

RISEN LIFE CHURCH

Prayer Journal

21 days of
prayer+
fasting

Because your love is better than life, my lips will glorify you. I will praise you as long as I live, and in your name I will lift up my hands. **I will be fully satisfied** as with the richest of foods; with singing lips my mouth will praise you.

Psalm 63:3-5

JOIN THE BATTLE

Since first hearing the call to start Risen Life Church, my prayer has been to be a church where you can fall deeply in love with Jesus and a place you can call home. The first time the word ‘church’ (ecclesia) is recorded in scripture is found in Matt. 16:18, when Jesus tells his disciple, Peter, “upon this rock I will build my church and the gates of hell will not prevail against it”.

Jesus’ statement to Peter reminds us that first and foremost, the church is engaged in a spiritual battle against the kingdom of darkness. Scripture shows us the church is not just participating, but we are the chosen people, called to commit our lives to this eternal battle. The apostle Paul reminds us that as spiritual beings, “the weapons of our warfare are not carnal, but mighty through God for the pulling down of strongholds” (2 Cor. 10:4). This reality is the fuel at Risen Life Church - to commit our lives to waging war in the spiritual realm. We desire to see God’s Kingdom come here, as it is in heaven. We fight with the spiritual weapons of prayer, fasting, and worship.

As we begin 2025, I believe with all my heart that God has placed you on this earth “for a time such as this” (Esther 4:14), to be a part of something that will ring through eternity. These 21 days of prayer and fasting are about more than changing the way we eat. This is a dedicated time to consecrate ourselves to Jesus, crying out to him for revival in our land and in our lives. I pray that as you join this movement of prayer, the Holy Spirit will meet you, encourage you, and strengthen you for the battle ahead.

The Best is Yet to Come!



Pastor Chris Auer

HOW TO USE THIS JOURNAL

As you begin these 21 days of prayer and fasting, we invite you to use this book as a tool to guide your prayers and time with God. The most important aspect of these 21 days is increasing your time with God and remembering to keep a spiritual focus throughout your day.

A crucial step during this journey is committing to regularly enter into God's presence through prayer and worship. As we begin these 21 days together, there will be great moments, difficult moments, holy moments, and moments of spiritual warfare. Please remember that you are NOT alone! You're a part of a family at Risen Life Church that is praying, fasting, and seeking God with you! Our desire is that these 21 days would not be an individual journey, but a communal journey in fulfilling God's call to the church.

This book is designed to give you a variety of resources on the power of biblical prayer and fasting, as well as direction in praying corporately. Our team's desire for this guide is to help you find a new level of purpose, effectiveness, and enjoyment in your prayer life.

Each day, we'll be focusing on a specific area of prayer, in which we will be petitioning God to bring breakthrough, healing, deliverance, and His anointing into our world. We believe in the power of a praying church!

Spend some time reading and meditating on the scriptures for the day. Enter in with a heart posture of humility by focusing on gratitude to God. Write down what the Holy Spirit is putting on your heart and most importantly, set aside focused time for prayer!

CREATING A LIFESTYLE OF PRAYER

“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 NIV

Prayer is most effective when it’s a lifestyle we cultivate, rather than something we do every now and then. 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

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.

To help you remember, create something that will remind you to spend time with God! Make it obvious and make it easy! For example, put your Bible on top of your work laptop, so you see it in the morning before you begin work.

HAVE A PLACE

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

HAVE A PLAN

One of the challenges is feeling like you don’t know what to pray for. Below, we will give you some general “Daily Prayer Points” to help you focus your prayers. In addition, we will provide you with some scriptures and themes to help guide you through each daily prayer focus.

DAILY PRAYER POINTS

While we spend time each day focusing on particular topics, we want to also give you some general prayer points that you can incorporate into everyday prayer time. Feel free to use these as much or as little as you want!

01. *Gratitude* - Thanking God for how good He is and the blessings in our lives.

02. *Repentance* - Asking for forgiveness for our sins and the sins of our country.

03. *Dependency* - Declaring our dependence on God in every area of our lives.

04. *Kingdom Growth* - Praying for the completion of the Great Commission and for revival in our generation.

05. *God's Anointing* - Inviting the presence of God in our church and our lives (souls saved, signs, wonders, miracles, and transformed lives).

