

# 14 DAYS

*of Prayer & fasting*

**SEEKING THE LORD TOGETHER  
SAMEN DE HEER ZOEKEN**

# FASTING

Would you agree that the goal of our Christian walk is to grow a deeper, fuller, and more passionate relationship with God? As Christians, we grow closer to the Lord as we block out the everyday noise of the world, and lean in closer to the voice of the Father. We block out these daily distractions by doing as Jesus called each of us to do in Luke 9:23: “And he said to all, “If anyone would come after me, let him deny himself and take up his cross daily and follow me.”

By taking up our cross daily, we are putting down the heavy things of this world that act as distractions, picking up what God has actually called us to bear, and following where He leads. The act of dying to yourself and picking up your cross to follow Jesus is sometimes easier said than done. It can be easy to fall into the trap of distraction as we go from day to day. Whether it's work, school, kids, stress, social media, finances, relational challenges, or unexpected dilemmas or delays that pop up throughout the day - it can all become so overwhelming and completely time and thought consuming. With every distraction, it can be easy to slip into “autopilot” in our relationship with God. However, we were never meant to have a passive, neutral relationship with God.

Every now and then in our walk with Christ, we can greatly benefit from hitting the pause button on our day to day routine, and hitting the refresh button in our spiritual lives. The best way to reset and refresh our spiritual lives and relationship with God is to set aside a designated time to intentionally seek the Lord through fasting and prayer. Fasting is not a “get-fit-for-the-New-Year-quick” crash diet; it is an integral spiritual discipline that is meant to help us as believers take our focus off of something for a period of time (food, social media, TV, etc.), and focus our time, attention, and hearts fully on Jesus.

By fasting, we are setting aside distractions, even necessities, such as food, to stir up a deeper hunger for the Lord. Some signs that it might be time to intentionally fast and pray are: when you find yourself heavy with a burden, stuck in a particular pattern of sin, when you are being oppressed by the enemy, when you are seeking an answer or direction from God, or even when you just need a spiritual refreshing. Fasting often reveals the raw state of our hearts. The purpose of fasting is not to lose something, but to gain something; a deeper, more intimate relationship with God.

Fasting can be done in various ways. The most common way people choose to fast is by fasting food. We have a page on our website with all the information about the different styles of fasts. Please feel free to adjust or mix and match to suit your context.

Ultimately, it is important to seek the Lord about what particular kind of fast He is asking you to choose.

# Day 1

## PRAYER POINT: POSTURE OF THE HEART

As we begin this 14 day journey of setting aside the things of this world that can become daily distractions, it is important that we posture our hearts to receive what God has for us over the next two weeks. Our attitude can set the tone for what we are ready and willing to receive, whether we realize it or not. Today we are focusing on asking God to check our hearts and reveal anything that does not reflect Him.

This is a great moment to reflect on ourselves and get ourselves in order. Ensuring our hearts in the right place to fast. Being willing to set the right boundaries and habits in place to sustain us for the next 2 weeks. Ultimately knowing the goal of this time isn't not eating, its hearing from the Lord and clearing out anything that stands in the way of that.

PRAY THIS OVER VERSE OVER YOURSELF TODAY:

Create in me a clean heart, O God, and renew a right spirit within me. (Psalm 51:10)

Heavenly Father, today I ask that you search my heart. Forgive me and rid me of everything that does not reflect You. Help me to set aside every distraction that does not point me back to You. My heart and my hands are open and ready to receive what you will speak to me over the next three weeks. I pray that as I keep my heart and mind focused on You, that my relationship with You would grow exponentially.

IN JESUS' NAME, AMEN

# Day 2

## PRAYER POINT: YOUR LOCAL CHURCH/CITY

Today our prayer focus is on your local church and city! The local church has the unique opportunity to impact your city in a powerful way. There's a beautiful saying "The local church is the hope for the nation". It is by the local church that the world is changed. Let's set aside some time today to pray for favor, guidance, protection, and blessing for your local church and the city in which God has placed it today. Let's believe together for an abundance of fruit from the seeds that are sown in cities throughout the world through local churches! The church is united through the people. We pray for each other. We need your prayers when it comes to the church!

