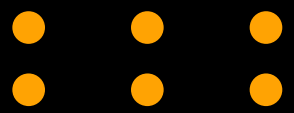


21 DAYS OF FASTING & PRAYER



JANUARY 3 - 31, 2024



WELCOME TO 2024

Hey Fam,

It's a New Year, and for many of us that means a new opportunity to take steps toward becoming who we were always meant to be. This past year has been a little crazy for everyone, including you. I've learned that young people have challenges just like everyone else. That's why I wanted to create this resource for you.

For 21 days, we will be on a faith journey TOGETHER. Every day we will pray and fast (say no to something we want) for the purpose of getting closer to God. That's what fasting does. It teaches us to say no to ourselves so that we can hear God's voice more clearly. I'm excited that you are taking this journey with us and I look forward to what it will mean for you.

Each day I want you to come back to this ebook and work through the devotional. My prayer is that God would reveal Himself to you in a way that lights your fire and increases your passion. I also pray that your gifts, those God-given talents, would go to the next level. So get ready for this journey and invite a few of your friends to ride along with you. I've got your back and look forward to hearing about what God does in you!

-Pastor Eric-

WHY DO WE FAST

1.

Fasting is a very important spiritual practice and discipline for the life of every believer.

2.

Fasting aligns our focus with the things and purposes of God.

3.

Fasting brings a renewal of strength, passion, and hunger for the things of God.

4.

Fasting helps us experience breakthroughs in the areas we may feel stuck and hopeless.

5.

Fasting positions the believer to live in victory, triumph over temptations and the enemy.

You will seek Me and find Me when you seek Me with all your heart.

Jeremiah 29:13



HOW TO PREPARE

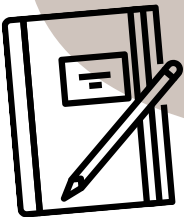


Simply put, make time to pray daily. Don't overcomplicate this! Just talk to God. Have a place and time where you can seek Him every day. If you don't plan to pray, you won't. And if you find it a challenge to disconnect from the busyness of your day, turn on some worship music to prepare your heart for prayer.

When praying, make your primary goal to know Jesus more and experience Him. Pray prayers of total surrender, and aim to glorify God with your life. Focus first on what's right about Him, such as His goodness and His greatness, and see everything else through that filter.



Take some time to write down the top two or three things most pressing on your heart and focus in on those with God. Each day write down what you are hearing from God during your prayer time and be open to what God wants to reveal in those areas.



Meditate on the Word of God daily. As you fast be sure that you allow your mind to reflect on the things of God. Let your mind be renewed daily with the Word of God to avoid thoughts of worry and doubt during this time of fasting. Keep your focus on making God priority above all.

