

# CLOSER

21 DAYS OF  
PRAYER AND FASTING





**This journal belongs to:**

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*Full Name*



# WELCOME

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Thank you for joining us for 21 days of prayer and fasting. Over the next 21 days, we will be praying and believing to see miracles take place. We are asking you to choose any three consecutive days within this time to fast. The miracles and breakthroughs we are praying for are both corporate and individual.

Personally, start with a clear goal. Be specific. Why are you fasting? Do you need direction, healing, restoration of marriage or family issues? Are you facing financial difficulties? Ask the Holy Spirit for guidance as you pray daily and read the Bible.

Corporately, you will see some of the things we are believing for as a church outlined in the pages of this devotional. Begin to pray for Devoted Conference, Easter, community groups, and our Sunday services. Pray for new people to come, for teams to be healthy, and for people to meet Jesus and be planted in His house.

We believe these 21 days of prayer and fasting are going to be instrumental in all that God wants to do this year-in your life personally and throughout all the initiatives of Wave Church!

# HOW TO FAST

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## HOW TO BEGIN

With this daily devotional, you will be given different topics and scriptures each day. Carving out a specific time to spend with God and having a physical list in front of you to pray over will motivate you to keep going when it seems impossible! Pray for what you are believing for personally, as well as the things we are believing for together as Wave Church.

## PREPARING SPIRITUALLY

Be honest with God. Let Him know where you need help. Ask the Holy Spirit to reveal areas of weakness. Invite Him to challenge and change you over the course of your fast. Watch as He expands your vision and strengthens your faith.

## DECIDING WHAT TO FAST

Fasting is about giving something up for a time in order to seek God in a deeper way. It's not about losing weight; it's about gaining vision! The type of fast you choose is up to you. Whether you choose to follow biblical examples and give up food or apply the same principle to other areas of life like TV or social media, we believe that as you remove distractions you will hear from God in a clearer way. Before making any drastic dietary changes, please consult with your healthcare professional.

## DECIDING HOW LONG

Fasting is not an obligation; it's an opportunity to go deeper in our walk with God. Use wisdom and pray for guidance. We are committing to 21 days of prayer, and within those 21 days, pick three consecutive days to fast.

## WHAT TO EXPECT

When you fast, your body detoxifies, eliminating toxins from your system. This can cause mild discomfort such as headaches and irritability during withdrawal from caffeine and sugars. And naturally, you will have hunger pains. Limit your activity and exercise moderately. Take time to rest. Fasting brings about miraculous results. You are following Jesus' example when you fast. Spend time listening to praise and worship. Pray as often as you can throughout the day. Get away from the normal distractions as much as possible and keep your heart and mind set on seeking God.

# HOW TO PRAY

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## The ACTS Model

### **A — ADORATION**

*Tell God how much you appreciate Him.*

This is a great way to begin your prayer time. Tell God how much you appreciate Him. Express your love for Him. Praise His power and majesty. You should never run out of praise.

### **C — CONFESSION**

*Tell God where you have fallen short.*

Be specific. Thank Him for the forgiveness you have in Christ and ask for help and strength to turn away from future temptations.

### **T — THANKSGIVING**

*Express gratitude for what He's doing in your life.*

We have so much to be thankful for. Thank God for His love, His faithfulness, His patience. Express gratitude for what He's doing in your life.

### **S — SUPPLICATION**

*Share your desires with God.*

Share your desires with God, no matter how big or small they may seem. Nothing is too big or too small for God. He cares about every detail of your life. Pray for your own needs and for the needs of others.

# HOW TO SOAP

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## **S — SCRIPTURE**

*Which verse stood out to you?*

Open your Bible to your reading for the day. Take time reading and allow God to speak to you. When you are done, look for a verse that particularly spoke to you that day, and write it in your journal.

## **O — OBSERVATION**

*What is God saying to you?*

What do you feel God is saying to you in this scripture? Ask the Holy Spirit to teach you and reveal Jesus to you.

## **A — APPLICATION**

*How can you apply it today?*

Personalize what you have read by asking yourself how it applies to your life right now. Perhaps it is instruction, encouragement, a new promise, or corrections for a particular area of your life. Write how this scripture can apply to you today.

