



21 days of

Prayer
and

Fasting

Feb 17–March 9, 2025

Covenant Fellowship
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We believe prayer is the catalyst that goes before a move of God in our church and in our lives. We are so excited to be joining in 21 Days of Prayer and Fasting. Join the journey with us!

Since the beginning of Covenant Fellowship, we have desired to become a people of prayer. Prayer should be our first response, not our last resort. Praying because we are told to pray is not enough. For prayer to transform our life, it needs to become something we look forward to doing. Many people don't enjoy prayer because they have never been taught how to pray, how to be intimate with God. This guide is intended as a simple aid. Please use it as you see fit. When you experience the beauty of daily conversation with Him, you'll experience the presence of God that will change your life. Prayer changes everything!

What is fasting?

Fasting is designed to intensify our dependence on God by weakening our dependence on food and other things.

Fasting is to voluntarily abstain from eating for an extended period. "Eating" can represent anything that is holding you back. What do you "consume" in terms of social food, intellectual food, and emotional food? Are these things distracting you from your relationship with God?

Are you relying on things that have nothing to do with God to get you through your day?

The goal of this time focusing on prayer is to see transformative, Christ-centered revival. We want to see people come to faith in Jesus. We want to see the broken healed. We want the body of Christ to pierce the darkness of our time with the light of the gospel.

Ask God what He wants you to fast from and let Him guide you.

If you have medical issues, consider fasting TV or social media. The point is that there is something God wants you to separate yourself from for three weeks so that you can see and hear Him more clearly.

Whether you have done a 21-day time of prayer and fasting before, or if this is your first time, you can start where you are and experience what God has in store for you in a powerful way.

Fasting goal: A personal encounter with God

We pray that you will experience the presence and power of God in an extraordinary way as you commit yourself to Him over the next 21 days. As you seek God first, we pray your relationship with God when you finish the fast looks and feels different than how you started.

As you prepare for the next 21 days, think about why you are fasting. Is it for spiritual renewal, for guidance, for healing, for the resolution of problems, for special grace to handle a difficult situation, or for a major decision? Ask the Holy Spirit to clarify His leading and objectives for your fast. This will enable you to pray more specifically and strategically. Think about the top two or three uppermost issues on your heart and press in on those with God. Write these down in the space provided below or in a journal, and be open to hearing what God wants to show you in those areas.

When praying, make your primary goal to know Jesus more and experience Him. Focus first on what's right about Him, such as His goodness and His greatness, and see everything else through that filter.

Finally, make time to pray daily. Don't over complicate it! Just talk to God. Have that place and time where you can seek Him every day. If you don't plan to pray, you won't. We also want to remember that it's a "get to" not a "got to." It's a privilege to be able to come to God in prayer.

"He must increase and [we] must decrease." - John 3:30 *"Be ye holy, for I am holy."* - 1 Peter 1:16

You may experience many benefits from fasting (cleansing your body, breaking addictions, etc.), but the goal of fasting is to experience God. Right now, your life may be all about you, what you want, and when you want it. Imagine if you separate yourself from your perceived needs (such as food) you may see that life is all about Him.

During this fast, I am praying and believing God for:

Biblical Examples and Purposes of Fasting

- Jesus fasted to acknowledge His dependence and to gain spiritual strength through reliance on the Holy Spirit and God's Word. He did this before He began His public ministry (Luke 4:1,2).
- Nehemiah fasted for confession, repentance, and favor in the sight of the king to get permission to rebuild the walls of Jerusalem (Nehemiah 1:4).
- David humbled himself for God to intervene because of injustice (Psalm 35:13). In 2 Samuel 12:17,23, he fasted for healing and miraculous intervention.
- Mordecai and the Jews fasted upon hearing news of Haman's wicked plot for their extermination (Esther 4:3).
- The Early Church fasted while worshiping and committing their ministry to the Lord. They also sought the Lord through fasting for guidance, confirmation, and the appointment of elders (Acts 13:2; 14:23).

