



CROSSROADS COMMUNITY CHURCH



**DAYS OF  
PRAYER +  
FASTING**







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21 DAYS VIDEOS & RESOURCES**

OR VISIT [CROSSROADSON23.COM/21DAYS](https://crossroadson23.com/21days)

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## A Note From Pastor Keith...

I am extremely excited about the opportunity you have sitting before you. I believe God has something amazing in store for you. Finding the space to realize that is often the reason we don't see it.

This devotional guide is provided to assist you in walking through the 21 Days. You'll find a brief Bible reading as well as a few prayer points for each of the 21 days. You'll also discover helpful instructions on how to read the Bible, how to pray, and how to fast.

Prayer, fasting, and scripture have a way of connecting us with God in some amazing ways. Life tends to be pretty noisy. More information is being thrown at us today than at any other time in history. As life tends to be turning up the volume, we need times of quietness where we can hear the still, small voice of Jesus. We don't fast simply to get something from Jesus – we fast to get to know Him better. He wants to connect with us in ways that will deepen our faith and strengthen our relationship with Him. Prayer, fasting, Bible reading, and journaling are some of the tools Jesus uses to get us there.

Let me challenge you as your lead pastor – join us in this 21 Days of Prayer and Fasting starting on Monday, August 7th. Fasting is more than just going without food. It's letting go of something of value and replacing it with time for prayer, allowing us to tune into Jesus in a special way. This book will help you learn more about fasting, prayer, and journaling.

I am so excited for you and I'm praying that God will reveal Himself to you over these 21 days like never before!

Serving Him,

Pastor Keith

## How To Use This Journal...

For each of the 21 days, we have provided you with scripture to meditate on. We encourage you to use the “S.O.A.P.” journaling method for each day’s verse. We have included something each day that we can corporately pray about, as we will try to live into our mission of being FOR YOU. There are videos on the website breaking down each verse in 2mins. Each day will also wrap up with a “Take It Further” section. It may be an action step, a study Idea, or even an opportunity for more prayer.

## WHY S.O.A.P?

It’s one thing to simply read through scripture, but when you learn to slow down to REALLY read it, meditate on it, study it, suddenly words start popping off the page. There is a big difference between getting through scripture and getting scripture through you. By S.O.A.Ping your verses you can dig deeper into scripture and “see” more than if you simply read the verses and went on your merry way. Let me encourage you to take the time to S.O.A.P. the daily verses and see for yourself how much more you get out of your daily reading.....you’ll be amazed.

## WHAT DOES S.O.A.P. MEAN?

**S** – The S stands for Scripture. You physically write out the scripture.....you’ll be amazed at what God will reveal to you by taking the time to slow down and actually write out what you are reading!

**O** – The O stands for observation. What do you see in the verses you’re reading? Who is the audience? Is there a repetition of words? What words stand out to you? What do other translations say?

**A** – The A stands for Application. This is when God’s Word becomes personal. What is God saying to me today? How can I apply what I just read to my personal life? What changes do I need to make? Is there an action that I need to take?

**P** – And finally P stands for Prayer. Pray God’s Word back to Him. If He has revealed something to you during this time in His Word, pray about it. Confess if He has revealed some sin that is in your life.

Studying God’s Word like this can take as little or as long as you have time to give. Some days it can take just 10 or 15 minutes, other days longer.

**On the next page you will find an example of what completed journal entry might look like using the S.O.A.P. method.**

**Scripture:** ...which come from your confident hope of what God has reserved for you in heaven. You have had this expectation ever since you first heard the truth of the Good News. This same Good News that came to you is going out all over the world. It is bearing fruit everywhere by changing lives, just as it changed your lives from the day you first heard and understood the truth about God's wonderful grace. You learned about the Good News from Epaphras, our beloved co-worker. He is Christ's faithful servant, and he is helping us on your behalf. He has told us about the love for others that the Holy Spirit has given you.

**Write It Out:** (Write out the verse by hand) ... which come from your confident hope of what God has reserved for you in heaven. You have had this expectation ever since you first heard the truth of the Good News. This same Good News that came to you is going out all over the world. It is bearing fruit everywhere by changing lives, just as it changed your lives from the day you first

**Observation:** (What do you notice?)

- When you combine faith and love, you get hope.
- We have to remember that our hope is in heaven... it is yet to come.
- The gospel is the word of truth.
- The gospel is continually bearing fruit and growing from the 1st day to the last.
- It just takes one person to change a whole community...Epaphras.

