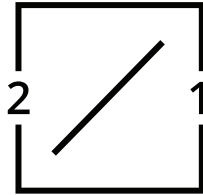


Twenty One
Days of Prayer
And Fasting



Twenty One
Days of Prayer
And Fasting

JANUARY 8-28, 2024

Welcome to 21 Days of Prayer + Fasting

Every year at Journey, we begin the year with 21 Days of intentionally seeking God through Prayer and Fasting.

The 21 Days of Prayer and Fasting is really about **3 THINGS**:

1. It's about declaring our **DEPENDENCE** on God.

I want to grow. I want to know you better. I want to go deeper. I need your provision.

2. It's about asking God for **DIRECTION**.

*I need wisdom, Lord. What do I do about _____?,
Where should I _____?*

3. It's also about **CHANGING YOUR WORLD**.

*Praying for your family, church, community, nation, etc.
How can I help, Lord?*

During these 21 Days, we are encouraging our church to seek God through two spiritual habits, and the first is **PRAYER**.

In this journal, you will find daily entries that include Scripture and guided writing sections. They serve as tools to help you seek God, process what you sense He might be saying to you, and then commit it to prayer.

So make it a goal for the next 21 days to **set aside at least 15 minutes each day** to read the Bible and pray.

Also, once a week, walk your neighborhood and pray for your neighbors. Pray that hearts will be open to God.

Not only will we be seeking God through prayer, but we also believe **FASTING** can be a next step to bring clarity and

revelation into your life.

Fasting is setting aside something so that you can be more focused on God. It's saying **NO** to one thing so you can say **YES** to something bigger and better. It's saying to God — "I'm more hungry for You than I am for _____."

There are many ways to Fast. Primarily, when the Bible talks about fasting it's speaking of food. So, you could fast from certain types of food or certain days or certain meals. Some people fast from sunrise to sundown. Some people, believe it or not, fast from all solid foods for 21 Days!

You can also fast from certain types of activities such as social media, television, etc. It can be anything that takes up time and instead use it to focus on God.

BUT ...

It's not just about what I'm fasting **FROM** — it's what I am fasting **FOR**.

Maybe it's **clarity** or to **return** to the Lord or for God to work in a particular situation or a breakthrough in a relationship.

For me personally and for our church, I know this year is going to bring really exciting opportunities and challenges. Some I know are coming and others I have no idea are on the horizon. I simply want to be open to God. I want to have His heart.

So jump in with us for the next 21 days as we collectively pray, fast, and see how God leads us.

Take Your Next Step,



Scotty Priest

SENIOR PASTOR

Journey Church Colorado

Make A Commitment

This journal belongs to: _____

Today's date is: _____

For the next 21 days, I will be fasting from:

During the fast, I am praying for:

During the fast, I am praying specifically for these 3 people:

1. _____

2. _____

3. _____

To begin 2024, Journey is focusing on this idea of SEEDS. The Bible has a lot to say about seeds. Why? Because **seeds grow**.

Seeds grow into plants, flowers, trees, and many other expressions, and the Bible uses this part of nature as a visual metaphor for our own spiritual growth as followers of Jesus. There are so many principles that connect the natural growth of seeds to the spiritual growth of our lives.

Seeds are planted.

Seeds start small.

Seeds take time.

Seeds need the right soil, the right environment.

Seeds need care.

Seeds take root.

Ultimately, seeds produce. They produce something.

The question then becomes...*What are they producing?*

As the new year begins, it is natural for us to think about new things. New routines. New habits. New attitudes. New directions. We think about new things because it's a time where we consider the direction of our lives and what we are producing through them.

Matthew 13:23 reads, *"The seed cast on good earth is the person who hears and takes in the message of Jesus, and then produces a harvest beyond his wildest dreams"* (MSG). Spiritual growth begins when we lean into God and desire to learn from him. It starts small. It takes time. It seeks the right environment and care. And when soaked with intentionality, it takes root and produces a life beyond our "wildest dreams".