06. *Going Deeper* - Praying for all people in their walk with God to know Him intimately, find freedom, discover purpose, and make a difference.

BIBLICAL FASTING BASICS

Our prayer for you is that this time would not simply be abstaining from certain foods because you were told to, but rather that you would learn why God calls us to fast and the spiritual importance behind biblical fasting. In this section, we cover some common questions that help us understand the basics of biblical fasting.

QUESTION 1

WHAT IS BIBLICAL FASTING?

Answer: Biblical fasting is setting yourself apart from the normal routines of daily life by abstaining from food for a specific period of time for a spiritual purpose - the purpose of communication, revelation, breakthrough, and a deeper relationship with the Holy Spirit.

It is a discipline that has the power to release the presence of God in our lives and remind us that just as our physical body depends on natural food, our spiritual being depends on Jesus, who is the bread of life.

“Then Jesus declared, I am the bread of life. Whoever comes to me will never go hungry, and whoever believes in me will never be thirsty.”

JOHN 6:35

BIBLICAL FASTING BASICS

QUESTION 2

DO WE REALLY NEED TO FAST OR IS IT JUST SOMETHING EXTRA?

Answer: In Matthew 6, Jesus talks about three duties of every Christian: giving, praying, and fasting. Notice, He doesn't use the word "if," rather, He uses the word "when." We see the same thing when Jesus talks about praying and giving. They weren't just introduced as an extra; they were disciplines for followers of Jesus.

Biblical fasting is not something that gets you into heaven or makes you a better Christian. Fasting is a spiritual discipline that pulls us away from this natural world and brings us closer to the Holy Spirit, which makes us more effective in the spiritual battle we are a part of! Simply put, Biblical fasting helps us be more effective in the spiritual realm.

"When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show others they are fasting. Truly I tell you, they have received their reward in full. But when you fast, put oil on your head and wash your face, so that it will not be obvious to others that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you."

MATTHEW 6:16-18

BIBLICAL FASTING BASICS

QUESTION 3

WHAT ARE THE BENEFITS AND RESULTS OF BIBLICAL FASTING?

Answer: Biblical fasting gives you a heightened sensitivity to the desires of God and can help you break away from spiritual strongholds that have been affecting your life. It can also open up communication with the Holy Spirit and help you hear His voice more clearly.

Think of how you see the stars better when you get away from all the air pollution in the city. While all the stars are still there, you weren't able to see the stars as well when you were in the city. Once you get away from the pollution, you're able to see the stars more clearly.

The concept is the same with biblical fasting. By getting away from the "pollution" of our natural world, we are able to connect with the Holy Spirit on a more intimate level.

"But when you pray, go into your room and shut the door and pray to your Father who is in secret. And your Father who sees in secret will reward you."

MATTHEW 6:6

BIBLICAL FASTING BASICS

QUESTION 4

SHOULD I FAST IN SECRET OR IS IT OKAY TO TELL OTHER PEOPLE?

Answer: There are two parts to this answer.

Part 1 - Private Fast: Sometimes you feel led to fast for something and when fasting is something that only involves you and your decision to fast, scripture is clear. Fasting is a private discipline. When you fast, you shouldn't draw attention to yourself. Matthew 6:16-18 says that fasting is to be seen only by God.

Part 2 - Corporate Fast: Sometimes your pastor or leader in your faith will call for a corporate fast (like right now). If the leader of a congregation calls a public fast and you sense God is speaking to you through that leader, then you should come under that God-given authority and commit to fasting with others. During corporate fasts, it can be very powerful to join together throughout the fast to seek God, worship and pray as a community. A Biblical example of this can be found in the book of Esther.

“Go, gather together all the Jews who are in Susa, and fast for me. Do not eat or drink for three days, night or day. I and my attendants will fast as you do. When this is done, I will go to the king, even though it is against the law. And if I perish, I perish.”

ESTHER 4:16

BIBLICAL FASTING BASICS

QUESTION 5

WILL GOD BE MAD IF I BREAK MY FAST OR DON'T DO IT ENOUGH?

