

21 Days of Prayer + Fasting

2022



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Prayer is for kids, too!

Visit FoursquarePrayer.org to find prayer points for the whole family. Download the **Family Moments** PDF to follow 21 Days of Prayer + Fasting with your kids.



21
DAYS

Today's Scripture

In this manner, therefore, pray:

Our Father in heaven,

Hallowed be Your name.

Your kingdom come.

Your will be done

On Earth as it is in heaven.

Give us this day our daily bread.

And forgive us our debts,

As we forgive our debtors.

And do not lead us into temptation,

But deliver us from the evil one.

For Yours is the kingdom and the power and the glory forever. Amen.

— **Matthew 6:9-13, NKJV**

Prayer + Reflection

- ① As we enter into the next 21 Days of Prayer + Fasting with our global Foursquare family, thousands are gathering daily in His name. Ask the Lord to do abundantly more than we could imagine.
- ② Read through the Lord's Prayer three times. Take time to intentionally meditate on His Word today and ask Him for a fresh anointing.
- ③ Pause. What do you have on your heart today that you need to hand over to God? Receive the Lord's grace as you set an intention for the next 21 days.

Family Moment

Work on memorizing the Lord's Prayer together. Draw pictures or print images for each line, and give them to your family. Say the prayer together several times each day this week.

To make it a challenge, remove an image daily to see if your family can remember it.

Today's Scripture

Therefore I say to you, do not worry about your life, what you will eat or what you will drink; nor about your body, what you will put on. Is not life more than food and the body more than clothing? Look at the birds of the air, for they neither sow nor reap nor gather into barns; yet your heavenly Father feeds them. Are you not of more value than they? Which of you by worrying can add one cubit to his stature?

So why do you worry about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin; and yet I say to you that even Solomon in all his glory was not arrayed like one of these. Now if God so clothes the grass of the field, which today is, and tomorrow is thrown into the oven, will He not much more clothe you, O you of little faith?

Therefore do not worry, saying, "What shall we eat?" or "What shall we drink?" or "What shall we wear?" For after all these things the Gentiles seek. For your heavenly Father knows that you need all these things.

— **Matthew 6:25-32, NKJV**

Additional Scriptures:

Matthew 7:7-11

Romans 8:14-30

Psalm 42:1-2

Prayer + Reflection

- ① Reflect on Jesus' words in today's reading, and repent for allowing your worry over present troubles and suffering to displace God in your heart and mind.
- ② Ask the Lord to remove any stronghold of the enemy rooted in doubt or self-sufficiency. Thank God that His Scriptures are true, and that you are a child of God and co-heir with Christ.
- ③ Receive and give thanks for your Heavenly Father's provision—both received and yet to be seen— and hold fast to His promises and good faithfulness.

Family Moment

Discuss what worry means.
What can we learn about God's care from looking at nature?

Today's Scripture

The Lord reigns;
 Let the earth rejoice;
 Let the multitude of isles be glad!
 Clouds and darkness surround Him;
 Righteousness and justice are the foundation
 of His throne.
 A fire goes before Him,
 And burns up His enemies round about.
 His lightnings light the world;
 The earth sees and trembles.
 The mountains melt like wax at the presence of the
 Lord, At the presence of the Lord of the whole earth.
 The heavens declare His righteousness,
 And all the peoples see His glory.
 Let all be put to shame who serve carved images,
 Who boast of idols.
 Worship Him, all you gods.
 Zion hears and is glad,
 And the daughters of Judah rejoice
 Because of Your judgments, O Lord.
 For You, Lord, are most high above all the earth;
 You are exalted far above all gods.
 You who love the Lord, hate evil!
 He preserves the souls of His saints;
 He delivers them out of the hand of the wicked.
 Light is sown for the righteous,
 And gladness for the upright in heart.
 Rejoice in the Lord, you righteous,
 And give thanks at the remembrance of His holy name.

