

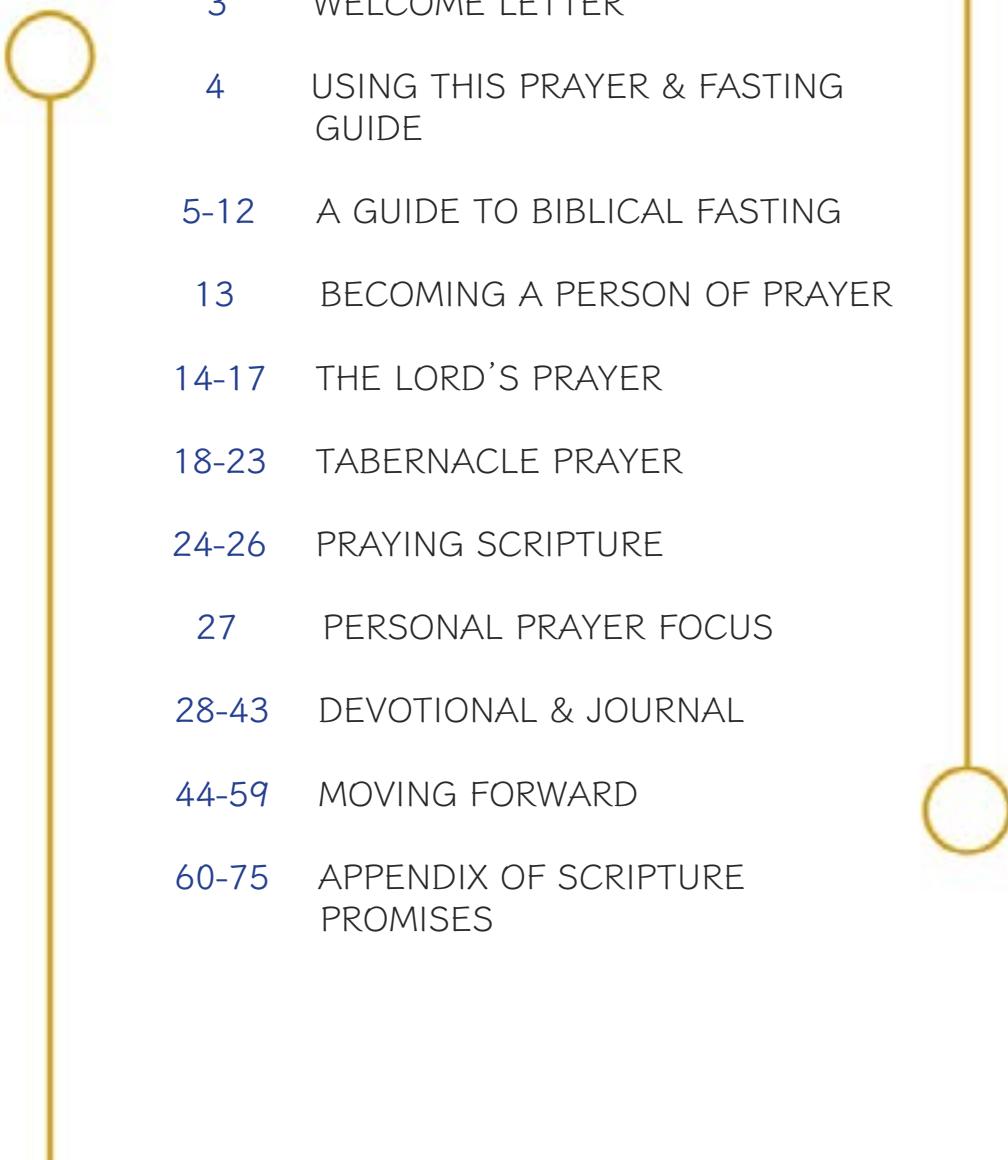
*Behold*

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PRAYER &  
FASTING 2023

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Dear Freedom Village Family,

One of my deepest desires as your Pastor is that we would be people who are empowered by the Holy Spirit, centered on the Gospel, and who are sent on mission. That we would be the church. But “being the church” cannot be a reality for us unless we become people who realize their dependence on God, and therefore actively and regularly seek Him with our lives. This is why we partner together as a church family to pray and fast.

I’m certain that if you commit yourself to these next 7 days with us, that you will be refreshed, restored, and reminded of the goodness of our God, whether this is your first time praying and fasting regularly, or if you have been a person who has been devoted to these disciplines your whole life.

As you open up this journal, you will find some passages, prayer topics, reflection prompts, strategies, and techniques for approaching biblical fasting and becoming a person of prayer.

I also want to suggest that you find someone to partner with you during this season. I’ve found in my own life I oftentimes need that reminder, that push, and that encouragement to get me through. So find support, and be a support to someone.

Finally, know that I am praying with you and for you. Mostly, that you will regain your awe of our great God, and that you will once again recommit to behold Him!

Pray first, pray often, pray with boldness. And let’s see what God will do!

Pastor James

# Using This Prayer and Fasting Guide

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We don't have to follow a specific formula to be with God, but practicing different ways to fast and pray can help us find deeper purpose and connection to Him through our times with Him. This journal is designed to give you a few tips for praying and fasting, along with some models.

None of this is meant to overwhelm you or to put you in a box, but simply to help you intentionally and purposefully seek the Lord so that eventually doing so will become more comfortable, natural, effective, routine, and enjoyable.

During your daily times of being with the Lord in this season, simply find rhythms that work for you. Take notes, write prayer requests, sit still, take a walk, listen to worship music. The most important step is simply being consistent in being with Him, regardless of the model and method.

While intentionally and purposefully seeking the Lord does take commitment and can require discipline to develop into a regular habit, prayer and fasting is ultimately something "we get to do" over "we've got to do". It's an honor and a privilege to pray and to depend on God through fasting. That is the heart of this season and this guide.

# A Guide to Biblical Fasting

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## The Goal of Fasting

The goal of fasting is to draw nearer to God. Biblical fasting always has to do with eliminating distractions for a spiritual purpose; it hits the reset button of our soul and renews us from the inside out. It also enables us to celebrate the goodness and mercy of God and prepares our hearts for all the good things God desires to bring into our lives. Your personal fast should present a level of challenge, but it is very important to know your body, your options, and most importantly, to seek God in prayer and follow what the Holy Spirit leads you to do.

## Timing of a Fast

At Freedom Village, we encourage fasting as a spiritual discipline throughout your life as was an expectation of Jesus. However, we particularly encourage fasting during the beginning of the year as we work through a season of prayer together as a church body. Whether it is a single meal, a whole day, three days or more. How you fast and how long you fast is not as important as the strength of your focus on God as you fast.

Fasting requires reasonable precautions. If you are uncertain of the health affects fasting might have on your physical condition, we advise you to consult your physician first, especially if you take prescription medication or have a chronic ailment. Some people should never fast without professional supervision.

# A Guide to Biblical Fasting

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## Why You Should Fast

1. Fasting was an expected discipline in both the Old and New Testament eras. For example, Moses fasted at least two recorded forty-day periods. Jesus fasted 40 days and reminded His followers to fast, “when you fast,” not if you fast.
2. Fasting and prayer can restore the loss of the “first love” for your Lord and result in a more intimate relationship with Christ.
3. Fasting is a biblical way to truly humble yourself in the sight of God [Psalm 35:13; Ezra 8:21]. King David said, “I humble myself through fasting.”
4. Fasting enables the Holy Spirit to reveal your true spiritual condition, resulting in brokenness, repentance, and a transformed life.
5. The Holy Spirit will quicken the Word of God in your heart and His truth will become more meaningful to you!
6. Fasting can transform your prayer life into a richer and more personal experience.
7. Fasting can result in a dynamic personal revival in your own life—and make you a channel of revival to others.

# A Guide to Biblical Fasting

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## Types of Fasts

### Complete Fast

In this type of fast, you drink only liquids, typically water with light juices as an option.

### Selective Fast

This type of fast involves removing certain elements from your diet. One example of a selective fast is the Daniel Fast, during which you remove meat, sweets, and bread from your diet and consume water and juice for fluids and fruits and vegetables for food.

### Partial Fast

This fast is sometimes called the “Jewish Fast” and involves abstaining from eating any type of food in the morning and afternoon. This can either correlate to specific times of the day, such as 6:00 am to 3:00 pm, or from sunup to sundown.

### Soul Fast

This fast is a great option if you do not have much experience fasting food, have health issues that prevent you from fasting food, or if you wish to refocus certain areas of your life that are out of balance. For example, you might choose to stop using social media or watching television for the duration of the fast and then carefully bring that element back into your life in healthy doses at the conclusion of the fast.

# A Guide to Biblical Fasting

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## Some Guidance and Encouragement as You Fast

If you have chosen to fast food during this season, know that the first two or three days are usually the hardest. As you continue fasting, you are likely to experience a sense of well-being both physically and spiritually. However, should you feel hunger pains, increase your liquid intake. For maximum spiritual benefit, set aside ample time to be alone with the Lord. Listen for His leading. The more time you spend with Him, the more meaningful your fast will be.