## **P — PRAYER**

*Ask God to help you use what you've learned.*

This can be as simple as asking God to help you use this scripture, or even a prayer for a greater insight on what He may be revealing to you. Remember, prayer is a two-way conversation, so be sure to listen to what God has to say! Now, write it out.



**"The earnest  
prayer of a  
righteous person  
has great power  
and produces  
wonderful  
results."**

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**James**

**5:16**

**NLT**

# My Life and Family

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Devotional by Brook Chalfant

If you could judge a book by its cover, I never would've opened the book my husband gave me for my birthday a few years back. He found it at a used bookstore and thought it shouted my name. The cover was murky brown. Nice. Just above a thin, cryptic photo in the center were these words in a gold, glowy font: Be the Light.

Hmmm. That intrigued me. ... Be the Light: A Blueprint for a Happy and Successful Life.

Turns out, the book is FILLED with gut-wrenching, heart-warming, "are-you-kidding-me?" stories of people from all walks, all statuses of life. People like you and me who, out of some combination of status quo, numbing grind, heartache, failure, depression, anxiety, or complete devastation, tapped in to heroic grit that reoriented their life, joy, purpose, and impact.

In spite of every justification for keeping a sword wildly swinging through life or, conversely, keeping their eyes fixed on their navel, each made a herculean choice to ... you guessed it ... BE THE LIGHT.

Each decided, "enough is enough" and courageously took one step forward. Then another. Then another. Until a bigger, more meaningful world opened up. (Not always an easier world but a better one.)

It's a choice we all can make ... should make. But how?

It starts with fierce love and actions ahead of feelings or payoff.

When things get hard in our families and our life, it's easy to revert to fight or flight. We get defensive, build walls, sling mud, sink into despair, settle for less, or try to escape ALL the emotions through all sorts of unhealthy habits.

But what if, instead, we tapped in to enough grit to humbly and relentlessly pursue the breathtaking character and nature of God and His heart for us?

"You are blessed when you're at the end of your rope. With less of you there is more of God and his rule ... You're blessed when you've worked up a good appetite for God. He's food and drink in the best meal you'll ever get ... Let me tell you why you are here ... You are here to be light ... Shine!" Matthew 5:3, 6, 14 MSG

[illegible]

# I Will Pursue God's Love for Me

Is anyone thirsty? Come and drink ... it's all free! ... Come to me with your ears wide open. Listen, and YOU WILL FIND LIFE. Isaiah 55:1, 3 NLT

Who could ever separate us from the endless love of God's Anointed One? Absolutely no one! For nothing in the universe has the power to diminish his love toward us. Troubles, pressures, and problems are unable to come between us and heaven's love. Romans 8:35 TPT

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Take time this week to walk around your neighborhood and pray for your neighbors.

# I Will Confidently Trust That God Is for Me and My Family

The earnest prayer of a righteous person has great power and produces wonderful results. James 5:16 NLT

And we are confident that he hears us whenever we ask for anything that pleases him. And since we know he hears us when we make our requests, we also know that he will give us what we ask for. 1 John 5:14-15 NLT

