

A 21-DAILY FLEXIBLE PLAN OF FASTING AND PRAYER TO

Grow in Our Relationship with The Lord!

And CONTEND for divine order in 2012!

January 9-29, 2012 - Christian Life Church

Our Three Goals:

- 1. To increase our passion for the Lord!**

“Being a passionate Christians should be the norm!”

Romans 12:11 NIV – ***“Never be lacking in zeal, but keep your spiritual fervor, (keep your enthusiasm; keep your passion) serving the Lord.”***

Our English word “enthusiasm” comes from two Greek words “en” and “theos.” Which means “in God.” So when you are really enthusiastic you are filled up with God!

Passionate zeal for the Lord is one of the strongest evidences that a person has a relationship with God. Because passion shows! **God is passionate about YOU. He wants you to be passionate about Him!**

- 2. To become more aware of and sensitive to hearing His voice! To hearing the voice of heaven and align ourselves in harmony with His Voice, blocking out other voices that compete to be heard.**

We believe that God is speaking all the time. And, yes, He can roar like a lion but most of the time He speaks in a still, small voice. Even Jesus had to carve out time to be with His Father. He often went away to a place where He could pray and hear His Father’s voice. (See Matthew 14:23, Mark 1:35, 6:46; Luke 4:42, Juke 5:16, 9:10)

We need to do the same. You don’t have to get away to some mountain top or some desert, it can be in your bedroom or your car. Turn off your cell phone.....your texting signal.....your Telephone....your TV.

You also do not have to spend a long time....two or three hours. Just spend a few minutes a day....but get alone with God. **Just DO IT.** Be intentional. Come prepared to hear! Have your tools with you. We will give you a list of tools to use in a few minutes.

Be careful to not be distracted by others voices, such as: the voice of worry, the voice of guilt, the voice of need, the voice of ambition, the voice of pressure, the voice of failure.

3. To CONTEND for shifts, transitions and God's divine order in 2012 in our own lives as well as in our church, city and nation. Pray for GATES AND WALLS!

Tools/items you will need:

A Bible (choose a translation that works for you)

The *Jesus Calling* devotional by Sarah Young

A personal journal or notebook (to write down scriptures, senses, impressions)

A CD or two with Christian music that brings you into His presence.

A scratch pad (for writing down those annoying to do things that come up)

A place and a time! Again choose a place and time that works for you.

A whole idea of this plan is to **be FLEXIBLE**....and do what works for you. It has to work for you.

FASTING is a real key to intimacy with God. Fasting is a powerful spiritual weapon. Fasting is spiritual discipline. Jesus said in Matthew 6 "When you fast....." Not if you fast. The primary purpose of fasting is to draw closer to God.

So what is N.T. fasting? N. T. fasting is not about getting God to do what we want. Instead it is a way of celebrating the goodness of God since we have already received His mercy, forgiveness and favor. It is about aligning ourselves with God and what He wants.

The goal is for you to find your own **PERSONAL FASTING ZONE**.

So...MAKE A PLAN.....but don't be legalistic about it. If you mess up, don't get discouraged. Just get back on track.

REMEMBER: Fasting is NOT a competitive sport.

Suggested FASTING foods:

Cut out heavy foods, meats, sweets

Drink water (lots of it)

Juices (not too sweet)

Broth

Fruit smoothies

Fresh fruit and vegetables

Salads (not too much dressing)

Baked potatoes (without tons of sour cream)

Tea and coffee OK

Whole grains (cereals and breads)

THE DAILY PLAN: (Begin on January 9 and continue 21 days until January 29)

Please DO NOT make a BIG laundry list of things to pray for. KEEP IT SIMPLE! Think of the top two or three things on your heart and zone in on them.

JUST TALK TO GOD. Just as you might make a plan to call your friend today, make a plan to CALL ON GOD every day. If you don't have a plan to pray, you probably won't!

1. Every day read the ***"Jesus Calling"*** devotional and accompanying scriptures. This takes only about 2 or 3 minutes.
2. Then pray the word that the Lord is speaking for today in the devotional.
3. Then CONTEND.....as the Lord leads you for this day. Either:
CONTEND for your own life OR
CONTEND for your family OR
CONTEND for our city.....or state or nation!