When your designated time for fasting is finished, it is important to begin eating gradually. Do not eat solid foods immediately after your fast. Suddenly reintroducing solid food to your stomach and digestive tract could have negative consequences. Try several smaller meals or snacks each day. If you end your fast gradually, the beneficial physical and spiritual effects will result in continued good health.

## Scripture References

Matthew 6:16-18

Matthew 9:14-15

Luke 18:9-14

Acts 27:33-37

Nehemiah 9:1-3

# A Guide to Biblical Fasting

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How you begin and conduct your fast will largely determine your success. As with all spiritual disciplines, having a goal and a plan is the best way forward to making your time with the Lord more meaningful and spiritually rewarding.

## Things to Consider:

### 1. What is your goal for this fast?

Why are you fasting? Is it for spiritual renewal? For guidance? For healing? For the resolution of problems? For special grace to handle a difficult situation? Ask the Holy Spirit to clarify what He wants you to take away from this time. This will enable you to pray more specifically and strategically.

### 2. Make a commitment to your fast

Pray about the kind of fast you should undertake. Jesus implied that all of His followers should fast [Matthew 6:16-18; 9:14-15]. For Him, it was a matter of when, not if, believers would fast. Before you fast, decide the following: how long; what type; how much time per day you will devote to prayer and the Word.

Make these commitments ahead of time, write them down and share them with someone you trust. This helps you sustain your fast when physical temptations and life's pressures tempt you to abandon it.

# A Guide to Biblical Fasting

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## 3. Prepare Yourself Spiritually

The foundation of fasting and prayer is repentance. Unconfessed sin will hinder your prayers. Here are several things you can do to prepare your heart:

- Ask God to help reveal your sins and the ways you fall short of His holiness.
- Confess every sin that the Holy Spirit reminds you of and accept God's forgiveness [1 John 1:9].
- Seek forgiveness from anyone you have offended and forgive anyone who has hurt you [Mark 11:25; Luke 11:4; 17:3-4].
- Ask God to fill you with His Holy Spirit according to His command in Ephesians 5:18 and His promise in 1 John 5:14-15.
- Surrender your life fully to Jesus Christ as your Lord and Master and refuse to obey your worldly nature [Romans 12:1-2].
- Meditate on the attributes of God — His love, sovereignty, power, wisdom, grace, compassion and other qualities [Psalm 48:9-10; 103:1-8, 11-13].
- Begin your time of fasting and prayer with an expectant heart [Hebrews 11:6].
- Do not underestimate spiritual opposition. Satan sometimes intensifies the natural battle between body and spirit [Galatians 5:16-17].

# A Guide to Biblical Fasting

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## A Final Word

Fasting is about sincerely humbling yourself before the Lord. It provides time to repent, pray, seek God's face and meditate on His Word. As you do this, you will experience a heightened awareness of His presence [John 14:21].

In this time together, we believe that the Lord will give you fresh spiritual insights, that your confidence and faith in God will be strengthened, that you will feel mentally, spiritually and physically refreshed. But not only that, we are believing by faith that you will see answers to your prayers and that God will honor your faithfulness.

We can learn three things that Jesus did. Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed [Mark 1:35].

A regular and effective prayer life is something that doesn't just happen. It's something that needs to be cultivated. To understand that, we can look at the example Jesus gave during His life here on earth.

# Becoming a Person of Prayer

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## Have a Certain Time

Jesus got up very early in the morning to spend time with His Heavenly Father. This was a regular occurrence. So we should do the same. Make a daily appointment with God and keep it. Prioritize it. Regardless of the time that you choose.

## Have a Certain Place

Jesus had a specific prayer place. A quiet place. And doing the same helps remove distractions, provides that time with purpose and gives us freedom to be expressive as we worship and pray.

## Have a Certain Plan

Go into your prayer time with a plan. When Jesus taught His disciples how to pray, He gave His disciples some structure, an outline. We call it the Lord's Prayer. Regardless of the outline you choose, it helps to have a plan for the sake of building consistent time with God.

# The Lord's Prayer

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This was Jesus teaching us how to connect with God, how to align our priorities with His, and how to live dependently on Him.

One day Jesus was praying in a certain place. When He finished, one of his disciples said to him, “Lord, teach us to pray…” [Luke 11:1](#)

Our Father in heaven, hallowed be your name, your kingdom come, your will be done on earth as it is in heaven. Give us today our daily bread. Forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from the evil one, for yours is the kingdom and the power and the glory forever. [Matthew 6:9-13](#)

## 1. Connect With God Relationally

“Our Father in heaven...”

So you have not received a spirit that makes you fearful slaves. Instead, you received God’s Spirit when he adopted you as his own children. Now we call him, “Abba, Father.” [Romans 8:15](#)

God loves for us to call Him our Father. Proclaim your intimate relationship with Him and thank Him for the relationship you have with Him.

## 2. Worship His Name

“...Hallowed Be Your Name..”

Therefore, God elevated him [Jesus] to the place of

# The Lord's Prayer

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highest honor and gave him the name above all names, that at the name of Jesus every knee should bow under the earth, and every tongue declare that Jesus Christ is Lord, to the glory of God the Father. [Philippians 2:9-11](#)

God loves when we worship Him, and there is power in His name. Here is a list of some of His names to help us worship Him specifically and personally:

- Righteousness – He makes me clean
- Sanctifier – He has called me and set me apart
- Healer – He heals all my diseases
- Banner of Victory – He has defeated my enemy
- Shepherd – He speaks to me and leads me
- Peace – He is my peace in every storm
- Provider – He supplies all of my needs

## 3. Pray His Agenda First

“…Your Kingdom come, Your will be done on earth as it is in heaven…”

But seek first the kingdom of God and his righteousness, and all these things will be added to you. [Matthew 6:33](#)

The time is fulfilled, and the kingdom of God is at hand; repent and believe in the gospel. [Mark 1:15](#)

Part of being a disciple is caring about what the Lord cares about and loving what He loves. We know His will is perfect and so we pray His agenda first.

# The Lord's Prayer

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## 4. Depend on Him For Everything

..."Give us this day our daily bread..."

I lift up my eyes to the hills. From where does my help come? My help comes from the Lord, who made heaven and earth. Psalm 121:1-2

God promises to supply all our needs, and He wants us to come to Him with our problems, desires, and needs and to trust Him to provide.

So ask God for what you want and need and then trust Him for the answer.

## 5. Forgive and Be Forgiven

"...Forgive us our debts as we forgive our debtors..."

If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness. 1 John 1:9

God has offered us complete forgiveness, and we can receive it at any time. When we turn away from our sins and receive His forgiveness, our hearts are more prepared to forgive others as well.

## 6. Engage in Spiritual Warfare

..."And do not lead us into temptation but deliver us from the evil one..."

For we do not wrestle against flesh and blood, but

# The Lord's Prayer

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against the rulers, against the authorities, against the cosmic powers over this present darkness, against the spiritual forces of evil in the heavenly places.

Ephesians 6:12

Spiritual warfare can seem difficult to comprehend, but the Bible makes it very clear that we have an enemy who is trying to steal from us, kill us, and destroy us.

As we pray, we take a stand against the enemy and fight from a place of victory through Jesus as we're empowered by the Spirit. There is power in God's Word, and every lie the enemy has told us can be replaced with God's truth.

## 7. Express Faith in God's Ability

“...For yours is the Kingdom and the Power and the Glory Forevermore...”

Ah, Lord God! It is you who have made the heavens and the earth by your great power and by your outstretched arm! Nothing is too hard for you.  
Jeremiah 32:17

End your prayer time by reminding yourself of God's limitless authority and ability. Return to praise and declare your faith in Him:

“Yours is the Kingdom” – All rule belongs to You

“Yours is the Power” – All mightiness flows from You

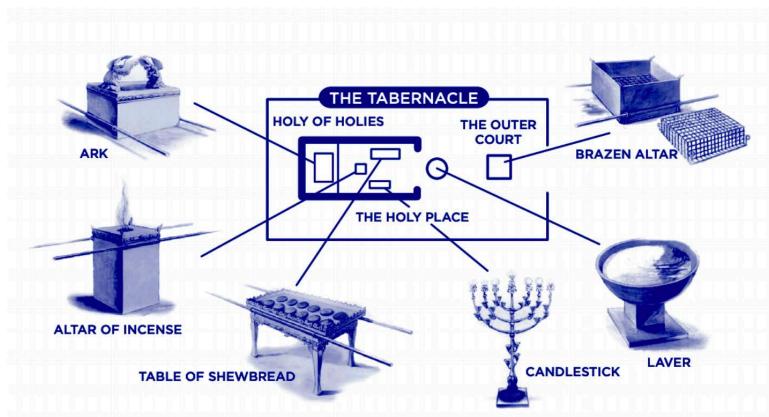
“Yours is the Glory” – Your victory shall be complete

# Tabernacle Prayer

\*Tabernacle Prayer" - Paul Yonggi Cho

In the Old Testament, the Tabernacle was the dwelling place of God, built to His specifications, where He would meet His people. As they entered the Tabernacle, they passed through seven stations, following God's instructions, to experience His presence.