Answer: We cannot say this enough: Biblical fasting does not make you a better Christian or make God love you any more. The most important aspect of biblical fasting is not making it legalistic. Biblical fasting is more about “turning up” your time with God and less about “turning down” food. We guarantee the devil will try to have you take a great spiritual discipline and turn it into a legalistic process. Don’t let him! We fast because we acknowledge that we need to humble ourselves to God and believe that fasting is one of the most effective ways to do that, as we seek God for spiritual deliverance.

Fasting longer or more frequently does not make God love you any more. God looks at our hearts and the motives behind our fasting. While we do not believe in legalism, we do adhere to the scriptures that clearly show biblical fasting being an important part of growing closer to God.

“If my people, who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then I will hear from heaven, and I will forgive their sin and will heal their land.”

2 Chronicles 7:14

BIBLICAL FASTING BASICS

QUESTION 6

IS IT OKAY TO FAST FOR ANYTHING I WANT OR SHOULD I FOCUS ON SPECIFIC NEEDS?

Answer: Whenever entering into a period of fasting, it's important to have a specific purpose for the fast. While the purpose could vary (loved ones, spiritual breakthrough, personal strongholds, etc.) it's important to not “fast just to fast.” This is usually a pretty good indicator of slipping into the legalistic realm of fasting.

In scripture, we see groups of people fasting in particular situations that required God to work a miracle. In the book of Esther, we see God's people call a three-day corporate fast specifically focused on a single conversation that Esther would have with the king. Think about that! Imagine all of us fasting for three days all for a single conversation that one of us was going to have. This type of fasting shows our dependence on God.

While doing a corporate fast, we believe it's important to provide you with specific topics and directions on how we can all be focusing our prayers together. We'll cover these topics in more detail!

“Then Esther sent this reply to Mordecai: “Go, gather together all the Jews who are in Susa, and fast for me. Do not eat or drink for three days, night or day. I and my attendants will fast as you do. When this is done, I will go to the king, even though it is against the law. And if I perish, I perish.”

Esther 4:15-16

BIBLICAL FASTING BASICS

QUESTION 7

IS THERE ANYTHING I CAN DO TO HELP MAKE THE MOST OUT OF MY FAST?

Answer: This is a great question and one of the most important topics to cover. Unless you're a robot, a common occurrence during fasting is that you will need to fight the desire to "just get through it" without spending increased time with God.

Fasting without prayer is not biblical fasting - it's dieting. In order to stay away from dieting and to make sure we get the spiritual fruit from our fasting, here are some helpful tips:

1. Write a list of your prayer points for the fast.
2. Set repeated alarms on your phone (every hour) to stop working and go pray through your prayer points.
3. Play worship music in the background while you work.

These are just a few suggestions to help you steer clear of dieting and to make the most out of your fast. Remember, fasting is not just about praying through what you need. It's just as important to simply worship God for who He is. The primary purpose of fasting is to draw closer to God. He knows what you need!

"Is not this the kind of fasting I have chosen: to loose the chains of injustice and untie the cords of the yoke, to set the oppressed free and break every yoke?"

Isaiah 58:6

TYPES OF BIBLICAL FASTING

We want to be clear from the start - It's best to consult with your physician prior to starting a food fast of any kind, especially if you are struggling with eating disorders, taking medication, or under the care of a doctor for any kind of ailment.

If you have a medical condition that will not allow you to safely abstain from eating, there are other options to consider. God knows your situation and would never want you to risk your health or go against what your physician recommends. Other categories to consider fasting from include desserts, breads, coffee, meat, sugar, and soft drinks.

While cutting out social media isn't a bad thing, the dictionary definition for 'fasting' is:

1. To abstain from all food.
2. To eat only sparingly or of certain kinds of food, especially as a religious observance.
3. To cause to abstain entirely from or limit food.

In light of this, we try to abstain from some form of substance (food or liquid) while we enter into this fasting period.

The Bible describes several approaches to fasting that are generally defined by the length of time endured and the degree to which food and liquids are restricted. To aid in our understanding, we might categorize these fasts as two basic types: **full and partial**.

BIBLICAL FASTING BASICS

FULL FAST

A full fast is restricted to a certain number of hours or days with no solid food intake. The length of time varies, depending on what you believe the Holy Spirit has led you to or if you are in a corporate or ministry-wide fast. During any normal fast, you should drink plenty of water and get plenty of rest. It's permissible to add broth or juice if you're doing a food fast for any length of time. A full fast was the most common type of fast in the scriptures. This was the kind of fast the early church did while commissioning apostles.

