

***21 DAYS OF
PRAYER + FASTING***



love[♥]
CHURCH

Introduction

“You will seek Me and find Me when you seek Me with all your heart.”
– Jeremiah 29:13

As we prepare for our first Love Gathering, we are setting aside 21 days to intentionally seek God through prayer and fasting. This is more than a spiritual tradition—it’s an invitation to draw closer to the One who loves us most.

When we pray, we speak with the living God. When we fast, we make room for His presence by laying aside other things that satisfy us. Together, prayer and fasting position our hearts to hear from God, receive His direction, and experience His power.

We’re not doing this alone—we’re doing this **together as a church family**. Whether you’ve prayed for years or this is your first fast, take heart: God rewards those who seek Him. If you stay consistent, humble, and hungry for Him, these 21 days could be a life-changing turning point.

Prayer.

“Pray without ceasing.”
– 1 Thessalonians 5:17

Prayer is not a religious task to check off; it is a living conversation with the God who loves you. From Genesis to Revelation, God invites His people to speak to Him, listen to Him, and walk with Him.

Jesus modeled this for us. He often withdrew to quiet places to pray (Luke 5:16) and taught His disciples how to pray (Matthew 6:9–13). Prayer is not about perfect words—it’s about honest hearts. As Tim Keller writes in *Prayer*, it is “both a conversation and an encounter with God.”

Andrew Murray reminds us: “Prayer is not monologue, but dialogue. God’s voice in response to mine is its most essential part.” Prayer is more than asking—it’s listening. We come to God not only with needs, but with worship, confession, gratitude, and surrender.

Chris Hodges, in *Pray First*, says, “Prayer should be our first response, not our last resort.” When we lead with prayer, we invite God’s power into every situation. And E.M. Bounds challenges us that “God shapes the world by prayer.”

Types of Prayer We See in Scripture

Throughout the Bible, we see God’s people using many different kinds of prayer:

- **Praise & Adoration** – Lifting up God’s greatness (Psalm 145:3).
- **Thanksgiving** – Expressing gratitude for His works (1 Thessalonians 5:18).
- **Confession** – Acknowledging our sins and receiving forgiveness (Psalm 51).
- **Supplication** – Asking God for specific needs for ourselves (Philippians 4:6).
- **Intercession** – Praying on behalf of others (1 Timothy 2:1).
- **Lament** – Pouring out our sorrow and pain before God (Psalm 13).
- **Spiritual Warfare** – Praying against the enemy’s schemes, standing in Christ’s authority (Ephesians 6:18).

No matter which kind of prayer we pray, the goal is always the same: to draw near to God and align with His will.

Praying the Bible

Sometimes the hardest part of prayer is knowing what to say. Donald Whitney, in *Praying the Bible*, offers a simple but powerful way to keep prayer fresh: use Scripture as your prayer guide.

How to do it:

1. **Choose a passage** – Psalms are a great starting point.
2. **Read slowly** – Stop when a verse stands out.
3. **Pray it back to God** – Turn God's words into your words.
4. **Personalize it** – Apply it to your own life or someone you're praying for.

For example, Psalm 23:1 says, **"The Lord is my shepherd, I shall not want."** You could pray:

"Lord, thank You for shepherding me. Help me trust You to provide what I need. Guard me from the anxiety that comes from wanting more than You've given."

The P.R.A.Y. Model

We'll use this framework during these 21 days:

- P – Praise:** Start with worship and gratitude (Psalm 100:4).
- R – Repent:** Confess sin and turn back to God (1 John 1:9).
- A – Ask:** Present requests for yourself and others (Philippians 4:6).
- Y – Yield:** Surrender to His will and listen for His voice (Luke 22:42).

3 Tips to Grow in Prayer

1. **Pray for One Minute Every Hour** – Set alarms on your phone as a reminder to pause, thank God, or pray for someone.
2. **Prayer Walk** – Take a walk around your neighborhood and pray for the homes, schools, and people you see.
3. **Keep a Prayer Journal** – Write your prayers and track God's answers over time; it will build your faith.

Fasting.

“When you fast... your Father, who sees what is done in secret, will reward you.”
– Matthew 6:16–18

In Scripture, fasting is not “if you fast” but “when you fast.” It’s a spiritual discipline where we voluntarily give up food—or other comforts—to focus on God. Fasting is not about punishing the body; it’s about training the soul.

From Moses on Mount Sinai (Exodus 34:28), to Esther interceding for her people (Esther 4:16), to Jesus in the wilderness (Matthew 4:2), God’s people have fasted to humble themselves, seek His direction, and depend fully on Him.