—Psalm 97, NKJV

Additional Scriptures:

Revelation 21:1-7

Psalm 50:1-15

Prayer + Reflection

- ① Worship God with reverence. Thank Him for His sovereignty, that He is on the throne over all creation.
- ② Surrender control and release your own will to Him. Embrace your God-given limits in daily life, and ask Him to use His power in your life where you are powerless.
- ③ Breathe deeply in the assurance of His perfect strength amid your own weakness. Exhale out your anxiety, fear or dread. Proclaim His goodness throughout the day

Family Moment

Set aside reflective quiet time to worship Jesus. For older children, provide some prompts for them to journal their praise to God, such as "I know God loves me because ..." or "I know God's goodness because He ..." Younger children can draw, sing or even dance to their favorite songs about God's love. (You can dance, too!)

Today's Scripture

I urge you, first of all, to pray for all people. Ask God to help them; intercede on their behalf, and give thanks for them. Pray this way for kings and all who are in authority so that we can live peaceful and quiet lives marked by godliness and dignity.

—1 Timothy 2:1-2, NLT

I also tell you this: If two of you agree here on Earth concerning anything you ask, My Father in heaven will do it for you.

—Matthew 18:19, NLT

If My people who are called by My name put away their pride and pray, and look for My face, and turn from their sinful ways, then I will hear from heaven. I will forgive their sin, and will heal their land. Now My eyes will be open. And My ears will hear the prayer that is made in this place.

—2 Chron. 7:14-15, NLT

Additional Scriptures:

Proverbs 31:8-9,
Matthew 28:18-19
Matthew 9:38
Ephesians 6:10, 12

Prayer + Reflection

- ① The miraculous power of God penetrates our human frailty and brings divine understanding. Ask the Lord for the Holy Spirit's powerful presence and healing power to be prevalent.
- ② Pray for God's truth to be revealed against lies and evil in the world.
- ③ Ask God for justice and compassion for the poor and helpless, and that you will find tangible ways to help share His love with them.

Family Moment

Start a family prayer wall. Write or draw requests on sticky notes and place them on the wall. Pray daily with confidence in Jesus' faithfulness for each request. Update the sticky notes with dates and move to a new section of the wall as prayers are answered.

God is able to provide all you need, and He knows better than you what that encompasses, so approach Him with the desires of your heart.

Today's Scripture

One thing I have desired of the Lord, that will I seek:
That I may dwell in the house of the Lord
all the days of my life, to behold the beauty of the
Lord, and to inquire in His temple.

—Psalm 27:4, NKJV

Make sure you don't take things for granted and go slack in working for the common good; share what you have with others. God takes particular pleasure in acts of worship—a different kind of “sacrifice”—that take place in the kitchen and workplace and on the streets.

—Hebrews 13:16, MSG

Ask, and you will be given what you ask for. Seek, and you will find. Knock, and the door will be opened. For everyone who asks, receives. Anyone who seeks, finds. If only you will knock, the door will open.

—Matthew 7:7-8, TLB

Additional Scriptures:

1 Peter 5:7

Matthew 9:36-38

Prayer + Reflection

- ① God invites us to come to Him, to know Him and to delight in His presence. He is our Daily Bread. Take some time right now to let God fill you with His presence.
- ② God is the giver of all good things. Take a moment to thank Him, then ask for those things you (or someone you love) need that only He can provide.
- ③ Pray for God to direct you to someone who needs His generosity, and to reveal to you what to share with them.

Family Moment

Make two lists: one of all God has blessed you with, and one of people with whom you can share your blessings. Let's pray: “God, You supply for our every need and have been faithful, thank You. Help me to share with others. Amen.

Today's Scripture

Therefore repent and return, so that your sins may be wiped away, in order that times of refreshing may come from the presence of the Lord.

—Acts 3:19, NASB

From that time Jesus began to preach and say, "Repent, for the kingdom of heaven is at hand."

—Matthew 4:17, NASB

He who conceals his transgressions will not prosper, But he who confesses and forsakes them will find compassion.

