

# WEEK 1

Welcome to week 1 of 21 days  
of prayer and fasting!

This year, our daily prayer focus will center on who God is as we explore His characteristics together each day. We will use a daily prayer rhythm to guide our prayer times each day.

## **What is a daily prayer rhythm?**

In the Hebrew and early Christian tradition, there has always been a daily prayer rhythm to pause and pray - morning, midday, and evening. We will be explore this practice for the duration of the 21 days.

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Morning:

Each morning we will begin the day with our church-wide prayer focus, scripture, and prayer

Midday:

Each midday we will intentionally refocus our hearts and minds on God by praying the Lord's Prayer.

Evening:

Each evening we want to end our day with repentance and gratitude. As you review your day, from morning to evening, ask God's forgiveness for any ways you may have sinned that day. Then give thanks to God for anything and everything you are grateful for - asking, "Where did i see you at work today, God?"

# **Week 1**

## **Characteristics**

### **Eternal**

God is eternal - lasting or existing forever; without end or beginning.

### **Faithful**

Out of His faithfulness, God honors His covenants and fulfills His promises. Our hope for the future rests in His faithfulness.

### **Creator**

God created it all! He is mighty and strong, and His creation displays His love and power.

### **Holy**

To be holy means to be set apart, without blemish or fault.

### **Unchanging**

All that God is, He has always been. All that He has been and is, He will ever be.

### **Jealous**

God's jealousy is not a human emotion, but a holy, passionate, and protective covenant of love that demands first place in our lives.

### **Just**

God is righteous and holy, fair and equitable in all things. You can trust Him to always do what is right.

# March 15 - Eternal

## Morning

### Revelation 1:8

“I am the Alpha and the Omega,” says the Lord God, “who is, and who was, and who is to come, the Almighty.”

## Prayer

God, I begin these 21 days of prayer and fasting asking you to help me know you more. I could spend a lifetime exploring your character and it would still not be enough time to grasp the fullness of who you are. But I ask that you meet me in these 21 days, revealing yourself to me in real and tangible ways. Allow who You are to shape who I am and who You are calling me to be.

Today, I give thanks that you are the Eternal One. In a world that is quick to throw away anything that we perceive doesn't meet our needs, You remain. The beginning and the end of everything. In that, I put my trust today. Help me to walk confidently in that truth.

Amen.

## Midday

As I enter prayer now, I join my voice with my church and the church around the world, praying as Jesus taught us:

Our Father in heaven,  
hallowed be your name.

Your Kingdom come,

Your will be done,

on earth as it is in heaven.

Give us this day our daily bread.

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# March 15 - Eternal

## Midday (continued)

Forgive us our debts  
As we forgive those indebted to us.  
And lead us not into temptation,  
but deliver us from evil.  
For yours is the kingdom, the power,  
and the glory, both now and forever  
Amen

## Evening

God, As I come to you in prayer tonight, quiet my mind  
and my heart, helping me to refocus on you after the  
busyness of my day.

I bring you all of my day. Show me the ways in which I  
have sinned today. Help me to examine my heart and my  
motives and to notice when my thoughts and my actions  
haven't matched up with Your heart. Thank You for Your  
grace and forgiveness that restores me.

As i close out my day, help me notice where I have seen  
You at work in my life. I thank you for the blessings and the  
gifts you have given to me today. You are so good to me.  
Give me rest from today and prepare my heart for what you  
have for me tomorrow. Amen.

# March 16 - Faithful

## Morning

### Deuteronomy 7:9

"Know therefore that the Lord your God is God; he is the faithful God, keeping his covenant of love to a thousand generations of those who love him and keep his commandments."

## Prayer

God, You are reliable and trustworthy. I am grateful for the examples of your faithfulness evidenced throughout Scripture as You displayed Your love to Your people and in turn, to us. Today, I am especially grateful for the ways I have seen Your faithfulness in my own life experiences. I am reminded that when I struggle to see or feel You moving in my life that I am usually the one who has moved away - not You. Time and time again, You wait for me to return so that You can show me Your love again.

Give me eyes to see how You continue to show up in truth in my life. Thank You for being the truth that offers me a solid place to stand when the world around me feels uncertain and ever changing. Amen.