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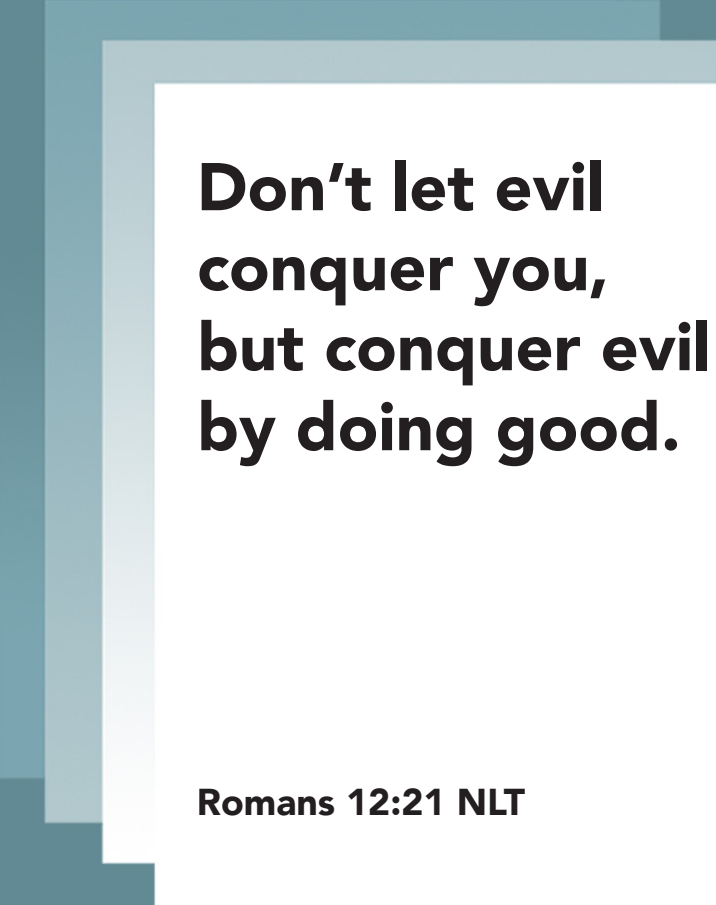
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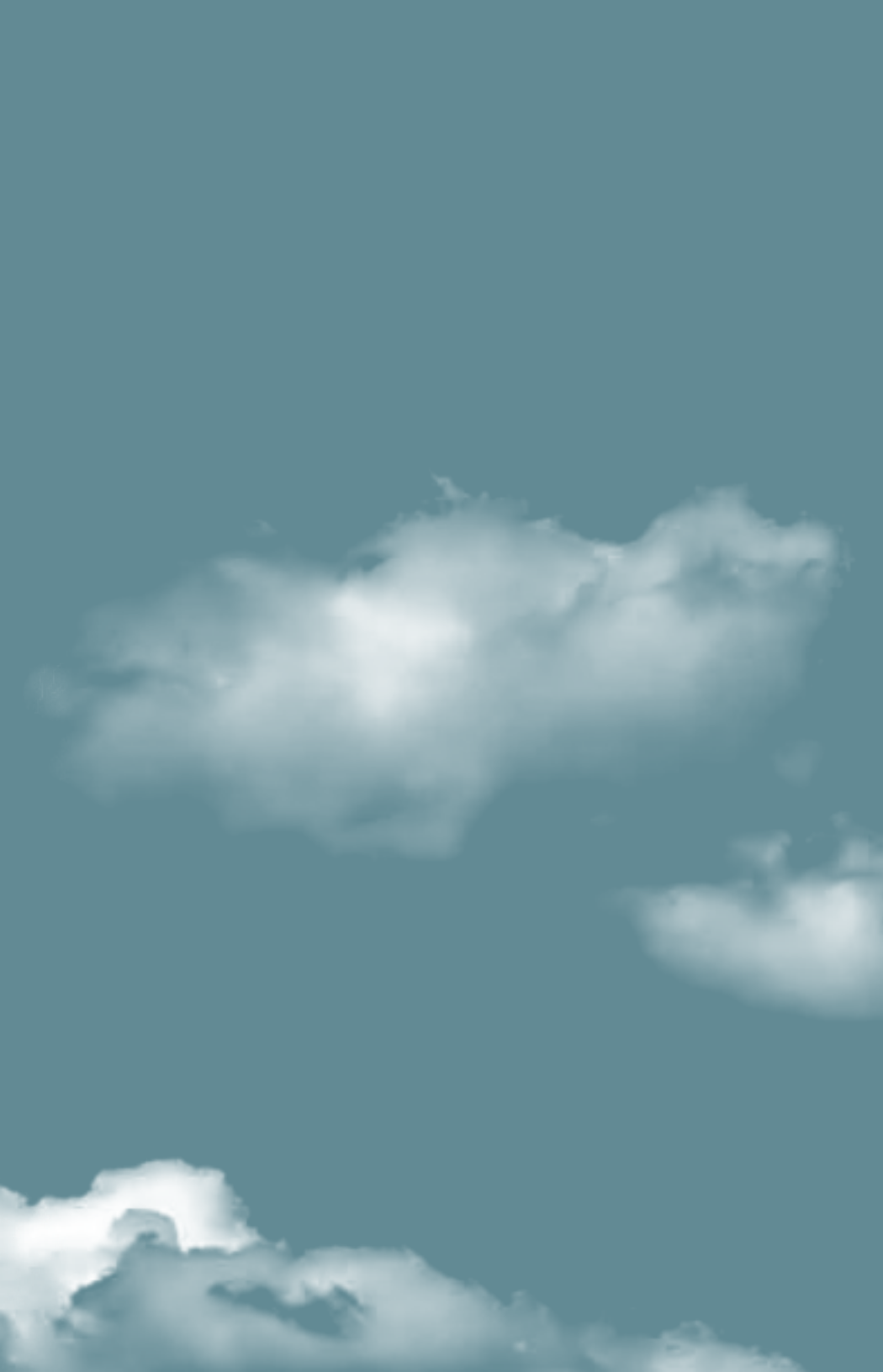
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**Don't let evil  
conquer you,  
but conquer evil  
by doing good.**