DAILY SCRIPTURES

day 1
Genesis 1-3
Proverbs 1-2
John 1

day 2
Genesis 4-6
Proverbs 3
John 2

day 3
Genesis 7-9
Proverbs 4-5
John 3

day 4
Genesis 10-12
Proverbs 6
John 4

day 5
Genesis 13-16
Proverbs 7-8
John 5

day 6
Genesis 17-18
Proverbs 9-10
John 6

day 7
Genesis 19-20
Proverbs 11
John 7

day 8
Genesis 21-23
Proverbs 12
John 8

day 9
Genesis 24-25
Proverbs 13-14
John 9

day 10
Genesis 26
Proverbs 15
John 10

day 11
Genesis 27-29
Proverbs 16
John 11

day 12
Genesis 30
Proverbs 17-18
John 12

day 13
Genesis 31-32
Proverbs 19-20
John 13

day 14
Genesis 33-35
Proverbs 21
John 14

day 15
Genesis 36-37
Proverbs 22
John 15

day 16
Genesis 38-40
Proverbs 23-24
John 16

day 17
Genesis 41
Proverbs 25
John 17

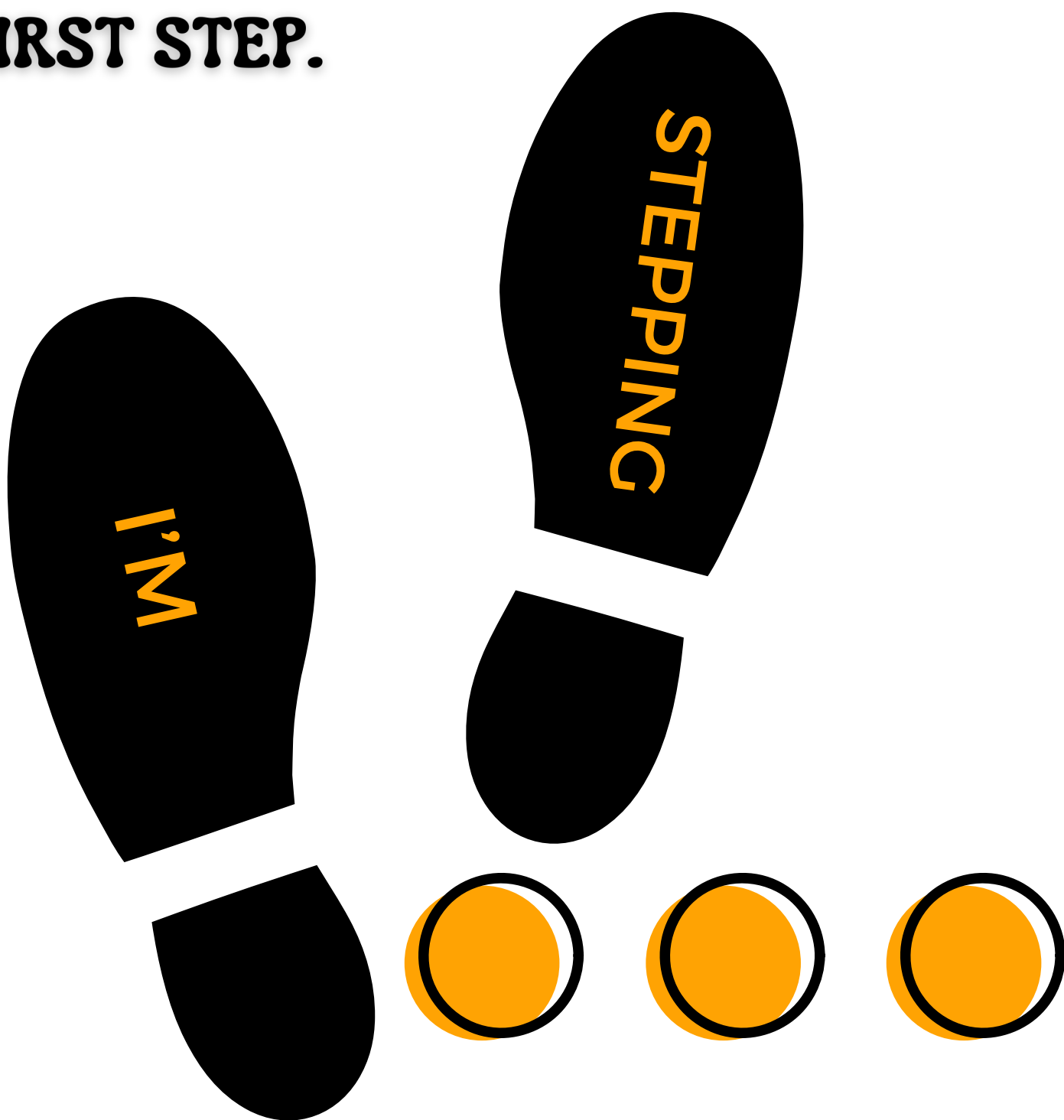
day 18
Genesis 42-43
Proverbs 26-27
John 18