Today, even though we no longer need the physical Tabernacle to meet with God, these same steps can help us connect with Him. This prayer model will take us through each station of the Tabernacle and use the purpose of each station to guide our prayers.



# Tabernacle Prayer

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## 1. The Outer Court -Thanksgiving and Praise

The Israelites entered the Tabernacle with thanksgiving and praise, and we start our prayer time the same way. Enter His gates with thanksgiving and His courts with praise; give thanks to Him and praise His name. [Psalm 100:4](#)

Spend some time really thinking about all the blessings in your life for which you're thankful. You can write down a list, sing your own song of praise, or just spend quiet moments reflecting on your gratitude and praise toward God.

## 2. The Brazen Altar - The Cross of Jesus

In the Old Testament, everyone had to regularly bring animal sacrifices as payment for their sins. Today, we don't have to do that because Jesus paid for our sins once and for all with His blood on the cross.

Praise the LORD, my soul, and forget not all His benefits—who forgives all your sins and heals all your diseases, who redeems your life from the pit and crowns you with love and compassion, who satisfies your desires with good things so that your youth is renewed like the eagle's. [Psalm 103:2-5](#)

Thank God for the gift of Jesus. Thank Jesus for His sacrifice and love. Let the power of the cross and what it means for your life really settle in your spirit. In addition to expressing your gratitude, claim the power of transformation and healing of the cross.

# Tabernacle Prayer

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The cross provides us with five major benefits:

- Salvation - God forgives all my sins
- Healing - God heals all my diseases
- Redemption - God rescues me and restores me
- Transformation - God changes me into His likeness
- Blessing - God provides everything I need

## 3. The Laver- Cleansing and Preparing

The next step in the Tabernacle was a bowl of water where people were reminded of their sinfulness and their need to be cleansed and forgiven by God. Checking our hearts and motives and surrendering our lives to God is an important part of daily prayer.

I appeal to you therefore, brothers, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship.[Romans 12:1](#)

Because of what Jesus did on the cross, we can confess our sins to Him and receive complete forgiveness and a fresh start. In prayer, humbly and sincerely turn away from your sins and allow God to cleanse and renew you. Then, surrender your life and every part of yourself to Him.

# Tabernacle Prayer

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## 4. The Candlestick- The Holy Spirit

The next piece of the Tabernacle was a seven branched golden candlestick. The fire represents the Holy Spirit and how we are called to be light in the world's darkness. The Spirit of the LORD will rest on him—the Spirit of Wisdom and of Understanding, the Spirit of Counsel and of Might, the Spirit of the Knowledge and fear of the LORD. [Isaiah 11:2](#)

When Jesus left the earth, Christians were given the gift of the Holy Spirit. He calls the Holy Spirit our “Advocate.” We cannot do what God has called us to do without His supernatural power. It is through the Holy Spirit that God comforts us, guides us, and empowers us.

## 5. The Table of Shewbread- The Word of God

In the Tabernacle, a table with twelve loaves of bread represented the importance of reading God’s Word for daily sustenance.

Keep this Book of the Law always on your lips; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful. [Joshua 1:8](#)

God’s Word is an incredible gift and a powerful tool, and it has great relevance and impact in our prayer life.

# Tabernacle Prayer

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Here is how you can incorporate God's Word into your prayer time:

- Take time to read and think about the Word
- Claim God's many great promises for your life and the world around you
- Ask Him for fresh revelation of His Word
- Ask Him for a Word to help you as you go throughout your day
- Ask Him to show you how to apply His Word in the world around you

## 6. The Altar of Incense- Worship

A small altar of burning incense stood at the entrance to the Holy of Holies, where God's presence dwelled. The people of God entered God's presence as they worshipped His names. This altar represents worship and the pleasure it gives God when we worship Him.

The name of the LORD is a strong tower; the righteous run to it and are safe. [Proverbs 18:10](#)

Thank God for making His presence available to you. Praise His names and worship Him personally and specifically for who He is and how He has moved in your life.

# Tabernacle Prayer

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## 7. The Ark of the Covenant - Intercession

The final place in the Tabernacle was the Holy of Holies, where God's presence dwelled. There, the priest interceded by praying on behalf of the people of God. In the same way, we intercede on behalf of those around us.

I urge, then, first of all, that petitions, prayers, intercession and thanksgiving be made for all people—for kings and all those in authority, that we may live peaceful and quiet lives in all godliness and holiness. This is good, and pleases God our Savior, who wants all people to be saved and to come to a knowledge of the truth. [1 Timothy 2:1-4](#)

We can make a difference when we spend time praying for others. Pray for those with whom you interact and connect, including:

- Those in authority - leaders in church, government, family, and workplace
- Those who are marginalized - the poor, the widowed, the weak, the suffering
- Your family - both immediate and extended family members
- Your church - church members, church missionaries, church pastors and leaders, and other ministries
- Your community - people in your city, nation, and world
- Your relationships - friends, coworkers, acquaintances
- Your adversaries - those with whom you disagree

# Praying Scripture

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The Word of God is one of the most valuable tools we have to build a dynamic daily prayer life. It brings power, truth, and encouragement to our prayer time.

In this section, we will use several Scriptures and claim their promises through prayer. You can make this as personal as you like. You will find the most benefit when you pray the Scriptures that God is showing you in His Word and that are connecting with you personally in your current season of life.

## Scripture:

The Lord is my Shepherd, I lack nothing. He makes me lie down in green pastures, He leads me beside quiet waters, He refreshes my soul. He guides me along the right paths for His name's sake. Even though I walk through the darkest valley, I will fear no evil, for You are with me; Your rod and Your staff, they comfort me. You prepare a table before me in the presence of my enemies. You anoint my head with oil; my cup overflows. Surely your goodness and love will follow me all the days of my life, and I will dwell in the house of the LORD forever. [Psalm 23](#)

## Prayer:

God, you are my Provider, and I know You will take care of me. Thank you for guiding me to places of rest. You are my source of energy and passion. You keep me going and lead me toward a life of purpose and freedom. I know that even when I experience my darkest seasons of difficulty and challenge, I have nothing to be afraid of because You are with me.

# Praying Scripture

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Your presence and power are a constant comfort to me. I know that You are preparing the way for me and that my enemies cannot touch me because You are taking care of me. I know that You have blessed me, and I thank You for choosing me and anointing me with purpose. Your blessings are so much more than I could ask for. I know that You are good, God, and that You are with me all the days of my life. You have chosen me, and I have chosen You, and that means I will be with You, in Your presence, forever.

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## Scripture:

But seek first His Kingdom and His righteousness, and all these things will be given to you as well.

Matthew 6:33

## Prayer:

Your Word tells me that if I seek first Your Kingdom and Your righteousness, You will lead me to a life of blessing, purpose, and freedom. I am Yours today, God, and I give this day to You. Help me to focus on Your priorities first—sharing Your love, making Your Name known, and advocating for justice in our world. I know that by focusing on You and Your heart for others, rather than myself, I will receive joy and peace.

# Praying Scripture

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## Scripture:

For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline.

2 Timothy 1:7

## Prayer:

Father, I know You have not given me a spirit of fear or timidity, but one of power, love, and self-discipline. When my mind feels out of control, I pray that You will renew my spirit and let power, love, and self-discipline fill me. Help me look more like You every day. With confidence that Your power lives in me, give me boldness to confront the enemy and anything I see in the world that does not reflect Your heart. Thank You for breaking the spirit of fear in my life, and I receive the truth that You have given me a sound and healthy mind.

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## Scripture:

Never will I leave you; never will I forsake you.

Hebrews 13:5

## Prayer:

Father, I am so comforted by the fact that You will never leave me. You are always with me, and I am safe with You. As I go through my life and take on each new situation, I'm comforted by knowing I'm not alone because You are by my side. Help me feel Your presence. When I feel uncertain or afraid, I pray You will comfort me through Your Holy Spirit and remind me that I am never alone because You, the Almighty God, have promised to always be with me.

# Personal Prayer Focus

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God has put us on the earth at this specific time for a reason. He says in Acts 17:26 that He determined when and where we would live. Knowing this, we can look at those around us at this specific time in history, and take personal responsibility to pray.

I urge, then, first of all, that petitions, prayers, intercession and thanksgiving be made for all people—for kings and all those in authority, that we may live peaceful and quiet lives in all godliness and holiness. This is good, and pleases God our Savior, who wants all people to be saved and to come to a knowledge of the truth. [1 Timothy 2:1-4](#)

Pray for those in authority and those under your authority. Pray for those in your family and your circle of influence [anyone you're connected to]. You may even want to write down the names of specific people and pray for them in this season.

- Your Government
- Your Family
- Your Friends
- Your Boss // Co-Workers
- Your Church Leaders
- Your Church Family
- Those who don't know Christ // The Marginalized [Our City, Nation, and World]

Devotional

*E Journal*

# Day 1: He Answers Prayer

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## Scripture

Ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you.