Lord, I thank You for the your church and I want to pray for the church home that You have placed me in. I thank You for all of the lives that have been changed and all of the lives that will be changed through your church. I ask today that You would give all churches favor in this city. I declare this place holy ground, set apart for You and Your purposes. I pray that You would stir the hearts of the people in Antwerp and draw them into the doors of a church.

I pray that we would continue to be a catalyst for change in Antwerp and Flanders. I pray that as we seek You first as a church, Jesus, that an overflow of Your Spirit would spill out in our city. I ask that You would give us new opportunities to be the hands and feet outside the four walls of our church. I ask for your favor with our city, and for Your guidance, protection, and blessings to cover our church. IN JESUS' NAME, AMEN

# Day 3

## PRAYER POINT: PURPOSE

We were all created with a divine purpose. God made each and every one of us for great things, but it can be easy to get discouraged, distracted, and even confused about what God is calling us to do. Each one of us is a priest of the King. We all have the capacity to represent God and to be part of his body. Knowing our role helps give us purpose and meaning to our lives and builds us and other up.

Ephesians 2:10 is a great reminder, “For we are His workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them.” Ultimately, the core of each of our purposes is to do one thing: to glorify Jesus in all that we do. Today, our prayer is that each of us would have greater clarity, vision, and Jesus-centered motives about our purpose. God is going to do great things in and through you!

God, I thank You that even before You formed me in my mother’s womb, You created me with a purpose. I pray today that You would give me greater vision and greater clarity about what my purpose is and where you are leading me. I pray that in everything I do in this life You have given me, Your name would be glorified above all, and that others would see you shining through me. Help me to align to your will and plans and I pray you will reveal your purpose and place for me in your kingdom. In Jesus Name Amen!

# Day 4

## PRAYER POINT: FAMILY

From the beginning, God’s vision for humanity has been centered around one thing: family. He wants nothing more than to live in unity with us as His family, and for our own families to reflect this vision on earth as it is in heaven. Unfortunately, we have a very real enemy who is on a mission to break apart and to estrange families. No matter what your family dynamic might look like, today we are committing to putting God first in our families. If there is reconciliation and forgiveness that needs to take place, believe and intercede for that today. Let’s set aside some time today to bring our families before the Lord. There is nothing that God cannot strengthen and mend!

Lord, I thank You for the family that You have given me. Even though we may not see eye to eye all the time, I’m thankful for them. I pray that Your mighty hand would guide every step that [list family members by name] takes. I choose today to forgive [family member’s name(s)], whether I ever receive an apology for [name the offense] or not. God, I ask that You would bring unity and reconciliation to every part of our family. I lift up every hurt and broken piece to You, and ask You to mend and unify it in only the way that You can. I commit my family to You, Jesus. Show me how I can better serve my family every day in a way that honors You. From this day forward, I choose to put You first in my family. As for me and my house, we will serve the Lord. In Jesus Name Amen

# Day 5

## PRAYER POINT: OUR NATION/GOVERNMENT OFFICIALS

If you have watched the news or scrolled through social media lately, it probably didn't take you very long to hear or see something about the divided our societies are in almost every part of the world. No matter which "side of the fence" on which you may fall on any given issue, we can all agree that division is never a comfortable state to be in, and it was never God's intent for His people. As believers, we have the power and authority to impact the world around us, regardless of who holds the power in government. It is important that we pray for our nation and our leaders, whether we agree with what is going on or not. Our prayers hold more power and ability to change something than we often give them credit for. Today, we are setting aside time to pray intentionally for our nation and our government officials (national, regional, and local). As We can read in 1 Timothy 2:1-2 ESV: *"First of all, then, I urge that supplications, prayers, intercessions, and thanksgivings be made for all people, for kings and all who are in high positions, that we may lead a peaceful and quiet life, godly and dignified in every way."*

God, today I lift up my country before You. There is not a single thing that goes unseen by You. I ask right now that Your hand would be over my country, that you would bring peace and unify us together as brothers and sisters. Heal our land, God.

