



21 Days of Prayer & Fasting
January 5th-25th 2026 “Show us Your Face Lord”

A word from Pastor Mike

Dear Church Family,

As your pastor, I want to personally invite you into a sacred and powerful season of 21 Days of Prayer and fasting.

Throughout Scripture, we see God move mightily when His people humble themselves, seek His face, and align their hearts with His will. These 21 days are not about ritual or routine...they are about relationship. They are about creating space for God to speak, guide, heal, and renew us both individually and as a church family.

We will be focusing on drawing closer to God, examining our own hearts, and aligning them with His heart. Finally, we'll focus our prayers on His kingdom, His will, and His purposes. In a world that constantly pulls for our attention, prayer and fasting help us quiet the noise and tune our hearts to what matters most to God.

To help guide you, we've prepared a daily prayer guide as well as a 21 day devotional that will walk you through each day of the fast with a Scripture, a reflection question and a focused prayer. Whether you've fasted many times before or this is completely new to you, this guide is designed to meet you where you are.

I encourage you to ask the Lord how He wants you to participate. You may choose to fast food, social media, entertainment, or another distraction. The goal isn't perfection, it's intention. Every moment of hunger or sacrifice becomes an invitation to pray and draw closer to Him.

I truly believe God has something special for us in this season. When a church prays together, seeks God together, and fasts together, lives are changed, faith is strengthened, and God's presence becomes undeniable.

Let's commit these 21 days to the Lord. Let's seek Him with expectation. And let's believe together that as we fast and pray, we will see His power at work among us.

I'm honored to walk this journey with you.

Love Ya,
Pastor Mike

Creating A Lifestyle of Prayer by Chris Hodges -

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

Prayer is most effective when it isn't something we do every now and then, but when it's a lifestyle we cultivate. To understand how to have a lifestyle of prayer, we can look at the example Jesus gave during His life on earth.

HAVE A CERTAIN TIME

- Jesus got up early in the morning to spend time with His Heavenly Father. Make a daily appointment with God — whether it's first thing in the morning, at lunch, or in the evening — and faithfully keep it.

HAVE A CERTAIN PLACE

Jesus had a specific place He went to pray. Having a designated place to pray helps us remove distractions and frees us to worship and pray out loud.

HAVE A CERTAIN PLAN

When Jesus taught His disciples how to pray, He gave them a prayer outline. We call it "The Lord's Prayer." This outline, along with several other tools, is available in this guide. As we pray every day, our plans for our prayer time can vary, maybe including worship music, Bible reading, and quiet time to listen to God. It doesn't always have to look the same; it just helps when we have a plan for connecting regularly with God.

Every Day Prayer Focus

- **Humble ourselves.** Asking for forgiveness for our sins and the sins of our land.
- **Seeking God.** Declaring our dependence on God in every area of our lives.
- **His Kingdom Come.** Praying for the completion of the Great Commission and for revival in our generation.
- **Hear from Heaven.** Inviting the Presence of God in our church and our lives (souls saved, signs, wonders, miracles, and transformed lives.)
- **Next Steps.** Praying for all people in their journey of faith to Know God, Find Freedom, Discover Purpose, and Make a Difference.
- **Believing God** for answered prayer to our specific needs (Connection Cards, Pastoral Care Update Cards, and prayer requests).

Daily prayer focus to assist you in your personal prayer time

Jan 5 – Pray for God to move powerfully over the next 21 days

Jan 6 – Pray for our leaders – Nation, State, and City (1 Timothy 2:1-2)

Jan 7 – Pray for our Executive Team, Stewardship Team, Oversight Team, Ministry Leaders

Jan 8 – Pray for revival in our city – The Bronx, NYC, Spiritual Awakening

Jan 9 – Pray for our nation – outpouring of the Holy Spirit, revival in America, national missions New York Ministry Network, Church Multiplication Network, leadership training and church planting. Our US Missionaries: Jasmin Santos (Yale Chi Alpha) Charles & Kehinde Moodie (Chicago City Life Center), Reggie & Ibelsa Stutzman (The Prodigal Center), John & Caity Ginnan (Youth Alive NY), Expect Hope, Love Life NYC, Dream Center NYC (Stephen & Priscilla Perumalla)

Jan 10 – Pray for our world – World missions (for safety reasons we cannot name our missionaries however they are located in Africa, India, Jordan, Scotland and Central & South America.) Please pray for God's protection for them and their families, pray for God's favor & growth in their ministries.

Jan 11 – Pray for the persecuted church in our country and around the world (Gal 6:2)

Jan 12 – Pray for Healing, Signs, & Wonders

Jan 13 – The Lost – outreach, family members, friends

Jan 14 – Discipleship & Growth Track – That God would give our church a hunger for His Word

Jan 15 – Dream Team – leadership development, covering over every leader, fresh vision and volunteers for Set-up/Break-down, Usher/Greeter, Audio/Visual, Connect & Worship Team (Including NS Deaf Church)

Jan 16 – Children and Students Kidsong & A.T.F.

Jan 17 – 9941 (Young Adults Ministry)

Jan 18 – A Building (A Permanent location for Sunday Services)

Jan 19 – Pray for a fresh filling of the Holy Spirit

Jan 20 – Pray for strong families and marriages

Jan 21 – Our Church's vision for 2026 – outreach projects, heart for the house, campus launches, leadership development, finances, leaders

Jan 22 – Your personal vision for 2026 – freedom from habits, debt, relationships, ministry, reaching my full potential

Jan 23 – Personal freedom and deliverance – breakthrough in every area!