Remember Pastor Tim Sheets word that ***"Without CONTENDING there is NO extending of His Kingdom!"***

Record in a notebook/journal what you sense the Lord speaking! Remember our goal is to align ourselves with His voice.

A 21-Day FLEXIBLE PLAN to be in HIS PRESENCE!

January 9 - Day 1 - THE BEGINNING! – Setting your heart and mind on Him!

READ “Jesus Calling” devotional and scriptures for January 9 and pray!

PASTORAL NOTE: Find a place....find a time.....gather up your tools. Put on some Christian music. Open up your Bible (I have given you passages below to read and ponder). Talk to your God. Listen for His voice. Write down any thoughts, impressions, senses you have. If you ask Him a question, write down your own question.

Begin to make your own FASTING PLAN.....find your FASTING ZONE!

RELAX! LET IT FLOW!

*PRAYER FOCUS: As you begin, set your heart and mind upon Him. Make a personal commitment to seek Him each day. Pray for your love and passion for God to increase! And as Sarah Young says in Jesus Calling, “**Slow down and enjoy the journey!**”*

“Beware in your prayers, above everything else, of limiting God, not only by unbelief, but by fancying that you know what He can do. Expect...above all that we ask or think.” Andrew Murray

January 10 - Day 2 – Coming Into Alignment! Trusting God!

READ Jesus Calling devotional and scriptures for January 10. Pray! Put your trust in Him!

PASTORAL NOTE: Are you in your place? Do you have your worship music playing softly? (Some of you may like it blaring....that is OK. Remember our plan is FLEXIBLE.) Here we go:

PRAYER FOCUS: Agreement! When we come into agreement with God, we get aligned with His perfect will. In Galatians 2:20 we see Paul was in agreement with God. Pray today that you will come into agreement with His will and walk in the desires and plans He has for you.

“Many of us are full of the Holy Spirit, but we’re not walking in the power of the Spirit in the alignment God has for our lives.” Pastor Stovall Weems

January 11 - Day 3 – Relinquish control and bring your request to God!

READ January 11 Jesus Calling devotional and scripture AND PRAY!.

PASTORAL NOTE: In our hectic lives there are so many voices, signals and sounds bombarding us and wanting our attention that it can be difficult to hear God's voice. If you hear static on your radio, you adjust the signal. You tune in. We can do the same thing in our hearing God. (And we need to) So, get everything else tuned out and TURNED OFF so you can set your heart and mind on Him. If worship music helps you in hearing Him, then play it. If not TURN IT OFF!

PRAYER FOCUS: Give Him control. Relinquish your control. Then present your prayer request to God. Pour out your heart.....CONTEND! Listen to hear the voice of God and ask Him to help you remove any distractions that keep you from focusing on Him and hearing His voice clearly.

"There is a frequency that your life was designed to be tuned to.....it is the only frequency that can truly satisfy your soul."

"There is no greater feeling than to hear and heed God's voice." Bill Hybels

NOTE ON FASTING: *If you are fasting you may experience a headache, certain cravings, fatigue, feeling cold.....DON'T PANIC....this is normal since your body is in a detoxification mode. Take time to rest, drink lots of liquids and hang in there!*

January 12 - Day 4 – Spend quality time with the Lord. The Spirit IS WILLING!

READ Jesus Calling devotional and scriptures for January 12 AND PRAY!

PASTORAL NOTE: Jesus said in Matthew 26:41 – "Watch and pray that you may not enter into temptation. The spirit indeed is willing, but the flesh is weak."

We often tend to focus on the "flesh is weak" portion of this scripture. Of course, it is true that our flesh is weak, but we can SHIFT into being led by the Spirit and the Spirit is always willing to do things that glorify God. The Spirit is always in a "want to" mode. The Spirit is always able. There is power in the Spirit. Acts 1:8 tells us that we receive power when the Holy Spirit comes upon us.

PRAYER FOCUS: If your flesh is weak....if you feel tired and run down, SHIFT into being led by the Spirit. Get in our prayer place and put on that worship music and let the Spirit rise up in you as you pray! It is OK to admit "Lord, I am weak, help me Lord." If you feel strong, then GO FOR IT!

"(Prayer) turns ordinary mortals into men of power. It brings power. It brings fire. It brings rain. It brings life. It brings God!" Samuel Chadwick

January 13 - Day 5 – View each day as an adventure!