**Romans 12:21 NLT**





# I Will Rely on the Holy Spirit

But the Helper (Comforter, Advocate, Intercessor—Counselor, Strengthenener, Standby), the Holy Spirit, whom the Father will send in My name, He will teach you all things. John 14:26 AMP

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# I Will Love Others With Supernatural Grace

Don't just pretend to love others. Really love them. Love each other with genuine affection, and take delight in honoring each other. Don't let evil conquer you, but conquer evil by doing good.

Romans 12:9-10, 21 NLT

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# I Will Conquer Strongholds

He trains my hands for battle; he strengthens my arm to draw a bronze bow. ... I chased my enemies and caught them; I did not stop until they were conquered. Psalm 18:34, 37 NLT

So humble yourselves before God. Resist the devil, and he will flee from you. James 4:7 NLT

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# I Will Walk in Faith and Hope

And so I tell you, keep on asking, and you will receive what you ask for. Keep on seeking, and you will find. Keep on knocking, and the door will be opened to you. Luke 11:9 NLT

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# My Church

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Devotional by Mark Rowan

In Matthew 16:18 Jesus declares, "I will build my church" to Peter. The Messiah is taking ownership and responsibility of church growth upon His shoulders. Since Jesus has got it all taken care of, that means we can sit back and watch it happen ... right? Wrong.

The last instruction Jesus gave us before returning to Heaven was to make disciples of all nations. In essence, He was telling us to go out and convince the people of the world to become followers who believe, speak, and act just like Him.

In other words, becoming a disciple of Jesus means that we care about the things that He does. The aforementioned scripture in Matthew 16 gives us insight to one of the things that is close to His heart: the church. Because it is His, He is determined to build it. Astoundingly, He is sharing that responsibility with us!

What does that look like? When something is mine I take time to invest in it. For example, let's take my woeful Redskins. I grew up gleefully cheering on the team as a child during their heyday. Despite the fact that they have yet to return to glory or even field a competitive team, I continue to watch games, read articles, follow draft prospects, etc. This has no eternal value and I'm all in! How much more can we be invested in the team that is destined to be undefeated for all time ... the church!

It's beyond me! When we each take on the responsi-

bility to see the church grow, it's no longer just about what "I" can get out of it. Jesus modeled that the church is about others. Everywhere He went people were changed by His presence. We can walk in that same reality. My church becomes "our church" as we bring the presence of God into our homes, our schools, our work, and our community. Let's build our church together in 2020!

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins or other markings on the paper.

# Pray for Our Church Leadership

So Christ himself gave the apostles, the prophets, the evangelists, the pastors and teachers, to equip his people for works of service, so that the body of Christ may be built up. Ephesians 4:11-12 NIV

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Take time this week to pray for Devoted Conference and Easter at Wave Church.

