

# pray

**21 Days of Prayer & Fasting Guide**



**“BE STILL, and  
know that I am God.  
I will be exalted  
among the nations,  
I will be exalted in  
the earth!”**

Psalm 46:10 ESV



**be**

**still**

**+**

**pray**

# table of contents

Theme Verse & QR Guide Download	5
Words from Pastor Jerome	7
Overview of the 21 Days of Prayer	9
FAQs, Prayer, & Fasting Tips	11
Week 1 "God Is God"	15
Week 2 "God In Me"	23
Week 3 "God Save Our World"	31
Notes (Fasting Commitment & Prayers)	39
Additional Resources + Health Kit	46
A Story About Prayer from Pastor Jerome	48

*“Be still, and know that I am God. I will be exalted among the nations, I will be exalted in the earth!”*

*Psalm 46:10 ESV*

*“Stop fighting, and know that I am God, exalted among the nations, exalted on the earth.”*

*Psalm 46:10 CSB*

*8-10 Attention, all! See the marvels of God! He plants flowers and trees all over the earth, Bans war from pole to pole, breaks all the weapons across his knee. “Step out of the traffic! Take a long, loving look at me, your High God, above politics, above everything.”*

*Psalm 46:8-10 MSG*



Scan to download the prayer guide.

## **Family,**

The year is 2023. For us as a community, it begins the 8th year for City Life's story. Entering the season ahead, we have been convicted to dream and plan further out.

Deeper. Wider. Stronger.

We find ourselves asking questions like, "What would it look like if we dreamt for our kids' kids? The City's kids' kids? HVN in LANSing, the 517, and the world? Are we letting our first love lead us? What is the pace for the season ahead?"

With that thinking and dialogue, there is a sense of reverence that it is all about Jesus. Apart from Him, we can do nothing. So let us not assume He has all of our plans and all of me. Carving out time to be intentional to consecrate is the whisper invitation we sense God saying... "Come and be with me".

I pray in the story God is writing through you, that these 21 days are catalytic in a deep sense of His presence and purpose in who you are, who you are with, and what you have your hands to.

There is a passage at the end of **2 Timothy 2** (whole chapter is epic btw) that helps frame what type of work as people, I pray, we say yes to.

*20 Now in a great house there are not only vessels of gold and silver but also of wood and clay, some for honorable use, some for dishonorable.*

*21 Therefore, if anyone cleanses himself from what is dishonorable, he will be a vessel for honorable use, set apart as holy, useful to the master of the house, ready for every good work.*

Who doesn't want to be useful to the master in His house?

Every great work seen with the public by our sight has an even deeper work of surrender - of devotion privately with God behind the scenes. Our audience of one.

May these 21 Days of Prayer be an INVITE from GOD to let Him form us in the depth of our soul - as a person and a community. The "To-do" lists of life are long, but there is only one task that matters most - abiding. Therefore, we stop and start with stillness.

May we say, "YES GOD, here I am to BE STILL before you".

**Much love in Jesus,**

A handwritten signature in black ink, appearing to read "Jerome". The signature is fluid and cursive, with a large initial 'J' and a long, sweeping underline.

Jerome Vierling  
Lead Pastor

## **JOIN**

- 21 Days of Prayer & Fasting.

## **WHEN**

- Jan 1st-21st, 7am-7:40am
  - + Daily the Multi-Purpose room will be open until 8pm, if you want to come and spend time with God. The space is open for you.
- We will have this Prayer Guide in physical and digital copies.

- Additional books on prayer will be on-site. If you take one of the prayer books, we ask if you can, pay \$10 per book and will have a QR code onsite to do so. If you don't have the money, take the book still. It's to help inform and inspire us to have sound doctrine and teaching for what prayer is and isn't.

## **WHERE**

- In-Person + Online
  - In-Person - Multipurpose Room
  - Online at [citylifelansing.com](http://citylifelansing.com), Facebook, Youtube

# FAQS

## WHY PRAY?

- When we pray, we remember where our help comes from. We declare our desperation and dependency upon God.

## WHAT IS PRAYER?

- In the simplest way, it is “talking with God.” Prayer is communication with God. We get to talk about everything all the time with God. Let that soak in.

## WHAT HAPPENS WHEN WE PRAY?

- Ultimately, we are in communion and conversation with God. Like any good conversation, the power is in the listening. As we listen, we become more like God. Not our will be done, but His. Our prayers get answered according to His will. He loves to give good gifts to His kids. When we pray, we are calling all of Heaven down to earth. It’s a mystery how that partnership plays out. Though a mystery, it is a truth. Bottom line, when we pray, we become more like God as we let God transform us.

