reward of fasting has to do with your future. God has given you a vision, a divine dream for your life. When you fast, you open up the blessings and opportunities He has provided for you to pursue that dream. As you fast, pray for God's direction and guidance. Focus your faith on your dream and God will show you how you can turn your vision into a reality. Begin pursuing your divine dream today and make the rewards of fasting part of your lifestyle.

When you fast and pray, you will see amazing results from God. You will see godly changes in your home/family, prayers answered in incredible ways, wisdom gained about hard issues, and in it all, you will mostly appreciate that your own desires become secondary to God's. It's all about putting Him first, and letting our Shepherd lead the way all year long. Without a doubt, fasting sets you on a great course every year. Ps 37:23 says, "The steps of a man are established by the LORD, And He delights in his way" (nasb),

Many people believe the first week is the hardest during a fast. Symptoms like grumpiness, sleepiness, headaches, and cravings are all normal because your body is detoxing. The detox part can last for as few as 3 days, but it normally takes a week to feel refreshed (and stronger than ever).

What's the easiest thing about it? You can make your healthy food, like bean soups and snacks for the week ahead. Because you are eating so fresh, your meals and snacks can easily be prepared ahead of time. By the time your first week is up, you will be used to leaving your house with your healthy food. Once your body detoxes, smells that come from places like fast-food restaurants can even become gruesome instead desirable.

You can still feed your family like normal. Fasting is a joy! It's only our flesh that complains, but the joy you can find in fasting can even show your children how good and pleasant it is to serve God.

James 4:8 says, "Draw near to God, and He will draw near to you." He has amazing things in store for us, and I am encouraged and excited about our next semester.

Resources: There are several websites and resources available on the website that you will find useful during your 21 Day Fast.

1. **"Daniel Fast"** by Susan Gregory. I read this tool and found it very beneficial. Susan Gregory is all about teaching this delightful discipline, and she shares a very informative Bible-based insight on Daniel fasting. You will also be able to receive more valuable resources, like prayers, recipes & scriptures for your fast, etc.) The e-book which she offers is for free on her website. Susan Gregory's website is: <http://daniel-fast.com/>.

2. You might want to study more about fasting by reading some of the resources that are available or watching some of the television broadcasts that will focus on the January Fasting Movement. You can also find updated links and resources on The Daniel Fast Blog.

- a. The Daniel Fast website: <http://Daniel-Fast.com>
- b. The Daniel Fast Blog: <http://DanielFast.WordPress.com>
- c. Jentezen Franklin Ministries: www.JentezenFranklin.org
- d. The Fasting Movement: www.TheFastingMovement.com

Types of fast and what they require.

Broad Types

1. Corporate: This is a called fast done by the Pastor or Leader of a church or group of people. (see 1 Kings 21:9, Ezra 8:21, Ester 4:16) This type of fast requires that the people are on one accord about the fast and will be in compliance to what the Pastor or Leader, by the leading of Holy Spirit has called them to do.

2. Private: This is a personal fast for an individual or husband and wife; lead by the Lord. (see Matthew 6:18)

Specific Types

1. Daniel Fast: No meat, sweet foods, or strong drinks (see Daniel 10:2-3). This can be done for an extended period of time, this could also be considered a vegetarian diet because there is no meat intake. **This is the Fasting the Wood Chapel is encouraging the body to prayerfully consider doing this year.**

2. Partial Fast: This would be not eating one main meal you would usually eat on a daily routine, such as breakfast, or lunch, or dinner. This meal would be skipped until the fast was over.

3. Half-Day: Fast until 3 P.M. (ninth hour). This is the fast John Wesley participated in. (see Acts 10:30-31)

4. Complete Fast: This would require you to abstain from all solid foods, liquids only. When Jesus fasted in the desert, the Bible says, “After fasting forty days and forty nights, He was hungry.” This verse does not mention Jesus being thirsty. (see Luke 4:1-2)

5. Total Fast: This is a full and complete fast, no food or drink. Acts 9:9 describes when Paul went on a full fast for three days following his encounter with Jesus on the road to Damascus. Esther also called for this type of fast in Esther 4:15-16. This type of fast should be done with extreme caution and not for extended periods of time.

