

# 21 DAYS OF **PRAYER** **AND** **FASTING**

AUGUST 2025





**SCAN CODE TO ACCESS  
21 DAYS VIDEOS & RESOURCES**

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

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## A NOTE FROM PASTOR KEITH...

I'm excited about the opportunity in front of you. I believe God has something meaningful in store—sometimes we just need space to see it.

This devotional guide will help you walk through each of the 21 days with daily Scripture, prayer points, and practical tools for fasting, praying, and reading God's Word.

Life can be loud. Fasting helps turn down the noise so we can hear the still, small voice of Jesus. We don't fast just to get something from Him—we fast to know Him more. Prayer, Scripture, fasting, and journaling all help us grow deeper in our faith.

This year, I want to challenge you to use this time to take a next step in your relationship with Jesus—however the Holy Spirit leads you. See the next page for more details.

Join us starting Monday, August 4. I'm praying God reveals Himself to you in fresh, powerful ways.

With you,

Pastor Keith

## SETTING 21 DAYS GOALS (DON'T SKIP THIS!)

Before you begin the 21 Days, take a moment to reflect:

What do you hope God does in your life during this time?

This year, I want to challenge you to think about your goals or next steps in your relationship with Jesus. What are you praying for? What are you hoping to hear, change, or start?

Maybe you're asking God for clarity on your next right step. It could be:

- Getting connected in community – *join a small group in September*
- Starting to serve – *join The Team at Crossroads*
- Giving generously through tithing
- Building a regular Bible reading or prayer rhythm – *download the YouVersion App*
- Discipleship – *1-on-1 discipleship through Small Circle*
- Or asking God for a breakthrough in a challenging season or a big decision

Whatever it is, write it down below. Use this space to set your intention and invite the Holy Spirit to guide you through these 21 days.

[illegible]

# 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 short devotional videos on our website breaking down each verse. 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, and 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.P’ing” your verses, you can dig deeper into scripture and “see” more than if you simply read the verses and went on your 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 – The 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.**

**VERSE:** Colossians 1:5-8 ...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 heard and understood the truth about God's wonderful grace. You learned about the Good News from Epaphras, our beloved co-worker....

**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:** Join us at 5 pm today for Prayer on Facebook @crossroadson23.

# FASTING

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 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 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 yourself, even if you are only eating fruits and vegetables. If you slip up, don't get discouraged. Just get 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. Below are a few options to consider:

## • SKIPPING A MEAL

One great way to do a fast is simply by selecting one meal you will skip each day for 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, etc.

## • 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.



**VERSE:** Romans 8:38 (NLT) And I am convinced that nothing can ever separate us from God’s love. Neither death nor life, neither angels nor demons, neither our fears for today nor our worries about tomorrow—not even the powers of hell can separate us from God’s love.

**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)

**CROSSROADS PRAYER:** Pray that our church family would share the good news with their community.

**#ForYou PRAYER:** Pray boldly for Southeast Michigan that hearts would be awakened, communities restored, and lives transformed by the hope and healing of Jesus. Ask God to move powerfully in our region.

**VIDEO:** Scan the 21 Days QR code 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 in the comments. You can even direct message your private prayer requests.

[illegible]

**VERSE:** 2 Timothy 1:7 (NLT) 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 for people to place their faith in Jesus every week through Crossroads.

**#ForYou PRAYER:** Pray boldly for Northwest Ohio, that hearts would be awakened, communities restored, and lives transformed by the hope and healing of Jesus. Ask God to move powerfully in our region.

**VIDEO:** Scan the 21 Days QR code 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).



[illegible]

**VERSE:** James 1:2 (NLT) Dear brothers and sisters, when troubles of any kind come your way, consider it an opportunity for great joy.

**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)

**CROSSROADS PRAYER:** Pray that Crossroads people would practice regular spiritual disciplines to grow their roots deep.

**#ForYou PRAYER:** Pray for those receiving blood from our recent Red Cross Blood Drive. Ask God to use each donation to bring healing, strength, and hope as it reaches patients in our local hospitals.