## WHAT ARE SOME TYPES OF PRAYER?

- There are many different types of prayer. Think less structure out the gate and more of the dynamics of a healthy relationship. There isn’t one way you communicate with someone. In fact, sometimes prayer can be more caught than taught - learning our own prayer posture and connection with God and together. Here are some of the many types found in scriptures:
  - Pray the Bible
  - Praise (Worship, Adoration)

- Thanksgiving
- Ask (Petition)
- Stillness (Listen, Contemplate, Meditate)
- Confession
- Lament
- Intercession on behalf of others
- Corporate

### **WHAT IF I MISS A PRAYER TIME?**

- Prayer knows no boundaries or time. Together is always better, but if you miss a slot, just pray on your own when you can. Pray without ceasing throughout the whole day. Simple, still, or shouting - it's all good :-)

### **WHY FAST?**

- It's a quick way to disconnect fast from our flesh and connect fast to our spirit. A time of denying our flesh to open ourselves further to God.
- Desperate times require desperate prayers and posture. Fasting empties us and tunes us in. We deny ourselves, and we dedicate ourselves to God. It's about charging up our inner-self by denying the outer-self. There are many natural benefits, but they fall far short of spiritually connecting to God.

### **WHAT IF I BREAK MY FAST?**

- Remember, if you fail or break your fast, don't beat yourself up. Rather, let God pick you back up and carry you. It's His strength empowering us.

# Prayer Tips

1. **Write your prayers down.**

2. **Pray out loud, still, silent, & even shout.**

1. Silent Prayer - Try to practice being still - focusing on breathing and with each breath saying "Abba." Breathe in "Ab", Breathe out "ba"

3. **Pray with your voice** not how you heard someone else pray. This takes time, but remember God loves to connect with you.

4. **Pray alone, pray together.**

5. **Pray always.** Keep our thoughts ever present with God.

1 Thessalonians 5:16-18 CSB 16 Rejoice always, 17 pray constantly, 18 give thanks in everything; for this is God's will for you in Christ Jesus.

6. **How to pray**

Matthew 6:5-8 CSB

5 "Whenever you pray, you must not be like the hypocrites, because they love to pray standing in the synagogues and on the street corners to be seen by people. Truly I tell you, they have their reward. 6 But when you pray, go into your private room, shut your door, and pray to your Father who is in secret. And your Father who sees in secret will reward you. 7 When you pray, don't babble like the Gentiles, since they imagine they'll be heard for their many words. 8 Don't be like them, because your Father knows the things you need before you ask him.

# Fasting Tips

1. **Pray** - It sounds obvious, but not always done. God loves to talk to His kids. Pray and ask what God wants you to “fast.”
2. **Types of fast** - Check with your doctor if you are going on an extended fast.
  - Water only
  - Liquids only - Water, juices, broth
  - “Daniel” - Water, fruits, vegetables only
  - Skip a Meal(s) during the day
  - No food sunup to sundown
  - Other - Media, etc
3. **Feed your soul** - As you fast, you are more open and vulnerable. What we put in us and in front of us, feeds us. We don’t just remove, but we replace it with more time with God.
  1. Spiritual Health Kit
4. **Benefits** - There are many benefits physically for fasting. Fasting can be hard physically at first. It can feel as if we are taking steps backward before we go forward. We detox physically and spiritually. The reset is good for our souls.
5. **What Jesus said about fasting**

Matthew 6:16-18 CSB 16 “16 “Whenever you fast, don’t be gloomy like the hypocrites. For they disfigure their faces so that their fasting is obvious to people. Truly I tell you, they have their reward. 17 But when you fast, put oil on your head and wash your face, 18 so that your fasting isn’t obvious to others but to your Father who is in secret. And your Father who sees in secret will reward you.”

pray

# God is God

Week 1

# Day 1 - "He withdrew, I do too"

**Bible Text** - Luke 5:15-16, John 5:19 CSB

15 But the news about him spread even more, and large crowds would come together to hear him and to be healed of their sicknesses. 16 Yet he often withdrew to deserted places and prayed. Luke 5:15-16 CSB

19 Jesus replied, "Truly I tell you, the Son is not able to do anything on his own, but only what he sees the Father doing. For whatever the Father does, the Son likewise does these things. John 5:19 CSB

**Examine** - Am I rushing through life, God? Am I carving out time in areas of my life to withdraw? If Jesus is my Savior, am I letting Him be my Lord in this area? What is stopping me from withdrawing to be with you, God?

**Prayer** - "God, I pray that you will draw me in during this season like never before. I pray I will trust in you as Father God. Give me a hunger to know you for myself and find you in the secret place. Amen."

## Day 2 - “When you pray in secret.”

### **Bible Text** - The Lord's Prayer

5 “And when you pray, you must not be like the hypocrites. For they love to stand and pray in the synagogues and at the street corners, that they may be seen by others. Truly, I say to you, they have received their reward. 6 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. 7 “And when you pray, do not heap up empty phrases as the Gentiles do, for they think that they will be heard for their many words. 8 Do not be like them, for your Father knows what you need before you ask him. Matthew 6:5-8 ESV

**Examine** - Am I more satisfied alone with God praying, or do I feel more productive when I pray with others? Do I want to be seen or use prayer as a badge of honor? Am I seeing the opportunity I have every day to go to my Father in secret and pray?

**Prayer** - “God, I thank you that we can talk to you anytime. God, I pray that you help me to notice the beautiful opportunity I have to be with you in the secret place. I pray that I realize it’s simple and profound to be present in your presence. Help me see that praying to you is life giving for my whole being.”

## Day 3 - “Jesus said, pray like this.”

**Bible Text** - The Lord's Prayer

9 Pray then like this:

“Our Father in heaven, hallowed be your name.

