

21 Days of Seeking God Through Prayer & Fasting

*And rising very early in the morning, while it was still dark, He departed and went out to a desolate place, and **there He prayed**.* Mark 1:35

*As they ministered to the Lord and **fasted**, the Holy Spirit said, “Now separate to Me Barnabas and Saul for the work to which I have called them.” Then, having **fasted and prayed**, and laid hands on them, they sent them away.* Acts 13:2-3

Fasting reduces the influence of our self-will and invites the Holy Spirit to do more intense work in us. Fasting without praying will not help you spiritually. It must be both “fasting” and “praying.”

Week One Prayer Guide – The Cleansing of My Heart

Search me, O God, and know my heart; Try me, and know my thoughts; and see if there be any grievous way in me, and lead me in the way everlasting. Psalm 139:23-24

Day 1 – Pray for personal cleansing of your heart (Read: Isaiah 57:15; Jeremiah 17:9; I John 1:1-10).

- **Pray** for personal identification of sin (I John 1:6).
 - **Agree** with God as He reveals to you your sin (I John 1:8).
 - **Confess** each sin with the willingness to make it right before God and anyone else that might be affected by your sin (I John 1:9).
- Am I quick to recognize and agree with God in confession and repentance when I have sinned?
 - Am I quick to admit to others when I am wrong?
 - Are there any known or hidden sins I need to confess and repent of?
 - Are there relationships that need to be reconciled and restored?

Day 2 – Pray for personal spiritual disciplines in daily Bible reading, prayer time and worship (Read: Psalm 1:2; Psalm 119:15-16; Matthew 5:6).

Focus your prayer time more on God and less about you.

- Is it your habit to seriously read and study God's word daily?
- Do you meditate on key verses or does God's word have little place in your thoughts?
- Are you guilty of seeking God more for what He can do for you than out of genuine love for Him?
- Is your primary purpose and focus to please God in your worship?
- Is your mind filled with holy reverence for God?
- Do you sing or not sing based upon the type of song that is being sung?
- Do you frequently sing songs without reflecting on the words?
- Do you need to confess a shallow reverence and worship of God?

Day 3 – Pray for personal spiritual growth for the year 2022 (Read: Matthew 22:37; Colossians 3:1-3).

- Is your spiritual growth in a rut, having dry spells or in a period of stagnancy?
- Do you feel like you are not growing spiritually?
- Does your soul thirst after God's Word? (Psalm 42:1)
- Do you listen to sermons with little thought of immediate obedience?
- Do you take hearing God's word seriously?

Action Steps - How to get out of a Spiritual Rut

- Pray and ask God to help you get out of the rut.
- Start reading your Bible daily (you can listen to it being read in your car on the way to work or on your smartphone).
- Attend a Bible teaching church service weekly.
- Join a small group Bible study (Sunday morning or weekday evenings).

Day 4 – Pray for a personal spiritual revelation of your own true heart condition (Read: Acts 24:16, I John 2:28).

- Do I consistently seek forgiveness from those I wrong or offend?

- Is my conscience clear with every man?
- When I meet or think of people who have wronged me, do I have peace in my heart or a grudge and non-trust toward them?

Day 5 – Pray for **Andrew & Rachael Trott** serving in Papua New Guinea (they have two 2 children: **Simeon & Hazel**). Calvary church financially supports this family monthly.

Their Prayer Needs

- We'll be flying into a bush location for a six-week bush orientation next month. Here are the things we will be doing:

Continuing national language and culture study, gaining insight from experienced bush missionaries, and observing/learning from new believers in new church plants (The gospel was first presented in that area in 2019).

- Pray for our family as we learn and adapt to the culture, becoming equipped and prepared to work in an unreached people group in the future.
- Pray for our teammates, the Fitzpatricks. They are expecting their second baby boy in March. This has been a high-risk pregnancy with complications, and we're praying for a safe delivery for Shelbi and baby.
- Pray for our team (the Trotts & the Fitzpatricks) as we are asking God to provide for a third unit (another family or single person) to join our team.
- Pray that God will show which unreached people that we would work with. We need wisdom and clarity from the Lord. There are several unreached people groups in the Sepik region of Papua New Guinea who are asking for missionaries.
- Thank you for praying for us; we are grateful to have partners in ministry who are bringing these needs and requests to our Father.