6. Juice Fast: This is a fast where only fresh fruits and vegetables are juiced in a juicer. If you can’t juice your own fruits or veggies try buying juices without sugar or additives. When using fruits that are acidic, such as lemons, oranges, and even tomatoes dilute them with water for your stomachs sake.

Lengths of Fast

1. Half-Day: see Judges 20:26, Acts 10:30

2. One Day

3. Three Days: see Acts 9:9, Esther 4:15-16

4. Seven Days: see 1 Samuel 31:13

5. Fourteen Days: see Acts 27:33

6. Twenty One Days: see Daniel 10:3

7. Forty Days: see 1 Kings 19:8, Luke 4:1-2

NOTE: The length of the fast should be dependent on three factors – 1. Your health, 2) God’s leading, and 3) Type of fast. **USING WISDOM IS ALWAYS IMPORTANT IN FASTING.**

Other activities to commitment to Fasting

Although not mentioned in the Bible we as Christians today can also commit to fasting from other activities:

- a. Electronics
- b. Computers
- c. TV
- d. Video games
- e. Limited cell phone use if possible.
- f. Try to give up some entertainment like sports and movies and focus more on

prayer and studying the Word of God during the times we do some of the mentioned activities.

Daniel Fast: foods to avoid

Basically, you want to avoid the King's food. Some might sum it up to say that you shouldn't have the King's Burgers or fries. You should probably avoid the golden arches as well. However, many fast food restaurants now have good salads.

To avoid the king's food means that we are definitely avoiding all those things that the Jews couldn't eat. We're also avoiding foods that only royalty in ancient days could afford. It wasn't until recent history that most Americans could afford to eat meat or poultry. Today, in most of the world, very few people can afford to eat any kind of meat or processed foods, like the foods in this list.

- Meat, because Daniel didn't want to take the chance of eating non-kosher meat and/or meat that was offered to idols.
- white flour and all products using it
- white rice, white bread, hominy and pasta
- fried foods
- caffeine
- carbonated beverages, including diet sodas
- Wine or any other alcoholic drinks
- foods containing preservatives or additives
- refined sugar
- high fructose corn syrup
- chemical sugar substitutes
- margarine, shortening, animal fat, high fat products

Daniel Fast: foods to eat

Daniel seemed to eat only things planted for harvest and drank only water. You may want to keep it simple and eat only vegetables and drink only water.

1. **Whole Grains:** brown rice, oats, rolled oats, oatmeal, barley, corn, popcorn, wheat
2. **Legumes:** dried beans, pinto beans, split peas, lentils, black eyed peas, green beans, green peas, peanuts, etc. Grain legumes include beans, lentils, lupins, peas and peanuts.
3. **Fruits:** apples, apricots, avocados, bananas, berries, blackberries, blueberries, boysenberries, breadfruit, cantaloupe, cherries, coconuts, cranberries, dates, figs, grapefruit, grapes, grenadine, guava, honeydew melons, kiwi, lemons, limes, mangoes, melons, mulberry, nectarines, oats, olives, oranges, papayas, peaches, pears, pineapples, plums, prunes, raisins, raspberries, strawberries, tangelos, tangerines, watermelon, etc.,

4. **Vegetables:** artichokes, asparagus, beets, broccoli, brussel sprouts, cabbage, carrots, cauliflower, celery, chili peppers, corn, cucumbers, eggplant, garlic, gingerroot, kale, leeks, lettuce, mushrooms, mustard greens, okra, onions, parsley, any peppers, any potatoes, radishes, rutabagas, scallions, spinach, sprouts, squashes, sweet potatoes, tomatoes, turnips, watercress, yams, zucchini, etc.
5. **Seeds:** all nuts, natural peanut butter, natural almond butter, sprouts, ground flax, etc.
6. **Liquids:** spring water, distilled water, filtered water, 100% all natural fruit or vegetable juices

Other Food items to Avoid during Your Fast

- a. Avoid caffeinated drinks.
- b. Avoid chewing gum and mints even if your breath is bad. Drink decaffeinated mint tea to assist with your breath.