10 Your kingdom come, your will be done, on earth as it is in heaven.

11 Give us this day our daily bread,

12 and forgive us our debts, as we also have forgiven our debtors.

13 And lead us not into temptation, but deliver us from evil. Matthew 6:9-13 ESV

**Examine** - Am I letting the words of Jesus inform my prayer life? How can I inch along through this prayer and let it help guide me daily?

**Prayer** - “God, we thank you that we can talk to you all the time, 24/7 we pray that you will help us notice that you are always speaking and want to talk to us as your kids all the time about everything. You are our Father and know what we need before we even ask.”

## Day 4 - "(Enter) - Our Father."

**Bible Text** - The Lord's Prayer

9 Pray then like this:

"Our Father in heaven, hallowed be your name.

10 Your kingdom come, your will be done, on earth as it is in heaven.

11 Give us this day our daily bread,

12 and forgive us our debts, as we also have forgiven our debtors.

13 And lead us not into temptation, but deliver us from evil. Matthew 6:9-13 ESV

**Examine** - Jesus shows us that prayer is first and foremost with our loving Father.

What is my heart posture when I pray - fear or confidence? How often do I begin prayer by remembering who I am praying to? How does my identity as a son/daughter impact how I pray?

**Prayer** - "God, we could not ask for a better Father. What a joy and honor it is to be your kids. You see our needs before we do and always have our best in mind. We pray that we would remember our position as your beloved children and can come to you confident. We pray that any false ideas of you would be replaced by the truth that you care for us and long for relationship with us."

## Day 5 - “(UP) - Our Father...in heaven”

**Bible Text** - [Our Father in heaven link](#), [Got Questions Resource](#)

“Our Father in heaven,” Matthew 6:9 ESV

4 He who sits in the heavens laughs; the Lord holds them in derision. Psalm 2:4 ESV

17 To the King of the ages, immortal, invisible, the only God, be honor and glory forever and ever. Amen. 1 Timothy 1:17 ESV

**Examine** - God is so close and near as our Father, yet over everything in Heaven. Do I realize the control and authority of who my Father God is? Do I realize how powerful it is that the one who created the universe is my Father I pray to? Am I drawing near in the holy of holies because of Jesus? God is in heaven and that is an eternal truth, how does that shape my view of my life and even this moment today?

**Prayer** - “God...we pause in awe of who you are. You alone are God. God, you are closer than the air we breathe, yet over the whole universe. You are omnipresent and we thank you that you know everything. You are superior and in heaven you rule and reign. God, we pray that as we think on the truth that you are in heaven and in heaven is the glory of all of your full nature and character. We pray to have our affections and attentions be all on the object of the one we worship - Our Father in heaven. Thank you that we can pray to you and your power and authority rules and reigns eternally.”

## Day 6 - “(UP)- “hallowed be your name” - Names of God.”

**Bible Text** - The Lord's Prayer + God's Name, Names of God (Got Questions)

9 “...hallowed be your name.

Matthew 6:9-13 ESV

6 The Lord passed before him and proclaimed, “The Lord, the Lord, a God merciful and gracious, slow to anger, and abounding in steadfast love and faithfulness, 7 keeping steadfast love for thousands, forgiving iniquity and transgression and sin, but who will by no means clear the guilty, visiting the iniquity of the fathers on the children and the children's children, to the third and the fourth generation.” Exodus 34:6-7 ESV

**Examine** - What does God's name - Yahweh (I Am Who I Am) - tell us about God? God is to be honored and we aim to see Him have all Glory and revealed to the world. Am I looking up to His greatness first? Do I understand that God is ever present yet all powerful in heaven? Am I starting with a deep sense of awe, and overwhelming sense of God's glory? Is God's name worshipped, exalted, honored, and adored on earth as it is in heaven in my life?

**Prayer** - “God, you are I AM, the unchanging one. You are worthy of honor and praise, the creator of all things. There is no one like you, no one in the same class or league. Help us to remember you in the morning, give us a heart of gratitude and thankfulness for you throughout our day. Help me see that you alone deserve my worship and that the other things/people that compete for my heart will never satisfy me the way that you do. You are worthy of all praise, honor, and glory. You are compassionate, full of steadfast loving, merciful yet mighty. God we thank you for revealing yourself to us and we pray your name will be revealed and exalted in all the earth. We lift you up and thank you for being you and in control. We pray this in your son and our King's name, the name above all names...Jesus. Amen”

**Additional Resource** - God has a Name by John Mark Comer

## Day 7 - “(IN) - HVN in LAN.”

**Bible Text** - The Lord's Prayer Link + God's Majesty

10 Your kingdom come, your will be done, on earth as it is **in heaven**.

Matthew 6:9-10 ESV

8 For my thoughts are not your thoughts, neither are your ways my ways, declares the Lord. 9 For as the heavens are higher than the earth, so are my ways higher than your ways and my thoughts than your thoughts. Isaiah 55:8-9 ESV

O Lord, our Lord, how majestic is your name in all the earth! You have set your glory above the heavens. 2 Out of the mouth of babies and infants, you have established strength because of your foes, to still the enemy and the avenger. 3 When I look at your heavens, the work of your fingers, the moon and the stars, which you have set in place, 4 what is man that you are mindful of him, and the son of man that you care for him? Psalm 8:3-4 ESV

**Examine** - Am I giving God room in my life to establish His kingdom - rule and reign? In what ways am I aligned with God's kingdom? In what ways can I continue to grow in allowing God to mold and shape me into the image of Jesus? How can I bring heaven to earth in my family, place of work, friendships and spheres of influence?