**Application:** (What is God telling you?)

*Something that stood out to me today was how God used one man, Epaphras, to change a whole town!!! I was reminded that we are simply called to tell others about Christ... it's God's job to spread the gospel... to grow it and have it bear fruit. I felt today's verses were almost directly spoken to me... .."all over the world this gospel is bearing fruit and growing, just as it has been doing among you since the day you heard it and understood God's grace in all its truth."*

**My Prayer:** (Pray about it and write it out)

Lord, please help me to be an "Epaphras" - to tell others about you and then leave the results in your loving hands. Please help me to understand and apply what I have read today to my life personally, thereby be coming more and more like you each and every day. Help me to live a life that bears the "fruit" of faith and love... anchoring my hope in heaven, not here on earth. Help me to remember that the best is yet to come!

The next 4 elements are here for you to take action on. I hope that you will pray & participate daily.

**Crossroads Prayer:** That our church family would grow closer to Jesus during these 21 days.

**#ForYou Prayer:** Pray for Crossroads Mission Partner, Food For Thought, as they feed the hungry in our community through their numerous mobile food pantries and weekend lunch programs.

**Video:** Scan the 21 Days QR code on the back or go to our website for a video breakdown of today's verse.

**Take it Further:** "Facebook Prayer Time" – A Crossroads staff team member or elder will be praying throughout the day. Visit Crossroads' Facebook page and share your prayer request with them. You can even direct message your private prayer requests.

## How To Fast

As you prepare to fast, it is important to choose a fasting option that works for you. While this section provides some general information about different types of fasts, as well as some suggestions on how to create your fasting plan, it is important to mention that there is nothing more inherently spiritual about one type of fast as opposed to another. These are simply guidelines on different things you can do. Do not let what you eat or don't eat become the focus. Keep the main thing the main thing, which is drawing closer to Jesus. Remember, this is a time to disconnect enough from your regular patterns and habits to connect more closely to Him.

Here are a few tips to keep in mind before getting started:

## What Is Fasting?

Fasting is voluntarily going without food — or any other regularly enjoyed, good gift from God — for the sake of some spiritual purpose. It is markedly counter-cultural in our consumerist society. Jesus assumes his followers will fast, and even promises it will happen. He doesn't say "if," but "when you fast" (Matthew 6:16). And he doesn't say his followers might fast, but "they will" (Matthew 9:15). Fasting is for stretching our hearts to get fresh air beyond the pain and trouble around us. And it is for the battle against the sin and weakness inside us. We express our discontent with our sinful selves and our longing for more of Christ.

## Have A Plan

Fasting isn't merely an act of self-deprivation, but a spiritual discipline for seeking more of God's fullness. We should have a plan for what positive pursuit to undertake in the time it normally takes to eat. We spend a good portion of our day with food in front of us. One significant part of fasting is the time it creates for prayer and meditation on God's word or some act of love for others. Before diving headlong into a fast, craft a simple plan. Connect it to your purpose for the fast. Each fast should have a specific spiritual purpose. Identify what that is and design a focus to replace the time you would have spent eating. Without a purpose and plan, it's not Christian fasting; it's just going hungry. Christian fasting seeks to take the pains of hunger and transpose them into the key of some eternal anthem. Whether it's fighting against some sin, pleading for someone's salvation, for the cause of the unborn, or longing for a greater taste of Jesus.

## Beginning & Breaking

Depending on the type of fast you choose, it is very important to prepare your body ahead of time before beginning the fast. Take some days to transition into your fast; otherwise, you could get sick. For example, if you would like to go on a fruit and vegetable or juice fast, start eliminating meat, white grains, and refined sugars from your diet the week before. Also, start to cut back quite a bit on dairy products and some of your caffeine intake. The same principle applies to breaking your fast. When your fast is over, add foods back in very gradually. Please don't break your fast with a greasy cheeseburger! Because your body is so cleansed and detoxified, you will most likely get sick if you do that. There are also several supplements you can take that will help support the detox process during your fast. Your health-food store can give you recommendations.



## Preparation

Make it a priority to participate in weekly worship gatherings. Being around other Christ-followers will encourage you to keep on going when fasting gets difficult. If you are fasting with others, you may want to set aside time for a weekly Group Gathering. As you select your type of fast, you may want to make a fasting calendar that fits your plan. Determining what each day and week will look like is wise. Keep your fridge and pantry stocked with the items you need. Being unprepared to fast sets you up to give in to temptation. Choose well when selecting products, stick to raw food as much as you can, and limit artificial ingredients.

