

21 DAYS OF PRAYER & FASTING

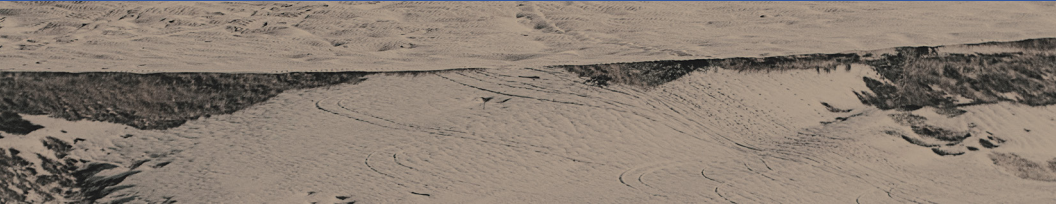
DEVOTIONALS

Prayer is not our last resort.
It's our first response

Pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord's people. Ephesians 6:18



21 DAYS OF
PRAYER & FASTING



**PRAY IN THE
SPIRIT ON ALL
OCCASIONS
WITH ALL KINDS
OF PRAYERS
AND REQUESTS.
WITH THIS IN
MIND, BE ALERT
AND ALWAYS
KEEP ON
PRAYING FOR
ALL THE LORD'S
PEOPLE.**

EPHESIANS 6:18



WHY PRAY?

The practice of prayer brings joy, peace and satisfaction to our lives. Prayer gives us the assurance that God is in control and working all things for our good. It is not about the right words, nor the perfect time, but about the awareness of the constant invitation we have to speak directly with the Father.

- Prayer strengthens our faith.
- Prayer creates a deeper intimacy with God.
- Prayer is powerful and produces change.

WHY FAST?

When we take the initiative to fast, we practice the biblical values that Jesus first modeled for us throughout the Bible. The act of fasting is sacrificing one of our most essential daily routines. Trusting that God will meet us in our hunger, and feed us with his word. Fasting is an act of intimacy with the Father. Not to get something from Him, but to get to know Him more above all.

- Fasting is a spiritual discipline that helps focus our attention on God.
- Fasting is not about obtaining from God but about reaching God.
- Whatever we fast, we believe that God will speak to us.

**THE PRAYER
IT'S NOT
OUR LAST
RESORT.**

**IT IS OUR
FIRST
RESPONSE.**



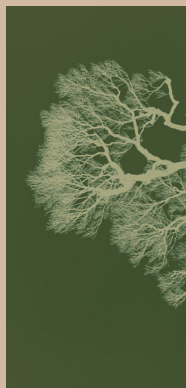


TABLE OF CONTENTS

Prayer Purposes and Devotionals	6
Week 1: Body	8
Day 1	10
Day 2	12
Day 3	14
Day 4	16
Day 5	28
Day 6	20
Day 7	22
Week 2: Soul	24
Day 8	26
Day 9	28
Day10.....	30
Day11.....	32
Day12.....	34
Day13.....	36
Day14.....	38
Week 3: Spirit	40
Day15.....	42
Day16.....	44
Day17.....	46
Day18.....	48
Day19.....	50
Day20.....	52
Day21.....	54



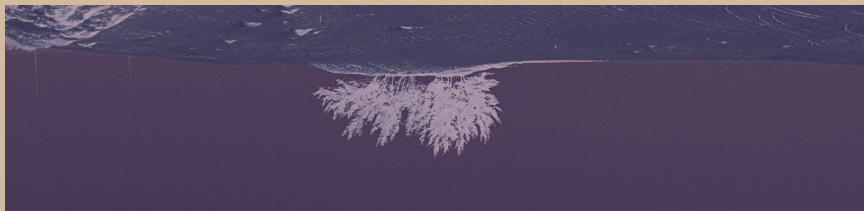
21 DAYS OF
PRAYER & FASTING



PRAYER PURPOSES AND DEVOTIONALS

Prayer is not our last resort.
It's our first response.

Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Philippians 4:6





WHY A LIST OF PURPOSES?

- A list of prayer purposes will help us develop refreshing prayers every day during these 21 days. Thus avoiding monotony and routine. Remember that it's not just about praying, but to pray with purpose. A daily purpose will give meaning to our prayer practice!
- A list of prayer purposes will give us elements to converse and interact with our Heavenly Father. The intention of these 21 days of seeking is to strengthen our relationship with God. Prayer is not just a form of talking to God, but a way to talk to Him.
- A list of prayer purposes helps us share burdens with each other.
- A list of prayer purposes will allow us to be united with our brothers in faith, in the same feeling and spirit of purpose while we pray individually. And by agreeing; a timely response is guaranteed.
- Remember that this list of prayer purposes is not intended to put aside your own needs, but quite the opposite! We encourage you to add them and thus enrich your time and conversation with God in prayer.

Adjacent, you will find 21 devotionals divided into 3 main categories: Body, Soul, and Spirit. Each category contains 7 biblical based devotionals because there is nothing more powerful than praying God's word. May these devotionals and purposes help you pray and nourish every area of your entire being, because God is intrested in your integral well-being.

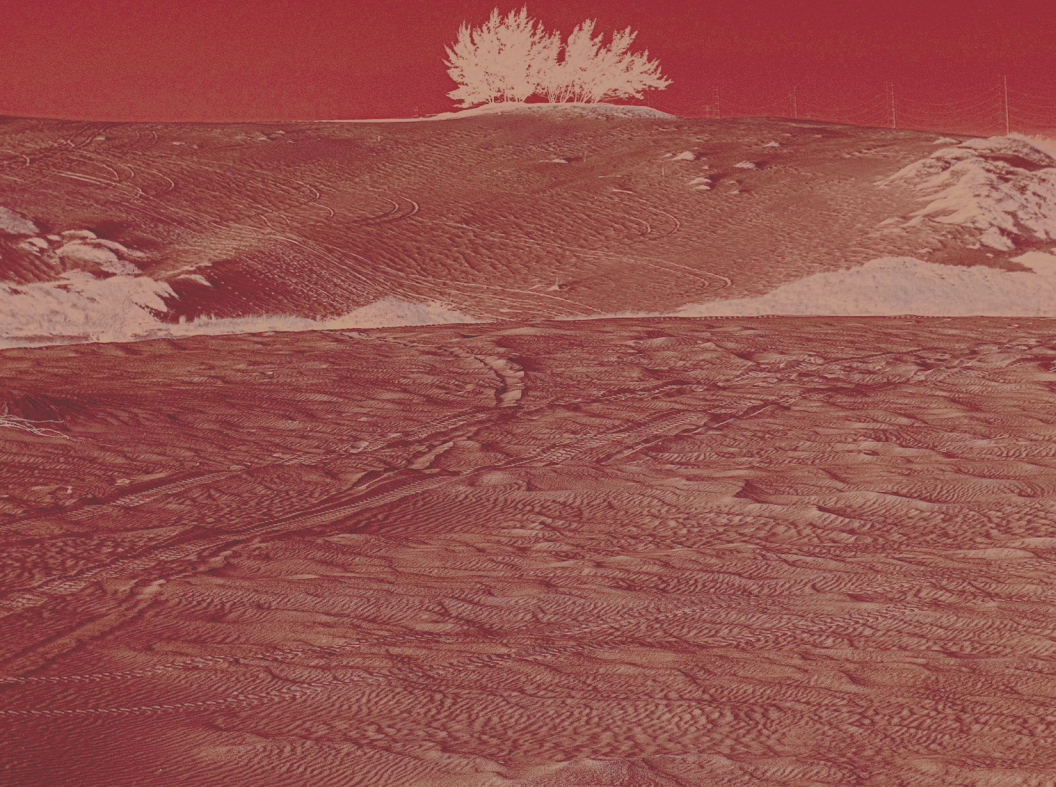
Now may the God of peace make you holy in every way, and may your whole spirit and soul and body be kept blameless until our Lord Jesus Christ comes again.

1 Thessalonians 5:23 NLT

WEEK 1: BODY

**FOR GOD BOUGHT YOU
WITH A HIGH PRICE.
SO YOU MUST HONOR GOD
WITH YOUR BODY.**

1 CORINTHIANS 6:20 NLT





DAY 1

GOD GIVEN FOOD

Genesis 1:29 NLT

Then God said, "Look! I have given you every seed-bearing plant throughout the earth and all the fruit trees for your food."