I pray for our nation's government officials, as well. I may not agree with every choice that is made, but Lord, You called me to pray for those in positions of high power, so I choose to faithfully cover them in prayer. I pray that You would soften all of their hearts to You, and that You would change every heart that is in leadership that is not for You. I pray that you would guide each of them to make big decisions that You are leading them to make. I ask that You would give them wisdom, and that they would be

sensitive to Your voice, Lord. Cover them and protect them. I thank You that Your hand is in the details of our nation. In Jesus Name AMEN!

# Day 6

## PRAYER POINT: IDENTITY

Each day we have a lot of voices speaking into our lives. If we don't learn how to use our discernment, we can begin to allow the wrong voices to shape our identity. The truest form of our identity begins and ends in Jesus. From the moment we were created, we were formed in His image, not the image of what our culture suggests we should be. How do we allow the voice of God to be the loudest voice shaping our identity? By diving deeper into His Word, and by getting alone with Jesus in prayer. Let His words about you be the loudest, most powerful words shaping you. The One who created you is the only One who has a right to define you! The only way we can see that come to reality is giving Jesus the lordship over our identity and letting him speak his identity into us and allowing him to work in us and change us. Before Jesus even begun his ministry God spoke over him how he was well pleased in him and loved him after his baptism. Jesus hadn't done a thing yet. Likewise, God loves you and wants to speak his identity into you.

God, I thank You that when my identity is rooted in You, I can be completely secure. I silence the voice of the enemy from speaking to my identity right now, in the name of Jesus. I pray that Your voice would be the loudest and most reassuring voice speaking to me. I pray that any part of my identity that is not rooted in You would be uprooted and removed.  
In Jesus Name AMEN

# Day 7

## PRAYER POINT: FORGIVENESS

my life. IN JESUS' NAME, AMEN

Forgiveness can be one of the hardest things we will ever have to do, especially if we do not receive an apology for an offense or wrongdoing against us. However, we cannot walk in full wholeness if we are carrying around bitterness or unforgiveness within us, even if it is justifiable by the world's standards. When we carry unforgiveness within us, we are hurting ourselves more than we are ever hurting anyone else. Jesus said in Matthew 6:14-15, "For if you forgive other people when they sin against you, your heavenly Father will also forgive you. But if you do not forgive others their sins, your Father will not forgive your sins." This may seem like a rather bold statement, that our forgiveness is tied to how we forgive, but the truth of the matter is, we were forgiven before Jesus ever received an apology. Romans 5:8 tells us that "while we were still sinners, Christ died for us." In comparison, the way we forgive others is minimal compared to how we have been forgiven. Today, make the bold decision to release those who have offended and wronged you, whether or not they ever have or ever will apologize. Forgiveness does not deny consequences, but it means we give our right for justice to God. But this does mean you get to walk a little lighter today! When we forgive, the enemy loses!

God, I thank You that You forgave me for everything I have ever done or will ever do long before I ever even thought to apologize and repent. Today I choose to reflect Your love by releasing and forgiving [name person or people]. I set them free as an act of my will from any unresolved issues or bitterness, and I choose to show them an abundance of grace as I have been shown an abundance of grace by You. I choose to bless them, and ask that Your hand would cover them everywhere they go. I ask for discernment when it comes to the future of our relationship with one another. I thank You that this weight of unforgiveness has been lifted off

# Day 8

## PRAYER POINT: UNITY

If you have listened to or read the news recently, you know how much division exists within our world right now. This was never God's plan for humanity, and we cannot afford to become numb to this sad, but true current reality. Jesus emphatically tells us in John 15:12, "This is my commandment, that you love one another as I have loved you." Jesus loves each of us unconditionally, and He calls us to do the same to those around us. When we choose to love one another like Jesus does, despite our faults, the enemy no longer has an upper hand with division. God has called each of us to be bridge builders. One small step toward unity from each of us might not seem that culture shifting, but with each step taken, the culture shift toward love and unity follows. Let's decide today to be bridge builders, and pray for a unified church, nation, and world!