—Proverbs 28:13, NASB

Prayer + Reflection

- ① For God's kingdom to come into our lives, we must repent from building our own kingdoms. Ask His forgiveness for any selfish actions in the past.
- ② God's Word calls us to repent from depending on our own strength in order to gain His wisdom. Confess the ways you have relied on yourself instead of Him.
- ③ God's will calls us to surrender through repentance. Surrender your own visions of the kingdom for His holy sight.

Family Moment

Parents, pray this over your children:

"Father, if there is any sin in my child(ren), hidden or apparent, I pray You would gently convict them of it. Allow them an appropriate sorrow over any sin, then give them the courage and ability to repent of it. Increase their desire to love You and serve You. Grow in their hearts, that they will be quick to walk in Your ways. Nurture in them a great faith, and mark them as a child after Your own heart. In Jesus' name, amen."

Today's Scripture

Do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption. All bitterness, wrath, anger, clamor and slander must be removed from you, along with all malice. Be kind to one another, compassionate, forgiving each other, just as God in Christ also has forgiven you.

—Ephesians 4:30-32, NASB

Additional Scriptures:

Colossians 3:13

Matthew 18:21-22

Prayer + Reflection

- ① Ask the Lord to forgive you for grieving the Holy Spirit in how you have treated people. Choose today to reconcile those relationships by being kind and considerate.
- ② Put on kindness, empathy and compassion today. Ask God to make you an agent of grace and reconciliation to those around you.
- ③ Choose to forgive those who have offended you, and seek God's help to forgive them as He has forgiven you.

Family Moment

Can anyone in your family do 490 jumping jacks. Who can do the most? Read Matthew 18:21-22 as a family. How many times do we need to forgive others? Forgiving someone 490 times can be even harder than doing 490 jumping jacks! Pray together: "Heavenly Father, help our family to make the good choice to forgive. Help us to be quick to forgive others every day of our lives, with Your help. In Jesus' name, amen."

Today's Scripture

And do not lead us into temptation,
But deliver us from the evil one.

—Matthew 6:13, NKJV

Additional Scriptures:

Luke 4:1-13

1 Corinthians 10:13

Prayer + Reflection

- ① Even an upright, moral person can give in to temptation and fall from grace. Ask the Lord to protect you from hidden temptation and to deliver you from the pressure to do wrong when it tries to overtake you.
- ② Temptation that comes up when in groups can be harder to withstand because of social pressure to conform. Pray and ask God to deliver you from participating in any form of evil, even when it means going against the flow.
- ③ How can we safeguard ourselves before temptation presents itself? Ask the Lord for discernment and insight as you interact with others as well as in your private thoughts.

Family Moment

Read Luke 4:1-13 as a family and talk about each temptation Jesus faced. How are they like the temptations we face each day? What tools did Jesus use to refute Satan? Write down each of Satan's temptations and Jesus' responses on individual slips of paper. Then play a game trying to match them to each other in a set amount of time. Think about the ways God gives us to stand up to temptation.

Today's Scripture

Our Father in heaven ...

—**Matthew 6:9, NKJV**

For those who are led by the Spirit of God are the children of God. The Spirit you received does not make you slaves, so that you live in fear again; rather, the Spirit you received brought about your adoption to sonship. And by him we cry, "Abba, Father." The Spirit himself testifies with our spirit that we are God's children. Now if we are children, then we are heirs—heirs of God and co-heirs with Christ, if indeed we share in His sufferings in order that we may also share in His glory.

—**Romans 8:14-17, NIV**

Additional Scripture:

Ephesians 1:3-14

Prayer + Reflection

- ① In the Lord's Prayer, Jesus identifies with us as fellow members of God's family. He prays for us and as one of us. Spend some time praying together as a family unit as well as on your own for each member of your family.
- ② Thank God for serving as your Father in heaven. Name some ways that He is fatherly to His children.
- ③ What is your family tree like? Are there members God has placed in your life in love, if not in blood? Thank the Lord that He gives us the gift of community and "family," and that we are free to speak to Him as family, too.

