



Fasting & Prayer

Prayer Journal



## ABOUT THIS JOURNAL:

The purpose of this journal is to help you process each day of your fast. It will also help direct you in your times of prayer and reflection. The days are divided up into scripture for you to read through, some reflection questions and a place to journal your thoughts. There will be extra space at the end of each 7 days for you to continue journaling if you run out of space on the provided lines for a specific day.

This journal will be divided up into 3 sections. The themes will be basic on purpose. We are wanting you to allow the Holy Spirit to guide you through each of these “*focuses*”. The 3, 7-day focuses are inward focus, outward focus, and a missional focus.

Remember that this is a tool and should not be used in lieu of the Bible. As you fast, dig into scripture to find encouragement, motivation and wisdom to sustain you as you progress. There will be times as you read where you are asked to read a certain passage from scripture. Don't just read past these references, read them for context, and read them to allow the Holy Spirit to bring wisdom and understanding to your heart as you read.



## HOW TO PRAY:

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### [ The ACTS Model ]

#### **A — ADORATION**

Tell God how much you love & need Him.

*This is a great way to begin your prayer time. Tell God how much you appreciate Him. Express your love for Him. Praise His power and majesty. You can never run out of praise.*

#### **C — CONFESSION**

Tell God where you have fallen short.

*Be specific. Thank Him for the forgiveness you have in Christ and ask for help and strength to turn away from future temptations.*

#### **T — THANKSGIVING**

Express gratitude for what He's doing in your life.

*We have so much to be thankful for. Thank God for His love, His faithfulness, His patience. Express gratitude for what He's doing in your life.*

#### **S — SUPPLICATION**

Share your desires with God.

*Share your desires with God, no matter how big or small they may seem. Nothing is too big or too small for God. He cares about every detail of your life. Pray for your own needs and for the needs of others.*

## WHAT ARE YOUR GOALS THROUGH THIS FAST?

**INWARDLY:** ← 

What are you expecting the Lord to do *in* you during the next 21 days ?

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**OUTWARDLY** 

What are you expecting the Lord to do *through* you during the next 21 days ?

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**MISSIONALLY:** 

How are you expecting the Lord to prepare you to leverage your life for His mission during the next 21 days?

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**“The earnest  
prayer of a  
righteous  
person has  
great power  
and produces  
wonderful  
results.”**

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**JAMES 5:16**

# FOCUS INWARD.

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## **Psalm 119:10**

**I seek you with all my heart;  
do not let me stray from your commands.**

Over the next 7 days, take a hard look at your heart and life and ask God to show you the things He's calling you to let go of or bring before Him. It's easy to get caught up in our own version of where we think we are spiritually, but the truth is, we often don't see how far we've drifted. Use this time to honestly evaluate where you're at, and come before God in humility, asking Him to reveal where you really are and where He wants to take you. You'll be surprised by what He shows you.

# Day 1, February 28

## Scripture:

*Read each passage slowly. Read them more than once.  
Read a few verses before and after to gain context.*

**Psalm 51:10-12**

**Psalm 27:4**

**Daniel 6:10**

## Reflection:

What time and place are you planning to set aside to meet with God? Is your heart available to Him? Completely?

What do you notice about Daniel's commitment to the Lord, even in face of persecution?

## Prayer:

*Give everyone, everything & every situation to God.*

*What is He leading you to release?*

**... Wait. Listen. (II)**

**Journal:** *What is God revealing to you?*

**Prayer:** *What is your response to Him?*



# Day 2, March 1



## Scripture:

*Read each passage slowly. Read them more than once. Read a few verses before and after to gain context.*

**Romans 2:1-4**

**Psalm 32:5**

**2 Chronicles 7:14**

**James 4:8**

## Reflection:

In the Bible, the word repent means “*to change one’s mind*”. The Bible also tells us that true repentance will result in a change of actions.

Is repentance something you regularly do in your life ? Why or why not?

According to Romans 2:4, what leads us to repentance?

What keeps you from consistent & authentic repentance?