So let's jump in for the next 21 days and commit to growing... growing spiritually. Because tomorrow starts today.

Start each day by finding a quiet place to sit for 15 minutes and fill out your daily exercises.

There are four sections:

Gratitude Life can be stressful, but when you start each day with gratitude, you are deciding to trust in and focus on God’s provision over your life. Gratitude shifts your perspective. It takes what you have and makes it enough, regardless of your circumstances.

Grow Every day there will be Bible verses that focus on principles of growth in your relationship with God (Week One), with others (Week Two), and toward your future (Week 3). The Bible says, “Every part of Scripture is God-breathed and useful one way or another—showing us truth, exposing our rebellion, correcting our mistakes, training us to live God’s way. Through the Word we are put together and shaped up for the tasks God has for us” (2 Timothy 3:16-17, MSG). This journal will challenge you daily to write down what God is teaching you through the Scripture.

Next Step

We often overestimate how much we can get done in a day and underestimate how much we can get done in three weeks. The key is consistency in the same direction. This section invites you to write down one small step you will take each day to help you to grow with God, others, and your future.

Prayer

Prayer is the best way to put down our agenda and trust God. End your time of journaling by writing out a prayer for your day.

Scripture: “The seed cast on good earth is the person who hears and takes in the message of Jesus, and then produces a harvest beyond his wildest dreams.”

Matthew 13:23, MSG

Gratitude

*Today,
I am
grateful
for:*

1. My family. I'm grateful to have people in my life and my circle who I love. 2. My job. Even though it's stressful at times, I'm thankful I have a job that supports my family. 3. My dinner plans. I'm grateful to have something fun planned tonight that involves good food with great friends.

Grow

*What
principle of
growth do I
see in these
verses?
How does
it challenge
me to grow
spiritually?*

The best thing I can do is let the words of Jesus be the central part of my life and let them be the authority of the choices I make. If I do this, God will produce something in my life that I could never have imagined.

**Next
Step**

*Today,
I will:*

It's easy for my whole day to go by without spending intentional time praying and letting God speak into the moment of day I find myself in. I'm going to set the alarm on my phone to pray for 5 minutes at 9 am, 12 pm, 3 pm, and 6 pm.

Prayer

Father, I want your teachings to be the central part of my life. As I go throughout the day today seeking you, please let the words that I say and the decisions that I make be honoring to you. Amen.

Day 1	<input type="checkbox"/> Pray	<input type="checkbox"/> Fast	<input type="checkbox"/> Journal
Day 2	<input type="checkbox"/> Pray	<input type="checkbox"/> Fast	<input type="checkbox"/> Journal
Day 3	<input type="checkbox"/> Pray	<input type="checkbox"/> Fast	<input type="checkbox"/> Journal
Day 4	<input type="checkbox"/> Pray	<input type="checkbox"/> Fast	<input type="checkbox"/> Journal
Day 5	<input type="checkbox"/> Pray	<input type="checkbox"/> Fast	<input type="checkbox"/> Journal
Day 6	<input type="checkbox"/> Pray	<input type="checkbox"/> Fast	<input type="checkbox"/> Journal
Day 7	<input type="checkbox"/> Pray	<input type="checkbox"/> Fast	<input type="checkbox"/> Journal
Day 8	<input type="checkbox"/> Pray	<input type="checkbox"/> Fast	<input type="checkbox"/> Journal
Day 9	<input type="checkbox"/> Pray	<input type="checkbox"/> Fast	<input type="checkbox"/> Journal
Day 10	<input type="checkbox"/> Pray	<input type="checkbox"/> Fast	<input type="checkbox"/> Journal
Day 11	<input type="checkbox"/> Pray	<input type="checkbox"/> Fast	<input type="checkbox"/> Journal
Day 12	<input type="checkbox"/> Pray	<input type="checkbox"/> Fast	<input type="checkbox"/> Journal
Day 13	<input type="checkbox"/> Pray	<input type="checkbox"/> Fast	<input type="checkbox"/> Journal
Day 14	<input type="checkbox"/> Pray	<input type="checkbox"/> Fast	<input type="checkbox"/> Journal
Day 15	<input type="checkbox"/> Pray	<input type="checkbox"/> Fast	<input type="checkbox"/> Journal
Day 16	<input type="checkbox"/> Pray	<input type="checkbox"/> Fast	<input type="checkbox"/> Journal
Day 17	<input type="checkbox"/> Pray	<input type="checkbox"/> Fast	<input type="checkbox"/> Journal
Day 18	<input type="checkbox"/> Pray	<input type="checkbox"/> Fast	<input type="checkbox"/> Journal
Day 19	<input type="checkbox"/> Pray	<input type="checkbox"/> Fast	<input type="checkbox"/> Journal
Day 20	<input type="checkbox"/> Pray	<input type="checkbox"/> Fast	<input type="checkbox"/> Journal
Day 21	<input type="checkbox"/> Pray	<input type="checkbox"/> Fast	<input type="checkbox"/> Journal