Family Moment

Look through family photos this week, and take time to talk about your family tree; you may even want to draw one. Now, talk about those whom God has provided to act like family to you in His love. Place God at the top, or head, of your family tree. Thank Him for adopting you into His holy family.

Today's Scripture

Then as I looked, I saw a door standing open in heaven, and the same voice I had heard before spoke to me like a trumpet blast. The voice said, "Come up here, and I will show you what must happen after this." And instantly I was in the Spirit, and I saw a throne in heaven and someone sitting on it.

In front of the throne was a shiny sea of glass, sparkling like crystal. In the center and around the throne were four living beings, each covered with eyes, front and back. The first of these living beings was like a lion; the second was like an ox; the third had a human face; and the fourth was like an eagle in flight. Each of these living beings had six wings, and their wings were covered all over with eyes, inside and out. Day after day and night after night they keep on saying, "Holy, holy, holy is the Lord God, the Almighty—the one who always was, who is, and who is still to come."

Whenever the living beings give glory and honor and thanks to the one sitting on the throne (the one who lives forever and ever), the 24 elders fall down and worship the one sitting on the throne (the one who lives forever and ever). And they lay their crowns before the throne and say, "You are worthy, O Lord our God, to receive glory and honor and power. For You created all things, and they exist because You created what You pleased."

—Revelation 4 1-2; 6-11, NLT

Additional Scriptures:

Psalm 145

Prayer + Reflection

- ① Worship by praying together the words from Rev. 4: "Holy, holy, holy is the Lord God, the Almighty—the one who always was, who is, and who is still to come. ... You are worthy, O Lord our God, to receive glory and honor and power. For You created all things, and they exist because You created what You pleased" (vv. 8, 11).
- ② Think of some attributes of God you can worship, and write lines of praise to Him.
- ③ Spend time in silent worship, as well, letting God put His word in your heart.

Family Moment

Read Psalm 145 together and discuss how it is an acrostic poem in Hebrew, as each verse begins with a different letter of the Hebrew alphabet. Write your own acrostic poem using a word like "praise" or "worship." Make each letter a characteristic of God. Then read them together.

Today's Scripture

Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place, and with your feet fitted with the readiness that comes from the gospel of peace. In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. Take the helmet of salvation and the sword of the Spirit, which is the word of God. And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord's people.

—Ephesians 6:14-18, NIV

Additional Scriptures:

1 Peter 4:12-13

2 Corinthians 10:3-4

Prayer + Reflection

- ① Think about different hardships you face daily that putting on the armor of God would help. Ask God specifically to put each piece on you as you go about your day.
- ② The darkness of the world can be overwhelming at times. How can God's armor protect you against feeling overcome with sin and death? Intercede for those suffering around you.
- ③ Remember that God is glorified when we depend on Him and feel joy in spite of trials. Pray and thank Him for the things bringing joy into your world right now, and ask Him to make you a conduit of that joy and a light to others.

Family Moment

Talk about some reasons why you might need spiritual armor every day. Discuss the importance of each item from Ephesians 6, and how they help us withstand temptation and face hard situations.

Today's Scripture

As soon as Jesus heard the news, He left in a boat to a remote area to be alone. But the crowds heard where He was headed and followed on foot from many towns. Jesus saw the huge crowd as He stepped from the boat, and He had compassion on them and healed their sick.

That evening the disciples came to Him and said, "This is a remote place, and it's already getting late. Send the crowds away so they can go to the villages and buy food for themselves."

But Jesus said, "That isn't necessary—you feed them."

"But we have only five loaves of bread and two fish!" they answered.

"Bring them here," He said. Then He told the people to sit down on the grass. Jesus took the five loaves and two fish, looked up toward heaven and blessed them. Then, breaking the loaves into pieces, He gave the bread to the disciples, who distributed it to the people. They all ate as much as they wanted, and afterward, the disciples picked up 12 baskets of leftovers. About 5,000 men were fed that day, in addition to all the women and children!