-Matthew 7:7

I love the Lord, because he has heard my voice and my pleas for mercy. Because he inclined his ear to me, therefore I will call on him as long as I live.

-Psalms 116:1-2

## Devotional

Prayer is an interesting thing. Because of what Jesus has done, we are able to speak directly with God. In Psalm 116, the psalmist recognizes that God listens; because He listens, they will continue to go to him. Jesus tells his disciples in Matthew 7 to ask, seek, and knock. These are all a part of prayer. Of course, God being omniscient already knows what we need, but He wants us to come to Him, to commune with Him. James 4:2 says, “You do not have because you do not ask.” It takes humility to ask. Unfortunately for a lot of believers, God is a last resort. We try to make things happen on our own first instead of joining with Him in what He’s already doing and making Him the center of everything we do. It takes humility to seek. To pursue an answer or something that we need. Seeking requires effort and diligence, but Jesus promises that we will find what we’re looking for. Finally, Jesus says knock. Knocking, like seeking, requires persistence. Maybe there’s a door that we need to be opened. Maybe God will open doors that we don’t know that we need if we just come before him and knock. In John 15, Jesus says that if we abide in Him and His words abide in us (live in us, take root in us), then whatever we ask will be done. As we align ourselves more and more with the character and purposes of Jesus and the kingdom of God, we will find that we are already asking for what Jesus desires for us.

# Day 1: He Answers Prayer

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## Prayer

God, I thank you that You hear me. I thank You for the work of Jesus, whom You sent to be my Saviour, my king, and my advocate. I thank You for Your word teaching me about You and Your ways. Teach me to walk in Your ways, Lord, and teach me to abide in Your word. Teach me to abide in You. I pray this in the name of Jesus. Amen.

## Reflection:

1. What do you find yourself asking God for most of the time?
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2. The next time you sit down with God, consider praying the words of Scripture. Matthew 6:9-13 is a great place to start! Let Jesus' words abide in you.
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# Day 2: He Provides For Our Needs

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## Scripture

Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes? Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? -Matthew 6:25-33

## Devotional

Before we dive in, stop. Take some time to look around at your environment. What do you see? What do you hear? What do you smell? Whether you are at home, at school, at a café, or at work, soak it in. Maybe you've come far away from what you thought the original plan was; maybe you're right where you planned to be, yet it just isn't what you imagined. Perhaps you're stuck and have no idea what the next step is and maybe you have no idea how you ended up where you are. No matter your current situation, consider the passage for today. Are you not of more value than they?

Jesus, in this chapter, is speaking to large crowds of people on the mountainside, what is known as the Sermon on the Mount. Most who came were commoners, those who were willing to sit for hours on a dirt patch. Mostly those who probably wondered day to day how to provide for their family and how to meet those needs. And to this crowd, Jesus brings to light their inherent value of being worth more than anything else on earth. All value lies in being made in the image of God and in that there is full confidence that He provides for His creation. Even more so, God provides Himself, so that we may come to Him as children in need of a loving Father. "He who did not spare his own Son but gave him up for us all, how will he not also with him graciously give us all things" (Romans 8:32)?

# Day 2: He Provides For Our Needs

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## Prayer

Dear Lord, You are truly a good, good Father and we know that, as a good Father, You will provide for all of our needs. You have all authority and power to orchestrate every opportunity you have in store for us and to provide for every need we ask. I pray that You move in my heart to trust Your timing and Your plans and to keep living obediently with faith that You know my needs and hear my prayers. Help me to remember that You are Lord of my life and to keep my eyes on You. In Jesus' name, we pray, Amen.

## Reflection:

1. Read Matthew 6:25-30. Jesus continuously points out how God provides for our natural surroundings, and he tells us to, "look at the birds" and to "consider the lilies". What in your life is being overlooked as God's provision? Take some time to praise God for providing for you in abundance.
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2. What is one thing that you are struggling to give full trust in the Lord to provide? Where else might have you put your trust to provide that?
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# Day 3: He Strengthens Us

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## Scripture

But they who wait on the Lord shall renew their strength; they shall mount up with wings like eagles; they shall run and not be weary; they shall walk and not be faint. -[Isaiah 40:31](#)

The Sovereign Lord is my strength! He makes me as surefooted as a deer, able to tread upon the heights. -[Habakkuk 3:19](#)

## Devotional

When tough times come, the presence of a trusted friend or family member who understands us can help us feel stronger. Then again, the presence of someone we are unsure of or who makes us feel bad about ourselves can make a stressful situation so much worse. When we're alone, the voices of whoever we have spent time with come to mind as we deal with life and our thoughts about it.

The Lord knows us best, being our creator, and promises that He has our good in mind. When we spend time with Him, He reminds us of who we are because of what He has done for us on the cross and is doing now to sanctify us. We are still sinners, but God calls us His children. Being related to our good God is the greatest assurance. His perspective can be trusted, so those, "who wait on the Lord shall renew their strength," ([Isaiah 40:31](#)) by listening to what the Father says. Keeping close to this truth, knowing deeply that, "the sovereign Lord is my strength" will make us "as surefooted as a deer" ([Habakkuk 3:19](#)). The company we keep affects how we react and feel in different situations. Thankfully our Lord is always with us, and spending time with him strengthens us to prepare for the best and worst of times.

# Day 3: He Strengthens Us

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## Prayer

Lord, You are the almighty, sovereign One who gave up your throne to live with us. You know true strength and the extent of our weakness as humans. In dying on the cross, you showed the most powerful act. Help us to look to Your true strength, to know our hope in Your love and salvation. As we go through dark and terrifying times, let us worship Your great and holy name as our comforter and provider. Show us the meaning of true strength and help us to accept our weakness as You use it for Your glory.

## Reflection:

1. Think of the qualities in a person you want to be around when you are worried, scared or devastated. What qualities in them make you feel more secure, safe or comforted? How can you see these more clearly in the Lord?
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2. How can you wait upon the Lord in small moments each day to remember his character and how that affects your life as his child?
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# Day 4: He Directs Our Steps

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## Scripture

Trust in the LORD with all your heart and lean not on your own understanding. In all your ways, acknowledge him and he will make your paths straight. -[Proverbs 3:5-6](#)

Your word is a lamp to my feet and a light unto my path.

-[Psalm 119:105](#)

## Devotional

One of the most difficult things about walking with the Lord is following His guidance. He makes such demands on our head and our heart that we start to take ownership, which is a good thing. But we could be tempted to choose our next step based on our own calculations or feeling. It is difficult to know your options yet still ask the Lord which way to go. Proverbs 16:3 says “Commit your work to the Lord, and your plans will be established.” You are supposed to have your own plans and work! But you submit your plans to the Lord who can establish them. All our desires the Lord will dignify, if He can direct them to His good will. Psalm 23:3 says, “He leads me in paths of righteousness for his name’s sake.” Our God-directed pursuit of righteousness must serve the glory of God. Our success is a result of a trusting relationship with God. Faith is required! It would be too easy if success were just a math equation or magic formula. Prayer, and talking with God allows us to plug in our plans to God’s master plan.

# Day 4: He Directs Our Steps

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## Prayer

O Lord, we lift Your name high. We want to see Your glory. We are grateful that our plans and desires have a place in Your will and Your creation. We give You our plans, completely and truthfully. Give us boldness for this task of presenting our deepest desires to You. We pray that this same boldness and faith will bring both the success of our plans and the greater glory unto You! In the name of Jesus Christ, we pray, Amen.

## Reflection:

1. How do you listen and seek God's guidance?
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2. What is one specific action the Lord may be guiding you to do? Ask God for direction for this specific action.
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# Day 5: He Sustains Us

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## Scripture

He is the image of the invisible God, the firstborn of all creation. For by him all things were created, in heaven and on earth, visible and invisible, whether thrones or dominions or rulers or authorities—all things were created through him and for him. And he is before all things, and in him all things hold together. *Colossians 1:15-17*

## Devotional

It's a beautiful and humbling reality to recognize that not only did Christ create all things, but He sustains all things. There is not a second that goes by that we can rightfully say, "I did this or that without the strength of Christ." He is holding you together. When you rise in the morning, He sustains you through the night. As you commute to work, He provides the means. When tragedy comes, He is still putting air in your lungs and is present with you in hard times. May we never allow pride and arrogance to characterize our lives because we know that without Christ we are nothing and can do nothing. In every success of life instead of considering ourselves as better than someone else, these things should bring us to our knees in gratitude to Jesus Christ. In every failure and tragedy, we remember that Jesus is active in holding us together. He is with us and truly knows how we feel. He can empathize with us and help us during the dark times of life. He is active in sustaining and holding us together, no matter the circumstances.

# Day 5: He Sustains Us

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## Prayer

Lord, thank you for your constant sustaining grace. May my heart be filled with gratitude and praise for your constant provision in every circumstance. Even now you are holding me together. Help me learn to better lean on your strength. In Jesus' name, Amen.