Jesus, I thank You that You paved a way for unity to be possible. I pray that You would forgive any judgements I've made toward people that has caused further division. I pray that You would soften my heart toward each and every person I meet, and that I would see them how You see them. I pray that You would bring unity in our homes, in our churches, in our nation, and in our world. You are truly the only source of hope we have for unity. I pray that You would use me to be a bridge builder for unity. I thank You that because of the finished work of Jesus on the cross we can be unified with You, and therefore, we can be unified with one another. Bring together what has been broken and divided, God.

IN JESUS' NAME, AMEN



# Day 9

## PRAYER POINT: UNREACHED PEOPLE GROUPS

All over our world, there are millions of people who have never even heard the name of Jesus. Today we are praying that the lost would be found! From our next door neighbor, to a person living on the other side of the planet, our God is the God who is after the one lost sheep. He cares about each of His children individually and uniquely.

Today let's boldly believe together that each and every unreached person would find the hope and salvation that is only offered through Jesus!

Lord, today I lift up those around the world who do not know the good news. I pray that my heart would be softened and sensitive to those that are unreached, and that I would have the awareness and will to pause and share the goodness of the gospel when unreached people cross my path. I pray boldly that every single heart would be turned toward You, Jesus, and that each and every person walking this earth would know that there is a love and freedom like they have never experienced before. I pray for divine encounters for every unreached person, and that every believer would have the boldness to reach out to the unreached; whether that is the man who sits one desk away, or a woman on the other side of the world. I

praise You for Your unfailing love and desire to know each person intentionally and intimately. I pray that your church would stand up and share your word to all people who need to hear and I pray you would help me to be bold and share the word with those whom I need to IN JESUS'

NAME, AMEN

# Day 10

## PRAYER POINT: GLOBAL MISSIONS

One answer to yesterday's prayer point of reaching unreached people is Missions. Before ascending back to heaven after the resurrection, Jesus left His disciples and believers to come with one last, very important commission: "Go into all the world and proclaim the gospel to the whole creation" (Mark 16:15). The Great Commission was not a suggestion to the first Christians; rather, it is a calling to each and every believer, past, present, and future, to participate in the mission of the Kingdom. It can be easy to become so consumed with our own world that we forget there are billions of people who desperately need the hope that we carry, the kind that is only found in Jesus. Some people are called locally others to other cultures or places. It's not that one is better or worse rather we all have gifts and grace for a different mission field.

Today, let's set our focus on how we can help reach the world around us; whether that is in our own city or on the other side of the world. Let's pray for a deeper sensitivity to those in need of the love of the Father.

Jesus, it can be so easy to focus on just what is in front of me that I forget there is a whole world of people around me that need a touch from You. I come before You humbly today, and offer my hands and feet to spread the hope of the gospel. I may not be able to do everything, but I pray that You would use me to do something. I pray that You would give me a deeper sensitivity to those around me who are hurting and in need of You. Help me to love others the way that You love them. I pray that You would open doors for global and local missions and outreach opportunities. Help me to slow down and see where You are guiding me to reach others.

IN JESUS' NAME, AMEN

# Day 11

## PRAYER POINT: MIRACLES & BREAKTHROUGH

We serve a God who is in the business of working miracles in the most desolate of situations. Where our strength ends, His miracle working power begins. Maybe today you or someone you know is in need of a miracle, whether that is in the area of health, finances, marriages, kids, work, infertility, or any other area that seems to be out of our own control. No matter the need for the miracle, it is never a comfortable place to be in when we do not know the outcome. God is a god who moves things forward. There is a season for all things. But he has a plan for each season. And what wasn't possible in one can be in another. So I encourage you to seek the Lord and see what he has for you and if there is anything holding you back from the new season and things he has for you and being willing to letting our shopping list of requirements, but rather let him determine them. But bringing those things in which we need miracles for to the foot of the cross saying let your will be done.