**Prayer** - “God, we know it is your passion to see Heaven and Earth united again. We ask first that Heaven would come in us, that we would see your glory and it would change us from the inside out. We ask that your Holy Spirit would do the work of freeing and liberating us so that we can do the good works of the kingdom in the here and now. Have your way in our lives today, God, and remove anything that would hinder us from following you.”

pray

# God in Me

Week 2

## Day 8 - “(IN) - Daily Bread. Provision, Asking God”

**Bible Text** - Provision - Asking God.

11 Give us this day our daily bread. and forgive us our debts, as we also have forgiven our debtors.

Matthew 6:11 ESV

7 “Ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you. 8 For everyone who asks receives, and the one who seeks finds, and to the one who knocks it will be opened. 9 Or which one of you, if his son asks him for bread, will give him a stone? 10 Or if he asks for a fish, will give him a serpent? 11 If you then, who are evil, know how to give good gifts to your children, how much more will your Father who is in heaven give good things to those who ask him!

Matthew 7:7-11 ESV

16 And Caleb said, “Whoever strikes Kiriath-sepher and captures it, to him will I give Achsah my daughter as wife.” 17 And Othniel the son of Kenaz, the brother of Caleb, captured it. And he gave him Achsah his daughter as wife. 18 When she came to him, she urged him to ask her father for a field. And she got off her donkey, and Caleb said to her, “What do you want?” 19 She said to him, “Give me a blessing. Since you have given me the land of the Negeb, give me also springs of water.” And he gave her the upper springs and the lower springs

Joshua 15:16-19 ESV

**Examine** - What most occupies my thoughts? In moments of anxiety/worry, where do I place my trust? How has God provided for me in the past? What am I most concerned about in my future?

**Prayer** - “God, we are often overwhelmed by our needs. They consume our thoughts. It is so easy to forget that everything we have is yours, and you care for us each intimately. We pray that you would give us confident hearts to ask for the big and small needs, trusting that you are a Good Father who sees us in our weakness. In anxiety and worry, we turn to you and approach you boldly as our supplier/sustainer.”

## Day 9 - “(OUT) - Lead us and deliver (contend) us from evil.”

**Bible Text** - The Lord’s Prayer + Armor of God

13 And lead us not into temptation, but deliver us from evil. Matthew 6:9-13 ESV

10 Finally, be strong in the Lord and in the strength of his might. 11 Put on the whole armor of God, that you may be able to stand against the schemes of the devil. 12 For we do not wrestle against flesh and blood, but against the rulers, against the authorities, against the cosmic powers over this present darkness, against the spiritual forces of evil in the heavenly places. 13 Therefore take up the whole armor of God, that you may be able to withstand in the evil day, and having done all, to stand firm. 14 Stand therefore, having fastened on the belt of truth, and having put on the breastplate of righteousness, 15 and, as shoes for your feet, having put on the readiness given by the gospel of peace. 16 In all circumstances take up the shield of faith, with which you can extinguish all the flaming darts of the evil one; 17 and take the helmet of salvation, and the sword of the Spirit, which is the word of God, 18 praying at all times in the Spirit, with all prayer and supplication. To that end, keep alert with all perseverance, making supplication for all the saints, 19 and also for me, that words may be given to me in opening my mouth boldly to proclaim the mystery of the gospel, 20 for which I am an ambassador in chains, that I may declare it boldly, as I ought to speak.  
Ephesians 6:10-20 ESV

**Examine** - What am I most commonly tempted by? How has God called me to act and live in these areas of temptation? What sin patterns is God calling me to make war with today? How is God leading me out of temptation as I rely on His Spirit?

**Prayer** - “God, you know we are full of desires. Please help us to use the tools you have given us to make spiritual warfare with our unhealthy desires and put love in order. We know that you created all things and that your order is good. We confess trust and dependence on you and repent of the times we have used the created things outside of your intention. Strengthen us by your Spirit to live Godly lives that are holy and blameless. Protect us from the enemy who wants to lure us away from your presence with lesser things.”

## Day 10 - "Enduring Prayers - Not my will."

**Bible Text** - Passages on Endurance, Suffering, and Jesus in the Garden.

39 And he came out and went, as was his custom, to the Mount of Olives, and the disciples followed him. 40 And when he came to the place, he said to them, "Pray that you may not enter into temptation." 41 And he withdrew from them about a stone's throw, and knelt down and prayed, 42 saying, "Father, if you are willing, remove this cup from me. Nevertheless, not my will, but yours, be done." 43 And there appeared to him an angel from heaven, strengthening him. 44 And being in agony he prayed more earnestly; and his sweat became like great drops of blood falling down to the ground. 45 And when he rose from prayer, he came to the disciples and found them sleeping for sorrow, 46 and he said to them, "Why are you sleeping? Rise and pray that you may not enter into temptation." Luke 22:39-46 ESV

26 Likewise the Spirit helps us in our weakness. For we do not know what to pray for as we ought, but the Spirit himself intercedes for us with groans too deep for words. Romans 8:26 ESV

**Examine** - Are my prayers typically more focused on my needs or those in my sphere? Am I focused on building my Kingdom or yours, God?