Jentezen Franklin (Fasting) calls it “a secret source of power for the believer.” Arthur Wallis (God’s Chosen Fast) describes it as a sacred act of humility. Jay Richards (Eat, Fast, Feast) reminds us that fasting has been part of the Christian life throughout history. Norman Grubb (Rees Howells, Intercessor) shows how fasting has accompanied powerful movements of prayer.

Why We Fast

1. To humble ourselves before God (Psalm 35:13)
2. To seek guidance (Acts 13:2–3)
3. To repent and return to God (Joel 2:12)
4. To strengthen prayer (Ezra 8:23)
5. To prepare for ministry (Luke 4:1–14)

Types of Fasts

- **Complete Fast** – Water only (or water + broth/juice)
- **Partial Fast** – Restrict certain meals or hours (e.g., sunup to sundown)
- **Daniel Fast** – Plant-based diet (vegetables, fruit, water)
- **Soul Fast** – Abstaining from media or distractions

How to Fast

1. Decide your type & length of fast.
2. Set a clear spiritual focus.
3. Replace meals or activities with prayer & Scripture.
4. Stay hydrated & pace your energy.
5. Break the fast gradually.

Fasting Tips for Beginners

- Start small—try skipping one meal.
- Pair fasting with Scripture reading.
- Expect spiritual resistance—stay persistent.
- Listen to your body—fast safely.

You are not alone. We get to do this in **community**, seeking God side by side. If you are consistent, humble, and truly hungry for Him, these 21 days could change your life. God honors the heart that hungers after Him, and He delights to meet His people when they pray and fast together.

Day 1 — Surrender

“Therefore, I urge you, brothers and sisters, in view of God’s mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship.”
— Romans 12:1

Devotional:

Surrender is at the heart of the Christian life. When we say “Jesus is Lord,” we are declaring that our life no longer belongs to us—it belongs to Him. The world tells us, “It’s my life, my choice, my truth.” But the gospel calls us to a different reality: “I have been crucified with Christ and I no longer live, but Christ lives in me” (Galatians 2:20).

Think of it like driving a car. Many Christians invite Jesus into the passenger seat but keep their hands firmly on the wheel. We might even let Him hold the map, but we still choose the route. Surrender means sliding out of the driver’s seat, handing Him the keys, and saying, “Wherever You want to go, I’ll follow.” It’s giving Him control not just for one trip, but for the rest of the journey.

Following Jesus means it’s no longer about what I want, where I go, or how I live. It means obeying God’s Word even when it’s hard, even when it’s unpopular, even when it costs me something. We surrender not out of fear, but out of love—because Christ first surrendered His life for us on the cross.

Surrender is not weakness. It’s the boldest act of faith you can take. When you place your entire life in God’s hands—your plans, your desires, your future—you discover the freedom and joy that only comes from obedience to Him.

Prayer Focus:

Ask God to show you where you’ve been living as if your life is your own. Lay those areas before Him and commit to walk in full obedience to His will.

Prayer Points:

1. That God would give you the courage to obey Him even when it’s difficult or unpopular.
2. That any area of hidden control or resistance in your heart would be surrendered fully to Jesus.
3. That your love for God would be the reason and motivation behind your obedience.

Reflection Question:

What “keys” in your life do you need to hand over to Jesus today?

Day 2 — Repentance

“If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.” — 1 John 1:9

Devotional:

Repentance is more than saying “I’m sorry.” In the Bible, repentance means a complete change of direction—turning away from sin and turning fully toward God.

But what is sin? Sin is anything we think, say, or do that goes against God’s will. It’s disobedience to His Word and His ways—whether in our actions, our attitudes, or even the hidden places of our hearts. It’s not just the “big” wrong things we notice in others—it’s also pride, selfishness, unforgiveness, and choosing our way over God’s way (Romans 3:23).

Here’s the good news: repentance is never about staying stuck in guilt or shame—it’s about stepping into grace. Because of Jesus’ sacrifice, we can come to God honestly, confess our sins, and receive complete forgiveness. Repentance clears the distance between us and God, restores intimacy, and opens the door for spiritual renewal.

Imagine driving down the wrong highway. The farther you go, the more lost you become. Repentance is not slowing down—it’s getting off the wrong road completely and taking the right one. And the moment you turn, you’ll find God right there, ready to walk with you.

As Acts 3:19 says, “Repent, then, and turn to God, so that your sins may be wiped out, that times of refreshing may come from the Lord.”

Prayer Focus:

Thank God for making a way back to Him through Jesus. Ask Him to reveal anything in your life that’s out of alignment with His will, and receive His grace as you turn back to Him.