*These items stimulate digestive action in your stomach and may make you feel hungry.

Why Pray?

Praying to our Heavenly Father, in the Name of Jesus Christ, using God's Holy Word (scripture) in prayer is the most powerful thing we can do for ourselves and others. *The heart of prayer is the will of our Heavenly Father. Part of that will is simply coming to Him. He desires us, as His dear children to know Him. He desires your love, your attention, your fellowship (more than just being related to Him through Jesus), He also desires a time of communion, an intimate time of personal exchange and involvement, and finally a release of His will and manifest Presence in the earth through prayer.*

As you pray for your needs and the needs of others, you are actually becoming a prayer warrior, an intercessor, just as Jesus was and is today for each of us. Jesus is constantly interceding for us to our Heavenly Father. It is written that Jesus was sent to destroy the works of the devil, 1 John 3:8. We are to do the same. We have the power and authority through Jesus Christ. All we have to do is live in the promise of the Word of God and to use His precious Name.

The most powerful weapons we have are the Name of Jesus Christ and God's Holy Word against satan and his foul wicked demons. No power of darkness can stand against the Word of God in the Name of Jesus Christ, and through the Blood of Jesus Christ.

The importance of confessing our sins and worshipping God, according to the Word of God: "If I regard iniquity in my heart, the Lord will not hear me." Psalms 66:18. "We know that God does not listen to sinners: but if anyone is God-fearing and a worshipper of Him and does His will, He listens to him." John 9:31.

Prayerlessness is a sin according to 1 Sam. 12:23.

Each day during your fast, we encourage you to keep a **daily journal**. Write any revelations that God gives you about yourself and about life in general.

Day One

Acknowledging God the Creator of Heaven and Earth

Devotion

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. Take a 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 fly or a tiny ant then think of how detailed the plan must be 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 can not build anything large enough to contain You and Your glory, the heaven and heaven of 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 Day, and we bless Your Holy and righteous ways. Thank You Father for Your Creation.

Scriptures to Meditate on

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

Day Two

One Nation Truly Under God

Devotion

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 tell us in Psalms 33:12, “that blessed is the nation whose God is the Lord”. If we continue to go silent and watch as our families, children, homes, schools, and yes Government become a bunch of modern day pagan worshipers how can we be called one nation under God. I challenge you to stand for what is right even when you are the only one standing, remember with God there is more with you than there is against you (see 2Kings 6:17). God is watching (see Pro.15:3) us to see what we will do in these times when He has given us a voice to make a difference. You might think that you are just one person and how can one person make a difference, well all God need is just one person; ask Daniel, Jeremiah, and Moses. One person’s actions could help God save a whole nation from destruction. Will you be that one?

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

Psalm33:12-15, Psalm52:4, Job 24:1-25

Day Three

Guidance for the President of the USA

Devotion

The President and VP has been chosen by majority vote. 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 new people make our God is STILL in control of them also. The bible tells us that He is the God of all flesh. So let us make a decision to pray for guidance for our new leaders of these United States of America. 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 with the state of our economy, health care , and our soldiers in harms, and other war torn countries. Let us also remember that they need people they can trust to help them in there decision making. Like all of us one of the most important things we can ask God for and that is guidance. Can you imagine what the White House would be like if you knew that the President asked our Lord and Savior each day for

guidance in their actions, motives and plans, WOW! Well we know that we can ask for them and that is just as good.

