

21 DAYS OF **PRAYER + FASTING**

HIS CHURCH
OUR CITY

OUR **FATHER** IN HEAVEN
HALLOWED BE YOUR NAME
YOUR **KINGDOM** COME
YOUR WILL BE DONE
ON EARTH AS IT IS IN **HEAVEN**
GIVE US THIS DAY OUR DAILY BREAD
AND FORGIVE US OUR DEBTS
AS WE **FORGIVE** OUR DEBTORS
AND DO NOT LEAD US INTO TEMPTATION
BUT **DELIVER** US FROM THE EVIL ONE
FOR YOURS IS THE KINGDOM
AND THE **POWER**
AND THE GLORY FOREVER

AMEN

A CALL TO FAST

"Is this not the fast that I have chosen: To loose the bonds of wickedness, To undo the heavy burdens, To let the oppressed go free, And that you break every yoke? Is it not to share your bread with the hungry, And that you bring to your house the poor who are cast out; When you see the naked, that you cover him, And not hide yourself from your own flesh? Then your light shall break forth like the morning, Your healing shall spring forth speedily, And your righteousness shall go before you; The glory of the Lord shall be your rear guard. Then you shall call, and the Lord will answer; You shall cry, and He will say, 'Here I am.'"
Isaiah 58:6-9 (NKJV)

Fasting is an important discipline in scripture. In Matthew 6:16, Jesus does not command us to fast but rather speaks about it from the assumption that we are already doing it ("And when you fast...")! Fasting means to willingly abstain or reduce some food or drink (or both) for a period of time with the purpose of seeking and depending on the Lord. There are many different types of fasts held in the Bible including partial fasts, like in Daniel, or absolute fasts (no food or water). Fasting in scripture always included food or meals, but you can include abstaining from things like TV, social media, etc. with the purpose of spending that time with the Lord. When considering how or what to fast remember, if it is important to you, it is important to God! You are not fasting to try and manipulate God into action in your life. You are humbling yourself before him and giving something to Him as a sacrifice with the desire to go deeper in your relationship with Him. The goal is more of Him! God honors that type of sacrifice with the promise that when we seek Him, we WILL find Him!

With that being our intention, look at all the benefits of humbling ourselves in true fasting as recorded in Isaiah 58! Do you want strongholds to be broken? Heaviness to be removed? Greater effectiveness for God's kingdom? Healing? God's protection and rear-guard? Revival within our city and nation? Fasting brings these things because that is what He already desires for us and He honors the heart of His children as they seek after Him. Do not view this time of fasting and prayer as a dread or punishment, but as a time of great expectation! God's heart is for you to draw close to Him.

Ask the Holy Spirit what He is putting on your heart to fast during this period of corporate prayer and fasting. Write it on the provided line below as a vow and commitment before the LORD during this time.

WHAT ARE YOU FASTING?

We are all excited to see God do a powerful work in your life, in our city, and in our nation during this time!

A dark, moody photograph of a body of water, likely a lake or river, with a forested shoreline in the background. The water is dark and textured with small ripples. The shoreline is covered in dense, dark green trees. The sky is a dark, overcast grey. The overall tone is somber and contemplative.

INWARD RENEWAL

DAY 1

FEAR OF THE LORD

SCRIPTURE

Proverbs 9:10,
Isaiah 40:25–26,
Job 38, Revelation 1:8

Have you ever seen a landscape that made you stand in awe? A great way to understand the phrase “fear the Lord” is to think about it in a similar way: to “fear the Lord” means to stand in awe of God’s majesty, power, wisdom, justice, and mercy. It is to have an exalted view of Him, keeping Him in the space of our minds and hearts that He deserves. As we embark on this journey together, take time to reflect on the majesty of God and allow the “awe” you have for God to move your heart deeply toward His will in your life. Truly, the fear of the Lord is the beginning of all wisdom.

