

21 DAYS
OF *prayer*
+ F A S T I N G

JANUARY 7-27, 2019

the bridge
love God. love others.
make a difference.

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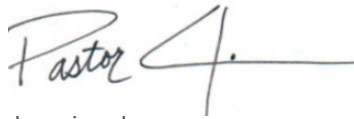
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Dear Bridge Family,

If you're like me, life can become very complex. There are family activities, personal aspirations, job responsibilities, and school work, just to name a few. In the midst of a complex life, spending time with God can become sporadic, if at all. **21 Days of Prayer and Fasting** is an opportunity for us to clear our schedules and spend time with God. It's a time for us as a church to set aside the first month of the new year for prayer and fasting, as we focus and realign with God. Unlike other parts of our lives, it won't be filled with activities and projects. We're narrowing things down and focusing on the basics; just time with God and worship with others. That's it.

This prayer guide contains fasting and prayer guidelines. You will find different prayer methods that you can use to help guide your prayer time. There are also a prayer list with Scriptures that you can take before Lord.

My prayer is that we will see God do great things in and through us as we spend time with Him.

A handwritten signature in cursive script that reads "Pastor J." followed by a long horizontal flourish.

Jumaine Jones
Lead Pastor, The Bridge

ABOUT FASTING

Fasting is abstaining from food for a period of time in order to draw near to God. The Hebrew word that is translated “fasting” is *tsoom*, which means to cover the mouth. Fasting is giving up the physical need for food to fulfill a greater spiritual need.

TYPES OF FASTING

During the **21 Days of Prayer and Fasting**, you can choose from three different types of fasts. Choose one that will be a challenge for you.

LIQUID FAST: For this type of fast, you abstain from foods and drink only water and light juices as an option.

PARTIAL FAST: This is when you fast for a certain period during the day, such as sun up to sun down or sun down to sun up.

SELECTIVE FAST: This type of fast is when you remove certain foods from your diet, such as deserts, meats, or carbohydrates. It is a good option if you have health challenges that may prevent you from doing a liquid or partial fast. You can even choose to eat only fruits and vegetables. You may want to check with your doctor before embarking on the fast.

CONSECRATION

In Daniel 6:18, King Darius abstained from entertainment while he fasted throughout the night. During times of fasting, consider giving up potential distractions to help focus on God. These may include social media, internet, television, and entertainment.

GOAL

It takes about 21 days to form a habit. We hope that you will develop the habit of prayer and fasting that will continue throughout the year.

CALL TO SEEK PRAYER AND MEDITATION SCRIPTURES

During Pastor Jumaine’s message, “A Call to Seek,” he discussed a time when Israel experienced a locust invasion in the book of Joel. They responded by calling a solemn assembly to seek God through prayer and fasting. In the same way that locust brought destruction to their lives, we too experience turmoil in various areas of our lives. During the message, Pastor Jumaine stated seven areas that the locusts of life can attack. During the **21 Days of Prayer and Fasting**, take time to lift up these areas before God. As you pray and reflect on these areas, remember to pray for others who may be experiencing these same challenges. In the chart below, there are Scriptures for each area to reflect on weekly.

WEEK 1		
Day 1	Faith	Matthew 17:20
Day 2	Character	Proverbs 22:1, Ephesians 2:8-10
Day 3	Relationships	Proverbs 17:17, Hebrews 12:14
Day 4	Hope	Philippians 1:6, 1 Peter 1:3-5
Day 5	Finances	Matthew 6:19-21, Luke 6:18-29
Day 6	Health	3 John 1:2
Day 7	Motivation	Philippians 4:6-7
WEEK 2		
Day 8	Faith	James 1:2-5, Hebrews 12:1
Day 9	Character	James 2:14-26
Day 10	Relationships	1 Corinthians 13:1-13
Day 11	Hope	1 Peter 5:10
Day 12	Finances	1 Timothy 6:18, Malachi 3:8-12
Day 13	Health	Exodus 15:22-26
Day 14	Motivation	Jeremiah 29:10-14
WEEK 3		
Day 15	Faith	Hebrews 11:1-40
Day 16	Character	1 Peter 1:13-19, Romans 12:1-2
Day 17	Relationships	Ephesians 4:32, Genesis 50:15-21
Day 18	Hope	Galatians 6:9-10
Day 19	Finances	2 Corinthians 9:6-15
Day 20	Health	Psalms 103:3, Revelation 21:4
Day 21	Motivation	1 Thessalonians 5:24, Proverbs 24:30-34