# Pray for Unbelievers Visiting Our Church

To open their eyes, so that they may turn from darkness to light and from the power of Satan to God, that they may receive forgiveness of sins and a place among those who are sanctified by faith in me.  
Acts 26:18 ESV

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# Pray for New Christians in Our Church

Forget the former things; do not dwell on the past.  
See, I am doing a new thing! Now it springs up;  
do you not perceive it? I am making a way in the  
wilderness and streams in the wasteland.  
Isaiah 43:18-19 NIV

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# Pray About How You Can Take the Next Step in Serving Others

Each of you should use whatever gift you have received to serve others, as faithful stewards of God's grace in its various forms. 1 Peter 4:10 NIV

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## Pray for Current and Future Volunteers

Then he said to his disciples, "The harvest is abundant, but the workers are few. Therefore, pray to the Lord of the harvest to send out workers into his harvest." Matthew 9:37-38 CSB

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# Pray for Power to Influence Our Community and Beyond

But you will receive power when the Holy Spirit has come upon you, and you will be my witnesses in Jerusalem and in all Judea and Samaria, and to the end of the earth. Acts 1:8 ESV

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# My City and Country

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Devotional by Pastor Josh Kicker

Praying for my country took on a whole different meaning while I was in the military. Honestly, prior to that point I probably had not prayed for the country much ... granted I was barely out of my teens when I was commissioned to serve, but nonetheless it had new meaning.

Sacrifice took on a new form as I went from a military brat whose dad served for over 30 years to now being in the same position he once stood learning what it meant to serve your country.

It opened my eyes to the vastness of our world and cities we live in and the needs of humanity across the world. Friends, I promise you your prayers matter. Just as people sacrifice for their country, you sacrifice each day for your family. It's the families that make up our cities, that get elected to public office, that serve as first responders, and they covet our prayers whether they know it or not.

2 Chronicles 16:9 NIV:

"For the eyes of the Lord range throughout the earth to strengthen those whose hearts are fully committed to Him..."

God is scouring the Earth searching for a people whose heart is fully devoted to His ways, His purpose, His path. That turn to Christ begins with prayer.

## 2 Chronicles 7:14-15 NIV

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# Pray for Our Military

Blessed are the peacemakers, for they will be called children of God. Matthew 5:9 NIV

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Take time this week to walk around your neighborhood and pray for your neighbors and city.



# Pray for Our Elected Officials

I exhort therefore, that, first of all, supplications, prayers, intercessions, and giving of thanks, be made for all men; For kings, and for all that are in authority; that we may lead a quiet and peaceable life in all godliness and honesty. For this is good and acceptable in the sight of God our Saviour....

1 Timothy 2:1-3 BRG

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# Pray for Your Neighbors

The second is this: 'Love your neighbor as yourself.'  
There is no commandment greater than these.  
Mark 12:31 NIV

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# Pray for the Peace and Prosperity of Your City

Also, seek the peace and prosperity of the city to which I have carried you into exile. Pray to the LORD for it, because if it prospers, you too will prosper.  
Jeremiah 29:7 NIV

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# Pray for People to Reach Out to Others and His Will to Be Done

The harvest is plentiful, but the laborers are few; therefore pray earnestly to the Lord of the harvest to send out laborers into his harvest.

Matthew 6:10 ESV

Your kingdom come, your will be done, on earth as it is in heaven. Matthew 6:10 ESV

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# Pray That We Would Once Again Be in Awe and Reverence of God

Let all the earth fear the LORD; let all the people of the world revere him. Psalm 33:8 NIV

Blessed is the nation whose God is the Lord, the people he chose for his inheritance.  
Psalm 33:12 NIV

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Thank you for joining us on this journey of prayer and fasting. Our hope is that you feel encouraged and strengthened in your relationship with Jesus. Answers may not appear right away—ultimately your fast is about building a deeper relationship with Christ. As God continues to move in situations and change your heart, you'll be amazed at how situations around you begin to change, too! We would love to hear about all the things God has done over the last 21 days. If you have a story to share, please email [info@wavechurch.com](mailto:info@wavechurch.com)!



YOU  
WILL  
FIND  
LIFE



wavechurch®