## Prayer:

*Give everyone, everything & every situation to God.  
What is He leading you to repent of?*

... Wait. Listen. (II)

**Journal:** *What is God revealing to you?*

**Prayer:** *What is your response to Him?*

# Day 3, March 2



## Scripture:

*Read each passage slowly. Read them more than once.  
Read a few verses before and after to gain context.*

**1 Chronicles 16:23-31**

**Deuteronomy 10:21**

**Psalms 99**

## Reflection:

How would you describe your worship of God when compared to these passages?

Do people have an accurate picture of God through the way you worship Him in your life?

The word “*worship*” comes from an Anglo-Saxon word that literally means, “*worth ship*”

## Prayer:

*Give everyone, everything & every situation to God.  
What is He showing you about your worship of Him?*

... Wait. Listen. (II)

**Journal:** *What is God revealing to you?*

**Prayer:** *What is your response to Him?*

# Day 4, March 3



## Scripture:

*Read each passage slowly. Read them more than once.  
Read a few verses before and after to gain context.*

**Matthew 6:19-34**

**Psalm 27:4**

**Psalm 37:4**

## Reflection:

According Matthew 6:33, what should you seek first?  
Is this something you do well?

What does “*taking delight in the Lord*” look like in  
your life?

What things seem to consume your thoughts? Life?  
Emotions?

## Prayer:

*Give everyone, everything & every situation to God.*

***What is He showing you that is competing for time  
with Him in your heart?***

... Wait. Listen. (II)

**Journal:** *What is God revealing to you?*

**Prayer:** *What is your response to Him?*

# Day 5, March 4



## Scripture:

*Read each passage slowly. Read them more than once.  
Read a few verses before and after to gain context.*

**Ephesians 1:17-18**

**Proverbs 3:5-6**

**James 1:5-8**

## Reflection:

What are some ways you have quenched the Spirit's move in your life as He's tried to lead you in wisdom?

Has there been a time recently when you have trusted in yourself more than God?

James tells us that God will give us wisdom if we ask. Will you ask Him for wisdom? Try it **right now**.

## Prayer:

*Give everyone, everything & every situation to God.*

***What is He asking you to trust Him with?***

... Wait. Listen. (||)

**Journal:** *What is God revealing to you?*

**Prayer:** *What is your response to Him?*

# Day 6, March 5



## Scripture:

*Read each passage slowly. Read them more than once.  
Read a few verses before and after to gain context.*

**John 15:1-17**

**Isaiah 40:31**

**Isaiah 55:1-3**

## Reflection:

Are there areas of your life that aren't bearing  
Spiritual fruit and can be pruned?

What are some ways that you can stay connected to  
the Vine?

What idols are there in your life keeping you from  
being “one” with Christ?

## Prayer:

*Give everyone, everything & every situation to God.*

***What is He trying to prune from your life?***

... Wait. Listen. (II)

**Journal:** *What is God revealing to you?*

**Prayer:** *What is your response to Him?*

# Day 7, March 6



## Scripture:

*Read each passage slowly. Read them more than once.  
Read a few verses before and after to gain context.*

**Jeremiah 10:23**

**Psalms 18:36**

**Psalms 37:23**

## Reflection:

What areas of your life are “off limits” to God?

Are you willing to surrender your plans to discover and live out His plans for you?

What next steps is He leading you to trust Him in?

## Prayer:

*Give everyone, everything & every situation to God.*

*What plans or desires are you holding on to, that He  
is asking you to release?*

... Wait. Listen. (II)

**Journal:** *What is God revealing to you?*

**Prayer:** *What is your response to Him?*

**Above all  
else, guard  
your heart,  
for  
everything  
you do flows  
from it.**

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**PROVERBS 4:23**










# FOCUS OUTWARD.



## **Philippians 2:3-4**

**Do nothing out of selfish ambition or vain conceit.  
Rather, in humility value others above yourselves,  
not looking to your own interests but each of you to  
the interests of the others.**

Over the next 7 days, shift your focus outward and ask God to guide you personally, as well as us as a Church, in our mission. Pray that He would grow a heart in you for those outside the church—those who haven't yet experienced His love & grace. As we do this, we'll start to see that God's heart is for all people to be connected to a growing relationship with Him, and that each of us has a role to play in that. So often, we get caught up in what's directly in front of us and miss the bigger picture that God is showing us. Take this time to ask God to open your eyes to where He's already working around you, and then step in to join Him in that work.