PRAYER METHODS

Here are a few prayer methods that you can utilize during the **21 Days of Prayer and Fasting**, as well as throughout the year. Utilizing a prayer method can guide your prayer time, leading to it being more productive and effective.

TABERNACLE PRAYER METHOD

The Tabernacle Prayer Method is where we symbolically use the elements of the Israelite tabernacle to guide us towards earnest prayer. We also realize that we, too, are a temple of God.

1 Corinthians 3:16

Do you not know that you are a temple of God and that the Spirit of God dwells in you?

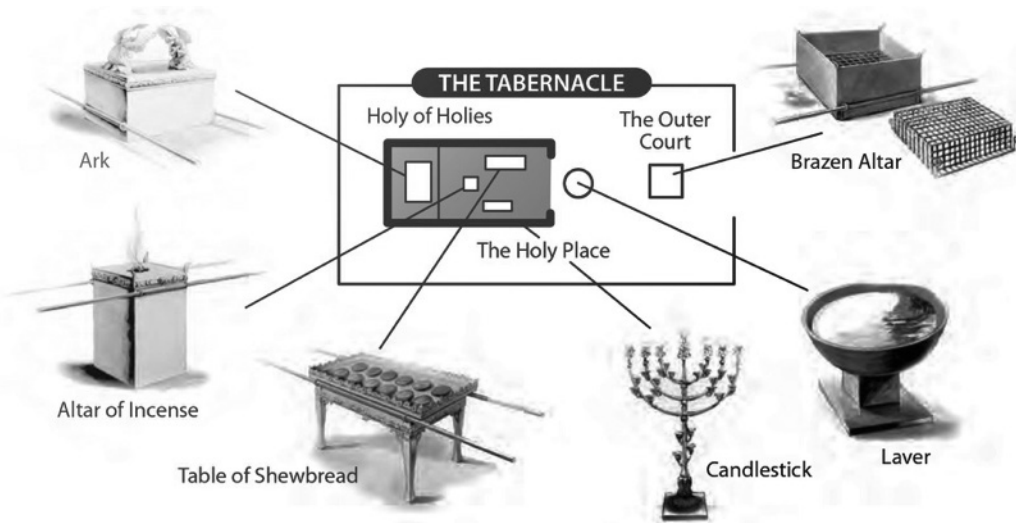
1 Peter 2:9

But you are A CHOSEN RACE, A royal PRIESTHOOD, A HOLY NATION, A PEOPLE FOR God's OWN POSSESSION, so that you may proclaim the excellencies of Him who has called you out of darkness into His marvelous light;

Hebrews 9:1-5

¹ Now even the first covenant had regulations of divine worship and the earthly sanctuary.

² For there was a tabernacle prepared, the outer one, in which were the lampstand and the table and the sacred bread; this is called the holy place. ³ Behind the second veil there was a tabernacle which is called the Holy of Holies, ⁴ having a golden altar of incense and the ark of the covenant covered on all sides with gold, in which was a golden jar holding the manna, and Aaron's rod which budded, and the tables of the covenant; ⁵ and above it were the cherubim of glory overshadowing the mercy seat; but of these things we cannot now speak in detail.



THE GATE

Exodus 27:9-19

The gate is the entrance to the temple. When you walk into the gate, you enter the outer court. The courtyard is where the Israelites brought their sacrifices. They would sing and give praises to God. Take some time to praise and thank God for His worth and works. Sing songs of praises and thanksgiving to God.