**Prayer** - "God, I thank you that I can come to you and you hear me. Your ways and plans are higher. I pray that like Solomon, it's for your glory only. I pray that you create in me a heart that cares for your purposes and your people. I pray you give me purity for what you care about most - people. God, help me lean into Solomon's prayer in every area of my life."

# Day 11 - “Holiness + Confession”

## **Bible Text-** Holiness + Confession

Therefore, confess your sins to one another and pray for one another, that you may be healed. The prayer of a righteous person has great power as it is working.

James 5:16 ESV

And if your right hand causes you to sin, cut it off and throw it away. For it is better that you lose one of your members than that your whole body go into hell.

Matthew 5:30 ESV

Since it is written, “You shall be holy, for I am holy.” 1 Peter 1:16 ESV

20 Now in a great house there are not only vessels of gold and silver but also of wood and clay, some for honorable use, some for dishonorable. 21 Therefore, if anyone cleanses himself from what is dishonorable, he will be a vessel for honorable use, set apart as holy, useful to the master of the house, ready for every good work. 22 So flee youthful passions and pursue righteousness, faith, love, and peace, along with those who call on the Lord from a pure heart. 2 Timothy 2:20-22 ESV

**Examine** - Lord, how often do I remember the gift of faith and access to you? Is it the center of my heart and thought life? How have I grieved your spirit and where are you calling me to repentance? In what ways can I set my life apart to obey and worship you?

**Prayer** - “God, you are both my Savior and Lord. I surrender to your will. I ask that you continue to guide me by your Spirit, so I do not sin against you. Give me a purity of heart to desire what you desire. For all of the moments where I have chosen to disobey, I repent and ask for the forgiveness purchased for me by your son, Jesus. I pray that I would see you clearly so I can follow in your footsteps, and give me the courage to confess when I forget your ways. Amen ”

# Day 12 - "Healing"

## **Bible Text** - Healing Scriptures

5 But he was pierced for our transgressions; he was crushed for our iniquities; upon him was the chastisement that brought us peace, and with his wounds we are healed. Isaiah 53:5 ESV

14 Is anyone among you sick? Let him call for the elders of the church, and let them pray over him, anointing him with oil in the name of the Lord. 15 And the prayer of faith will save the one who is sick, and the Lord will raise him up. And if he has committed sins, he will be forgiven. James 5:14-15 ESV

24 He himself bore our sins in his body on the tree, that we might die to sin and live to righteousness. By his wounds you have been healed. 1 Peter 2:24 ESV

**Examine** - How often do I turn to God for healing? Do I fight the effects of sin and death in my world with my own efforts or in partnership with God's Spirit? How has God called me to help in the healing of the creation? Do I pray for those around me to experience God's healing power in their hearts, minds and bodies?

**Prayer** - "God, you are the healer of individuals and the cosmos and everything in between. You see every part of creation and long to see it and us restored. Help us to remember the great cost your son Jesus paid to bring healing to the world. We pray that you would restore our hearts that are prone to wander from you. Give us the wisdom to steward your creation and participate in your healing of the world. We ask that you remove every disease, infirmity and the effects of sin as we strive to live as you intend. Amen."

# Day 13 - "Relationships"

## **Bible Text** - Passages on Singleness, Marriage, and Parenting

This mystery is profound, and I am saying that it refers to Christ and the church. 33 However, let each one of you love his wife as himself, and let the wife see that she respects her husband. Ephesians 5:32-33 ESV

Only let each person lead the life that the Lord has assigned to him, and to which God has called him. This is my rule in all the churches. 1 Corinthians 7:17 ESV

For when they rise from the dead, they neither marry nor are given in marriage, but are like angels in heaven. Mark 12:25 ESV

Behold, children are a heritage from the Lord,  
the fruit of the womb a reward. Psalm 127:3 ESV

**Examine** - Whatever my past, present, or future may be, is God my centerpiece? Is my marriage on the journey of reflecting the way Christ is to the church? Is my singleness being used for God's glory? Am I training up my children in a way that sets them up for a lifetime of relationship with the Lord? Lastly, do I have God in the middle of all of my relationships?

**Prayer** - "God, please guide me into reflecting you in my relationships. Relationships are a signpost to the world. I want to be more Christ-like in my marriage, singleness, parenting, and my entire family. I mess up often but allow me to see the places I can work on to get better. I invite you into every relationship and area of my life. Have your way God. Amen"

# Day 14 - "Speak Your Servant Is Listening"

## **Bible Text** - Hearing God

9 He told Samuel, "Go and lie down. If he calls you, say, 'Speak, Lord, for your servant is listening.'" So Samuel went and lay down in his place.