Gratitude

Grow

Next Step

Prayer

Week One

Growth in my relationship with God

**Sow righteousness, reap love.
It's time to till the ready earth,
it's time to dig in with God,
Until he arrives with
righteousness ripe for harvest.**

Hosea 10:12 (MSG)

Gratitude

*Today,
I am
grateful
for:*

Grow

*What
principle of
growth do I
see in these
verses?
How does
it challenge
me to grow
spiritually?*

Next Step

*Today,
I will::*

Prayer

“Listen carefully: Unless a grain of wheat is buried in the ground, dead to the world, it is never any more than a grain of wheat. But if it is buried, it sprouts and reproduces itself many times over. In the same way, anyone who holds on to life just as it is destroys that life. But if you let it go, reckless in your love, you’ll have it forever, real and eternal.

“If any of you wants to serve me, then follow me. Then you’ll be where I am, ready to serve at a moment’s notice. The Father will honor and reward anyone who serves me.”

John 12:24-26 (Words of Jesus. MSG.)

Gratitude

*Today,
I am
grateful
for:*

Grow

*What
principle of
growth do I
see in these
verses?
How does
it challenge
me to grow
spiritually?*

Next Step

*Today,
I will::*

Prayer

**God—you're my God!
I can't get enough of you!
I've worked up such hunger
and thirst for God,
traveling across dry and
weary deserts.
So here I am in the place of
worship, eyes open,
drinking in your strength
and glory.
In your generous love I am
really living at last!
My lips brim praises
like fountains.
I bless you every time I take
a breath;
My arms wave like banners of
praise to you.**

Psalm 63:1-4 (MSG)

Gratitude

*Today,
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grateful
for:*

Grow

*What
principle of
growth do I
see in these
verses?
How does
it challenge
me to grow
spiritually?*

Next Step

*Today,
I will::*

Prayer

**“Steep your life in God-reality,
God-initiative, God-provisions.
Don’t worry about missing out.
You’ll find all your everyday
human concerns will be met.**

**“Give your entire attention
to what God is doing right
now, and don’t get worked up
about what may or may not
happen tomorrow. God will
help you deal with whatever
hard things come up when the
time comes.”**

Matthew 6:33-34 (Words of Jesus. MSG.)

Gratitude

*Today,
I am
grateful
for:*

Grow

*What
principle of
growth do I
see in these
verses?
How does
it challenge
me to grow
spiritually?*

Next Step

*Today,
I will::*

Prayer

I look up to the mountains;

**does my strength come
from mountains?**

**No, my strength comes
from God,**

**who made heaven, and
earth, and mountains.**

Psalm 121:1-2 (MSG)

Gratitude

*Today,
I am
grateful
for:*

Grow

*What
principle of
growth do I
see in these
verses?
How does
it challenge
me to grow
spiritually?*