A full fast is a common spiritual discipline for believers. For example, some spiritual leaders regularly participate in eight-hour full fasts, during which only water is consumed until eight hours after waking up.

“While they were worshiping the Lord and fasting, the Holy Spirit said, “Set apart for me Barnabas and Saul for the work to which I have called them.” So after they had fasted and prayed, they placed their hands on them and sent them off.”

Acts 13:2-3

BIBLICAL FASTING BASICS

PARTIAL FAST

Sometimes referred to as a “denial”, a partial fast includes abstaining from specific foods and/or denying particular foods for an extended period of time. A common example of a partial fast is called the Daniel fast.

The Daniel fast is based on verses found in a few different locations in the book of Daniel (1:11-14, 10:2-3). In this prophetic book, Daniel and his three friends were held captives in Babylon and instructed to eat the pagan food of the king. Daniel requested that the four of them be allowed to eat only vegetables and water for ten days to see if they would be more alert and have greater wisdom and understanding than those who ate the king’s rich food.

Later on, we see Daniel respond to a vision of great war with three weeks of denying any “choice foods”.

“At that time I, Daniel, mourned for three weeks. I ate no choice food; no meat or wine touched my lips; and I used no lotions at all until the three weeks were over.”

Daniel 10:2-3 NIV

This particular type of fast will be the primary fast that Risen Life will be participating in during these 21 days. We invite you to join us in this type of fasting during this period of time! Refer to the “Fasting Suggestions” handout for more details on this type of fasting.

DAILY PRAYER JOURNALS

In order to help guide your time in prayer, below is a daily prayer journal that can help you focus on each particular topic of prayer during our 21 day partial fast. As you go through this journal, feel empowered to make it your own.

1. Gratitude - Spend time reflecting on the things you are grateful for, whether pertaining to the topic for the day or within your personal life. Allow time for God's goodness to fill you

2. Scripture - Take time to read the corresponding scriptures, meditating on them and allowing the living Word of God to speak into your spirit.

3. Practice - Reflect on how you can dive deeper today. Write down a practical application or goal you'd like to accomplish today that pertains to the topic.

4. Reflection - Drawing from our morning Daily Bread calls as well as the evening prayer gatherings, take a couple minutes to journal what you feel like the Holy Spirit is putting on your heart. There's no right or wrong here. Anything that seems to come to mind - trust God in writing it down. Spend some time praying over the specific topic for the day and ask God to bring healing, deliverance, and breakthrough.

DAY 1 - CHURCH WORSHIP CULTURE

DATE _____

TOPIC	<p>PRAY THAT GOD WOULD CREATE A CULTURE OF WORSHIP WITHIN RISEN LIFE CHURCH AND THAT AS A COMMUNITY WE WOULD WORSHIP IN EVERY CIRCUMSTANCE.</p>	
<p>Gratitude</p> <ul style="list-style-type: none"> • • • 	<p>Scripture</p> <p>“Yet a time is coming and has now come when the true worshipers will worship the Father in the Spirit and in truth, for they are the kind of worshipers the Father seeks. God is spirit, and his worshipers must worship in the Spirit and in truth.”</p> <p>John 4:23-24</p> <hr style="width: 10%; margin: 0 auto;"/> <p>Hebrews 13:15-16 \\ Psalm 95:1-6</p>	
REFLECTION		

<p>TOPIC</p>	<p>PRAY THAT GOD'S SPIRIT WOULD FILL EVERY NATION, GOVERNMENT, AND CULTURE AND LEAD OUR BROKEN WORLD BACK TO JESUS.</p>
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<p>Gratitude</p> <ul style="list-style-type: none">•••

<p>Scripture</p> <p><i>“[Jesus said], ‘I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world.’”</i></p> <p>John 16:33</p> <hr/> <p>Psalm 24:1-2 \ John 3:16-17</p>
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<p>REFLECTION</p>

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TOPIC	<p>THE LAND OF ISRAEL HAS SCRIPTURAL AND SPIRITUAL SIGNIFICANCE. PRAY FOR PEACE IN THE ISRAELI AND PALESTINIAN CONFLICT AND TO SEE GOD’S HOLY LAND RESTORED.</p>
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<p>Gratitude</p> <ul style="list-style-type: none">•••