day 19
Genesis 44-45
Proverbs 28
John 19

day 20
Genesis 46-48
Proverbs 29-30
John 20

day 21
Genesis 49-50
Proverbs 31
John 21

**THE JOURNEY OF FAITH BEGINS
WITH A SINGLE STEP TOWARDS
THE CALL OF GOD. THIS IS YOUR
FIRST STEP.**



START WITH GOD

Genesis 1:1

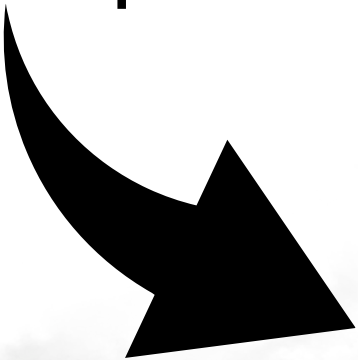
Proverbs 1:7

John 1:1

day 1

God is the beginning of everything. The book of Genesis opens by showing us God's process for creating the world as we know it. One of my favorite things about God's process is that He always created the solution first. He creates water before He creates fish. He creates plants before there are animals. Then at the pinnacle of creation, He creates everything needed before He creates humankind. God always does things in the perfect order.

When you choose to start with God, you will gradually begin to see things begin to come into order in your life. Trusting the leading of God allows you to see His hand at work in every situation and circumstance in your life. He can bring good out of the challenges of life. This 21 day journey is about you growing in your spiritual walk with God and pursuing His good and perfect will for your life.

- 
- **List anything that hinders you from making God a priority?**
 - **Create your own personal prayer to God.**

TRUST GOD

Genesis 4:7

Proverbs 3:5-

John 2:5

6

day 2

At the core of the Christian life is the idea of trusting God. Trusting God means putting full confidence in Him. Proverbs 3:5-6 shows us one of the benefits of trusting God: CLARITY. Because God is omniscient (all-knowing), He knows the outcome of every scenario in your life. God is ready and willing to share His wisdom with you as you choose to trust Him. To trust God, we must reject our knowledge and understanding and place our total dependence upon Him.

Where in your life have you rejected the wisdom of God and chosen to lean on your understanding? The problem of trusting our knowledge is that we are limited by the information we have. God is not. Today, I challenge you to memorize Proverbs 3:5-6 and recite it throughout the day. Make a choice to trust God.



Scripture Memorization:

Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to Him, and He will make your paths straight. Proverbs 3:5-6

Share with a friend why you find it difficult to trust God.

Genesis 7:6-7

Proverbs 4:25

John 3:16

EVER-PRESENT SHELTER

In the storms of life, God is our ever-present shelter. Genesis 7 gives us the account of Noah and the flood. As God prepared the Earth for a flood, He gave instruction for Noah to build an ark that him and his family would enter to escape the waters of the flood. This ark was a place of shelter from the 40 day storm.

We see the same principle in arguably the most prominent scripture in all of the Bible, John 3:16. God promises that those who put their trust in Him through His Son Jesus will find shelter. Jesus is God's solution to help us get from here to Him. Noah's Ark in the Old Testament is a picture of salvation in the New Testament. Through Jesus, we are offered the assurance that we have a place of shelter from the present and future storms of life. Our only qualification is that we believe that Jesus is God's son and our salvation.

- Pray with a friend today that may be facing a hard time.
- Read the story of Noah

day three



CHOOSE GOD'S PATH

Genesis 4:7

Proverbs 3:5-6

John 2:5

God has crafted a custom-made path for your life. John 4 gives us the account of Jesus with the Samaritan woman. She was a woman whose life was filled with issues. She has been married five times and was an outcast in the community. She goes to the well at a time when she expects no one else to be there. Yet, when she arrives, she meets Jesus. What's more surprising is that verse 4 says Jesus "had" to go through that way.

Like Abraham, Jesus was following the path that the Father set for Him, and you must do the same when choosing God's path. Obedience to God's Word sets a straight path for us. His way is best because He knows who you are and what He created you to do.

- Identify those things that steer you away from God's path.
- Create a plan that keeps you focused on His path and share with friend.