## Water

Drink lots of water while fasting to support critical liver function. The liver is the filter for the body, so when you don't drink enough water, the liver doesn't function at its highest capacity. To keep your energy up throughout the day, it's important to eat or drink every two and a half to three hours. Be careful not to over-stuff, even if you are only eating fruits and vegetables. If you slip up, don't get discouraged. Just get right back on track and keep going. He wants you to finish, and He will give you the grace and strength to do it. Talk to God and give Him time and space to talk to you.

## Caffeine

Should you completely cut it out? It depends. The great thing is, that when you fast, your body automatically craves less caffeine. If you can stay in your Fast Zone with a little caffeine, great. If you are going on a longer fast and want to cut it out of your diet completely, that's great too. But ease yourself off and make it your goal to be completely caffeine-free about two-thirds of the way into your fast. If you regularly have a high caffeine intake, one of the worst mistakes you can make is to fast for one to three days, cutting caffeine out abruptly and completely. Please don't do that or you will spend this time grumpy and in withdrawal instead of enjoying God's presence.

## Fasting & Eating Disorders

If you have struggled with an eating disorder then consider fasting from television, social media, shopping, or some other favorite activity.

## Important Note

Fasting requires reasonable precautions. If you have any health concerns, please consult your physician before beginning your fast, especially if you are taking any medication, have a chronic condition, or are pregnant or nursing a baby.

## **Fasting Options**

There isn't one fasting option that works the same for everyone. Follow Jesus' lead, mix it up, and find what works for you.

### **• Skipping A Meal**

One great way to do a fast is simply by selecting one meal you will skip each day for the 3 weeks. It is important to plan this out and decide in advance what meal it will be. While it is okay to choose a different meal on certain days, it's important to not approach it haphazardly by picking which meal is the easiest for you on that day.

### **• Daniel Fast**

The Daniel Fast is a great model to follow and one that is extremely effective for spiritual focus, bodily discipline, and purification of the body and soul. It is probably one of the most commonly referred-to fasts; however, within the Daniel Fast there is room for broad interpretation. In the book of Daniel, we find two different times when the prophet Daniel fasted. Daniel 1 states that he only ate vegetables and water, and in Daniel 10, while the passage does not give a specific list of foods that Daniel ate, it does state that he ate no rich (or choice) foods, as well as no meat or wine. So based on these two verses, we can see that either of these or combinations of the two, constitute a Daniel Fast. Again, it is important to mention that there is nothing inherently spiritual about one type of fast as opposed to another. The foundation of the Daniel Fast is fruits and vegetables.

### **• Specific Food or Activity**

In this type of fast, you omit a specific item(s) from your meal plans. For example, you may choose to eliminate all red meat, processed or fast food, or sweets. Most people can incorporate this type of fast relatively easily. It can also prove to be a great solution for people with specific dietary needs or medical conditions that may cause certain limitations. While fasting typically refers to refraining from specific food items, you may also find it extremely beneficial to fast from a regular activity or habit. This might include things such as television, social media, shopping, alcohol, and the like.

### **• Juice Fast**

A juice fast is simply consuming vegetable and fruit juices and water instead of solid food. Many people include whey protein in their liquid plan as well. Even if you choose not to make your entire fast liquids only, substituting one or two meals for liquids is a great alternative. If you choose the juice-only fast, consider a shorter fast than 21 days.

## Prayer Ideas

There are a variety of ways to pray, and this list is certainly not all of them. Choosing a prayer method or strategy is super valuable, as it helps you approach prayer with purpose and intentionality.

Here are some possible methods to try in your next quiet time:

### Acts/Pray

ACTS is an acronym to help guide you through your prayer time while still giving you a lot of space to pray as you feel led.

The ACTS Acronym looks like this:

- **Adoration:** Praising God for who He is
- **Confession:** Humbly acknowledging your sin before God
- **Thanksgiving:** Praising God for what He has done and expressing gratitude for it
- **Supplication:** Asking God to provide for your needs or the needs of others

An important thing to note in this method is the order of areas you pray for. Prayer always begins with praise to God and humility for our sin. Too often, we jump into prayer with a to-do list of things we want from God and don't take the time to praise, confess, or thank Him at all, or only as an afterthought.