Scripture References for Fasting:

Matthew 6:16-18, Matthew 9:14-15, Luke 18:9-14

Relation to Prayer and Reading of the Word:

1 Samuel 1:6-8, 17-18, Nehemiah 1:4, Daniel 9:3, 20, Joel 2:12, Luke 2:37, Acts 10:30, Acts 13:2

Corporate Fasting:

1 Samuel 7:5-6, Ezra 8:21-23, Nehemiah 9:1-3, Joel 2:15-16, Jonah 3:5-10, Acts 27:33-37

Remember that it is the attitude of a heart sincerely seeking Him to which God responds with a blessing (Isaiah 58, Jeremiah 14:12, 1 Corinthians 8:8). May God greatly bless you as you fast!

Developing a lifestyle of prayer

Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where He prayed. - Mark 1:35

Prayer is most effective when it isn't something we do every now and then, but when it's a lifestyle we cultivate. To understand how to have a lifestyle of prayer, we can look at the example Jesus gave during His life on earth.

Develop a Set Time

Jesus got up early in the morning to spend time with His Heavenly Father. Make a daily appointment with God — whether it's first thing in the morning, at lunch, or in the evening — and faithfully keep it.

Designate a Certain Place

Jesus had a specific place He went to pray. He prayed in private. He specifically withdrew to a solitary place to avoid being distracted by others. We can follow His example by designating a quiet space for ourselves and

schedule it at a time that we are less apt to be bothered by family, friends, and other distractions. Maintaining a focus on God is the main purpose so that we can hear Him speak to us in return.

Have a Plan

When Jesus taught His disciples how to pray, He gave them an example of prayer. We call it “The Lord’s Prayer.” As we pray every day, our plans for our prayer time can vary, maybe include worship music, Bible reading, and quiet time to listen to God. It doesn’t always have to look the same; it just helps when we are intentional about connecting regularly with God.

Learn to Fast as a Spiritual Discipline

Start thinking about fasting as a spiritual discipline that happens throughout the year and beyond the 21 Days. The power you experience and closeness you feel to the Lord can become a new way of life all throughout the year.

We pray this journey is transformational for you.

Day 1, February 17, 2025

Today I am Grateful For:

Ask: God, what do you want me to focus on today?

“Finally, be strong in the Lord and in the strength of his might. Put on the whole armor of God, that you may be able to stand against the schemes of the devil. For we do not wrestle against flesh and blood, but against the rulers, against the authorities, against the cosmic powers over this present darkness, against the spiritual forces of evil in the heavenly places.” Ephesians 6:10-12

Satan hates you. But for the most part, he pays you no mind as long as you are entangled in sin and struggling with shame. When you turn to God for His free and freeing power, Satan takes offense and goes on the offensive. He hates it when you fast and pray because he knows that each time you go to God rather than food (or whatever you fast from) to fill your longings, the Spirit of God floods into the empty places in your heart and life. Satan hates losing ground.

“Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion looking for someone to devour.” 1 Peter 5:8

“The one who is in you is greater than the one who is in the world.” 1 John 4:4

Imagine yourself holding the helmet of salvation in your hands each morning, filled to the brim with the cleansing and protective blood of Christ. When you lift it up and place it on your head each new day, Christ’s blood covers you anew- running down from the top of your head to the bottom of your feet!

“Whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable- if anything is excellent or praiseworthy- think about such things.” Philippians 4:8

Prayer: Dear Lord, thank you for keeping me in your perfect peace when I actively fix my daily thoughts on you. Keep me steadfast and immovable, stayed and secure, believing what is true each day. Help me to prioritize putting on my armor at the start of each new day. This fast is a spiritual battle, which is why I need you and your full armor, Holy Spirit! Amen.

Prayer: Lord, awaken my heart to your love. Give me an increased hunger to spend more time in prayer, worship, and your Word. Please give me a greater awareness of your holiness, a tender conscience, and a heart to please you in every thought, word, and deed.

Pray for the confidence you need to persevere until you have received whatever God has promised you. Ask God to open you up to His leadership over the next 21 days. Pray for yourself, your family and our church to experience supernatural breakthroughs during this season of fasting.

Pray that those serving during the building project will be armored up and ready, and that Satan will have no place or authority to hinder the work of God.

Prepare to be amazed at what God has to show you through these 21 days together.

How did you experience God today?

Day 2, February 18, 2025

Today I am Grateful For:

Ask: God, what do you want me to focus on today?