day five

Genesis 14:14

Proverbs 8:9

John 5:6

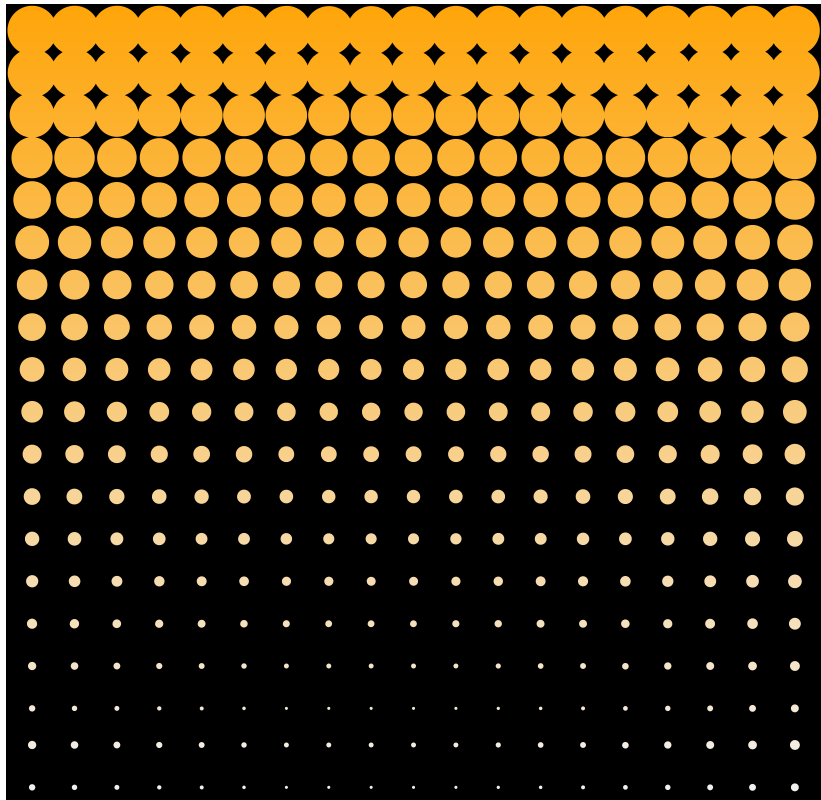
BY FAITH, TAKE ACTION

If you want to see real change in your life, you must take action. In John 5, Jesus has an encounter with a man who had been sick for 38 years. Imagine that! Thirty-eight years of having to be carried by others. When the man meets Jesus, He asks a weird question. "Would you like to get well?" Huh? Of course he does, right? Even more, even as he responded with excuses, Jesus says to him, "Get Up!" Jesus knew something important. Real change requires faith and action! The man had been sick so long that he stopped trying to get better. He accepted that his life could only change if someone else came along to do it for him.

Where in your life has God called you to something that requires you to step out on faith and take action? Like the man at the pool, you may have accepted that some parts of your life will never change. You can change that story if you would get the courage to believe and try again. After 38 years, this man was cured after picking up his mat.

- List the excuses you would have given Jesus?

- What area(s) do you need to take action to see change?



**GOD ALWAYS DOES
THINGS IN THE
PERFECT ORDER.**

IT'S NEVER TOO LATE

Genesis 17:1

Proverbs 10:22

John 6:12-13

It's never too late for God to show up. Abram (Abraham) had a promise from God that he would be the father of many nations. He received that promise when he was seventy-five years old, yet at ninety-nine, he still did not have the promised child. Not only that, but Abram's wife was also almost one-hundred years old. At the point where many would give up, God showed up.

What have you given up on in your life? Have you given up on God's ability to fulfill His purpose for your life? Even when it seems as though your time has passed, it's never too late for God to show up and show out. We may live in *chronos* (chronological time), but we live by *kairos* (the timing of God). Trust God's timing and live a life that matches your faith.

- What have you given up on in your life? Why?
- Start Again. Phone a friend for accountability

PLEASING GOD

We all face moments when we must choose between pleasing God and impressing people. So much of our culture is driven by recognition that we can sometimes focus too much on the approval and applause of people. In reality, we should live our lives to please God, not man. Jesus avoided this mistake. Instead of feeding into the prompts of His friends and family, He chose to live in a way that drew attention to God, not Himself. Even Paul knew he could not be fully committed to being a servant of Christ trying to please people (Gal 1:10-11).

In a fast-paced society, it's easy to feel your works are in vain. You can do great work that people don't seem to notice. You can make sacrifices for your family that they don't seem to recognize. This can sometimes leave you grasping for recognition. Here is the good news. God sees your sacrifice, and He is pleased when you obey His word and live a life committed to Him. Let that be enough. When pleasing God is enough, you will grow confident living the life God called you to without the need to conform.