# Day 8, March 7



## Scripture:

*Read each passage slowly. Read them more than once. Read a few verses before and after to gain context.*

**Galatians 5:13-26**

**Matthew 5:13-16**

**1 John 4:16**

## Reflection:

What is the purpose of the fruit God produces in you?

·Have you realized that God saved you for a purpose? What is that purpose according to scripture?

Who might God be trying to reach through the fruit He is bearing through your life with Him? Write their name down and begin to pray for opportunity.

## Prayer:

*Give everyone, everything & every situation to God.*

***How is He leading you to use your gifts to be more involved in His mission around you?***

**... Wait. Listen. (II)**

**Journal:** *What is God revealing to you?*

**Prayer:** *What is your response to Him?*

# Day 9, March 8



## Scripture:

*Read each passage slowly. Read them more than once.  
Read a few verses before and after to gain context.*

**Acts 8:26-40**

**Acts 16:25-40**

**2 Corinthians 5:20**

## Reflection:

Who have you prayed for recently to be saved or delivered? **#onemore**

In your prayer life, is it hard to turn your hearts towards the salvation of others? Why or why not?

What distractions do you see getting in the way of God's mission being fulfilled through your life?

## Prayer:

*Give everyone, everything & every situation to God.  
**Who is He leading you to pray for and to share the  
Gospel with?***

... **Wait. Listen.** (||)

**Journal:** *What is God revealing to you?*

**Prayer:** *What is your response to Him?*

# Day 10, March 9



## Scripture:

*Read each passage slowly. Read them more than once.  
Read a few verses before and after to gain context.*

**Philippians 2:3-7**

**Isaiah 1:17**

**Micah 6:8**

## Reflection:

How do you consistently value others above yourself?

What could you cut from your schedule or what could you leverage better to ensure you live a missional lifestyle?

Do you regularly engage others to invite them to Church, Connect Group, or to your home for a meal? Why or why not?

## Prayer:

*Give everyone, everything & every situation to God.*

***What is He leading you to stop or to start doing to better leverage your time to live a missional lifestyle?***

**... Wait. Listen. (II)**

**Journal:** *What is God revealing to you?*

**Prayer:** *What is your response to Him?*

# Day 11, March 10



## Scripture:

*Read each passage slowly. Read them more than once.  
Read a few verses before and after to gain context.*

**Galatians 6:1-3**

**Luke 10:30-37**

**Ephesians 4:29**

## Reflection:

How does God use His people to help others?

What does it look like to carry a burden with someone who is struggling in life? Who in your life may need a burden listened so they can see Jesus better?

Remember: we are called to bear one another's burdens, not enable spiritual unhealthiness.

## Prayer:

*Give everyone, everything & every situation to God.*

***Who is He leading you to walk with in their pursuit  
of Jesus?***

**... Wait. Listen. (II)**

**Journal:** *What is God revealing to you?*

**Prayer:** *What is your response to Him?*

# Day 12, March 11

## Scripture:

*Read each passage slowly. Read them more than once. Read a few verses before and after to gain context.*

**Ephesians 4:1-7, 11-16**

**1 Corinthians 12** *(the whole chapter)*

**Romans 12** *(the whole chapter)*

## Reflection:

How has God gifted you specifically to help your Local Church reach maturity.

What ways might He be calling you to get more involved in your Church to help build up the church for effective ministry.

Why do you think God gave each person different gifts in the church? Why is it important to use them regularly and sacrificially?

## Prayer:

*Give everyone, everything & every situation to God.*

***What next steps is God calling you to take to be more invested in your church's work?***

... Wait. Listen. (II)

**Journal:** *What is God revealing to you?*

**Prayer:** *What is your response to Him?*



# Day 13, March 12



## Scripture:

*Read each passage slowly. Read them more than once.  
Read a few verses before and after to gain context.*

**1 Samuel 16:7b**

**Ephesians 5:8-20**

**Daniel 12:3**

## Reflection:

Do you value integrity? Would other people agree with you?

Why does God choose to look at the heart of a person?

How might God use your integrity to impact the people around you; to draw them to Himself?

