

ADDITIONAL RESOURCES

- **cru.org:** [Seven Basic Steps to Successful Fasting and Prayer](#) and [Six Ingredients That Will Help You Fast From Technology](#)
- **Sermon by John Mark Comer:**
<https://bridgetown.church/teachings/fasting/to-starve-the-flesh-and-feed-the-spirit>
- **For children:** Please visit crossgate.org/events/21-days-of-prayer-and-fasting to find information and suggestions on how to involve your children during this time of prayer and fasting.

HUNGER AND THIRST FOR GOD

Day 21: Sunday, April 27

Scripture: Never again will they hunger; never again will they thirst. The sun will not beat down on them, nor any scorching heat. For the Lamb at the center of the throne will be their Shepherd; He will lead them to springs of living water. And God will wipe away every tear from their eyes. Revelation 7:16-17

Prayer Points: Thank God for the gift of eternal life. Ask Him to point your thoughts and your life toward eternity, longing for a deeper relationship with Him, and working to share Him with others.

Journal: _____

From Pastor Rob...

Dear Crossgate Family,

“And you will seek Me and find Me, when you search for Me with ALL your heart.” Jeremiah 29:13

Over the past several weeks God has been doing a deeper spiritual work in my life personally, and I have also been sensing a stirring of God’s Spirit in our church. I feel that God is preparing us for a significant season of personal and corporate renewal, focus and direction. For this to happen we must join in unity of heart and pursue our Heavenly Father like never before.

We recently shared our decision to call the church to 21 Days of Prayer and Fasting in preparation for God to do this work of transformation. We believe that prayer and fasting are powerful spiritual disciplines that draw us closer to God, strengthen our faith, and help us align our hearts with His will. If willing, this could transform you and/or your family in ways that could affect generations to come.

Starting Monday, April 7th through Sunday, April 27th, we will set aside intentional times to pray and fast as we seek God’s presence. We encourage each of you to read through the front of this guide and prayerfully consider how you will participate. It will be a little different for each person but however God leads you to fast throughout the 21 days, we are asking that we all fast together on Mondays of each week. This daily guide will help you stay focused and encouraged throughout the fast.

Let us remember that fasting is not just about the practice but about seeking God with all our hearts, trusting Him for breakthroughs, renewal, and restoration. We believe that through this time of prayer and fasting, we will experience a deeper intimacy with God and witness His mighty work in our lives and in our church. We look forward to walking through this season together in unity and faith.

In Christ’s Love,

Pastor Rob

PRAYER

Before you pray:

“Search me, Oh God, and know my heart; try me and know my anxious thoughts; and see if there be any hurtful way in me and lead me in the everlasting way.” Psalm 139:23-24

“Create in me a clean heart, O God, and renew a steadfast spirit within me. Do not cast me away from Your presence and do not take Your Holy Spirit from me. Restore to me the joy of Your salvation and sustain me with a willing spirit.” Psalm 51:10-12

For God to hear us, we must come before Him clean. Each day, before you pray, allow God to do an inventory of your heart.

Confess and repent of all sin that He brings to your attention.

1. Is there any conscious area of my life over which Jesus Christ is not Lord?
2. Is there anyone, or anything, that I love or desire more than God Himself?
3. How do my relationships stand in the presence of God?
4. Am I truly surrendered to Him in the areas of personal discipline and holiness in my life?
5. Do I tolerate pride, impurity, unbelief, or any compromise in my heart, and daily life?
6. Am I allowing the Lord to bring me into a life of true worship and obedience?

After reading the scripture focus for the day, pause and take time to be still and listen for God’s voice. **Ask, what is God saying to me regarding this scripture?**

HUNGER AND THIRST FOR GOD

Day 20: Saturday, April 26

Scripture: Then Jesus declared, “I am the bread of life. Whoever comes to Me will never go hungry, and whoever believes in Me will never be thirsty.” John 6:35

Prayer Points: Give God your worries, your fears, your shortcomings, your sins. Praise Him for being your sustenance, your provision, and your strength.