READ January 13 Jesus Calling devotional and scripture AND PRAY!

PASTORAL NOTE: Built into every believer is a yearning, a desire to be mighty in the Holy Spirit. Scripture exhorts us to be mighty. We know that one of the names of our Lord is MIGHTY. In Isaiah 1:24, God calls Himself "The Mighty One of Israel." Our call is to be like Him. Jesus was anointed by the Holy Spirit. You and I are anointed by the Holy Spirit. (See I John 2:20)

PRAYER FOCUS: Set your heart on Him. Thank Him for this day.

"When we depend upon organizations, we get what organizations can do; when we depend upon education, we get what education can do; when we depend upon man, we get what man can do; but when we depend upon prayer, we get what God can do." A.C. Dixon

January 14 - Day 6 - Receive His blessing!

READ January 14 Jesus Calling devotional and scriptures and then pray!

PASTORAL NOTE: If we want to be fit in the natural, we work out to become fit. We lift weights, run or walk to get in top condition. Similarly we must exercise ourselves in spiritual disciplines to keep our spiritual senses strong and alert and ready! The primary discipline for this is PRAYER!

PRAYER FOCUS: Remember prayer changes us to be more like God. Today TAP INTO the power prayer. It is your privilege to pray! Eat from His banquet table. He has invited you to come. Pray Psalm 25:4-5. Learn to pray in the Spirit! Keep your spirit sharp and alive in HIM!

"Anyone can become a strong man or woman of prayer. It doesn't take a miracle. You only need to be a Christian. If you meet that qualification, you have the potential to become a great PRAY-ER." John Maxwell

"You know the value of prayer. It is precious beyond all price. Never, never neglect it." Sir Thomas Buxton

Prayer is the first thing, the second thing, the third thing.....Pray, then my dear brother pray, pray, pray." Edward Payson

January 15 - Day 7 – FIX YOUR EYES ON HIM! Laugh at the future and stay close to HIM!

READ January 15 Jesus Calling devotional and scriptures AND PRAY!

PASTORAL NOTE: Prayer should not be repetitions and boring. It should be exciting! That does not mean your prayer time will always be happy. You might even cry. Being spontaneous in our prayers means abandoning your list and just praying as the Holy Spirit leads. It means not being mechanical. Trust God to put on your heart what He wants you to pray about today. Sometimes our greatest prayers come in times of spontaneity.

PRAYER FOCUS: Stir up the spirit in yourself. Put on some worship music. RELAX! Listen to the Holy Spirit. Ask Him what you should pray today. Praying in your spiritual language can help! Then pray what He has put on your heart! Write it down in your journal. It must be important since the Holy Spirit led you to pray this way.

*As we begin our second week of prayer and fasting, take time to review our five goals: To become more passionate; To hear His voice more clearly. To experience His goodness. To make room for Him to FILL! To contend for Godly shifts and transitions in 2012
How are you doing? Check your passion level. What have you heard from Him so far? Have you EXPERIENCED His goodness? Continue making ROOM for Him to FILL! HE WILL!*

January 16 - Day 8 – COME TO HIM AND RELAX IN HIS PEACE!

READ January 16 Jesus Calling devotional and scriptures AND THEN PRAY!

PASTORAL NOTE: Our western culture has taught us to expect things quickly. We have instant everything. Therefore we often have a difficult time praying. It is almost easier to do anything than to pray. The secret of Jesus power was the Holy Spirit. Jesus was filled with the Holy Spirit. Ephesians 5:18 admonishes us to be “continually filled with the Spirit.” We not only need to be filled with the Spirit, but we need to be empowered by the Spirit!

PRAYER FOCUS: Waiting on the Lord in prayer brings peace. Take time this day to call upon the Lord. Take His peace. REST in His peace and His presence! It is yours! Take it!

“Fasting is a choice for God and against the flesh. Fasting creates a totally different atmosphere that welcomes the Holy and repels the unholy.” Mahesh Chavda

January 17 - Day 9 – Come with THANKSGIVING!

READ January 17 Jesus Calling devotional and scriptures AND PRAY!