Next Step

*Today,
I will::*

Prayer

**“Are you tired? Worn out?
Burned out on religion? Come
to me. Get away with me and
you’ll recover your life. I’ll
show you how to take a real
rest. Walk with me and work
with me—watch how I do it.
Learn the unforced rhythms
of grace. I won’t lay anything
heavy or ill-fitting on you.
Keep company with me and
you’ll learn to live freely
and lightly.”**

Matthew 11:28-30 (Words of Jesus. MSG)

Gratitude

*Today,
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grateful
for:*

Grow

*What
principle of
growth do I
see in these
verses?
How does
it challenge
me to grow
spiritually?*

Next Step

*Today,
I will::*

Prayer

Who do you think Paul is, anyway? Or Apollos, for that matter? Servants, both of us—servants who waited on you as you gradually learned to entrust your lives to our mutual Master. We each carried out our servant assignment. I planted the seed, Apollos watered the plants, but God made you grow. It's not the one who plants or the one who waters who is at the center of this process but God, who makes things grow. Planting and watering are menial servant jobs at minimum wages. What makes them worth doing is the God we are serving. You happen to be God's field in which we are working.

1 Corinthians 3:5-9 (Words of Paul. MSG)

Gratitude

*Today,
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grateful
for:*

Grow

*What
principle of
growth do I
see in these
verses?
How does
it challenge
me to grow
spiritually?*

Next Step

*Today,
I will::*

Prayer

Week In Review

January 8-14, 2024

What is one pattern I've noticed in my gratitude lists this week?

What "win(s)" did I experience this week? Take a moment and celebrate God's goodness.

What obstacle(s) did I face this week? Is there something I observe about how I responded?

What do I feel like God has taught me this week about growing in my relationship with Him?

Gratitude

Grow

Next Step

Prayer

Week Two

Growth in my relationship with Others

Jesus said, “‘Love the Lord your God with all your passion and prayer and intelligence.’ This is the most important, the first on any list. But there is a second to set alongside it: ‘Love others as well as you love yourself.’ These two commands are pegs; everything in God’s Law and the Prophets hangs from them.”

Matthew 22:37-40 (Words of Jesus. MSG)

Gratitude

*Today,
I am
grateful
for:*

Grow

*What
principle of
growth do I
see in these
verses?
How does
it challenge
me to grow
spiritually?*

Next Step

*Today,
I will::*

Prayer

Don't be misled: No one makes a fool of God. What a person plants, he will harvest. The person who plants selfishness, ignoring the needs of others—ignoring God!—harvests a crop of weeds. All he'll have to show for his life is weeds! But the one who plants in response to God, letting God's Spirit do the growth work in him, harvests a crop of real life, eternal life.

So let's not allow ourselves to get fatigued doing good. At the right time we will harvest a good crop if we don't give up, or quit. Right now, therefore, every time we get the chance, let us work for the benefit of all, starting with the people closest to us in the community of faith.

Galatians 6:7-10 (Words of Paul. MSG)

Gratitude

*Today,
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grateful
for:*

Grow

*What
principle of
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see in these
verses?
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it challenge
me to grow
spiritually?*

Next Step

*Today,
I will::*

Prayer

**The world of the generous
gets larger and larger;
the world of the stingy gets
smaller and smaller.
The one who blesses others
is abundantly blessed;
those who help others
are helped.**

Proverbs 11:24-25 (MSG)

Gratitude

*Today,
I am
grateful
for:*

Grow

*What
principle of
growth do I
see in these
verses?
How does
it challenge
me to grow
spiritually?*

Next Step

*Today,
I will::*

Prayer

**Let's see how inventive
we can be in encouraging
love and helping out,
not avoiding worshiping
together as some do but
spurring each other on,
especially as we see the big
Day approaching.**

Hebrews 10:24-25 (MSG)

Gratitude

*Today,
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for:*

Grow

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principle of
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me to grow
spiritually?*

Next Step

*Today,
I will::*

Prayer

Then Jesus made a circuit of all the towns and villages. He taught in their meeting places, reported kingdom news, and healed their diseased bodies, healed their bruised and hurt lives. When he looked out over the crowds, his heart broke. So confused and aimless they were, like sheep with no shepherd. “What a huge harvest!” he said to his disciples. “How few workers! On your knees and pray for harvest hands!”