## Reflection:

1. How often do you give thanks to the Lord?
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2. What is your initial response to success?
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3. Have you taken time to recognize God's sustaining power in everyday life?
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# Day 6: He Redeems Us

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## Scripture

It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery. [Galatians 5:1](#)

## Devotional

We often take for granted the fact that Jesus forgives us from our sins. Have you stopped recently to consider what this means? Have you ever asked yourself why forgiveness matters? The answer may be a bit shocking: forgiveness by itself isn't significant at all. You see, the only reason forgiveness matters is because it removes an obstacle so that we can have someone back; it puts us back on a path of being in good standing. If a relationship has been damaged, forgiveness is the necessary step that leads to restoration. The question is, do we care that our relationship with God is damaged? Does it grieve us, knowing that the one relationship in the world that is truly sustaining and satisfying is broken and in need of repair? Too often we forget.

As we pursue Christ and our hearts become more aligned with His, we will be more grieved when we are not in right standing with God. It's not about the fact that we are forgiven, but about what we do once we are forgiven. The forgiveness of Jesus leads us into freedom because His forgiveness frees us from the penalty of sin and fixes the broken relationship we have with God. Christ set us free for freedom. And the beauty of this is when we are at peace and secure in Christ's work on the cross, we are free to do His work. We aren't tied down by the sin that so easily entangles (Hebrews 12:1), but we are free to walk in freedom, with levity, and peace, and gratitude, and awe of what God has done.

# Day 6: He Redeems Us

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## Prayer

Father, I am sorry for the times that I haven't valued our relationship the way that I ought. Help me to see you properly. Help me to behold freshly how wonderful, and satisfying it is to be in a loving relationship with my creator. I thank you that you have forgiven me from sin through your son's blood, and enabled me to walk freely and love you fully. In Jesus' name, Amen.

## Reflection:

1. When do you find yourself taking God's forgiveness for granted?
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2. Meditate on the idea that Jesus is a husband. How does this change your outlook? How does this grant freedom to you?
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# Day 7: He Never Leaves Us

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## Scripture

"The LORD himself goes before you and will be with you; he will never leave you nor forsake you. Do not be afraid; do not be discouraged." -Deuteronomy 31:8

## Devotional

This promise to the Israelites comes at a time of excitement, uncertainty, and change. Excitement because the Israelites would finally be allowed to enter their promised land. Uncertainty, due to the obstacles in their way (enemy nations). Change, because Moses, their leader/God's mouthpiece/their intercessor, would be leaving their presence shortly. The Israelites were promised by God not only that He would be beside them as they trekked into new territory, but also that He would go before them and lead them, destroying the nations that opposed them. He promised that wherever He called them, He had already gone before them and made a way.

Looking at the story of the Israelites, we can see God's faithfulness to His people. His faithfulness to the Israelites is evident throughout their forty years of wandering. He was with them when they exited Egypt. He forged a way to cross The Red Sea. He provided manna when they grew hungry. He was faithful when they thirsted for water. The same God and promise still remains today for His people (Hebrews 13:5-6). Sometimes it seems like we can't feel God's presence or that He isn't leading us. When this feeling arises, let us do three things. First, call into remembrance His faithfulness to us and remind ourselves that He will keep his promise. Second, read Scripture and take note of the numerous examples of God's presence and provision to His people. And lastly, pray for God to reveal more of himself to us. He loves revealing Himself to His people.

# Day 7: He Never Leaves Us

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## Prayer

Lord, thank You for your gifts. Thank You for your promise to me, that You will never leave my side. You will lead, protect, and provide for me. You are my helper! What have I to fear? For You are with me. In times of doubt, give me the grace and strength to trust in You, remind me of Your faithfulness, and help me to walk in faith.

## Reflection:

1. Think of any uncertainties, changes, or uneasy circumstances in your life right now and write them down.
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2. Think back over the past year. In what ways has God demonstrated his promise to lead you, stay beside you, and not abandon you?
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*Moving  
Forward*

# The Next Seven Months

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As we move past this season of intentional prayer and fasting, let us be mindful that prayer and fasting is not meant to be for a season. Rather, it is meant to be done as a regular part of the life of every follower of Jesus.

With that heart, our hope as a gathering is that each of us would devote and set aside one day per month for the next seven months to intentionally pray and fast. For some of you, perhaps that's the first day of the month. For others, it's a day agreed upon by your Missional Family. Regardless, you are encouraged to be intentional and to plan ahead.

The pages that follow are meant to help you on that journey. You'll find one devotional for each of the following seven months. Blessings! And, again, know that we as a church are with you and praying for you on your journey to beholding Christ and becoming more like Him.

# March: He Equips and Empowers Us

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## Scripture

But Moses said to the Lord, “Oh, my Lord, I am not eloquent, either in the past or since you have spoken to your servant, but I am slow of speech and of tongue.” Then the Lord said to him, “Who has made man’s mouth? Who makes him mute, or deaf, or seeing, or blind? Is it not I, the Lord? Now therefore go, and I will be with your mouth and teach you what you shall speak.”

Exodus 4:10-12

## Devotional

When God calls Moses to talk to Pharaoh, Moses does not feel equipped (Exodus 2:10-11). But it is not Moses who needs to be prepared; God is with him, and that is what matters. “He said, ‘But I will be with you, and this shall be the sign for you, that I have sent you: when you have brought the people out of Egypt, you shall serve God on this mountain’” (Exodus 2:12).

Time and time again we feel like we need to rely on our capabilities to excel in the world and to do God’s work. Even Moses, when called to speak to Israel, recoils from speaking but God’s promise is always with us. He will be with us in times of trial. He will be with our mouths, and He will teach us what to say.

God also equips us with His Word. “All Scripture is breathed out by God and profitable for teaching, for reproof, for correction, and for training in righteousness, that the man of God may be complete, equipped for every good work” (2 Timothy 3:16-17).

What does He equip us for? He equips us to do His work. Often we are so immersed in our personal goals – relationships, study, work, or earthly success, that we forget that the reason we are in this world is to glorify God. But God sends us. He commands us to do His good work. So let’s trust in God’s power, do what he asks of us, and where He sends us.

# March: He Equips and Empowers Us

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## Prayer

God, thank You for delivering us from fear and death. Thank you for calling us to do Your work. Let us set our eyes on You and not upon our feeble selves. Let us be equipped by the Scripture and the blood of Jesus. And when You ask, we want to oblige. Even though I am not eloquent, even though I am slow of speech and of tongue, help me to rely on You and equip me to do Your good work.

## Reflection:

1. How has God been calling you to do His work? How have you been responding?
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2. Who or what do you rely on during times of trouble? Why?
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3. How can we rely on God at all times?
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# April: He Renews Us

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## Scripture

Therefore, if anyone is in Christ, he is a new creation. The old has passed away; behold, the new has come.

-2 Corinthians 5:17

## Devotional

“But I don’t feel very different.” I wonder if today I’ve lived as a new man, having put off the old self. Surely, I’ve changed. Yet, I often feel like my old self simply trying so hard, rather than “a new creation.” Clinging again to the wisdom of this world, to what eyes can see and ears hear, I have at some point conflated the Spirit’s sanctification with my own righteousness. The more I focus on the visible kingdom of this world, the more I lose sight of God’s kingdom and his righteousness.

But God who is Spirit (John 4:24) speaks of a spiritual truth, (1 Corinthians 2:12–13) unseen yet remarkable. Through Christ, our Father reclaims his children, and in Christ, our Creator also re-claims his creation as good. God’s Word roars in proclamation that he has fulfilled his promise of giving us his Spirit to completely replace our hearts, so that we might be pleasing to him, all to the glory of his holy name. Oh, the supreme excellency that because of Christ, the LORD God sees me and declares that I am his child, with whom he is well pleased! If my very body is now a temple of the Holy Spirit (1 Corinthians 6:19), then the gospel has changed me not in terms of degree but category! Rejoice that we are God’s new creation already and that his Spirit continues to sanctify us. Surely, God will complete the good work begun in us, and Christ will lead his new creation into glory. Stand firm! Lift up your heads to welcome the presence of the King of glory (Psalm 24:7–10)!

# April: He Renews Us

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## Prayer

God, thank You so much for your faithfulness over mankind, for not forsaking us but instead renewing the very essence of our existence. You have reconciled us at the cost of Your Son Jesus Christ. You have overcome every trial and temptation, even death, so that we might be made new! If You are for us, who can be against us? Please let us hold on to our identity in you firmly, but let us also hold on to this Truth over our brothers and sisters. Holy Spirit, renew our minds and hearts daily, let us behold our newness with wonder and teach us to bear Your image, for You are our God and we are Your people.

