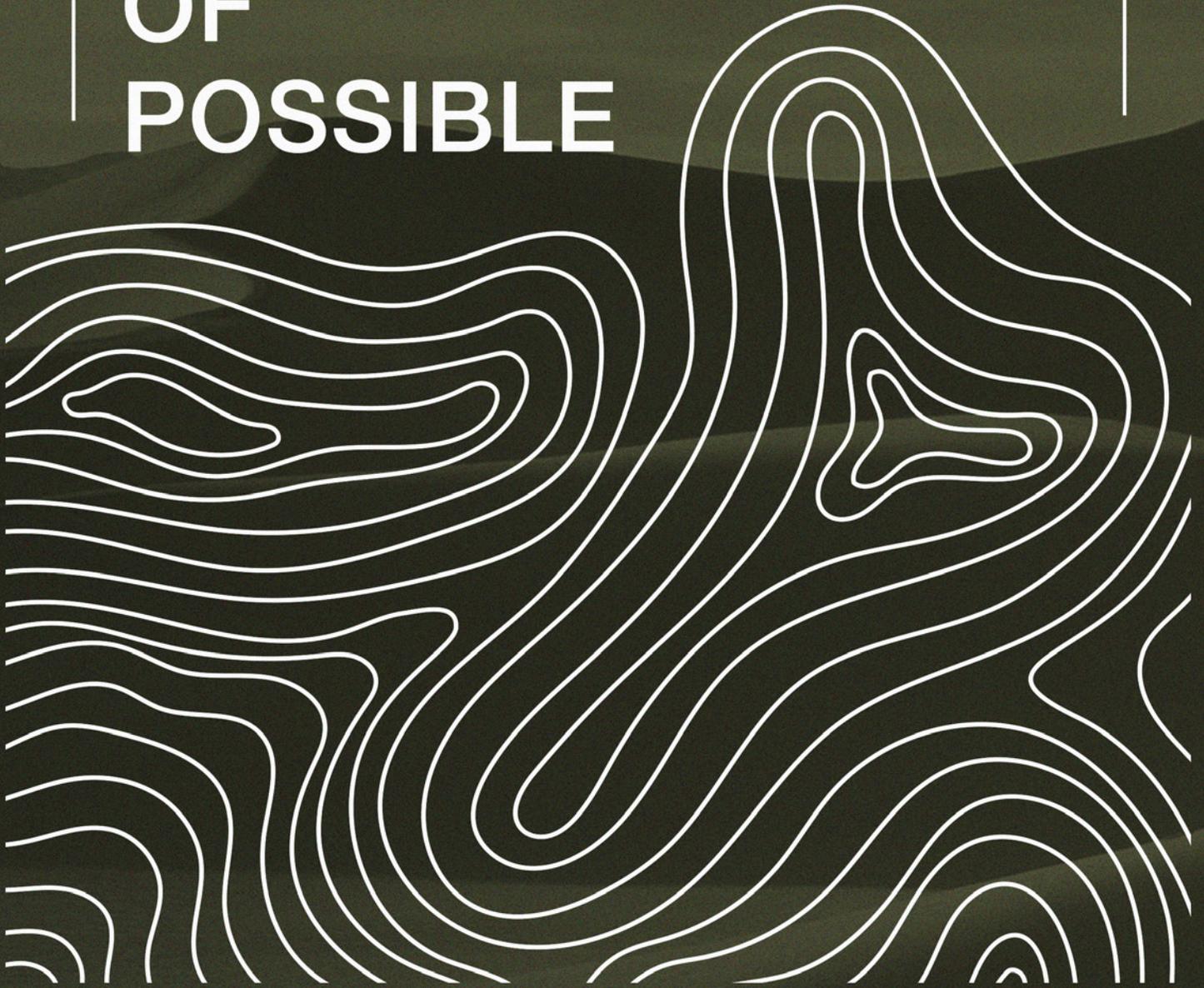


# 21 DAYS OF POSSIBLE

JANUARY 7-28, 2024



## PRAYER & FASTING GUIDE

**21 DAYS OF POSSIBLE**

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## Dear Citizen Heights,

Welcome to our **21 Days of Possible** Prayer and Fasting Guide! I personally believe prayer and fasting is one of the most powerful ways you can start a new year!

Throughout these next 21 days of prayer and fasting, it is not only possible, but probable that God will speak into your life. I believe God is calling your name, in this season—it's time for a fresh start! A new beginning. What if God is about to give you a fresh start and the merge ramp into some of His blessings is simply leveling up your prayer life? We want to help!

This season of 21 Days of Possible will be aided and accompanied by several tools in the following guide, that will help, including: a Biblical guide to fasting, different fasting options, and a prayer guide for each of the 21 days.

We cannot wait to see what the Lord will do for us, in us and through us during these very special 21 days, and beyond in 2024, as we learn how to pray together. I believe this 21 Days of Possible experience, the presence of God is going to change your life and set you up for a turnaround in 2024.

Once you learn how to pray, prayer can become a part of everyday life.

- **Before the day begins**
- **Before you go to bed**
- **Before you go to work or school**
- **Before you send that text**
- **Before you react**
- **Before bad things happen**
- **Before you eat, drive, or travel**
- **In every situation — PRAY FIRST!**



Prayer changes everything!

**Ps Michael Giroux**

*I keep asking that the God of our Lord Jesus Christ, the glorious Father, may give you the Spirit of wisdom and revelation, so that you may know Him better. I pray that the eyes of your heart may be enlightened in order that you may know the hope to which He has called you, the riches of His glorious inheritance in His holy people, and His incomparably great power for us who believe.*

Ephesians 1:17-19

## HOW TO USE THIS PRAYER & FASTING GUIDE

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**W**e don't have to follow a specific formula to talk with God, but practicing the discipline of daily prayer can help us find deeper purpose and connection to Him.