- Scripture Memorization: Spend time today meditating on Galatians 1:10-11
- Write a personal prayer focusing on pleasing God and not man.

STAY THE COURSE

True faith must have the ability to stand in the face of opposition. This means that it must remain intact and not fall apart under challenging situations. Abraham is the perfect example. When his faith is tested, and he is asked to sacrifice his only son, he responds amazingly. Many people focus on his willingness to obey God. Still, I think there is another significant moment in Abraham and Isaac's story. When preparing to go up the mountain in verse 5, Abraham tells the servants that he and Isaac will be right back! That's faith. Abraham didn't know how God would do it, but he believed he would, so he stayed the course. This is the kind of faith we must have. When challenges come up, be determined to stay the course, and not abandon your hope because God can be trusted.



- Journal how you can lean on the Word of God when under challenging situations.
- Share this devotional with a friend or love one and remind them to trust God.

GET TO KNOW ME

this or that

sunrise

sunset

sweet

spicy

sun

rain

early bird

night owl

take a risk

settle

ice cream

chips

family time

me time

tea

coffee

diy

buy

tv series

movies

TEXT 3 OF YOUR FRIENDS!



START NOW!

Genesis 24:12

Proverbs 13:12

John 9:4-5

Time is a limited resource. We only get twenty-four hours in a day, seven days in a week, and fifty-two weeks in a year. Time is fixed, but we don't know how much of it we have. Because of this, there is no time like the present for us to accomplish the dreams and visions God has placed in our hearts. Proverbs 13:12 shows us the two choices that stand before us as it relates to our time on earth. We can either be stuck with a condition known as "heartsick" or we can experience the tree of life. ✕

Jesus said it another way. He admonished His followers to work while it was day. Jesus knew that we would all eventually run out of time. That makes it even more critical for us to maximize each moment and become everything God intended for His glory. Now is the perfect time to get moving and begin sharing the light of Christ through a life well-lived.



- Create a list of ways you can maximize the time you have.
- Study in depth the two choices mentioned in Proverbs 13:12.
- Write what you learned about each choice.

Genesis 26:22

Proverbs 15:28

John 10:37-38

PROVE IT!

What we believe is often best seen in how we live. Isaac believed God was for him. So petty disputes could not deter him from continuing the legacy of his father. Jesus said that the proof of who He was would be seen in what He does. His life would speak for Him even more than His words. Faith is an invisible quality that shows up in visible ways.

There will be moments in your life when you must prove what you believe, not by your words, but by your presence. Think of it this way, can the people around you look at how you live and know that you are a believer? Our lives preach louder sermons than our words ever will. Live a life that draws people to see God in you.

- Be intentional about living a life that reflects your faith in God.
- Think of a way you can share your faith with someone this week.

TRUST GOD'S VIEW

Genesis 28:15

Proverbs 16:9

John 11:21-22

The gospel of John is different from the synoptic gospels (Matthew, Mark, and Luke) as it provides a unique view of Jesus. John sets out to show us that Jesus is God in the flesh. This is why he spends much of his book showing us the miracles of Jesus. In ancient times, the image of an eagle was often used to signify John's gospel. It spoke to the idea that because Jesus was God, He had a view of our lives that was different from what we could get being on earth. In essence, Jesus could see our perspective and God's perspective.

You must remember to trust that God can see what we cannot see. Too often, our vision is limited to the minimal range of our human perspective. It doesn't have to be that way. Even when you can't see the bigger picture, God can. Trust His view so that you can live according to God's truth, not your reality.

- Do you find it hard to trust God's view at times?
- List those times and how you can keep your focus on the bigger picture in those times.

day eleven

A SURRENDERED LIFE

One of the foundational responsibilities of a believer is to surrender your life to Christ. To surrender your life means to give Christ full control and to trust that His plan for your life is better than your own. This is a principle that Jesus lived to the fullest. He surrendered His life so that we could find life. Jesus did this because He realized that His life was the seed that would produce a harvest of greater blessing in the future.

What you see in your life right now is not the end. Like Jesus, we must give the life we have so that we can receive the life that God has for us. As you surrender your past, your pain, your struggles, your hurt, and everything else that marks your life to Jesus, you position yourself to experience God's best.