Jan 24 – Pray for boldness to share your faith this year

Jan 25 – Give thanks with a joyful heart for all God has done over the past 21 days!

PRAYER MEETINGS

All prayer meetings will be held at Newsong Church
135 Einstein Loop, Bronx RM 42
Discounted parking is available. All are welcome to attend.

Prayer Times

Sunday Mornings @ 9:30-10:00 am

Monday-Friday @ 7-8pm

Saturday Mornings @ 10am

Have a prayer request? Text Prayer to 877-899-7323 or simply scan the QR Code with your phone!



“Show Us Your Face Lord”

A 21 Day Prayer & Fasting Devotional by Pastor Mike

Day 1

“Talking with your Father”

8 My heart has heard you say, “Come and talk with me.” And my heart responds, “Lord, I am coming.”-Ps 27:8 (NLT)

I had a very close relationship with my Dad. We would talk at least once a day. He would call me just to “check in”, “check on the kids”, or “talk about the game” but mostly he wanted to talk to me. I loved that about him...he was a father who enjoyed talking with his children, and we loved talking with him. Although most of our conversations only lasted ten minutes or so, now that he’s in heaven, I really miss those calls.

In this psalm, David’s heart was stirred to talk with God. That’s what prayer is, it’s having a conversation with our heavenly Father, and here’s the thing...He wants to talk with you! Let that sink in. The God of the universe not only loves you...He wants to talk to you! He’s interested in your life! He whispers to our heart “come and talk with me” and then we get to respond to that stirring through prayer!

Over the next 21 days take the time to have a daily “check in” with your heavenly Father. When He calls, tell Him all about your day, your victories and your worries, and then listen for His response! Although prayer may seem difficult at first, the more you pick up the phone when He calls, the more you’ll want to talk to Him! Over time, you’ll find yourself “picking up the phone” of prayer and calling Him!

Reflection Question:

How does the idea that God wants to talk to you change your idea of prayer?

Prayer:

Father, I want to thank You for loving me the way that You do! Thank You for stirring my heart to seek You over the next 21 days. Holy Spirit, help me rearrange my schedule to have a daily phone call with my heavenly Father! In Jesus’ name. Amen!

Day 2

“When you pray & Fast”

5 “And when you pray...16 “When you fast...”-Matthew 6:5,16 (NIV)

I remember the first time that I learned about prayer and fasting. My Pastor called for a three day church-wide fast to pray for family members and friends who were far away from God. My friend and I were excited to participate at first, but after 24 hours with nothing but water we were feeling it the next day. Headaches and fatigue were hitting hard and there was a moment where I was thinking why am I putting myself through this again? You may be thinking the same thing on your day two, so let me remind you about something.

Prayer and fasting are spiritual disciplines. In His famous “Sermon on the Mount” Jesus is teaching His disciples and He says “when you pray...when you fast” indicating that these were practices He expected His disciples to do regularly.

We’ll be diving deeper into these two concepts over the next couple of weeks but for now think of prayer as connecting with God, while fasting is humbling yourself, denying yourself certain comforts so that you can focus on prayer.

Was my first fast challenging? Yes it was. Was it fruitful? Yes it was! Instead of eating breakfast, lunch and dinner, I was taking those scheduled times to pray. I prayed more in those three days than I did my entire life!

I want to encourage you to start fasting. (If you need help figuring out what kind of fast is right with you, we’ve got resources on our app) To be clear, God’s not going to answer your prayer faster just because you skip lunch for 21 days...(God is God and He cannot be manipulated) but I guarantee this...if you take time to pray and seek His face instead of stuffing it at lunch time...You will sense His presence quicker, You will hear His voice clearer, Your love and devotion to Him will grow deeper!

So what happened at the end of my first three-day fast? Well lets just say that after those three days God did something in me. He gave me a hunger that can only be satisfied with Him. It wasn’t long after that fast, that God began opening doors for us that would eventually lead to full-time ministry. Are you ready to connect with God like never before? Start combining your prayer time with fasting!

Remember, you can pray without fasting but you can’t fast without praying. Fasting without praying is called a diet and seriously who wants to do that?

Reflection Question:

Have you started your fast?

Prayer:

Father God, I want to connect with You like never before. Holy Spirit, help me to break up my routine so that I can seek God's face. Give me the grace I need to begin the discipline of prayer and fasting. In Jesus Name Amen!

Day 3**"Take Time To Pause & Pray"**

3 Now Moses was tending the flock of Jethro his father-in-law, the priest of Midian, and he led the flock to the far side of the wilderness and came to Horeb, the mountain of God. 2 There the angel of the Lord appeared to him in flames of fire from within a bush. Moses saw that though the bush was on fire it did not burn up. 3 So Moses thought, "I will go over and see this strange sight—why the bush does not burn up." 4 When the Lord saw that he had gone over to look, God called to him from within the bush, "Moses! Moses!" And Moses said, "Here I am."-Ex 3:1-4 (NIV)

Like it or not, we are people of routine. We have our "work flows" our "home flows" our "social flows" and of course our church flow. We tend to think that we can only spend time with God while we're in our church flow, but that's not true. The truth is, God will meet with us anytime or anywhere, we just have to pause long enough to seek Him.