“They claim to know God, but by their actions, they deny him. They are detestable, disobedient and unfit for doing anything good.” Titus 1:16

Religion which has no practical impact on our daily lives quickly becomes a vague, abstract notion that amounts to nothing.

Pray for God’s wisdom upon our staff and volunteers who minister to our children, youth, and college students at Covenant Fellowship. Ask God to raise up passionate workers who can meaningfully share God’s Word and encourage young people to follow the Lord.

Pray for the young men who will be serving during their Spring Break alongside Texas Baptist Men. Give them tremendous strength, both physically and spiritually. Help them to do your work with a servant heart and teachable spirit.

How did you experience God today?

Day 3, February 19, 2025

Today I am Grateful For:

Ask: God, what do you want me to focus on today?

Then Moses said, "Show me your glory." Exodus 33:18

Moses asked to experience a dwelling glory, a presence that is life-transforming. He wanted the very presence of God to envelop him.

Prayer: Lord, I pray you will bring about a renewed, intense longing for you in my heart. Begin the work in my own heart, and let it spread also to all your Church! Amen.

Ask God to bring deep conviction of sin, spiritual brokenness, a holy reverence for God, and genuine repentance at Covenant Fellowship. There will be no revival without these elements and only God can produce them in His people. We cannot program or work up genuine brokenness and repentance. (2 Corinthians 7:1)

Pray that those participating in the building project to serve your Kingdom will serve with hearts that are totally broken for you. Pray that they will serve with a holy reverence for God. Pray that all interactions will be covered by you. Prepare their hearts now so that they will be your willing instruments.

How did you experience God today?

Day 4, February 20, 2025

Today I am Grateful For:

Ask: God, what do you want me to focus on today?

"I am always aware of the LORD's presence; he is near, and nothing can shake me. And so I am thankful and glad, and I feel completely secure." Psalm 16:8-9

Prayer: Lord, increase my curiosity and help me to know you so intimately that I am especially, specifically, consciously aware of your presence throughout each day. Help me to know you that intimately. Amen.

Prayer: Father, the giver of vision, help me to hear your voice through your Word. Mold and motivate me to chase your vision for my life and the vision you have for your Church. Answer the prayers of the leaders of Covenant; give them a clear and passionate vision. Help the vision to stick on the hearts and minds of this congregation - that we might win the race with you! Thy will be done, on earth as it is in Heaven.

Pray for deep cleansing, genuine repentance, and spiritual power to engulf our leaders. Revival and spiritual awakening are extremely unlikely without a mighty move of God in our leaders. Renewal is absolutely crucial to a move of God in our day. (Ephesians 6:14-20)

Pray for the physical health of those involved in the upcoming building project. Prepare their bodies now for the task before them.

How did you experience God today?

Day 5, February 21, 2025

Today I am Grateful For:

Ask: God, what do you want me to focus on today?

“As the deer pants for streams of water, so my soul pants for you, my God.” Psalm 42:1

Prayer: O Lord, I pray that a thirst for you may build and grow, may prove unquenchable and may indeed result in a recapturing of that radiant wonder, both in my own faith and in that of the Church. Amen.

Prayer:

Gracious God, thank you for your Word that describes so clearly what love is and for your son Jesus who humbly modeled it on earth for us. Help my family and me to produce the fruit of your spirit and love each other in a way that pleases you. May we always have a love that protects, trusts, hopes, and perseveres.

Pray that God will bring loving unity in our church. We want everyone to know that God is alive at Covenant Fellowship. Jesus said, “By this all men will know that you are my disciples, if you love one another.” (John 13:35b NIV)

Pray that those serving in the upcoming building project will express your love and unity in all that is said and done. Pray that your love would be evident in every detail.

How did you experience God today?

Day 6, February 22, 2025

Today I am Grateful For:

Ask: God, what do you want me to focus on today?

"You are worthy, our Lord and God, to receive glory and honor and power, for you created all things, and by your will they were created and have their being." Revelation 4:11

Prayer: Lord, help me to know you in all your majesty and in all your excellence. Help me to then portray to the world a God worth worshiping. Amen.