## Reflection:

1. How do you regard yourself and especially your brothers and sisters in Christ spiritually?
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2. How are you responding to the truth that you are, in Christ, a new creation? In what areas is your identity still grounded in the old things? In what areas can you rejoice over?
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# May: He Gives Us Eternal Life

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## Scripture

My sheep listen to my voice; I know them, and they follow me. I give them eternal life, and they shall never perish; no one will snatch them out of my hand. - John 10:27-28

## Devotional

My sheep listen to my voice. As Christ's followers, how well are we able to distinguish voices? Voices of judgment, voices of praise, and voices that present confusion constantly surround us. But, do we choose to listen and know what our Heavenly Father's voice sounds like? He promises we will not perish because it is He who guides and carries us into eternal glory. So, how can we bring this promise of eternal life into our current situation? It begins by listening to Jesus's voice and following Him while He carries and redeems us, taking heart that we will not perish.

# May: He Gives Us Eternal Life

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## Prayer

Lord Jesus,

We praise you for being our Good Shepherd. We thank you for giving us eternal life through your sacrifice, for You lived, died, and rose again according to the Scriptures. We ask that You free us from any voices that aren't Yours, by taking refuge in Your hands. Build our faith to overcome, for You do not desire us to perish. Provide us the strength we need to follow You more closely, by keeping an eternal mindset while You bring forth Your Kingdom and hope that we need for today. We are listening. It's in your loving name we pray, Amen.

## Reflection:

1. What conflicting voices are you struggling with today?
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2. How does this passage encourage you?
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# June: He Gives Us Peace

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## Scripture

Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid. -John 14:27

Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus. -Philippians 4:6-7

## Devotional

How often do you find yourself stressed about life? How many different things do you find yourself worrying about day in and day out? It can be so easy to get overwhelmed by all that we face in life, even if we were to say our life is an objectively good one, perhaps even a blessed life. Millions of people all over the world visit therapists, work with counselors, seek counsel from pastors, and bare our souls to good friends every single day to work through stress and worry. Thankfully, our Heavenly Father is well aware of our tendency toward anxiousness; He knows our hearts and minds. Christ Jesus tells us not to be afraid because of the peace He has given us (John 14:27). God assures us that if we come to Him in prayer, His peace will guard our hearts and minds (Philippians 4:6-7). Because God knows our hearts, He knows we will worry again, whether it's something new or the same thing we have been worried about for years. That is why His peace is such a gift. We can go to Him each and every time we feel troubled or anxious and ask for His peace to cover us.

# June: He Gives Us Peace

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## Prayer

Dear Lord, You are the God of peace. Yours is a peace that we cannot get from this world; a peace that You have graciously given to us. We so easily forget Your peace and are weighed down by the troubles and difficulties of this world. Remind us daily to bring our struggles and worries to You and give us the faith to trust that Your peace will guard our hearts against an anxious and troubled heart. Lord give us Your peace - a peace that surpasses all understanding - today and everyday. Amen.

## Reflection:

1. Is there anything in your life - big or small - that you worry about often?
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2. How can the peace of God that we read about in Philippians 4:7 help you guard against anxiousness and worry?
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# July: He Gives Us Rest

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## Scripture

Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.

-Matthew 11: 28-30

Praise be to the Lord, our God and Savior, who daily bears our burdens. -Psalm 68:19

Unless the Lord builds the house, the builders labor in vain. Unless the Lord watches over the city, the guards stand watch in vain. In vain you rise early and stay up late, toiling for food to eat—for he grants sleep to those he loves. - Psalms 127:1-2

## Devotional

Recently, the Lord has been convicting me of this very topic: Rest. Lately, I have put so much energy into things I need to do that I have struggled with finding rest and even the concept of rest. Job, Spouse, Parent, Homeschool, Friends, Ministry, Studyin... the list may seem never-ending. God knew this! Therefore, God even went so far as to command rest! Psalm 127:1-2 illustrates it so wretchedly beautiful. Unless the LORD is in that time, it is all in vain! That time where we should be at rest with Him has to be cherished and protected. Otherwise, that time is not God-honoring! It is just laboring in vain. His yoke is easy, and His burden is light. Take a moment to lay it all down before Him and rest in Him.

# July: He Gives Us Rest

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## Prayer

Father, I am so grateful You give our souls rest. We don't have to anxiously toil or carry all the burdens of life. You have promised to give Your beloved sleep. Just look at Daniel sleeping in a lion's den and Jesus sleeping in a storm! It is a testament to the kind of rest You promise us. I pray we can cherish moments of rest with You. Help us to remove the obstacles and distractions in our lives that are pulling us away from coming to You. Open our eyes to those areas of our lives where we are laboring in vain and apart from You, carrying burdens unnecessarily. Thank You, Father, for Your faithfulness. In Jesus' name, AMEN

## Reflection:

1. When is your time of rest with the Lord?

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2. How do you handle burdens? Where do you usually find rest?

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3. What burdens do you need to lay before the Lord?

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# August: He Counsels Us

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## Scripture

I will instruct you and teach you in the way you should go; I will counsel you with my loving eye on you. -[Psalm 32:8](#)

I bless the Lord who gives me counsel; in the night also my heart instructs Me. -[Psalm 16:7](#)

## Devotional

Have you ever wished to have a supernatural power to know and understand absolutely everything that happens in life?

Spoiler alert: Sorry, you can never possess that kind of supernatural power. However, we, the children of God, must remember that through Jesus Christ we have unlimited access to God the Father who knows and understands absolutely everything in the universe.

By dying on the cross, Jesus became the Way for us so that we may have all the freedom to run to God who is the source of all knowledge, truth, and wisdom. This is such a wonderful privilege that only the children of God can experience in this world; when we ask for wisdom God will give generously without reproach, and the counsel He offers will deliver us and eventually lead us to eternal life.

Therefore, let us not be discouraged by the fact that we may never be able to know and understand the reason behind everything that happens in life. Instead, let us keep inclining our ears to God's loving counsel and putting our hope in Him day by day. As we humbly surrender our plans to Him and lay all burdens at His feet, we will surely find His goodness and love following us all the days of our lives.

# August: He Counsels Us

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## Prayer

Dear Heavenly Father, we approach You with freedom and confidence because of our faith in Your Son, Jesus Christ. Thank You for Your loving counsel that always leads us to a greater purpose and freedom in our surrender to You. We find comfort and peace in trusting that Your ways are always higher than our ways. As we start this day, we ask You to soften our hearts so that we may be open to Your guidance in everything we do. In Jesus' name we pray, Amen.

## Reflection:

1. Sometimes, we are quick to turn to people around us first during a crisis instead of going straight to God. Who are you urged to turn to when there is a crisis?

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2. Why should you seek God's counsel in life?

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3. How can you incline your ear to His counsel today?

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# September: He Does Not Condemn Us

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## Scripture

There is therefore now no condemnation for those who are in Christ Jesus. - Romans 8:1

The Lord will rescue his servants; no one who takes refuge in him will be condemned. -Psalm 34:20

## Devotional

As Christians, we find the words of Romans 8:1 difficult to believe. Not because we don't want to, but because our hearts know much about condemnation. We allow the powers of guilt and shame to eat hours of our day. Moments after we awake, our actions are driven by our fears of disappointing our boss, friends, families, leaders, and ourselves. The time inevitably comes when we fall hard on our faces with failure. How we tremble at that bitter feeling. And what then of God? He who is omniscient and perfect. He saw us read the commandments then stomp them down. He watches us choose what golden calves to follow every day. He knows us, and the dreadful things we have done and thought. After all He's done and given, we anticipate being judged accordingly. So when the Holy Spirit draws us into the lap of our Father, sinful and full of grief, we wince in fear; the sound of His gavel descending hard. But when it does, we only hear "justified". When we look to Him, we only see gleeful pleasure. Only delighted that, in faith, we have come. For this coming, we praise Jesus, our redeemer. Who has lived in our skin; who knows how it feels to be despised by men. Who was pierced and crushed for us. The one who sees us, and dares not only to love us, but to like us. Isn't he ever so worthy of our trust in him?

# September: He Does Not Condemn Us

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## Prayer

Good Father, we are sorry for the times we only saw You as a judge and ruler, when You only saw us as children who are dearly beloved. We are sorry that we have allowed people to shake our spirits more than we have allowed Your beautiful promise of 'no condemnation' to seep into our souls. Help us to believe, with our feeble hearts, that Your roar shut the gates of sin and death for us. That because You lovingly sent Your Son, your gavel falling only declared us free. We pray knowing this love never wears in our hearts. So we can live for You and sin no more. We pray that we never cease coming to You as we did at first; lost, wretched, and hopeless. To find in You the overflow of grace, delight, and satisfaction that our souls thirst for. When we look at ourselves and our infinite lack, let it help us rejoice in beholding You.

## Reflection:

1. Is the truth of 'no condemnation' difficult for you to believe? If so, what do you think is hindering your heart from taking it in?

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2. In what ways can you be renewed and transformed through the wholehearted belief in this truth?