### Prayer Journaling/Prompts

To use this method, simply find yourself a journal or loose piece of paper and write down what you are praying about. To be able to see what you've been praying for over a length of time is a unique experience. It helps better-develop thoughts and assess how we are doing, so we can improve our prayer life.

### Prayer Through Song & Worship

Prayer through song and worship takes two forms; praying the lyrics of a song or praying while you worship to that song. Sometimes it's hard to find the words to say, or the lyrics hit you in a new way. In these situations, sometimes it is good to take the time to stop and pray those words.

### Prayer Walks

This prayer method is nice when you are praying over a specific location. You can walk through the location and pray over the people that will be or have been in this area. Another way to use this type of prayer is to slow down, take a walk through nature, and intentionally notice the creation of God and recognize Him in it. Thank Him for it and talk to Him about it.

### Praying the Psalms

In this method, select a psalm and use it to communicate your thoughts. The psalms are relatable in the lives of many people. The psalmist expresses his joy in the Lord and the sorrows of his troubles. When you are having trouble articulating what you feel, sometimes it is easier to reflect on someone else's words and personalize them to your circumstances.

## The Lord's Prayer

There seem to be two extremes to using the Lord's Prayer. On one hand, people use it as the only way to pray. On the other hand, they find it "old", irrelevant, or think they have learned all they could from it. However, the reality lies somewhere in the middle. There are various ways to pray that are not limited to the Lord's Prayer. However, that does not mean we should discount it altogether. The Lord's Prayer was intended to be a model or example of how we should pray, and you may want to use that layout with your own words. Either way, turn to Matthew 6 and give it a try. You may be surprised.

## Silent Prayer

This form of prayer is not often talked about but it is super important. Prayer is a conversation with God, and conversations go both ways. Silent prayer is an opportunity to simply be quiet and listen for the voice of God. It is very easy to jump into prayer, rattle off a few things, and walk away without giving God the chance to speak to you. Silent prayer is an opportunity to focus specifically on that, listening. It is not an easy task when your mind is going one hundred miles per hour. You may need to experiment with what time of day it is easiest to get quiet, and from there it just takes practice. Take some time, quiet your spirit, and wait for the Lord to speak to you.

## Centering Prayer

Find a quiet space where you are unlikely to be disturbed. Sit in a way that allows you to be relaxed in body and alert in mind. Use a chair, meditation cushion, or prayer rug, according to your own physical needs and preferences. Gently close your eyes. Whenever you become aware of a thought, no matter what its nature, let it go. Repeat a sacred word in your head to help with this. This is a word or short phrase that helps you let go of thoughts. It is a reminder of your intention to remain open to the silence. Generally, sacred words fall into one of 2 categories: "God" words/phrases such as "Abba", "Jesu", "Reality", "Come Lord" or "state" words/phrases such as "love", "peace", "be still." It is common to have thoughts of various kinds during this type of prayer. They might involve your plans for the day, or give you some psychological insight into your behavior. You may find yourself with pleasant thoughts, or angry feelings, or notice yourself trying to create a particular mood in your practice. You may even be aware of being 'blissed out'. No matter the type or nature of thoughts and feelings the response is the same: gently return to saying your sacred word in your head, which is the symbol of your intention to consent to the presence and action of God within, and then let go. Do not analyze, label, or judge your thoughts and feelings. Simply, gently, let them go. Over, and over, and over. Continue this practice for 5, 10, or even 20 minutes. At the end of the time, get up and go about your business, leaving the practice behind, and in the same way – you let go of your thoughts.



Let's begin...



**DAYS OF  
PRAYER +  
FASTING**

**Scripture:** But Jesus told him, “No! The Scriptures say, ‘People do not live by bread alone, but by every word that comes from the mouth of God.’”

**Write It Out:** (Write out the verse by hand) \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Observation:** (What do you notice?)

**Application:** (What is God telling you?)

**My Prayer:** (Pray about it and write it out)

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\_\_\_\_\_

**Crossroads Prayer:** That our church family would grow closer to Jesus during these 21 days.

**#ForYou Prayer:** Pray for Crossroads Mission Partner, Food For Thought, as they feed the hungry in our community through their mobile food pantries and for the families who find support here at Crossroads.

**Video:** Scan the 21 Days QR code on the back or go to our website for a video breakdown of today’s verse.

**Take it Further:** “Facebook Prayer Time” – A Crossroads staff team member or elder will be praying throughout the day. Visit Crossroads’ Facebook page and share your prayer request with them. You can even direct message your private prayer requests.