## Prayer:

*Give everyone, everything & every situation to God.*

***What next steps is God calling you to take to be more invested in your church's work?***

... Wait. Listen. (||)

**Journal:** *What is God revealing to you?*

**Prayer:** *What is your response to Him?*

# Day 14, March 13

## Scripture:

*Read each passage slowly. Read them more than once.  
Read a few verses before and after to gain context.*

**Colossians 2:6-15**

**James 4:8**

**Psalms 25:18**

## Reflection:

Imagine for a moment that a revival broke out among the Christ followers of our church. What would look different?

Are there any areas of double-mindedness in your life? Are there areas where your knowledge of God hasn't permeated the reality you live in?

Will you join us and pray for a revival to begin in us individually?

## Prayer:

*Give everyone, everything & every situation to God.*

***What next steps is God calling you to take to be more invested in your church's work?***

... Wait. Listen. (II)

**Journal:** *What is God revealing to you?*

**Prayer:** *What is your response to Him?*

**If you love  
me, you  
will keep  
my  
command-  
ments.**

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**JOHN 14:15**







# FOCUS MISSIONAL.

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## Proverbs 29:18

Where there is no vision, people cast off  
restraint; but blessed is the one who heeds  
wisdom's instruction.

There's no question about it—we are better together. As the Church, God has called us to share the hope of the Gospel with the world! What part do you play in the bigger mission and vision God has given us as a Church? Like Abraham, maybe He's calling you to step out and go to a place you've never been to share the Gospel with people who've never heard it. Or maybe He's calling you to stay here, standing firm in a culture that often overlooks or rejects God.

Whatever He's calling you to, we know from Scripture that He's calling you to do it through the local Church. Spend these last 7 days praying for our Church leadership and asking God to continue to pour fresh vision and mission into our community as we seek to honor Him and follow His lead into the future. Over the past 7 years, we've seen God move in amazing ways, but He's just getting started.

# Day 15, March 14



## Scripture:

*Read each passage slowly. Read them more than once.  
Read a few verses before and after to gain context.*

**Matthew 28:18-20**

**Habakkuk 2:14**

**Proverbs 29:18**

## Reflection:

Why is it important for the Local Church to be united together around the mission & vision God has given?

Is there anything in your heart that is holding you back from going “ALL IN” with the mission and vision God has given our church?

## Prayer:

*Give everyone, everything & every situation to God.*

***Are there areas of your life the you hold back from  
God that He may want to use for His glory?***

... Wait. Listen. (||)

**Journal:** *What is God revealing to you?*

**Prayer:** *What is your response to Him?*



# Day 16, March 15



## Scripture:

*Read each passage slowly. Read them more than once.  
Read a few verses before and after to gain context.*

**Psalm 86:6**

**Ephesians 4:11-13**

**Hebrews 13:17**

## Reflection:

We want to be a body that seeks God in everything we do. How will you commit to pray for our church long after these 21 days are over?

Do you pray regularly for our elders, pastors, and leaders? Why or why not?

What are some ways you can encourage or support the leaders of CCR?

## Prayer:

*Give everyone, everything & every situation to God.*

***What areas of “ministry” is God calling you to get more involved in?***

**... Wait. Listen. (II)**

**Journal:** *What is God revealing to you?*

**Prayer:** *What is your response to Him?*

# Day 17, March 16



## Scripture:

*Read each passage slowly. Read them more than once. Read a few verses before and after to gain context.*

**John 17** *(the whole chapter)*

**Romans 15:5-6**

**1 Corinthians 1:10**

## Reflection:

The Bible talks a lot about unity in the Body of Christ. Have you spent time making sure this is a reality in your church ?

Why is unity around the mission and vision important?

How can you help fight for greater unity in the body? We have an enemy who is always trying to divide, it takes a fight to commit to unity.

## Prayer:

*Give everyone, everything & every situation to God.*

***Are there any areas of the mission and vision of our church that you don't feel unified? What steps will you take to change this and fight for unity with your brothers and sisters?***

**... Wait. Listen. (II)**

**Journal:** *What is God revealing to you?*

**Prayer:** *What is your response to Him?*

# Day 18, March 17

## Scripture:

*Read each passage slowly. Read them more than once.  
Read a few verses before and after to gain context.*

**James 1:22-25**

**Hebrews 5:11 - 6:3**

**1 Peter 2:1-10**

## Reflection:

What does spiritual maturity look like? What does it mean to be “spiritually mature”?