## Midday

As I enter prayer now, I join my voice with my church and the church around the world, praying as Jesus taught us:

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hallowed be your name.

Your Kingdom come,  
Your will be done,

on earth as it is in heaven.

Give us this day our daily bread.

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# March 16 - Faithful

## Midday (continued)

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have sinned today. Help me to examine my heart and my  
motives and to notice when my thoughts and my actions  
haven't matched up with Your heart. Thank You for Your  
grace and forgiveness that restores me.

As i close out my day, help me notice where I have seen  
You at work in my life and the times when I have  
experienced Your faithfulness. I thank you for the blessings  
and the gifts you have given to me today. You are so good  
to me.

Give me rest from today and prepare my heart for what you  
have for me tomorrow. Amen.

# March 17 - Creator

## Morning

### Genesis 1:1

In the beginning God created the heavens and the earth.

### Isaiah 64:8

Yet you, Lord, are our Father.  
We are the clay, you are the potter;  
we are all the work of your hand.

## Prayer

Creator God, When I look at all the beautiful things you have created - the sun, the moon... the vastness of the sky and all it holds, the oceans, the deserts, the grassy lands, the plants, and animals, both great and small - I am in awe! I am amazed that the God who created all of that, wants to have a relationship with me! As I look at the world around me today, help me to remember the care you have taken to create such a beautiful world for me.

Remind me that I am a part of that creation too! Help me surrender to Your love - a love that formed me and continues to shape me.

Thank You that You continue Your creation of me everyday that I seek You. Continue to reveal Yourself to me through Your wonderful creation today. Amen.

## Midday

As I enter prayer now, I join my voice with my church and the church around the world, praying as Jesus taught us:

Our Father in heaven,  
hallowed be your name.

Your Kingdom come,  
Your will be done,

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# March 17 - Creator

## Midday (continued)

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And lead us not into temptation,  
but deliver us from evil.  
For yours is the kingdom, the power,  
and the glory, both now and forever  
Amen

## Evening

God, As I come to you in prayer tonight, quiet my mind and my heart, helping me to refocus on you after the busyness of my day.

I bring you all of my day. Show me the ways in which I have sinned today. Help me to examine my heart and my motives and to notice when my thoughts and my actions haven't matched up with Your heart. Thank You for Your grace and forgiveness that restores me.

As i close out my day, help me notice where I have seen You at work in my life. I thank you for the blessings and the gifts you have given to me today. I thank You for the sunrise and the sunset, and all the beauty of the day in between the two. Thank you that I am a masterpiece of Your creation and that You continue to shape me and mold me into who You have created me to be. You are so good to me.

Give me rest from today and prepare my heart for what you have for me tomorrow. Amen.

# March 18 - Holy

## Morning

### 1 Peter 1:13-16 NLT

So prepare your minds for action and exercise self-control. Put all your hope in the gracious salvation that will come to you when Jesus Christ is revealed to the world. So you must live as God's obedient children. Don't slip back into your old ways of living to satisfy your own desires. You didn't know any better then. But now you must be holy in everything you do, just as God who chose you is holy. For the Scriptures say, "You must be holy because I am holy."

## Prayer

Lord, your holiness is beyond what I can truly comprehend. So often, my selfish heart gets in the way and I struggle to do what is right and good. But you are always true...always good. I am in awe of Your perfection and purity in all things.

Thank you for choosing me to be part of Your family. I long to be more like You! Show me how You are at work in my life, transforming me to be holy like You are holy. Amen.

## Midday

As I enter prayer now, I join my voice with my church and the church around the world, praying as Jesus taught us:

Our Father in heaven,  
hallowed be your name.  
Your Kingdom come,  
Your will be done,  
on earth as it is in heaven.  
Give us this day our daily bread.

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# March 18 - Holy

## Midday (continued)

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Amen

## Evening

God, As I come to you in prayer tonight, quiet my mind  
and my heart, helping me to refocus on you after the  
busyness of my day.

I bring you all of my day. Your holiness humbles me and  
makes me examine the ways in which I have sinned today.  
Help me to really see my heart and my motives and to  
notice when my thoughts and my actions haven't matched  
up with Your heart. I want to be holy because You are a  
holy God. I want to honor You with my life as I seek to be  
more like You. Thank You for Your grace and forgiveness  
that restores me.

