

WEEK 3

Welcome to week 3 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.

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 3

Characteristics

Sovereign

Having supreme rank, power and authority, God is above all others in character, importance, and excellence.

Savior

As our Savior, Jesus has rescued us. He has redeemed our sins and saved our souls because of His great love for us.

Provider

Just as he provided yesterday, He will provide today and tomorrow. He provides for all our needs - physical, emotional, and spiritual.

Helper

God is active in supporting, strengthening, and protecting us in times of need, fear, or weakness.

Healer

God alone, is able to remedy our broken world. Jesus is the physical, moral, and spiritual cure for all people.

Comforter

The Holy Spirit is our comforter - dwelling in us to offer, strength, peace, and guidance in difficult circumstances.

Good

God is the embodiment of perfect goodness. He is kind, caring, and full of favor toward all of His creation.

March 29 - Sovereign

Morning

Psalm 91:1-2

He who dwells in the shelter of the Most High will rest in the shadow of the Almighty. I will say of the LORD, "He is my refuge and my fortress, my God, in whom I trust."

Prayer

God, You are above all things! You are matchless in power and wisdom. Thank You for loving me! I am grateful for the power of Your Word and of Your hand that protects me and guides me. Help me to live surrendered to that power, choosing it as the life-blood that sustains me each and every day.

Move in power today and help me to live in such a way as to bring You the honor you are due as sovereign of my life. Help me to shout Your glory with my words and with my actions today. May I walk humbly and boldly today as I put my trust in You. 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 29 - Sovereign 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, Help me to refocus on you after the busyness of my day. Still my mind and quiet my heart as I seek to spend this time with you.

I bring you every part 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. I am grateful that You are above all things and all people. You are matchless in power and goodness and You choose me to be the recipient of all of who, and what, You are. I am humbled at Your greatness 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 30 - Savior

Morning

John 3:16-17

"For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life. For God did not send his Son into the world to condemn the world, but to save the world through him."

Prayer

God, the cornerstone of Your Gospel is the fact that You loved us so much that You gave us Jesus... our Savior. We do not need to give to You first in order to receive. You set the tone by giving us more than we could ever give to You. Your gift is one marked by a generous love.

After the recognition and acceptance of Your great gift of grace by faith, we are then given the charge to love others. The love that You have given to us is not meant to be held onto too tightly. We are not supposed to hoard what we have received. But we are also to give generously out of the abundance of love You have poured out on us.

Help that amazing love of our Savior to shape all the aspects of our lives - from the words we speak to the actions of our hands. Let the love that flows from us be from grateful hearts desiring to show Your love to the world around us. 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.

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March 30 - Savior

Midday (continued)

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

Evening

God, Help me to refocus on you after the busyness of my day. Still my mind and quiet my heart as I seek to spend this time with you.

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. My sins should have kept me from you, but You rescued me! You redeemed my sins and brought me close to You. Thank You for the gift of salvation through Jesus!

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 31 - Provider

Morning

Philippians 4:19

And my God will meet all your needs according to his glorious riches in Christ Jesus.

Prayer

God, I often get stuck in a "lack" mentality. I worry that I won't have enough or that I won't be enough. But You are a God of both miraculous and daily provision. I hand You my worry as I wonder how my needs will be met. Remind me of how You provided in the past. You are enough for me. 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 31 - Provider

Evening

God, Help me to refocus on you after the busyness of my day. Still my mind and quiet my heart as I seek to spend this time with you.

I bring you every part 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 in my life. I am grateful for the ways that I have felt Your provision today. Thank you for seeing my needs, desiring the best for me, and then providing for me out of Your generous love. Help me to see all the small and big ways that You have been generous with 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.

April 1 - Helper

Morning

Psalm 46:1-3

God is our refuge and strength, an ever-present help in trouble. Therefore we will not fear, though the earth give way and the mountains fall into the heart of the sea, though its waters roar and foam and the mountains quake with their surging.

Prayer

Lord, thank You for being with me. When fear and anxiety want to overtake me, remind me of Your love and fill me with Your presence. Guide me and help me to walk in the strength of who You are - not by my own strength. Go before me, come after me, and walk beside me in everything I face today. Be my helper when things are difficult but help me to lean into You even more when things are good. 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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April 1 - Helper

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, Help me to refocus on you after the busyness of my day. Still my mind and quiet my heart as I seek to spend this time with you.

I bring you every part 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 today. Thank You for Your presence throughout my day. You are the light that guides me. You protect me and You go with me...on my left and my right - surrounding me in every step I take. Thank You for the ways You have helped me that I didn't even see today. You are so good to me.

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

April 2 - Healer

Morning

Psalm 103:1-5

Praise the LORD, O my soul; all my inmost being, praise his holy name. Praise the LORD, O 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, who satisfies your desires with good things so that your youth is renewed like the eagle's.

Prayer

God, thank You for being my Lord Who Heals. I place my hope in Your ability and Your desire to heal me and make me whole. Reveal where I need healing and lead me to the next step in Your ultimate healing plan for my life. Show me how I can join You in bringing healing to the world, even in my local community. 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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April 2 - Healer

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. As I bring myself back to You tonight, I rest in the truth of Your ability to know and understand every part of our world and every part of me. Continue Your work in my life to bring healing to the broken pieces. I lay them at Your feet and ask You to move in mighty ways.

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.

April 3 - Comforter

Morning

Psalm 34:18

The LORD is close to the brokenhearted and saves those who are crushed in spirit.

Prayer

Lord, Fill my heart with more of you. When disappointment and sorrow threaten my joy and rob me of peace, remind me that you are with me and still constant no matter what I face. You are my strength when I have none of my own. I may get tired of the struggles and want to give up but in you I can find new strength. In you, I can rise above any disappointment and rest in knowing that you are still in control. Thank You for seeing me and caring about what breaks my heart. Wrap Your arms around me and help me to feel Your love today in the midst of difficult things.
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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April 3 - Comforter

Midday (continued)

Forgive us our debts
As we forgive those indebted to us.
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and the glory, both now and forever
Amen

Evening

God, Help me to refocus on you after the busyness of my day. Still my mind and quiet my heart as I seek to spend this time with you.

I bring you every part 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 holding me close in Your arms. I am grateful for the peace I feel in Your presence. Help me to offer a safe and soft place to land to others just as You have been that for 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.

April 4 - Good

Morning

1 Chronicles 16:34

Give thanks to the LORD, for he is good; his love endures forever.

Psalm 34:8

Taste and see that the LORD is good; blessed is the man who takes refuge in him.

James 1:17

Every good and perfect gift is from above, coming down from the Father of the heavenly lights, who does not change like shifting shadows

Prayer

God, as we come to the end of our 21 days of prayer and fasting, we give thanks for Your goodness! Let these verses remind me of all that I have learned about who You are.

And let the work of Your Word continue to shape me so that the fruits of Spirit - the evidence of You in my life - be what people see most about me today, and every day.

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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April 4 - Good Midday (continued)

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As we forgive those indebted to us.
And lead us not into temptation,
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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. Give me a humble
heart that seeks to know Your heart and to live according to
Your ways. Thank You for Your grace and forgiveness that
restores me when I stumble. Keep me coming back to You.

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.
Thank You for the past 21 days - let them continue to
impact me and the way I live for You.

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