Psalm 100:4

*Enter His gates with thanksgiving
And His courts with praise.
Give thanks to Him, bless His name.*

Hebrews 13:4

Through Him then, let us continually offer up a sacrifice of praise to God, that is, the fruit of lips that give thanks to His name.

BRAZEN ALTAR

Exodus 27:1-8, Psalm 103:1-5

The Israelites brought an animal sacrifice to atone for their sins. Blood of the sacrificial animals would be tossed against the altar. Jesus Christ was the sacrificial lamb that shed His blood for our sins on Calvary. It brings to mind the death, burial, and resurrection of Jesus Christ. Through Jesus' redemptive work, we are justified, sanctified, and glorified.

- Declare God's salvation and redemptive work in your life.
- Declare your new identity in Christ.
- Declare the benefits of Jesus's blood and work on the cross.

THE LAVER

Exodus 30:17-18

The laver was placed in the tabernacle courtyard between the entrance of the tabernacle and the altar of burnt offering. It contained water that priests used to wash hands and feet before entering the tent or offering sacrifice. The laver was made from bronze mirrors supplied by the ministering women who ministered at the entrance of the tent meeting.

The laver symbolizes us taking the time for reflection and cleansing. We allow God to examine our hearts as we reflect on our lives. Ask God to wash and cleanse you from sin and unrighteousness.

Psalm 139:23-24

*²³ Search me, O God, and know my heart;
Try me, and know my thoughts;
²⁴ And see if there be any wicked way in me,
And lead me in the way everlasting.*

Psalm 51:2

*² Wash me thoroughly from my iniquity
And cleanse me from my sin.
³ For I know my transgressions,
And my sin is ever before me.*

Ephesians 5:26

so that He might sanctify her, having cleansed her by the washing of water with the word,

In addition to asking God for forgiveness, you can ask to examine your heart as you reflect on a list. Here are some examples:

- Ten Commandments (Exodus 20:1-17)
- Beatitudes (Matthew 5:1-12)
- Attributes of Love (1 Corinthians 13:4-13)
- Offering of Body and Mind (Romans 12:1)
- The Armor of God (Ephesians 6:10-18)
- The Fruits of the Flesh (Galatians 5:19-21)
- Core Convictions
- Leadership Essentials
- The Bridge Purpose Statement & Core Values

CANDLESTICK (LAMPSTAND)

Exodus 25:31-40, Leviticus 24:1-4, Numbers 8:1-4

The Candlestick was located in the The Holy Place. It was comprised of seven candlesticks on a lampstand. It was made of one talent of “pure gold” and placed at the south side of the Holy Place, positioned in a way that it illuminated the area in front of it. The Candlestick is symbolic of the Holy Spirit. During prayer, we ask the Holy Spirit to fill us. We surrender our lives and will to the control, direction, and leading of the Holy Spirit. We acknowledge the presence and power of the Holy Spirit.

THE SEVEN SPIRITS

Isaiah 11:2

*The Spirit of the LORD will rest on Him,
The spirit of wisdom and understanding,
The spirit of counsel and strength,
The spirit of knowledge and the fear of the LORD.*

THE FRUIT OF THE SPIRIT

Galatians 5:22-23

¹⁹ Now the works of the flesh are manifest, which are these: adultery, fornication, uncleanness, lasciviousness, ²⁰ idolatry, witchcraft, hatred, variance, emulations, wrath, strife, seditions, heresies, ²¹ envyings, murders, drunkenness, revellings, and such like; of the which I tell you before, as I have also told you in time past, that they which do such things shall not inherit the kingdom of God. ²² But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, ²³ meekness, temperance: against such there is no law.