10 The Lord came, stood there, and called as before, "Samuel, Samuel!" Samuel responded, "Speak, for your servant is listening." 1 Samuel 3:9-10 CSB

27 My sheep hear my voice, I know them, and they follow me. 28 I give them eternal life, and they will never perish. No one will snatch them out of my hand.

John 10:27-28 CSB

**Examine** - Do I have margin to hear your voice? If not, where in my life can I create space in order to listen to you? What is it that may sound louder than God's voice? When the time comes, is my response similar to Samuel's, "Speak, for your servant is listening"?

**Prayer** - "God please help me to slow down. Help me to get into a position and posture of listening, responding, and following you. Allow me to respond similarly to Samuel when you call. I am sorry for every time I have chosen being busy over choosing you. Allow me to reorganize this posture in my life starting now. Amen."

pray

# God Save our World

Week 3

# Day 15- “We are One, Unity In Community”

## **Bible Text-** Passages On Unity

I do not ask for these only, but also for those who will believe in me through their word, 21 that they may all be one, just as you, Father, are in me, and I in you, that they also may be in us, so that the world may believe that you have sent me.

John 17:20-21 ESV

Finally, all of you, have unity of mind, sympathy, brotherly love, a tender heart, and a humble mind. 1 Peter 3:8 ESV

Now the full number of those who believed were of one heart and soul, and no one said that any of the things that belonged to him was his own, but they had everything in common. Acts 4:32 ESV

**Examine** - All of the text is filled with an invitation to unify with other believers. What are my reservations when the word unity is mentioned? Where do I struggle seeing the church as ONE?

**Prayer** - "Jesus, as you are one with the Father, I pray for that same heart for the Church. I pray we look at one another, in the body, as if they were our own brother or sister! Please help me navigate my heart to put away my own biases that can be unhelpful or hurtful to others. Let me be one with you and the family of believers. God lead us to be ONE Church and ONE Body following you!"

# Day 16 - "The Persecuted Church"

## **Bible Text** - Passages About The Persecuted

Resist him, firm in the faith, knowing that the same kind of sufferings are being experienced by your fellow believers throughout the world. 1 Peter 5:9 CSB

Blessed are those who are persecuted because of righteousness, for the kingdom of heaven is theirs. Matthew 5:10 CSB

**Examine** - Am I forgetting about the trials and tribulations that others go through? Do I take for granted the privilege I have for being able to express my faith freely in this nation? Can I spend more time thinking, praying, and staying up to date with the global Church?

**Prayer** - "God, please protect my brothers and sisters all across the world. I lift up anyone going through persecution for their faith in any way. I pray you are their comfort. I pray that they don't come down from doing a good thing and rather pursue you deeper through it all. Please protect the families that meet to hear your word read. Raise up pastors in these countries and regions to understand your word and teach those around them to follow you. Thank you God for being there before we ever knew. Amen."

# Day 17- "Here I Am Send Me"

## **Bible Text** - Mission Mindset

Then I heard the voice of the Lord asking:

Who will I send? Who will go for us?

I said:

Here I am. Send me. Isaiah 6:8 ESV

**Examine**- Am I willing to go where the Lord wants me to go? What fears come to mind when it comes to following Jesus radically? What do I not want to give up? Where can I have this mission mindset in our city? What would happen if I chose to follow Jesus in all areas of my life? How can I be a person who says, "Here I am Lord, Send Me"?

**Prayer**- "God, my life is yours. Have your way with me. All that is mine is yours and I am excited to be a part of the journey you are leading. Please let me be a part of the solution in loving and investing in your people and city. I pray for Lansing and that you raise up people to invest here. God continue the work through City Life by loving the city one life at a time. I zoom out and lift up all the churches in the nation. Jesus, I pray for every knee to bow and every tongue to confess that you are Lord. Lastly, I pray for the entire world. I ask, God, that missionaries are continuing to be raised up. I pray for churches to be planted, sustained, and to spread all throughout the world. One day you will come back and make all things new. Lets go! In the meantime, I will say, 'Yes' and continue to share your Good News. I love you. I trust you. Amen."

# Day 18 - "Singleness, Marriages, Families, & Children"

## **Bible Text** - Passages about Singleness, Marriages, Families, & Children

Then the Lord God said, "It is not good for the man to be alone. I will make a helper corresponding to him." Genesis 2:18 CSB

24 Therefore God delivered them over in the desires of their hearts to sexual impurity, so that their bodies were degraded among themselves. 25 They exchanged the truth of God for a lie, and worshiped and served what has been created instead of the Creator, who is praised forever. Amen. Romans 1:24-25 CSB

For it was you who created my inward parts; you knit me together in my mother's womb. Psalm 139:13 CSB

Children, obey your parents in the Lord, because this is right. 2 Honor your father and mother, which is the first commandment with a promise, 3 so that it may go well with you and that you may have a long life in the land. Ephesians 6:1-3 CSB

Start a youth out on his way; even when he grows old he will not depart from it. Proverbs 22:6 CSB

**Examine** - Am I taking an interest in families, singles, and children locally and globally? Am I a person who is aware of how godlessness is creeping in to our world? Am I someone who is encouraging and praying for those in my sphere to model the way of God? Holy Spirit show me how I can become more of a person who is championing the things of God.

