



21 DAYS OF PRAYER & FASTING

Adapted from:
The 90 Day Pursuit

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DEAR READER

As the Church, we say we want God to lead us. We say we want to grow closer to him, to develop deeper prayer lives, and to see His hand at work in our lives. Many times, though we want to act first, to take the lead, and later call out to God as our last resort. We say we want to hear him, yet we don't take time to listen. We say we want to know the Word of God and yet we aren't intentional in our time reading it. We say we want miracles, and yet we walk with disbelief.

But what if you and I walk together over the next 21 days pursuing God like never before? Imagine, if you will, what could come out of these 21 days? I believe as a church, our pursuit of Him will lead to revelations, miracles, strengthening of relationships, and a deepening of our faith. Don't walk into the next 21 days haphazardly or dispassionately. But walk into this moment with an intentional and expectant heart as we pursue Him together.





HOW TO USE THIS BOOK

THIS BOOK WILL PROVIDE A 21 DAY GUIDE TO PURSUING GOD THROUGH PRAYER, FASTING, AND SCRIPTURE READING. FOLLOW ALONG THE NEXT FEW PAGES TO GET THE MOST OUT OF THIS BOOK.

EACH DAY WILL CONTAIN THE
FOLLOWING LAYOUT.

READING

THANKSGIVING

PRAYER

LISTENING



HOW TO USE THIS BOOK

READING

YOUR WORD IS A LAMP TO MY FEET AND A LIGHT TO MY
PATH. PSALM 119:105

Many of us do not develop a daily discipline of studying Scripture because we are intimidated by it. We see all the pages, chapters, verses, and we don't know where to start and most of us have a difficult time understanding what we are reading. Here are a few helpful steps to develop quality Bible study time.

Ask yourself how the Scriptures you're reading are meant to instruct you, teach you, correct you, and train you in righteousness.

Take some time to really focus on what you have read and let it sink deep into your heart and mind. Think about how the truths of God can be recognized in your life over the past and how it will help set the course for your path moving forward.

Reflection and meditation serve no purpose without the application of what you have learned. Remember, the promises of God for your life are activated by the application of God's Word in our lives.



HOW TO USE THIS BOOK

PRAYING

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

We don't have to follow a specific formula to talk with God to find deeper purpose and connection to Him through our prayer time. 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.

Jesus got up early in the morning to spend time with His Heavenly Father. Make a daily time with God - whether it is first thing in the morning, mid-day, or in the evenings - and faithfully keep it.

When Jesus taught His disciples how to pray, He gave them a prayer outline by example. He was faithful to His time with the Father, He went away to be alone in His time, and He engaged in thanksgiving and worship in His prayer time. As we pray every day, our plans for our prayer time can vary, maybe include worship music, Bible reading, journaling in this book, and quiet time to listen to God. It doesn't always have to look the same; it just helps when we have a plan for connecting regularly with God.



HOW TO USE THIS BOOK

FASTING

"EVEN NOW," DECLARES THE LORD, "RETURN TO ME WITH ALL YOUR HEART, WITH FASTING AND WEeping AND MOURNING."
JOEL 2:12

Both the Old Testament and New Testament teach the value of fasting, which is abstaining from food or drink in order to focus on prayer and seeking God's will. Scripture tells us that fasting will help us grow a more intimate relationship with Christ and will open our eyes to what He wants to teach us.

TYPES OF FASTING

COMPLETE FAST

In this type of fast, you drink only liquids, typically water with light juices as an option.

SELECTIVE FAST

This type of fast involves removing certain elements from your diet. One example of a selective fast is the Daniel Fast, during which you remove meats, sweets, and bread from your diet, and consume water and juice for fluids and fruits and vegetables for food.

PARTIAL FAST

This type of fast involves abstaining from eating any type of food for certain times of day. This could correlate to specific times a day, such as 6:00am to 3:00pm, or from sunup to sundown.

