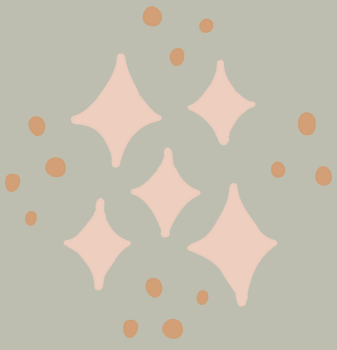


Journal



Twenty-two for '22

Twenty-two days of
Prayer & Fasting
for 2022



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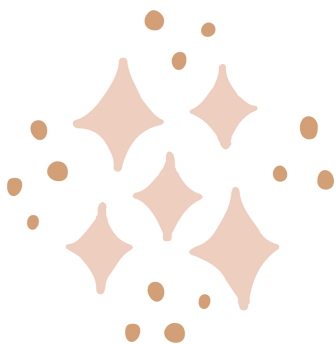
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INTRO

Most of us would agree that there is room for us to grow spiritually. Or perhaps you might agree that there is something in your life right now, or in the life of someone you love, that only the intervention of God could help. And certainly within the life of The Way Church there is much we want to do that only God could do.

Prayer and fasting are powerful ways to encounter the Lord, and all that He has planned for your life, as well as grow deeper in your walk with Him. Ask yourself, What am I allowing to come between me and God's presence? Imagine the blessings He has for you when you prepare your heart and surrender it all to Him saying, "More of You God and less of me".

That's why we are collectively as a church going to invest the next twenty-two days in prayer and fasting. We invite you to come along with us (at any level you feel comfortable and safe to do so) and experience the amazing things that the Holy Spirit is going to do in 2022 in and through us.

I pray that the God of our Lord Jesus Christ, the glorious Father, would give you a spirit of wisdom and revelation in the knowledge of Him. 18 I pray that the perception of your mind may be enlightened so you may know what is the hope of His calling, what are the glorious riches of His inheritance among the saints, 19 and what is the immeasurable greatness of His power to us who believe, according to the working of His vast strength.

Ephesians 1:17-19

PRAAYER

Prayer is our first response not our last resort. As a matter of fact, one of our core values is *Passionate Prayer*. When we pray we are doing the very thing that delights God, drawing closer to Him. We truly believe that there are things that God will not do, or things He will not reveal unless they are saturated in the prayers of His saints. That's why the brother of Jesus said *"The urgent request of a righteous person is very powerful in its effect."* (*James 5:16b*).

On the next page you will find a simple yet helpful tool by which to model your prayers in a biblical way, the A.C.T.S. prayer model.

Each of the letters in this acrostic stands for one of the key elements of prayer. Not only does this acrostic remind us of the elements of prayer, but it also shows us the priority we ought to give to each.

Unfortunately, we often spell our prayer life something like S.C.A.T., because we start with supplication and spend very little time, if any, on adoration, confession, and thanksgiving.

That's why Twenty-two for '22 is a great time to reset our prayer lives!

ADORATION- praise God for who He is

It is God's nature & character that gives us the confidence that our prayers will be answered. If He can create & maintain the universe He can certainly deal with my issues. Focusing on the truth about who our God is. Will always be uplifting, encouraging and faith building. Our God is an awesome God! (Psalm 95:3-5)

CONFESSION- bring your sins to Him

It may be difficult to open up our sins, weakness and shortcomings to God, but be encouraged- He already knows it all. This is the place where real life transformation takes place and where fruit is cultivated. (1 John 1:9; Psalm 51:1-2)

THANKSGIVING- express your gratefulness for what He has done

Often times it is not until we intentionally pause to reflect on all the good things God has done that we become aware of them. This is why the old hymn says "Count your blessings, count them one by one, count your blessings see what God has done". (Philippians 4:6, James 1:17)

SUPPLICATION- ask God what you need

By the time we get here, we have remembered how awesome and loving our God is, able to do abundantly more than we can ask or imagine (Adoration). We are feeling clean from sin and free from bitterness and anger (Confession). We are hopeful about overcoming in the future because we have remembered how many other times he has faithfully answered our prayers in the past (Thanksgiving). And so, we can approach Him with confidence that He desires to help us, whatever our need may be. (Psalm 55:1-2, 22; Psalm 54:4)

FASTING

WHY FAST?

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

-Fasting reveals and heals our dependence on 'superficial saviors' (food and other things) to fill the discomfort caused by low self-esteem, unfulfilling work, unloving relationships, uncontrollable circumstances, etc. It removes the false peace derived from the pleasure of eating. Richard Foster says, "More than any other discipline, fasting reveals the things that control us. This is a wonderful benefit to the true disciple who longs to be transformed into the image of Jesus Christ. We cover up what is inside us with food and other good things, but in fasting these things surface. If pride controls us, it will be revealed almost immediately. David writes, "I humbled my soul with fasting" (Psalm 69:10). Anger, bitterness, jealousy, strife, fear—if they are within us, they will surface during fasting."