Prayer Points:

- 1. That God would reveal hidden sin, wrong motives, or areas of compromise.**
- 2. That you would experience the joy and freedom that comes from forgiveness.**
- 3. That you would walk in daily repentance, keeping a soft and teachable heart before God.**

Reflection Question:

What is one specific area God may be asking you to turn from today so you can walk closer with Him?

Day 3 — Faith Over Fear

“For God has not given us a spirit of fear, but of power and of love and of a sound mind.”
— 2 Timothy 1:7

Devotional:

Fear is more than a feeling—it’s a spiritual force the enemy uses to keep us from walking in the life God has for us. Paul reminds Timothy, and us, that fear is not from God. What God has given us instead is His Holy Spirit, the Spirit of faith, who fills us with power, love, and a sound mind.

Faith doesn’t mean we never feel afraid—it means we trust the Holy Spirit more than the fear. Think of a child learning to swim. They might feel nervous about the water, but as long as their eyes stay on their father’s arms ready to catch them, they’ll jump. In the same way, when we keep our eyes on Jesus, we find the courage to take steps we could never take on our own.

Throughout the Bible, God’s people faced moments when fear could have stopped them—Moses at the Red Sea, David facing Goliath, Peter stepping out of the boat. In every case, they moved forward because God’s Spirit in them was greater than the threat before them.

Today, whatever you face, remember this: fear looks at the storm, but faith—born of the Holy Spirit—looks at the Savior.

Prayer Focus:

Thank God for giving you His Spirit, not a spirit of fear. Ask Him to strengthen your faith through the Holy Spirit’s power and presence.

Prayer Points:

1. That God would expose and remove every lie of fear from your life.
2. That you would be more aware of the Holy Spirit’s presence than the enemy’s threats.
3. That you would walk in power, love, and a sound mind in every decision and challenge.

Reflection Question:

Where is fear trying to control you, and how can you invite the Holy Spirit to take over that space with faith?

Day 4 — Identity in Christ

**“Therefore, if anyone is in Christ, the new creation has come:
The old has gone, the new is here!” — 2 Corinthians 5:17**

Devotional:

When you put your faith in Jesus, you didn't just get a new set of beliefs—you became a new person. Your past no longer defines you. Your mistakes no longer label you. Your worth is no longer determined by people's opinions or your own performance.

One of the enemy's main strategies is identity theft—convincing you to believe lies about who you are so you never walk in who God made you to be. He'll try to remind you of who you were before Christ, but God calls you by who you are now: His child, chosen, forgiven, and free.

Think of a name tag. Before Christ, it might have read “Guilty,” “Broken,” “Unworthy.” But in Christ, that name tag is replaced with “Loved,” “Redeemed,” and “Accepted.” Your identity is not in your job, your relationship status, your successes, or your failures. It's in Jesus—and that identity is secure forever.

As you pray and fast today, thank God for the new life you've been given. Walk boldly as a son or daughter of the King, not because of what you've done, but because of what Jesus has done for you.

Prayer Focus:

Thank God for making you a new creation in Christ. Ask Him to renew your mind so you see yourself the way He sees you.

Prayer Points:

- 1. That every lie about your identity would be broken in Jesus' name.**
- 2. That you would walk in confidence as a child of God, not fear of man.**
- 3. That you would reflect Christ's character in your words, actions, and relationships.**

Reflection Question:

What old labels or lies about yourself do you need to throw away so you can live in your true identity in Christ?

Day 5 — Purity

“Blessed are the pure in heart, for they will see God.” — Matthew 5:8

Devotional:

Purity is not just about avoiding certain behaviors—it’s about having a heart fully devoted to God. Jesus said the pure in heart will see God, not because they’re perfect, but because their hearts are undivided. Purity is about loving God more than sin, more than selfishness, and more than the temporary pleasures the world offers.

In today’s culture, purity can feel old-fashioned or even impossible. But purity is not about restriction—it’s about freedom. Sin clouds our vision and distorts our desires; purity clears the way for us to know God more intimately.

Think of a glass of water. If it’s filled with dirt, you can’t see through it clearly. But when the water is clean, you can see right to the bottom. In the same way, when our hearts are cleansed from sin, we can see God’s work in our lives more clearly.

Purity is not something we achieve on our own—it’s something God works in us through the Holy Spirit. As we pray and fast, we’re asking God to search our hearts, remove what’s not from Him, and fill us with a greater love for Him.

Prayer Focus:

Ask God to purify your heart, mind, and motives, and to give you strength to walk in holiness.

Prayer Points:

1. That God would reveal and remove anything in your life that’s compromising your walk with Him.
2. That the Holy Spirit would give you the strength to resist temptation.
3. That your love for God would be greater than your desire for sin.

Reflection Question:

What is one step you can take today to protect and strengthen purity in your heart and life?