**VIDEO:** Scan the 21 Days QR code 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.

This image shows a full page of white paper with horizontal black ruling lines. The lines are evenly spaced and run across the width of the page. In the bottom right corner, there is a square QR code. To the left of the QR code, there are four horizontal lines that extend from the left edge of the page towards the QR code, likely serving as a guide or part of a form.



**VERSE:** 2 Timothy 1:9 (NLT) For God saved us and called us to live a holy life. He did this, not because we deserved it, but because that was his plan from before the beginning of time—to show us his grace through Christ Jesus.

**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)

**CROSSROADS PRAYER:** Pray for people to fully engage with Crossroads by regularly celebrating corporately 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, 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 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.

[illegible]

**VERSE:** 2 Corinthians 4:8 (NLT) We are pressed on every side by troubles, but we are not crushed. We are perplexed, but not driven to despair.

**WRITE IT OUT:** (Write out the verse by hand) \_\_\_\_\_  
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\_\_\_\_\_  
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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 people discipling each other in our 1 to 1 discipleship program, Small Circle.

**#ForYou PRAYER:** Pray for our Local Mission Partner, Somerset Beach Campground. Ask that youth and families experience God through their programs and leave feeling refreshed, encouraged, and renewed.

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

**TAKE IT FURTHER:** After a summer of unforgettable moments, let’s thank the Somerset staff for their dedication and work with the youth and families they served. Send a note of appreciation to: Somerset Beach Campground & Retreat Center - 9822 Brooklawn Court, Somerset, MI 49282

[illegible]

**VERSE:** 2 Timothy 2:2 (NLT) You have heard me teach things that have been confirmed by many reliable witnesses. Now teach these truths to other trustworthy people who will be able to pass them on to others.

**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’ 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 to live out our mission.

**VIDEO:** Scan the 21 Days QR code 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.



This image shows a full page of white paper with horizontal grey ruling lines, typical of notebook paper. The lines are evenly spaced and run across the width of the page. In the bottom right corner, there is a square QR code. To the left of the QR code, there are four short vertical lines of increasing height, resembling a staircase or a set of steps.



**VERSE:** Isaiah 41:10 (NLT) Don't be afraid, for I am with you. Don't be discouraged, for I am your God. I will strengthen you and help you. I will hold you up with my victorious right hand.

**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)

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

**CROSSROADS PRAYER:** Pray that Crossroads' people live into our values of Sacrifice and Prayer...by giving up our preferences for the sake of Mission and by actively and regularly praying.

**#ForYou PRAYER:** Pray for our Global Mission Partner, Ebenezer Glenn Orphanage in Haiti, as they care for orphans and local children by providing rescue, education, and support. Ask God to bless their work and fill each child with love and hope.

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

**TAKE IT FURTHER:** Take a moment to pray for someone today and then send them a quick text to let them know you did. A simple message can bring encouragement and remind them they're not alone.

[illegible]

**VERSE:** 2 Timothy 2:16 (NLT) Avoid worthless, foolish talk that only leads to more godless behavior.

**WRITE IT OUT:** (Write out the verse by hand) \_\_\_\_\_  
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\_\_\_\_\_  
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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 Multiplication... doing anything short of sin to reach people for Jesus and each investing in one.

**#FORYOU PRAYER:** Pray for your family, neighbors, coworkers, and others outside the church walls who don’t know Jesus. Ask God to help you see ways to connect and serve others right where you are.

**VIDEO:** Scan the 21 Days QR code 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 in the comments. You can even direct message your private prayer requests.

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**VERSE:** 1 Peter 5:7 (NLT) Give all your worries and cares to God, for he cares about you.

**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)

**CROSSROADS PRAYER:** Pray for an avg of 500 people in the auditorium engaging in worship each week.

**#ForYou PRAYER:** Pray for our Global Mission Partner, Team Teach Haiti, and their devoted American and Haitian teachers. Ask God to meet their financial needs, keep them safe and healthy, and bless their work as they teach and share His love with the children of Haiti.

**VIDEO:** Scan the 21 Days QR code 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).

[illegible]

**VERSE:** 2 Timothy 2:22 (NLT) Run from anything that stimulates youthful lusts. Instead, pursue righteous living, faithfulness, love, and peace. Enjoy the companionship of those who call on the Lord with pure hearts.