Day 6 – Pray for personal cleansing of your thoughts.

- What kind of thoughts occupy your mind?
- Is your mind filled with thoughts of Christ or consumed with earthly things?
- Do you think far more about work or recreation than spiritual growth or serving Christ?
- Is your mind often filled with unclean thoughts?
- Do you watch programs or movies that stimulate improper thoughts and feelings?
- Do you often have thoughts that you would be ashamed for others to know?

Action Steps

- a. Ask God to **forgive you** and to **cleanse your** heart and mind for each sinful thought that comes to mind (I John 1:8-10).
- b. Ask God to **renew** your mind daily. Be **specific** in your confession of sin. **Trust Him** for complete forgiveness (Colossians 3:1-3, 10).
- c. **Replace** all unclean thoughts with pure thoughts (Philippians 4:8).
- d. One of the best ways to renew your mind is by **memorizing key Scriptures passages** (I John 1:8-10; Galatians 5:16; Ephesians 4:22-24).

Day 7 – Pray for personal sins of the mouth (Read: Matthew 12:36; Ephesians 4:29; Ephesians 5:4; Colossians 3:9).

- Do you ever speak slang words that are crude and inappropriate?
- Do you use God's name in any way other than worship, honor and praise?
- Have you engaged in off-colored jokes or conversation?
- Has the filth of our society crept into your speech?
- Do you ever lie?
- Do you exaggerate to make yourself look better?
- Are you guilty of any form of cheating?
- Are you careful to follow through with promises, vows, and commitments?
- Is your word your bond?

Week Two Prayer Guide – The Searching of my Motives

Now Jesus was praying in a certain place, and when He finished, one of His disciples said to Him, “Lord, teach us to pray, as John taught his disciples.” And He said to them, “When you pray . . . Luke 11:1-2

And He told them a parable to the effect that they ought always to pray and not lose heart. Luke 18:1

When a believer learns how to pray, prayer becomes a part of their everyday life. In every situation they have learned to — PRAY FIRST! WHY? Because prayer changes everything! They pray:

- Before the day begins and before they go to bed.
- Before they go to travel, work, or go to school.
- Before they send a text, respond angrily, or react to unpleasant situations.
- For their family, friends, and neighbors.

The well-known English Pastor and Preacher, Charles Spurgeon said, “My own conversion is the result of prayer, long, affectionate, earnest, persistent. My parents prayed for me; God heard their cries, and here I am preaching the Gospel.”

What Is God **able to do when believers pray** (Ephesians 3:20)?

*Now to Him who is able to do far more abundantly than all that we ask **or think** . . .*

- God is able to do **more than we ask**
- God is able to do **more than we think**

Day 1 – Pray about your personal priorities (Read: Luke 2:7; Matthew 6:33)

“And she gave birth to her firstborn son; and she wrapped Him in cloths, and laid Him in a manger, because there was no room for them in the inn.” Luke 2:7

No room for them? No vacancy? No place? Do you have room for Jesus (and His word) in your busy schedule? We all have 168 hours in a week. No one is given more time or less time. It is all about how we spend that time.

- How do you spend your 168 hours a week?
- How much time do you spend on recreation or entertainment?
- How much time do you spend on your cell phone or computer?
- How much time do you spend praying for others?
- Do you pray in faith believing?
- Do you pray expecting God to answer?
- Do you pray with other Christians?
- Do you pray for specific requests?

Day 2 – Pray for **Megan Meyerhoff**, serving in Chad, Central Africa. Calvary Church financially supports her monthly.

Megan said, “Thank you for your continued prayers and support. I am really encouraged by the church's intentionality in praying for the work here and around the world. “

Here are a few prayer requests:

- Pray for spiritual protection as my team works in a place of much spiritual oppression and opposition.
- Pray for the Lord to give a hunger and thirst for His truth to the "Z" people and that they would not be satisfied until they find their satisfaction in Christ.
- Pray for my friend SZ who loves hearing stories from the Bible, but does not wish to follow Jesus yet.
- Pray for boldness and opportunities to speak about our hope in Christ

- Pray as we study the "heart language" of our people group which is a very challenging tonal language.

