

# 21 Days OF PRAYER



**This Booklet Belongs to**

# Dear Church Family,

We are THRILLED to begin this 21 days of prayer and fasting with you! What a privilege to earnestly seek the Lord together for all He might do in and through us in 2022!

*"...if my people who are called by my name humble themselves, and pray and seek my face and turn from their wicked ways, then I will hear from heaven and will forgive their sin and heal their land." 2 Chronicles 7:14*

We prepared this journal for you to use as a resource throughout the next three weeks. We pray that it leads us into greater unity and provides helpful tools for how to speak to the Lord freely as well as for how to listen to Him with even greater intention.

We believe Jesus is the true remedy for all of the brokenness in the world. We long to see our individual relationships with the Lord deepen this year and for Cole Community Church to have an ever increasing impact on the community around us. Our prayer is that as all of us individually seek to know the Lord better throughout these 21 days and in the upcoming year, we can collectively grow to be more like Him and thereby reflect His heart and His character to the world around us in the most authentic, compelling, and winsome way possible.

We also know that this is God's church and that Cole Community Church's future is fully dependent on Him. This is an opportunity for us to seek Him together; to pray for Him to move powerfully in our midst as He continues to mold us into the church He wants us to become. Moses wisely told God in Exodus 33:14, "If Your presence will not go with me, do not bring us up from here." Similarly, we do not want to go anywhere but where the Lord is leading us. We invite you to pray for God to continue to make His direction known.

At the end of our 21 days, we invite you to join us for a night of worship on January 30 at 6:30PM to celebrate all that God is and all He has done through this corporate prayer and fast. He is so good and we know we will want to give Him our honor, praise, and thanksgiving. We hope to see you then!

**Blessings!**

# S.O.A.P.

When reading scripture in the next few weeks you may consider using the S.O.A.P. method.

## Scripture:

Read slowly and thoughtfully through each passage/verse. Use your journal to write down key verses or thoughts that stood out to you.

## Observation:

What stood out to you about these verses? What does this passage teach me about God? What does it teach me about myself and others?

## Application:

How might you apply this passage to your everyday life? Is there a truth about God that you can live more intentionally into today? Is there a truth about God you can focus on or a promise you can thank Him for? Is there a particular sin that the Holy Spirit is convicting you about and need to confess?

## Prayer:

Use your journal to write out a prayer to God! Be free to honestly express your heart to Him.

# An Invitation to Fast

## What is Fasting?

For Christians, fasting is a period during which a person abstains from something central to daily life for spiritual purposes. In fasting, we are reminded of God's sustaining power and our humble position before him.

## Why Fast?

Why should we bother with fasting? After all, we're busy people. Perhaps in theory we like the idea of fasting, but in practice, we have jobs, schoolwork, family, and ministry commitments. So, you're asking, why should I throw fasting into the midst of my busy life?

*Fasting facilitates a deeper sense of intimacy with God.  
(John 6:17, 33-35)*

*Fasting reveals our weaknesses, forcing us to rely on God.  
(Deut. 8:3)*

*Fasting is a way of worshiping God. (Luke 12:29-31)*

*Fasting is a way of asking God to move powerfully in our lives and in our world. (Ezra 8:21, Acts 13:2-3)*

## Four Types of Fasts

1. No Food, No Drink (Esther 4:16)
2. No Food (Judges 20:26, Luke 2:37, Mt. 4:2-4)
3. The "Daniel Fast" (Daniel 1:12-13, 10:3)
4. Non-Food Fast – giving up something else that would be a sacrifice.

## The Wrong Kind of Fast

Whenever you fast, it's important to make sure your heart is in the right place. In fact, two of scripture's lengthiest passages on this topic focus on the need to have the right motivation. (Isaiah 58: 3-4, 6 & Matthew 6:16-18, Luke 18:9-14)

### How to Fast

**BEFORE:** Consider why you are fasting, determine which type of fast you're going to do, check with a health professional if you are fasting from food/beverage.