PASTORAL NOTE: Prayer is the true genetic code of the church and of a believer. Nothing that God is going to do will happen without prayer. God’s altar of prayer is open to us all the time. The enemy hates prayer! But our command is to DRAW NEAR TO GOD and RESIST the devil. Notice that BEFORE you resist, you must DRAW NEAR to God to get His strength to RESIST the enemy.

PRAYER FOCUS: Go to your prayer altar....that place and time you have established to meet with Him. Focus on DRAWING NEAR to Him. Breathe Him in His presence. Then as you feel His strength in the Spirit....RESIST the enemy and tell him to BUZZ OFF!

Remember “Greater is He who is in you than he who is in the world.” I John 4:4

January 18 - Day 10 – SEEK HIS FACE....Allow Him to direct your path!

READ January 18 Jesus Calling devotional and scriptures and PRAY!

Anyone who has tended a fire in your fireplace or at a camp site knows that you need to stir the coals in the fire periodically and add wood when necessary if you are going to keep the fire burning hot. The same is true in the Spirit. In Leviticus we see that one of the tasks of a priest was to keep the fire always burning on the altar. Fire represents passion and zeal for the things of God.

Romans 12:11 NIV says, **“Never be lacking in zeal, but keep your spiritual fervor, (keep your enthusiasm; keep your passion) serving the Lord.”**

Zeal: *having burning passion for, deep commitment, eager devotion, enthusiastic.*

PRAYER FOCUS: One way we stir our passion for God is through our prayer life! Our prayers should be fervent (HOT!) Praying in your spiritual language can stir up your zeal and passion! Enthusiastic worship can stir your passion! Reading the Word of God, particularly passages about the goodness of our God can stir your passion for Him! (Try Psalm 47, 48, 91, 92, 145) Praying out loud stirs up passion! Put some wood on YOUR FIRE today! And as Sarah says in Jesus Calling, “let nothing dampen your search for Me!”

“If lack of desire is keeping you from a deep daily prayer time with God, stop right now and ask God for desire (passion, zeal). He will give it to you.” John Maxwell

“Many times we can lose our passion and stop praying for certain things because we lose heart and give up. But God invites us to keep them before Him and trust Him for an answer in due time.” Pastor Stovall Weems

January 19 - Day 11 – THE FIRE OF THE LORD!

In 2 Chronicles after Solomon completed the building of the Temple so that God could dwell among His people, he dedicates the Temple to the Lord with prayers of petition. When he is finished, God’s approval is dramatically demonstrated when a bolt of fire comes down from heaven and consumes the sacrifices and offerings. Other examples of God showing His approval by fire happen in Leviticus 9:24 and in Elijah’s confrontation with the prophets of Baal in I Kings 18:38.

*The lesson for us is that we know God now dwells in the temples of our hearts. When we lay our choicest sacrifices and offerings on His altar, they are immediately burnt up as His Holy Fire falls. **Whenever we make room for God, He always comes and fills!***

BIBLE READING: *Leviticus 9:15-24; I Kings 18:36-39; 2 Chronicles 6:12-21 and 7:1-2*

PRAYER FOCUS: Bring your offering to the Lord in prayer! Offer up yourself. Offer up prayers of thanksgiving. Ask God to bless your temple! Dedicate it to Him! Make room for Him to come and fall with His Holy Fire in your life!

"There is no substitute for developing a strong, intimate prayer life that is centered in extravagant passion for Jesus." Bob Sorge

Day 12 - Prayer is Agreeing with God's Will

Immature faith tries to manipulate God. It looks for spiritual shortcuts and formulas guaranteed to produce an answer to any request. It regards prayer as a weapon we use to force God to make good on His promises. But true prayer is not a human effort at persuading God or forcing our will on Him. True prayer is founded upon finding and coming into agreement with God's will. Mature faith seeks to move under the banner of God's will. We ask according to His will! (Taken from Kingdom Dynamic, page 1934, NKJ Bible, 1991 Edition)

BIBLE READING: I John 5:14-15; I John 3:22; John 14:13-14

PRAYER FOCUS: Pray about two things you want to bring before Him. Ask Him for His will in those matters. Remember if we don't know His will, He says we can ask for wisdom in a matter and He promises to give generously. (See James 1:5) Be willing to lay down your will for His!