Notice that Moses was in his work flow when God showed up. It was a day like any other, he's a shepherd taking care of his sheep in a desert area. He happens to look over and see a bush that had caught on fire. No big deal...this is something he would have seen often...after all he's in a desert land. What made him pause was the bush didn't burn up and burn out...it stayed lit. Moses paused from his routine and ended up meeting with God!

What would happen if you paused long enough to connect with God in prayer? How would that impact your daily commute, your work or school day, or your social flow? Now you may be thinking I can't just drop to my knees in the middle of class and pray. I'm not asking you to do that, but you can pause long enough to shoot up a breath prayer.

In his book "Dangerous Prayers" Pastor and author Craig Groeschel describes a breath prayer as a prayer that you can pray while exhaling. "Help me Jesus", "Fill me Holy Spirit", "Give me wisdom Lord" "I cast my cares on You Lord."

Of course we want to get into the habit of spending quality time with our heavenly Father, but think about how powerful these breath prayers can be!

Reflection Question

How can you fit some breath prayers into your day today?

Prayer

Father, thank You that You are willing to meet with me anytime and anywhere! Holy Spirit, help me to pause and pray throughout my day today! In Jesus Name Amen!

Day 4

“Connecting & Disconnecting”

17 Then Jesus answered and said, “O faithless and perverse generation, how long shall I be with you? How long shall I bear with you? Bring him here to Me.”-Mt 17:17 (NKJV)

In Matthew chapter 17 a desperate father brings his demon possessed son to Jesus’ disciples for deliverance and healing. Jesus had given them the authority to heal the sick and cast out demons (see Mt 10:8; Lk 10:17) and they had been successful in the past, but on this occasion they were unable to help the boy. To make the situation a little more awkward, Jesus seems to get frustrated with His disciples and calls them “faithless and perverse.” What’s going on here?

Have you ever plugged something into an outlet that wasn’t working? If you’re like me, you unplug it, kind of look at the plug, check the cord, look at the socket and try to plug it in again, and again and again.

Somewhere along the journey the disciples had become “faithless.” It’s not that they no longer believed in Jesus, it’s more like they were plugged into the wrong power source so to speak. Instead of being connected to God, they were connected to the world which in comparison is “perverse.” When we combine prayer with fasting it helps us disconnect from the world (which is like a bad outlet...it doesn’t give us any power) and prayer connects us with God (Who is full of power)

Are you believing God for some big things this year? It’s time to humble yourself and fast...disconnect from the world, and connect with God through prayer!

Reflection Question

Is there something in my life that I need to disconnect from so that I can connect with God?

Prayer

Father, thank You for Your grace and mercy in my life. Today I ask that You fill me with Your Holy Spirit, give me the power I need to disconnect from the things that are not helping me move forward with You! In Jesus Name! Amen!

Day 5

Praying in the Secret Place

6 But you, when you pray, go into your room, and when you have shut your door, pray to your Father who is in the secret place; and your Father who sees in secret will reward you openly. Mt 6:6 (NKJV)

When I was around 10 years old I lived next to a trailer park in rural upstate NY. My friends and I would follow the dirt roads surrounding the park for miles. Deep in the woods we built a fort where we would spend hours hanging out and having fun. This bug infested fort in the middle of nowhere became our little safe space. It was there in that fort where my friend shared with us that his parents were getting a divorce. It was there that my other friend shared that his family was moving away.

In Matthew chapter six, Jesus is teaching on prayer and He says that there's something powerful about meeting with God in private. There's nothing wrong with corporate prayer, (as long as you are seeking God's face and not trying to draw attention to yourself) but it's in your "room" where you can meet with your heavenly Father face to face. Pastor and author David Guzik comments: *"The specific ancient Greek word **room** was used for a storeroom where treasures were kept. This reminds us that there are treasures waiting for us in our prayer closet."*

It's in that secret place where you can be vulnerable and honest with God. What an amazing gift to be able to spend time with God like that! Hey, we're five days into this season of prayer and fasting. We're gathering together each night for corporate prayer and it's powerful! But we also need those quiet, more intimate settings with God! If you haven't done so yet, try to find a space where you can spend some valuable time with your heavenly Father!

Reflection Question:

Am I cultivating a secret place?

Prayer:

Father, meet me in the secret place today in Jesus name Amen!

Day 6

The Power of Prayer & Fasting

21 However, this kind does not go out except by prayer and fasting.”-Mt 17:21-(NKJV)

There is power when we combine the disciplines of prayer and fasting. Once again we go to Matthew 17 where Jesus’ disciples were unable to cast a demon out of a boy. They had no public power because they had no private discipline.

We’ve already established that prayer connects us with God and fasting disconnects us from the world, but it does more than that. Prayer and fasting make a supernatural impact in the spiritual realm. Although we become physically weak from lack of food, we actually get spiritually stronger.

Remember when Jesus was water baptized and filled with the Holy Spirit? Luke tells us... *4 Jesus, full of the Holy Spirit, left the Jordan and was led by the Spirit into the wilderness, 2 where for forty days he was tempted by the devil. He ate nothing during those days, and at the end of them he was hungry.* Lk 4:1–2 (NIV)

Jesus overcame the devil’s temptations by using the Word of God...and although He was physically weak at the end of the battle, notice how Luke concludes this story...