The goal of using this guide is not to add pressure or overwhelm you. The goal is simply to create a daily rhythm of prayer and fasting for our community as we begin a new year.

To make your prayer time even more meaningful, you can write notes and prayer requests and play worship music. You can submit your own prayer requests to our Pastoral and Prayer Team at <https://citizenheights.com/prayer>. The most important step is committing to regularly entering God's presence through prayer on a daily basis.

The heart of this guide is to help you find a new level of purpose, effectiveness, and enjoyment in your prayer and fasting life. While prayer and fasting does take commitment and can require discipline to develop into a daily habit, we also want to remember that it's a "get to" not a "have to" experience. It's an incredible opportunity to go to God in prayer, and we're thankful that you're choosing to take this journey with us.

# CREATING A LIFESTYLE OF PRAYER

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*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 TIME TO PRAY**

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 PLACE TO PRAY**

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 PLAN WHEN PRAYING**

When Jesus taught His disciples how to pray, He gave them a prayer outline. We call it "The Lord's Prayer." This outline 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.

## BIBLE READING

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Reading the Bible is an important way to learn how to pray. As a church, we'll be taking the journey of The One Year Bible together. Here are the instructions to access a totally free version of this plan - and many, many more!

**Step 1:** Download the YouVersion app on Google Play or the App Store.

**Step 2:** Open the app and go to "Plans" from the bottom menu.

**Step 3:** Click the search icon, in the top right corner, and type "The One Year Bible."

**Step 4:** Select the Bible plan, and click the button "Start Plan." You can start this plan alone, or with a friend!

## WHAT DOES THE BIBLE SAY ABOUT FASTING?

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***Biblical fasting involves abstaining from eating (and/or drinking) for spiritual purposes.***

In the Old Testament, Israel celebrated certain annual fasts, the most prominent being the Day of Atonement. There were also occasional fasts tied to specific historical events, sometimes individual and sometimes corporate. Here are a few of the occasions for fasting: at a time of grief (1 Sam. 31:13; Nehemiah 1:4), at a time of repentance (1 Sam 7:6; 1 Kings 21:27), as an expression of humility (Ezra 8:21; Psalm 69:10), and as an expression of a need for God's guidance and help. What all of these fasts share in common is that they were an expression of *dependence* on God.

Several New Testament passages give us insight about fasting.

**Fasting teaches us that God's Word nourishes us** | Matthew 4:1-4 records the only example of Jesus fasting, just prior to His being tempted in the wilderness. He faced temptation with these words, "Man shall not live on bread alone, but on every word that proceeds out of the mouth of God." Jesus is quoting Deuteronomy 8:3-5 which talks about the 40 years Israel spent in the wilderness, depending daily on manna to sustain them. He says that God humbled them and let them be hungry in-order-to teach them to depend on God's Word to sustain them. By His example of fasting, Jesus reminds us that food alone can't sustain us. We need to be nourished by God's Word.

**Fasting teaches us that doing God's will sustains us** | John 4:31-35 records Jesus' encounter with the woman at the well. When the disciples return, they encourage Jesus to eat. He responds by saying, "I have food to eat that you know not of." Then He adds, "My food is to do the will of the Father." Again, Jesus reminds us that food alone is not enough. We are sustained by doing God's will.

**Fasting teaches us that Jesus Himself sustains us** | In John 6:48-50 Jesus says, "I am the bread of life. Your fathers ate the manna in the wilderness, and they died. This is the bread which comes down out of heaven, so that one may eat of it and not die." We see this pictured symbolically in the bread and the cup of the Lord's supper. Jesus is the source of eternal life. Fasting is feasting on Jesus. We are sustained by Jesus himself.

Jesus assumed that fasting would be a part of His disciple's spiritual life. In Matthew 6:16-18, He says, "when you fast," not "if you fast." He warns us not to fast to impress people, but to be near to the heart of God.

## WHAT IS THE PURPOSE OF FASTING?



***Fasting is designed to intensify our dependence on God by weakening our dependence on food and other things. How does it do that?***

**Fasting reveals and heals our dependence on food (and other things)** to fill the discomfort caused by low self-esteem, unfulfilling work, unloving relationships, loneliness, restlessness, sinful urges and uncontrollable circumstances, etc. It removes the false peace derived from the pleasure of eating.

Richard Foster says, "More than any other discipline, fasting reveals the things that control us. This is a wonderful benefit to the true disciple who longs to be transformed into the image of Jesus Christ. We cover up what is inside us with food and other good things, but in fasting these things surface. If pride controls us, it will be revealed almost immediately.

David writes, 'I humbled my soul with fasting' (Psalm 69:10). Anger, bitterness, jealousy, strife, fear—if they are within us, they will surface during fasting.

**Fasting teaches us that we can go without getting what we want and survive.** Fasting can free us from having to have what we want. Therefore, fasting can teach moderation or self-control, not only in relation to food, but in other areas as well. It teaches contentment. (1 Timothy 6:6)

**Fasting expresses and deepens our hunger for God.** Richard Foster says, “Fasting reminds us that we are sustained ‘by every word that proceeds from the mouth of God’ (Matthew 4:4).” Food does not sustain us; God sustains us. In Christ, “All things hold together” (Colossians 1:17). Therefore, in experiences of fasting, we are abstaining from food or other activities and feasting on God’s Word.

Fasting must always, first and foremost, center on God. It must be about Him.

### **STEP 1: CLARIFY THE PURPOSE OF YOUR FAST**

Why are you fasting? A deeper hunger for God? Reconciliation with an estranged spouse? Salvation for a family member? All of the above? Ask the Holy Spirit to clarify His leading and objectives for your fast. This will enable you to pray more specifically and strategically. Fasting is most effective when coupled with spirit-led prayer. That means that He fuels a desire to fast and pray.