Our default is immaturity. We **DRIFT** towards immaturity. We **WORK** for maturity.

What are some areas God may be calling you to “*mature*” in to make you more useful?

## Prayer:

*Give everyone, everything & every situation to God.*

*What areas of immaturity is the Lord revealing to you?*

... Wait. Listen. (⏸)

**Journal:** *What is God revealing to you?*

**Prayer:** *What is your response to Him?*

# Day 19, March 18

## Scripture:

*Read each passage slowly. Read them more than once.  
Read a few verses before and after to gain context.*

**2 Timothy 2:2 & 15**

**1 Thessalonians 5:12-13**

**1 Corinthians 2:9**

## Reflection:

How can you take personal ownership in the mission and vision God is leading our Church into?

Do you pray regularly for the direction of our church body? For our leaders? For effectiveness? For missionaries, leaders and elders to be raised up and sent out?

How involved or invested are you in the Legacy or the One More Initiatives?

## Prayer:

*Give everyone, everything & every situation to God.  
**what does it look like for you to personally own the mission and vision of Connection Church Rincon?***

... Wait. Listen. (II)

**Journal:** *What is God revealing to you?*

**Prayer:** *What is your response to Him?*

# Day 20, March 19

## Scripture:

*Read each passage slowly. Read them more than once.  
Read a few verses before and after to gain context.*

**Acts 1:8**

**Acts 13:1-3**

**1 Chronicles 16:24**

**Habakkuk 2:14**

**Matthew 28:18-20**

## Reflection:

Throughout scripture God has given a clear mission to His people; to spread His glory throughout the earth. Have you ever given thought to where you and your family might fit into this mission?

- **Mission Roles:** *Intercessor, Goer, Sender, Mobilizer, Welcomer*

Have you ever prayed an open-ended prayer asking God to show you where He would have you go with not limits on His answer?

## Prayer:

*Give everyone, everything & every situation to God.*

***Are there any limits you have put on God as you follow Him?***

... Wait. Listen. (II)

**Journal:** *What is God revealing to you?*

**Prayer:** *What is your response to Him?*

# Day 21, March 20



## Scripture:

*Read each passage slowly. Read them more than once. Read a few verses before and after to gain context.*

**Proverbs 3:5-6**

**Lamentations 3:22-23**

**2 Timothy 2:11-13**

## Reflection:

What has God been speaking over your life these past 21 Days? Has there been a theme?

What consistent action setsps are you committing to take starting today? Write them down, then share them with someone in your Connect Group.

Take some time to just thank God for His faithfulness.

## Prayer:

*Give everyone, everything & every situation to God.*

***If you knew you wouldn't fail, what radical step of faith would you take for God?***

**... Wait. Listen. (II)**

**Journal:** *What is God revealing to you?*

**Prayer:** *What is your response to Him?*

**Jesus  
Christ is  
the same  
yesterday  
and today  
and  
forever.**

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**HEBREWS 13:8**











# Journal



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# Journal



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**You made it!** As we conclude our 21 days of prayer and fasting, it is important to ask, “*Now what?*” How can you remain committed to seeking Him? Very simply, decide to love God and seek Him above all else. That’s right, **decide**. Look for opportunities to spend time with Him and to learn from Him. Daily. Decide to chase after Him and not the things of this life that quickly distract us from Him. Daily. Give Him your whole heart. Daily. Look for Him in each day, through people, circumstances, the Bible, and creation. Daily. It will take intention, effort, desire, and time. But it will be so worth it as your relationship with Him grows, develops, and you fall more and more in love with Him. Hebrews 11:6 says that God will reward those who earnestly seek Him. Will you continue to earnestly seek after the God of this universe who loves you completely and desires to walk with you daily? The reward will be great because God is great!

We are excited to continue to partner together on this journey of faith as we believe God is equipping and preparing us to take the Gospel farther than ever before. Prayer and fasting will always be the disciplines that refine us and prepare us throughout this journey!

As always, we believe, that as we work together to see God glorified in our homes, in our communities and among the nations...

**THE BEST IS ALWAYS YET TO COME!**



**CONNECTION**  
**CHURCH** RINCON