SOUL FAST

This fast is a great option if you do not have much experience fasting food, have health issues that prevent you from fasting food, or if you wish to refocus certain areas of your life that are out of balance. For example, you might choose to stop using social media or watching television for the duration of the fast and then carefully bring that element back into your life in healthy doses at the conclusion of the fast.

DAY 01

READ 2 CORINTHIANS 11:3

Do you read the Word because you feel required to do so or because you desire to learn from Him? Do you pray because you're required to do so or because you want to talk with Him? Our relationship can quickly become a check list when our motives shift from love to obligation.

REFLECT, MEDITATE, & APPLY THIS SCRIPTURE

THANKSGIVING What are you thankful for today?

PRAYER

Spend time today praying for our Berks Community as we embark on the next 21 days together.

List any specific prayer needs as well over the course of this journey.

LISTENING

Spend sometime listening to what the Father has to say to you about this.

D A Y

02

READ PSALM 86:4-5

We serve a God who brings joy to our lives! Have you been attempting to seek joy elsewhere? Do you feel lack of joy in your life? If so, ask God for joy today. Thank Him for who he is to you and for the joy that only He can give!

REFLECT, MEDITATE, & APPLY THIS SCRIPTURE

THANKSGIVING What are you thankful for today?

PRAYER

Spend time today praying for PreSchool Dream Team Volunteers. List any specific prayer needs as well over the course of this journey.

LISTENING

Spend some time listening to what the Father has to say to you about this.

D A Y

03

READ PROVERBS 3:5-6

Our understanding of situations oftentimes comes from a very limited and skewed understanding. We need to seek God's understanding over every matter. Ask God to give you clarity today: at work, home, school, and relationships.

REFLECT, MEDITATE, & APPLY THIS SCRIPTURE

THANKSGIVING What are you thankful for today?

PRAYER

Spend time today praying for the Elementary Dream Team Volunteers. List any specific prayer needs as well over the course of this journey.

LISTENING

Spend some time listening to what the Father has to say to you about this.

DAY

04

READ ROMANS 8:38-39

Absolutely nothing can separate us from the love of God. However, we oftentimes allow things to interfere with that relationship. Are there things or people in your life attempting to create a distance between you and the One who loves you?

REFLECT, MEDITATE, & APPLY THIS SCRIPTURE

THANKSGIVING What are you thankful for today?

PRAYER

Spend time today praying for Youth Dream Team Volunteers. List any specific prayer needs as well over the course of this journey.

LISTENING

Spend some time listening to what the Father has to say to you about this.

D A Y

05

READ GALATIANS 5:22-23

Love. Joy. Peace. Patience. Kindness. Goodness.

Faithfulness. Gentleness. Self-Control. Which one of these fruits do you struggle with the most? Pray that God help you today to display these fruits in your life!

REFLECT, MEDITATE, & APPLY THIS SCRIPTURE

THANKSGIVING What are you thankful for today?

PRAYER

Spend time today praying for our Spring Valley Small Groups and Volunteers. List any specific prayer needs as well over the course of this journey.

LISTENING

Spend some time listening to what the Father has to say to you about this.

D A Y

06

READ PROVERBS 10:9

Integrity means possessing a quality of honesty and strong moral principles. Are you a person of your word? Do you conduct yourself the same in public as you do in private?

REFLECT, MEDITATE, & APPLY THIS SCRIPTURE

THANKSGIVING What are you thankful for today?

PRAYER

Spend time today praying for God to reveal anything within you that does not exemplify a life of integrity. List any specific prayer needs as well over the course of this journey.

LISTENING

Spend some time listening to what the Father has to say to you about this.

D A Y

07

READ PSALM 16:1-2

How often have we tried to do things apart from God and found "no good thing?" Take a moment to reflect with thanksgiving for all God has provided for you and those you love.

REFLECT, MEDITATE, & APPLY THIS SCRIPTURE

THANKSGIVING What are you thankful for today?

PRAYER

Spend time today praying for Spring Valley Administrative Staff. List any specific prayer needs as well over the course of this journey.