Day 6 — Humility

“Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves.” — Philippians 2:3

Devotional:

Humility is not thinking less of yourself—it’s thinking of yourself less. It’s choosing to value others, serve others, and lift others up because that’s exactly what Jesus did for us. Philippians 2 says that even though Jesus was God, He “made Himself nothing” and took the nature of a servant. He came, not to be served, but to serve and to give His life as a ransom for many (Mark 10:45).

If Jesus—the King of kings—didn’t make life about Himself, why do we? Pride makes everything about me: my plans, my comfort, my preferences, my recognition. Humility makes everything about Him: His plans, His glory, His kingdom, His people.

Think of a tall tree with deep roots. The higher it grows, the deeper its roots must go to stand strong. The more God lifts us, the deeper our humility must grow. Without it, we topple.

Humility is not weakness—it’s strength under God’s control. It’s the willingness to take the lowest place, to put others first, and to live for God’s glory instead of our own. As we pray and fast today, let’s ask God to strip away self-centeredness and clothe us with the humility of Christ.

Prayer Focus:

Ask God to help you see and serve others the way Jesus does, and to make your life about His glory, not your own.

Prayer Points:

1. That pride would be exposed and uprooted from your heart.
2. That you would grow in the servant-heartedness of Jesus.
3. That your actions would reflect God’s glory rather than seeking personal recognition.

Reflection Question:

In what ways have you been making life about yourself, and how can you intentionally make it about Jesus today?

Day 7 — Holy Spirit's Power

“But you will receive power when the Holy Spirit comes on you; and you will be my witnesses...” — Acts 1:8

Devotional:

The Christian life was never meant to be lived in our own strength. Before Jesus returned to heaven, He told His disciples to wait—not to go preach, not to plant churches, not to do ministry—until they received the power of the Holy Spirit. Why? Because without the Spirit, our efforts are powerless.

The Holy Spirit is not just a force or an influence—He is God living inside every believer. Romans 8:11 says, “The same Spirit that raised Jesus from the dead lives in you.” Think about that. Resurrection power—the power that rolled away the stone and defeated death—dwells in you.

That means no matter what temptation you face, what obstacle stands in your way, or what wisdom you need for a decision, you already have access to everything you need and more because the Holy Spirit lives inside of you. His power helps you overcome, His voice guides you, and His presence changes everything.

Imagine a lamp plugged into an outlet. If it's unplugged, it doesn't matter how well it's built—it won't shine. In the same way, we can have the best intentions, the right words, and all the plans, but without being “plugged in” to the Holy Spirit, there's no light.

As we pray and fast today, ask God for a fresh filling of His Spirit. Don't settle for a Christian life that runs on human strength when the Spirit of the living God dwells in you.

Prayer Focus:

Ask the Holy Spirit to fill you with His power, guide your steps, and use your life to be a bold witness for Jesus.

Prayer Points:

1. **That you would be filled afresh with the Holy Spirit today.**
2. **That His resurrection power would help you overcome every temptation and obstacle.**
3. **That you would depend on His wisdom and guidance in every decision.**

Reflection Question:

Where have you been relying on your own strength instead of the Holy Spirit's power?

Day 8 — Love for God

“Love the Lord your God with all your heart and with all your soul and with all your mind.”
— Matthew 22:37

Devotional:

When Jesus was asked what the greatest commandment was, He didn't say “Serve God” or “Obey God” first—He said, “Love God.” Everything in the Christian life flows from this one thing. Our obedience, our service, our generosity, our worship—all of it is empty if it's not rooted in love for Him.

Loving God with all your heart, soul, and mind means there's no part of your life off-limits to Him. It means we don't love Him just with our words, but with our time, our priorities, our thoughts, and our actions.

Think of a marriage. If love is strong, the relationship is joyful, communication is natural, and sacrifice is easy. But if love grows cold, even the smallest acts feel heavy and forced. In the same way, when our love for God is vibrant, obedience becomes a joy, not a burden.

As we pray and fast today, let's ask God to rekindle our first love for Him—to fill our hearts with fresh passion, gratitude, and awe. Because when we love Him most, everything else in our life falls into the right place.

Prayer Focus:

Ask God to deepen your love for Him and to make that love the foundation of everything you do.

Prayer Points:

1. That your heart would be fully devoted to God above all else.
2. That your love for God would grow stronger than your love for anything in this world.
3. That your thoughts, words, and actions would flow out of love for Him.

Reflection Question:

What's one way you can express your love for God in a fresh, intentional way this week?