Day 3 – Pray for a personal discerning heart toward spiritual things (Read: Colossians 3:12)

- Do I love what God loves and hate what God hates?
- Do I highly value the things that please God (giving, witnessing to the unsaved, studying His word, prayer, etc.)?
- Are my affections and goals fixed on eternal values (I Corinthians 3:11-15)?
- Do I love the "Church" as Christ loves the church?

Day 4 – Pray that your daily, weekly, and monthly calendars will have Christ and His church as a priority.

And He is the head of the body, the church. He is the beginning, the firstborn from the dead, that in everything He might be preeminent. Colossians 1:18

In a world that seeks to crowd Jesus out, where busyness continually abounds, and hearts are stirred to focus on so many other things, it can be hard sometimes to choose to keep Jesus first.

- Does my schedule reveal that God is first in my life?
- Does my checkbook reveal that God is first in my life?
- Next to my relationship with God, is my relationship with my family my highest priority?
- Next to God and my family, is my relationship with my church a high priority in my life?

Day 5 – Pray for **Steven & Kelli Shaddox** (their daughters **Kaci & Selah**) serving in the Czech Republic. Calvary church financially supports this family monthly.

Their Prayer Needs

- Pray that our crate of personal belongings from the USA arrives to us sometime in January.

- Our first Christmas season away from family, friends, and churches is hard. Pray we will stay focused on the mission.
- Pray for us as we continue learning the Czech language.
- Pray for several Czech people we are building relationships with and ministering to for opportunities to share with them and others the Gospel.
- Continue to pray for the COVID situation in Czech. Czech has had one of the highest numbers of new cases and deaths in the world recently. It's been impacting our girls' school, as well, with quarantines and various restrictions.
- Pray that the International Mission School (that our girls attend) will find the much-needed schoolteachers for this next school year.
- Pray that the existing schoolteachers will get visas approved to remain in the country.
- Pray for our landlord, Juraj, his family, and opportunities for us to be a blessing to them and minister to them.

Day 6 – How do you handle trials, difficulties, and suffering (Read I Peter 3:13-22)?

"It was good for me to be afflicted so that I might learn your decrees."

Psalm 119:71

Since therefore, Christ suffered in the flesh, arm yourselves with the same way of thinking, for whoever has suffered in the flesh has ceased from sin. I Peter 4:1

- When you face difficulties, trials, or hardships, how do you handle them?
- Are you a constant complainer?
- Do I rejoice when others are praised and recognized, and my accomplishments go unnoticed by people?
- Do I esteem others as better than myself?

Day 7– Pray that you will live a Spirit-filled life (Read Ephesians 5:18).

- Am I allowing Jesus to be Lord of every area of my life?
- Am I allowing the Holy Spirit to “fill” (control) my life each day?
- Is there consistent evidence of the “fruit of the Spirit” being produced in my life?

In Don Whitney’s book “Praying the Bible” he writes, “In an effort to make prayer less self-centered and to give some sense of order to their prayers, many have adopted the well-known **ACTS** acrostic. Using this memory aid, you begin your prayer with “**A**” (adoration), then continue with “**C**” (confession), followed by “**T**” (thanksgiving), and only then “**S**” (supplication).” This might be helpful for you to stay focused when you are praying.

Week Three Prayer Guide – Praying for Others

Praying at all times in the Spirit, with all prayer and supplication. To that end, keep alert with all perseverance, making supplication for all the saints, and also for me, that words may be given to me in opening my mouth boldly to proclaim the mystery of the gospel, for which I am an ambassador in chains, that I may declare it boldly, as I ought to speak. Ephesians 6:18-20

“The devil laughs at our organization and mocks our schemes. He ridicules our good intentions, but he fears our prayers.” **Adrian Rogers**

Day 1 – Pray for a personal passion to know Christ Jesus as Lord of your life
(Read: Matthew 22:37; Philippians 1:21, 3:10, 23; Revelation 2:4, 5)

- Am I as much in love with Jesus as I have ever been?
- Am I thrilled with Jesus, filled with His joy and peace, and making Him the continual object of my love?
- Do I desire to know Jesus more each day of my life?

