

## PREACHING CALENDAR

DATE	SERIES	TOPIC
Jan 8 - Jan 29	VISION SERIES : Rhythms of	Life Rhythm (Life of Discipline)
Feb 5 - Mar 26	THE WAY OF JESUS: Prayer	Prayer
Apr 2 - Apr 9	PASSOVER	Resurrection Life
Apr 16 - May 28	NT BOOK STUDY	<ul> <li>1 &amp; 2 Thessalonians,</li> <li>1 &amp; 2 Timothy,</li> <li>1 &amp; 2 Peter,</li> <li>1, 2, &amp; 3 John</li> </ul>
June 4 - July 30	THE YOKE OF RABBI JESUS	Selected Teachings of Jesus from Gospels
Aug 6 - Sept 24	THE WAY OF JESUS	Spiritual Discipline TBD
Oct 1 - Nov 19	OT BOOK STUDY	<ul><li>Joshua,</li><li>Nehemiah,</li><li>Esther,</li><li>Malachi</li></ul>
Nov 26 - Dec 24	ADVENT	Anticipation for Christ Coming
Dec 31	CELEBRATE	The Strong Hand of the Lord

## **Overview Rhythms of Life Series**

This series is about how we hear the voice of God speaking to us asking the question, "What do you want me to do for you?" See, we all have these longings and desires that generally speaking are similar, yet also more specific to our gifting, personality, and life experiences. The question is "how do we properly seek after those longings and desires, while in a society that tells us to do what feels good, and is inundated with pleasure and binging? The freedom of the modern culture is not necessarily bad, however, there is a temptation in this culture to throw off all restraint, remove all boundaries, avoid legalism, and become structureless in the name of freedom. What if in the name of freedom we are actually enslaved, in bondage? Further, what if Jesus is offering something more than the world is giving us? What if the low level anxiety, the angst, the cynicism, the anger, the hustle and bustle, and busyness is a product of surrendering to the wrong King? What if there is a way forward with Jesus that will slowly over time release the grip of the tyranny in our lives and slowly bring us into the presence of God and into our deepest desires and longings. What if the rhythms of life Jesus offers to us by following him actually solves our weariness and busyness. What if Jesus meant what he said, "Come to me, all of you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, because I am lowly and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light." What if the rhythms of life that Jesus lived by are what he offers to us in following or apprenticing under him and this life is what he calls "life to the full." In this series we ask the question what if I organize my life around the rhythms of Jesus life?

# 21 DAYS OF PRAYER & FASTING



## 21 DAY CHALLENGE

The 21 Day Challenge is designed to help prioritize our relationship with God and focus our attention on what matters most. Whether you have a great prayer life or no prayer life at all, this challenge is a powerful way to start 2023!

We're thrilled that you've decided to set aside the first part of your year for a focused and intentional time of Bible reading, meditation, prayer and fasting. 2022 was a year filled with unexpected moments of challenges and difficulties but also a year where we were able to see God's intentional hand and care on our lives. We've felt him sow seeds of patience, trust, joy and peace and this year, we truly believe we will see the fruit of all that was sown. The 21 Day Challenge is just a tool to help you focus your heart and mind on your relationship with God.

#### WHAT TO DO

Throughout our 21 Day Challenge we invite you to join us in the following ways: **One** 

Set aside time each day for reading the Bible and praying. A daily prayer list has been provided as well as different types of fasts/abstaining for you to consider. Be sensitive to the Lord's leading when choosing your fast/abstaining.

#### Two

Join us each Sunday Morning at 10:30am as we collectively seek the Lord and His Word. If you're unable to attend services in person, join us online. There's nothing better than being with the Body of Christ in corporate worship and prayer!

#### **READING THE BIBLE**

One of the most powerful disciplines you can develop to become more like Christ is to simply read the Bible. If you then create space to meditate on what you've read and have a conversation with God about it for the next 21 days, you will be amazed at how much you will grow spiritually.

If reading the Bible has been a struggle or difficult for you in the past, try using the YouVersion Bible App. It has many different devotional plans for you to choose from, including 21 Day fasting plans or you may want to go ahead and make a resolution for a yearly Bible plan.

#### **FASTING**

Why do we fast? As a believer in Christ, our objective in fasting is to abstain from food, to help create an added awareness of our weakness and our need for God's strength. Abstaining is a similar practice with the same intention but is directed toward abstaining from things that can be distractive to our walk with Jesus. Fasting and Abstaining takes our surrender to God to a new level, showing Him that a relationship with Him is central to every aspect of our lives. Dedicating ourselves to prayer and fasting brings us to a new level of spiritual dependence and renews our perspective, commitment and resolve.

#### **CHOOSING YOUR FAST**

\*\*Let's be reminded that fasting isn't a form of punishment for the sins you've committed since Christ took care of that for you on the cross. It's the decision to disconnect yourself from your dependence on the world and yourself.\*\*

Here are examples of the different types of fasts that you might consider:

#### Complete Fasting:

Talk to your doctor and consult the Holy Spirit before you participate in this option but a complete fast is just that. For 21 days, you would only drink liquids (i.e. water, light juices, etc) for the entire day or designated portions of the day. We've seen this type of fast in the Book of Esther. Queen Esther called the entire nation of Israel to fast for their deliverance (Esther 4:16). It is amazing how long a human body can stand without food, but not without water. However, if God is calling you to this kind of fast, always follow His leading first.

#### **Intermittent Fast:**

This was a common type of fast for the Hebrew people. For this fast, you'd designate certain times of the day for fasting. For example, no eating from sun up to sundown or choosing to eat only in the morning or the afternoon. It was common for the 1st Century Hebrew to fast twice a week and this was adopted by the first followers of Jesus, yet on different days than the traditional Hebrew community.