Pray that God will reveal spiritual gifts to our church body. God has gifted His church with spiritual gifts to minister to each other and reach the world for Christ. Ask Him to reveal your spiritual gift(s) and ask Him for new gifts. 1 Peter 4:10

Pray for the families of those who are serving during the upcoming building project. Pray that God would keep them safe, healthy, and blessed while their family members are away serving.

How did you experience God today?

Day 7, February 23, 2025

Today I am Grateful For:

Ask: God, what do you want me to focus on today?

*He says, "Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth."
Psalm 46:10*

Prayer: Quiet the storms around me and still my heart, Lord, that I may hear the call of your still small voice. Amen.

Pray for the people of our community who don't have a relationship with Jesus. Ask that God would use us at Covenant Fellowship to share His love with them and invite them into a life-giving relationship with Jesus.

Pray that God would quiet the hearts and minds of those serving during the upcoming building project. Help them to experience God's guiding presence each day, and may all honor and glory be given to God.

How did you experience God today?

Day 8, February 24, 2025

Today I am Grateful For:

Ask: God, what do you want me to focus on today?

The LORD Almighty has sworn, "Surely, as I have planned, so it will be, and as I have purposed, so it will happen." Isaiah 14:24

I do not know why God does some things, but I am convinced that nothing is accidental in His universe.

Prayer: Lord, as I go about my day, help me to remember that nothing happens by accident, but that everything is divinely controlled by your eternal purpose. You are sovereign over all creation. Amen.

Prayer:

Great Father God, Jesus my Brother, Holy Spirit my Comforter... lead me into deeper communion and fellowship with you and with my community of faith. Beginning with my own family, give me boldness to lead in worship and prayer, to bring the greatest glory to you, the only wise God, forever and ever.

Pray that God will call people into ministry, missions, and service.

Thank God for those who have graciously said yes to God and are serving Him during the upcoming building project. Pray that this project would spur our own church body to listen and respond to God's call whatever that might be.

How did you experience God today?

Day 9, February 25, 2025

Today I am Grateful For:

Ask: God, what do you want me to focus on today?

"These are but the outer fringe of his works; how faint the whisper we hear of him! Who then can understand the thunder of his power?" Job 26:14

Prayer: I see such a little portion, Lord, of who you are, and yet how awesome are your ways! May I never be untouched by what I see of you. Amen.

Prayer:

Father God, you know everything about me. You know the challenges and desires that I have. I pray that you would guide my prayers, thoughts, and actions. I pray that you would give me spiritual eyes to see you in my life and give me the desire and ability to respond in a way that pleases you. Teach me what you want me to learn and help me to grow closer to you each day.

Pray that God will pour out His Spirit like a mighty purifying flood. Ask God to purify our motives as we pray for spiritual awakening and revival. Our motives must be solely for the glory of God and the increase for the kingdom of God.

Pray that those serving during the upcoming building project will experience God in a powerful way. Pray for them to be renewed spiritually as they spend time with us and with God. Pray that they serve with the proper motives and feel His Spirit as they serve.

How did you experience God today?

Day 10, February 26, 2025

Today I am Grateful For:

Ask: God, what do you want me to focus on today?

“The LORD himself goes before you and will be with you; he will never leave you nor forsake you. Do not be afraid; do not be discouraged.” Deuteronomy 31:8

Prayer: Lord, thank you for the assurance that you are in control. In turbulent times, in uncertain days, and in difficult circumstances, I will rest in you. Amen.

Pray today especially for families in distress that you know of as well as your own family. Pray for marriages of those close to you and for those of our Christian leaders. Pray for God to continue to work in marriages at Covenant Fellowship. God-honoring marriages should be the norm for Christians, not the exception.

Pray for any strained relationships or difficult issues that those serving in the upcoming building project may be dealing with. Wash over these relationships and give them a clear and focused mind. Put your hedge of protection over them and work mightily and give them peace.

How did you experience God today?

Day 11, February 27, 2025

Today I am Grateful For:

Ask: God, what do you want me to focus on today?

"May the Lord make your love increase and overflow for each other and for everyone else, just as ours does for you." 1 Thessalonians 3:12

Prayer: Lord, you are the God of love, and I will worship you. So fill me with your love that it overflows like a waterfall to all those I encounter, that they may glimpse who you are and that you may be glorified. Amen.

Pray for a hunger for God's Word for our church.