### **STEP 2: SPECIFY THE KIND OF FAST YOU WILL DO**

Pray about the kind of fast you should undertake. Jesus implied that all of His followers should fast. (Matthew 6:16-18; 9:14,15) For Him it was a matter of when believers would fast, not if they would do it. Before you fast, decide the following up front:

- *How long you will fast - one meal, one day, one week, several weeks, certain days. If you are new to fasting, you should start slowly, building up to longer fasts.*
- *The type of fast God wants you to undertake - discussed in the Types of Fasts section below.*
- *What physical or social activities you will restrict*
- *How much time each day you will devote to prayer and God’s Word*

Making these commitments ahead of time will help you sustain your fast when physical temptations and life’s pressures tempt you to abandon it.

### **STEP 3: PREPARE YOUR HEART, MIND AND BODY FOR FASTING**

Fasting is not a spur-of-the-moment thing. It is planned. We must prepare. The very foundation of fasting and prayer is repentance. Unconfessed sin can hinder your prayers. There are several things you can do to prepare your heart

- *Fasting requires reasonable precautions. Consult your physician first, especially if you take prescription medication or have a chronic ailment. Some persons should never fast without professional supervision.*
- *Do not rush into your fast. Prepare your body. Eat smaller meals before starting a*

*fast. Avoid high fat and sugary foods. Eating raw fruit and vegetables prior to your fast is helpful. Physical preparation makes the drastic change in your eating routine a little easier so that you can turn your full attention to the Lord in prayer.*

- *Prepare your heart and mind: Remember that God is your Father and He loves you and is for you.*
- *Confess every sin that the Holy Spirit calls to your remembrance and accept God's forgiveness (1 John 1:9). Seek forgiveness from all whom you have offended, and forgive all who have hurt you (Mark 11:25; Luke 11:4; 17:3,4). Make restitution as the Holy Spirit leads you.*
- *Surrender your life fully to Jesus Christ (Romans 12:1, 2). Meditate on the attributes of God, His love, sovereignty, power, wisdom, faithfulness, grace, compassion, and others. (Psalm 48:9,10; 103:1-8, 11-13).*
- *Begin your time of fasting and prayer with an expectant heart. (Hebrews 11:6).*
- *Do not underestimate spiritual opposition. Satan sometimes intensifies the natural battle between body and spirit (Galatians 5:16,17).*
- *Finally, and of deep importance, Jesus warns us in Matthew to not focus too much on discussing our fast with others. The details of the fast should not be something you constantly talk about to others.*

*For the most part, it should remain between you and God.*

## **TYPES OF FASTS**



Now that we have explored the Old and New Testament teaching and instruction on fasting, we can proceed to discuss specific kinds of fasts. Let us begin with the helpful words of Richard Foster in his classic, *Celebration of Discipline*: “As with all the Disciplines, a progression should be observed; it is wise to learn to walk well before we try to run.”

Biblical fasting almost always concerns food. Since the purpose of fasting, as we saw above, is to focus on God, to humble ourselves and to remind ourselves that we are sustained by every word that proceeds from the mouth of God, then the task in fasting is connecting our “going without” to “hungering for God.” This takes time, focus and the act of praying. Please do not expect to be an “expert” at fasting right away. Fasting is a discipline that can take a very long time to understand well. Also, do not let fasting distract you from praying or intimidate you.

Fasting is not unlike a beautifully written masterpiece of literature. It is simple enough for a youth to understand and enjoy, and yet magnificently rich enough for a scholar to devote their entire life to it.

## **1.) Abstaining from certain types of foods** (meat, sweets, etc.) - Daniel 10:3

This type of fast is a good one for beginners to fasting or those with health needs and special or restrictive diets.

Choose to abstain from something like breads, sweets, sodas, coffee, or even red meat. Perhaps spend some time reading through Daniel's fast in Daniel chapter 1 and chapter 10. Stick to only fruits and vegetables like he did or something similar.

Determine the timing and duration of your fast and begin. You may choose to go without this specific type of food on only certain days like Fridays, or you may go without during the weekdays only or perhaps every day. Finally, choose the duration of your fast. This fast is 21 days (January 2nd – January 23rd) but that does not mean you must go without for all of the 21 days. Determine the timing and duration ahead of time and stick to it.

Rather, pray through it.

## **2.) Abstaining from all food** - Esther 4:16; Acts 9:9

This kind of fast is more difficult but can be broken up by timing and duration. This seems to be the most prevalent of the fasts we see in the Bible. It is also the most intimidating, but refuse to let it scare you. Fasting from all food is not scary if you determine beforehand when you will do so and for how long. Here are some ideas:

- *Start slowly. Begin with fasting for only a part of a day (lunch, or lunch and dinner). Do this for one day a week, or perhaps three days a week. You determine the timing and duration. Take a step of faith. Fasting involves our faith.*
- *Next, try fasting from food but not beverages. This means that according to your timing and duration, you would not eat any solid foods but only water, juices, smoothies, or perhaps simple soup broths.*
- *Do this for the first one or two weeks. Devote the time that you normally would eat to Scripture reading and prayer. Focus on Jesus' statements about food.*
- *Next, try a 24-hour fast. This means that you get up and eat a good breakfast and drink only water or juice until the following breakfast the next day. Set aside specific time, during normal meal times if possible, to pray and seek God.*
- *Finally, you may progress to a two or three day fast. For some, progression may lead to a multi-day, even multi-week fast. But remember the purpose of your fast - it's not just abstaining from food, it's connecting with God.*

### **3.)Abstaining from entertainment - Daniel 6:18**

The king's voluntary "fasting" from entertainment in the time of Daniel helps us further understand yet another type of fast. Fasting from entertainment can be particularly helpful and accessible to kids and teens.