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# Appendix of Promises

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## He Answers Prayer:

- Trust in the Lord and do good; dwell in the land and enjoy safe pasture. Take delight in the Lord, and He will give you the desires of your heart.  
-Psalm 37: 3-4
- If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you. -James 1:5
- Ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you. -Matthew 7:7
- Therefore I tell you, whatever you ask in prayer, believe that you have received it, and it will be yours.” -Mark 11:24
- Then you will call upon me and come and pray to me, and I will hear you. You will seek me and find me, when you seek me with all your heart.  
-Jeremiah 29:12-13
- The prayer of a righteous person has great power as it is working. -James 5:16
- And the prayer of faith will save the one who is sick, and the Lord will raise him up. And if he has committed sins, he will be forgiven. -James 5:15
- I love the Lord, because he has heard my voice and my pleas for mercy. Because he inclined his ear to me, therefore I will call on him as long as I live.  
-Psalm 116:1-2
- If you remain in me and my words remain in you, ask whatever you wish, and it will be done for you.  
-John 15:7
- The eyes of the Lord watch over those who do right, and his ears are open to their prayers. But the Lord turns his face against those who do evil. -1 Peter 3:12

# Appendix of Promises

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## He Answers Prayer:

- In my distress I prayed to the Lord, and the Lord answered me and set me free. The Lord is for me, so I will have no fear. What can mere people do to me?  
-Psalm 18:5-6
- You came near when I called on you; you said, “Do not fear!” You have taken up my cause O Lord; you have redeemed my life. -Lamentation 3:57-58
- He fulfills the desires of those who fear him; he hears their cry and saves them. -Psalm 145:19
- I will call to you whenever I’m in trouble, and you will answer me. - Psalm 86:7
- I sought the Lord, and he answered me and delivered me from all my fears. -Psalm 34:4

## He Provides For Our Needs:

- His divine power has given us everything we need for a godly life through our knowledge of him who called us by his own glory and goodness. - 2 Peter 1:3
- But seek first the kingdom of God and his righteousness, and all these things will be added to you. Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own. -Matthew 6:33-34
- The Lord is my shepherd, I lack nothing. He makes me lie down in green pastures, he leads me beside quiet waters, he refreshes my soul. He guides me along the right paths for his name’s sake. -Psalm 23:1-3

# Appendix of Promises

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## He Provides For Our Needs:

- And my God will supply every need of yours according to his riches in glory in Christ Jesus.  
-[Philippians 4:19](#)
- For he satisfies the thirsty and fills the hungry with good things. - [Psalm 107:9](#)
- Jesus said to them, “I am the bread of life; whoever comes to me shall not hunger, and whoever believes in me shall never thirst.  
-[John 6:35](#)
- I say to myself, “The Lord is my portion; therefore I will wait for him. -[Lamentation 3:24](#)
- Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes? Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they?  
-[Matthew 6:25-33](#)
- The Lord is my chosen portion and my cup; you hold my lot. - [Psalm 16:5](#)
- Taste and see that the Lord is good; blessed is the one who takes refuge in him. Fear the Lord, you his holy people, for those who fear him lack nothing. -[Psalm 34:8-9](#)
- You will have plenty to eat and be satisfied And praise the name of the Lord your God, Who has dealt wonderfully with you; Then My people will never be put to shame. -[Joel 2:26](#)

# Appendix of Promises

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## He Strengthens Us

- He gives strength to the weary and increases the power of the weak. -[Isaiah 40:29](#)
- I can do all things through Him who gives me strength. - [Phillipians 4:13](#)
- But they who wait on the Lord shall renew their strength; they shall mount up with wings like eagles; they shall run and not be weary; they shall walk and not be faint. - [Isaiah 40:31](#)
- My flesh and my heart may fail, but God is the strength of my heart and my portion forever. -[Psalms 73:26](#)
- But the saving of those who are right with God is from the Lord. He is their strength in time of trouble.  
- [Psalm 37:39](#)
- The Lord will give strength to His people; the Lord will bless His people with peace. - [Psalm 29:11](#)
- The Lord is my strength and my shield; in him my heart trusts, and I am helped; my heart exults, and with my song I give thanks to him. -[Psalm 28:7](#)
- And he said, “O man, greatly loved, fear not, peace be with you; be strong and of good courage.” And as he spoke to me, I was strengthened and said, “Let my Lord speak, for you have strengthened me.” -[Daniel 10:19](#)
- The Sovereign Lord is my strength! He makes me as surefooted as a deer, able to tread upon the heights.  
-[Habakkuk 3:19](#)

# Appendix of Promises

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## He Directs Our Steps:

- The LORD directs the steps of the godly. He delights in every detail of their lives. -[Psalm 37:2-3](#)
- Trust in the LORD with all your heart and lean not on your own understanding. In all your ways, acknowledge him and he will make your paths straight. - [Proverbs 3:5-6](#)
- The heart of man plans his way, but the LORD establishes his steps. -[Proverbs 16:9](#)
- Many are the plans in a person's heart, but it is the Lord's purpose that prevails. -[Proverbs 19: 21](#)
- Your word is a lamp to my feet and a light unto my path. -[Psalm 119:105](#)
- ...When the time is right, I the Lord will make it happen. - [Isaiah 60:22](#)
- Commit to the Lord whatever you do, and he will establish your plans. -[Proverbs 16:3](#)
- I make known the end from the beginning, from ancient times, what is still to come. I say, 'My purpose will stand, and I will do all that I please.' - [Isaiah 46:10](#)
- And the Lord will guide you continually and satisfy your desire in scorched places and make your bones strong; and you shall be like a watered garden... -[Isaiah 58:11](#)
- For this God is our God for ever and ever; he will be our guide even to the end. -[Psalm 48:14](#)

# Appendix of Promises

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## He Sustains Us:

- But now thus says the Lord, He who created you, O Jacob, He who formed you, O Israel: “Fear not, for I have redeemed you; I have called you by name, you are Mine. When you pass through the waters, I will be with you; and through the rivers, they shall not overwhelm you; when you walk through fire you shall not be burned, and the flame shall not consume you.  
-Isaiah 43:1-2
- So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand. -Isaiah 41:10
- For you have been my help, and in the shadow of your wings I will sing for joy. My soul clings to you; your right hand upholds me. -Psalm 63:7-8
- I keep my eyes always on the Lord. With him at my right hand, I will not be shaken. - Psalm 16:8
- Cast your burden on the Lord, and he will sustain you; he will never permit the righteous to be moved.  
-Psalm 55:22
- For I, the Lord your God, hold your right hand; it is I who say to you, “Fear not, I am the one who helps you. - Isaiah 41:13
- When he falls, he will not be thrown down, because the Lord holds his hand. - Psalm 37:24
- God is within her, she will not fall; God will help her at break of day. -Psalm 46:5
- He will cover you with his feathers. He will shelter you with his wings. His faithful promises are your armor and protection. -Psalm 91:4

# Appendix of Promises

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## He Redeems Us:

- He provided redemption for his people; he ordained his covenant forever— holy and awesome is his name.  
-[Psalm 111:9](#)
- The Lord is not slow in keeping his promise, as some understand slowness. Instead he is patient with you, not wanting anyone to perish, but everyone to come to repentance. -[2 Peter 3:9](#)
- He has delivered us from the domain of darkness and transferred us to the kingdom of his beloved Son.  
-[Colossians 1:13](#)
- It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery. -[Galatians 5:1](#)
- So if the Son sets you free, you have been free indeed.  
-[John 8:36](#)
- But now that you have been set free from sin and have become slaves of God, the benefit you reap leads to holiness, and the result is eternal life. -[Romans 6:22](#)
- For sin shall no longer be your master, because you are not under the law, but under grace. -[Romans 6:14](#)
- But if we walk in the light as he is in the light, we have fellowship with one another, and the blood of Jesus his Son cleanses us from all sin. -[1 John 1:7](#)
- And those who belong to Christ Jesus have crucified the flesh with its passions and desires.  
-[Galatians 5:24](#)
- For God did not send his Son into the world to condemn the world, but to save the world through him. -[John 3:17](#)

# Appendix of Promises

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## He Redeems Us:

- I'll give thanks unto the Lord for He is good. His steadfast love endures forever! Let the redeemed of the Lord say so, whom He has redeemed from trouble and gathered in from the lands from the east and from the west, and from the north, and from the south.  
-[Psalm 107:1-3](#)
- For it is by grace you have been saved, through faith—and this is not from yourselves, it is the gift of God.  
-[Ephesians 2:8](#)
- The saying is trustworthy and deserving of full acceptance, that Christ Jesus came into the world to save sinners, of whom I am the foremost.  
-[1 Timothy 1:15](#)

# Appendix of Promises

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## He Never Leaves Us:

- Do not be afraid, for I am with you. - [Isaiah 43:5](#)
- The LORD himself goes before you and will be with you; he will never leave you nor forsake you. Do not be afraid; do not be discouraged. -[Deuteronomy 31:8](#)
- Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the LORD your God will be with you wherever you go.  
- [Joshua 1:9](#)
- Those who know your name trust in you, for you, Lord, have never forsaken those who seek you. -[Psalm 9:10](#)
- For the Lord loves the just and will not forsake his faithful ones. Wrongdoers will be completely destroyed; the offspring of the wicked will perish. -[Psalm 37:28](#)
- What you have learned and received and heard and seen in me—practice these things, and the God of peace will be with you. -[Philippians 4:9](#)
- I am with you and will watch over you wherever you go, and I will bring you back to this land. I will not leave you until I have done what I have promised you.  
-[Genesis 28:15](#)
- For you will not abandon my soul to Sheol, or let your holy one see corruption. - [Psalm 16:10](#)
- Behold, I am with you and will keep you wherever you go, and will bring you back to this land; for I will not leave you until I have done what I have spoken to you.  
- [Genesis 28:10-15](#)