**WHILE YOU FAST:** Set aside plenty of time to pray, to read God's Word, seek God's strength in your weakness.

**AFTER YOU FAST:** Ease yourself back into the things you've avoided, reflect on what God showed you.

# An Invitation To Pray

*"...Is it not written, 'My house shall be called a house of prayer for all the nations'?" **Mark 11:17***

## What is Prayer?

Prayer is communication. A person talks with God and God does likewise with us. Yet, it is communication at a level, with the potential for depth, and with frequency that is utterly unique in all of human experience. Prayer has the ability to take us into the presence of God in ways that speak to the central reality of what it means to live as a person whose life has been surrendered to Christ and whose purpose on earth is ordered under the will of God.

This may sound lofty or even disconnected from what life is like in your world. However, prayer does have the capacity to take each of us into a form of connection with our Creator that is a significant aspect of the promise that God gave to His people when He said,

*"Be strong and courageous. Do not fear or be in dread of them, for it is the Lord your God who goes with you. He will not leave you or forsake you." **Deuteronomy 31:6***

This is a promise that is repeated by the author of Hebrews as well. Hebrews 13:5 The Holy Spirit resides within the believer, and the believer is, thus, in a relationship with God that is intrinsic to the believer's existence. (1 Thessalonians 5:17; Philippians 4:6; John 15:7)

## Why We Pray

Prayer is very personal. Each follower of Christ will have differing and individual reasons for engaging in prayer. Some prayer is planned and for many it is something that we schedule or make a regular part of our daily schedules. Here are some of the reasons for engaging in these conversations with God.

- Prayer is a way to seek God's will. **Jeremiah 33:3**
- It is a means by which we engage in trusting the Lord. **Psalms 34:17; Philippians 4:6-7; Hebrews 4:16**
- It is transformative; our hearts are changed by God through prayer. **Luke 6:27-28; 1 Timothy 2:8**
- Prayer is restorative. **James 5:16**
- Prayer binds people together. **Acts 1:14**

## When Should We Pray

The ability to pray and the need for prayer defy time, day, or season. It is something that is done by each of us individually, and it is something that is done by the church when we gather together. Prayer is a habit, a practice, a discipline, and a part of the routine of life. It can become so much so for some people that it is almost as natural a part of the day as is breathing. Followers of Christ pray for their own needs and concerns, for those of their family and close associates, and for people that they hardly know. We seek the Lord's will for small things and for the monumental and life altering occurrences that come our way. God desires to be close to us as we navigate our journey through life, and prayer is a significant and a vital way in which that deep relationship is developed and nurtured.

"Give ear, Lord, and hear; open your eyes, Lord, and see; listen... Now, Lord our God, deliver us from his hand, **SO THAT** all the

kingdoms of the earth may know that you alone, Lord, are God.”  
**2 Kings 19:16,19** (*emphasis added*)

If you missed the message on Sunday, January 9, be sure to go back and listen! We are inviting all of us to pray the prayer of Hezekiah; that the Lord would move in our midst **SO THAT** (His name may be made great among the nations, our families may come to know Him in a deeper way, our people can grow in faith as they watch God move, so that new people may come to a saving relationship in Christ...etc).

We invite you to bring your own “so that” prayers before the Lord and wait in expectation for all He might choose to do. We invite you to pray these prayers in private and/or to write them on an index card and place them on the prayer wall in the foyer so we can all join you in your prayer. Feel free to keep this anonymous if you so choose. This will be an exciting time for us to all pray together over our collective needs/desires.

Possible things to pray over for Cole Community Church throughout these 21 days:

- The search for a new lead teaching pastor
- The search for a family pastor
- For God to continue to provide us with Godly men who feel called to be a part of the Elder council
- For Cole Community Church to have a purposeful and positive impact on our community
- For all of the people who call Cole Community Church home to grow in love for Christ and His Word
- For our Global Outreach and field staff all around the world.
- For our local refugee families
- For our local and world leaders
- For our children/youth to grow in knowledge and love for the Lord and for the parents, Sunday school teachers, and youth staff who shepherd them.
- For the finances at Cole Community Church







## Tuesday, January 11:

*"I call upon you, for you will answer me, O God; incline your ear to me; hear my words. **Psalm 17:6***

Prayer is a conversation between us and our Heavenly Father. Be encouraged as you begin talking to Him today! You can be assured that He hears every word you say and wants to speak to you as well!