Journal: _____

HUNGER AND THIRST FOR GOD

Day 19: Friday, April 25

Scripture: But whoever drinks the water I give them will never thirst. Indeed, the water I give them will become in them a spring of water welling up to eternal life. John 4:14

Prayer Points: This world satisfies for a moment, but You, Lord, satisfy me forever. Let me run to You every day.

Journal: _____

PRAYER

Daily:

- Commit to a specific time each day to devote to prayer. Find a place you can be free of distractions and be alone with God.
- Use the prayer points and Scripture in this guide to focus and fuel your praying. Write the scripture and prayer point on a card and carry it with you, post it on your social media, make it the screen saver on your phone—whatever you can think of to keep these prompts in front of you. Use them throughout the day and invite others to join you in praying.
- You can take it a step further by journaling your prayers each day, simply writing out your prayers to God. It's a great opportunity to hide God's Word in your heart, working to memorize the verses as you meditate and pray.
- In addition, you may consider ways to pray with others during this season. Set up a video call with friends or members of your small group. Pray together as a family. Invite others to join you on this journey.

FASTING

Fasting is a way to deepen our hunger for God and to grow in holiness and hunger for God. More than any other discipline, fasting reveals the things that control us. (Richard Foster) And so it confronts us with our need to surrender to God. It is not a way to manipulate God or coerce him to hear and answer our prayers, but rather it acknowledges our complete dependence on him. It humbles us and awakens us to our great need for and reliance on God. As you consider fasting, we want to encourage you to listen to the Holy Spirit. Ask God to lead you in this time of seeking His face. Whether you choose to fast for one day, several days, or the entire 21 days, the point is to humble yourself in a new way and draw near to God. One of the foundations for fasting and prayer is repentance. Prayerfully ask the Holy Spirit to search your heart and reveal or expose any unconfessed sin.

Here are some ideas of what you could choose:

- You might choose a selective fast, eliminating certain things from your diet. Eating only fruits and vegetables, what some might call a “Daniel fast”, is an example of this type of fasting.
- Another option is a partial fast, which is refraining from eating for a set period of time each day. You could choose to fast from a single meal or from sunup to sundown.
- Some of you may feel led to engage in a complete fast, refraining from eating and only drinking liquids for particular days or even an extended period of time.

HUNGER AND THIRST FOR GOD

Day 18: Thursday, April 24

Scripture: Blessed are those who hunger and thirst for righteousness, for they will be filled. Matthew 5:6

Prayer Points: Pray for a life aligned with God’s will and His moral standards. Pray *Matthew 7:7-8: Ask and it will be given to you; seek and you will find; knock and the door will be opened to you. For everyone who asks receives; the one who seeks finds; and to the one who knocks, the door will be opened.*

Journal: _____

HUNGER AND THIRST FOR GOD

Day 17: Wednesday, April 23

Scripture: *I have hidden Your word in my heart that I might not sin against you. Psalm 119:11*

Prayer Points: Ask God to develop in you a strong desire to read and to study His word. Use the Crossgate Bible Reading Plan to get started or to continue digging into God's word.

Journal: _____

FASTING

- If, for some reason, fasting from food is not possible for you, you may want to consider other ways to capture time in this season to focus and pray. While abstaining from things like social media and television are not the same as fasting from food, they might allow you some dedicated time to pray.
- Prepare yourself physically...Fasting from food requires reasonable precautions. Consult your physician first, especially if you take prescription medications or have a health condition.

The Son of God began His ministry with a forty-day fast. If He who is the light of the world fought for His fire with fasting, is there something to be learned here for our flickering wicks? It must not go unnoticed that Jesus triumphs over the great enemy of His soul and our salvation through fasting.