As i close out my day, help me notice where I have seen  
You at work in my life. I thank you for the blessings and the  
gifts you have given to me today. You are so good to me.  
Give me rest from today and prepare my heart for what you  
have for me tomorrow. Amen.

# March 19 - Unchanging

## Morning

### Hebrew 13:8

Jesus Christ is the same yesterday and today and forever.

## Prayer

God, I am so grateful that You are the Unchanging One! In a world that is fickle and constantly changing, help me to find my security in You and in Your love for me.

When life throws challenges at me today, grant me peace, knowing that You remain steady no matter what. Help me to keep my eyes on only You - a true horizon that helps me navigate this life. Amen.

## Midday

As I enter prayer now, I join my voice with my church and the church around the world, praying as Jesus taught us:

Our Father in heaven,  
hallowed be your name.

Your Kingdom come,

Your will be done,  
on earth as it is in heaven.

Give us this day our daily bread.

Forgive us our debts

As we forgive those indebted to us.

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

For yours is the kingdom, the power,  
and the glory, both now and forever

Amen

# March 19 - Unchanging

## Evening

God, As I come to you in prayer tonight, quiet my mind and my heart, helping me to refocus on you after the busyness of my day. As I bring myself back to You tonight, I rest in the truth of Your unchanging nature. No matter how far my heart and mind - or my actions have seemed from You today, I can always return.

I bring you all of my day. Help me to see the ways in which I have sinned today. Help me to examine my heart and my motives and to notice when my thoughts and my actions haven't matched up with Your heart. Thank You for Your grace and forgiveness that restores me.

As i close out my day, help me notice where I have seen You at work in my life. I thank you for the blessings and the gifts you have given to me today. You are so good to me.

Give me rest from today and prepare my heart for what you have for me tomorrow. Amen.

# March 20 - Jealous

## Morning

### Exodus 34:14

Do not worship any other god, for the LORD, whose name is Jealous, is a jealous God.

## Prayer

God, I am grateful that You are not jealous in the ways that we as humans are. When I think about my jealous heart it is self serving and ugly. But You are holy and You are jealous for me out a pure love for me. Your love is rooted in a covenant You have made in order to restore me...one that gave everything to me, so that I might give all that I am to You. Be Lord of my life, so that no person or thing comes between me and You. Help me to see the enormity of Your love today that desires me and pursues me. As I seek to know Your heart more, grow my relationship with You even more.  
Amen.

## Midday

As I enter prayer now, I join my voice with my church and the church around the world, praying as Jesus taught us:

Our Father in heaven,  
hallowed be your name.  
Your Kingdom come,  
Your will be done,  
on earth as it is in heaven.  
Give us this day our daily bread.

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# March 20 - Jealous

## Midday (continued)

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and my heart, helping me to refocus on you after the  
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haven't matched up with Your heart. Thank You for Your  
grace and forgiveness that restores me.

As i close out my day, help me notice where I have seen  
You at work in my life. I thank you for the blessings and the  
gifts you have given to me today. Thank you for loving me  
and pursuing me. You are so good to me.

Give me rest from today and prepare my heart for what you  
have for me tomorrow. Amen.

# March 21 - Just

## Morning

### Deuteronomy 32:4 NLT

He is the Rock; his deeds are perfect.  
Everything he does is just and fair.  
He is a faithful God who does no wrong;  
how just and upright he is!

## Prayer

God, You are just and you see the need in our world for justice. I am grateful that one day, in Your justice, You will set our world right again. But thank You today that You are both just and merciful. You sent Jesus to die to take the punishment for my sins, justifying me in Your grace and making me right with You. I am humbled and in awe that in Your love and because You are a just God, that I am redeemed! Amen.

## Midday

As I enter prayer now, I join my voice with my church and the church around the world, praying as Jesus taught us:

Our Father in heaven,  
hallowed be your name.  
Your Kingdom come,  
Your will be done,  
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Give us this day our daily bread.

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## Midday (continued)

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heart that acknowledges where you have shown me grace  
and help me to see places where I need to seek to offer  
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grace and forgiveness that restores me.

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