Pray for the travel safety of those serving during the upcoming building project.

How did you experience God today?

Day 12, February 28, 2025

Today I am Grateful For:

Ask: God, what do you want me to focus on today?

"Don't you know that you yourselves are God's temple and that God's Spirit dwells in your midst?"
1 Corinthians 3:16

A doctrine has practical value only as far as it is prominent in our thoughts and makes a difference in our lives.

Prayer: Father, help me to be conscious of the Holy Spirit within me today. I yield my temple to you, that you might indeed make a difference in my life. Amen.

Prayer:

Heavenly Father, I lift up my neighbors before you Lord; asking for your presence to fill the atmosphere so that they will hear you speak and see you work in their lives. Right now I pray for all of my neighbors by name. I ask, God, that you will reveal yourself to each one of them.

Pray for doors to be opened for God-centered relationships. God supernaturally opens doors into people's lives for the good news of Jesus to be heard. Pray for thousands of doors to be opened in our community so that the gospel may be advanced. (Colossians 2:2-4)

Pray that all necessary supplies, tools and materials will be available in a timely manner and will be in working order for the upcoming building project.

How did you experience God today?

Day 13, March 1, 2025

Today I am Grateful For:

Ask: God, what do you want me to focus on today?

“For although they knew God, they neither glorified him as God nor gave thanks to him, but their thinking became futile and their foolish hearts were darkened.” Romans 1:21

Prayer: Dear God, please help me to always glorify you and give thanks for all that you have done for me. May I never become vain in my reasoning or allow my heart to be darkened by senseless thoughts. Help me to always acknowledge you as the source of all goodness and light in my life. Amen.

Pray that God would fill all our volunteers at Covenant Fellowship and those who are serving during the building project with knowledge of His will and to bless them spiritually, physically, emotionally and financially. Pray that all their needs would be met by you and that they would always give you the glory.

How did you experience God today?

Day 14, March 2, 2025

Today I am Grateful For:

Ask: God, what do you want me to focus on today?

“So whether you eat or drink or whatever you do, do it all for the glory of God.” 1 Corinthians 10:31

Prayer: Lord, help me today to go about my tasks with an overlying sense of worship, that you would be glorified in everything I do, say, or think today. Amen.

Prayer: Holy God, I understand that a city or region cannot receive your blessing if it is built on sin. That type of foundation causes the people to labor and gain nothing. Lord, we humbly ask for your mercy and forgiveness to be poured out in the community we live in. Lord, at this time I ask that you use me in my community wherever you desire so that you are glorified and seen in our midst.

Pray for God to fill us with a passion to see people saved. Only God can give a genuine burden for people without Christ. Until we consistently pray for the lost, intentionally invest in them, and lovingly invite them to follow Jesus, a revival won't happen. Be sure you are constantly praying for many lost people by name.

Give thanks to God for all those who serve as volunteers at Covenant Fellowship, in our community and those who will serve during the building project. Thank God that the volunteers joyfully give of their time, talents and energy, and ask God to bless and strengthen them with his supernatural strength.

How did you experience God today?

Day 15, March 3, 2025

Today I am Grateful For:

Ask: God, what do you want me to focus on today?

“Yet you, LORD, are our Father. We are the clay, you are the potter; we are the work of your hand.” Isaiah 64:8

Prayer: I don't ever want to waste another hour just going through the motions, Father. As I worship, may I do so with an attitude of obedience, expectancy, and yielding- as the clay before the potter. Amen.

Prayer:

Father, I pray for a marketplace revival to sweep through our community and for revival to break out in our streets, in schools, government, business, media, entertainment, and congregations as we are reflecting who you are. I ask, Lord, that you raise up dedicated Christians who will become a voice to reform our community and to make a difference in the lives of all who live here.

Pray for addictions to be broken, and spiritual habits to be formed in people's lives. Pray for those serving, leading and participating in any way with Celebrate Recovery. Pray that God will continue to transform lives. You cannot enjoy the fullness of life in Christ when you are bound by addictions. (2 Corinthians 3:17)

“Go home, lock yourself in your room. Kneel down in the middle of the floor, and with a piece of chalk draw a circle around yourself. There, on your knees, pray fervently and brokenly that God would start a revival within that chalk circle.” Rodney Smith

Pray for all those who serve God in any capacity at Covenant, in our community, and those who will serve during the building project. Pray that we will all be as clay, and yield willingly to God's perfect will.