*13 When the devil had finished all this tempting, he left him until an opportune time. 14 Jesus returned to Galilee **in the power of the Spirit**, and news about him spread through the whole countryside.* Lk 4:13–14 (NIV) (emphasis added)

Jesus was physically weak but spiritually strong.

Are you believing God for a spiritual breakthrough over these 21 days? Are you wanting to break free from an addiction or stronghold that is keeping you in bondage? Do you need healing in your body? Do you have unsaved friends and family that you’re praying for?

Charles Spurgeon wrote *“He that would overcome the devil in certain instances must first overcome heaven by prayer, and conquer himself by self-denial.”*

There’s power in prayer and fasting!

Reflection Question:

Where in my walk with God do I need a spiritual breakthrough? During this fast, begin asking God for deliverance and healing in that area.

Prayer:

Father God, I humbly come to You today and ask that You break off any chains in my life that are keeping me from living in freedom. Holy Spirit, help me identify every stronghold in my life, and give me the power to walk in the freedom that Jesus promised In Jesus name Amen!

Day 7

“Cry out to Jesus”

46 Then they came to Jericho. As Jesus and his disciples, together with a large crowd, were leaving the city, a blind man, Bartimaeus (which means “son of Timaeus”), was sitting by the roadside begging. 47 When he heard that it was Jesus of Nazareth, he began to shout, “Jesus, Son of David, have mercy on me!”-Mk 10:46–47 (NIV)

It's day seven of our twenty-one days of prayer and fasting, how are you feeling? I'm not going to lie, the first week is usually the toughest. You're getting yourself into a new rhythm of prayer and at the same time your body is throwing a temper tantrum because you're not giving in to its every desire. By today though, the aches and pains of week one should start to subside, which means you should start to get some energy back.

Instead of using these natural endorphin bursts to work out or check another thing off of your to do list, be like Bartimaeus and cry out to Jesus!

Bartimaeus heard that Jesus was passing by, and he wasn't going to let this moment pass him by. In the same way, we've set aside these twenty-one days to get close to Jesus through prayer and fasting, now is the time for us to get loud!

In his book “The Beginner's Guide to Fasting” Elmer Towns writes...

When we are hurt or empty, we need to call to Him. The psalmist gives us some ideas of how to do it: “The sacrifices of God are a broken spirit, a broken and a contrite heart, these, O God, You will not despise” (Ps. 51:17). Through fasting, you “hunger and thirst after righteousness.” You can touch the heart of God with your hungry pleas for His presence.

Bartimaeus ignored the people who were telling him to be quiet, but he ignored those voices and raised his own, desperate to experience Jesus' presence. You've got two weeks left on this twenty-one day journey. Every opportunity that you get to pray think of it as if Jesus is walking by. You've got all of these other voices giving you every reason why you shouldn't cry out to Jesus...ignore them! Push everything else that wants to hold you back out of your way, cry out to Jesus...And get into His presence!

Reflection Question:

How can you get an extra prayer time in today?

Prayer:

Father God, I desire to spend time with You today in prayer. I want to seek Your face, I want to hear Your voice. Holy Spirit, help me to push anything that would interfere with my prayer time out of my way in Jesus Name!

Day 8

“Divine Direction”

8 Saul got up from the ground, but when he opened his eyes he could see nothing. So they led him by the hand into Damascus. 9 For three days he was blind, and did not eat or drink anything. -Ac 9:8–9 (NIV)

I remember when Pastor Cyndie and I felt like God was calling us into ministry. We stood at the altar weeping, telling God that we would go wherever He wanted us to go, that we would do whatever He wanted us to do. We had a powerful moment in God's presence, but then we had to go home and figure out what our next step was going to be.

Have you ever needed some divine direction from God? In Acts chapter 9 a religious man named Saul was persecuting and arresting Christians. On his way to Damascus Saul has a powerful encounter with Jesus that left him wondering what his next step was going to be. He fasted for three days so that he could get clarity and direction.

Pastor and author Jentezen Franklin writes “fasting puts you in alignment with your assignment.” I like that! You see, while Saul was seeking God's face and wanting to know his next step, God was speaking to a Christian named Ananias who was spending time with Him in prayer. God told Ananias to go and find Saul and to lay his hands on him and pray for him to receive his sight because God had a purpose and a plan for him. (see Acts 9:15-16)

Ananias obeys the Lord's command and Luke tells us that as soon as Saul's eyesight was restored he got up and was water baptized. Saul not only became a Christian, later on he changes his name to Paul, and uses his gifts and talents to preach the gospel all over the known world.

Fasting helped Saul know what his next step was going to be and it will help you find clarity and direction in your life too! You may be thinking “how can you be so sure?”

Well, after our encounter with Jesus, Pastor Cyndie and I decided to take time to fast and pray for our next step. God began closing doors as we prayed for direction, soon it became clear which way we should go. This has become our go to discipline in order to find clarity and direction. Although our story isn't over, it was seasons of prayer and fasting that led us to the Bronx and eventually led us to starting Newsong Church where I get the privilege of being your pastor!

Ask for some divine direction as you pray and fast!

Reflection Question:

Do you need clarity on your next step?

Prayer:

Father, I thank You that You have a purpose and a plan for me. Holy Spirit, lead me into God's will for my life in Jesus name Amen!