- Fasting can free us from settling to have what we want now, for what we want most. It disciplines us for contentment (1 Timothy 6:6). We become aware that we can go without getting what we want and survive. Therefore, fasting can teach moderation or self-control, not only in relation to food, but in other areas as well.

-Fasting expresses and deepens our hunger for God. It reminds us that we are sustained "by every word that proceeds from the mouth of God:" (Matt. 4:4). Food does not sustain us; God sustains us. In Christ, "All things hold together" (Colossians 1:17). Therefore, in experiences of fasting, we are abstaining from food or other activities and feasting on God's Word.

WHAT DOES THE BIBLE TEACH ABOUT FASTING?

Biblical fasting involves abstaining from eating (and/or drinking) for spiritual purposes.

In the Old Testament, Israel celebrated certain annual fasts, the most prominent being the Day of Atonement.

There were also occasional fasts tied to specific historical events, sometimes individual and sometimes corporate. Here are a few of the occasions for fasting: at a time of grief (I Sam. 31:13; Nehemiah 1:4), at a time of repentance (I Sam 7:6; I Kings 21:27), as an expression of humility (Ezra 8:21; Psalm 69:10), and as an expression of a need for God's guidance and help. What all of these fasts share in common is that they were an expression of dependence on God.

Several New Testament passages give us insight about fasting.

Fasting teaches us to that God's Word nourishes us: Matthew 4:1-4 records the only example of Jesus fasting, just prior to His being tempted in the wilderness. He faced temptation with these words, "Man shall not live on bread alone, but on every word that proceeds out of the mouth of God." Jesus is quoting Deuteronomy 8:3-5 which talks about the 40 years Israel spent in the wilderness, depending daily on manna to sustain them. He says that God humbled them and let them be hungry in order to teach them to depend on God's Word to sustain them. By His example of fasting, Jesus reminds us that food alone can't sustain us. We need to be nourished by God's Word.

Fasting teaches us that doing God's will sustains us: John 4:31-35 records Jesus' encounter with the woman at the well. When the disciples return, they encourage Jesus to eat. He responds by saying, "I have food to eat that you know not of." Then He adds, "My food is to do the will of the Father." Again, Jesus reminds us that food alone is not enough. We are sustained by doing God's will.

Fasting teaches us that Jesus Himself sustains us: In John 6:48-50 Jesus says, "I am the bread of life. Your fathers ate the manna in the wilderness, and they died. This is the bread which comes down out of heaven, so that one may eat of it and not die." We see this pictured symbolically in the bread and the cup of the Lord's supper. Jesus is the source of eternal life. Fasting is feasting on Jesus.

Jesus assumed that fasting would be a part of His disciple's spiritual life. In Matthew 6:16-18, He says, "when you fast," not "if you fast." He warns us not to fast to impress people, but to be near to the heart of God.

TYPES OF FASTS

Since fasting at its most root level is 'abstaining from nourishment to depend on God', and since there may be some who have certain health risks that may prevent them from diving into the desert for 40 days without any food like Jesus did, we have chosen to include below different alternatives that may be better suited for different people who still wish to join us for the next 22 days.

Whatever type of fast you chose, remember, fasting must always, first and foremost, center on God. It must be about Him.

COMPLETE FAST

- Drinking only liquids, typically water and/or light juices.
 - Broth or soup may be included as options.

SELECTIVE FAST

- Removing certain elements from your diet.
- The Daniel Fast - abstaining from meat, sweets, or bread; drink water and juice, and eat a variety of fruits and vegetables.

PARTIAL FAST

- Abstaining from eating any type of food in the morning and afternoon.
- Fast during specific times of the day, e.g. 6AM-3PM, or from sunup to sundown.

SOUL FAST

- Common for: anyone new to fasting food; those with health issues that prevent them from fasting food; those wanting to refocus specific areas of life that are out of balance.
 - Suggestions: abstain from engaging in social media, shopping, T.V., alcohol, etc.

22 DAY PRAYER JOURNAL

God has placed us in this time in history, in this region of the world, with the people who surround us, for a reason (Acts 17:26). Knowing this we can take a look at the world and the people around us and take personal responsibility to pray. During the next 22 days, be intentional about praying for:

**Our government,
our local leaders,
our community,
our neighbors,
our church,
our family,
ourselves,
those who are married,
those who are single,
those who aren't like you,
those with physical health issues,
those with mental health issues,
those that are lonely or have broken relationships,
those who are doubting their faith,
those far from God,
those who will this year come to know God through us,
and any whom the Lord may place in your path the next 22 days.**

Day 1

ADORATION

CONFESSION

THANKSGIVING

SUPPLICATION

Day 2

ADORATION

CONFESSION

THANKSGIVING

SUPPLICATION

Day 3

ADORATION

CONFESSION

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Day 4

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Day 21

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CONFESSION

THANKSGIVING

SUPPLICATION

Day 22

ADORATION

CONFESSION

THANKSGIVING

SUPPLICATION

**I will make a commitment to pray
and/or fast for the next 22 days.
To ensure I endure, I am choosing
to be accountable to:**

**What did you learn through this time
of fasting & prayer?**



Twenty-two
for '22