In the creation account in Genesis, we read that God created man and woman. He blessed them and told them to "Be fruitful and multiply. Fill the earth and govern it." (Genesis 1:28). Following that impressive job description, we find the key verse: "Then God said, 'I give you every seed-bearing plant on the face of the whole earth and every tree that has fruit with seed in it. They will be yours for food.'"

God provided the physical energy Adam and Eve needed to have children and govern the earth through the gift of food. Let that sink in a little bit. Does your temper flare easily with your family members? Do you need more energy to get through the workday? Maybe what you eat is impacting your effectiveness more than you realize.

I know one feels better after eating an apple than after eating a candy bar. It's so easy in our society to eat unhealthy foods. But that convenience comes at a cost: We suffer physically. Our taste buds may be very satisfied, but our bodies lack nutrition, which opens the door to diseases. Ask yourself a few questions before reaching for a snack or making a meal: Is this really food? Is there something God given in it? Am I really hungry? Will I feel better after eating this?

We may think that our physical lives are separate from our spiritual lives. Prayer is in one category. What I eat for dinner is in a totally different category. But being a steward of our physical bodies is a spiritual activity.



We develop self-control through wise eating habits and lessen the mood swings that often follow sugar highs.

We have purpose and important work to do. God provided Adam and Eve nutritious foods to strengthen their physical bodies and enable them to complete their tasks. Those God-given foods are still available to nourish us today in our God-given missions.

May you constantly be reminded to choose healthier options in the market and at restaurants, to better manage splurges in order to crave something better: food that truly refreshes and replenishes.

REFLECT: What's one healthy nutritional change you can make this week to give yourself more energy for your God-given tasks?

PRAYER PURPOSE: Pray that God give you the discipline to take care of your body through what you consume.

PRAY: Lord Jesus, thank You for providing every single thing I need. Help me take care of the body You've given me. I will decide today to eat food that nourishes my body. I want to make wise, healthy choices. Holy Spirit, be my comfort so I don't have to go to food to relieve my stress. In Jesus' Name, Amen.



LOVE GOD WITH YOUR STRENGTH

Mark 12:30 NLT

And you must love the Lord your God with all your heart, all your soul, all your mind, and all your strength.

Loving God with all of our everything includes our bodies. This verse says we must love the Lord with our strength. However, how can one love God with their strength? 2 Timothy 2:5 says, "And athletes cannot win the prize unless they follow the rules." There are universal rules that should be followed to be physically fit and strong. One must exercise.

Exercise requires sacrifice and discipline; however, the end results make it worth it. When you make regular exercise a habit, you can avoid many health risks, enjoy a more productive lifestyle and most importantly show God, you love him.

The bible says in 1 Corinthians 3:16 that your body is the temple of God. When you take care of the temple of God you are telling Him, "I love you and value you enough to take care of your dwelling."

1 Timothy 4:8 states that physical training is valuable.

Staying physically fit not only benefits you physically. When you stay physically fit there are spiritual repercussions.

- It places you in position to shelter God's presence.
- It places you in a position to serve God better.
- It places you in position to reflect His glory.
- It places you in position to show God how much you love Him.



*for God bought you with a high price.
So you must honor God with your body.*

1 Corinthians 6:20

Will you be reciprocal to God's love, loving him with all of your strength? Will you offer God proper honor by taking care of yourself physically?

Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship.

Romans 12:1 NIV

REFLECT: Which exercises do I enjoy the most and why? What obstacles do I face when trying to exercise consistently? How can I adjust my routine to better suit my goals and lifestyle?

PRAYER PURPOSE: Pray that God give you the discipline to take care of your body through exercise.

PRAY: Heavenly Father, thank you for the strength and ability to move my body. Guide me to exercise with purpose and discipline, strengthening my muscles and improving my endurance. May I dedicate to caring for the temple you have given me, allowing me to serve you better in all aspects of my life. Grant me focus and perseverance, and help me to approach this challenge with a positive attitude, knowing I am loving you in the process. In Jesus' name, Amen.

DAY 3

TAKE TIME TO REST

Genesis 2:2 NLT

On the seventh day God had finished his work of creation, so he rested from all his work.

In the opening chapters of Genesis, we witness God the Creator fashioning the universe and everything in it. With each stroke of divine craftsmanship, God saw that it was good. And, after the crescendo of His creation, He chose to rest. Make no mistake, this intentional cessation of work wasn't initiated because the Lord was tired. Instead, He was laying out a precedent for His creatures—a practice for us to imitate.

In Exodus 20:8–11 and Deuteronomy 5:12–15, the Lord gave Israel the command to keep the Sabbath, an intentional ceasing of work. “Sabbath” in Hebrew, means “seventh.” The seventh day of the week is Saturday. It was tradition that transferred Saturday to Sunday. Because of stacks and stacks of legalistic traditionalism, many people argue over which day is the actual Sabbath while they overlook the primary purpose God had in mind, taking sufficient time to rest and relax. Finding relief from the stress.

Jesus taught, “the Sabbath was made for man, and not man for the Sabbath” (Mark 2:27). He considered rest vital for the renewal, restoration and refreshment of the body, mind and spirit. This is why it is important to push away from our responsibilities of work periodically. Jesus himself would do it and urged his disciples to do the same.

But Jesus often withdrew to lonely places and prayed.

Luke 5:16 NIV



31 Then Jesus said, “Let’s go off by ourselves to a quiet place and rest awhile.” He said this because there were so many people coming and going that Jesus and his apostles didn’t even have time to eat. 32 So they left by boat for a quiet place, where they could be alone.”

Mark 6:31-32 NLT

In a culture that wears busyness like a badge of honor, it’s crucial that we have a good theology of rest. Rest is not synonymous with laziness. Laziness is the absence of diligence and effort, whereas rest is the intentional renewal of our bodies, minds, and spirits.

The Bible offers deeper reasons for rest. Physical Rest Reminds us that We are not God. While we cannot function without rest, God “neither slumbers nor sleeps” (Psalm 121:4). Remembering this allows us to lie down and lay down. In other words, I don’t have to worry if I have to stop. I can let go and trust that while I stop, God continues working and has all things under His control. Are you deliberately and regularly taking time each week to rest?

REFLECT: What are my biggest obstacles to taking time to rest? How can I better integrate rest into my daily routine?

PRAYER PURPOSE: Pray that God give you the discipline to take care of your body through rest.

PRAY: Dear God, as I take this moment to pause, I surrender my worries and anxieties to you. Please grant me the gift of rest, a quiet space within my mind and body, to recharge and be renewed. Let your peace wash over me like a soothing balm, allowing me to truly relax and be present in this moment. Thank you for your loving presence, Amen.

**EXPERIENCE JEHOVAH-RAPHA****Psalm 103:3 NLT**

He forgives all my sins and heals all my diseases.

We live in a world that is marred by sin, which means that our bodies eventually wear out and we will eventually face death. Death will come to all of us, but prior to death we experience weakness in our physical bodies, the decay that is continually working in us. Whether cancer or a cold, diabetes or a bone break, we all face some sort of sickness in our physical bodies.

While sickness is an integral part of humanity, Healer is an integral part of God's character. God cares about every area of your life, including your physical health.

The Bible describes God as Jehovah-Rophe (or Jehovah-Rapha) more than 60 times. Jehovah means "God" and Rophe or Rapha means "to restore," "to heal," or "to make healthful."

In Exodus 15:26, God promised Moses and the people of Israel, "If you listen carefully to the Lord your God and do what is right in his eyes, if you pay attention to his commands and keep all his decrees, I will not bring on you any of the diseases I brought on the Egyptians, for I am the Lord, who heals you."

When we understand that God is Jehovah-Rapha, the Great Physician, we recognize that no healing happens apart from Him. Only He can provide lasting healing from our brokenness.