Think of abstaining from forms of media, such as, social media, Netflix, television, video games, all reading except the Bible, music, texting, etc. for the duration of your fast. This can be a very powerful decision even as a supplement to food fasts.

Choosing your fasting plan is a very personal decision. We are all at different places in our walk with God and our spirituality should never be a cause for comparison or competition. There is nothing more "inherently spiritual" about one type of fast as opposed to another. Your personal fast should present a level of challenge to it, but know your body, know your options, and most importantly, seek God in prayer about this and follow what the Holy Spirit leads you to do. **It's also important to not let what you eat or do not eat become the focus of your fast.** This is a time to disconnect enough with your regular patterns and habits in-order-to connect more closely to God.

**If you do not choose to fast, or no matter what kind of fast you choose, seek God with us in prayer.**

# WEEK 1

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## THE LORD'S PRAYER

### January 7-13

**T**he Lord's Prayer is often recited in churches or at special events, but there's so much more to this prayer. Jesus provided this model as an outline to teach us how to pray in a way that connects us to God, aligns our priorities with His, and helps us live dependently on Him. This model takes us through each part of The Lord's Prayer, showing us how to pray the way Jesus instructed.

*One day Jesus was praying in a certain place. When He finished, one of His disciples said to Him, "Lord, teach us to pray..."*

**LUKE 11:1**

*"Our Father in Heaven, hallowed be Your name. Your Kingdom come. Your will be done on earth as it is in Heaven. Give us this day our daily bread. And forgive us our debts, as we forgive our debtors. And do not lead us into temptation, but deliver us from the evil one. For Yours is the Kingdom and the power and the glory forever. Amen."*

**MATTHEW 6:9-13 NKJV**

DAY 01. SUNDAY, JANUARY 7

## CONNECT WITH GOD RELATIONALLY

*“Our Father in Heaven”*

God isn't interested in us practicing religion; instead, He desires a relationship with us. God has adopted us as His children and loves for us to call Him our Father. Starting our prayer time acknowledging our relationship with God is powerful for us and delights Him as well.

*You have not received a spirit that makes you fearful slaves. Instead, you received God's Spirit when He adopted you as His own children. Now we call Him, “Abba, Father.”*

### **ROMANS 8:15 NLT**

Proclaim your intimate relationship with God, addressing Him lovingly as your Father and thanking Him that you are His child.

### **PRAYER:**

*“Father, I come to You in prayer today, thankful that I am Your child. I know I have missed the mark, but You have forgiven me and adopted me as Your own, and I am so grateful to call You my Father. Thank You for loving me.”*

DAY 02. MONDAY, JANUARY 8

## WORSHIP HIS NAME

*“Hallowed be Your name”*

God loves when we worship Him, and there is power in His name. Here is a list of some of His attributes to help us worship Him specifically and personally:

- **God is Righteousness** - *He makes us clean*
- **God is Sanctifier** - *He has called us and set us apart*
- **God is Healer** - *He heals all our diseases*
- **God is Banner of Victory** - *He defeated our enemies*
- **God is Shepherd** - *He speaks to us and leads us*
- **God is Peace** - *He is our peace in every storm*
- **God is Provider** - *He supplies all of our needs*

*The name of the Lord is a strong tower; the righteous man runs into it and is safe.*

### **PROVERBS 18:10 ESV**

Read through the above descriptors of God, and say them out loud. When we proclaim who He is, we not only worship Him, but we also remind ourselves how powerful and great our God is.

### **PRAYER:**

*“God, I am in awe of You. Your name is a strong tower, a place of protection and safety for me. I praise You as my Healer, my Shepherd, and my Banner of Victory. You are my Peace, my Provider, my Righteousness, and my Sanctifier. Your name is great, and I worship You.”*

DAY 03. TUESDAY, JANUARY 9

## PRAY HIS AGENDA FIRST

*“Your Kingdom come. Your will be done on Earth as it is in Heaven”*

Part of being a child of God is caring about what He cares about and loving who He loves. We know His will is perfect, and we acknowledge His wisdom and sovereignty when we pray His agenda first.

*He will always give you all you need from day to day if you will make the Kingdom of God your primary concern.*

### **LUKE 12:31 TLB**

Spend time focusing on what God is focused on. His priorities include:

- *Saving the lost*
- *Accomplishing His purpose in our lives*
- *Wisdom and guidance for those in authority— parental, spiritual, governmental, work-related*
- *Caring for the poor and marginalized*
- *Unity and love*
- *Justice*
- *Freedom for those in bondage*

### **PRAYER:**

*“God, I recognize there is no better plan on Earth than Yours, and I pray for Your will to be done in our world and in my life (name the areas of your life where you need more of God’s presence today). This world needs You desperately, and I pray for every person to know You as their personal Lord and Savior. I pray for the leaders in my life (pray specifically over parents, spiritual leaders, governmental leaders, employers, and any other leaders in your life), that You would show them Your will and give them supernatural wisdom and discernment as they lead. God, I pray that Your heart for justice and unity would be seen in our world; that those who are in bondage will be set free; that the needs of the poor and marginalized will be met. Show me what my role is in seeing the realities of heaven come to Earth. Make Your priorities my priorities. Help me love who You love and see value in all people. I give my life to You again today; have Your way in me. Please give me wisdom and clarity as You show me my next steps.”*

DAY 04. WEDNESDAY, JANUARY 10

## DEPEND ON HIM FOR EVERYTHING

*“Give us this day our daily bread”*

God promises to supply all our needs, and He wants us to come to Him with our problems, needs and desires - and to trust Him to provide.

*I look up to the mountains—does my help come from there? My help comes from the Lord, who made heaven and earth!*

### **PSALM 121:1-2 NLT**

Ask God for what you need today. It may help to write down the concerns weighing on your mind or the desires of your heart. Bring them to God, and trust Him enough to hand them over to Him fully. It may help to open your hands before God to physically show your surrender to Him. Problems can either be ours or God's; they can't be both.