How did you experience God today?

Day 16, March 4, 2025

Today I am Grateful For:

Ask: God, what do you want me to focus on today?

“Ask the Lord of the harvest, therefore, to send out workers into his harvest field.” Matthew 9:38

No one can be a worker who is not first a worshiper. Labor that does not spring out of worship is futile and can only be wood, hay, and stubble in the day that shall try every man's works.

Prayer: Make me a fervent, passionate worshiper, Lord, that I may become a worthy and effective worker. Amen.

Prayer:

Father God, your Word shows that you care deeply for those that are suffering under injustice. Thank you for your father heart that upholds the oppressed. I ask that you would be with our leaders and work through them as you have so many times throughout history. Give them a passion to establish just laws and the wise discernment they need to solve issues. Where there is a lack of passion, move in their hearts to create an urgency to uphold justice. Give me a fire to stand for those who are suffering all kinds of injustice. Show me how I can work to influence those around me, and move in my own community to show your love and compassion. May your Kingdom come even now!

Pray for Covenant Fellowship's local mission efforts. God is doing amazing things through our local partners (One Hope, Good Shepherd Mission, Celebrate Recovery, Can Ministry, Restore Texas, Blast and Cast, and Veterans and Patriots United-VPU). Pray that God would tender each of our hearts to know where we are to join Him in new opportunities of service. Pray for favor, impact, and protection. (Acts 1:8)

Pray for those who will be serving during the upcoming building project. Pray for protection from injury or illness for everyone.

How did you experience God today?

Day 17, March 5, 2025

Today I am Grateful For:

Ask: God, what do you want me to focus on today?

I rejoiced with those who said to me, "Let us go to the house of the LORD." Psalm 122:1

Prayer: Lord, I pray that your Church would discover a renewed passion for worship, that we would become a people who make your presence known through our very actions, attitudes, and presence in the world. Amen.

Prayer:

God, I pray that your Spirit comes down in real and powerful ways in my life. Come alongside me today and demonstrate who you are. Show me the power of your radical love. Show me who I am because of what you have done, and show me how that can impact those around me with your will and love. Come alongside me in my interactions with others, in my conversations with you, and in how I treat my family and my friends. Be near to me, show me your presence and your power, and make me a different person because of how you love me. But more than anything, I pray that you show up in my life. I acknowledge that there is no church, there is no faith without you, and so I pray that you are present and vibrant in all that I think, say, and do.

Pray for families to become fully engaged followers of Christ at Covenant Fellowship. Pray for students to lead students to Christ and to be leaders in our local schools and university. Pray for students' hearts to be opened to hearing God's Word, which is active and alive. Pray for parents to have the strength and wisdom to raise up their children to follow Jesus.

Pray that God would provide pleasant working weather during the upcoming building project, so that all that God wills, will be completed.

How did you experience God today?

Day 18, March 6, 2025

Today I am Grateful For:

Ask: God, what do you want me to focus on today?

“For we are God’s handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do.” Ephesians 2:10

Fellowship with God leads straight to obedience and good works.

Prayer: Draw me deeper into fellowship with You, Father. Lead me to focus on worship so that I can then, as a result, be useful in service. Amen.

Pray for Covenant Fellowship to stand against the enemy and resist his attacks and schemes. The enemy is like a lion seeking to devour followers of Jesus (James 5:8-9). Pray we stand against him in the full armor of God (Ephesians 6:10-20). Pray the words that Jesus taught His disciples to pray: “And lead us not into temptation, but deliver us from the evil one.” (Matthew 6:13 NIV)

Pray that those serving during the upcoming building project will arrive fully rested. Help them to sleep peacefully each night and awake each morning full of renewed energy.

“In peace I will lie down and sleep, for you alone, LORD, make me dwell in safety.” Psalm 4:8

How did you experience God today?

Day 19, March 7, 2025

Today I am Grateful For:

Ask: God, what do you want me to focus on today?