What are you most wanting to say to the Lord today? What are you most wanting to hear from Him?

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## Wednesday, January 12:

*"But when you pray, go into your room and shut the door and pray to your Father who is in secret. And your Father who sees in secret will reward you." **Matthew 6:6***

It is an amazing truth that the God of the universe hears our prayers prayed in secret and in the quiet of our hearts. He is delighted when we make time to sit alone in His presence. What do you most desire to bring to God in the secret place today?

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## Thursday, January 13:

*"And after he had dismissed the crowds, he went up on the mountain by himself to pray." **Matthew 14:3***

It is hard to find time alone with God amidst the busyness of this life. And yet here we see that Jesus Himself withdrew from the crowds to enjoy time alone with His Father. How will you find even just a few minutes of time alone with the Lord today? What do you hope for from that time with Him? What are your deepest needs this day?

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## Friday, January 14:

*"Look to the LORD and his strength; seek his face always."  
**1 Chronicles 16:1***

We can look to the Lord for strength...ALWAYS! How might our lives be changed if we were to ask the Lord for His strength and grace for the moment all throughout our day? How will you seek to look to Him for strength today? Is there a situation in your life where you could really benefit from the Lord's strength and direction right now? Use this space to share that need with the Lord.

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## Saturday, January 15:

We invite you to read through Psalm 84 using the S.O.A.P. method of study.

### Psalm 84

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## Saturday, January 22:

*“And Jesus, full of the Holy Spirit, returned from the Jordan and was led by the Spirit in the wilderness for forty days, being tempted by the devil. And he ate nothing during those days. And when they were ended, he was hungry.”*

**Luke 4:1-2**

*“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**

*“In these days he went out to the mountain to pray, and all night he continued in prayer to God. And when day came, He called His disciples and chose from them twelve, whom He named apostles.”* **Luke 6:12-13**

*Then Jesus went with them to Gethsemane, and He said to His disciples, “Sit here, while I go over there and pray.” And taking with Him Peter and the two sons of Zebedee, He began to be sorrowful and troubled. Then He said to them, “My soul is very sorrowful, even to death; remain here, and watch with me. And going a little further He fell on His face and prayed, saying, if it be possible, let this cup pass from me; nevertheless, not as I will, but as You will.”*

**Matthew 26:36-39**

These are some of the verses that demonstrate the importance Jesus placed on prayer and fasting in His own life. We invite you to use the S.O.A.P. prompt to write down things that stand out to you from His powerful example. How might these observations inform our own prayer lives?

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## Saturday, January 29:

*“And when you pray, you must not be like the hypocrites. For they love to stand and pray in the synagogues and at the street corners, that they may be seen by others. Truly, I say to you they have received their reward. But when you pray, go into your room and shut the door and pray to your Father who is in secret. And your Father who sees in secret will reward you. And when you pray, do not heap up empty phrases as the Gentiles do, for they think that they will be heard for their many words. Do not be like them, for your Father knows what you need before you ask him. Pray then like this: “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 also have forgiven our debtors. And lead us not into temptation, but deliver us from evil. For if you forgive others their trespasses, your heavenly Father will also forgive you, but if you do not forgive others their trespasses, neither will your Father forgive your trespasses. And when you fast, do not look gloomy like the hypocrites, for they disfigure their faces that their fasting may be seen by others. Truly, I say to you, they have received their reward. But when you fast, anoint your head and wash your face, that your fasting may not be seen by others but by your Father who is in secret. And your Father who sees in secret will reward you.” **Matthew 6:5-18***

In this passage Jesus gives us powerful instruction on how He desires that we pray and fast. We invite you to use the S.O.A.P. method to lead you to your own insights on what Jesus is inviting us into and how we might apply it to our lives.

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We hope you have found the Lord in new and meaningful ways these past three weeks. Thank you so much for joining with us to seek the Lord for all He might have for us this year individually and as a church. We are expectant and excited for all that the Lord might choose to do through this intentional time of seeking Him together.

We hope to see you tonight at 6:30 at our night of worship and celebration! This will be an amazing time of worship and thanksgiving! See you then!

# **Night of Worship**

JANUARY 30 • 6:30 PM



# *Growing Together*

BUILDING ON A FIRM FOUNDATION