### **PRAYER:**

*“Father, I acknowledge that everything I need today will come from You. You made the heavens and the earth; You are more than capable of handling any situation I'm dealing with, so I give it to You completely (specifically talk to God about what is on your mind and heart right now and give it to Him). I look to You to help me, sustain me, and give me Your peace. Remind me of Your hope and power today. Thank You in advance for taking care of my needs.”*

DAY 05. THURSDAY, JANUARY 11

## **FORGIVE AND BE FORGIVEN**

*“Forgive us our debts, as we forgive our debtors”*

God has offered us complete forgiveness, and we can receive it at any time. When we turn away from our sins and receive His forgiveness, our hearts are more prepared to forgive others as well.

*If we confess our sins, He is faithful and just and will forgive us our sins and purify us from all unrighteousness.*

### **1 JOHN 1:9**

Ask God to check your heart and life and show you areas where you might need to ask for forgiveness from Him. Then, it is your turn to forgive those who have offended you. We can even choose to forgive people in advance. Ask God to forgive you and to help you forgive others.

### **PRAYER:**

*“God, thank You so much for offering me the gift of forgiveness. Show me any areas in my life that I need to bring before You to receive forgiveness and healing. Thank You for showing me unfailing grace. As You have so freely forgiven me, I also want to freely forgive others. Help me let go of the things that have offended me and acknowledge when I have offended others. I release to You those who have hurt me, and I trust You to handle those situations according to Your perfect will.”*

DAY 06. FRIDAY, JANUARY 12

## ENGAGE IN SPIRITUAL BATTLE

*“And do not lead us into temptation, but deliver us from the evil one.”*

Spiritual battle, traditionally known as “spiritual warfare,” can seem difficult to understand, but the Bible makes it very clear that we have an enemy (John 10:10 NIV). As we pray, we take our stand against anything that seeks to deter us from God’s goodness and will in our lives. There is power in God’s Word, and every lie the enemy has told us can be replaced with God’s truth.

*For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms.*

### **EPHESIANS 6:12**

Ask God to show you any lies you’re believing, have believed, or areas of battle, trauma, struggle, drama, or unexplainable opposition happening in your life. Ask God to expose the enemy and to help you understand and receive His truth. Simply speaking the name of Jesus has great power in the spiritual realm. The Bible tells us in James 4:7 that if we resist the devil, he will flee from us. Through prayer, we can resist him and walk forward in freedom.

### **PRAYER:**

*“God, I recognize that my struggles today aren’t against the people or circumstances around me, but against the enemy. Help me to recognize the enemy’s lies, take them captive and make all of my thoughts obedient to the truth of Your Word (list out any specific areas God shows you where you have believed a lie that needs to be replaced with His truth). While the enemy wants to destroy me, I know that You came to give me life to the fullest. I speak the name of Jesus over my life and declare that no weapon formed against me will prosper. I don’t have to fear because the One who is in me is greater than the one who is in the world.”*

DAY 07. SATURDAY, JANUARY 13

## EXPRESS FAITH IN GOD'S ABILITY

*"For Yours is the Kingdom and the power and the glory forever."*

God is more than able to move in every situation, and ending our prayer time claiming His authority and power focuses our minds on the truth and hope of who He is and what He can do.

*Ah, Sovereign LORD, You have made the heavens and the earth by Your great power and outstretched arm. Nothing is too hard for You.*

### **JEREMIAH 32:17**

Remind yourself of God's limitless power and then return to praising Him and declaring your faith in Him:

- "Yours is the Kingdom" - *all authority belongs to You*
- "Yours is the Power" - *all mightiness flows from You*
- "Yours is the Glory" - *Your victory will be complete*

### **PRAYER:**

*"Father, nothing is too hard for You! Through Your great power, all things are possible. All authority is Yours, all might is Yours, and I know that Your victory will be complete. You are amazing, and I worship You. I praise You for Your power and presence in my life. You are my God, and You are worthy of all praise."*

# WEEK 2

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## PRAYING SCRIPTURE

### January 14-20

**T**he Word of God is one of the most valuable tools we have to build a dynamic daily prayer life. It brings power, truth, and encouragement to our prayer time.

This week, we will use several Scriptures and claim their promises through prayer. You can make this as personal as you like. You will find the most benefit when you pray the Scriptures that God is showing you in His Word and that are connecting with you personally in your current season of life.

Start each prayer session by reading a scripture or two, and then using the prayer or prayers below as a way to use the scripture verses to have a conversation with God.

DAY 08. SUNDAY, JANUARY 14

## PSALM 23

### SCRIPTURE:

The Lord is my Shepherd, I lack nothing. He makes me lie down in green pastures, He leads me beside quiet waters, He refreshes my soul. He guides me along the right paths for His name's sake. Even though I walk through the darkest valley, I will fear no evil, for You are with me; Your rod and Your staff, they comfort me. You prepare a table before me in the presence of my enemies. You anoint my head with oil; my cup overflows. Surely Your goodness and love will follow me all the days of my life, and I will dwell in the house of the LORD forever.

### PSALM 23

### PRAYER:

*"God, You are my Provider, and I know You will take care of me. Thank You for guiding me to places of rest. You are my source of energy and passion. You keep me going and lead me toward a life of purpose and freedom. I know that even when I experience my darkest seasons of difficulty and challenge, I have nothing to be afraid of because You are with me. Your presence and power are a constant comfort to me. I know that You are preparing the way for me and that my enemies cannot touch me because You are taking care of me. I know that You have blessed me, and I thank You for choosing me and anointing me with purpose. Your blessings are so much more than I could ask for. I know that You are good, God, and that You are with me all the days of my life. You have chosen me, and I have chosen You, and that means I will be with You, in Your presence, forever."*

DAY 09. MONDAY, JANUARY 15

**SCRIPTURE:**

Come near to God and He will come near to you.