**Scripture:** Those who are dominated by the sinful nature think about sinful things, but those who are controlled by the Holy Spirit think about things that please the Spirit. So letting your sinful nature control your mind leads to death. But letting the Spirit control your mind leads to life and peace.

**Write It Out:** (Write out the verse by hand) \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Observation:** (What do you notice?)

**Application:** (What is God telling you?)

**My Prayer:** (Pray about it and write it out)

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**Crossroads Prayer:** Pray for people to place their faith in Jesus every week through Crossroads.

**#ForYou Prayer:** Pray for Crossroads Mission Partner, Social Services for the Arab Community (SSFAC), as they continue to provide resources, advocate for immigrants, and help obtain citizenship for individuals seeking refuge.

**Video:** Scan the 21 Days QR code on the back or go to our website for a video breakdown of today's verse.

**Take it Further:** Read through today's verse in 4-5 other translations and note the differences and what they illuminate about this verse. (Try the NIV, CEV, ESV, NKJV, and MSG) The Bible App can really help you do this (in the Bible app: Tap on any verse, then tap the compare button).





**Scripture:** And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise.

**Write It Out:** (Write out the verse by hand) \_\_\_\_\_  
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\_\_\_\_\_

**Observation:** (What do you notice?)

**Application:** (What is God telling you?)

**My Prayer:** (Pray about it and write it out)

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**Crossroads Prayer:** Pray that we would live into our mission of For You, For Jesus, For A Better Life.

**#ForYou Prayer:** Pray for Crossroads Mission Partner, Team Teach Haiti, for their American and Haitian teachers. Pray for provision, safety, health, and success in teaching the children of Haiti. Let them know and love God.

**Video:** Scan the 21 Days QR code on the back or go to our website for a video breakdown of today's verse.

**Take it Further:** Look for an opportunity to share with one person what you took away from today's time. Ask God to put this person on your heart.



**Scripture:** Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God's will for you, which is good and pleasing and perfect.

**Write It Out:** (Write out the verse by hand) \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Observation:** (What do you notice?)

**Application:** (What is God telling you?)

**My Prayer:** (Pray about it and write it out)

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**Crossroads Prayer:** Pray that Crossroads will create disciples who create disciples!

**#ForYou Prayer:** Pray for Crossroads Mission - God Works - as we feed those in need with a hot meal served right here at Crossroads every Thursday. Pray for the volunteers who plan, cook, and serve these meals.

**Video:** Scan the 21 Days QR code on the back or go to our website for a video breakdown of today's verse.

**Take it Further:** Ask someone to pray for you daily over the next three weeks.





**Scripture:** For the word of God is alive and powerful. It is sharper than the sharpest two-edged sword, cutting between soul and spirit, between joint and marrow. It exposes our innermost thoughts and desires.

**Write It Out:** (Write out the verse by hand) \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Observation:** (What do you notice?)

**Application:** (What is God telling you?)

**My Prayer:** (Pray about it and write it out)

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\_\_\_\_\_  
\_\_\_\_\_

**Crossroads Prayer:** Pray for people to fully engage with Crossroads by regularly celebrating together what God is doing, connecting with others about what God is doing, and contributing to what God is doing.

**#ForYou Prayer:** Pray for Crossroads Mission Partner, Ebenezer Glenn Orphanage in Haiti, as they rescue, educate, and provide for the needs of orphans and local children in Haiti.

**Video:** Scan the 21 Days QR code on the back or go to our website for a video breakdown of today's verse.

**Take it Further:** #FORYOU Friday! Bless a friend or family member today. Print a photo you took of them or their child and mail it to them with an encouraging note.



**Scripture:** You will keep in perfect peace all who trust in you, all whose thoughts are fixed on you!

**Write It Out:** (Write out the verse by hand) \_\_\_\_\_

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**Observation:** (What do you notice?)

**Application:** (What is God telling you?)

**My Prayer:** (Pray about it and write it out)

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**Crossroads Prayer:** Pray that Crossroads' people live into our values of Belonging and Engagement... making it easy for people to connect here and our people being contributors, not just consumers.

**#ForYou Prayer:** Pray for our Fall Impact Opportunities, and ask God to show you how you can get Engaged.

**Video:** Scan the 21 Days QR code on the back or go to our website for a video breakdown of today's verse.

**Take it Further:** Pray for someone today and send them a text to let them know you prayed for them today.





**Scripture:** May the words of my mouth and the meditation of my heart be pleasing to you, O Lord, my rock and my redeemer.

