

FASTING

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 kind of fast He is leading you to follow. It's not about success or failure. It's about getting closer to God and laying daily necessity on the altar and saying how much more important God is than those things.

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.

Take a moment to confess any sin you know of and then we close by saying I we confess that we have sinned in thought, word and deed. We have not loved you with our whole heart. We have not loved our neighbours as ourselves. In your mercy forgive what we have been, help us to amend what we are, and direct what we shall be; that we may do justly, love mercy, and walk humbly with you, our God. Amen.

In Jesus' Name, Amen

Day 2

PRAYER POINT: FORGIVENESS

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 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 my life 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 and to build up the body of Jesus. Today, our prayer is that each of us would have greater clarity, vision, and Jesus-centered motives about our purpose and how we fit within the greater story of God’s kingdom.

Today we pray that God will guide us into the right position within the kingdom. We set our purpose and giftings on the altar and the selfish pursuits to hear from you what your plans and ideas are and to help me to look beyond myself and to serve and love others and to root my identity not in what I do but in who I am in you.

In Jesus Name Amen!

Day 4

PRAYER POINT: LIGHTHOUSE

There is this saying the local church is the hope of the world. We all have a local household or family we invest into. In this case we assume its Lighthouse. So lets pray together for our church. That God will guide and direct it because it is His church. That he will open the doors we need opened. In this case specifically we pray for a new venue for the church. That the Bishop of Antwerp would sign the papers to grant us access and we can be the church he has called us to be.

Also for everyone within the church. That God would guide us all and bring us closer together. That we wont have factions or fights. But grow in maturity and fullness of faith and be more like Jesus. For all the prayer needs of the people in the church that as we fast we lift up these needs to the throne asking for God to move on them.

That anything in the church which does not give glory to God would be refined and removed. That we would all grow to be more those vessels of light to the darkness around. That favour would come on us all to reach those around us and to be able to connect to those who don’t know God.

Finally also for as we touched on yesterday that each one of us would be able to step into our right place in the body and function as the blessing he designed us to be. That we can grow our roots deeper in God so we can walk further and deeper with him in our journey. To be that light to the city and nation.

In Jesus Name Amen!

Day 5

PRAYER POINT: OUR NATION/GOVERNMENT OFFICIALS

If you've been watching the news or scrolling through social media, it's clear that division is a significant issue in our world today. No matter where we stand on specific issues, we can all agree that division is uncomfortable and never part of God's plan for His people. As believers, we are called to make an impact, not through worldly power, but through prayer. Scripture, specifically 1 Timothy 2:1-2, reminds us to pray for all people, especially those in leadership, so we can live peaceful, godly lives. Prayer is a powerful tool, often more so than we realize, and today we are setting aside time to pray intentionally for our nation and its leaders.

God, I lift my country to You today. Nothing happens without Your knowledge, and I trust in Your sovereignty over all things. I ask for Your peace to settle over our nation and for unity to bind us together as brothers and sisters. Heal our land, Lord, and bring restoration where it is needed.

I also pray for our leaders—national, regional, and local. Even when I may not agree with the decisions they make, I choose to follow Your command to lift them up in prayer. Lord, soften their hearts to Your truth, and transform the hearts of those who do not know You. Guide them to make decisions in line with Your will and give them wisdom, discernment, and a sensitivity to Your voice. Protect them and their families as they serve in these roles.

Thank You, God, for Your faithfulness and for being present in every detail of our nation. I trust that Your plans are good and that You are working even when we cannot see it. In Jesus' name, Amen.

In Jesus Name Amen

Day 6

PRAYER POINT: FAMILY

From the beginning, God's vision for humanity has centered on family. He desires to live in unity with us as His children and for our families to reflect that unity on earth. Yet, the enemy works tirelessly to divide and fracture relationships. Regardless of your current situation, today is an opportunity to place God at the center of your home. Whether reconciliation, forgiveness, or healing is needed, trust that God can restore and strengthen your family. Let's bring our families before Him, knowing there is nothing too broken for Him to heal.

Lord, I thank You for my family, even when we don't always agree. I ask that Your hand guide each of us, especially [list family members by name]. Bring peace, unity, and healing where it's needed. Help me to serve and love my family in ways that honor You.

I also lift up my loved ones who are far from You. As I've experienced salvation and a relationship with You, my heart longs for them to know You too. I thank You that Your love for them is greater than mine and that You desire a relationship with them even more than I do.

Jesus, I pray for [list loved ones by name] today. Stir their hearts and draw them to You. Surround them with believers who can be a light in their lives. Help me to reflect Your love and grace in my interactions with them. Protect them from the enemy's lies and distractions, and let Your presence be undeniable in their lives. I trust in Your timing and thank You for the work You're doing in their hearts.

In Jesus' name, Amen.

Day 7

PRAYER POINT: Idolatry

Idolatry is not just about bowing to carved images; it's anything that takes the place of God in our hearts. It can be money, relationships, success, comfort, or even good things like family or ministry when they become our primary focus. These idols distract us from fully worshiping God and hinder our ability to walk in His purpose for our lives. Today, let's examine our hearts, identify any idols we may have placed before Him, and surrender them at His feet. God alone deserves to sit on the throne of our hearts. In the middle of our fast any addictions or unknown idols will probably have made their way to the surface. This is a great chance to deal with them.