Prayer

Lord God we pray (_____) will trust in You, Lord, with all their hearts; and that they will not lean on their own understanding. We pray that in all their ways they will acknowledge You, and You will make their paths straight. For You, Father, lead the humble in justice, and teach the humble Your way. A man's way is not in himself; nor is it in a man who walks to direct his steps. The steps of (_____) are ordered by You. Father, and You delight in their way. Make them to know Your ways, Father; teach them Your paths. Lead them in Your truths and teach them, for You are the God of their salvation; for You they wait all the day. Thank You Father for surrounding our new leaders with people who will serve them with pure motives and help them make the best decisions for our Country. Thank You Lord for leading them and guiding them with Your right eye.

Scriptures to Meditate on

Psalm1:1-3, Romans 13:1-7, 1Timothy 2:1-4

Day Four

The Elephant in the Church

Devotion

Have you ever heard the saying “Elephant in the Room”? I’m sure you have. Around the office, with friends, or even at the dinner table, it’s an old English idiom that many of us use to describe an obvious truth that is either being ignored, or at times, rarely being addressed. We all have seen elephants at the zoo or maybe on TV. , and we know how impossible it is for an elephant to be ignored. They are the largest land animals in the world, weighing anywhere between 9000-12,000 pounds. So you would think that if you and I were in a room with an elephant, we would probably know it! While doing some soul searching this week, I began to ask myself this question; as Christians, what are the elephants you and I have in the room today? What are the biggest elephants we have in the church today? I’m sure, depending on whom you ask, the answers to that question would differ greatly, money, divorce, racism, homosexuality, politics, and sexism. The list is endless. There is however one “elephant” in particular that we as Christians rarely seem to uncover enough. Despite its size and ability to frighten all in its path, this elephant has been chained to the rooms (and hearts) of every believer by God Himself. It simply cannot be avoided. That elephant is ACCOUNTABILITY. Romans 12:16 says, “Be of the same mind toward one another. Do not set your mind on high things, but associate with the humble. Do not be wise in your own opinion.” If we are really honest with one another we can all say at one point or another that we have a hard time asking for help. Whether it was from a family member, friend, or even fellow believer, for some reason we equate a need for help as a sign of weakness. Nothing like figuring things out on your own, or so we think until our “elephants of accountability” grow bigger than the

rooms we hide them in. As Christians, there is nothing more important than seeking out and embracing the accountability of the friends and loved ones God has placed around us. More often than not, many of us can fall victim to a dangerous belief system that our relationship with Christ (and no one else) is all that we need to be successful in our daily walk with Him. Without accountability, the voice of God can sound a lot like your own. I encourage you today to become a person of accountability.

Prayer

Dear Lord, I humble myself before You and ask You to forgive me of thinking that I am wise in my own opinion. I ask You Father to help me see when I need to be held accountable for wrong actions or thoughts. Father take away the shame and help me to see that my need for help is not a sign of weakness. Father I want to please You in all that I do and say, I want to be a true Ambassador for Christ sharing Your Gospel without any issues that will hold me back from being who You want me to be. Amen

Scriptures to Meditate on

Romans 12:16, Matthew 12:33-37

Day Five

God wants to use you!

Devotion

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.

Scripture to Meditate on

2Timothy 2:20-21

Day Six

What is Freedom?

Devotion

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? The airlines were shut down, and air travel suffered for months. Professional football games were postponed. Large events were canceled. The security measures implemented 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 not allow terrorists to shut us down and isolate us from the rest of the world. Our soldiers are risking (and some losing) their lives to protect our freedom. The rest of us 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. This is where our prayers for freedom and protection, not just for America, but for all those other countries like Darfur, and Israel etc. that suffer through terror everyday, become very important. We must pray for the protection of this Country. God is waiting to hear from us about everything that concerns us. Not just about achieving the house with the two car garage and the six figure a year job, but also about our safety and if we don't pray to the King of the Universe, Jesus Christ to protect us then we are in trouble.

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, financial 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

Psalm 91 and Psalm 100

Day Seven

The Difference between Covering and Covering Up.