Day 2 – Pray for the **Windswept Christian Academy** in Eagle Butte, South Dakota. In June 2022, Calvary will be sending a team to help with

building and maintenance needs at the school.

- Pray about joining the team this summer (3rd & 4th weeks in June, 2022).
- Pray for new teachers to come and help teach children at the academy.
- Pray that the academy will have an evangelistic influence on those living in Eagle Butte and the surrounding area.
- Pray that this school year several students will come to know Jesus as their Lord and Savior.

Day 3 – Sacrifice (read Philippians 3:7-8)

- Am I willing to sacrifice whatever is necessary to see God move in my life and church (time, convenience, comfort, reputation, pleasure, etc.)?
- Is my life characterized by genuine sacrifice for the cause of Christ?
- Does God have access to every part of your life? Every area of your heart?

Day 4 – Pray for Eli & Sadie Reitter (they have a son named **Nicholas**) serving in Indonesia. Calvary church financially supports them monthly.

Here are some of their most recent prayer requests:

- Pray for them to reach 75% of their support by the end of January so they can begin applying for their visas and get their plane tickets to move to Indonesia in March 2022! (They're currently at 67% of their required monthly support!)
- Pray for God to them during their support raising season where they are sharing God's heart for the unreached to mobilize others to go to the nations!
- Pray for Nicholas in our upcoming big transition overseas. He will be 13 months old and going to the other side of the world!
- Pray that Nicholas would be able to have sweet relationships wherever he goes, both living in Indonesia and coming back to the states!
- Pray that God would be preparing the hearts of the people group that He has for us to serve in! (This will be decided once they are over in Indonesia and have a team formed).

- Pray for God to be preparing us for the hardships we will face while on the field! That they would grow in dependence on God daily and perseverance in trusting Him!
- Pray for their future co-workers, that God would provide a good team dynamic on their team and that He would be shaping them into the good teammates they need to be!
- Pray that air travel remains open so that they can get their visas!
- Pray for wisdom in the packing process as it is overwhelming to think through how to pack up and move to a place we've never been before!
- Pray as they prepare to say goodbye to family and loved ones.

Day 5 – Pray for the **Calvary Mission Team** in El Salvador (Mission Trip January 19-28)

- Pray that the team will have safe travel in El Salvador and outside of El Salvador (air travel).
- Pray that the team will have divine opportunities for sharing the gospel.
- Pray that the team will have enough translators to meet every ministry opportunity every day of the trip.
- Pray for the men doing survey work (looking for the next mission trip location) on the team.
- Pray for the underpaid and overworked Salvadoran pastors that the team will be working with (Pastor Oto, Pastor Orlando, Pastor Luis).

Day 6 – Pray for the **Calvary Mission team** in El Salvador.

- Pray for their first Eye Glass Clinic for Thursday & Friday.
- Pray that many people will be open to receive Christ as their Savior.
- Pray for those on the team that will be giving out the prescription glasses.
- Pray for those on the team that will be sharing the Gospel.

Day 7 – Pray for Calvary Church Leaders.

- Pray for wisdom and discernment as they serve, lead, teach & preach.

Elders – Steve Bradshaw, Rich Cowan, Norm Howell, Jeremy Kempfer, Tim McIntyre, and Chris Scott

Deacons – Greg Baird, Austin Bradshaw, Jamie Brooks, Roger Long, Cory McClurken, Matt McElroy, Greg Thompson

- Pray for our Calvary Kids (Wednesday evening Children’s Ministry – Steve Bradshaw, Tim Howe and many children’s workers that are involved).
- Pray for our Calvary Youth Ministry (Chris Scott and the ministry youth team).
- Pray for our Calvary Worship Team (Rich Cowan and the sound crew, media crew, worship singers, and musicians).

The Benefits of Prayer (by Charles Swindoll)

- Prayer makes me **wait** on God
- Prayer **clears** my vision
- Prayer **quiets** my heart
- Prayer **activates** my faith