THE GIFTS OF THE SPIRIT

(Romans 12, 1 Corinthians 12, Ephesians 4)

THE TABLE OF SHEWBREAD

Exodus 25:23-30

The table of showbread was located in the The Holy Place. The priests replaced twelve loaves of bread with freshly baked ones each Sabbath. Bread represents the Word of God. In John 6:35, Jesus, who was the Word of God in flesh, stated that He was the bread of life. As believers, we eat and live on God's Word. In the same way the priests kept fresh bread on the table of showbread, we must seek God for a fresh Word for our lives.

- Read Scripture.
- Study God's Word.
- Meditate on a passage of Scripture.

ALTAR OF INCENSE

Exodus 30:1-10

The Altar of Incense was located in the Holy of Holies. The priests were to offer incense every morning and evening.

Psalm 141:2

*May my prayer be counted as incense before You;
The lifting up of my hands as the evening offering.*

Revelations 8:4

And the smoke of the incense, with the prayers of the saints, went up before God out of the angel's hand.

- Take time to worship.
- Sing songs of praises and worship.
- Listen to worship music.
- Enjoy God's presence and glory.

THE ARK

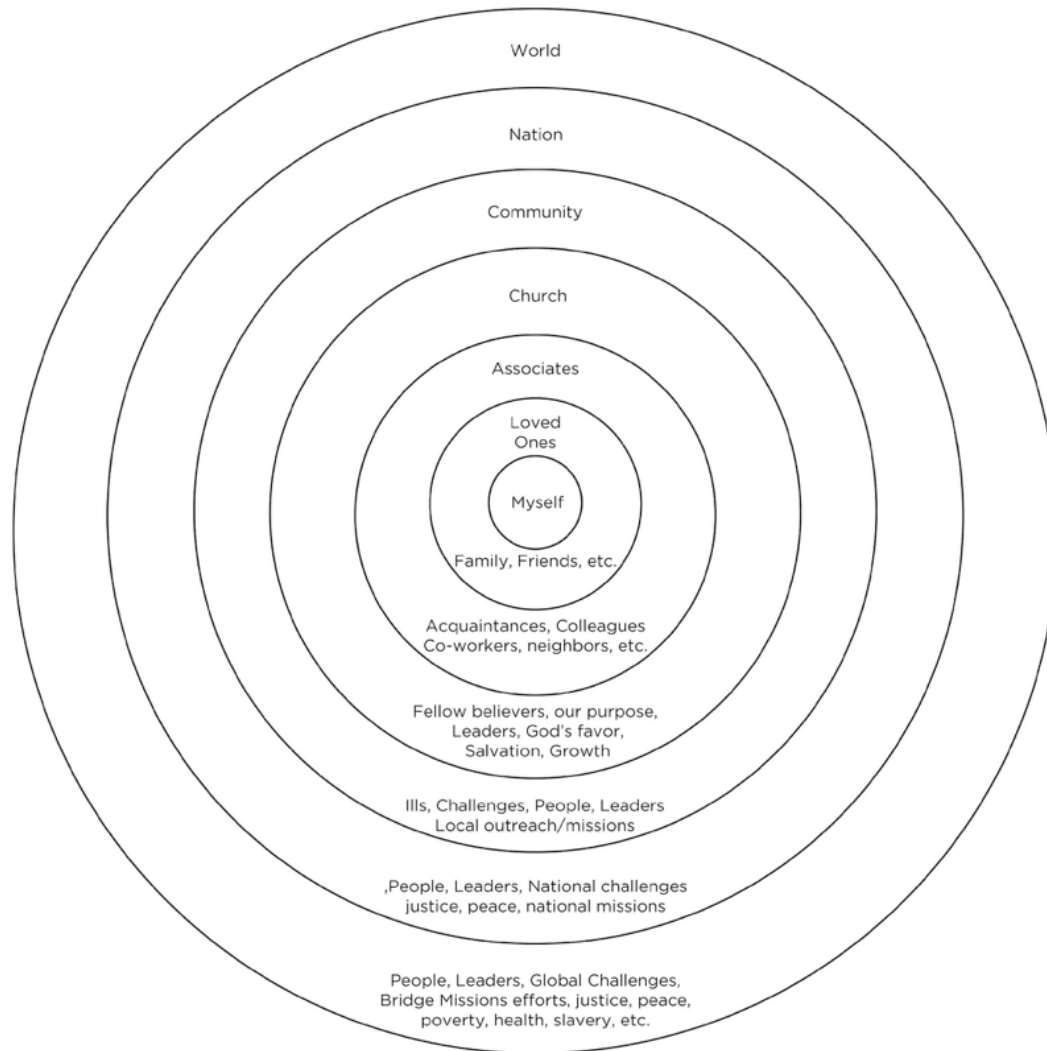
Exodus 25:10-22

The High Priests entered once a year to make blood sacrifices and incense before the mercy seat on behalf of the Israelite community.

This is where we take time to make requests of our High Priest. It's where we pray for ourselves and intercede on behalf of other people. See *the Ripple Prayer Method* in the next section.

RIPPLE PRAYER METHOD

Ripple Prayers can be compared to dropping a stone in a river. The ripples move from the inside out. Ripple prayers are similar in that you start with those closest to you and move out to those furthest from you. Ripple prayers can be used during the Ark section of the Tabernacle Prayer Method. The chart below gives you an idea of the method. Of course, you can make the adjustments or even redraw the circles to best fit.



THE LORD'S PRAYER METHOD

In Matthew 6, Jesus taught His disciples how to pray. Jesus gave the disciples a model prayer, which has become famously known as The Lord's Prayer. The purpose of this prayer isn't necessarily to pray it word for word. Rather, it is to be used as a guideline for us to follow. Jesus gave this model prayer so that our prayer life can be more effective. Here are five elements of prayer:

1. **PROCLAIM GOD'S GREATNESS**
Matthew 6:9 Pray, then, in this way: 'Our Father who is in heaven, Hallowed be Your name.
2. **EXCHANGE YOUR WILL FOR GOD'S WILL**
Matthew 6:10 Your kingdom come. Your will be done, On earth as it is in heaven.
3. **MAKE REQUESTS**
Matthew 6:11 Give us this day our daily bread.
4. **SEEK GOD'S FORGIVENESS**
Matthew 6:12 And forgive us our debts, as we also have forgiven our debtors.
5. **ASK GOD FOR PROTECTION**
Matthew 6:13 And do not lead us into temptation, but deliver us from evil. [For Yours is the kingdom and the power and the glory forever. Amen.]

PRAYER OF JABEZ

1 Chronicles 4:9 says that Jabez was more honorable than his brothers. What made Jabez more honorable was his faith and willingness to ask God for big things. God wants us to be more honorable than those around us. God desires us to have faith that makes us stand out from our peers. The most important thing that will make us stand out is our prayer life.

1 Chronicles 4:10

Jabez cried out to the God of Israel, "Oh, that you would bless me and enlarge my territory! Let your hand be with me, and keep me from harm so that I will be free from pain." And God granted his request.

BLESS ME

Jabez was not afraid to ask God to bless Him. Jabez asked God to bless him greatly. Ask God to shower you with blessings. Yes, we can ask God to bless others, but we must realize that God also wants to bless us.

ENLARGE MY TERRITORY

Enlarge means to multiply, grow, increase, or make large. Territory refers to borders, space, or limitation. We all have an allotted space. Asking God to enlarge your territory is asking Him to move the borders and limitations and expand your space. It's asking God to widen your reach. A prayer for God to enlarge your territory is to ask Him to grant all that He has for you in accordance to His will and promises.

LET YOUR HAND BE WITH ME

Hand refers to God's strength and power. Jabez asked God for His strength, power, and favor. More territory can bring more challenges, demands, and responsibility. We need God's power, strength, and favor in our lives. Ask God to strengthen and empower you. Ask God to grant you favor in His eyes and the eyes of man.