- Be intentional about living a life that reflects your faith in God.
- Think of a way you can share your faith with someone this week.

LET GOD BE GOD

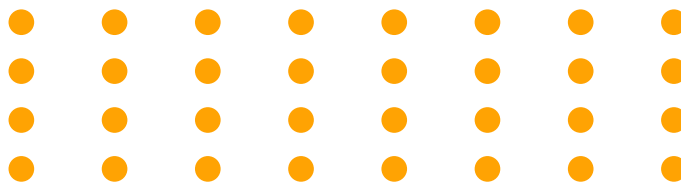
Genesis 31-32

Proverbs 19-20

John 13

Even when you live a godly life, you will face various challenges. After working for his father-in-law for fourteen years, Jacob was ready to branch out on his own. However, his father-in-law was not prepared for him to go, and Jacob could sense that things were moving in the wrong direction. Instead of taking matters in his own hands, Jacob reminded himself that God had looked out for him in the past and would do it again in the future.

As a believer, you will not have the luxury of only living in comfortable situations. There will be seasons where God challenges you to grow in your faith despite your surroundings. In those moments, set your focus on Christ and ask God to show you what He would have you learn from where you are. Trust God enough to let Him be God.



- Do you handle challenges in a way that reflects your trust in God.
- Share today's Scriptures and devotional with a friend.

day thirteen


Pick 6 Emojis That Describe Me



A 10x10 grid with six large circles and six emojis scattered around it. The circles are arranged in two rows of three. The top row has a black-bordered orange circle, a grey circle, and a dark blue-bordered orange circle with a grey 'x' in the top right. The bottom row has a grey circle, a dark blue-bordered orange circle, and a grey circle. Emojis include a surprised face at the top left, a laughing face with tears at the bottom right, a crying face at the bottom left, a heart icon at the bottom center, a heart icon at the top right, a grinning face with wide eyes in the middle left, and a grinning face with closed eyes in the middle right.

Send a friend your favorite emoji

HE WILL DO IT!

God can do for you what you could never do for yourself. That's one of the benefits of obedience. As we align ourselves with the Word of God, He is prepared to fulfill His promises to us. As Jacob overcame his family challenges to pursue God's will for him, God affirmed His commitment that He would give Jacob the land He had previously promised.

One of the reasons that prayer is so vital in the life of the believer, is because it aligns our hearts with the will of God. Prayer is not an attempt to move God. It's an attempt to move us. Jesus has promised that He would accomplish anything we ask. This means that when our prayers are in alignment with the will of God, Jesus steps in to make it happen. I challenge you to live as though you believe God will accomplish His will in your life.

- Use these 21 days to help develop a daily prayer life.
- Ask a friend to join you.

Genesis 37:5

Proverbs 22:1

John 15:8

LIVE INSIDE OUT

Everything you do is born out of something you believe. So it is our task to allow Christ to guide what we think so that He can grow who we are. Jesus shared that internal change was a big part of our growth as disciples. The reality is that our inner spiritual growth should show itself as external change, or fruit. When we produce fruit, we are allowing the world to see the impact of Christ on our lives.



What you do is the product of who you are. Instead of focusing your attention on **DOING** something for Christ, focus on **BEING** in an authentic relationship with Christ. As you **BECOME** a true disciple of Jesus, you will begin to see that external change is the result of internal change. Take a moment to reflect on the positive changes that are taking place in your life as a result of Christ's work in you.

- Identify areas that you need to surrender.
- Write a prayer inviting the Holy Spirit to do a transforming work within you.

DO THE RIGHT THING

Genesis 39:8-9

Proverbs 24:16

John 16:8

God wants you to win. He desires to see you succeed by avoiding the pitfalls that would trip you up. God is so invested in your victory that He has given you His Holy Spirit. One of the roles of the Holy Spirit in your life is to remind you when you have stepped outside of God's will. He is often a gentle voice that comes as a warning to alert you to abort any course of action that goes against the will of God. The Holy Spirit does not come to beat you up or condemn you; He comes to guide you towards God's best for your life.