The Bible says that when we are sick, we can come boldly to the throne of God, asking for grace and mercy in our

WHAT IS THE BIG DEAL?
1 Thessalonians 4:3-8 NVI

3 *It is God's will that you should be sanctified: that you should avoid sexual immorality; 4 that each of you should learn to control your own body in a way that is holy and honorable, 5 not in passionate lust like the pagans, who do not know God; 6 and that in this matter no one should wrong or take advantage of a brother or sister. The Lord will punish all those who commit such sins, as we told you and warned you before. 7 For God did not call us to be impure, but to live a holy life. 8 Therefore, anyone who rejects this instruction does not reject a human being but God, the very God who gives you his Holy Spirit.*

Our culture often portrays sex as a casual and recreational activity. People say, "What is the big deal?" In a world that often embraces instant gratification and seeks pleasure above all else, God's call to sexual purity may seem challenging and outdated. Sexual purity is not just a cultural norm or arbitrary rule, but a divine principle rooted in God's love and wisdom.

The apostle Paul urges us to live a sanctified life, set apart for God's purpose. He specifically addresses the issue of sexual immorality, emphasizing that our bodies are temples of the Holy Spirit (1 Corinthians 6:19). Engaging in sexual activity outside the bounds of marriage not only disregards God's design, but it also hinders our relationship with Him. Not to mention that sexual immoral acts ruin relationships, breakup families, destroy careers, can bring diseases, distort identity, and treat people like objects when they should be valued as image bearers of God, to name a few.

While sexual immorality has destructive and devastating consequences, sexual purity and integrity has many benefits: you grow spiritually, you have greater emotional stability, you cultivate healthy relationships, you strengthen your personal character, you gain a positive self-image, you stay true to



God's design, you honor God with your body, among others. God's call to sexual integrity is not to deprive us of pleasure, but rather to protect us from the harmful consequences of impurity. God intended sex to be a sacred union reserved for the covenant of marriage. Within this commitment, sex becomes a beautiful expression of love, trust, and unity between a husband and wife and an image of God's rich and faithful relationship with his people.

Controlling our bodies in a holy and honorable manner may seem difficult. Yet when we choose self-discipline and obedience to God's Word, we find true freedom and fullness. Embracing this call to purity empowers us to live a holy and purposeful life, free from the burden of guilt and shame. As we submit to God's will and honor His design, we find fulfillment and joy in the path He has set before us. So be encouraged to remain steadfast in your commitment to purity, trusting that God's plan for your life far surpasses any temporary pleasures the world may offer. If you have committed a sexual sin, appeal to God's grace, ask Him to forgive you and to help you straighten your path from this moment on and begin experiencing the benefits of sexual integrity.

REFLECT: What are some of the things that trigger lust in your life? What can you do about it to stay pure?

PRAYER PURPOSE: Pray that God help you remain pure.

PRAY: Dear Lord, when the world tries to convince me that sexual purity doesn't matter, help me to cling to the truth and the promises in your word. Give me the strength and the self-control to pursue your best for me rather than what the world tries to convince me is best. Help me to flee from sexual immorality so that I might honor you with my body. In Jesus' name, amen.

INSTRUMENTS FOR THE GLORY OF GOD

Romans 6:13 NLT

Do not let any part of your body become an instrument of evil to serve sin. Instead, give yourselves completely to God, for you were dead, but now you have new life. So use your whole body as an instrument to do what is right for the glory of God.

Have you ever envisioned your body as an instrument? Well, the Apostle Paul did. In Romans 6:13 he says that our body is like an instrument. He states that this instrument can be used for evil or for good. However, the command is “Do not let any part of your body become an instrument of evil... instead... use your whole body as an instrument to do what is right for the glory of God.” Notice something about that command: It insists that we have control over what we do with our own bodies. Christ’s death and the power of God’s spirit gives us that control. Those who are saved can only sin by choosing to do so.

An instrument can really do nothing in and of itself, someone must choose to use it in order for it to do anything. Take a guitar for example, it just sits on its stand and does nothing until someone takes it, picks it up and plays it. The sound or melody produced is totally dependent on the guitar player.

As children of God, we have been freed, through our spiritual death and resurrection with Christ, from the power of sin. Our old self has been crucified spiritually in the same way that Christ was crucified in the cross. The result is that sin no longer has any authority over us. We have been set free from the dominion of sin. In other words, although we are still tempted to sin and we can still sin, we now have the authority to choose not to. On the contrary, we can choose to use our bodies for righteousness and play something beautiful to the ear.



For whose ear do we play our instrument?

The Bible says that we have all been gifted with special abilities and we must use them to serve one another as good stewards of God's grace. (1 Peter 4:10). We must use our bodies to do good to others. However, most importantly we must use our bodies for the pleasure and glory of God. Is the melody you are playing with your body, blessing others and giving God the glory? Romans 6:13 in other versions of the bible say we are to "present" ourselves to God. Is your performance God worthy? Do your actions with your body honor God? What you do, what you speak, what you hear, what you see, where you go, etc. is it glorifying the Lord?

REFLECT: What are some things in your body you are doing that you are using for bad and need to surrender to God? What are things you are not doing with your body that you should be using for good? What can you do to correct this?

PRAYER PURPOSE: Pray that God help you to honor and glorify Him with your body, what you do, say, hear, and see.

PRAY: Father, God of grace, please forgive me for using my body lightly and not honoring you at times with my external actions. Forgive me for flirting with sin. I know the high cost you paid to redeem me from my sin and I want to be reciprocal with the grace received. May your Spirit empower me to overcome sin and help me to always choose to do what is right. That my instrument, my body, from now on, play only melodies that honor you and bless others. In Jesus name. Amen.

WHAT IF GOD DOESN'T HEAL YOU?
Psalm 13:1, 2, 5, 6 NLT

1 O Lord, how long will you forget me? Forever? How long will you look the other way? 2 How long must I struggle with anguish in my soul, with sorrow in my heart every day? How long will my enemy have the upper hand? 5 But I trust in your unfailing love. I will rejoice because you have rescued me. 6 I will sing to the Lord because he is good to me.

Have you ever prayed to God for healing and feel that silence is the reply? Have you ever asked yourself, why? You are not alone. King David felt the same way many times. Psalm 13 is one of several occasions when David felt forgotten by God. Why doesn't God answer my prayer? However, in the midst of his questioning, David remembered God's unfailing love and goodness. This truth brought David hope and the assurance that God was still in control even when his circumstance hadn't changed.

You and I, like David, should never forget that God is always true to his character, He is a good God and his love is unfailing. Therefore, we can trust that even when I don't receive what I ask for, God is a Sovereign God and I must submit to his will and trust that the Lord has a greater plan than mine. God may be using your suffering to grow your faith. God may have a different kind of healing in mind, even if it's not physical healing in this life; we must find comfort in the promise of ultimate healing in the afterlife. God is not obligated to heal everyone, and His will may not always align with your desires. Although God can heal you, you must never presume that He must. Sometimes the miracle relies on the strength you receive to endure illness. Even if physical healing doesn't occur, God can still provide spiritual strength and comfort during difficult times. Other times, illness can be a catalyst for personal growth and a deeper relationship with God. At the end of the day, your body is mortal, but as Christians, we believe that ultimate healing will be experienced in heaven after death.



So, what can you do if you are facing illness and aren't healed? **Continue to pray.** Pray for healing, but also pray for God's will to be done, even if it's not the healing you expected. **Seek medical care.** Don't neglect professional medical treatment while relying on faith. **Find support.** Lean on your faith community and loved ones for emotional support. **Reflect on your faith.** Examine your understanding of God's power and sovereignty, and seek to deepen your relationship with Him. This is exactly what the Apostle Paul did with the thorn he suffered in his body, a thorn that he would pray to be removed over and over again and that over and over again, the Lord told him, "My grace is all you need. My power works best in weakness." (2 Corinthians 12:9). Paul never stopped praying, strengthened himself in the Lord in his weakness and trusted that God was at work in him even when he didn't always understand. He got to the point where he said, "So now I am glad to boast about my weaknesses, so that the power of Christ can work through me". God continues to be God whether you are healed or not. God continues to be healer whether you are healed or not. Will you like David and Paul rejoice in the Lord even when you are not healed? Will you continue to declare His goodness?