LISTENING

Spend some time listening to what the Father has to say to you about this.

D A Y

08

READ PSALM 18:1-2

The Lord is my strength, my rock, my fortress, my deliverer, my refuge, my shield, the horn of my salvation, and my stronghold. How have you seen God supply for you in these ways? Thank Him for that today.

REFLECT, MEDITATE, & APPLY THIS SCRIPTURE

THANKSGIVING What are you thankful for today?

PRAYER

Spend time today praying for physical and mental healing. List any specific prayer needs as well over the course of this journey.

LISTENING

Spend some time listening to what the Father has to say to you about this.

D A Y

09

READ 1 PETER 3:15

How many people will you interact with today? Will those interactions bring glory and honor to the name of Jesus? Pray for those you come in contact with today.

REFLECT, MEDITATE, & APPLY THIS SCRIPTURE

THANKSGIVING What are you thankful for today?

PRAYER

Spend time today praying for our Elders as they help guide our Church alongside our Pastor. List any specific prayer needs as well over the course of this journey.

LISTENING

Spend some time listening to what the Father has to say to you about this.

D A Y

10

READ PSALM 20:7

Trusting God with every aspect of our lives can be a challenge because it means surrendering the need to be in control. What areas of your life are you not trusting God with?

REFLECT, MEDITATE, & APPLY THIS SCRIPTURE

THANKSGIVING What are you thankful for today?

PRAYER

Spend time today praying for God to reveal what you're most likely to put your trust in other than him. List any specific prayer needs as well over the course of this journey.

LISTENING

Spend some time listening to what the Father has to say to you about this.

D A Y

11

READ PROVERBS 11:24-25

Generosity is at the heart of the Father. He so generously gives to us, and we are blessed with opportunities to give to others. How has generosity looked in your life lately?

REFLECT, MEDITATE, & APPLY THIS SCRIPTURE

THANKSGIVING What are you thankful for today?

PRAYER

Spend time today praying for opportunities to be generous (time, talent and treasure) today. List any specific prayer needs as well over the course of this journey.

LISTENING

Spend some time listening to what the Father has to say to you about this.

D A Y

12

READ PSALM 30:11

Are there things you are mourning? Maybe it's a strained relationship, a death or loss of a loved one, or a sudden transition in a job or housing? We serve a God who gives beauty for ashes. This season of mourning won't last forever, soon you'll be trading it in for a season of dancing.

REFLECT, MEDITATE, & APPLY THIS SCRIPTURE

THANKSGIVING What are you thankful for today?

PRAYER

Spend time today praying for all Spring Valley's Dream Team Volunteers. List any specific prayer needs as well over the course of this journey.

LISTENING

Spend some time listening to what the Father has to say to you about this.

D A Y

13

READ ISAIAH 1:17

We are called to be the hands and feet of Jesus in our community.
What areas do you believe our Church is thriving in outreach?
What areas could we better assist?

REFLECT, MEDITATE, & APPLY THIS SCRIPTURE

THANKSGIVING What are you thankful for today?

PRAYER

Spend time today praying for the Creative Arts Dream Team
Volunteers. List any specific prayer needs as well over the course of
this journey.

LISTENING

Spend some time listening to what the Father has to say to you
about this.

D A Y

14

READ PROVERBS 12:1

God places certain people in our lives so we can learn from them. Are you teachable? Are you willing to learn from others? Don't miss out on what God can teach you through others. Absorb that knowledge today!

REFLECT, MEDITATE, & APPLY THIS SCRIPTURE

THANKSGIVING What are you thankful for today?

PRAYER

Spend time today praying for God to give you humility to listen to correction and learn from others.

List any specific prayer needs as well over the course of this journey.

LISTENING

Spend some time listening to what the Father has to say to you about this.

D A Y

15

READ MARK 16:15

You encounter people every day who do not know Jesus. God has given you an opportunity to interact with others to share about His love! Pray for God to open doors to share the Gospel today. Then boldly walk through those doors, proclaiming His goodness!