**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 (September 7th)

**#ForYou PRAYER:** Pray for our local schools as they prepare to return to class. Ask God to give teachers and students safety, encouragement, and a positive start to the new school year.

**VIDEO:** Scan the 21 Days QR code 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.



[illegible]

**VERSE:** Hebrews 12:11 (NLT) No discipline is enjoyable while it is happening—it’s painful! But afterward there will be a peaceful harvest of right living for those who are trained in this way.

**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 men of Crossroads to step boldly into spiritual leadership, growing in their walk with Jesus, and making a lasting impact in their families, workplaces, and communities.

**#FORYOU PRAYER:** Pray for LifeWise Academy as they bring Bible education to children in our local schools. Ask God to bless the host locations, the volunteers who teach, and the students attending. Pray that each child hears truth, experiences God’s love, and begins a personal relationship with Jesus.

**VIDEO:** Scan the 21 Days QR code 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, instead try to listen to God. Once you are done, write down what comes to mind.

[illegible]

**VERSE:** 2 Timothy 2:24 (NLT) A servant of the Lord must not quarrel but must be kind to everyone, be able to teach, and be patient with difficult people.

**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)

**CROSSROADS PRAYER:** Pray for Crossroads Ministry budget to be doubled.

**#ForYou PRAYER:** Pray for our Local Mission Partner, Bella Vita Network, as they provide a safe and supportive space for women to learn about their pregnancy options and advocate for the unborn. Bella Vita includes The Pregnancy Center (Hope & Answers), The Haven (Post-Abortion Care), and Soul Purpose (Campus Ministry). Ask God to guide their work and bless every woman they serve.

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

**TAKE IT FURTHER:** Let's bless Bella Vita! Send a box of diapers or wipes via Amazon or write and mail a note of encouragement to the staff at Bella Vita. A small act can make a big impact!

Send to: Bella Vita 716 N Westwood Toledo, OH 43607.

[illegible]

**VERSE:** Galatians 6:9 (NLT) So let's not get tired of doing what is good. At just the right time we will reap a harvest of blessing if we don't give up.

**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)

**CROSSROADS PRAYER:** Pray for everyone who began following Jesus this year that their faith grows strong and deep. Ask God to move in hearts and lead 30 people to take the next step through baptism.

**#ForYou PRAYER:** Pray for the Crossroads Praise Garden. Ask that the harvest blesses the food banks we serve. Lift the Impact Team Leaders, the Anthony family, and volunteers who serve with love and hard work.

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

**TAKE IT FURTHER:** Take a moment to pray for someone today and then send them a quick text to let them know you did. A simple message can bring encouragement and remind them they're not alone.

This image shows a full page of white paper with horizontal grey ruling lines, typical of notebook paper. The lines are evenly spaced and run across the width of the page. In the bottom right corner, there is a square QR code. To the left of the QR code, there are four small, empty square boxes arranged in a 2x2 grid, likely for labeling or marking purposes.



**VERSE:** 2 Timothy 2:25 (NLT) Gently instruct those who oppose the truth. Perhaps God will change those people’s hearts, and they will learn the truth.

**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 more diversity and unity at and through Crossroads.

**#ForYou PRAYER:** Pray that God would open your eyes to those in your neighborhood who don’t know Him. Ask for opportunities to connect with them and invite them to a service at Crossroads.

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

**TAKE IT FURTHER:** Share something on our social media posts (Facebook or Instagram) that God has been showing you over the last week



[illegible]

**VERSE:** 1 Corinthians 10:13 (NLT) The temptations in your life are no different from what others experience. And God is faithful. He will not allow the temptation to be more than you can stand. When you are tempted, he will show you a way out so that you can endure.

**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)

**CROSSROADS PRAYER:** Pray that people would come to Crossroads to get their marriages restored.

**#ForYou PRAYER:** Pray for our Impact Event, Trunk or Treat, on October 29, as we welcome over 3,000 guests to our campus. Ask that every person who attends feels welcomed. Pray for our volunteers and trunk hosts.

**VIDEO:** Scan the 21 Days QR code on 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 in the comments. You can even direct message your private prayer requests.

[illegible]

**VERSE:** 2 Timothy 3:5 (NLT) They will act religious, but they will reject the power that could make them godly. Stay away from people like that!