**JAMES 4:8**

**PRAYER:**

*“Heavenly Father, You have promised that if I draw near to You, You will draw near to me. I need more of Your presence today, and I am drawing near to You through prayer, worship, and reading Your Word. I open my heart to You and ask You to be near to me and change me to be more like You.”*

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**SCRIPTURE:**

Search me, God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting.

**PSALM 139:23-24**

**PRAYER:**

*“Father God, I ask You to search my heart. If You find anything in me that is offensive, please show me and help me remove it from my life. Teach me to love others well and live a life that points people to You. Help me live my life on earth in a way that impacts eternity.”*

## DAY 10. TUESDAY, JANUARY 16

### SCRIPTURE:

But seek first His Kingdom and His righteousness, and all these things will be given to you as well.

### **MATTHEW 6:33**

### PRAYER:

*“Your Word tells me that if I seek first Your Kingdom and Your righteousness, You will lead me to a life of blessing, purpose, and freedom. I am Yours today, God, and I give this day to You. Help me to focus on Your priorities first—sharing Your love, making Your Name known, and advocating for justice in our world. I know that by focusing on You and Your heart for others, rather than myself, I will receive joy and peace.”*

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### SCRIPTURE:

Humble yourselves before the Lord, and He will lift you up.

### **JAMES 4:10**

### PRAYER:

*“God, You have promised that if I humble myself before You, You will lift me up. I recognize today that I cannot succeed on my own, and I need You in every moment. I humble myself before You, and I ask You to work in and through me today. My time, efforts, thoughts, and words are Yours today (name specific parts of your day and give them to God). Show me what I don’t know, and help me grow in the knowledge of You and Your heart for people. Use me for Your purposes, Lord. I trust that You will be with me and lift me up.”*

## DAY 11. WEDNESDAY, JANUARY 17

### SCRIPTURE:

For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline.

### **2 TIMOTHY 1:7**

### PRAYER:

*“Father, I know You have not given me a spirit of fear or timidity, but one of power, love, and self-discipline. When my mind feels out of control, I pray that You will renew my spirit and let power, love, and self-discipline fill me. Help me look more like You every day. With confidence that Your power lives in me, give me boldness to confront the enemy and anything I see in the world that does not reflect Your heart. Thank You for breaking the spirit of fear off my life, and I receive the truth that You have given me a sound and healthy mind.”*

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### SCRIPTURE:

And we know that in all things God works for the good of those who love Him, who have been called according to His purpose.

### **ROMANS 8:28**

### PRAYER:

*“God, You promise me in Your Word that in all things You work for my good. Right now, there are circumstances in my life that don't feel good and that I can't see an ounce of good in (talk to God about the specific situations that are causing you difficulty or pain). Even though this is how I feel, I choose to believe Your truth over my feelings. When You say You will work in all things for my good, I believe You. Even in situations that seem hopeless, I know You are working on my behalf and that You want more for me than I could ever want for myself. Thank You for having a purpose for me and for working all my circumstances for good.”*

## DAY 12. THURSDAY, JANUARY 18

### SCRIPTURE:

Trust in Him at all times, you people; pour out your hearts to Him, for God is our refuge.

### PSALM 62:8

### PRAYER:

*“Father, in Your Word You invite me to pour out my heart to You. You are my refuge, and I know that anything I think, feel, or do is okay to bring to You. Knowing that You are a safe place for me, I come to You and give You everything on my heart (talk to God about the specific things that are on your heart today). From what is worrying me to what is delighting me, for what I hope for to what I’m afraid of, I bring it all to You because I know I can trust You. Help me and guide me in every area, in Jesus’ name.”*

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### SCRIPTURE:

The Lord will open the heavens, the storehouse of His bounty, to send rain on your land in season and to bless all the work of your hands.

### DEUTERONOMY 28:12

### PRAYER:

*“Lord, I believe You have everything I need and You want to bless me. You tell me in Your Word that You will open the heavens to bless the work I do. I know that without You, I can do nothing. I ask that You will open the heavens and pour out Your blessings and power over me. I give my work and my efforts to You and I ask You for favor and blessing in anything my hands touch (surrender specific efforts to Him). May it be for Your glory alone so that others may see Your power and goodness at work.”*

## DAY 13. FRIDAY, JANUARY 19

### SCRIPTURE:

For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.

### ROMANS 8:38-39

### PRAYER:

*“God, I am in awe of Your love for me. You are so great, and I am so small, yet You love me fully. I remind my soul today that nothing can separate me from Your love—I am so grateful! There is nothing I can do to win or lose Your love; You love me without condition. Because I know nothing on earth, in time or space, or anything in existence can separate me from Your love, I will live confidently and peacefully knowing I have always been and will always be fully loved by You.”*

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### SCRIPTURE:

“No weapon forged against you will prevail, and you will refute every tongue that accuses you. This is the heritage of the servants of the Lord, and this is their vindication from me,” declares the Lord.

### ISAIAH 54:17

### PRAYER:

*“Lord, I know that no weapon raised against me will succeed because I am Your child. I feel pressure in my life right now, and sometimes I feel as though life will overcome me (talk to God about the concerns weighing on you). Even though I feel this way, in faith, I claim Your promise that no weapon can overcome me and that any accusations that come against me will be silenced. This truth is verified by Your love and saving power in my life.”*

## DAY 14. SATURDAY, JANUARY 20

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

### **1 TIMOTHY 2:1-4**

#### **PRAYER:**

*“Father, my heart feels anxious (tell God what is giving you anxiety). I don’t like this feeling, but I’m thankful I can come to You and receive peace. You invite me to replace my anxiety with prayer, and even though my mind and heart are racing, I’m coming to You knowing that You provide healing and calm for my soul. Thank You for giving me breath and life. I thank You that I am fearfully and wonderfully made in Your image. I lay down all worries, all my physical and mental anxiety, and any attempt at trying to control it all (tell Him the things you are laying down right now). I surrender it all to You. I need You. I need Your peace that transcends my human understanding. Even if things are unstable around me, I pray that Your peace will be evident in my heart and my life. Guard my heart and mind, God. I trust that You are faithful, and I receive Your peace in my life today.”*

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#### **SCRIPTURE:**

“For I know the plans I have for you,” declares the Lord, “plans to prosper you and not to harm you, plans to give you hope and a future. Then you will call on me and come and pray to me, and I will listen to you. You will seek me and find me when you seek me with all your heart.”