As you live, you can be guided by your circumstances, or the Holy Spirit can guide you. The dangerous thing about being guided by circumstances is that the enemy is willing to pay whatever price necessary to see you fall. Determine in your heart to allow the Holy Spirit to lead you.

- 1 Determine in your heart to allow the Holy Spirit to lead you today.
- 2 Text a friend and encourage them to do the right thing.

LET THEM SEE JESUS

The first purpose of your life is to bring glory to God. While you have a specific purpose and calling that God has given you, it still points back to your first purpose. When given the opportunity to step into the spotlight, Joseph points Pharaoh to God. He deflects the glory so that God would be worshipped, not him. Likewise, Jesus deflects the glory and gives it to the Father.

As Jesus deflected the glory to God, so we should deflect the glory to Jesus. While God ultimately gets the glory, we know that Jesus is the connector between Heaven and Earth. For people to get to God, they must go through Jesus. As God continues to open opportunities for you to walk in purpose, make sure that everyone who sees you, sees Jesus.



- Can those around you see the reflection of Christ in you?
- Serve those around you today through random acts of kindness.

DOWN BUT NOT OUT

Genesis 42:6

Proverbs 27:12

John 18:26-27

Failure is never the end of your journey. God can turn the lowest moments of your life into the most excellent show of His glory and power. Peter is an excellent example of a life redeemed. After being one of the most outspoken disciples, his faith is challenged, and he denies even knowing Christ. Imagine the embarrassment of deserting Jesus the moment He needed Him most. However, Peter would learn a valuable lesson. Your most significant message is often born of your most significant mess.

You will fall. It's a consequence of the human experience. Wisdom calls you to prepare for that day by setting your mind to get up. Falling is okay; staying down is not. Get back up, get back on track, and get moving in the right direction.

- Journal a season where you experienced failure
- Share those lessons to inspire someone get up and move forward in the right direction

I'M THANKFUL FOR

5 Things



1	
2	
3	
4	
5	

IT'S A FIXED FIGHT

Genesis 45:5-8

Proverbs 28:1

John 19:30

You already have the victory. When Jesus gave His life on the cross, He secured eternal triumph for those who choose to put their faith in Him. Because of His sacrifice, you are not fighting FOR victory; you are fighting FROM victory. Jesus' declaration that "It is finished" has sealed the redemption of every believer.

As you continue to pursue God's best for you, be reminded that you already have the victory. Fight the urge to measure your life based on the world's standards. Money, status, popularity, and other symbols of success are temporary. Your victory is eternal!

- **Share this devotional and remind them of their victory**

Genesis 46:3

Proverbs 29:2

John 20:21

LIFE ON MISSION

When God sends His people on a mission, He always goes with them. He has promised that He will be with us to guide us along the journey. In a moment of indecision, God assures Jacob that He has been orchestrating this plan all along and that He would be with him in the next season of his life.

Change can be scary. When we walk into the unknown, there is often a sense of fear. With God, you can live without fear because He is the ultimate tour guide. God is not a travel agent that books your trip. He is a tour guide who goes with you to brave whatever challenges may come. Remind yourself that God is with you for every part of the journey into your new season. As seasons change, God's provision and protection will evolve to meet your every need. You are never alone. Rest in His promise to be with you and bless you.



Remind yourself that God is with you for every part of the journey into your new season.

FOR YOUR GOOD

You are God's prized possession. When He looks at you, He sees someone precious to Him. That is why He has taken great care to protect you and guide you. Even during the challenging seasons of your life, God preserved you for this time. Like Joseph, people may have meant you harm, but God is using it for your good.

Trials have an essential place in your life. They develop your character and allow you to experience the God that you will eventually share with others. A part of your development includes allowing God to transition your gifting from secular use to kingdom use. It is a beautiful thing as He teaches you to see how He will use your past to lead others to Him through Christ. Take a moment to reflect on your journey and think about how others could be blessed by hearing your story.

- Pray a personal prayer and ask God how He is using your trials to develop you.
- How can others be blessed by hearing your story.

ADDITIONAL NOTES



ADDITIONAL NOTES



ADDITIONAL NOTES



ADDITIONAL NOTES