You can rest in the peace of Jesus' words today, "For truly, I say to you, if you have faith like a grain of mustard seed, you will say to this mountain, 'Move from here to there,' and it will move, and nothing will be impossible for you" (Matthew 17:20). Let's have some mustard seed faith today, for ourselves or someone else, that this mountain in front of us will be moved.

God, I thank You that You delight in working miracles on our behalf. There is nothing that You can't do, Father. So today, I lay this need of [list the miracle needs] at Your feet. I need a miracle, Jesus, and I believe with my whole heart that You are enough to meet this need. I pray that You would do what only You can do in this situation. I plead the blood of Jesus over this situation, and speak life into it. I pray for peace in abundance over [myself or name person specifically]. I worship You in the waiting IN JESUS'

# Day 12

## PRAYER POINT: PEACE

We were never meant to live in a constant state of worry and defeat. We live in a world where this mindset is common and almost encouraged. There is no denying that we are living in times of trouble and confusion, but God has so much more for us. He has given us the gift of peace to carry us through day to day, despite our circumstances at hand. We simply have to lay our worries at His feet, and He takes care of the rest. He cares about us deeply, this includes what worries us. He takes our troubles and replaces them with His perfect peace every time, without fail.

### PRAY THIS VERSE OVER YOURSELF:

You keep him in perfect peace whose mind is stayed on You, because he trusts in You.

Isaiah 26:3

Lord, I thank You for Your abundant peace. I thank You that there isn't a thing I will face that Your peace will not go with me. I don't have to live in fear when my mind is set on You. I pray that I would learn how to be still when my world is shaky and uncertain. I trust You, and place every worry in Your hands. My tomorrow is secure because You are in it.

IN JESUS' NAME, AMEN

# Day 13

## PRAYER POINT: THANKSGIVING AND PRAISE

We are nearly there and this fast might well have been tough or challenging in many ways, but there's power in our mindset and putting things back into perspective and also to end well. That begins with praise and thanksgiving. Let's take today to be thankful for the things you've received or heard to go from the fast. It's also a great way then to go into worship and engaging with God as we can read in the Psalms the Israelites entered the Tabernacle with thanksgiving

*"Enter His gates with thanksgiving and His courts with praise; give thanks to Him and praise His name."* PSALM 100:4 NIV

Think of a fresh reason to thank God. You can write down a list, sing your own song of praise, or just spend time reflecting on your gratitude and praise.

God I thank you for what you have done these past days. I thank you that despite the hardship you have been with me. I pray you will help me to finish well and to stay thankful and grateful.  
toward God. IN JESUS' NAME, AMEN

# Day 14

## PRAYER POINT: CONTINUED SPIRITUAL GROWTH

As we enter into our last day of prayer and fasting, our focus is on the days ahead of us. Our spiritual growth and deeper intimacy with God does not have to end here! He is calling us to a deeper level of relationship with Him beyond our time of fasting. Don't let your momentum for pursuing the Lord in a deeper way stop because the 21 days of fasting has come to an end. Keep growing from glory to glory!

And we all, with unveiled face, beholding the glory of the Lord, are being transformed into the same image from one degree of glory to another. For this comes from the Lord who is the Spirit.  
(2 CORINTHIANS 3:18 ESV)

Heavenly Father, I thank You today for tearing the veil in two, and giving me full access to a close, personal relationship with You; one that You have desired to have with me from the beginning. I praise You for refreshing me over these past 21 days. I pray today that I would only continue to fall more in love with You, Jesus. I ask that You would give me clear ears to hear and clear eyes to see all that You are doing even beyond this time of fasting. I pray that You would silence the voice of the enemy from bringing up any distractions that would pull me away from You. I thank You for Your unfailing love and Your constant faithfulness.

I pray that I would continue to grow closer to you and to learn to hear and know you better. Please help me to not fall back into the unhealthy habits of the past.

IN JESUS' NAME, AMEN