Prayer needs fasting for its full growth. Prayer is the one hand with which we grasp the invisible. Fasting is the other hand, the one with which we let go of the visible. (Andrew Murray)

(From *A Hunger for God* by John Piper)

PRAISE

Day 1: Monday, April 7 (Corporate Day of Fasting)

Scripture: You, God, are my God, earnestly I seek you; I thirst for you; my whole being longs for you, in a dry and parched land where there is no water. Psalm 63:1

Prayer Points: Praise God for all that He is to you. (Redeemer, Deliverer, Holy, Faithful, etc.) Ask Him to create a greater hunger and thirst for Him as you fast.

Journal: _____

HUNGER AND THIRST FOR GOD

Day 16: Tuesday, April 22

Scripture: For He satisfies the thirsty and fills the hungry with good things. Psalm 107:9

Prayer Points: Pray that your satisfaction comes from God alone, not from your possessions, your work, or your self-sufficiency.

Journal: _____

HUNGER AND THIRST FOR GOD

Day 15: Monday, April 21 (Corporate Day of Fasting)

Scripture: As the deer pants for streams of water, so my soul pants for you, my God. My soul thirsts for God, for the living God. Psalm 42:1-2

Prayer Points: Pray for a deep, longing desire for God. Pray that He will draw you into an intimate relationship with Him.

Journal: _____

PRAISE

Day 2: Tuesday, April 8

Scripture: For though we live in the world, we do not wage war as the world does. The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. 2 Corinthians 10:3-5

Prayer Points: Praise God for the weapon of prayer. Praise Him for making a way to fight satan and his schemes.

Pray for strongholds and walls you have built against the knowledge of God to be demolished.

Journal: _____

PRAISE

Day 3: Wednesday, April 9

Scripture: For by Him all things were created: things in heaven and on earth, visible and invisible, whether thrones or powers or rulers or authorities; all things were created by Him and for Him. He is before all things, and in Him all things hold together. Colossians 1:16-17

Prayer Points: In prayer, praise God for His sovereignty, faithfulness, and trustworthiness. Open up your hands to surrender all you are and have to the One who created it all and holds it all together, remembering that surrender acknowledges that God doesn't OWE me anything. I NEED Him to sustain me daily. Continue to pray this throughout the day and as you fast.

Journal: _____

BROKENNESS, CONFESSION, & REPENTANCE

Day 14: Sunday, April 20

Scripture: If My people, who are called by My name, will humble themselves and pray and seek My face and turn from their wicked ways, then I will hear from heaven, and will forgive their sin and heal their land. 2 Chronicles 7:14

Prayer Points: Ask God in a spirit of brokenness and humility, to show us those things in our lives, personally and corporately that He wants us to turn from. Repent for lack of humility, for prayerlessness, and for seeking other things before seeking His face. Turn from those things and turn to God. Thank God for His forgiveness and healing.

Journal: _____

BROKENNESS, CONFESSION, & REPENTANCE

Day 13: Saturday, April 19

Scripture: Repent, then, and turn to God, so that your sins may be wiped out, that times of refreshing may come from the Lord...

Acts 3:19

Wash me thoroughly from my iniquity, and cleanse me from my sin. Psalm 51:2

Prayer Points: God, I acknowledge my wrongdoings, seek your forgiveness, and desire to have a change of heart and direction. I seek your mercy for cleansing of my sins and a fresh start in my relationship with you. Lord, do whatever it takes for me to love you with all my heart, soul, mind and strength.

Journal: _____

PRAISE

Day 4: Thursday, April 10

Scripture: Praise the Lord, my soul; all my inmost being, praise His holy name. Praise the Lord, my soul, and forget not all His benefits—who forgives all your sins and heals all your diseases, who redeems your life from the pit and crowns you with love and compassion. Psalm 103:1-4

Prayer Points: Praise God for all that He is and all that He has done. As you encounter struggles during the fast, praise the LORD and remember what He has done for you. Write 5 things you are thankful for and refer to them throughout the day. Praise God for His faithfulness and acknowledge that He will always be faithful.