<p>Scripture</p> <p>“Then the man said, ‘Your name will no longer be Jacob, but Israel, because you have struggled with God and with humans and have overcome.’”</p> <p>Genesis 32:28</p> <hr style="width: 10%; margin: 10px auto;"/> <p>Exodus 19:5-6 \\ Romans 9:2-5 \\ Psalm 122:6-7</p>

REFLECTION

DAY 4 - OUR NATION AND LEADERS

DATE _____

TOPIC	<p>PRAY FOR GOD'S SPIRIT TO LEAD AND CONVICT AMERICAN LEADERS TO COME UNDERNEATH THE AUTHORITY OF GOD'S KINGDOM, AND FOR UNITY AND LOVE TO BE PRESENT IN THE LEADERSHIP.</p>	
Gratitude <ul style="list-style-type: none">•••	Scripture <p>“For God is the King of all the earth; sing to him a psalm of praise. God reigns over the nations; God is seated on his holy throne.”</p> <p>Psalm 47:7-8</p> <hr/> <p>Matthew 6:10 \\ Romans 13:1</p>	
REFLECTION		

TOPIC	<p><i>PRAY FOR DEMONIC STRONGHOLDS TO BE TORN DOWN IN MINNEAPOLIS AND THE REIGN OF GOD TO BE ESTABLISHED IN OUR COMMUNITY.</i></p>
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<p>Gratitude</p> <ul style="list-style-type: none">•••	<p>Scripture</p> <p><i>“Also, seek the peace and prosperity of the city to which I have carried you into exile. Pray to the Lord for it, because if it prospers, you too will prosper.”</i></p> <p>Jeremiah 29:7</p> <hr style="width: 10%; margin: 5px auto;"/> <p>Mark 6:1-6 \\ Ephesians 6:12</p>
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REFLECTION	
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**DAY 6 - NEW HOPE
YMCA**

DATE _____

TOPIC	<p><i>WE ARE BLESSED TO PARTNER WITH THE NEW HOPE YMCA AND THE WORK GOD IS DOING THROUGH THIS ORGANIZATION. PRAY THAT GOD WOULD BLESS THE STAFF, MISSION, AND FAMILIES CONNECTED TO THE YMCA AND THAT PEOPLE WOULD COME TO KNOW GOD.</i></p>
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<p>Gratitude</p> <ul style="list-style-type: none">•••	<p>Scripture</p> <p><i>“Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up.”</i></p> <p>Galatians 6:9</p> <hr style="width: 10%; margin: 10px auto;"/> <p><i>John 13:34-35 \ \ Luke 10:25-37</i></p>
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REFLECTION	
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TOPIC	<p>PRAY THAT GOD WOULD DRAW THOSE WHO DON'T KNOW HIM INTO A DEEP AND PERSONAL RELATIONSHIP WITH HIM.</p>
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<p>Gratitude</p> <ul style="list-style-type: none">•••

<p>Scripture</p> <p><i>“I tell you that in the same way there will be more rejoicing in heaven over one sinner who repents than over ninety-nine righteous persons who do not need to repent.”</i></p> <p>Luke 15:7</p> <hr style="width: 10%; margin: auto;"/> <p>Acts 26:18 \\ John 6:44</p>

REFLECTION

**DAY 8 - CHURCH
DISCIPLESHIP CULTURE**

DATE _____

TOPIC	<p>PRAY THAT WE WOULD PURSUE A HEART OF DISCIPLESHIP AND PARTNER WITH GOD IN BRINGING PEOPLE BACK TO HIM.</p>
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<p>Gratitude</p> <ul style="list-style-type: none">•••

<p>Scripture</p> <p><i>“Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age.”</i></p> <p>Matthew 28:19-20</p> <hr style="width: 10%; margin: 0 auto;"/> <p>Acts 1:8 \\ Luke 9:23-24</p>