Day 9 — Love for People

“A new command I give you: Love one another. As I have loved you, so you must love one another. By this everyone will know that you are my disciples, if you love one another.” — John 13:34–35

Devotional:

Loving God and loving people cannot be separated. Jesus said the defining mark of His followers is not our preaching, our church attendance, or our theological knowledge—it’s our love for each other. And not just any kind of love, but the kind of love He has shown us: sacrificial, patient, forgiving, and unconditional.

The truth is, loving people can be messy. People will hurt you, misunderstand you, and even disappoint you. But we don’t love based on how lovable someone is—we love because we’ve been loved first (1 John 4:19).

Think of it like a mirror. A mirror doesn’t create light; it reflects it. We can’t produce real love on our own—we simply reflect the love God has poured into us. When His love fills us, it will naturally overflow into how we treat others: in our words, in our actions, and in our willingness to forgive.

As we pray and fast today, let’s ask God to help us see people the way He sees them. Because when we truly love people like Jesus does, the world will take notice, and God will get the glory.

Prayer Focus:

Ask God to fill you with His love so you can extend it freely to others—especially those who are difficult to love.

Prayer Points:

- 1. That you would see others through God’s eyes, not your own biases or judgments.**
- 2. That you would forgive those who have wronged you, just as Christ has forgiven you.**
- 3. That your life would be marked by kindness, patience, and compassion.**

Reflection Question:

Who in your life needs to experience the love of Christ through you this week?

Day 10 — Unity in the Church

“Make every effort to keep the unity of the Spirit through the bond of peace.” — Ephesians 4:3

Devotional:

Unity in the Church is not automatic—it’s something we have to fight for. Paul tells us to “make every effort” to protect it, because he knew how easily division can creep in through pride, offense, or selfishness. The enemy loves to attack unity, because a divided church loses its witness and its effectiveness.

Biblical unity doesn’t mean we all have the same personality, gifts, or opinions—it means we have the same Spirit, the same mission, and the same Savior. When we choose humility over pride, forgiveness over bitterness, and grace over gossip, we reflect the heart of Jesus.

Think of a symphony. Each musician plays a different instrument, but when they follow the same conductor, the music is beautiful. In the same way, when we follow Christ together, our differences become strengths, and our combined voices bring glory to God.

As we pray and fast today, let’s ask God to protect the unity of His Church—both here at **Love Church** and in the body of Christ around the world. A unified church is an unstoppable church.

Prayer Focus:

Ask God to help you be a peacemaker and to protect the unity of **Love Church** as we grow.

Prayer Points:

1. That God would guard our church from division, gossip, and offense.
2. That we would walk in humility, patience, and love toward each other.
3. That we would stay united in mission and vision, even when we differ in opinion.

Reflection Question:

What’s one way you can actively protect and strengthen unity in the church this week?

Day 11 — Servant Leadership

“For even the Son of Man did not come to be served, but to serve, and to give his life as a ransom for many.” — Mark 10:45

Devotional:

In God's kingdom, leadership is not about position—it's about posture. The world measures leadership by power, titles, and recognition. Jesus measures it by humility, sacrifice, and service. He is the perfect model: the King of kings who knelt to wash His disciples' feet.

Servant leadership means putting the needs of others above your own. It means asking, “How can I help you succeed? How can I build you up?” It's leading from love, not from ego. And it's just as important in the small, unseen acts as it is in the big, public moments.

Think of a relay race. The runner's job is not just to run well but to pass the baton so the next runner can finish strong. Servant leaders live to pass the baton—equipping and empowering others so God's mission keeps moving forward.

As we pray and fast today, let's ask God to shape us into leaders who reflect Jesus: leaders who serve first, love deeply, and give freely.

Prayer Focus:

Ask God to help you lead like Jesus—by serving others with humility and love.

Prayer Points:

1. That God would remove selfish ambition and replace it with a heart to serve.
2. That you would see leadership as an opportunity to bless others, not to build your own name.
3. That you would follow Jesus' example in both public and private acts of service.

Reflection Question:

Where is God giving you an opportunity to serve someone this week, even if it costs you something?

Day 12 — Salvation in San Diego

“And the Lord added to their number daily those who were being saved.” — Acts 2:47

Devotional:

God’s heart beats for people to be saved. From the first church in Acts to our calling today, the mission has never changed: make disciples and bring the good news of Jesus to the world around us. That mission starts right here in San Diego.

You are a missionary. Whether you’re a student in school surrounded by classmates, or you work in an office full of co-workers, that is your mission field. Your number one calling as a follower of Jesus is not to climb the corporate ladder, make the most money, or build your personal brand—it’s to make disciples of all nations.

God uses your gifts, talents, and career opportunities as open doors to share the gospel—not just to make a great living or a great impact in your field, but to make great disciples. Every conversation, every relationship, and every connection is a chance for someone to encounter the love of Jesus.