Matthew 9:35-38 (MSG)

Gratitude

*Today,
I am
grateful
for:*

Grow

*What
principle of
growth do I
see in these
verses?
How does
it challenge
me to grow
spiritually?*

Next Step

*Today,
I will::*

Prayer

Watch the way you talk. Let nothing foul or dirty come out of your mouth. Say only what helps, each word a gift. Don't grieve God. Don't break his heart. His Holy Spirit, moving and breathing in you, is the most intimate part of your life, making you fit for himself. Don't take such a gift for granted. Make a clean break with all cutting, backbiting, profane talk. Be gentle with one another, sensitive. Forgive one another as quickly and thoroughly as God in Christ forgave you.

Ephesians 4:29-32 (Words of Paul. MSG)

Gratitude

*Today,
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grateful
for:*

Grow

*What
principle of
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see in these
verses?
How does
it challenge
me to grow
spiritually?*

Next Step

*Today,
I will::*

Prayer

Don't push your way to the front; don't sweet-talk your way to the top. Put yourself aside, and help others get ahead. Don't be obsessed with getting your own advantage. Forget yourselves long enough to lend a helping hand. Think of yourselves the way Christ Jesus thought of himself.

Philippians 2:3-5 (Words of Paul. MSG)

Gratitude

*Today,
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grateful
for:*

Grow

*What
principle of
growth do I
see in these
verses?
How does
it challenge
me to grow
spiritually?*

Next Step

*Today,
I will::*

Prayer

Week In Review

January 15-21, 2024

What is one pattern I've noticed in my gratitude lists this week?

What "win(s)" did I experience this week? Take a moment and celebrate God's goodness.

What obstacle(s) did I face this week? Is there something I observe about how I responded?

What do I feel like God has taught me this week about growing in my relationship with others?

Gratitude

Grow

Next Step

Prayer

Week Three

Growth in the direction of My Future

“Don’t hoard treasure down here where it gets eaten by moths and corroded by rust or—worse!—stolen by burglars. Stockpile treasure in heaven, where it’s safe from moth and rust and burglars. It’s obvious, isn’t it? The place where your treasure is, is the place you will most want to be, and end up being.”

Matthew 6:19-21 (Words of Jesus. MSG)

Gratitude

*Today,
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grateful
for:*

Grow

*What
principle of
growth do I
see in these
verses?
How does
it challenge
me to grow
spiritually?*

Next Step

*Today,
I will::*

Prayer

**Don't sit there watching the wind.
Do your own work.**

**Don't stare at the clouds. Get on
with your life.**

**Just as you'll never understand
the mystery of life forming in a
pregnant woman,**

**So you'll never understand
the mystery at work in all that
God does.**

**Go to work in the morning
and stick to it until evening
without watching the clock.**

**You never know from moment to
moment how your work will turn
out in the end.**

Ecclesiastes 11:4-6 (Words of Solomon. MSG)

Gratitude

*Today,
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grateful
for:*

Grow

*What
principle of
growth do I
see in these
verses?
How does
it challenge
me to grow
spiritually?*

Next Step

*Today,
I will::*

Prayer

Remember: A stingy planter gets a stingy crop; a lavish planter gets a lavish crop. I want each of you to take plenty of time to think it over, and make up your own mind what you will give. That will protect you against sob stories and arm-twisting. God loves it when the giver delights in the giving.

God can pour on the blessings in astonishing ways so that you're ready for anything and everything, more than just ready to do what needs to be done. As one psalmist puts it,

“He throws caution to the winds, giving to the needy in reckless abandon. His right-living, right-giving ways never run out, never wear out.”

This most generous God who gives seed to the farmer that becomes bread for your meals is more than extravagant with you. He gives you something you can then give away, which grows into full-formed lives, robust in God, wealthy in every way, so that you can be generous in every way, producing with us great praise to God.