Devotion

If you hang around church folk very long, you will hear them speak about “covering”. I remember when I first heard this phrase; I assumed they were talking about covering up. But there is a huge difference between covering and covering up. There is only one time in the New Testament that the word “cover” is used in that context, and that is in 1Peter 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. There is no doubt in my mind that the epidemic we are currently seeing in moral failure, divorces, and scandals among church leaders and pastors has its roots in the lack of “covering love” present in the church. In most cases, these Leaders and Pastors may have been too proud or too isolated to seek out accountability partners. For every high profile leader who falls, there are scores of Deacons, Elders, Teachers, and others in the church who suffer the same fate out of the spotlight. This is why the divorce rate is higher in the church than outside the church! You don’t dare come to church and admit you and your spouse are struggling and need prayer, help and support, so you suffer in silence while your marriage and family crumbles around you. 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 she was. Covering up your sin will only result in repeating the same behavior. So through prayer find someone in your fellowship who you can be transparent with, and ask them to help you be accountable.

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, 1Thessalonians 4:11

Day Eight

Salvation for the Lost

Devotion

Do you know of someone who does not know Jesus Christ as their personal Lord and Savior? Chances are 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 you know who is not saved. Ask God to show and tell you exactly how to witness to this person or people He has for you to share your faith with. God desires for everyone to be saved not just a select few but EVERYONE!

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 across these lives this day to share the good news of the Gospel in a special way so that they will listen and understand it, that it will touch their hearts. In the name of Jesus I pray with thanksgiving, Amen.

Scripture to Meditate on

Isaiah 52:10

Day Nine

Your Destiny

Devotion

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 right 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 here God calling you to go to the left instead of the right? Are you saying to God how, who, what, when or I can't do that? Step onto that path that God is calling you to, and stay on it. Every step on this path is covered in God's wisdom. Follow the flow of the favor He gives you. 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. Your destiny of greatness is inevitable. You have your Father's word on it.

Prayer

Dear Lord, in my heart I have determined the direction that I will take, making plans and setting all of my goals in accordance with the will of God. When my dream is made plain and I am focused on my destiny, You Lord direct my every step to fulfill it. Help me Father to accomplish every plan and purpose You have already set for my life, even when I don't understand it or can't comprehend Your predestined plans for my destiny. In Jesus name, Amen

Scriptures to Meditate on

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

Day Ten

Promotion

Devotion

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 benefit 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 filthy 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 life and an abundant life. Amen.

Scriptures to Meditate on

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

Day Eleven

Waiting on God

Devotion

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? Well He did say that He will answer us when we call and sometimes it may not be the way we were thinking He should answer. 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

Day Twelve

Life Balance

Devotion

When more time is spent at work than at home, there's a greater possibility of missing out on a rewarding personal life. However, when there is significant stress in the personal life, increased focus on the work life may sometimes serve as a coping mechanism. We should seek to bring glory to God in what we do and in how we spend our time. Neglecting ourselves or to avoid something at home isn't really God-honoring behavior. 1Corinthians 6:19 says, "Do you not know that your body is a sanctuary of the Holy Spirit who is in you, whom you have from God?" The impact of overwork on the body is physically destructive and harmful and can lead to hypertension, depression, fatigue, and exhaustion. To keep work and personal priorities in check, seek Godly advice from other believers and pray for God's guidance as you seek to honor Him with your time. Then, keep a log of how you spend your time. Remember God has given you a life to enjoy and not to overwork yourself until the point of sickness or maybe even death.

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 to the time You have given me. In Jesus name I pray, Amen.

Scripture to Meditate on

Ecclesiastes 3:13

Day Thirteen

God Works through Families

Devotion

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. But in our family, we can hold each other accountable and walk through forgiveness and repentance. No matter our family situation, God can use it to teach us more about who He is and to help us rely on Him.