Imagine if our city was transformed because thousands came to know Jesus—broken marriages healed, addictions broken, hope restored. That’s not just a dream; it’s God’s desire. But it starts with us praying, loving, and sharing.

Prayer Focus:

Ask God to open your eyes to your mission field and give you courage to share the gospel.

Prayer Points:

1. That God would give you a burden for the lost right where you are—your school, your workplace, your neighborhood.
2. That you would see every opportunity as a chance to point people to Jesus.
3. That Love Church would be a sending church, equipping people to live as everyday missionaries.

Reflection Question:

Who in your “mission field” needs to hear about Jesus, and what is one step you can take toward that conversation?

Day 13 — Revival in Our City

“Lord, I have heard of your fame; I stand in awe of your deeds, Lord.
Repeat them in our day, in our time make them known.” — Habakkuk 3:2

Devotional:

Revival is more than a church event or a series of emotional services—it’s a supernatural move of God that transforms hearts, families, and communities. It’s when God’s presence is so real and His Spirit so active that sin is confessed, lives are surrendered, and people far from God are drawn to Him in overwhelming numbers.

History is full of moments when God swept through cities and nations in revival—the Great Awakening in America, the Welsh Revival, the Azusa Street Revival here in California. These moves of God started with prayer, repentance, and a hunger for more of Him.

Revival in our city starts with revival in us. If we want to see San Diego awakened to the gospel, it begins when we as God’s people humble ourselves, turn from sin, and pray with expectancy (2 Chronicles 7:14). When God’s people get serious about prayer and holiness, the spiritual climate of a city can change.

As we pray and fast today, let’s believe God for a fresh move of His Spirit in San Diego—one that transforms neighborhoods, schools, businesses, and churches for His glory.

Prayer Focus:

Ask God to bring revival to San Diego, starting in your own heart.

Prayer Points:

1. That God would awaken His Church in San Diego to deep repentance and bold faith.
2. That unbelievers across the city would encounter Jesus in powerful ways.
3. That **Love** Church would play a vital role in serving and reaching people during this move of God.

Reflection Question:

If revival starts with you, what changes would you need to make to prepare your heart for God to move?

Day 14 — Love Church Launch

“Unless the Lord builds the house, the builders labor in vain.” — Psalm 127:1

Devotional:

Launching a church is exciting—but it’s also spiritual work. We can plan, prepare, advertise, and organize, but if God’s Spirit isn’t leading and empowering, all our efforts will fall short. Psalm 127:1 reminds us that we are not building our church; we are joining God as He builds His Church.

Our desire for the **Love Church** launch is not just to have a great event or draw a crowd—it’s to see lives changed by the gospel. Every detail, every conversation, every handshake in the lobby is an opportunity for someone to feel loved, seen, and invited into God’s family.

Think of a farmer planting seeds. The farmer works hard to prepare the soil and plant the seed, but only God can make it grow. In the same way, we prepare with excellence and faith, but we depend on God to bring the fruit.

As we pray and fast today, we’re asking God to pour out His Spirit on our launch day—to save souls, heal hearts, and start something in San Diego that will ripple for generations.

Prayer Focus:

Pray that God would go before us in every detail of **Love Church**’s launch and that His presence would fill every moment.

Prayer Points:

1. That God would prepare hearts in our community to respond to the gospel on launch day.
2. That every volunteer, leader, and team member would serve with love, joy, and excellence.
3. That our launch would not just be an event, but the beginning of a movement of love in San Diego.

Reflection Question:

What role can you play in helping create a launch day where people encounter God’s love?

Day 15 — Missions & The Nations

“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.” — Matthew 28:19

Devotional:

The mission of Jesus is a global mission. From the moment He rose from the grave, His command to His followers was clear: Go. Go beyond our comfort zones, go beyond our borders, go to every nation and every people group so that all may know the hope found in Him.

God’s heart for the nations is woven throughout Scripture. In Genesis 12:3, God tells Abraham that through his descendants, “all peoples on earth will be blessed.” In Revelation 7:9, we see the fulfillment—people from every tribe, tongue, and nation worshiping before the throne. Our role as the Church is to live in that in-between: proclaiming the gospel here and sending it to the ends of the earth.

Some are called to go physically, but all of us are called to go faithfully—through praying, giving, sending, and sharing. Your prayers and generosity can open doors for missionaries around the world. Your obedience can impact someone you may never meet this side of eternity.

As we pray and fast today, let’s remember: missions is not just for “missionaries.” It’s for every believer, in every generation, until the whole world hears.

Prayer Focus:

Ask God to give you His heart for the nations and to show you how you can be part of His mission to the world.