REFLECT, MEDITATE, & APPLY THIS SCRIPTURE

THANKSGIVING What are you thankful for today?

PRAYER

Spend time today praying for your friends and family who do not yet know Jesus to be their God. List any specific prayer needs as well over the course of this journey.

LISTENING

Spend some time listening to what the Father has to say to you about this.

D A Y

16

READ PSALM 23:1-3

What do peace and contentment look like in your life right now? Where are you seeking these things? Take a moment to dwell on the thought that through God, you lack NOTHING. Allow Him to refresh your soul today with these truths.

REFLECT, MEDITATE, & APPLY THIS SCRIPTURE

THANKSGIVING What are you thankful for today?

PRAYER

Spend time today praying for God to provide for all of Spring Valley's financial needs. List any specific prayer needs as well over the course of this journey.

LISTENING

Spend some time listening to what the Father has to say to you about this.

D A Y

17

READ PROVERBS 12:18-19

If you had a court reporter following behind you all day, what would the transcript of your day read? Words that bring destruction or words of healing? Speak words of truth, words of healing, and words of good today.

REFLECT, MEDITATE, & APPLY THIS SCRIPTURE

THANKSGIVING What are you thankful for today?

PRAYER

Spend time today praying for your words be life giving to someone you encounter today. List any specific prayer needs as well over the course of this journey.

LISTENING

Spend some time listening to what the Father has to say to you about this.

D A Y

18

READ JEREMIAH 29:7

Christians historically have struggled finding the line regarding political involvement. As political divisions continue to heighten in our nation, are you taking a stand to pursue righteousness or to sow discord?

REFLECT, MEDITATE, & APPLY THIS SCRIPTURE

THANKSGIVING What are you thankful for today?

PRAYER

Spend time today praying for our nation's leaders and the political divisions of our country. List any specific prayer needs as well over the course of this journey.

LISTENING

Spend some time listening to what the Father has to say to you about this.

DAY 19

READ PSALM 27:13-14

Is there something you are waiting on from the Lord? If you're in a season of waiting, take hold that you will see the goodness of the Lord. Be strong and take heart in this moment. His promise still stands.

REFLECT, MEDITATE, & APPLY THIS SCRIPTURE

THANKSGIVING What are you thankful for today?

PRAYER

Spend time today praying for church growth here at Spring Valley. List any specific prayer needs as well over the course of this journey.

LISTENING

Spend some time listening to what the Father has to say to you about this.

D A Y

20

READ COLOSSIANS 3:23-24

Work at it with all your heart, whatever it is you do. Sometimes if we are honest though, we work with about 50% of our heart. Let's give everything we have, our best, our firsts, not our lasts, to our Savior today!

REFLECT, MEDITATE, & APPLY THIS SCRIPTURE

THANKSGIVING What are you thankful for today?

PRAYER

Spend time today praying for any addictions or strongholds to be broken in our Spring Valley Community. List any specific prayer needs as well over the course of this journey.

LISTENING

Spend some time listening to what the Father has to say to you about this.

DAY 21

READ ROMANS 8:15

When life throws you a curveball, do you find yourself responding in fear or faith? When you find yourself reacting in fear, call on your Abba Father and be assured that He is there.

REFLECT, MEDITATE, & APPLY THIS SCRIPTURE

THANKSGIVING What are you thankful for today?

PRAYER

Spend time today praying that you feel the courageous spirit of God, not one of fear for the rest of this year. List any specific prayer needs as well over the course of this journey.

LISTENING

Spend some time listening to what the Father has to say to you about this.

WHERE DO WE GO FROM HERE?

1

UPHOLD AN ACTIVE PRAYER LIFE

2

CONTINUE A DAILY FOCUS ON THE WORD

3

DEDICATE YOURSELF FOR KINGDOM WORK

4

GENEROUSLY LOVE AND CARE FOR OTHERS

5

WALK WITH EXPECTANCY



SPRING VALLEY
CHURCH
LIVE A GOD-FIRST LIFE