—**Matthew 14:13-21, NLT**

Prayer + Reflection

- ① Ask God to fill you with compassion for the needs of the multitudes, whether healing, provision, wisdom, direction or forgiveness.
- ② Pray for the people of God to be moved to generosity, bringing their resources to Jesus to participate in God's miraculous provision for others.
- ③ Ask the Lord to grant you the wisdom needed to help allocate resources, bless others and overlook no one as you serve His people.

Family Moment

Talk with your family about someone in your community you can bless—maybe it's another family or the local homeless population. Put together a basket of food or bag of supplies to bless them. Include encouraging letters and cards. Talk about the many ways God provides for those in need through us when we are obedient to Him, and how that helps share His love with the world.

Today's Scripture

For the Word of God is alive and powerful. It is sharper than the sharpest two-edged sword, cutting between soul and spirit, between joint and marrow. It exposes our innermost thoughts and desires. Nothing in all creation is hidden from God. Everything is naked and exposed before His eyes, and He is the one to whom we are accountable.

So then, since we have a great High Priest who has entered heaven, Jesus the Son of God, let us hold firmly to what we believe. This High Priest of ours understands our weaknesses, for He faced all of the same testings we do, yet He did not sin. So let us come boldly to the throne of our gracious God. There we will receive His mercy, and we will find grace to help us when we need it most.

—Hebrews 4:12-16, NLT

Prayer + Reflection

- ① Ask God to give you His eyes to see things the way He sees them.
- ② Ask Him to show you the areas of sin in your own life, community and the world. Repent of the sins you have committed and confess your weaknesses.
- ③ Commit to follow Jesus in whatever direction He may lead and to participate in His work in your community.

Family Moment

Pray together for healing in our world. Start locally, then continue nationally, and finally focus globally.

Today's Scripture

All this is from God, who through Christ reconciled us to Himself and gave us the ministry of reconciliation; that is, in Christ God was reconciling the world to Himself, not counting their trespasses against them, and entrusting to us the message of reconciliation.

—2 Corinthians 5:18-19, ESV

Additional Scriptures:

1 Corinthians 13:4-7

Ephesians 4:32

Hebrews 12:14

Colossians 1:21-23

Prayer + Reflection

- ① Ask God to reconcile your relationship, to reveal any hidden sin in your life and to make you pure to approach Him with no barriers.
- ② Pray for your family, society and world to experience God's love as you serve as a minister of reconciliation.
- ③ Pray: "Jesus, You mended humanity's relationship with You through Your blood. Send us forth as ambassadors who resist division and contend for unity."

Family Moment

Read 1 Cor. 13:4-7 and discuss how Christians in ministry act out those descriptions of love. If you know someone serving as a minister of reconciliation (could be a teacher, pastor, first responder, etc.), make them a card or small gift of appreciation to encourage them.

Today's Scripture

Beloved, do not believe every spirit, but test the spirits to see whether they are from God, for many false prophets have gone out into the world. By this you know the Spirit of God: every spirit that confesses that Jesus Christ has come in the flesh is from God, and every spirit that does not confess Jesus is not from God. This is the spirit of the antichrist, which you heard was coming and now is in the world already. Little children, you are from God and have overcome them, for He who is in you is greater than he who is in the world.

—1 John 4:1-4, ESV

Additional Scriptures:

1 Peter 5:8-9

Luke 10:18-19

2 Corinthians 10:4

Prayer + Reflection

- ① Evil and darkness are in the world, and we must stand against them as Christians. Ask the Lord to give you discernment and the power to make the right choices.
- ② Pray for the leadership over your community, schools, city, state and country. Ask God to raise up godly leaders who are wise and lead with righteousness.
- ③ Ask God to stop evil that is happening over which you have no control (e.g., crime, natural disasters), and pray you will find ways to help minister with righteousness in your community.

Family Moment

Read 1 John 4:4 together. It's a relief to know that God is greater than this world. Give thanks that we have freedom and victory in Jesus over the challenges we face and evil that happens. Take turns sharing a challenge you had where you sought God's voice and discernment. Pray for the safety of one another and thank God for His daily guidance.