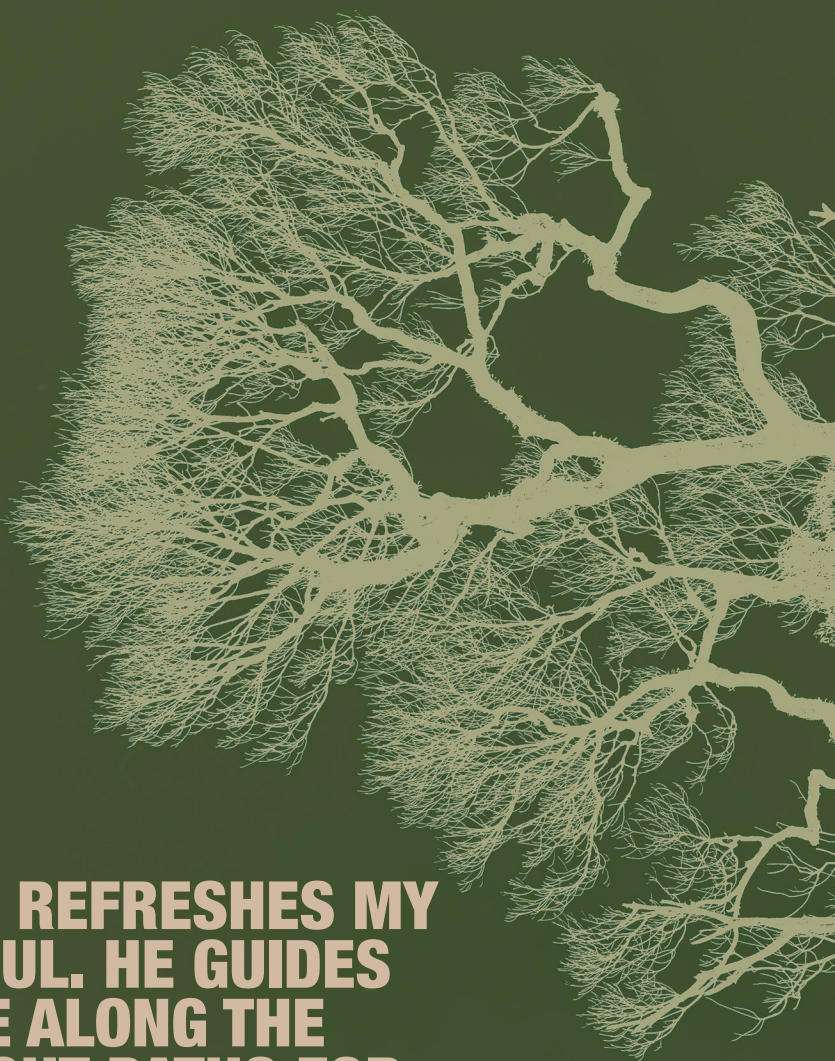
REFLECT: Can you identify some positive things God has done in your life in the midst of your apparent unanswered prayer? Can you identify how in reality God always gives an answer even when the answer is not necessarily what I expected?

PRAYER PURPOSE: Ask God to give you the correct mindset and allow you to see his blessings even while you are in need of a miracle.

PRAY: Heavenly Father, even though I haven't felt the full healing I've been praying for, I still trust in your power and love. I surrender my sickness, my pain and anxieties to you, knowing that you are with me in this journey. Give me strength to persevere, and remind me that your healing can work in ways I may not understand. In Jesus' name, Amen.

WEEK 2: SOUL

Portions of this section reference the book "Brain Washed" by Manny Arango



**HE REFRESHES MY
SOUL. HE GUIDES
ME ALONG THE
RIGHT PATHS FOR
HIS NAME'S SAKE.**

PSALM 23:3 NIV



WHEN DOUBT SPAWNS

Genesis 3:1 NLT

The serpent was the shrewdest of all the wild animals the Lord God had made. One day he asked the woman, “Did God really say you must not eat the fruit from any of the trees in the garden?”

The serpent stood before Eve and posed a question intended to elicit doubt and confusion, “Did God really say?” The enemy knew that only one tree was off limits. But he had been preying and plotting. A plan he needs Eve to fall victim to. He tries to illuminate that what God has prohibited drastically outnumbers and outweighs what He has permitted for their enjoyment. His plan is to spawn even the faintest shroud of doubt in the human psyche.

To the untrained eye the serpent quoting God, “any tree” may seem like an insignificant detail. After all, one could convince Adam and Eve that God prohibits more than he provides—isn’t He stingy, unfair, and can’t be trusted? If this is true, then we are dealing with a God who won’t allow His creation to enjoy fruit from any of the trees. Consequently, all His attributes would be called into question? Before there was fruit in their mouth, the enemy planted a lie in their mind.

We all deal with doubt. Doubt is something every human has had to deal with since the fall of man. It’s how we deal with our doubt that makes or breaks us. Doubt simply put: is calling God’s character into question. We need to have the ability to recognize our toxic thoughts.

Once doubt and distrust seep into our hearts, we dethrone God as our moral law-giver and become independent of God’s morality and character.

THE POWER OF VULNERABILITY

Genesis 3:8–10 NLT

8 When the cool evening breezes were blowing, the man and his wife heard the Lord God walking about in the garden. So they hid from the Lord God among the trees. **9** Then the Lord God called to the man, “Where are you?” **10** He replied, “I heard you walking in the garden, so I hid. I was afraid because I was naked.”

As if it were not evident enough, the tree of knowledge immediately begins its debilitating magic. The perks of the fruit seem tempting (the knowledge of good and evil). The initial and lasting side effect of the forbidden fruit, however, is insecurity. The fruit is carefully marketed as this powerful supplement that brings a powerful revelation, but the enemy secretly knows it is powerfully poisonous for the mental and spiritual health of the human. Adam and his bride are immediately afraid, overly aware, full of shame, and the weight of guilt pressed their now sin filled souls.

Before Adam and Eve’s great folly, God had created them an intrinsic awareness of their God given value. They walked in a healthy self-confidence that stemmed from the truth of God’s essence, not their own opinions. They were created as image bearers, and therefore they had acquired a deep awareness of self-worth grounded in God’s love. Once sin had exposed their nakedness, Adam and Eve’s elaborate plan was to hide from God among the trees.

We humans have become savants at hiding our imperfections and faults. As offspring of Adam and Eve, everyone is keenly aware of their frailties, and will go to extreme lengths to keep them a secret, but the reality is, covering up our flaws is exhausting, and Jesus understands this when He commented, “Come to me, all you who are weary and burdened, I will give you rest. Take my yoke upon you and learn from me.” (Matt 11:28-29)

Are we really any different from our forefather Adam? We want the perks that come with healing, but want our brokenness to remain a secret. We want God to cover our nakedness, as long as we don't have to be naked before him. Adam would naturally long to keep his temporary fig leaves, but God is well aware these leaves are insufficient. Adam's own guilt convinces him that God only wants to embarrass him, but truly God's only desire is to heal Adam, because the blood of Christ only has power once it's been directly applied to the exposed wounds of a sinner.

Adam and Eve believed the first lie that the fruit wasn't poisonous. We need to be wise enough to not fall for the second lie, that hiding our shame, guilt, and insecurities from God will expedite our healing process. There is no need to hide. We need to learn to be vulnerable, especially with God. There is where we can find healing for our souls.

REFLECT: What leaves have you been using to cover your insecurity? Have you been vulnerable with God lately? Have you believed the second lie that hiding your insecurity will make you appear stronger? What do you need to be honest to God about?

PRAYER PURPOSE: Pray to be more vulnerable and honest with God about your insecurities and weaknesses.

PRAY: God, there's nothing I can hide from you even if I tried. Please examine my heart. I want to be honest with You about my weaknesses, my frailties, and my insecurities. If there's anyone that is willing and able to help me overcome my insecurities, it's You. I understand my weaknesses, but I pray that you would use not just my strength, but even my weaknesses and insecurities, to bring glory to You, for your kingdom, and impact people. Just as You used the thorn and Paul's side, I pray that You would use a thorn in my side as well. Amen.