NOTES

REPENTANCE FROM SIN

Isaiah 6:1-7,
Acts 3:19,
Romans 3:23

Were you and I to see God in ALL His fullness, we would be completely undone and likely scream in His presence, as Isaiah did in Isaiah 6:1-7. This is because God is completely unlike anything any of us has ever seen or encountered in this world. Our world has lost its sense of awe and fear of God, so let us pray for ourselves first and our neighbors second to have encounters with God through Christian witnesses in the workplace, church, family, and social lives, as well as through the extraordinary means of visions and dreams if necessary, and for us all to repent and turn from our sins that we might obtain mercy through Christ.

NOTES

DAY 3

GREAT GRACE

SCRIPTURE

2nd Corinthians 5:21,
John 3:16-17, 1st John 1:8-2:2,
John 8:1-11

Mercy is not getting what you deserve, but grace is getting what you don't deserve. You know what you don't deserve? You do not deserve salvation, restoration, healing, forgiveness, righteousness, a second chance, or any other gift from God. All of these are given freely to us from our Heavenly Father who loves us. You can't earn them. You can only receive them with a thankful heart! Give thanks to God today for the benefits He gives us by His grace.

NOTES

DAY 4

PEACE WITH GOD

SCRIPTURE

Romans 5:1-2,
Psalm 103:7-12,
Luke 19:10

It's hard to believe God's first reaction towards sinners is not one of vengeance and retribution. Yet, scripture shows us time and again, that God's character is one of peace. He disarms himself to draw us close. Desiring peace He accepted defeat and death. In choosing sides, He chose ours first. Let us follow God's example and raise our white flag to Him.

NOTES

PURITY

SCRIPTURE

Matthew 5:8,
1st Peter 1:13–16,
Galatians 5:16,
Hebrews 12:1–2

We have been reconciled with God! HALLELUJAH! PRAISE THE LORD! AMEN AND AMEN AND AMEN! What a great a precious gift to be saved and made new in Him. Why turn back and yield our hearts to the things that brought hopeless and destruction to our lives? The command to be holy and walk in purity is not meant to be a burden. It is for our benefit! The promise of purity is that we “see God” or experience His presence, goodness, and favor in our lives. God help us to keep our eyes fixed on You!

NOTES

SPIRITUAL INTIMACY

John 6:68, Psalm 27:4
(really verses 1-6 are
all good), Psalm 116:1-2

Before Jesus commissioned Peter, He asked him this thought-provoking question three times: Do you love me? The reality is that this question is the foundation of so many things in our spiritual lives. True spiritual intimacy with the Father begins when we accept that we are loved without limits or conditions, and then love Him in return. When we accept this truth, we can do the “right things” out of a love for Him instead of out of obligation. Do you do the “right things” out of your love for the Father or out of religious duty? Take time to explore the heart of the Father through silence and allow your intimacy with Him to grow.

NOTES

DAY 7

FIRM FOUNDATION

SCRIPTURE

Matthew 7:24-27,
Psalm 91,
Romans 8:11

Truly meditate on the great promises in these verses today! What a blessing it is to put our faith and trust in the LORD. He is in control. He is the master. He is God! When we build our lives on Him and His word...the storm may come, in fact it comes to the wise and foolish alike, but we can have great peace knowing we are hidden under the shadow of His wing. He is faithful. I pray that the Holy Spirit plants this truth deep into your heart today.

NOTES



THOSE AROUND US

MARRIAGES + RELATIONSHIPS

Ephesians 5:21-33,
Proverbs 18:22,
1st Corinthians 13:4-7

Marriage, between a man and woman, is holy in the sight of God and is to be held in the highest honor in the church. Marriage is important because it is a message. It symbolizes a wedding that is yet to come between Jesus and his bride. The enemy would love nothing more than to attack marriage, because it reminds him of his defeat. Let's pray for strong marriages that are marinated in grace and forgiveness and self-giving love.