Lord, I come before You today, acknowledging that there may be areas in my life where I've placed things above You. Reveal any idols that have taken root in my heart—whether it's pride, control, possessions, relationships, or anything else. I confess and surrender them to You now, Lord. Help me to refocus my heart on You, knowing that only You can truly satisfy the deepest desires of my soul. Teach me to seek Your kingdom first and trust that everything else will fall into place according to Your will.

I pray that You would break any unhealthy attachments in my life and replace them with a deeper desire for Your presence. Guard my heart and mind against distractions, and let my love for You grow stronger each day.

Thank You for Your grace and patience as I learn to fully trust in You. You are my Provider, my Sustainer, and my greatest treasure. I choose to place You at the center of my life once again.

In Jesus Name Amen

Day 8

PRAYER POINT: Personal Limitations

It's easy to feel overwhelmed by our personal limitations—whether they stem from lack of skill, resources, or energy. But God often uses our weaknesses to reveal His strength. When we acknowledge our limitations, we create space for His power to work in and through us. Instead of striving in our own strength, we can lean on God's limitless wisdom and provision. Let's surrender our shortcomings to Him today, trusting that He is able to accomplish far more than we can imagine.

Lord, I come before You, aware of my limitations and weaknesses. At times, they leave me feeling discouraged, but I choose to surrender them to You today. I thank You that Your strength is made perfect in my weakness and that Your grace is always enough.

Help me to stop striving in my own strength and to rely fully on You. Teach me to trust in Your timing and provision, even when I feel inadequate. Give me the courage to step out in faith, knowing that You are the One who equips and empowers me to do all that You've called me to.

Lord, remind me that my identity and worth are not tied to what I can do but to who You are. Help me to see my limitations not as barriers but as opportunities for Your glory to be revealed.

Thank You for being my strength when I am weak, my wisdom when I lack understanding, and my peace when I feel overwhelmed. I trust You to fill in every gap and to carry me through whatever lies ahead.

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

The answer to yesterday's prayer point of reaching unreached people lies in Missions. Before His ascension, Jesus left His followers with one final and vital commission: "Go into all the world and proclaim the gospel to the whole creation" (Mark 16:15). The Great Commission wasn't a suggestion for the early Christians—it's a mandate for every believer, past, present, and future, to join in the work of God's Kingdom.

It's easy to become so absorbed in our own lives that we lose sight of the billions of people who need the hope that only Jesus offers. Some are called to mission fields within their communities, while others are called to distant cultures and nations. Neither is greater or lesser; each of us has unique gifts and grace to serve where God has placed us.

Today, let's focus on how we can help reach the world around us—whether in our neighborhoods or across the globe. Let's pray for hearts that are attuned to the needs of others and willing to carry the love of the Father wherever He leads.

Jesus, I come humbly before You today, acknowledging how often I focus only on what's right in front of me. I surrender my hands, my feet, and my life to be used for Your Kingdom. I know I can't do everything, but I ask that You use me to make a difference in the lives of those who need Your touch. Give me a deeper awareness of the people around me who are hurting and searching for hope. Teach me to love others as You love them. Open doors for both local and global missions, and guide me to opportunities to share Your truth and love. Help me to slow down and follow where You lead.

In Jesus' name, Amen.

Day 11

PRAYER POINT: MIRACLES & BREAKTHROUGH

We serve a God who specializes in working miracles, even in the most hopeless circumstances. Where our abilities end, His miracle-working power begins. Perhaps today, you or someone close to you needs a miracle—whether in health, finances, relationships, family, work, infertility, or another situation that feels out of control. Being in a place of uncertainty is never easy, but we can trust that God is always at work. The word tells us there is a season for everything. What may not have been possible in one season can become a reality in another, according to His plan. I encourage you to seek the Lord, asking Him to reveal anything holding you back from stepping into the new season He has prepared for you. Surrender your expectations to Him, laying your needs and desires at His feet, and trust in His perfect will.

We can rest in the assurance of Jesus' words: "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). Today, let's have mustard seed faith for ourselves or someone else, believing that God will move the mountains in our lives.

God, I thank You for being a God who delights in working miracles. There is nothing too difficult for You. Today, I lay this need [list specific needs] at Your feet, fully trusting that You are more than enough to meet it. I ask for Your miraculous intervention in this situation. I plead the blood of Jesus over it and speak life into it. Lord, fill [myself or the person] with Your perfect peace while we wait on You. I worship You, Lord, and trust in Your timing and Your ways.

In Jesus' name, Amen.

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. Peace I find best defined as being in the right relationship with something or someone. Treating and being treated correctly. Peace is about finding that right relationship. It first starts with God and knowing he is bigger and above all things. He is big enough to take our burdens and stress and anxiety. That we can trust him to care and guide us.

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: UNITY

Throughout human history division has always been a consistent theme and 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! Tonight we will pray together with other churches and it's a great way to stand in unity with other brothers and sisters.

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 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 for tearing the veil and giving me full access to a close, personal relationship with You—the relationship You've desired for me since the beginning. I praise You for the renewal and refreshment You've poured into my life over these past 14 days. Today, I ask that my love for You, Jesus, would grow deeper and stronger. Open my ears to hear Your voice clearly and my eyes to see the fullness of what You are doing, both in this season and beyond.

Lord, silence the voice of the enemy and protect me from any distractions that might pull me away from You. Help me to continue drawing closer to You, growing in my ability to hear and know You intimately. Please guide me to walk in the freedom You've given me and not fall back into the unhealthy patterns of the past. Thank You for Your unfailing love, unchanging grace, and steadfast faithfulness.

In Jesus' Name, Amen