**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 on November 15, as we provide a Thanksgiving meal for hundreds in need. Ask God to stir hearts to donate food, and that every guest experiences His love and care.

**VIDEO:** Scan the 21 Days QR code 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).

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**VERSE:** John 16:33 (NLT) I have told you all this so that you may have peace in me. Here on earth you will have many trials and sorrows. But take heart, because I have overcome 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 this year’s Heart of Christmas special offering.

**#ForYou PRAYER:** Pray for our Local Mission Partner, Social Services for the Arab Community (SSFAC), as they provide vital resources, support immigrants, and help individuals on their path to citizenship. Ask God to bless their work and pour out His favor over their new building and location.

**VIDEO:** Scan the 21 Days QR code 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.

[illegible]

**VERSE:** 2 Timothy 3:16 (NLT) 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.

**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 Crossroads people to actively and increasingly know and love their actual neighbors.

**#ForYou PRAYER:** Pray that Crossroads would make a meaningful Impact at the Whiteford Fall Festival on Saturday, October 4th. Lift up our volunteers, that they would serve with joy and kindness. Pray that everyone we encounter would feel seen and loved.

**VIDEO:** Scan the 21 Days QR code 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.



This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. In the bottom right corner, there is a square QR code. The QR code is black on a white background and appears to be a standard matrix code used for digital linking or identification.



**VERSE:** 2 Corinthians 12:9 (NLT) Each time he said, “My grace is all you need. My power works best in weakness.” So now I am glad to boast about my weaknesses, so that the power of Christ can work through me.

**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 our Local Mission Partner - Little Blessings Veteran and Community Outreach. That veterans and their families will find peace and healing through their programs. Pray for Jamie Paxton as she leads this mission and all volunteers as they engage in helping veterans

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

**TAKE IT FURTHER:** Little Blessings is our neighbor! Let’s show the staff there love and write them a note of encouragement for all they do for our local veterans and their families.

Send to: LBVO 5725 West Sterns Rd Ottawa Lake, MI 49267.

This image shows a full page of white paper with horizontal grey ruling lines. The lines are evenly spaced and run across the width of the page. In the bottom right corner, there is a square QR code. The QR code is black and white, and it appears to be a standard matrix code used for digital linking or identification.



**VERSE:** 2 Timothy 4:3 (NLT) For a time is coming when people will no longer listen to sound and wholesome teaching. They will follow their own desires and will look for teachers who will tell them whatever their itching ears want to hear.

**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 Crossroads makes an impact at the Sylvania Fall Festival on Sunday, October 19. Ask God to bless our booth, parade volunteers, and show you how you might get involved. Pray that our Student Float is a blessing to the community and draws more students to our Wednesday Student Nights.

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

**TAKE IT FURTHER:** Take a moment to pray for someone today and then send them a quick text to let them know you did. A simple message can bring encouragement and remind them they’re not alone.

[illegible]

**VERSE:** Isaiah 58:6 (NLT) No, this is the kind of fasting I want: Free those who are wrongly imprisoned; lighten the burden of those who work for you. Let the oppressed go free, and remove the chains that bind people.

**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)

**CROSSROADS PRAYER:** Pray for people to discover their design, join The Team, or become fully engaged through Growth Track in the fall months.

**#ForYou PRAYER:** Pray that we never grow complacent in our Community Impact, but stay energized and committed to reaching more lives with love, hope, and purpose. May we continually seek fresh ways to serve and make a lasting difference in our communities.

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

**TAKE IT FURTHER:** Share something on our social media posts (Facebook or Instagram) that God has been showing you over the last week.

[illegible]

# REFLECTING ON THE 21 DAYS

Make the impact last beyond 21 Days. As this journey comes to a close, don't let the momentum stop here. Take a moment to look back at your goals from the beginning of the 21 Days (page 3).

Now, ask yourself: What are 1–2 actionable next steps I can take this Fall to keep growing in my relationship with Jesus?

Write down your next steps below—and commit to walking them out.

Let this be the beginning, not the end.

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# 21 DAYS OF PRAYER AND FASTING



SCAN CODE TO ACCESS 21 DAYS  
VIDEOS & RESOURCES

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