DAY 10

I AM WHO I AM, NOT WHO YOU ARE

Exodus 3:11 NLT

But Moses protested to God, “Who am I to appear before Pharaoh? Who am I to lead the people of Israel out of Egypt?”

God calls out to Moses from a burning bush and tells him He’s heard the cry of His enslaved people. He informs Moses that He has selected him to lead His people out of slavery and into a land. A land they will possess as part of a promise to the forefathers. Moses responds based on the insecure thoughts he’s been harboring (Exodus 3:11, 4:1, 4:10, 4:13). It may not seem like much on the surface, but Moses’ response is paralyzing and insecure. You can hear the traces of self-doubt laced within the words of his inquiry. Moses, because of his insecurity, can’t bring himself to believe he is significant, qualified, or the right person for the task. Moses doesn’t have any thought of doubt about who God is, but he does possess negative and insecure thoughts pertaining to himself.

If you were friends with Moses and he called you to vent about his insecurity, as a good friend, you would do what every good friend ought to do. You would encourage Moses, by reminding him of his accolades, his education, his talents, and his unique ability to lead. God, on the other hand, has an understanding that this sounds like a good plan in theory (to encourage Moses) but would ultimately lead to futility. God responds to Moses with one statement: “I am who I am” (Exodus 3:14). He could have spoken to Moses about Moses, but instead, He spoke to Moses about who He was, who He had always been, and who He would always be.

God’s response to Moses was to reveal to him that confidence doesn’t come from



within ourselves, but rather it is received by an intimate walk and understanding of God. God responds by telling Moses who He is, not by reminding Moses of who Moses is. By the time Moses confronts pharaoh, he is no longer handicapped by what he is not.

Moses is a prime example that once we grasp an understanding of God and His glory, we are left with an indelible mark. The thorn of insecurity can be transformed into a crown of confidence grounded by a sense of identity in God. And identity grounded in God is the fruit of an intimate understanding that God is more than enough in spite of our flaws and imperfections.

REFLECT: Are you battling with insecure thoughts? If so, what insecure thoughts are you battling with? What do you need to remember about God to overcome that thought?

PRAYER PURPOSE: Pray for God to help you rid yourself of toxic, insecure, thoughts, and by gaining confidence by looking at who God is, not looking at what you are not.

PRAY: God, please help me to get my confidence, identity, and self-worth from You. Despite my insecurities, flaws, weaknesses, help me to know that You are who You are, despite all those things. Help me to remember that just because You never fixed Moses' stuttering problem, You were still more than enough to use Moses to lead the Israelites out of Egypt. In the same way, despite my insecurities, You are more than enough to use me in your kingdom, with my family, and in Your church. Help me to look to You for confidence and not within myself. Amen.

VICTIM MENTALITY

John 5:7 NLT

“I can’t, sir,” the sick man said, “for I have no one to put me into the pool when the water bubbles up. Someone else always gets there ahead of me.”

The disciple John writes that Jesus visited the pool of Bethesda and encountered a man who had been paralyzed for 38 years. Knowing this, Jesus proceeds to ask him “Do you want to get well?” This pool was perfectly positioned in such a way to garner pity and sympathy from the immense traffic of people who had no choice but to walk past it in order to get to their destination.

Jesus asked the man if he wants to get well because healing wouldn’t be conducive to his current lifestyle. Healing may actually be disruptive to his *modus operandi* (way of doing things).

We have to remember that this man is placed at the perfect location to elicit pity from pedestrians and has made a living doing so for 38 years. However a life begging for money will no longer be a valid lifestyle of someone who is healed and capable of working. Jesus gives this man an ultimatum between pity and power.

I know most of us are not used to thinking this way, but healing removes our ability to play victim. And so it did with this man by the pool. Healing will mean he must get a job. Healing will eliminate the pity parties. Healing will demand responsibility. Healing isn’t always convenient. Jesus wants us and this man to understand that there are newfound responsibilities that go along with receiving healing. This paralyzed man would rather be heard than healed.



He unfortunately has a sad soliloquy that he's eager to share with anyone who will listen. A simple "yes" would have sufficed as a solid answer to Jesus' inquiry

Despite all of this, Jesus in His grace deems the man still worthy of being healed, even if his faith is misplaced. The man didn't have faith in Jesus, but he certainly had faith in the power of the pool. Jesus helps this man to put his faith in what is best (Him). Assume responsibility. What Jesus has to offer will always bring forth the greatest blessings.

REFLECT: What areas in your life do you assume the role of victimhood? Your finances? Opportunities? Your relationships? An unchanging situation? What responsibility do you need to assume?

PRAYER PURPOSE: Pray for God to help you lose the victimhood mentality and blaming others.

PRAY: God, please help me to understand that my miracle, healing, or blessing will require me to be more responsible and lose the victim mentality. Help me to not be like this man, that didn't realize the healing that was in front of him. Help me to place my faith in the correct things, not the pool, not the situation, not the victimhood mentality, not the excuses, but in you. Help me not to just want to be heard from my excuses but want to be healed. Amen.

WHO TOLD YOU THAT?
Genesis 3:9–11 NLT

9 Then the Lord God called to the man, “Where are you?”

10 He replied, “I heard you walking in the garden, so I hid.

I was afraid because I was naked.” **11** “Who told you that you were naked?” the Lord God asked. “Have you eaten from the tree whose fruit I commanded you not to eat?”

Adam and Eve’s nude streak came to an end as God descended from heaven calling for His daily meet and greet. Adam begins to tell God of his fear, his nakedness and ultimately his decision to hide. God responds by giving him an answer that has hardly anything to do with fear and nakedness, but has everything to do with intimacy.

God responds by asking, “who told you that?” He examines the crime scene with forensic expertise and immediately deduces that Adam and Eve had been intimate with an outside source. The more intimate a relationship becomes, the more influence the relationship carries. What this means for us is that following through on ideas is a lot easier between two parties when there is intimacy. And how ideas are passed to one another is through communication. We have to take inventory of the intimate relationships we have in our lives. If we were to follow the breadcrumb trail from which our ideas flow, it will always lead back to those that we are intimate with through conversation.

When God asks Adam, “Who told you that you were naked?” This can better be translated as, “Who have you been talking to? Who gave you that advice?” Conversation is an immensely intimate act. Adam and Eve were *just talking* to the serpent.

The Bible never records Sampson ever had physical relations



with Delilah—they were *just talking*. When God created the world, he was *just talking*. Maybe talking is what propels intimacy? Maybe just talking opens up opportunities for others to influence us in more ways than we are willing to be aware of? God is trying to heal you. If you continue to keep an open door policy with toxic people in your life their ideas will begin to fill your mind and pollute how you see yourself and others. But if you start talking to God, His ideas will be the lens in which you see yourself, others, and the world. If you start talking to people who talk to God, who are wise and full of faith, more of the good ideas you want will crowd out the bad ideas you've been trying to evict.

REFLECT: Who are you listening to? Who have you been intimate with in conversation? Who's words do you value? What conversations do you need to have with God?

PRAYER PURPOSE: Pray for God to give you wisdom and self-control about who you are intimate with in conversation.

PRAY: God, I ask that you would give me wisdom and discernment with the people around me. Help me to not minimize the power of conversation. Give me the vision to see the people that I shouldn't be vulnerable with. Give me the self-control to distance myself from toxic people. If I am already aware of the people that I need to distance myself from, give me the strength to follow through. Help me to understand that as people, as humans we are never just talking. Our words carry power, the words we say, and the words that we listen to, carry power, and I understand that Lord. Help me to take my words seriously, and give me wisdom for the right friends and the right family members to put myself around. Amen.

GIANTS AND GRASSHOPPERS**Numbers 13:33 NLT**

We even saw giants there, the descendants of Anak. Next to them we felt like grasshoppers, and that's what they thought, too!

I have never cringed harder when reading the Bible than I did with this verse. The statement is fully infected with insecurity. For starters, they (the Israelites) seemed like grasshoppers in their own eyes. Even though they were the chosen ones.

Their insecurity blinded them to the identity God had declared over them. To compound their false perception of themselves even further, they made assumptions regarding how other people viewed them.

Insecurities don't just stop once they've achieved the goal of getting us to think negatively about ourselves. Their goal is to keep us isolated. They push us to make up assumptions about how others perceive us.