# Appendix of Promises

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## He Equips and Empowers Us:

- For God gave us a spirit not of fear but of power and love and self-control. -[2 Timothy 1:7](#)
- No temptation has overtaken you that is not common to man. God is faithful, and he will not let you be tempted beyond your ability, but with the temptation he will also provide the way of escape, so that you may be able to endure it. -[1 Corinthians 10:13](#)
- All Scripture is breathed out by God and profitable for teaching, for reproof, for correction, and for training in righteousness, that the man of God may be competent, equipped for every good work. -[1 Timothy 3:16-17](#)
- My grace is sufficient for you, for my power is made perfect in weakness. Therefore I will boast all the more gladly of my weaknesses, so that the power of Christ may rest upon me. -[2 Corinthians 12:9-10](#)
- Now to him who is able to do far more abundantly than all that we ask or think, according to the power at work within us, to him be the glory in the church and in Christ Jesus throughout all generations, forever and ever. Amen. -[Ephesians 3:20-21](#)
- God is able to make all grace abound toward you, that you, always having all sufficiency in all things, may have an abundance for every good work. -[2 Corinthians 9:8](#)
- And after you have suffered a little while, the God of all grace, who has called you to his eternal glory in Christ, will himself restore, confirm, strengthen, and establish you. -[1 Peter 5:10](#)

# Appendix of Promises

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## He Equips and Empowers Us:

- For the moment all discipline seems painful rather than pleasant, but later it yields the peaceful fruit of righteousness to those who have been trained by it.  
-[Hebrews 12:11](#)
- In this you rejoice, though now for a little while, if necessary, you have been grieved by various trials, so that the tested genuineness of your faith—more precious than gold that perishes though it is tested by fire—may be found to result in praise and glory and honor at the revelation of Jesus Christ. -[1 Peter 1:6-7](#)
- Little children, you are from God and have overcome them, for he who is in you is greater than he who is in the world. -[1 John 4:4](#)
- And I am sure of this, that he who began a good work in you will bring it to completion at the day of Jesus Christ.  
-[Philippians 1:6](#)
- But we have this treasure in jars of clay, to show that the surpassing power belongs to God and not to us. We are afflicted in every way, but not crushed; perplexed, but not driven to despair; persecuted, but not forsaken; struck down, but not destroyed. -[2 Corinthians 4:7-9](#)
- Now may the God of peace, who through the blood of the eternal covenant brought back from the dead our Lord Jesus, that great Shepherd of the sheep, equip you with everything good for doing his will, and may he work in us what is pleasing to him, through Jesus Christ, to whom be glory for ever and ever. Amen.  
- [Hebrews 13:20-21](#)

# Appendix of Promises

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## He Renews Us:

- I have been crucified with Christ. It is no longer I who lives, but Christ who lives in me. And the life I now live in the flesh I live by faith in the Son of God who loved me and gave himself for me. - [Galatians 2:20](#)
- Therefore, if anyone is in Christ, he is a new creation. The old has passed away; behold, the new has come. - [2 Corinthians 5:17](#)
- And in Christ you have been brought to fullness. He is the head over every power and authority. -[Col. 2:10](#)
- But whoever keeps his word, in him truly the love of God is perfected. By this we may know that we are in him: whoever says he abides in him ought to walk in the same way in which he walked.-[1 John 2:5-6](#)
- Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here! - [2 Cor. 5:17](#)
- I will give you a new heart and put a new spirit in you; I will remove from you your heart of stone and give you a heart of flesh. -[Ezekiel 36:26](#)
- Therefore we do not lose heart, but though our outer man is decaying, yet our inner man is being renewed day by day. - [2 Corinthians 4:16](#)
- You send forth Your Spirit, they are created; And You renew the face of the ground. -[Psalm 104:30](#)
- He saved us, not on the basis of deeds which we have done in righteousness, but according to His mercy, by the washing of regeneration and renewing by the Holy Spirit. [Titus 3:5](#)
- But they who wait on the Lord shall renew their strength; they shall mount up with wings like eagles; they shall run and not be weary; they shall walk and not be faint. - [Isaiah 40:31](#)

# Appendix of Promises

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## He Gives Us Eternal Life:

- But he was pierced for our transgressions; he was crushed for our iniquities; upon him was the chastisement that brought us peace, and with his wounds we are healed.- [Isaiah 53:5](#)
- He has made everything beautiful in its time. He has also set eternity in the human heart; yet no one can fathom what God has done from beginning to end.  
-[Ecclesiastes 3:11](#)
- He will render to each one according to his works: to those who by patience in well-doing seek for glory and honor and immortality, he will give eternal life.  
-[Romans 2:6-7](#)
- For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life. - [John 3:16](#)
- My sheep listen to my voice; I know them, and they follow me. I give them eternal life, and they shall never perish; no one will snatch them out of my hand.  
- [John 10:27-28](#)
- This vision is for a future time. It describes the end, and it will be fulfilled. If it seems slow in coming, wait patiently, for it will surely take place. It will not be delayed. [Habakkuk 2:3](#)
- Again, Jesus spoke to them, saying, “I am the light of the world. Whoever follows me will not walk in darkness, but will have the light of life. - [John 8:12](#)
- This is the promise that he has promised us eternal life. - [1 John 2:25](#)
- Whoever finds his life will lose it, and whoever loses his life for my sake will find it. -[Matthew 10:39](#)

# Appendix of Promises

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## He Gives Us Peace:

- Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid. - John 14:27
- Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.  
-Philippians 4:6-7
- The mind governed by the flesh is death, but the mind governed by the Spirit is life and peace. -Romans 8:6
- In peace I will both lie down and sleep; for you alone, O Lord, make me dwell in safety. -Psalm 4:8
- You will keep in perfect peace those whose minds are steadfast, because they trust in you. - Isaiah 26:3
- The fruit of that righteousness will be peace; its effect will be quietness and confidence forever. - Isaiah 32:17
- I have said these things to you, that in me you may have peace. In the world you will have tribulation. But take heart; I have overcome the world. -John 16:33
- Finally, brothers and sisters, rejoice! Strive for full restoration, encourage one another, be of one mind, live in peace. And the God of love and peace will be with you. - 2 Corinthians 13:11
- Now may the Lord of peace himself give you peace at all times and in every way. The Lord be with all of you.  
-2 Thessalonians 3:16
- Therefore, since we have been justified through faith, we have peace with God through our Lord Jesus Christ. - Romans 5:1

# Appendix of Promises

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## He Gives Us Rest:

- Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light. -[Matthew 11: 28-30](#)
- Praise be to the Lord, who has given rest to his people Israel just as he promised. Not one word has failed of all the good promises he gave through his servant Moses. -[1 Kings 8:56](#)
- Praise be to the Lord, our God and Savior, who daily bears our burdens. -[Psalm 68:19](#)
- Truly my soul finds rest in God; my salvation comes from him. - [Psalm 62:1](#)
- Unless the Lord buildsu the house, the builders labor in vain.Unless the Lord watches over the city, the guards stand watch in vain. In vain you rise early and stay up late, toiling for food to eat—for he grants sleep to those he loves. - [Psalms 127:1-2](#)

## He Does Not Condemn Us:

- There is therefore now no condemnation for those who are in Christ Jesus. - [Romans 8:1](#)
- The Lord will rescue his servants; no one who takes refuge in him will be condemned. -[Psalm 34:20](#)

# Appendix of Promises

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## He Counsels Us:

- I will instruct you and teach you in the way you should go; I will counsel you with my loving eye on you.  
- [Psalm 32:8](#)
- I bless the Lord who gives me counsel; in the night also my heart instructs me. - [Psalm 16:7](#)
- My son, do not despise the Lord 's discipline or be weary of his reproof, for the Lord reproves him whom he loves, as a father the son in whom he delights.  
- [Proverbs 3:11-12](#)
- Who is the man that fears the Lord? Him shall He teach in the way He chooses. He himself shall dwell in prosperity, and his descendants shall inherit the earth. The secret of the Lord is with those who fear Him, and He will show them his covenant. - [Psalm 25:12-14](#)
- As for you, the anointing you received from him remains in you, and you do not need anyone to teach you. But as his anointing teaches you about all things and as that anointing is real, not counterfeit—just as it has taught you, remain in him. - [1 John 2:27](#)
- All your children shall be taught by the Lord, and great shall be the peace of your children. - [Isaiah 54:13](#)
- Repent at my rebuke! Then I will pour out my thoughts to you, I will make known to you my teachings.  
- [Proverbs 1:23](#)



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