KEEP ME FROM HARM

Jabez asked God to protect him. The type of harm Jabez wanted to be protected from was that which had the potential to change him and alter his worship. He did not want more territory to lead to his spiritual demise. Ask God to protect you from that which has the potential to destroy you. Ask God to protect you from the schemes and plans of the enemy. Ask God to protect your character, devotion, and worship.

SO GOD GRANTED HIM WHAT HE REQUESTED

This was not an actual part of Jabez's prayer. However, this statement reminds us that God hears and answers our prayer. We have to pray believing that God hears and will respond to our prayers. We must pray believing that God desires to bless us, enlarge our territory, grant us strength and favor, and protect us from harm.

ACTS PRAYER METHOD

The ACTS prayer method is an outline to help give prayer more structure and direction. "ACTS" is an acronym for adoration, confession, thanksgiving, and supplication.

ADORATION

Acknowledge God's presence and His divine attributes. Take time to worship and praise God.

CONFESSION

Confess sins and ask God for forgiveness. Acknowledge anything that may be distracting you from being fully present.

THANKSGIVING

Thank God for what He has done, and for what He is doing.

SUPPLICATION

Present any cares and requests that you have. You can also intercede on behalf of others.

PRAYER FOR RESTORATION

Psalm 51 is a psalm that King David wrote as a prayer of restoration. David committed adultery with a woman named Bathsheba. In addition, he had Bathsheba's husband murdered in order to cover up his sin. David was later on confronted by a prophet named Nathan. That encounter led to David repenting and turning away from his sin. David wrote this psalm in light of his situation.

It's true that we always fall short of God's grace. However, you may find yourself in a situation where you have fallen in a great way. Like David, you may have committed adultery. You may have did something that caused great harm to others and/or yourself. It could be something that others may not think is detrimental, but it remains heavy on your heart. You may have even strayed away from being fully devoted God. This is a great Psalm to read, meditate on, and pray to God. We pray that God will use this prayer to revive your soul.

Psalm 51:1-19

*¹ Be gracious to me, O God, according to Your lovingkindness;
According to the greatness of Your compassion blot out my transgressions.*

*² Wash me thoroughly from my iniquity
And cleanse me from my sin.*

*³ For I know my transgressions,
And my sin is ever before me.*

*⁴ Against You, You only, I have sinned
And done what is evil in Your sight,
So that You Or may be in the right are justified when You speak
And blameless when You judge.*

*⁵ Behold, I was brought forth in iniquity,
And in sin my mother conceived me.*

*⁶ Behold, You desire truth in the innermost being,
And in the hidden part You will make me know wisdom.*

*⁷ Purify me with hyssop, and I shall be clean;
Wash me, and I shall be whiter than snow.*

*⁸ Make me to hear joy and gladness,
Let the bones which You have broken rejoice.*

*⁹ Hide Your face from my sins
And blot out all my iniquities.*

*¹⁰ Create in me a clean heart, O God,
And renew a steadfast spirit within me.*

*¹¹ Do not cast me away from Your presence
And do not take Your Holy Spirit from me.*

*¹² Restore to me the joy of Your salvation
And sustain me with a willing spirit.*

*¹³ Then I will teach transgressors Your ways,
And sinners will Or turn back be converted to You.*

*¹⁴ Deliver me from bloodguiltiness, O God,
the God of my salvation;
Then my tongue will joyfully sing of Your righteousness.*

*¹⁵ O Lord, open my lips,
That my mouth may declare Your praise.*

*¹⁶ For You do not delight in sacrifice,
otherwise I would give it;
You are not pleased with burnt offering.*

*¹⁷ The sacrifices of God are a broken spirit;
A broken and a contrite heart, O God, You will not despise.*

*¹⁸ By Your favor do good to Zion;
Build the walls of Jerusalem.*

*¹⁹ Then You will delight in righteous sacrifices,
In burnt offering and whole burnt offering;
Then young bulls will be offered on Your altar.*