“Behold, God is my helper; the Lord is the upholder of my life.” Psalm 54:4

We are all leaning on something. Whatever we lean on in this life better have the ability to get us ready for the next life too. Leaning on Jesus in this life is the only thing that will allow us to walk into His eternal kingdom when this life is over.

“Cast your burden upon the LORD and He will sustain you; He will never allow the righteous to be shaken.” Psalm 55:22

Imagine a shepherd’s staff. Jesus was the ultimate Good Shepherd and we are the epitome of a foolish, wayward sheep. But we know our Shepherd’s voice, and we can hear Him calling us back into His presence again. Jesus is the true and faithful lover and sustainer of our soul. He leaves the ninety-nine to grab us each time we wander off. Jesus picks us up and carries us back with the full weight of our burdens resting on His shoulders.

All other crutches (things we lean on) will break under the weight of our burdens. Only Jesus can pick us up and carry us today, because He alone has the authority and power and position to carry us into an eternal life with Him.

Prayer: Jesus, I’m leaning on you today, as I lean into your Word. You and you alone are able to make me able-bodied. You can carry my burdens because you care for me. You are able to sustain my life because you gave yours. No one else and nothing else was created to carry my weight. Thank you, Jesus. It is in your name I pray, Amen.

Prayer: Whether I feel like it or not, whether I see your hand in my circumstances or not, whatever enters my life today, *“I will bless the LORD at all times; his praise will always be on my lips.” Psalm 34:1* Come among us in power and restore to us a sense of wonder, astonishment, and delight. Amen.

Pray that those serving in the upcoming building project will have the ambition to work hard and the strength to finish what is started. May their hands and ours always be prepared to lighten another’s load, and may all hearts do so willingly.

How did you experience God today?

Day 20, March 8, 2025

Today I am Grateful For:

Ask: God, what do you want me to focus on today?

*“Let us hold unswervingly to the hope we profess, for he who promised is faithful. And let us consider how we may spur one another on toward love and good deeds, **not giving up meeting together, as some are in the habit of doing, but encouraging one another- and all the more as you see the Day approaching.**”*

Hebrews 10:23-25

If you say you want to know the truth, but neglect to go where the Word is preached, you are as insecure as the man who says he wants to watch the sun set but will not bother to turn his chair toward the west.

Blessed are those who hunger and thirst for righteousness, for they shall be satisfied.” Matthew 5:6

Prayer: Dear Lord, help me to hunger and thirst for your righteousness more than anything else. You alone can satisfy. Help me Lord, to spend more time in your Word and with your people. In your name I pray. Amen.

Pray that those serving in the building project will not neglect spending time in your Word as they serve.

Pray for spiritual growth at Covenant Fellowship through weekend services, Life Groups, Celebrate Recovery, Step Studies, and personal discipleship.

How did you experience God today?

Day 21, March 9, 2025

Today I am Grateful For:

Ask: God, what do you want me to focus on today?

“You are the light of the world. A city set on a hill cannot be hidden Nor do people light a lamp and put it under a basket, but on a stand, and it gives light to all in the house. In the same way, let your light shine before others, so that they may see your good works and give glory to your Father who is in heaven.”

Matthew 5:14-16

You have one overarching call on your life, and that is to shine. You are called to let your light shine for Christ, wherever you are and whatever you're doing.

Prayer:

Father God, thank you for these last 21 days of focusing on you. Thank you for the promise that you will be found when I seek you. Thank you that you don't hide from me but that you constantly draw me near to you. Please put a hunger and a thirst in my life for you, Lord. You are so beautiful, so amazing, so forgiving, and so, so good. I am deciding to chase after you with all of my heart from this day on. Lord, may I put you first and seek your face. I love you, Lord, and I want to love and know you more. Amen.

Ask the Light of the World, Jesus Christ to shine in you and through you today and each and every day.

Ask God to bless those who are serving in any capacity during the building project. Pray that His light would be evident in every activity. Pray for those who will be preparing and serving meals each day. Pray for those who will be giving of their time to serve. Pray for those who will be traveling and leaving families to work and serve God with their gifts that He has given.

Reflect on what God has done during this fast and thank him. As God moves in our personal lives and in our church, we must give thanks regularly for the goodness of his grace. Stop and thank him now for both the blessings and challenges in your life.

What now? Where does God want me to join him? Who has God laid on my heart to serve?