NOTES

CHILDREN

SCRIPTURE

Psalms 127:3–5,
Proverbs 22:6,
Deuteronomy 6:4–9

Thank the LORD for your children today. You may have small children, grown children, wayward children, prodigal children, or anything in-between. You may not even have children, but I guarantee the Lord has still given you influence in people's lives that look up to you. Thank God for the blessing of your children. Name them in your prayers today by name. Pray blessings over them. They are a precious gift and reward from the LORD. For yourself, make a commitment, maybe for the first time, to train your children up in the way of the LORD so that when they are out from under your care, they will not depart from it. God's word will never return void in their lives.

NOTES

DAY 10

FAMILIES

SCRIPTURE

Luke 15:11-27,
1st Peter 3:1-2,
Psalm 34:18

Family is the most basic construct of our society. When family is broken, feelings of hopelessness can arise. However, scripture shows us that God comes close to the brokenhearted. He comes close to redeem and restore. In a world of damaged families, God desires to come close and mend what seemed demolished.

NOTES

NEEDS

SCRIPTURE

Matthew 6:25–34,
Philippians 4:19,
Psalm 37:25

Psalm 23 says, “The Lord is my Shepherd; I lack nothing.” This statement from the Psalmist implies that the Lord provides all that we need (physical, spiritual, emotional, and relational). It might be hard at times to understand this truth when we feel the strain of life with its complexities and difficulties, but believing this truth is a choice we must make daily. Take time to focus your attention on the Father as the Good Shepherd. Give thanks with a grateful heart for God’s provisions because they truly are a foretaste of the heavenly banquet where all of our needs will be fulfilled! Then, as you approach Him with a thankful heart, allow Him to move your heart toward love for both your brothers and sisters in Christ and for those who have yet to feel His love and mercy.

NOTES

DAY 12

BLESS THOSE WHO CURSE US

SCRIPTURE

Galatians 6:7-10,
Ecclesiastes 12:13-14,
Luke 6:27-36

The very language of God is heavy with the verb of forgiveness. Through salvation, He has immersed us in understanding it's boundless breadth and depth. God calls us to forgive as He forgives. Letting go of grudges, working towards reconciliation, not harboring bitterness or seeking revenge are the ways of forgiveness shown to us by which we are to show to others.

NOTES

FORGIVENESS + UNITY

SCRIPTURE

Matthew 18:21–35,
Psalm 133:1–3,
Ephesians 5:31–32

Forgiving others as we have been forgiven is hard work made especially difficult when people sin against us repeatedly or in such a monumental way that it has continued repercussions in our lives (abandonment, robbery, murder, etc). In these cases, we have to enter the spiritual discipline of forgiving others as we have been forgiven—wholly and completely through Christ. In doing so, we will be forced to grow in humility and the strength of Christ who is the only one capable of forgiving others to the degree that we need to. Take time to bring before God people whom you need to forgive and be proactive enough to pray blessings on those people who have hurt you as a step toward your healing and theirs.

NOTES

GENEROSITY

SCRIPTURE

Proverbs 11:25,
Philippians 2:3-4,
1st John 3:16-17

We believe that God is radically generous. He has blessed us with every spiritual blessing so we too are radically generous. We give our time, our abilities, and our financial resources for the good of the body of Christ and the advancement of the Kingdom of God around the world. Let's pray that generosity would take root in the heart of every believer in Chattanooga.

NOTES

A low-angle photograph of a modern building. The upper portion of the building features a large, triangular glass facade that reveals a complex internal steel framework. Below this, the building's base is constructed from a pattern of reddish-brown and tan bricks. The sky above is a deep, dark blue, filled with numerous small, white, dust-like specks. A single, bright white comet streak cuts diagonally across the upper left portion of the sky. Soft, white clouds are visible near the horizon, partially obscured by the building's structure.

AMBASSADORS **FOR CHRIST**

FAITH IN ACTION

Matthew 25:14–30,
1st Peter 4:10–11,
Esther 4:14

God could have placed you at any moment in history, but He chose today. He chose now! Have you ever considered why? He did not make a mistake. He has a purpose for you that goes beyond yourself! What a privilege it is to be entrusted as His ambassadors in 2023! Ephesians says that you are God's masterpiece and He has good things planned for you to do for His glory. 1st Peter says He has given us gifts to use to serve others. Realizing you are placed here with intention and not by accident, how can you put your faith into action for Christ?