Did these spies perform interviews with the giants in question? Of course not. They viewed themselves as grasshoppers and assumed everyone else did as well. The path of insecurity always leads to assumptions and false conclusions.

The Bible eventually clears this up (Joshua 2:9–11). The giants that the Israelites were terrified of, were in fact afraid of them.

If we are to move ourselves into a healthier state of mind, we need to stop making assumptions that we know the minds and motives of others.

WHERE IS YOUR FAITH?

Luke 8:24–25 NLT

24 *The disciples went and woke him up, shouting, “Master, Master, we’re going to drown!” When Jesus woke up, he rebuked the wind and the raging waves. Suddenly the storm stopped and all was calm. 25 Then he asked them, “Where is your faith?” The disciples were terrified and amazed. “Who is this man?” they asked each other. “When he gives a command, even the wind and waves obey him!”*

What is worry? Worry is the ability to fixate all your concentration on a problem without ceasing. Worry requires focus, attention, meditation, imagination, and high mental capacity. When you stop to think about it, the amount of good qualities required to worry is impressive. What is anxiety? Anxiety is what takes place when we have the creativity to imagine an outcome that has not yet happened. Anxiety takes place when we hand over the key of our mind to imaginary situations to a point where it physically overwhelms us. What is fear? Fear in its simplest form is an acknowledgment of our human insufficiency and belief in a force or being that is greater than we are.

Worry, anxiety, and fear all contain the ingredients necessary for faith. This should bring us infinite amounts of hope and joy. We need to understand that faith is neither positive or negative. Faith is neutral. Faith can be used to self sabotage or it can push us to walk in the life and purpose that Jesus has for us. Faith works equally to bring our breakthrough as well as our breakdown.

When Jesus awoke, He instantly put the power of faith on display. But the disciples’ faith was not working for them, but against them. The placement of their faith is what was detrimental for their safety in the storm, and they learned that their faith was better off placed

in the sleeping Messiah then in the storm. When Jesus asks the question “Where is your faith?” It implies that disciples do in fact have faith, they have simply misplaced their faith. If I were to ask you, “Where are your keys?” I am implying that you do in fact, have keys. They are simply misplaced. In the same way, if you struggle with fear, anxiety, or worry, you have faith. You have the ability to focus. You have the ability to recognize something greater than yourself. You have the ability to be creative and imagine something in your future. Your faith is simply misplaced.

Instead of praying “God increase my faith,” a more efficient prayer would be to ask God to help us put our faith in the correct resource. Maybe we have not seen God move as strongly as we would like in dealing with our anxiety, but we don’t have a lack of faith. We have a misplacement of faith.

REFLECT: Where is your faith? In your situation? In another person? In your job? In your family? In your bank account? Where do you need to start placing your faith?

PRAYER PURPOSE: Ask God to help your misplaced faith to be put back where it belongs.

PRAY: God, I understand that my anxiety proves that I can have creativity and imagination. God, I understand that my struggle with fear is proof that I recognize that things are greater than I am. God, I recognize that worry is my ability to focus and concentrate on something. It’s my ability to be completely fixated on one thing. Help me to use that as a base and a foundation in You ,instead of these other areas. Help me to place all those qualities, to place all that faith, in You rather than in my circumstances. Help me to understand I have the foundation for faith, I just need your help to put it in You. Amen.

WEEK 3: SPIRIT



**FOR THE LORD IS
THE SPIRIT, AND
WHEREVER THE SPIRIT
OF THE LORD IS,
THERE IS FREEDOM.**

2 CORINTHIANS 3:17 NLT

DAY 15

THE POWER OF CONVERSATION

John 3:4-5 NLT

4 *“What do you mean?” exclaimed Nicodemus. “How can an old man go back into his mother’s womb and be born again?”*

5 *Jesus replied, “I assure you, no one can enter the Kingdom of God without being born of water and the Spirit.*

Most people’s favorite books to read in the Bible are the gospels. Matthew, Mark, Luke, and John. They offer the most dynamic stories, and more importantly they follow the life of Jesus while here on earth. Even though all four of these books follow the life of Jesus, John in particular is different. Matthew, Mark, and Luke, are known as the synoptic gospels. “Optic” meaning eye, and the prefix “syn” meaning same (Same - Perspective). Meaning the first three gospels provide the same perspective. They provide the same stories, and the same miracles. Much of the content within the three synoptic gospels are the same, just written from slightly different tones and perspectives.

However, the gospel of John is different. 90% of John’s stories are original. 90% of the stories within the gospel of John are not found anywhere else in scripture. John also records no parables of Jesus. John’s gospel focuses heavily on individual interactions with Jesus, not big crowd interactions. It shows us that Jesus cares about the individual needs, not just the crowd. He cares not just for the masses but for the person. John also does not call Jesus’s miracles “miracles.” Instead he refers to them as “signs.” Signs to authenticate that Jesus is Lord. John does not want the reader to fall more in love with the miracle than the miracle worker. John’s gospel only records six miracles. John focuses more on conversations that Jesus had either with the disciples or with other people. When one reads the gospel of John, you’re able to hear the power of conversation with Jesus. John is trying to get the reader to understand that there is just as much power in conversation with God as there is in the miracles of God.



John records conversations between: Jesus and Nicodemus, Jesus and the woman at the well, Jesus and Zacchaeus.

During this fast, the power and strength that we hope to tap into should not be the miracles of God (even though we should be praying for those as well) but to understand that this fast is to allow us to have more time for conversation with God. Nicodemus never received a supernatural miracle, but he did receive salvation. He did receive a clear understanding of who Jesus was. Zacchaeus never got a supernatural miracle from Jesus. All he did was have a conversation with Jesus. But that conversation is what led to his salvation. That conversation led to a change in perspective. That conversation led to generosity. That conversation led to restoration of his reputation. As we continue to fast, we need to understand that conversation with God is just as powerful as the supernatural miracles from God.

REFLECT: How powerful do you think a conversation with God can be? Are you a person that needs miracles in order to see God move? How can you make time for conversation with God?

PRAYER PURPOSE: During this fast, ask God to help you see the power in conversation with Him.

PRAY: God help me to understand that, even when I don't see supernatural signs from you, you're still moving. I need to understand that a conversation with you can lead to just as much change as a miracle. I need to understand that during this fast, the real power of this fast comes to conversing with you, not just giving something up. The power comes to conversation with you. Help me to not gauge the power of this fast by how many miracles and blessings I see throughout this coming year, but help me to understand the power and the endurance and the strength I get through the conversation of this fast is what I need to tackle the rest of this year. If your word was strong enough to speak the universe into existence, then it is powerful enough to help me thrive this year. Amen.

TIME TO PITCH A TENT

Exodus 33:7, 11 NLT

7 It was Moses' practice to take the Tent of Meeting and set it up some distance from the camp. Everyone who wanted to make a request of the Lord would go to the Tent of Meeting outside the camp. 11 Inside the Tent of Meeting, the Lord would speak to Moses face to face, as one speaks to a friend. Afterward Moses would return to the camp, but the young man who assisted him, Joshua son of Nun, would remain behind in the Tent of Meeting.

If anyone valued the importance of God's presence, it was Moses; And if something allowed Moses to become the great liberator of the people of Israel and experience great miracles, it was the presence of God in his life and he spared no efforts. Moses understood that to cultivate the presence of God in his life, it was essential to invest time. Although God's people at that time were a nomadic people, Moses made efforts and time to pitch a tent where he could have a regular encounter with God.

In a spiritual sense, you too must pitch a tent every day. This means that you must cultivate a constant relationship with the presence of God, because without His presence the human being is nothing. Raising such a tent takes time. Moses says in Scripture that it was his custom to pitch the tent of meeting. That is, Moses was intentional about making time to become intimate with God and strengthen his relationship with Him.