#### Selective Fast:

This is the most common type of fast since the Bible talks about abstaining from certain foods or drinks. The Daniel fast found in Daniel 10 is one example of a selective fast (no meats, breads and sweets for 21 days). Whole 30, Vegan/plant based and Paleo meal plans are popular food choices as well.

#### Abstaining:

Abstaining typically means removing luxuries and indulgences outside of food. Its purpose is to guard the types of things that enter your mind and heart during this season. This includes but isn't limited to social media, music, movies & TV, smart phone usage or screen time either for a certain period or the entire period.

## PRAYER CALENDAR

Jan. 9th	Pray for the year ahead and ask God to grow your faith in 2023. Ask the Lord to reveal Himself to you in ways that He never has before.
Jan. 10th	Ask God to help you to become a stronger ambassador for Christ and His Gospel, allowing the light of Jesus to shine brighter in your life.
Jan. 11th	Spend time in prayer today for your city, our Nation and our leaders.
Jan. 12th	Pray for the ministry of missionaries(Adam in Sudan, Tacketts in Kenya, Rhonda in Honduras), that their influence among the nations would have a greater impact on the world.
Jan. 13th	Pray for the current culture that we live in and ask the Lord for boldness to influence the world around you for His glory.
Jan. 14th	Seek the Lord in prayer for the pastors and leaders of the church of Jesus. Pray to see God enlarge the territory of these individuals to advance the kingdom of God.
Jan. 15th	Pray for those that you know who are unsaved or who have turned away from the Lord. Ask God to draw them by the power of His Spirit to faith in Christ.

Jan. 16th	Pray for those who are also participating in this 21 Day Challenge. Ask God to strengthen them and help them (and yourself) to remain faithfully focused on the reason why we're spending this time in prayer and fasting.
Jan. 17th	Spend time praying for specific strongholds in your life that continue to keep you from experiencing the nearness of Jesus. Ask God to replace the lies of the enemy with the truth of His Word.
Jan. 18th	Pray for those who are sick. Ask for the faith to believe in supernatural strength and healing.
Jan. 19th	Pray for your classmates or co-workers and ask God to meet the individual needs they may have.
Jan. 20th	Ask God to make His presence and power known in your marriage or your relationship. Pray that God would continue to conform you into the image of His Son, a selfless servant. If you know of a marriage in need of prayer, spend time praying for those individuals as well.
Jan. 21th	Pray for Sunday's church services. At SV, we believe an empty seat is a serious matter. Who does God want you to bring to service tomorrow? Pray that not only would their lives be changed but that they would find their place and purpose in the body of Christ.
Jan. 22th	Pray and believe for God's provision, especially for those who are unemployed and financially in need. Ask God to build up a new level of trust in hearts that may doubt God's ability to provide for every one of their needs.
Jan. 23th	Pray for those who volunteer at church. Pray a renewed sense of joy in the privilege we have to serve the people of God every week. If you're not currently serving on a team, ask God for an open door and opportunity to get connected to the right team.

Jan. 24th	With only a few days left to the 21 Day Challenge, the spiritual battle only gets tougher. Let's pray for an overflow of God's power and perseverance for your church family and for their desire to be a light in this world to grow all the more.
Jan. 25th	Spend time in prayer for your family. Ask the Lord to help you to honor your parents. If you are a parent, ask God to help you nurture, equip and love your children with the love of Jesus.
Jan. 26th	The Lord has a specific calling on each of our lives. Spend some time asking Him to reveal that plan to you, if He hasn't done so already, and for the courage to walk it out daily.
Jan. 27th	Begin to pray for the abused, the orphan and broken families. Ask God to make His presence and His love known in their lives and to heal the broken areas of their heart.
Jan. 28th	Pray for 2023 and ask God to continue to give you the strength to maintain the spiritual disciplines you've established at the beginning of this year. Ask the Lord to continue to take you to a new level this year and to not be satisfied with convenient or cultural Christianity, but be driven to true apprenticeship to Jesus.
Jan. 29th	Pray for today's church services that as we gather together, we would sense a greater level of expectation, boldness and excitement for the things God has prepared for us. We're believing that we, as a church, will be stronger than ever before as a result of this period of prayer and fasting!

SUN	MON	TUE	WED	THU	FRI	SAT
-	2	33	4	5	9	7
80	9 Growth in 2023	10 Audacious sharing	11 Our Nation	12 Mission leaders	13 Cultural boldness	14 Church Leadership
15 The Unsaved	16 21 Day Partners	17 Broken Patterns	18 The Sick	19 Our Sphere of Influence		21 SV Sunday Services
22 Economic Issues	23 Church Volunteers	24 21 Day Finish Strong	25 Family Strength	26 Courageous Calling	27 The Abused & Broken	28 Consistency in 2023
29 Anticipation during Service	30	31				

## RESOURCES

## **Disclaimer:**

These recommendations are not an endorsement of everything that these authors and speakers teach on and/or their specific doctrines. These are only resources that have been beneficial in my development in the area of the Spiritual Disciplines or Spiritual Formation. I hope they will serve you well as they have served me.

### **Books**

- Invitation to a Journey by M. Robert Mulholland Jr.
- Strengthening the Soul of Your Leadership by Ruth Haley Barton
- Emotionally Healthy Spirituality by Pete Scazerro
- The Spirit of Disciplines by Dallas Willard
- Ruthless Elimination of Hurry by John Mark Comer
- Sacred Rhythms by Ruth Haley Barton
- Rhythms of Renewal by Rebekah Lyons

## **Podcast**

- Cleaning up the Mental Mess with Dr. Caroline Leaf
- · Rule of Life by Practicing the Way
- Cultivate with Kelly Minter
- John Mark Comer Teachings