Day 9

"The Hungry Heart"

6 *"Blessed are those who hunger and thirst for righteousness, for they shall be satisfied."*
-Mt 5:6 (ESV)

In the opening lines of his song "Hungry Heart" rock star Bruce Springsteen screams
*"Got a wife and kids in Baltimore, Jack
I went out for a ride and I never went back
Like a river that don't know where it's flowing
I took a wrong turn and I just kept going"*

We live in a culture that says we should follow our hearts desire. Yet the Bible says things like...

9 The heart is deceitful above all things, and desperately sick; who can understand it?
-Je 17:9 (ESV)

The word heart in the Bible often refers to our mind, will and emotions. If we just "follow our hearts" we're ultimately living our life according to the world instead of living our life according to God's word. Left unchecked our hungry hearts will always lead us away from God and His will for our lives.

Although when we're saved God gives us a new heart, we still hunger for the things of this world thinking that in them we will be satisfied.

However, Sin (doing the opposite of what God says) never truly satisfies. It always leaves us hungry. It's because we have hungry hearts that the Bible tells us to ...Guard our hearts (see Pr 4:23) and be careful what we're allowing it to snack on.

When we take time to fast and pray we're hungering for God. The Holy Spirit stirs up an appetite for God's word, gives us a craving for holiness, and a desire for righteousness! When we hunger and thirst for God the promise is that we will be satisfied!

Reflection Question:

Is your heart craving holiness or happiness?

Prayer:

Father, I come to You today and ask that You would give me a desire to be more like Jesus. Holy Spirit, I surrender my mind, will and emotions to You, make me holy as You are holy. In Jesus Name Amen!

Day 10

"Get Your Crunch Back"

1 O God, you are my God; I earnestly search for you. My soul thirsts for you; my whole body longs for you in this parched and weary land where there is no water.-Ps 63:1 (NLT)

When I was a teen one of my favorite cereals was "Cap'n Crunch." Although we didn't have it all the time, when my parents bought it for us it was a real treat. It didn't usually last very long in our house, but one morning I was digging through our cupboards for something to eat for breakfast. Pushing past the boring cornflakes and the cheerios I was wanting something more and there was the familiar red box! It must have been pushed to the back of the cupboard during one of the feeding frenzies created by the five of us kids.

I quickly grabbed the box and poured the rest of the cereal into my bowl, popping a handful into my mouth as I grabbed the milk. Ewww. There was no crunch, it just kind of squished...it had become stale.

Our walk with God can become like an old box of Cap'n Crunch. We can lose our crunch so to speak. It's at these moments that we can, like David, begin to earnestly search for God. Ask Him for a fresh filling of His Holy Spirit.

In his book "Awakening: A New Approach to Faith, Fasting, and Spiritual Freedom" Pastor and Author Stovall Weems writes...

“When we experience staleness in our relationship with God for whatever reason, surrendering again is the first step to rekindling the fire within!” He goes on to say... “When you fully surrender to God, you are filled with His Spirit and are awakened to His presence in your life. God will energize you and give you a hunger for His Word.”

As we’re earnestly seeking God’s face through prayer and fasting our stale walk will become fresh again by the power of the Holy Spirit! Do you need your crunch back? Surrender once again to God!

Reflection Question:

Is there a part of your walk with God that seems stale?

Prayer:

Father, today I once again surrender everything to You. Fill me with the joy of Your salvation in Jesus name amen!

Day 11

“Strength in the Waiting”

31 But those 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 faint.-Is 40:31 (NKVJ)

It’s day eleven of the fast and depending upon what kind of fast you’re doing your body may start to feel the detox fatigue again. Keep drinking lot’s of water and maybe have a protein shake to give you a little boost. This feeling will go away I promise, but remember if fasting was easy it wouldn’t be called a discipline ;-)

Now isn’t the time to give up or give in. You’ve come this far by faith! You may not feel like anything is happening, but we walk by faith not by sight...and faith is the substance of things hoped for and the evidence of things unseen! You’re being intentional about seeking God’s face...You’re listening for His voice. You’re believing that you will experience a breakthrough! You may feel physically weak, but you’re growing spiritually strong!

So do you know what I do when this feeling hits? I slow down a little if I can. I only do the most important items on my to-do list (which includes my prayer time and Bible reading) and I wait on the Lord. His word tells me that He will renew my strength, but for today it’s okay to rest in His presence, rest in His promises, rest in His goodness and grace!

Reflection Question:

What can I not do today so that I can rest in God's presence?

Prayer:

Father, today I'm feeling weak, but I look to You for comfort and strength. Help me to continue this fast by the power of Your Holy Spirit in Jesus Name! Amen!

Day 12

"The Afterglow of His Presence"

29 When Moses came down Mount Sinai carrying the two stone tablets inscribed with the terms of the covenant, he wasn't aware that his face had become radiant because he had spoken to the Lord.-Ex 34:29 (NLT)

I've always had a hard time not showing my emotions. Some people are hard to read, not me. My mom used to tell me that I wear my heart on my sleeve. It's true. After 34 years of marriage, my wife can tell what I'm thinking just by the look of my face.

Did you know that emotions are contagious? The other day I was playing with my three grandchildren Sarai (6) Legend (4) & Ezekiel (4). It was one of those moments where you're not exactly sure what happened but Sarai and Ezekiel must have bumped heads or something because they were both crying. While I was trying to find out what happened, Legend (who was the only one not crying) looked at his sister and frowned, then he looked at his cousin and his frown got bigger. He then put his head in his hands and started crying those big tears, the kind that stream down your face and form puddles on the floor. Legend was crying because he felt bad that the others were crying.