You and I must do the same. We must make time. I say "make," because there are always things to do and the devil will always want to steal the opportunity to spend time with God because he knows that if we do, wonderful things will happen. Making time to cultivate the presence of God in our lives means making time for the christian disciplines that help us strengthen our relationship with God. Disciplines such as prayer, the Word of God, worship, gathering together, etc., must be part of our daily habits. These activities require investing time. We all know that



one of the most valuable things for human beings is their time. We use phrases like, “I don’t want to waste my time” or “They just wasted my time” and there is nothing more valuable in life than having a relationship with God. Moses understood that, despite how tedious and difficult it was to set up the tent over and over again, it was worth the effort made to experience the presence of God in his life.

Intention is not sufficient. Everyone wants to enjoy the benefits of living in the presence of God. Everyone wants to conquer the promised land, God’s promises for their lives. However, many are not willing to take a break from their day to be intimate with God. Oh, if we understood the glorious magnitude of the results of intimacy with God, we would understand that any effort made to be in His presence is nothing compared to all the good He desires to give us. Good intentions are not enough. You must act. Arise and pitch a tent where you can dwell in the presence of God. Does it take time? Yeah! But it’s worth it. 1 Chronicles 16:11 says, “Look to the Lord and his strength; seek his face always.” Be intentional about always making time to pitch a tent where the presence of God may dwell.

REFLECT: How much time and effort am I dedicating to cultivating the presence of God in my life? Is it an acceptable time and effort? What can I do to increase the time I spend with God and my relationship with Him?

PRAYER PURPOSE: Ask God to give you the discipline to value time in his presence.

PRAY: Dear God, I recognize that there is nothing more valuable than the time we spend with you. Forgive me for not taking enough time to become intimate with you. Help me to discipline myself, despite my multiple occupations, to always make time to be intimate with you and that as I cultivate my relationship with you, I see more and more of your glory manifested in my life. In your name I ask you. Amen.

DAY 17

CIRCUMSTANCE OR PERSPECTIVE?

John 4:9-10 NLT

9 *The woman was surprised, for Jews refuse to have anything to do with Samaritans. She said to Jesus, “You are a Jew, and I am a Samaritan woman. Why are you asking me for a drink?”* **10** *Jesus replied, “If you only knew the gift God has for you and who you are speaking to, you would ask me, and I would give you living water.*

This woman is on her sixth marriage. By now, she probably has had a lot of pain and trauma from her past. Her pain prohibited her from being able to perceive who Jesus was. This is one of the only conversations where Jesus has to begin the conversation first. This woman didn't recognize who Jesus was, nor was she seeking Him out. The pain and trauma from her past did not allow her to perceive what was right in front of her. Instead, she stereotypes Jesus as a typical guy asking for a drink. Failing to realize the power that was right in front of her.

There are many examples in the gospels where Bible characters have had to crawl, fight, and use creative ways just to get within the vicinity of Jesus, let alone have the opportunity to have a personal conversation with Him. Yet this woman has just that unique opportunity, and doesn't know it it's right in front of her. I am willing to bet that this woman was used to guys being attracted to her (you don't get 5 husbands if you're ugly). I'm sure when she sees Jesus waiting at a well (that only women go to) based on her history with men, she profiles Him.

The story is a warning to those of us that can't perceive what God is doing around us. You cannot receive from God what you cannot perceive. If you cannot perceive the God opportunities that are in front of you, you will not receive the blessings that God has for you. It's easy to let the pain and the perspective of our past infiltrate our minds to the point that it gives us the wrong perspective on our current situation.



This woman didn't need a new circumstance nor a new opportunity. She needed a new perspective. She was right in front of Jesus. It doesn't get any more obvious than that. She needed a new perspective to perceive what God was doing.

I am willing to bet that most of us pray these frivolous prayers asking God to change our situation, when we need to be asking God to change our perspective. We need to be asking God to help us perceive what He is doing in this current circumstance. Instead of asking God to change our circumstance, we need to ask God to change our perspective. She didn't need a new circumstance. After all she was in front of Jesus. She needed a new perspective. I wonder how many powerful moments and blessings we have missed out on because we simply did not have the perspective to perceive what was in front of us.

REFLECT: What do you perceive God is doing in your life? What circumstances have you asked God to change when you need to be asking him to change your perspective?

PRAYER PURPOSE: Ask God to give you a new perspective, not a new circumstance. Ask God to help you perceive and become more aware of the opportunities that are right in front of you. Ask God to help you not let the pain of your past profile and stereotype what you're currently going through

PRAY: God, I asked that you would give me vision to what you're doing in my life right now. Give me perspective to see things differently. Help me to understand that some circumstances don't need to change, it's my perspective that needs to change. Help me to understand that there are some things that you have made extremely easy for me. It was easy for this woman to have a conversation with you. She didn't have to fight, Crawl, or yell. Yet she wasn't aware of the opportunity. Help me to see how easy it is to grab the blessings that are right in front of me. Help me not to let the pain of my past affect how I see my current opportunities. Amen.



WORSHIP IS AN EXPRESSION OF LOVE

Mark 12:28-30 NTV

28 One of the teachers of religious law was standing there listening to the debate. He realized that Jesus had answered well, so he asked, “Of all the commandments, which is the most important?” **29** Jesus replied, “The most important commandment is this: ‘Listen, O Israel! The Lord our God is the one and only Lord. **30** And you must love the Lord your God with all your heart, all your soul, all your mind, and all your strength.’”

There are many good definitions of worship. One of my favorites is, “worship is an expression of love.” It comes from these words of Jesus, which capture not only the great commandment but also the essence of what worship is. Love happens within the context of a relationship. God loves us. He reveals that love to us and we respond to that love with our songs, with our prayers, and with the way we live our lives. Jesus reveals that our loving God loves us with all that he is and desires all that we are.

Dr. Bruce Leafblad says that “worship is the highest form of love.” If this is so, then let us exchange the word love with the word worship in the passage: “You shall worship the Lord your God with all your heart, with all your soul, with all your mind, and with all your strength.”

We worship Him with our hearts, from the depths of who we are. We worship willingly and deliberately as an expression of our identity in Christ, from our true self. And we worship with emotional love, because our God is an emotional God. He grieves for us when we grieve and celebrates with us when we celebrate, and his joy permeates this universe.

We also worship Him with our mind, our intellect, grounded in the Word of God, able to understand and discern its truth and apply it in a way that is meaningful and life-changing. Worshiping God is a conscious act that involves our thoughts



and meditations, our memories and emotions, our values and beliefs, and our conscience and convictions. We know the will of God, as well as that of God himself, largely through our minds.

We also worship with our strength. We worship with expressions of our body, with musical instruments, with songs, raising our hands and bowing our heads. And we also worship powerfully through acts of service, acts of sacrifice, acts of putting others first and ourselves last, loving our neighbors and reaching out to the marginalized and broken. In a sense, worship is embodied (embodied in flesh) through our physical bodies. These are all acts of worship that require our strength. This is having the soul of a worshiper, worshiping with the heart (soul), mind and body.

We can safely assume that when Jesus used the words heart, soul, and mind, he meant to love God with everything we are, with the entirety of our being. Worship is an opportunity to do just that.

REFLECT: Do you consider that your worship has been complete; with all your heart, with all your soul, with all your mind, with all your strength? Do you feel that you need to improve any of these areas of your worship? What could you do to improve it?

PRAYER PURPOSE: Pray that you will be a true worshiper who worships with all your heart, mind, and body.

PRAY: Most High God, I love you above everything and everyone. Receive my worship as an expression of the great love I have for you. I worship you with all my heart, with all my soul, with all my mind and with all my strength. I don't want to hold back anything. May you find in me every day a heart that worships you in spirit and in truth. Amen.

**NO SIGNS, NO PROBLEM****Genesis 1:1-5 NLT**

1 In the beginning God created the heavens and the earth. **2** The earth was formless and empty, and darkness covered the deep waters. And the Spirit of God was hovering over the surface of the waters. **3** Then God said, “Let there be light,” and there was light. **4** And God saw that the light was good. Then he separated the light from the darkness. **5** God called the light “day” and the darkness “night.” And evening passed and morning came, marking the first day.

How is it that on day one God says, “let there be light” and there’s light, yet the sun, moon, and stars are created on day four (Genesis 1:14-19)? It begs a question. What was the source of light in our universe for three days? Keep in mind, the first three days are not twenty-four hour days. These three days are eras of time. After all, we are still in the seventh day. God rested on the seventh day and He is still resting. He has not started creating again.