**Prayer** - "God, your Imago Dei is under attack across the world. We pray that you will bring healing and help for people to know how precious life is. God, we pray that we are people you will bring wholeness from the womb to the tomb for humanity. We pray that you will give a deep sense of conviction on people to walk in relationships that model your design. Jesus, have mercy on the lives of our children and help them have a deep sense of your truths. We lift up in prayer all the singles, marriages, families and children across the world asking you to bring restoration and redemption. We thank you for your miracle working power. We pray this in Jesus name. Amen."

## Day 19 - "Paul's Prayers"

### **Bible Text** - Paul's Desire for the Church

9 And it is my prayer that your love may abound more and more, with knowledge and all discernment, 10 so that you may approve what is excellent, and so be pure and blameless for the day of Christ, 11 filled with the fruit of righteousness that comes through Jesus Christ, to the glory and praise of God. Philippians 1:9-11 ESV

**Examine** - As I follow Jesus, how have I noticed my love growing? In what ways has the truth that God reveals in scripture shaped my heart, mind, and actions? How might God be inviting me to be developed in the coming season?

**Prayer** - "Lord, you have made us righteous because of the sacrifice of Jesus. We want to be people who reflect your heart and character to others - to lead and love like Jesus. Give us, as a passion, to glorify you in every area of our lives. We ask for wisdom on how to apply the truth faithfully every day and a desire to grow in our understanding of your will."

## Day 20 - "King Jesus & Authority"

### **Bible Text** - Passages About Authority

5 and from Jesus Christ, the faithful witness, the firstborn from the dead and the ruler of the kings of the earth. To him who loves us and has set us free from our sins by his blood, 6 and made us a kingdom, priests to his God and Father—to him be glory and dominion forever and ever. Amen. Revelation 1:5-6 CSB

13 Let everyone submit to the governing authorities, since there is no authority except from God, and the authorities that exist are instituted by God. 2 So then, the one who resists the authority is opposing God's command, and those who oppose it will bring judgment on themselves. 3 For rulers are not a terror to good conduct, but to bad. Do you want to be unafraid of the one in authority? Do what is good, and you will have its approval. 4 For it is God's servant for your good. But if you do wrong, be afraid, because it does not carry the sword for no reason. For it is God's servant, an avenger that brings wrath on the one who does wrong. 5 Therefore, you must submit, not only because of wrath but also because of your conscience. 6 And for this reason you pay taxes, since the authorities are God's servants, continually attending to these tasks. 7 Pay your obligations to everyone: taxes to those you owe taxes, tolls to those you owe tolls, respect to those you owe respect, and honor to those you owe honor. Romans 13:1-7 Christian Standard Bible

**Examine** - All authority is under authority - how do I view the authority in my life? Do I view my service to my authorities as a means of honoring God? In what areas can I give God authority so I can experience the life He has available?

**Prayer** - "Father, you know all things. Every authority on earth will bow to you and every authority is subject to you. We ask that you give our leaders the wisdom and character to lead well. Give us humble hearts to serve our leaders as an extension of you so that your name will be honored. We have no authority but you and trust you to direct, guide, and instruct us in the way of life. We ask that your kingdom would grow and flourish in the church and the world."

## Day 21 - "Worship Life"

### **Bible Text** - Passages On Worshipping Always

On the seventh day they rose early, at the dawn of day, and marched around the city in the same manner seven times. It was only on that day that they marched around the city seven times. 16 And at the seventh time, when the priests had blown the trumpets, Joshua said to the people, "Shout, for the Lord has given you the city. Joshua 6:15-16 ESV

Therefore let us be grateful for receiving a kingdom that cannot be shaken, and thus let us offer to God acceptable worship, with reverence and awe Hebrews 12:28 ESV

Rejoice in the Lord always; again I will say, rejoice. Philippians 4:4 ESV

**Examine** - Even when we don't know how, we do know WHO - You GOD! Am I somebody that when the tough times come, I look at worship as my weapon? Do I try and grasp control of my life as opposed to letting God lead and be in control?

**Prayer** - "God, tough times will come. That is inevitable. God, I want to turn to you when things get rough. I want to find myself on my knees offering all that is in my life to you in this next season. Let me be a worshipper - one who rejoices in you always and invites others to follow in the same process. I ask for the world's volume to be turned down and heaven's noise turned up in my life. Worship is more than just music. God, show me how to live a lifestyle of worship. I love you, God."