The more time you spend with a person, the more they will affect your emotions, and the more your emotions will show.

Moses spent so much time with God that his face was glowing. The same is true for you and I. The more we seek God's face through prayer and fasting, the more people will see joy, and peace on our faces. You can't stay in God's presence and not have an afterglow! That glow will shine no matter how you're feeling or what you're going through. People around you will notice and wonder what you've got in your life that they don't!

Reflection Question:

Is my face reflecting Jesus?

Prayer:

Father, as I spend time in Your presence may Your joy and peace shine in such a way where others will see You! In Jesus Name Amen!

Day 13

“God is Gracious”

8 The Lord is compassionate and gracious, slow to anger, abounding in love.

-Ps 103:8 (NIV)

The more we seek the face of God, the more we spend time with Him, the more we get to really know Him. The word grace means unmerited favor. Grace is getting something that we don't deserve. We're saved by grace through faith (See Eph 2:4-5) We can't earn our salvation, it's a free gift that is given to us.

Pastor and Author Stovall Weems writes: *“Grace is the foundation for a relationship with God. If we get grace wrong, then we pursue God in wrong ways. We don't pray, fast, or read our Bibles to get God to love us more. It's not possible for God to love us more than he loves us right now, and His love for us never changes. His love is not based on what we do, but it is based on what Jesus has done! Grace is undeserved favor.”*

As we finish up our second week of prayer and fasting, we need to remember that God wants to spend time with us. He loves us, has compassion for us and is full of grace. Remember that because of His grace, you are freely forgiven and adopted into His family! Spend some time today thanking God for Who He is!

Reflection Question:

Are you feeling closer to God than when you first started your fast?

Prayer:

Father, thank You for Your grace in my life. Holy Spirit, help me see God through the eyes of grace and truth found in Jesus! In Jesus Name Amen!

Day 14

“Aligning with God's Agenda”

...Your will be done On earth as it is in heaven. -Mt 6:10 (NKJV)

Okay we've spent two weeks looking inward, asking the Holy Spirit to do a deep work in us. We've asked Him to break off strongholds and to help us live holy lives. Our desire is to have a deeper, closer relationship with our heavenly Father as we seek His face each day.

Now, as we enter week three, our focus is going to be outward towards others! As we seek God's face, we want to see His hands move powerfully in the lives of our family, friends and community.

Jesus taught us to pray "Your will be done on earth as it is in heaven."

In his book "Pray First" Pastor and Author Chris Hodges writes: *"We know God's will is perfect, and we acknowledge His wisdom and sovereignty when we pray His agenda first. His priorities include:*

- *The whole world to know Jesus*
- *Blessing for those in authority-Parental, spiritual, governmental, work-related, school*
- *Caring for the poor*
- *The church around the world*
- *Freedom for those in bondage*
- *Accomplishing His purpose in our lives"*

This week we're going to press in, and ask our miracle working God to do what only He can do!

Reflection Question:

Can you add these points to your prayer time this week?

Prayer:

Father, I recognize there is no better plan on earth than Your plan. I pray for Your will to be done in our world and in my life! In Jesus Name Amen!

Day 15

"Don't stop praying for the Lost"

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 Pe 3:9 (NIV)

About a year or so after I got saved, I ran into my cousin who at the time was pastoring outside of Rochester NY. I told him my conversion story, and he told me that he and my Uncle had prayed for years for our family to know Christ. Tears welled up in his eyes as he said, "Now you have to join us Mike...Don't stop praying for our family to be saved!"

Jesus said...

16 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.-Jn 3:16 (NIV)

The word perish means to face the wrath of almighty God. A day is coming when God will righteously judge the world because of sin.

God loves us so much that He sent Jesus to the cross to pay for our sins. He doesn't want anyone to perish, but sadly those who reject Jesus will have to face His just wrath.

We can't make a person repent of their sin and accept God's free gift of salvation but we can pray and intercede for them! Here's some ways to pray for those who are far from God...

- Ask God to make to empower you to be a bold witness
- Ask God to have mercy on them.
- Ask the Holy Spirit to draw them to God
- Ask God to open the eyes of their hearts
- Ask God to put other believers in their life
- Pray that they would encounter Jesus and be born-again

God loves every single person and wants them to be with Him for all eternity! Don't stop praying for the lost!

Reflection Question:

Who has God placed on your heart to pray for?

Prayer:

Father, I thank You for saving me. Now I ask that you would have mercy on my friends and family. Holy Spirit, draw them to Jesus! In Jesus Name! Amen

Day 16

"Jehova Rapha"

"...I am the Lord who heals you."-Ex 15:26 (NLT)

In 2008 I was invited to join a group of local pastors for prayer. Once a month we would gather and pray for one another, our churches and our city. After one of our prayer meetings, the host pastor said "Hey guys why don't we get our churches together and do some ministry together?" Out of that conversation came a week-long local missions trip we called "Break Out." We planned 4 block parties in some of the poorest sections of our city. We had free food, Christ centered skits, and even a children's evangelist and a Christian Rapper for entertainment. At the end of each block party, we invited a Pastor from that neighborhood to share the gospel. It was awesome watching so many people give their lives to Christ!

After the initial altar time we invited any who needed physical or emotional healing to raise their hands if they wanted prayer. Our teens would gather around each person who wanted prayer and began to pray for divine healing.