### **JEREMIAH 29:11-13**

#### **PRAYER:**

*“My God, I try to make so many plans for my life, but I know Your plans for me are best. You tell me that You have plans for me to prosper and have hope and a future. Thank You for loving me enough to have a plan for my life. You have promised me that when I call on You, You will listen to me. Thank You for listening when I pray. I am confident knowing that I serve a God who cares about my life. I want to find You every day, and You say that if I seek You with all my heart, I will find You. Thank You for showing me the way to You. I lay my plans down at Your feet and receive Your plans for me (mention your plans and lay them down before God). I know that You see the big picture and You know what is better for me than I do. I trust You, and I ask You to guide me toward Your plans.”*

# WEEK 3

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## THE ARMOR OF GOD

### January 21-27

**T**he Armor of God is a series of tools that God gives us to protect our heart, mind and spirit. The Bible instructs us to put on the full Armor of God daily so that we can stand against the devil's schemes. This means that we are guaranteed to face opposition in our lives BUT God gives us what we need to not just battle, but to WIN! This week we will focus on praying through the individual pieces of the Armor of God together.

*"Therefore put on the full Armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand."*

**EPHESIANS 6:13**

DAY 15. SUNDAY, JANUARY 21

## BELT OF TRUTH

Therefore put on the full Armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand. Stand firm then, with the Belt of Truth buckled around your waist...

### **EPHESIANS 6:13-14**

The first tool that the Bible describes in the Armor of God is the Belt of Truth. The truth of God's Word is a crucial foundation for us to build our lives around. The Belt of Truth is what provides strength and gives us sturdiness in our day-to-day lives. The Belt of Truth is also the piece that holds all of the armor together - without it, we as Christians would lose our gravitational center. It is God's truth that holds us together.

Resolve to make a daily habit of putting on the Belt of Truth by valuing the Word of God. Read, study and apply it to your life and watch as it brings strength, stability and a firm foundation to your life.

### **PRAYER:**

*"Father, we thank you for the armor You've given us and today we resolve to put on the Belt of Truth. Today we wrap ourselves in Your word, choosing to have a Biblical worldview that honors and applies Your truth above any other thing. We speak Your truth over our lives and resolve to make it our priority to speak it, read it and apply it to our lives and the lives of those around us. In Jesus name, Amen."*

DAY 16. MONDAY, JANUARY 22

## BREASTPLATE OF RIGHTEOUSNESS

Therefore put on the full Armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand. Stand firm then,...with the Breastplate of Righteousness in place...

### **EPHESIANS 6:13-14**

...But you were cleansed; you were made holy; you were made right with God by calling on the name of the Lord Jesus Christ and by the Spirit of our God.

### **1 CORINTHIANS 6:11**

The second piece described in the Armor of God is the Breastplate of Righteousness. Keep in mind that the Belt of Truth secures the Breastplate of Righteousness. So, once we've applied that truth, we can protect our hearts from whatever lies or challenging situations that come our way. The Breastplate of Righteousness is important because it comes from an understanding that we are covered by the Lord in a way we could never accomplish for ourselves. We are made righteous only because of what Jesus has done for us. The blood shed on the cross is what allows us to be seen through a filter of righteousness by God the Father - and choose to put righteousness on every day.

### **PRAYER:**

*"God, today we pray that You would help us to see ourselves the way You see us - through the sacrifice of Jesus. We thank you that we could never be righteous on our own, but because of what Jesus has done for us, we are washed white as snow! Today we put on the Breastplate of Righteousness and ask that You protect our hearts. Protect the vital parts of who we are, wrapped in the truth of your word, as we go about our day. Protect our hearts from the lies of the enemy and all anxiety or fear that may come against us. We trust You, and stand in Your righteousness today. In Jesus' name, Amen."*

DAY 17. TUESDAY, JANUARY 23

## BOOTS OF THE GOSPEL OF PEACE

*And with your feet fitted with the readiness that comes from the gospel of peace.*

### **EPHESIAN 6:15**

*I promise you what I promised Moses: 'Wherever you set foot, you will be on land I have given you.'*

### **JOSHUA 1:3**

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

### **JOHN 14:27**

The third piece of the Armor of God are the Boots of the Gospel of Peace. One of the greatest revelations is understanding that peace is not the absence of conflict, but instead the very presence of God. When we choose to put on the Boots of the Gospel of Peace, we choose to take the presence of God with us into every situation. The Bible even promises us that wherever we set our feet, we're on land God has given us. As you consider putting on the Boots of the Gospel of Peace today, consider how you can invite the presence of God more readily into every part of your day.