## FASTING COMMITMENT

*"I deny my flesh & dedicate myself to you God."*

*Day*

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

4 \_\_\_\_\_

5 \_\_\_\_\_

6 \_\_\_\_\_

7 \_\_\_\_\_

8 \_\_\_\_\_

9 \_\_\_\_\_

10 \_\_\_\_\_

11 \_\_\_\_\_

12 \_\_\_\_\_

13 \_\_\_\_\_

14 \_\_\_\_\_

15 \_\_\_\_\_

16 \_\_\_\_\_

17 \_\_\_\_\_

18 \_\_\_\_\_

19 \_\_\_\_\_

20 \_\_\_\_\_

21 \_\_\_\_\_

**PRAYERS**

## PRAYERS

## PRAYERS

## PRAYERS

## **PRAYERS**



# HEALTH KIT

HEALTHY ME LEADS TO HEALTHY EVERYTHING

## START THE DAY

“LOVED TO LOVE”

**1** **THANK GOD**  
3 THINGS I'M THANKFUL FOR

**2** **REMEMBER**  
WHO YOU ARE IN JESUS  
(IDENTITY, WORTH)

**3** **PRAY**  
5 MIN MEDITATE & PRAY

**4** **WORD & WORSHIP**  
READ/LISTEN BIBLE,  
WORSHIP SONGS

**5** **GO LOVE**  
ONE LIFE AT A TIME

## ADDITIONAL RESOURCES

### - **Prayer Books**

1. [A Praying Life: Connecting with God in a Distracting World](#)
2. [Worried About Everything Because I Pray About Nothing](#)
3. [Praying Like Monks, Living Like Fools](#)
4. [How To Pray: A Simple Guide For Normal People](#)

### - **Fasting**

- [Allen Parr on Fasting](#)
- [Celebration of Discipline: The Path to Spiritual Growth](#)
- [Bridgetown Church's Teachings On Fasting](#)

### - **Bible App**

### - **Worship Playlist**

- [Youtube](#) (Search - City Life Lansing Playlists)
- [Apple Music](#) (Search - City Life Lansing Worship Playlist)
- [Spotify](#) (Search - City Life Lansing Worship Playlist)

### - **143 Script Jams**

### - **CL Music Playlist**

- [Youtube](#)
- [Apple Music](#)
- [Spotify](#)

## ONE PRAYER STORY FROM JEROME

**Our prayers matter** - We never know how or when God will answer them. I showed up at my 10 year reunion. I was anticipating this day to see my old classmates who knew the “Old” me. I had a team back home praying, and I fasted for the event. I sensed God wanted to do something powerful.

Here I was a new creation for 6 years going to visit so many people who knew some of my darkest moments. I mean junior year, I am on the Varsity B-Ball team and then senior year, I am ineligible and doing jail time on the weekends (I believe I was in jail during my Senior Prom).

I entered the reunion at Trippers in Frandor (now Olga’s). After mingling, I got to connect with some familiar faces. Loved interacting and connecting. I reconnected with one of my now great friends, John Mashni (our valedictorian, his wife Nichole was our salutatorian - you overachievers, well done!), which many of you know John.

One of my classmates approached me and said, “Remember me...”

At first, I didn’t. Her hair was shorter and dyed. Then she said, “It’s me Suzanne.”

In a split second, I thought, “It’s good to see you”, and at the same time, “Dang it, I should say sorry for toilet papering, egging your house and a couple other stupid stories.” Things I am not proud of.

She then said, “My mom and I heard about your conversion to Christ, and we cried.” She had tears in her eyes, and my wife was standing right there.

Crystal never knew the old Jerome, and when she hears stories, she says it is like listening to/learning about an alien because of how drastic the difference. Which is a testament to God's grace obviously, if that contrast is that obvious. Never have I been perfect since, but the permanent grace of God has continued to work.

So back to the story.

Suzanne said, "When you moved in town at 8 years old, I remember writing that God would reach you in my prayer journal."

I responded, "Wait, what did you say?"

Suzanne, "Yes I would pray for you, and I didn't know why I was so prompted to. I prayed for you for years. That is why, when my mom and I heard about your transformation, we were so emotional."

I was stunned to say the least. I was so grateful. Felt indebted. How precious and powerful. Who does that at 8 years old and still prays for someone for years?! Crystal and I ended up taking her and her husband out to dinner. They are in ministry, and they are heroes forever to us. Thank you, Suzanne, for praying for the kid who egged your house (kids, don't try that at home). Maybe that was a sign to pray for me, but the truth was she wrote my name down way before that even happened, and she was being used as an instrument to bring HVN to Earth. It is a beautiful story of God's Spirit prompting her to pray and her responding with a "yes".

What a 10 year reunion, huh?

Was it her prayer why I was changed? Was it a work of the spirit only? Was it my grandma taking me to church as a kid? Was it the World Beyond Book that I read at Mount Hope Church and playing basketball as a teen there, my mom telling me God was real, or was it long nights of deeply considering life? The answer is yes to all of the above. God uses and used it all.

Ultimately, it is a work of His Spirit drawing us in, but how beautiful is the mystery of bringing HVN down in our lives and in the places we reside. This story has always encouraged me that what we pray in private, one day, we may just see a miracle in front of our own eyes. Remember, the greatest miracle has already happened, we are forgiven and brand new. The rest are signs pointing to God's Kingdom.

May we be encouraged to pray without ceasing.

“God, we pray your Kingdom to come, and we put our faith out there for healing, hope, racial reconciliation, forgiveness, mercy and that we will trust you in the small and big. Amen”



The Lord's Prayer

9 "Our Father in heaven,  
hallowed be your name.

10 Your kingdom come,  
your will be done,  
on earth as it is in heaven.

11 Give us this day our daily bread,  
12 and forgive us our debts,  
as we also have forgiven our debtors.

13 And lead us not into temptation,  
but deliver us from evil.

Matthew 6 ESV