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

Day Fourteen

Restore Relationships

Devotion

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, it may not be what you think. How many people do you know 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 Lord 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

Day Fifteen

Enlightenment

Devotion

Do you have a desire to be more in tune to the word of God? Do you want a bigger understanding of the things of God? Today lets us challenge one another to really seek and ask for the wisdom of God and divine revelation of our Holy Father and His Word. Remember you must do your part in reading and studying the word of God it does not come to those who are slothful, unwilling to study, or does not spend time with God. Give the Lord something to work with; you must put forth some effort.

Prayer

Lord of Glory, I pray that You might give to me Your spirit of wisdom and revelation in the sphere of a full knowledge of Yourself, with the eyes of my heart being enlightened, knowing what is the hope of Your calling, what is the wealth of the glory of Your inheritance in me and what is

the super-a-bounding greatness of Your inherent power to me as one who believes, as measured by the operative energy of the manifested strength of Your might (see Eph.1:17-19). And Father I pray that You would make known to me the mystery of Your will according to Your good pleasure which You have purposed in Yourself (see Eph. 1:9).

Scriptures to Meditate on

Daniel 2:21, James 1:5

Day Sixteen

God's Provision and Protection

Devotion

When we seek God and are thankful for all He has given us, we will not lack anything we need. And when we give to those less fortunate than ourselves, He will bless us (Ps.41:1-2). But 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".

Now for protection, we should never take for granted the protection of the Lord in our lives. We should not enter a plane, train, or automobile without praising God as our Protector. We should not enter a day without asking Him for His protection and then thanking Him for it in advance. 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. Lord I praise You as my Protector. Thank You for hiding me under the shadow of Your wings". You have delivered my soul from death. Have You not kept my feet from falling, that I may walk before God in the light of the living. Thank You, Lord for providing and protecting me, my family, and all that I have in Jesus name, Amen.

Scriptures to Meditate on

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

Note of encouragement.

You are on the last week of your prayer and fasting, great job, you have hung in there. This last week will focus on more praying and reading the scriptures, instead of devotions. We will focus more on praying specific prayers from specific scriptures for specific topics, such as; unity, sanctification, guidance, and thankfulness.

Day Seventeen

A prayer for Spiritual Strength

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 from whom Your whole family receives our name. 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 constantly to Your glory! Now unto You, Father, who is able to do exceedingly far above all that I ask or can imagine, be the glory in the church through Christ Jesus throughout all the ages and forever. Amen!

Scriptures to Meditate on

2 Timothy 1:7, James 5:16, 2 Corinthians 12:8-9, Ephesians 6:10

Day Eighteen

A prayer for Guidance

Praying Philippians 1:9-11 for your wife, husband, child, and yourself
(just 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 that was shed abroad 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 _____ overflowing 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, John 16:13, Isaiah 58:11, Psalm 25:4-5

Day Nineteen

A prayer for Unity

Praying Romans 15:5-6 for 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

Psalm 133, 2 Corinthians 13:11, Galatians 3:28, Ephesians 4:1-6

Day Twenty

A prayer for total Sanctification

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. That I would live blamelessly, above reproach, and without any appearance of evil, fit for Your use in all things and ready to spread Your kingdom upon the earth 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 walk out and make certain Your sanctification and will are fulfilled in my life. Amen.

Scriptures to Meditate on

I Corinthians 6:11, Philippians 1:6, 2 Peter 1:2-4

Day Twenty –One

A prayer of Praise and Thanksgiving

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. To You, the only wise God, be glory through Jesus Christ forever more. You, Father, who through grace of our Lord and Savior Jesus Christ, have enriched us in all utterance and knowledge and examples and testimonies to the greatness of Jesus. Therefore we will come behind in no gift. 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 always cause us to triumph in Your Son and You raise the aroma of salvation in every place we preach of You and bring people to know You. 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, unseeable 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

Psalms 100, Ephesians 5:20, Isaiah 12:1-6, I Thessalonians 5:16-18