Prayer Points:

1. That God would send workers into the harvest fields across the globe (Luke 10:2).
2. That missionaries around the world would be strengthened, protected, and fruitful.
3. That Love Church would be a sending and supporting church for global missions.

Reflection Question:

How can you personally take part in God’s mission to the nations—through prayer, giving, or going?

Day 16 — The Persecuted Church

“Continue to remember those in prison as if you were together with them in prison, and those who are mistreated as if you yourselves were suffering.” — Hebrews 13:3

Devotional:

Around the world today, millions of believers are suffering for their faith in Jesus. They face threats, imprisonment, loss of jobs, violence, and even death—not because they have done wrong, but because they refuse to deny Christ.

For many of us, following Jesus costs us little. But for our brothers and sisters in persecuted regions, following Jesus costs them everything. And yet, their faith remains unshaken. Their courage is a living testimony of the power of the gospel.

Persecution has always been part of the Church’s story. In Acts, we read about the apostles being jailed and beaten for preaching the name of Jesus. Rather than silencing the Church, persecution often strengthens it. The blood of the martyrs has become the seed of the Church, spreading the gospel further than before.

As we pray and fast today, we stand in solidarity with our persecuted family around the world. We may be separated by distance, culture, and language, but we are united in Christ—and we carry their burdens together in prayer.

Prayer Focus:

Ask God to strengthen, protect, and encourage believers who are suffering for their faith

Prayer Points:

1. That persecuted believers would remain steadfast and bold in their witness for Christ.
2. That God would provide for their needs, protect their families, and encourage their hearts.
3. That their suffering would lead many others to salvation in Jesus.

Reflection Question:

How can you practically support and advocate for the persecuted Church in your daily life?

Day 17 — Global Justice

“He has shown you, O mortal, what is good. And what does the Lord require of you?
To act justly and to love mercy and to walk humbly with your God.” — Micah 6:8

Devotional:

God’s heart beats for justice. Throughout Scripture, He defends the poor, the oppressed, and the vulnerable. He calls His people to do the same—not just with words, but with action.

Justice in the Bible is more than punishing wrongdoers—it’s about making wrong things right. It’s feeding the hungry, freeing the captive, protecting the orphan, and standing up for those who cannot stand for themselves. It’s living in a way that reflects God’s kingdom values here on earth.

The work of justice is not reserved for a few activists or organizations. It’s a calling for every follower of Jesus. We bring God’s justice to the world every time we meet a need, speak truth, show mercy, or confront oppression with grace and courage.

As we pray and fast today, let’s ask God to open our eyes to the injustices around us—both locally and globally—and to give us the wisdom and boldness to respond. When the Church lives out justice, the world sees the heart of God.

Prayer Focus:

Ask God to give you a heart that reflects His justice and mercy.

Prayer Points:

1. That God would strengthen those fighting against human trafficking, poverty, and corruption.
2. That we would live in a way that promotes righteousness and mercy in our daily interactions.
3. That Love Church would be a light for God’s justice in our community and beyond.

Reflection Question:

What is one practical step you can take to act justly and love mercy in your everyday life?

Day 18 — Widows & Orphans

“Religion that God our Father accepts as pure and faultless is this: to look after orphans and widows in their distress and to keep oneself from being polluted by the world.”

— James 1:27

Devotional:

God’s heart has always been tender toward the most vulnerable. In the ancient world, widows and orphans often had no protection, provision, or voice. God commanded His people to care for them—not as an optional act of kindness, but as an essential expression of true faith.

Today, widows and orphans still exist in every community and every nation. Some are literally without family; others are alone in different ways—single parents carrying heavy burdens, children in foster care, elderly neighbors without support. To follow Jesus is to see them, value them, and step into their lives with love.

Caring for widows and orphans is not just charity—it’s family. When we welcome the fatherless and honor the overlooked, we are living out the very heart of God. We reflect the gospel, because God did the same for us—bringing us into His family when we were spiritually orphaned and without hope.

As we pray and fast today, let’s ask God to open our eyes to the needs around us and give us the courage to respond with compassion and action.

Prayer Focus:

Ask God to show you practical ways to care for and advocate for the vulnerable.

Prayer Points:

1. That God would protect and provide for widows, orphans, and the fatherless in our city and around the world.
2. That Love Church would be a safe and welcoming place for the vulnerable.
3. That we would see and respond to needs with the love of Jesus.

Reflection Question:

Who in your life might be overlooked or without support, and how can you step in to show God’s love to them?