**Write It Out:** (Write out the verse by hand) \_\_\_\_\_

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**Observation:** (What do you notice?)

**Application:** (What is God telling you?)

**My Prayer:** (Pray about it and write it out)

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**Crossroads Prayer:** Pray that Crossroads' people live into our values of Sacrifice and Focus... by giving up our preferences for the sake of others and by accomplishing more by doing less.

**#ForYou Prayer:** Pray for our Mission Partner, Somerset Beach Campground, that families and guests would experience God through their many programs and leave relaxed and refreshed.

**Video:** Scan the 21 Days QR code on the back or go to our website for a video breakdown of today's verse.

**Take it Further:** Share something on our social media posts (Facebook & Instagram) that God has been showing you over this last week



**Scripture:** Throw off your old sinful nature and your former way of life, which is corrupted by lust and deception. Instead, let the Spirit renew your thoughts and attitudes. Put on your new nature, created to be like God—truly righteous and holy.

**Write It Out:** (Write out the verse by hand) \_\_\_\_\_

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**Observation:** (What do you notice?)

**Application:** (What is God telling you?)

**My Prayer:** (Pray about it and write it out)

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**Crossroads Prayer:** Pray that Crossroads’ people live into our values of Courage and Impact... doing anything short of sin to reach people for Jesus and being on a mission to multiply.

**#ForYou Prayer:** Pray for Crossroads Mission Partners, Dan & Dee Ann Snyder, as they work with the Hospital in Dessalines, Haiti. Pray for peace and stability to cover Haiti and for the kidnappings and gang violence to end.

**Video:** Scan the 21 Days QR code on the back or go to our website for a video breakdown of today’s verse.

**Take it Further:** “Facebook Prayer Time” – A Crossroads staff team member or elder will be praying throughout the day. Visit Crossroads’ Facebook page and share your prayer request with them. You can even direct message your private prayer requests.



**Scripture:** For God has not given us a spirit of fear and timidity, but of power, love, and self-discipline.

**Write It Out:** (Write out the verse by hand) \_\_\_\_\_

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**Observation:** (What do you notice?)

**Application:** (What is God telling you?)

**My Prayer:** (Pray about it and write it out)

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**Crossroads Prayer:** Pray that this week people decide to take the next step in their faith and get baptized.

**#ForYou Prayer:** Pray for Crossroads Mission Partner, Bella Vita Network, as they continue to create a safe, confidential place for women to be educated about their pregnancy options and champion the cause for the unborn. Bella Vita Network encompasses The Pregnancy Center (Hope & Answers), The Haven (Post Abortion Care), and Soul Purpose (On Campus Ministry).

**Video:** Scan the 21 Days QR code on the back or go to our website for a video breakdown of today's verse.

**Take it Further:** Read through today's verse in 4-5 other translations and note the differences and what they illuminate about this verse. (Try the NIV, CEV, ESV, NKJV, and MSG) The Bible App can really help you do this (in the Bible app: Tap on any verse, then tap the compare button).





**Scripture:** All Scripture is inspired by God and is useful to teach us what is true and to make us realize what is wrong in our lives. It corrects us when we are wrong and teaches us to do what is right. God uses it to prepare and equip his people to do every good work.

**Write It Out:** (Write out the verse by hand) \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Observation:** (What do you notice?)

**Application:** (What is God telling you?)

**My Prayer:** (Pray about it and write it out)

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\_\_\_\_\_  
\_\_\_\_\_

**Crossroads Prayer:** Pray for the Hospitality Ministry at Crossroads... for dozens of new volunteers passionate about serving in this role.

**#ForYou Prayer:** Pray for the thirteen food banks that received fresh produce from our Praise Garden in the past and that donations will be plentiful for them from other resources. Pray that our garden will grow again next year and that God will bring forth a team of volunteers to Lead this ministry.

**Video:** Scan the 21 Days QR code on the back or go to our website for a video breakdown of today's verse.

**Take it Further:** Look for an opportunity to share with one person what you took away from today's time. Ask God to put this person on your heart.



**Scripture:** “It’s not what goes into your body that defiles you; you are defiled by what comes from your heart.”

**Write It Out:** (Write out the verse by hand) \_\_\_\_\_

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**Observation:** (What do you notice?)