"Prayer offered in the name of Jesus is in accord with His revealed nature, purpose and will." Siegfried Schatzmann

Day 13 – BEING IN THE SPIRIT!

In Revelation 1:10 we read that on the Lord's Day (Sunday) John was "in the Spirit" and "heard behind a loud voice, as a trumpet." It was a day John could have been feeling sorry for himself, locked away on the island of Patmos because of his faith. But instead we find him deep in prayer, as he calls it, "I was in the Spirit." "In the Spirit" is where every believer should be every day. Praying, giving our love to the Lord, ministering to Him, and listening for His voice.

BIBLE READING: Revelation 1:9-10; 4:1-2

PRAYER FOCUS: As you pray, make yourself available to the Lord. Ask the Holy Spirit to take you deeper into God's presence today. Ask the Lord for fresh revelation. It might come in the sense of hearing His voice, or seeing a picture, or sensing His warm presence, etc. Be open to how He wants to present Himself to you in your prayer time.....in your time "in the Spirit."

"As you get in the Spirit every day through prayer, you make yourself available for God to lift you in the spirit and take you into the heavenly realms...." Bob Sorge

Day 14 – The Spirit helps!

We do not always know exactly how to pray because we are human and we are weak. Psalm 103:14 says we are just “dust.” We want to pray the will of God but we are not always sure what His will is.....but the Holy Spirit knows the will of God. We have the Holy Spirit dwelling in us and He promises to help us in our praying.

BIBLE READING: John 14:16, 26; 15:26; 16:7

PRAYER FOCUS: Put on your music and begin to worship and exalt the Lord. Pray in the Spirit. Ask the Holy Spirit to pray through you.....either in the English language or in your prayer language. Let Him help....let HIM LEAD! One of His names is “The Helper!”

“True prayer is measured by weight---not by length. A single groan before God may have more fullness of prayer in it than a fine oration of great length.” Charles H. Spurgeon

Day 15 – The Spiritual Man vs. the natural man

A natural man does not accept the thing of the Spirit of God; for they are foolishness to him, and he cannot understand them because they are spiritually discerned. This does not mean that God only speaks to us about spiritual things. God is interested in and cares about everything in your life. Some think God is so big that He is only concerned with big things, but He enjoys being involved in even what some might see as trivial matters in your life. (From Rick Joyner article, “All Christians Should Know the Voice of the Lord.”)

BIBLE READING: John 10:1-30

PRAYER FOCUS: As you pray, ask God to speak to you. Listen for His voice. Write down what you sense Him saying to you. Thank Him for loving you so much that He speaks to you.

“This coming year the goal is to be able to discern the voice of the Lord better, first for our own guidance, but also for the unfolding of events of our times. Nothing is more important for us to do this year than to love God more and follow Him more closely.” Rick Joyner

Day 16 – God is for us!

“If God is for us, who can be against us?” That is a word for believers today. With a radical faith, we can stand up for what is right, walk in integrity without compromise and boldly pursue our dreams. When you step out in faith, God provides the anointing and direction for you to accomplish what you could never do on your own. Since God’s got everything you need to succeed—be bold, be courageous, be a risk taker. Joyce Meyer

BIBLE READING: Romans 8:31-39; Numbers 13:26 to 14:10

PRAYER FOCUS: As we are in this season of pressing into a deeper relationship with our God and going higher with Him, declare that He is able to bring us in. Declare since He is for us we can do it. Be bold!

“Our prayers lay the track down on which God’s power can come. Like a mighty locomotive, His power is irresistible, but it cannot reach us without rails.” Watchman Nee

Day 17 – PRAYER IS NOT A SPIRITUAL LUXURY

In Colossians 4:2 we are told to give constant attention to prayer...to keep awake, give strict attention to and be spiritually alert. We are to guard against wandering thoughts and beware of indifferences. The heart is to be thankful

BIBLE READING: Ephesians 6:18; Philippians 4:6; I Thessalonians 5:17

PRAY FOCUS: Pray and as you pray guard against wandering thoughts. Let thanksgiving accompany your prayers. Give thanks to God for things He has done in your life and is going to do in the future

Prayer is not a spiritual luxury; it is essential for growth. Prayer is as vital to one’s spiritual health as breathing is to one’s physical health and should be continual, not casual. In praying, a Christian should be watchful (“alert, aware”) against spiritual drowsiness caused by attention to the world (Matt. 24:42; Acts 20:31; 1 Cor. 16:13; 1 Thess. 5:6) and/or by the wiles of the devil (Eph. 6:16; 1 Peter 5:8). Being thankful should always accompany prayer (Phil. 4:6; Col. 1:12; 3:16-17; 1 Thess. 5:18), for it places a believer in the proper attitude before God. (The Bible Knowledge Commentary)

Day 18– The Protection of Intimacy

God’s Word promises good things for those who know and have an intimate relationship with their God. Check it out in today’s Bible reading.