Day 19 — Healing & Miracles

“And the prayer offered in faith will make the sick person well; the Lord will raise them up.”
— James 5:15

Devotional:

We serve a God who still heals and still works miracles today. From Genesis to Revelation, we see His power displayed—opening blind eyes, raising the dead, calming storms, and providing in impossible situations. Hebrews 13:8 reminds us, “Jesus Christ is the same yesterday and today and forever.” If He did it then, He can do it now.

Healing is more than physical. God heals broken hearts, restores relationships, mends minds, and sets people free from spiritual bondage. Sometimes His healing is immediate and miraculous. Other times it’s a process that happens through doctors, counselors, community, and time. But however He chooses to heal, He is always the Healer.

Miracles are not about spectacle—they are about revealing God’s glory and pointing people to Jesus. Every miracle in Scripture was a signpost leading back to the power, goodness, and reality of God.

As we pray and fast today, let’s believe God for healing and miracles in our own lives, in our church, and in our city. Nothing is too hard for Him.

Prayer Focus:

Ask God for healing—physically, emotionally, spiritually—and for His miraculous power to be displayed.

Prayer Points:

1. That God would bring healing to those who are sick, hurting, or brokenhearted.
2. That faith would rise in our hearts to believe God for the impossible.
3. That every miracle would lead to Jesus being glorified and the gospel advancing.\

Reflection Question:

Where do you need to trust God for healing or a miracle in your life today?

Day 20 — Jesus' Return

“Look, I am coming soon! My reward is with me, and I will give to each person according to what they have done.” — Revelation 22:12

Devotional:

One day, Jesus will return to make all things new. The Bible promises it will be sudden, visible, and unmistakable—the culmination of God's plan for history. For those who belong to Him, His return is not something to fear, but to long for.

When we live with eternity in view, it changes the way we live today. Our priorities shift, our values realign, and our sense of urgency grows. We begin to invest less in temporary things and more in what will last forever—people, the gospel, and God's kingdom.

Jesus told His followers to “keep watch” and “be ready” (Matthew 24:42–44). This isn't about predicting dates or living in constant anxiety—it's about living in a way that if Jesus returned today, we'd be found faithful.

As we pray and fast today, let's fix our eyes on eternity and live with the expectation that the King could return at any moment. May our lives be ready, our hearts be pure, and our hands be busy with His work.

Prayer Focus:

Ask God to help you live each day in light of eternity and to keep your heart prepared for Jesus' return.

Prayer Points:

1. That you would live with urgency, purpose, and faithfulness.
2. That your priorities would align with God's eternal kingdom.
3. That many would come to know Jesus before His return.

Reflection Question:

If Jesus returned today, what would you want to be found doing?

Day 21 — Kingdom Come

| “Your kingdom come, your will be done, on earth as it is in heaven.” — Matthew 6:10

| Devotional:

This simple prayer from Jesus is both a request and a declaration. It's a request for God's rule, authority, and reign to be established here and now. And it's a declaration that our lives are surrendered to His will, not our own.

God's kingdom is not just a future place—it's a present reality wherever Jesus is Lord. Every time a soul is saved, a life is healed, a need is met, or justice is done in His name, His kingdom breaks through on earth. One day, when Jesus returns, His kingdom will be fully established, but until then, we are called to live as kingdom people—citizens of heaven who bring His love, truth, and presence into every space we enter.

Finishing these 21 days is not the end of seeking God—it's the beginning of living with renewed purpose. Let's carry this posture of prayer and fasting forward, asking every day: How can I help God's kingdom come today?

| Prayer Focus:

Ask God to use your life to bring His kingdom to your home, community, and the world.

Prayer Points:

1. That God's will would be done in your life, your family, and your city.
2. That Love Church would be a light in San Diego, advancing God's kingdom.
3. That you would live daily with heaven's perspective and values.

| Reflection Question:

What is one practical way you can help bring God's kingdom to earth this week?

Closing Encouragement.

You've just completed 21 days of prayer and fasting—but this is not the finish line. This is the starting line of a renewed lifestyle of seeking God first in everything. Keep praying. Keep fasting periodically. Keep listening for His voice and obeying His Word.

What God has started in these 21 days, He is faithful to complete.

Helpful Verses on Prayer & Fasting

- Jeremiah 29:13
- Matthew 6:6
- Matthew 6:16–18
- Isaiah 58:6–9
- Acts 13:2–3
- James 5:16

Recommended Resources

- “Prayer” — Tim Keller
- “Pray First” — Chris Hodges
- “With Christ in the School of Prayer” — Andrew Murray
- “The Complete Works on Prayer” — E.M. Bounds
- “Fasting” — Jentezen Franklin
- “God’s Chosen Fast” — Arthur Wallis
- “Eat, Fast, Feast” — Jay Richards
- “Rees Howells, Intercessor” — Norman Grubb