**Application:** (What is God telling you?)

**My Prayer:** (Pray about it and write it out)

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**Crossroads Prayer:** Pray that Crossroads Students (Junior and High School) Small Group Leaders help students grow closer to Christ, have a personal relationship with Jesus, and have a faith that is contagious to their friends.

**#ForYou Prayer:** Pray for our region of Southeast Michigan to be transformed and restored by Jesus.

**Video:** Scan the 21 Days QR code on the back or go to our website for a video breakdown of today’s verse.

**Take it Further:** Try to find a place today to be still and quiet for at least 15 uninterrupted minutes. Don’t do anything during this time but try to listen to God. Once you are done, write down what comes to mind.



**Scripture:** Think about the things of heaven, not the things of earth.

**Write It Out:** (Write out the verse by hand) \_\_\_\_\_  
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**Observation:** (What do you notice?)

**Application:** (What is God telling you?)

**My Prayer:** (Pray about it and write it out)

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**Crossroads Prayer:** Pray for our Kids Street Ministry...that every volunteer position would be filled and that our kids would have consistent role models living into their lives.

**#ForYou Prayer:** Pray for our region of Northwest Ohio to be transformed and restored by Jesus.

**Video:** Scan the 21 Days QR code on the back or go to our website for a video breakdown of today's verse.

**Take it Further:** #FORYOU Friday! Bless a co-worker today. Give them a card with words of encouragement, maybe include a gift card for coffee, or take it further and treat them to lunch.





**Scripture:** “That is why I tell you not to worry about everyday life—whether you have enough food and drink, or enough clothes to wear. Isn’t life more than food, and your body more than clothing?”

**Write It Out:** (Write out the verse by hand) \_\_\_\_\_  
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**Observation:** (What do you notice?)

**Application:** (What is God telling you?)

**My Prayer:** (Pray about it and write it out)

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**Crossroads Prayer:** Pray for the Creative Arts Ministry at Crossroads... for people to powerfully experience Jesus in our worship gatherings.

**#ForYou Prayer:** Pray for our local schools as they are preparing to head back to class. Pray for the teachers and students for safety. That Crossroads is known to them as a place that loves and supports them.

**Video:** Scan the 21 Days QR code on the back or go to our website for a video breakdown of today’s verse.

**Take it Further:** Pray for someone today and send them a text to let them know you prayed for them.



**Scripture:** So prepare your minds for action and exercise self-control. Put all your hope in the gracious salvation that will come to you when Jesus Christ is revealed to the world.

**Write It Out:** (Write out the verse by hand) \_\_\_\_\_  
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**Observation:** (What do you notice?)

**Application:** (What is God telling you?)

**My Prayer:** (Pray about it and write it out)

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**Crossroads Prayer:** Pray for our Prayer Teams and Coordinator at Crossroads. Pray for more prayer champions at Crossroads.

**#ForYou Prayer:** Pray that God would help you reach the unreached in your neighborhood and that you may have an opportunity to serve them.

**Video:** Scan the 21 Days QR code on the back or go to our website for a video breakdown of today's verse.

**Take it Further:** Share something on our social media posts (Facebook & Instagram) that God has been showing you over this last week.



**Scripture:** Search me, O God, and know my heart; test me and know my anxious thoughts. Point out anything in me that offends you, and lead me along the path of everlasting life.

**Write It Out:** (Write out the verse by hand) \_\_\_\_\_  
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**Observation:** (What do you notice?)

**Application:** (What is God telling you?)

**My Prayer:** (Pray about it and write it out)

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**Crossroads Prayer:** Pray that Crossroads’ guests may feel the love of Christ here.

**#ForYou Prayer:** Pray for our Impact Event, Trunk or Treat (Oct 25), that all who attend would know we are for them! Pray for an abundance of volunteers, candy, and trunk hosts.

**Video:** Scan the 21 Days QR code on the back or go to our website for a video breakdown of today’s verse.

**Take it Further:** “Facebook Prayer Time” – A Crossroads staff team member or elder will be praying throughout the day. Visit Crossroads’ Facebook page and share your prayer request with them. You can even direct message your private prayer requests.





**Scripture:** Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.

**Write It Out:** (Write out the verse by hand) \_\_\_\_\_

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**Observation:** (What do you notice?)

**Application:** (What is God telling you?)

**My Prayer:** (Pray about it and write it out)

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**Crossroads Prayer:** Pray that the people of Crossroads would engage in outrageous generosity.

**#ForYou Prayer:** Pray for our Impact Event, The Fall Food Drop (Nov 18), which will provide a Thanksgiving meal for hundreds of people. Pray for an abundance of food donations and those in need will come and feel God's love.