2 Corinthians 9:6-11 (Words of Paul. MSG)

Gratitude

*Today,
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grateful
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Grow

*What
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How does
it challenge
me to grow
spiritually?*

Next Step

*Today,
I will::*

Prayer

But what happens when we live God's way? He brings gifts into our lives, much the same way that fruit appears in an orchard—things like affection for others, exuberance about life, serenity. We develop a willingness to stick with things, a sense of compassion in the heart, and a conviction that a basic holiness permeates things and people. We find ourselves involved in loyal commitments, not needing to force our way in life, able to marshal and direct our energies wisely.

Galatians 5:22-23 (Words of Paul. MSG)

Gratitude

*Today,
I am
grateful
for:*

Grow

*What
principle of
growth do I
see in these
verses?
How does
it challenge
me to grow
spiritually?*

Next Step

*Today,
I will::*

Prayer

Tell those rich in this world's wealth to quit being so full of themselves and so obsessed with money, which is here today and gone tomorrow. Tell them to go after God, who piles on all the riches we could ever manage—to do good, to be rich in helping others, to be extravagantly generous. If they do that, they'll build a treasury that will last, gaining life that is truly life.

1 Timothy 6:17-19 (Words of Paul. MSG)

Gratitude

*Today,
I am
grateful
for:*

Grow

*What
principle of
growth do I
see in these
verses?
How does
it challenge
me to grow
spiritually?*

Next Step

*Today,
I will::*

Prayer

Real wisdom, God's wisdom, begins with a holy life and is characterized by getting along with others. It is gentle and reasonable, overflowing with mercy and blessings, not hot one day and cold the next, not two-faced. You can develop a healthy, robust community that lives right with God and enjoy its results only if you do the hard work of getting along with each other, treating each other with dignity and honor.

James 3:17-18 (MSG)

Gratitude

*Today,
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grateful
for:*

Grow

*What
principle of
growth do I
see in these
verses?
How does
it challenge
me to grow
spiritually?*

Next Step

*Today,
I will::*

Prayer

**We live for seventy years or so
(with luck we might make it
to eighty),
And what do we have to show
for it? Trouble.**

**Oh! Teach us to live well!
Teach us to live wisely and well!**

Psalm 90 10,12 (Words of Moses. MSG)

Gratitude

*Today,
I am
grateful
for:*

Grow

*What
principle of
growth do I
see in these
verses?
How does
it challenge
me to grow
spiritually?*

Next Step

*Today,
I will::*

Prayer

21-Day Review

January 8-28, 2024

What is one pattern I've noticed in my gratitude lists over the last 21 days?

What do I feel like God has been teaching me during these three weeks?

**What is one thing I will
commit to this year when
it comes to growing in my
relationship with God?**

**What is one thing I will
commit to this year when
it comes to growing in my
relationship with others?**

What is one thing I will commit to this year when it comes to growing toward my future?

Congratulations on making it through the 21 Days of Prayer and Fasting!

Thank you for doing the best you can to dive into the Bible, pray, and fast throughout the experience. We hope it's been a great way to start off the year!

Now that the 21 Days of Prayer and Fasting is over, you might be wondering... **“What can I do next?”** This is a great question, and I wanted to offer **3 next steps you can take** heading into February.

ONE

Keep Spiritual Habits Going

We have some great tools available for you to keep spending time with God everyday. Learn more by visiting our Spiritual Habits webpage.

JourneyColorado.com/SpiritualHabits



TWO

Jump Into Crash Course

Crash Course is a series of 3 steps designed to help you connect to Journey, discover your purpose, and make a difference with your life. You can take your next step by registering for the first step in the Crash Course series today (Membership Class).

JourneyColorado.com/CrashCourse



THREE

Join a Small Group

Finally, if you haven't yet, try a Journey small group! We have a ton of groups for different life situations and hobbies. Click on the link to access our online Groups Directory to view all available groups to join.

JourneyColorado.com/GroupDirectory





JourneyColorado.com