BIBLE READING: Psalm 6:12, Psalm 18:1-3, Psalm 30:11, Psalm 34:8 & 10, Psalm 84:11; Daniel 11:32

PRAYER FOCUS: We are not fasting and praying for more of God’s love. He cannot love us any more than He already does. The Lord is so passionate about you and He so desires your presence with Him. What is needed is for us to become more passionate about Him...and to desire being in His presence more and more. Paul never prayed for God to love us more, but rather he prayed for us to grasp the width, length, depth and height of His love for us. (See Ephesians 3:14-19)

“Pray, pray, pray. Teach the people to pray. Prayer and prayer alone, much prayer, persistent prayer, is the door of entrance into the heart of God.” Bob Sorge

Day 19 – BOLDY DRAW NEAR!

It might seem intimidating or perhaps presumptuous and audacious to approach the God of all heaven and earth boldly, fearlessly and confidently but that is exactly what the Word of God

admonishes us to do! We can do it because our Lord Jesus assured us of access to throne room of His Father because of what He did on the Cross.

BIBLE READING: Hebrew 4:16; Hebrews 10:19-22; Ephesians 2:18

PRAYER FOCUS: Seek God boldly today knowing you are fully forgiven and Jesus has made you righteous. When you approach God, seek a fresh revelation of who He is in your life.

“We CAN come boldly, outrageously because Jesus was outrageously righteous. When we come, we come in HIS NAME! In HIS RIGHTEOUSNESS!” Stovall Weems

Day 20 - After God speaks!

After God speaks to you, don't expect that everything He said is going to happen right away all by itself and don't put it off because of fear. That is our natural tendency. We want to wait until the moment is just right or until we feel completely comfortable. There is often some RISK in doing what God has asked of you. But don't let fear stop you. Fear does not have to go away in order for you to overcome it. When the devil tells you it is okay to just stay in your comfort zone, tell him NO WAY! (From Joyce Meyer word on “Taking Risk”)

BIBLE READING: Proverbs 3:5-6; Psalm 37:3-7. Also check out the RISK four lepers took in 2 Kings 7:4-5

PRAYER FOCUS: Review your notes regarding what God has spoken so far to you during these first days of our time of fasting and prayer. Consider if there is anything God has asked you to do NOW that you are putting off. If there is, then TAKE A RISK and do it. Also consider if there are things you are to continue to WAIT on for His timing. Pray about all of these.

“Get alone with God and see what He wants to do in you and through you in this coming season. EXPECT to hear from Him and be prepared because it is a risky thing to do—He might just call you out of your COMFORT ZONE! We serve a BIG GOD who has BIG PLANS for your life.” Joyce Meyer

Day 21 – Walking in His Purpose for Your Life

Now that you have experienced what it can be like to have a daily relationship with Him, being daily filled with His Spirit, keep walking our your purpose. This is exactly what Jesus did. It says that when He returned from being tested in the desert, He was full of the Spirit and then He began His work.

We need His Spirit power daily to walk in the calling of our life. He will equip you with His power and strength to do what He has called you to do.

BIBLE READING: Luke 4:1-2, 14-15; Ephesians 2:10; 2 Corinthians 9:8, 12:9; 2 Timothy 1:9

PRAYER FOCUS: As you have completed these 21 days of fasting and prayer, pray that God will continually reveal His purpose to you and give you ever-increasing strength to walk it out.

“A man can no more take in a supply of grace for the future than he can eat enough today to last him for the next six months, or take in sufficient air in his lungs at one time to sustain him for a week to come. We must draw upon God’s boundless stores of grace from day to day, as we need it.” D.L. Moody