Sometimes when we need answers from God, we tend to ask God for a sign or a signal. We want God to leave an indelible and undeniable mark that confirms it’s from Him. If you receive a promise or a word from God, we often ask God to give us a sign or a confirmation of that word to know that it will come to pass. In all honesty, there’s nothing wrong with asking for confirmation. There’s nothing wrong with asking God for a sign. But just know, that the more mature you get in your walk and relationship with God, signs will not always accompany the word of God.

Even though there was no sign in the sky, such as the sun, or moon, or stars, for three whole days there was light in the sky. Simply because God spoke it into existence. Because the word of God was spoken, it had to be done, even if there wasn’t a sign in the sky as a light source.



Even if there are no signs that God's promise is going to come to pass anytime soon. Even if there are no signs on the horizon to prove that you're close to seeing God's promises and blessings, don't lose faith. We have to be mature enough to trust God's word alone. If God said it, it has to come to pass. Instead of asking God for more signs and coming up empty, maybe we need to ask God for the faith and trust in His word. To understand that even if there are no signs to accompany the word, that doesn't mean it's not going to come to pass. If God is capable of creating things from absolutely nothing, and if nothing is currently happening from your perspective of life, that is the perfect canvas for God to do something. You serve a God who does his best work with nothing.

REFLECT: Have you been asking God for signs and haven't gotten anything? What is the word God has spoken over your life? What are the promises he has given you?

PRAYER PURPOSE: Ask God to help you trust in His word, even if there are no signs that accompany that word.

PRAY: God, even though I don't see any signs or anything happening, help me not to lose faith. Help me to have enough maturity and faith to understand that if You said it, it will be done. Help me to have a confidence in you that if you spoke it into existence, it will be done. Help me to have confidence that even if nothing is happening in my life, that "nothing" is Your perfect canvas to do something incredible. You don't need the weather or the season to be right, if You've spoken, your will be done. Amen.

STRENGTH AND SECURITY
Habakkuk 3:19 NLT

The Sovereign Lord is my strength! He makes me as surefooted as a deer, able to tread upon the heights.

The word “strength” is mentioned more than 360 times in the Bible. The Greek word *Katei* means “power, strength, potency.” But, it can also refer to a defensive perimeter of a city, like the walls of Jericho. This second concept of “strength” speaks of “security.” When Habakkuk mentions that the Lord is his “strength,” he is saying that God is also his security. If something is needed in these times it is STRENGTH and SECURITY. Satan is attacking without mercy on all fronts. He knows that he has little time left and he intends to destroy the strength of everyone he can until he destroys them and removes them from the high position in which God wants them to walk. On the other hand, we all have things happening that disrupt our security: personal things, financial things, health problems, family turmoil, the news, etc. How do you find security in an extremely insecure world?

What can we do to regain strength where there is none and security where there is none? The secret is to remember.

- Remember who God is (Nehemiah 4:14, 2 Chronicles 20:6). You will understand the magnitude of your God; who is capable of multiplying the strength of those who have none.
- Remember what God did for you (Psalm 77:11-12, Hebrews 13:8). You will understand that the God who gave you strength in the past will give you strength in the present.
- Remember how great God’s mercy is (Psalm 136:23;
- 2 Timothy 2:1). You will understand that it is not by merit, but by His grace and love that you will be strengthened.
- Always remember God’s promises (Psalm 119:49-53; Romans 4:19-21; 2 Peter 1:4) You will understand that they are the fuel when your strength wants to run out.



Throughout Habakkuk 3 we find reference to who God is, what He did, the greatness of His mercy and His promises. Habakkuk understood that in the midst of the crisis, remembering all this was his strength. Strengthen yourself in the Lord by remembering (Isaiah 40:28-31). When you know yourself strong you will feel secure.

- Remember that your security is in God, not in this world (Psalm 121; Deuteronomy 33:12).
- Remember that your security comes from faith, not circumstances (Psalm 20:7-8; Psalm 46).
- Remember that your security is in eternity, not in the present. (John 10:28-30; Revelation 21:3).

Habakkuk declares in chapter 3:18, “I will rejoice in the God of my salvation.” He knew who he believed in. Even though everything was contrary, he was sure that God would save him. We only have one source of security, God. When the economy collapses, wars break out, natural disasters destroy our homes, the government fails, our health deteriorates, or friends betray us, God is the only place where we can find safety. Security is not due to the absence of problems, but rather due to faith in God who loves us and promised to be with us always. If you only see present circumstances, you will be shaken, but if your life is based on eternity, you will stand strong. Live secure in an insecure world, because your safety is in eternity, not in the present.

REFLECT: Will you allow yourself to be overcome by weakness or will you be strengthened in the Lord? Will you allow yourself to be dominated by fear and worry or will you find your security in God? (Psalm 28:7-8) Will you stay below or walk on high?

PRAYER PURPOSE: Pray for strength and security.

PRAY: God and good Father, be my strength in my moments of weakness. Give me the security I need in an uncertain world. May my strength and security always come from you so that my steps are always firm and aligned with your will. In the mighty name of Jesus. Amen.

DON'T LOSE HOPE

Mark 9:21-24 NLT

21 *“How long has this been happening?” Jesus asked the boy’s father. He replied, “Since he was a little boy. **22** The spirit often throws him into the fire or into water, trying to kill him. Have mercy on us and help us, if you can.” **23** “What do you mean, ‘if I can’?” Jesus asked. “Anything is possible if a person believes.” **24** The father instantly cried out, “I do believe, but help me overcome my unbelief!”*

When Jesus asked the question, “how long has he been like this?” We need to ask ourselves a question as well. We need to ask ourselves why is Jesus asking this question? After all, Jesus never asks questions because of a lack of knowledge. Jesus always asks questions to enlighten the person he’s talking to.

In this case, it is the father who has done everything within his power to help his son who is on his last hail mary attempt. The father responds to Jesus by explaining what the demons do to him when they manifest and how long the boy has been dealing with it. Jesus is trying to get this man to understand. The longevity of the problem does not negate the fact that He could still do something about it.

Sometimes we can deal with issues and problems and habits for so long and pray about them for years that we begin to lose hope or accept the reality that things may never change. Jesus asked this man this question to take him down memory lane. For this man to recollect all the appointments, all the meetings with pastors, the different memories and episodes. Jesus is helping him understand that just because you have been dealing with this for a long time, and you have been praying for this issue for just as long, it doesn’t negate the fact that I can still do something about it.



It's not abnormal to have doubt. And after a long time, I'm sure this father began to doubt whether healing would take place in his son. But what's important is that when you have doubt you bring it to Jesus. This is why he responds to Jesus "if you are willing." I have faith that you can heal him, but my doubt is if you will heal him. It is possible to have faith and doubt at the same time. However, it's important and imperative that we bring our doubt to Jesus and not leave it unchecked. Don't lose hope. Jesus can still do a miracle.

REFLECT: What issue, situation, or problem have you been praying for years about? Has the lack of answered prayer caused you to doubt?

PRAYER PURPOSE: Ask God to help you deal with your doubt. And to help your perspective on the situation by not letting the length of times that you have dealt with this problem affect your faith that God can still do something about it.

PRAY: God help me to have faith. That just because it hasn't happened yet, I know you can still do something about it. God, I have faith that you can do something, but currently if I'm honest, I may have some doubt if you will do something about it. I'm putting my doubt before You, I'm setting it at Your feet. Help me every day as I talk to you to deal with a doubt that I have. Help me to not lose hope. Give me endurance to keep praying, and to keep asking. Give me persistence. Amen.

**THE PRAYER
IT'S NOT
OUR LAST
RESORT.**

**IT IS OUR
FIRST
RESPONSE.**



**FOR MORE
RESOURCES
AND
INFORMATION
ABOUT THESE
21 DAYS OF
PRAYER AND
FASTING,
VISIT OUR
WEBSITE OR
SCAN THIS QR
CODE**





Comunidad
Cristiana
EMANUEL

Comunidad Cristiana Emanuel
4306 S Veterans Blvd Edinburg, TX 78542
comunidadcristianaemanuel.org