REFLECTION

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TOPIC	<p>ASK GOD TO SEND PEOPLE TO JOIN IN GOD’S WORK OF ESTABLISHING HIS KINGDOM HERE ON EARTH AS IT IS IN HEAVEN.</p>
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<p style="text-align: center;">Gratitude</p> <ul style="list-style-type: none">•••	<p style="text-align: center;">Scripture</p> <p style="text-align: center;"><i>“When [Jesus] saw the crowds, he had compassion on them, like sheep without a shepherd. Then he said to his disciples, ‘The harvest is plentiful but the workers are few. Ask the Lord of the harvest, therefore, to send out workers into his harvest field.’”</i></p> <p style="text-align: center;">Matthew 9:36-38</p> <hr style="width: 10%; margin: auto;"/> <p style="text-align: center;">1 Corinthians 3:6-9 \\ Romans 10:14-15 \\ 1 Corinthians 15:58</p>
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REFLECTION	
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TOPIC	<p>PRAY THAT RISEN LIFE CHURCH WOULD LIVE INTO THE CALLING THAT GOD HAS FOR US AND THAT WE WOULD WALK IN OUR MISSION OF INVITING, EQUIPPING, AND ACTIVATING THOSE WE ENCOUNTER.</p>
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<p>Gratitude</p> <ul style="list-style-type: none">•••

<p>Scripture</p> <p>“Since, then, you have been raised with Christ, set your hearts on things above, where Christ is, seated at the right hand of God.”</p> <p>Colossians 3:1</p> <hr style="width: 10%; margin: 0 auto;"/> <p>Ephesians 2:19-22 \\ Hebrews 10:24-25</p>

REFLECTION

DAY 11 - OUR CHURCH LEADERS

DATE _____

<p>TOPIC</p>	<p>PRAY FOR PROTECTION OVER OUR CHURCH PASTORS AND LEADERSHIP. PRAY FOR INCREASED WISDOM AND REVELATION TO KNOW GOD AND LIVE INTO THEIR CALLINGS.</p>	
<p>Gratitude</p> <ul style="list-style-type: none">•••		<p>Scripture</p> <p><i>“For this reason, since the day we heard about you, we have not stopped praying for you. We continually ask God to fill you with the knowledge of his will through all the wisdom and understanding that the Spirit gives.”</i></p> <p>Colossians 1:9</p> <hr/> <p>Ephesians 1:17-18 \ \ 1 Peter 5:1-5</p>
<p>REFLECTION</p>		

DAY 12 - CHURCH SERVING CULTURE

DATE _____

TOPIC

PRAY THAT GOD WOULD CREATE A CULTURE OF SERVICE AT
RISEN LIFE CHURCH.

Gratitude

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Scripture

“For even the Son of Man did not come to be served, but to serve and to give his life as a ransom for all.”

Mark 10:45

Matthew 25:35-40 \ \ 1 Peter 4:10

REFLECTION

DAY 13 - FRUITS OF THE HOLY SPIRIT

DATE _____

TOPIC	<p>PRAY THAT GOD WOULD CONTINUE TO GROW THE FRUITS OF THE HOLY SPIRIT IN OUR INDIVIDUAL LIVES AND COMMUNITY SO WE CAN BE A WITNESS TO THE WORLD.</p>
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<p>Gratitude</p> <ul style="list-style-type: none">•••	<p>Scripture</p> <p><i>“But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law.”</i></p> <p>Galatians 5:22-23</p> <hr style="width: 10%; margin: 0 auto;"/> <p>Acts 2:42-47 \\ John 15:4-5</p>
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REFLECTION	
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TOPIC	<p>PRAY FOR UNITY AND LOVE IN FAMILIES AND FOR PROTECTION FROM THE ENEMY. ASK THAT GOD WOULD DRAW FAMILY MEMBERS WHO DON'T KNOW HIM INTO RELATIONSHIP WITH HIM.</p>
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<p>Gratitude</p> <ul style="list-style-type: none">•••

<p>Scripture</p> <p><i>“Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you. And over all these virtues put on love, which binds them all together in perfect unity.”</i></p> <p>Colossians 3:13-14</p> <hr style="width: 10%; margin: 10px auto;"/> <p>Proverbs 22:6 \\ Acts 16:31</p>
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REFLECTION

**DAY 15 - PERSONAL
FREEDOM**

DATE _____

TOPIC

PRAY THAT THE HOLY SPIRIT WOULD BREAK DESTRUCTIVE HABITS AND TEAR DOWN STRONGHOLDS IN OUR PERSONAL LIVES.