**Video:** Scan the 21 Days QR code on the back or go to our website for a video breakdown of today's verse.

**Take it Further:** Read through today's verse in 4-5 other translations and note the differences and what they illuminate about this verse. (Try the NIV, CEV, ESV, NKJV, and MSG) The Bible App can really help you do this (in the Bible app: Tap on any verse, then tap the compare button).



**Scripture:** “I am leaving you with a gift—peace of mind and heart. And the peace I give is a gift the world cannot give. So don’t be troubled or afraid.”

**Write It Out:** (Write out the verse by hand) \_\_\_\_\_

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**Observation:** (What do you notice?)

**Application:** (What is God telling you?)

**My Prayer:** (Pray about it and write it out)

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**Crossroads Prayer:** Pray for this year’s Heart of Christmas special offering.

**#ForYou Prayer:** Pray for our Impact Event, The Angel Tree, as we provide for families locally through Monroe County ISD with gifts and essential needs for Christmas.

**Video:** Scan the 21 Days QR code on the back or go to our website for a video breakdown of today’s verse.

**Take it Further:** Look for an opportunity to share with one person what you took away from today’s time. Ask God to put this person on your heart.



**Scripture:** Not that I was ever in need, for I have learned how to be content with whatever I have.

**Write It Out:** (Write out the verse by hand) \_\_\_\_\_

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**Observation:** (What do you notice?)

**Application:** (What is God telling you?)

**My Prayer:** (Pray about it and write it out)

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**Crossroads Prayer:** Pray for the Generosity of Crossroads to continue to grow and that God would use it beyond our capabilities.

**#ForYou Prayer:** Pray for Crossroads to make an impact in the community by serving for the first time at the Whiteford Fall Festival as they continue to raise funds for their Inclusive Playground. (Oct 7)

**Video:** Scan the 21 Days QR code on the back or go to our website for a video breakdown of today's verse.

**Take it Further:** Grab some bread and juice. Take some time today to take communion on your own. Spend time making sure your heart is clear and thanking Jesus for his sacrifice.



**Scripture:** For I can do everything through Christ, who gives me strength.

**Write It Out:** (Write out the verse by hand) \_\_\_\_\_  
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**Observation:** (What do you notice?)

**Application:** (What is God telling you?)

**My Prayer:** (Pray about it and write it out)

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**Crossroads Prayer:** Pray for many to join and host groups in our fall semester. Sign-ups start in September.

**#ForYou Prayer:** Pray for Crossroads to make an impact in the community by serving at the Sylvania Fall Fest and participating in the parade that reaches so many. (Oct 15)

**Video:** Scan the 21 Days QR code on the back or go to our website for a video breakdown of today's verse.

**Take it Further:** #FORYOU Friday! Bless a neighbor today. Write them an encouraging note, maybe bake them cookies, or take it further and ask if they have a home project they need help with.





**Scripture:** Jesus replied, “You must love the Lord your God with all your heart, all your soul, and all your mind.”

**Write It Out:** (Write out the verse by hand) \_\_\_\_\_

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**Observation:** (What do you notice?)

**Application:** (What is God telling you?)

**My Prayer:** (Pray about it and write it out)

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**Crossroads Prayer:** Pray for the pastors and staff at Crossroads.

**#ForYou Prayer:** Pray that God will keep your heart and mind open so that you will seek others to connect with outside the four walls of the church; those that do not know Him.

**Video:** Scan the 21 Days QR code on the back or go to our website for a video breakdown of today’s verse.

**Take it Further:** Pray for someone today and send them a text to let them know you prayed for them today.



**Scripture:** We destroy every proud obstacle that keeps people from knowing God. We capture their rebellious thoughts and teach them to obey Christ.

**Write It Out:** (Write out the verse by hand) \_\_\_\_\_  
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**Observation:** (What do you notice?)

**Application:** (What is God telling you?)

**My Prayer:** (Pray about it and write it out)

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**Crossroads Prayer:** Pray for the Kickoff and the start of the fall season at Crossroads. (Sept 10)

**#ForYou Prayer:** Pray that we never become content with our Impact Mission but continuously strive to reach more.

**Video:** Scan the 21 Days QR code on the back or go to our website for a video breakdown of today's verse.

**Take it Further:** Share something on our social media posts (Facebook & Instagram) that God has been showing you over this last week.

















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