That week, we saw a boy who was born deaf receive his hearing...

A woman who was in a severe car accident and now bound to a wheel chair get up and walk...

A little girl who was unable to run and play because she was on oxygen to help her breathe, take off her mask and run around with her friends...

If we're going to pray "God's agenda first", we should include praying for the sick to be healed!

13 Is anyone among you suffering? Let him pray. Is anyone cheerful? Let him sing psalms. 14 Is anyone among you sick? Let him call for the elders of the church, and let them pray over him, anointing him with oil in the name of the Lord. 15 And the prayer of faith will save the sick, and the Lord will raise him up. And if he has committed sins, he will be forgiven.-Jas 5:13-15.(NKJV)

As a believer, it's our job to pray in faith and believe that God wants to heal a person. Now we know that not everyone we pray for receives a healing this side of heaven. We don't always know why that happens, but it's our job to stand in faith with the sick person and pray for them because God is our Healer, we see it all through the Bible!

Apologist and Author Dr. Michael Brown writes: *In the same way that you go to the Doctor believing that the Dr. wants you to get well, That's the same way you go to the Great Physician believing that the Great Physician, Jesus, our Divine Healer, wants you to be well."*

We've only got a few days of our fast left...In faith, ask God for healing. Proclaim His power and goodness, believing and trusting Him to take care of you and those you're praying to be healed!

Reflection Question:

Who in your life needs a touch from God? Ask them if you can pray for God to heal them!

Prayer:

Father, I come to You in the name of Jesus I come before You asking for healing (name yourself or someone you are praying for) My hope is in You as our Healer. I believe You are able to do this.

Your name is Jehovah Rapha, the God who heals, and I believe every knee will bow to You including the name of (name of sickness or disorder) Thank You Jesus for dying on the cross so that we can receive healing. I stand in faith believing for this healing because nothing is impossible for You! In Jesus' Name. Amen!

Day 17

"Power to Witness"

8 But you will receive power when the Holy Spirit comes upon you. And you will be my witnesses, telling people about me everywhere—in Jerusalem, throughout Judea, in Samaria, and to the ends of the earth."-Ac 1:8 (NLT)

As disciples of Jesus, it's our job to tell every person young and old the good news about Jesus! It's not easy to share your faith with others, which is why Jesus told His disciples to wait for power. On the Day of Pentecost, the disciples received the power they needed for witnessing when they were Baptized in the Holy Spirit and spoke in other tongues (earthly languages; see Acts 2:7-8).

Author and Teacher Mike Maempa writes: *"While the baptism in the Holy Spirit also provides a wonderful prayer language in unknown tongues, this event, on the Day of Pentecost, powerfully symbolized the purpose of the power—to proclaim to the gospel of salvation to every people, every language, and every culture."*

The Baptism in the Holy Spirit gives us a sensitivity for divine appointments, gives us wisdom to say the right things, and a boldness to say them! It's important that every believer takes the personal responsibility to share the gospel.

Pastor and Theologian J Vernon McGee writes: *"This is a very personal command to each believer—personally, privately....It is our business to get the Word of God out to the world. We can't say that it is up to the church to send missionaries and to give out the gospel, and then sit back and let others do it. The all-important question is whether you are getting out the Word of God. Have you gone to the ends of the earth as a witness to the gospel?"*

If you've never experienced the baptism in the Holy Spirit, take a moment today and ask God to receive it by faith!

Reflection Question:

Are you taking the personal responsibility to share the gospel?

Prayer:

Father, I want everything that You have for me. Today I ask by faith to receive the baptism in the Holy Spirit with the evidence of speaking in tongues. Help me to be a bold witness for You in Jesus Name! Amen!

Day 18**“In Jesus’ Name”**

27 Then they brought the apostles before the high council, where the high priest confronted them. 28 “We gave you strict orders never again to teach in this man’s name!” he said. “Instead, you have filled all Jerusalem with your teaching about him, and you want to make us responsible for his death!”-Ac 5:27–28 (NLT)

The religious leaders had demanded that Jesus’ disciples stop preaching and teaching in Jesus’ name. (see Acts 4:17-18) There’s something about the name of Jesus that stirs things up. Notice that the religious leaders wouldn’t even say Jesus’ name themselves. They knew and understood that the name Jesus meant “Jehovah Saves” and they were furious when Peter boldly proclaimed “There is salvation in no one else! God has given no other name under heaven by which we must be saved.” (See Acts 4:12)

Now because of their bold witness the city of Jerusalem was learning the good news about Jesus!

We live in one of the most famous cities in the whole world, yet under all of the glitz and glamor, fame and fortune, is a city that desperately needs to hear the gospel. Rich and poor alike need to hear that there is salvation in Jesus name, healing in Jesus name, freedom in Jesus name, deliverance in Jesus name, provision, comfort, peace, and joy in the mighty name of Jesus!

If the disciples could turn their city upside down in the name of Jesus why can’t we? Our “Jerusalem” is The Bronx and the rest of NYC. Our mission is to fill this city with the message of Jesus. Jesus promised that we can have what we ask for when we ask it in His name. (See John 14:14) Remember, when we pray in Jesus’ name it means we’re aligning our prayer with God’s will...And it’s God’s will that our city is saved!

Let’s make this a year of plundering hell and populating heaven! Who’s with me?

Reflection Question:

Are you praying for a revival in our city?