Gratitude

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Scripture

“Now the Lord is the Spirit, and where the Spirit of the Lord is, there is freedom.”

2 Corinthians 3:17

Galatians 5:1 \\ John 8:36

REFLECTION

**DAY 16 – SPECIFIC
NEEDS**

DATE _____

TOPIC	<p>PRAY TO STRENGTHEN YOUR RELATIONSHIP WITH GOD. TAKE SOME TIME TO PRAY FOR SPECIFIC, PERSONAL NEEDS (FINANCES, HEALTH, FAMILY MEMBERS, EMOTIONAL & SPIRITUAL WELL-BEING).</p>
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Gratitude
<ul style="list-style-type: none">•••

Scripture
<p>“Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they?”</p>
<p>Matthew 6:26</p> <hr style="width: 10%; margin: auto;"/>
<p>Philippians 4:6-7 \ Psalm 27:4</p>

REFLECTION

**DAY 17 - CHURCH
PRAYER CULTURE**

DATE _____

TOPIC	PRAY THAT RISEN LIFE CHURCH WOULD CONTINUE TO SEEK AND CREATE A CULTURE OF PRAYER AND COMMUNION WITH GOD.
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Gratitude • • •

Scripture “Rejoice always, pray continually, give thanks in all circumstances; for this is God’s will for you in Christ Jesus.” 1 Thessalonians 5:16-18 <hr/> Ephesians 6:18 \\ James 5:16
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REFLECTION

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TOPIC	<p>PRAY THAT OTHER CHURCH BODIES WOULD ENCOUNTER GOD'S PRESENCE AND LIVE INTO THEIR MISSIONS. ASK FOR GOD TO MOVE POWERFULLY TO UNITE CHURCHES AS THE BRIDE OF CHRIST.</p>
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<p>Gratitude</p> <ul style="list-style-type: none">•••

<p>Scripture</p> <p><i>“But you are a chosen people, a royal priesthood, a holy nation, God’s special possession, that you may declare the praises of him who called you out of darkness into his wonderful light. Once you were not a people, but now you are the people of God; once you had not received mercy, but now you have received mercy.”</i></p> <p>1 Peter 2:9-10</p> <p>Philippians 1:4-6 \\ Ephesians 2:19-22</p>

REFLECTION

DAY 19 - KINGDOM BUILDERS

DATE _____

TOPIC	<p>ASK GOD TO BLESS OUR KINGDOM BUILDERS PARTNERS (YMCA, FIREBASE MINISTRIES, ABUNDANT LIFE MINISTRIES IN KADUNA, NIGERIA). PRAY THAT WE WOULD BE COMMITTED TO GROWING THE KINGDOM OF GOD.</p>
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Gratitude • • •	Scripture “Once, on being asked by the Pharisees when the kingdom of God would come, Jesus replied, ‘The coming of the kingdom of God is not something that can be observed, nor will people say, ‘Here it is,’ or ‘There it is,’ because the kingdom of God is in your midst.’” Luke 17:20-21 <hr/> Acts 9:31 \\ Luke 10:8-12
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REFLECTION	
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**DAY 20 - A HUNGER
FOR GOD**

DATE _____

TOPIC	<p>PRAY THAT OUR CHURCH WOULD LONG FOR JESUS MORE THAN ANYTHING ELSE, AND THAT WE WOULD EAGERLY ANTICIPATE HIS RETURN.</p>
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<p>Gratitude</p> <ul style="list-style-type: none">•••

<p>Scripture</p> <p><i>“Let us rejoice and be glad and give him glory! For the wedding of the Lamb has come, and his bride has made herself ready.”</i></p> <p>Revelation 19:7</p> <hr style="width: 10%; margin: 10px auto;"/> <p>Psalm 73:25-26 \\ Luke 14:15-24</p>

REFLECTION

DAY 21 - SUNDAY WORSHIP GATHERING

DATE _____

TOPIC

FINAL DAY! USE THIS AS A REFLECTION FOR THE LAST 21 DAYS.

Gratitude

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Scripture

“They triumphed over him by the blood of the Lamb and by the word of their testimony; they did not love their lives so much as to shrink from death.”

Revelation 12:11

Daniel 4:2-3 \ \ Joshua 4:1-9

REFLECTION



RISEN LIFE
CHURCH