### **PRAYER:**

*"Holy Spirit, I thank You that You go with me. I thank You that You live inside of me, and that every place I go, I take Your presence along. I pray today that You would help me to invite You into every area of my life. I pray that You would help me to put on the Boots of the Gospel of Peace in such a way that I truly take You into every meeting, conversation, room, relationship, etc. Help me to rest knowing that I am not alone, that You are with me, and that I take the security and protection of Your peace with me with every step."*

DAY 18. WEDNESDAY, JANUARY 24

## SHIELD OF FAITH

*In addition to all this, take up the Shield of Faith, with which you can extinguish all the flaming arrows of the evil one.*

**EPHESIANS 6:16**

*So faith comes from hearing, that is, hearing the Good News about Christ.*

**ROMANS 10:17**

The Shield of Faith is a crucial piece of the Armor of God, and one we need to ensure we're praying through each day as we use the tools God has given us. Faith is such a powerful weapon against the lies and schemes of the enemy that it doesn't just bounce off his attacks, it extinguishes them. This is not just protection for ourselves, but for those around us as well. Consider how you can grow in the area of faith and ask God to help you use the Shield of Faith today and every day to protect yourselves and those around you from the lies and attack of the enemy.

### **PRAYER:**

*"Father, we thank You that faith comes from hearing the Good News of Jesus. Jesus is the Living Word of God and we welcome the truth of the Word into our every day so that we can grow in faith. God, help us as we use the Shield of Faith. We pray that our faith would extinguish every lie of the enemy, not just for ourselves, but for our spouses, our children, our friends, our workplace, our leaders, our church and our city. We ask that as our faith grows, so will our ability to shut down the schemes and lies of the enemy so that we can overcome in a way that brings glory to Your name. Let us pick up our Shield of Faith daily and grow as we apply Your truth to our lives."*

DAY 19. THURSDAY, JANUARY 25

## HELMET OF SALVATION

*Finally, be strong in the Lord and in his mighty power. Put on the full Armor of God, so that you can take your stand against the devil's schemes...put on the Helmet of Salvation...* **Ephesians 6:10, 11, 17**

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

### **PHILIPPIANS 4:8**

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

### **ROMANS 12:2**

The Helmet of Salvation is a key piece of the Armor of God. It's the tool God has given us to protect our minds. When we wear the Helmet of Salvation, we choose to think through the filter of the freedom that we have found in Jesus. Wearing the Helmet of Salvation protects our minds from the lies of the enemy and the lies of this world. When we intentionally put on this piece of armor, we choose to think the way the Bible instructs us. We allow God to literally change the way we think. This gives us the ability to make wise choices, to not live in fear or anxiety, but instead in the reality of who God is and what He has done for us.

### **PRAYER:**

*"God today we put on the Helmet of Salvation. We choose to protect our minds from the lies of the enemy and think on what Your Word has instructed us. We thank You knowing You can change the way we think. You can help us fix our thoughts on the things that bring honor to You, and silence the doubt, fear, anxiety, discouragement and hopelessness that the enemy would try to impose on us. We thank You that You have given us the tools to protect our minds, and so we put on the Helmet of Salvation today, secure in who we are because of what You have done for us. We walk fully in that freedom today. In the mighty name of Jesus, Amen."*

## SWORD OF THE SPIRIT

*Take the Helmet of Salvation and the Sword of the Spirit, which is the word of God. And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord's people.*

### **EPHESIANS 6:17-18**

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

### **HEBREWS 4:12**

The Sword of the Spirit is the only actual “weapon” prescribed in the Armor of God. The Sword of the Spirit is the Word of God. We fight the enemy best when we quote, pray, speak, believe and apply the Word of God to our lives. When the Bible instructs us to pray in the Spirit, it's instructing us to use the Word of God as a weapon. There is power in the Word of God because it is living and active! Let's resolve today to fight the lies of the enemy, the fears of our own minds, and the doubts of those around us with the Word of God.

Take some time today to identify Bible verses that address the areas you need God to help you overcome. Some ideas: overcoming fear, trusting God, healing, protection, growing in faith. Pray and speak these verses over yourself.

### **PRAYER:**

*“Jesus, we thank You that You are the Living Word. We wield the Sword of the Spirit today by praying and believing the Word of God over our lives. We pray today that you would help us absorb the Word in a way we have never before experienced. We don't fight the enemy or this world with our own theories or thoughts or education...instead we speak and pray the Word of God over ourselves. We believe there is power in your Word and choose to speak it, bringing life into every situation in Jesus' name. Amen.”*

DAY 21. SATURDAY, JANUARY 27

## WHOLE ARMOR OF GOD

*Finally, be strong in the Lord and in his mighty power. Put on the full Armor of God, so that you can take your stand against the devil's schemes. For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. Therefore put on the full Armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand.*

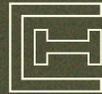
### **EPHESIANS 6:10-13**

There's wisdom in putting on the full Armor of God. Each piece is crucial in our day-to-day lives, but this passage instructs us not once, but twice to put on the full Armor of God. Take some time to pray through each part of the Armor of God, naming each piece and all of the ways in which it helps protect and provide us with everything we need today.

### **PRAYER:**

*"Father, today and every day, we choose to put on the full Armor of God. Help us to put on the Belt of Truth as we choose to look at the world through the truth of Your Word and not the lies of the enemy or the beliefs of this world. Let us value and prioritize Your truth today. God, help us to wear the Breastplate of Righteousness, knowing it is something that we could never secure for ourselves, but instead is granted by Your grace and the sacrifice of Jesus. Help us to secure our feet with the Boots of the Gospel of Peace, knowing that we take Your presence with us every place we set our feet. Let us be more aware of Your presence in every moment. Help us to put on the Helmet of Salvation as we see ourselves and others through Your eyes. Let our minds be washed by the water of Your Word so that our thoughts align with Your will and Your way. Let us take up the Shield of Faith that protects us and those You have put in our lives. Let us have complete and total victory in the name of Jesus today! Help us to wield the Sword of the Spirit by speaking, praying and believing Your Word. Let us value Your Word over any other thing and use it as a weapon to fight the enemy. Let us truly put on the whole Armor of God so we can stand secure and ready to be the overcomers that You have called and resourced us to be. In the name of Jesus Christ we pray, Amen."*



 **CITIZEN  
HEIGHTS**  
C H U R C H