NOTES

WORKPLACES

SCRIPTURE

Philippians 2:14-15,
Colossians 3:17; 23,
Galatians 6:4

We only have one boss, one manager, one to whom all our work and labor is to be performed for, and that is God. Everything we do, whether big or small, seen or unseen, before men or hidden is to be done as unto God. For it is He who has given us the strength to go and do, therefore, let what we do bring glory to His name.

NOTES

EDUCATION + SCHOOLS

Proverbs 1:7,
Proverbs 9:9,
Psalm 119:129-130

We know that when Daniel and the Hebrew boys were brought into Babylon that they were schooled in language, arts, and sciences of Babylon. This is what culture does. It tries to form our children in its image. Therefore, we must commit to a stronger formation process in the church and in our homes to ensure our children, even though surrounded by Babylon, will not bow to the idols of culture. Let's pray for strategies to teach our children a biblical worldview, so the secularization around them won't lure them away.

NOTES

PRAY FOR OUR CITY

Hebrews 13:1-3,
Philippians 1:27,
Psalm 127:1

The Bible and Christian history is replete with care for the poor. When Christianity first started, wealthy Christians attended church alongside impoverished believers and found ways to serve them. The Apostle Paul was eager to remember the poor (Gal 2:10) and God's blessing is upon those who help them (Ps 41:1). Our goal is not to eradicate poverty, as Jesus says this is impossible (Matt 26:11), but to serve them. In doing so, we serve God Himself (Matt 25:40) and store up treasure for ourselves in Heaven (Luke 12:33). Our town has many tangible needs right here that could be greatly alleviated if believers worked together to solve them. Seek the Lord for how He would have you love and minister to the poor and take some practical steps to do this.

NOTES

PRAY FOR OUR NATION

Titus 3:1-3,
2nd Chronicles 7:14,
Colossians 3:11-15

Scripture commands that we pray for our leaders. It seems now more than ever that our country needs repentance, healing, and God's grace. It's important to remember that as followers of Jesus, we cannot pray only for those we agree with. In your time of prayer, simply ask the Lord to give wisdom and steadfastness to our governmental, educational, and economical leaders. It is not enough that we just pray for them; we must also do our part by acting as Christ in the world. Pray these words: 'Lord, help me to be a light in a dark world, not merely by what I say but by how I live to reflect Your glory.'

NOTES

PRAY FOR OUR WORLD

Psalms 46:1-2;10,
2nd Thessalonians 3:2,
Philippians 1:27-30

Candles do not work well in the daylight, but they are powerful and penetrating in the darkness. There is a lot of darkness in our day, but we do not need to be afraid. This is not our home. Colossians 3 says we should fix our eyes on the realities of heaven. Philippians 1 says we must live as citizen of heaven. Our peace is not dependent on the circumstances of this world. Our peace is found in the rock of Jesus Christ. From that peace, we let His light shine forth into a dark world filled with wicked and terrifying things. Do not put your light under a bowl, but let it shine brightly! Ask the LORD to highlight a country, region, political situation, and/or people group that is struggling today and pray for them.

NOTES

PASTORS + MINISTRY LEADERS

Galatians 6:6,
Hebrews 13:17,
Numbers 6:24–26

Statistically, this is among the worst times ever to be a pastor in America. There are many reasons for this but regardless, our pastors—your pastor—need your love, support, encouragement, and prayers. Pray for them and their families. Ask God to keep them from temptation and make them bold for bringing about the Kingdom of God here in Chattanooga. If you want to be really serious about helping your pastor, a huge way to help out would be to pray and ask God what you can do to alleviate burdens or fill a need at the church. Is there some place you can volunteer and encourage others to do so? Pray for your pastor and about how you can help, and then follow through.

NOTES