Journal: _____

PRAISE

Day 5: Friday, April 11

Scripture: Trust in the LORD with all your heart and lean not on your own understanding; in all your ways acknowledge Him, and He will make your paths straight. Proverbs 3:5-6

Prayer Points: Praise God that you can depend upon Him for all things. Surrender all struggles He is revealing to you. Praise God that He will give us wisdom, knowledge and understanding when we seek Him.

Journal: _____

BROKENNESS, CONFESSION, & REPENTANCE

Day 12: Friday, April 18

Scripture: If we claim to be without sin, we deceive ourselves and the truth is not in us. If we confess our sins, He is faithful and just and will forgive us our sins and cleanse us from all unrighteousness. 1 John 1:9

Prayer Points: Show me where I have sinned against You, Lord, and broken fellowship between us. Father, I confess that I am a sinner saved by grace. Thank you for your promise to extend mercy to those of us who confess and forsake our sin and cleanse us from all unrighteousness by the ransom provided by Jesus.

Journal: _____

BROKENNESS, CONFESSION, & REPENTANCE

Day 11: Thursday, April 17

Scripture: Therefore, confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective. James 5:16

Prayer Points: Pray that the Lord will lead you to be there for others; to help in building a community of trust, confession, grace and forgiveness so that we may find healing. Ask God to grow you in righteousness and powerful prayer.

Journal: _____

PRAISE

Day 6: Saturday, April 12

Scripture: I will bring honor to your name in every generation. Therefore, the nations will praise you forever and ever. Psalm 45:17

Prayer Points: Praise God so your generations will also praise. Cry out to God for the future generations. As you depend upon God to sustain you and experience His provisions throughout the day, you will desire all generations to know Him more.

Journal: _____

PRAISE

Day 7: Sunday, April 13

Scripture: Jesus answered, "It is written, 'Man shall not live on bread alone, but on every word that comes from the mouth of God.'" Matthew 4:4 (Deut. 8:3)

The Spirit gives life; the flesh counts for nothing. The words I have spoken to you—they are full of the Spirit and life. John 6:63

Prayer Points: Praise God for His word that reminds us to be filled with His truth. Being saved and filled with His truth will satisfy our souls.

Journal: _____

BROKENNESS, CONFESSION, & REPENTANCE

Day 10: Wednesday, April 16

Scripture: The sacrifices of God are a broken spirit; a broken and contrite heart, Oh God, you will not despise. Psalm 51:17

Prayer Points: Ask God to create in you a heart of brokenness, humility and surrender; to reveal areas of your life that have not been fully submitted to Him. Thank God for His faithfulness to forgive and restore.

Journal: _____

BROKENNESS, CONFESSION, & REPENTANCE

Day 9: Tuesday, April 15

Scripture: Lord, bend down to listen to my prayer. I am in deep trouble. I'm broken and humbled, and I desperately need your help...come and rescue me! Psalm 86:1-2b

Prayer Points: Thank the Lord that in your time of trouble and brokenness, you can cry out to Him and know that He hears you and cares deeply for you. Lord, just as I need breath in my lungs for living, help me become desperate to know you intimately. Father, glorify yourself as you extend mercy and grace to meet me where I am.

Journal: _____

BROKENNESS, CONFESSION, & REPENTANCE

Day 8: Monday, April 14 (Corporate Day of Fasting)

Scripture: "Even now," declares the Lord, "return to me with all your heart, with fasting and weeping and mourning." Joel 2:12

You will seek me and find me when you seek me with all of your heart. Jeremiah 29:13

Prayer Points: Thank God for His unfailing love and for these promises from His Word. Ask Him to continue preparing you for this season of prayer and fasting. May this represent a spiritual marker in your life and the life of Crossgate as we seek to return to Him with all of our hearts.

Journal: _____