Today's Scripture

But seek first the kingdom of God and His righteousness, and all these things will be added to you. Therefore, do not be anxious about tomorrow, for tomorrow will be anxious for itself.

—Matthew 6:33-34, ESV

Additional Scriptures:

Psalm 1:1-3

Prayer + Reflection

- ① Ask the Holy Spirit to reveal and break down those things that compete with God for your attention and foster anxiety in your soul.
- ② Ask God to rekindle a fresh hunger to abide in His Word and presence, to buffer against the pressures of life.
- ③ Invite God to reveal His plans and promises for you so that you become preoccupied with the things most important to Him.

Family Moment

One way to overcome anxiety is to count your blessings. Write them on strips of paper and throw them in the air like confetti. Thank God for each of them as you help pick them up.

Today's Scripture

Do you have any idea how powerful God is? Have you ever heard of a teacher like Him? Has anyone ever had to tell Him what to do, or correct Him, saying, "You did that all wrong!"? Remember, then, to praise His workmanship, which is so often celebrated in song. Everybody sees it; nobody is too far away to see it. Take a long, hard look. See how great He is—infinite, greater than anything you could ever imagine or figure out!

—**Job 36:22-26, MSG**

Additional Scriptures:

Psalm 34:3

Proverbs 21:30

Psalm 75:6-7

Philippians 2:8-10

Prayer + Reflection

- ① Pray for spiritual discernment about the personal strengths, gifts or experiences that can become idols and impair your perspective of God's sovereignty.
- ② Take authority over negative thoughts and lies from the enemy that contradict the truth of God's Word and His promises. Confess them to God and pray for deliverance.
- ③ Ask God for a fresh revelation of His grandeur to eclipse any problems or anxiety you are facing.

Family Moment

Write a family worship song. List things you love about God. Then, put those things into lyrics. Even if it's just one verse, you now have a worship song! Sing your family worship song to God.

Today's Scripture

I urge you, first of all, to pray for all people. Ask God to help them; intercede on their behalf, and give thanks for them. Pray this way for kings and all who are in authority so that we can live peaceful and quiet lives marked by godliness and dignity.

—1 Timothy 2:1-2, NLT

'I pray that they will all be one, just as you and I are one—as you are in me, Father, and I am in you. And may they be in us so that the world will believe you sent me.'

—John 17:21 NLT

'But among you it will be different. Whoever wants to be a leader among you must be your servant, '

—Matthew 20:26 NLT

Additional Scripture:

Proverbs 29:1-14

Prayer + Reflection

- ① Read John 17:21. Pray for unity among the church that brings alignment with the Father, and intercede for our leaders.
- ② Pray that leaders' hearts would be united with Jesus' in humility and wisdom (as in Matthew 20:26).
- ③ Ask the Lord for peace, justice and mercy to flow from our leaders always.

Family Moment

Write a note to a leader in your life (like a teacher, coach, parent or pastor) and tell them why you are thankful for them. Pray for that person every day this week.

Today's Scripture

And this same God who takes care of me will supply all your needs from His glorious riches, which have been given to us in Christ Jesus.

—**Philippians 4:19, NLT**

Additional Scriptures:

Acts 17:26-27

Acts 14:3

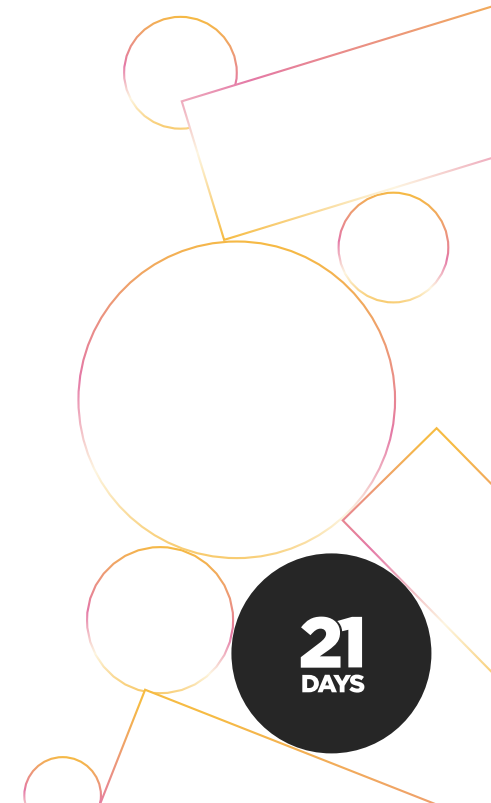
Philippians 4:7

Prayer + Reflection

- ① Pray for daily revelation through the Scriptures, communion and relationship with Christ, for you personally and for the body of believers collectively.
- ② Pray that the emotional, spiritual, mental and physical needs of people around you would be marked by healing, signs and wonders from the Lord. Ask Him to make you a steward of His power.
- ③ As you spend time with Jesus, ask Him to bring joy, peace, and contentment into our communities and churches.

Family Moment

Write the names of friends or loved ones on small index cards. Some examples are relatives, neighbors, friends or classmates. Put the cards in a jar you keep on the table. Before each meal or bedtime prayer, pull a card and pray for the person on the card.



Today's Scripture

Those whom I love I rebuke and discipline. So be earnest and repent. Here I am! I stand at the door and knock. If anyone hears My voice and opens the door, I will come in and eat with that person, and they with Me.

—Revelation 3:19-20, NIV

Additional Scriptures:

2 Corinthians 7:10

Romans 2:4

1 John 1:9

Prayer + Reflection

- ① Ask the Holy Spirit to reveal any areas of disconnection, rebellion, willful sin or pride in your heart. The Spirit will lead toward grace and freedom, not shame or condemnation.
- ② Express your desire for deeper intimacy with Jesus. Open the door to His presence in your life, and move toward God who, in His kindness, has not turned from you.
- ③ Pray that the church would yearn for holiness, possessing a growing desire for purity that results from the blood of Jesus cleansing from all unrighteousness. Pray for His powerful presence to radiate from His people.

Family Moment

Revelation 3:20 is such a powerful verse. Draw a picture of what it would be like if you let Jesus into your home. How would He spend time with your family? Pray and thank Jesus for being near to your family, and hang the picture on your fridge!

Today's Scripture

Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here! All this is from God ...

—2 Corinthians 5:17-18, NIV

Additional Scriptures:

Galatians 5:13-18

Galatians 5:22-23

Prayer + Reflection

- ① By faith, embrace your identity as a new creation. The old is gone, and you are now new. Listen for the Holy Spirit's promptings toward patience, humility, love, faith and joy.
- ② In these days, where strife and division dominate, ask the Spirit to give you power, courage and gospel-infused speech, that you might clearly proclaim the gospel to whomever you are led.
- ③ In Christ, God took incompatible man and made him compatible with a holy God. Pray for the grace to take the initiative in diffusing anger, speaking words that heal and returning good for evil.

Family Moment

As a new creation, list five things you would like to be able to do, with Jesus' help. (Use the fruit of the Spirit in Galatians 5:22-23 as a guide for what kind of things to pick, like "be good to my sister" or "keep peace within my group of friends.") Then, think of ways you can do those things each day, and ask the Holy Spirit in prayer to help you do them. This is your holy "to do" list!

Amen

As we wrap up 21 Days of Prayer + Fasting 2022, let's take our renewed focus on God's provision and the Holy Spirit's power into the rest of our year.

Scripture

Finally, brothers and sisters, 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, NIV**

Thank You

Thank you for joining with us in adoration, supplication, confession, thanksgiving and praise for our great God the past 21 days. Going forward into the rest of 2022, we hope you will make the effort to continue in prayer with your family, and that the conversations and activities that have sparked from this guide have been a holy time of growth and love. May you feel the deep love of the Father, the guidance from Jesus and the presence of the Holy Spirit, in everything you do.