



In this season, what do you find yourself pursuing? Are you pursuing an intimacy with God? In our Pre-Prayer series we're looking at what it means to have an intimate relationship with God and a heart that desires after God. A heart after God is built upon a healthy prayer life and a spiritual thirst for God's presence.

Over the next 21 days use this calendar as a tool during your time of prayer.

You'll be doing a lot of listening and talking with God. We know it's sometimes hard to discern what your thoughts are versus what the Holy Spirit is placing on your heart. This is why reading the Bible is so important, read through the provided verses in the calendar (and if you feel a nudge to read more, do it! The goal of this calendar is not to check a box, but ultimately to carve out a time, an action, and a dialogue with God.)

21 Day Calendar includes...

- A few ideas for what to fast from each week
- A weekly verse to read each day
- Daily prayer prompts

So what is fasting, prayer, or the Bible?

So glad you asked! Here are some definitions that may help you:

Fasting, or "to fast"

To abstain (not consume) from all or some kinds of food or multimedia (like TV, movies, games, or internet); for the purpose of using that "want". Fasting allows us to take the deliberate action of abstaining from a desire, creating a real want within us. We then use our desire as a reminder to God in prayer. Fasting does not need to be a public display (see Matthew 6:16-18).

Prayer

A dialogue between us and God where we can express our concerns, our praise, and listen to the Holy Spirit, as He guides our thoughts and actions. Prayer is more than an exchange or a request, it indicates the state of your heart.

Bible/The Word:

The Christian scriptures; it is full of history, wisdom, and the teachings of Jesus Christ. The Bible is the starting block for living a fulfilled and wholehearted existence. Everything we do in this calendar will start from scripture.

WEEK 1

As you start your 21 days, take time to establish a specific time and place to meet with God - put a reminder in your phone or on your calendar.

FASTING

The first week is about establishing a pattern to turn to God in prayer, distraction-free. Choose one of the topics below to abstain from and allow your desire to turn from what you're missing to going to God in prayer:

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|-------------------|--|
| - TV | - Soda |
| - Movies | - Juice |
| - YouTube videos | - Coffee |
| - Video Gaming | - One meal or food for 24 hours |
| - Puzzles | - Other (choose your own, just one week) |
| - Fictional books | |

PRAYER

Try to pray at least two minutes every day. Use a timer if that helps. Prayer could look like speaking out loud or in silence, both are encouraged.

Day 1: Read Romans 8:26

Express to God what is going on in your life right now. Use lots of detail. Ask God to guide you in how to pray about it. Listen with what time may remain.

Day 2: Read Romans 8:26

Share with God how you felt blessed today or yesterday. Acknowledge where you see God working and thank Him. If you need to ask God to reveal those things, do so, but really focus on the heart of God and what matters to Him.

Day 3: Read Romans 8:26

Share with God your hurt. What is it in your life you feel is holding you back? If nothing comes to mind, begin listing lessons God has taught you.

Day 4: Read Romans 8:26

Today, listen to God through silence. If it helps, go for a walk and list, or play some light music but really open your heart. Be honest about the thoughts you are having and then share them with God.

Day 5: Read Romans 8:26

Talk to God about the desires of your heart. It could be spiritually, professionally, athletically, socially...tell God what it is you are chasing after. Then ask God to reveal what His will is at this season in your life.

Day 6: Read Romans 8:26 and Romans 12:9-19

Focus today on the word of God. Read the above passages out loud to yourself. Reading verses multiple times helps us connect with the message. Be prepared to share with God whatever stirred in your heart.

Day 7: Read Romans 8:26

Tell God what stands between Him and you, or you and someone else. Lay those things at His feet, try physically opening your arms out in front of you and saying "I give this to you". Glorify God by acknowledging He loves to care for those things without you having to worry.

WEEK 2

FASTING

Is God in control of your life, or are you? This week is about surrendering your worries, your talents, and your will to God. In doing these things we clarify our perspective of who God is in our lives. Choose one of the topics below to abstain from this week:

- Social Media
- Your phone
- Spending money, online or in-person
- Working overtime
- Other (choose your own, just one week)

PRAYER

This week, if you haven't already, pray out loud. Set the timer for at least two minutes, but feel free to go longer. Evaluate how you feel after each prayer, perhaps write those thoughts down.

Day 8: Read Romans 7:18-19

Today, talk to God about grace. What moments in your life can you identify God's grace. Ask God to reveal your heart, to identify if there is a person or a moment where you could extend grace. Share with God how you are currently feeling.

Grace: love and mercy given to us freely, because God desires us to have it, not because of anything we have done to earn it.

Day 9: Read Romans 7:18-19

Ask God to reveal His plan for you in the coming weeks. Ask Him to place a person, a moment, a song, a feeling of what opportunities are in front of you. Then ask God for peace of mind and wisdom as you attempt to discern what action to take.

Day 10: Read Romans 7:18-19

Today, pray for others, asking God to work in their lives. Describe their circumstances and concerns, then listen to God to see if there is something He has for you to do.

Day 11: Read Romans 7:18-19 and Romans 5:5-8

What are your desires? Share with God the nature of your heart. Do you need God or are you self-sufficient? What does Jesus' sacrifice mean to you?

Day 12: Read Romans 7:18-19

Share with God your gratitude—thank Him for where you are gifted. Acknowledge these things as gifts from Him and in turn ask God how you can bless the kingdom with your unique gift set.

Day 13: Read Romans 7:18-19 and Mark 5:21-43

Focus today on the Scriptures—read them to yourself, multiple times if needed. Share whatever stirred in your heart with God.

Day 14: Read Romans 7:18-19

Talk to God about “idols”; possessions or people you elevate above the importance of God. Discuss why these things are important to you and ask for God's perspective regarding what it would look like to put Him first.

WEEK 3

FASTING

This week we celebrate that God is trustworthy, gracious, and redeeming. Choose one of the topics below to fast from this week:

- Negativity/Complaining
- Sugar/Snacks
- Make-up/Hair Products
- Other (choose your own, you may repeat a previous one if you feel prompted)

PRAYER

For this last week, increase your timer to a minimum of three minutes. Remember to read this week's verse before each prayer.

Day 15: Read Isaiah 41:10

Worship God with prayers of gratitude today. Make a list before you start your timer if you need to, but really focus on what is special about today. What are you grateful for today?

Day 16: Read Isaiah 41:10

Tell God what you've learned these past two weeks. Share with God what else you would like to learn. Begin exploring and praying about how you can achieve your goals.

Day 17: Read Isaiah 41:10

Rejoice with God. Tell Him about your blessings and give thanks. Tell God about your struggles, your doubts, your wins, and your lessons. Then tell God how He makes you feel.

Day 18: Read Isaiah 41:10 and Matthew 10:26-31

Tell God who you are and what you stand for. Celebrate with God how He has worked in your life.

Day 19: Read Isaiah 41:10

Today, listen to God. Read today's verse and spend the entire 3 minutes in silence as you try and listen to God.

Day 20: Read Isaiah 41:10 and Galatians 5:13-26

Focus today on the verses, reading them to yourself multiple times if needed. Share whatever stirred in your heart to God.

Day 21: Read Isaiah 41:10

Pray to God about your 21 day journey thus far. Share with God your overall experience. Celebrate anything pure or worthy of praise. Write it down as a reminder, what is it that God did for you.