Prayer:

Father, I stand in the gap for our city, and I ask that You would pour out Your Holy Spirit, let revival start with me! May You use me to help bring the message of Jesus to my city! In Jesus' Name! Amen!

Day 19

"Fan into Flame"

6 This is why I remind you to fan into flames the spiritual gift God gave you when I laid my hands on you. 7 For God has not given us a spirit of fear and timidity, but of power, love, and self-discipline. 8 So never be ashamed to tell others about our Lord.-2 Ti 1:6-8 (NLT)

When I was growing up in Central NY, our winters were brutally cold. We lived in an old farm house a couple of miles from Lake Ontario and the wind coming across the felt like it was going right through you. We had an old woodstove to help us stay warm. During the really cold nights, my Father would give my brother and I shifts to check the woodstove and add wood to the fire. One time I overslept and woke up to a fire that was almost out. Not wanting to be the reason why the house was freezing when everyone got up, I grabbed a roll of newspaper and began to fan the embers to get the fire started again.

We are born with natural gifts and talents, but we're born-again with spiritual gifts. Sometimes we receive these gifts right away and other times we receive them when people lay their hands upon us and pray in faith. Spiritual gifts are important because they help to build up and equip the local church so that we can stay on mission.

For whatever reason Timothy was timid about using his spiritual gift in his leadership role, and Paul told him it was time to fan it back into flame.

When we don't use our spiritual gifts, it's like having a woodstove that we never light to help keep the house warm. Like Timothy, we can feel shy or even afraid of using the gifts that God has given us, but we need to remember that those feelings are not from God. Then we need to remember that God has given us His Holy Spirit who gives us power, love, and self-discipline.

Pastor & Author David Guzik writes: *"Paul wrote this to Timothy because boldness matters; without it, we can't fulfill God's purpose for our lives. God's purpose for us is more than making money, being entertained, and being comfortable; it is for each of us to use the gifts He gives to touch His people and help a needy world."*

Fear and timidity will keep us from using the gifts God gives. God wants us each to take His power, His love, and His calm thinking and overcome fear, to be used of Him with all the gifts He gives."

This 21 days of Prayer and fasting is the fan you need to fire up the spiritual gifts that are inside of you! If we're going to do everything that God has called us to do this year, we need to use everything that God has given us! So come on! Get your fan out and let's get this fire started!

Reflection Question:

Am I using the spiritual gifts that God has given me? *If you're not sure about your spiritual gifts you can sign up for the next Growth Track

Prayer:

Father, today I come before You and ask that Your Holy Spirit fan into flame my spiritual gifts so that I can use them for Your glory! In Jesus' Name! Amen!

Day 20:

"Living in the Secret Place"

1 He who dwells in the secret place of the Most High Shall abide under the shadow of the Almighty.-Ps 91:1 (NKJV)

In the early 2000s one of my favorite Christian bands was Sonic Flood. They had a song called "I want to know You". It goes like this...

Verse 1

"In the secret in the quiet place

In the stillness You are there

In the secret in the quiet hour

I wait only for You

'Cause I want to know You more

Chorus

I want to know You

I want to hear Your voice

I want to know You more (More and more)

I want to touch You

I want to see Your face

I want to know You more"

Verse 2

*I'm reaching for the highest goal
That I might receive the prize
Pressing onward, pushing every hindrance aside, out of my way
'Cause I want to know You more (more and more)*

This has been our heart for the last 20 days. We've been meeting God in the secret place through prayer and fasting. Speaker, Author and Life Coach Dr. Avril Occilien-Similien writes: *"The secret place is where we meet God — not to seek His hand but to know His heart. It's a place of intimacy, transformation, and renewal. In this sacred space, we lay down our burdens and allow His presence to restore our souls. There we are covered by His shadow, protected, strengthened, and reminded that we are never alone."*

You have to be really close to a person to be in their shadow. That's why we've been fasting. I pray that you are experiencing the intimacy and renewal of meeting with God in the secret place. Take time today to enjoy His presence!

Reflection Question:

In what way have you been refreshed and renewed during this fast?

Prayer:

Father, thank You that I can meet in the secret place with you anytime and anywhere! I want to know You more and more in Jesus' Name! Amen!

Day 21

"Living it Out"

22 But don't just listen to God's word. You must do what it says. Otherwise, you are only fooling yourselves.-Jas 1:22 (NLT)

Can you believe it? It's day twenty-one...You did it! I'm so proud of you! On the last day of the fast the question naturally comes up...what do I do now? Well I would suggest that you break your fast slowly. Don't go out and order a double cheeseburger and fries your stomach will not forgive you! Depending on what kind of fast you've been doing you're going to want to reintroduce things little by little, and honestly there may be some things that you don't start doing again because you know that it's not good for you!

The idea is that we want to take all of these good habits, prayer, bible reading and even fasting and continue to live them out.

When we surrender to the Holy Spirit He changes how we think, how we speak, how we serve, how we give, how we forgive and how we love. His priority becomes our priority and that impacts the world around us!

So my suggestion is get up tomorrow and spend time seeking God's face, and do it the next day and then the next. I've never met a person who regretted getting closer to God!

Reflection Question:

How can I incorporate prayer, fasting and Bible reading into my life?

Prayer:

Father, thank You for everything I've learned over these 21 days. I pray that I will continue to not only read your word but apply it to my life everyday as I follow the leading of Your Holy Spirit! I want to know You more and more! In Jesus' Name! Amen!