

Christian Tabernacle Church of God, Inc. | 2033 11<sup>th</sup> Street NW, Washington, DC 20001



# *2022 Prayer and Fasting Guide*

Twenty-One Days of Fasting and Praying for Spiritual Renewal and Deep Change

*January 23<sup>rd</sup> - February 12<sup>th</sup>*

*2022 Theme:*

*“Moving Different”*

Elder Kevin Hart, Sr., Senior Pastor

Compiled by: Rev. Jocelyn Blount



Dear Tab DC Family,

January is a special month for The TAB DC. Not only is it the beginning of the New Year, but it is also the month where we start a period of spiritual cleansing and consecration to reset our natural and spiritual lives for the year ahead. This month, we have set aside time to pull away from our everyday preoccupation and focus on drawing closer to God. Fasting is deliberately not eating food to reach a spiritual goal and achieve a spiritual purpose. The priority is to submit our wills to God and allow Him to draw us into a place of heightened spiritual awareness. Your focus during this fast should not be on what you cannot eat physically but what you can eat spiritually. This is a period of consuming on another level in God.

Our church theme for 2022 is "Moving Different!" In 2022, our moves are different, but our God is the same. We cannot possibly go back to business as usual with all that we have experienced and survived over the last 22 months. We must move differently while still depending on God's omniscience, omnipresence, and omnipotence. "What do you want me to do for you?" This is the question that Jesus asked blind Bartimaeus after he kept shouting and got Jesus' attention. This question will set the tone for your year personally and our year corporately. You have gotten God's attention; now, what you desire from God will require your discipline if you want to discover it. Desire + Discipline = Discovery.

Throughout the year, we will study, explore, and discover some biblical and practical principles that we can use to move differently this year. In addition to moving differently, we will also focus on strengthening our relationship with God, each other, and the community and embracing a business model. We will accomplish none of this in our own wisdom or power – we are entirely dependent on God. Therefore, during this time, we must look to God's word and the voice of God to guide and empower us to fulfill our mission and vision.

This season of prayer and fasting will be aided and accompanied by several tools and supports such as a Biblical guide to fasting, a prayer guide for each of the 21 days that includes a focus Scripture, and our prayer line, where we will be praying around the clock. So, will you join me for the next 21 days in praying for God's leading in our personal lives and the collective life of our church? Will you take the time to fast, giving up physical sustenance to be filled spiritually by God in preparation for this season of moving differently? Will you pray perpetually, expecting that God will display His power and faithfulness to us in this season? I believe as we come together, fully submitted to God in praying and fasting, God will manifest His power and provision in unprecedented ways.

Blessings,

Pastor Kevin Hart Sr., M.Div.



## Connect With the TAB DC Prayer Line

Join us for online prayer and devotion.

Telephone: 1-605-468-8000

Access Code: 1085492#

Daily: 12 am, 3 am, 6 am, 9 am, 12 noon, 3 pm, 6 pm, 9 pm

Share Your Experience Online  
Use the hashtag #TheTabDC

### Members of the Prayer Ministry

Elder Lauraline Gregory, Ministry Lead  
Minister Lenicia Smith      First Lady Darlene Hart  
Brother John Diggs          Sister Alfreda Hadley  
Minister Christal Wooten    Elder LaKeisha Williams  
Bro Darrell Goodwin        Elder Charles Ramsey



## Four Types of Fasts

Fasting is reducing the amount of food or liquids consumed over a specified period. When one abstains from eating for medical reasons this is referred to as detoxification of the body through the limiting of food. However, fasting is one of the means by which we develop a deeper life and faith in God. During the period in which one is fasting, time is set aside for prayer, reading Scripture, and meditation. Sometimes people will engage in doing good deeds as a part of their time of consecration.

There are several types of fasting. The one you choose is between you and God. He will honor your best sacrifice for spiritual renewal and deep inner cleansing.

Type one—a **Full Fast**. Drink only liquids. This is a normal fast in which one may abstain from eating food, although one may drink liquids over a specific time period.

Type two—a **Partial Fast** from 6:00 am to 12:00 pm, or from sunup to sundown. A partial fast is when one limits the amount of food or liquids for a specific period of time.

Type three—an **Absolute Fast** where one ceases to eat or drink for a specified period of time. You should consult your family physician before beginning a fast. If there are severe medical reasons that will limit your ability to fast from food or water, you should **not** attempt to do this. Rather, look for other ways that you can fast or participate, such as limiting how much time you spend watching television or surfing the Internet.

Type four—**The Daniel Fast**. Eat fruits and vegetables, drink water and juice. **No** meats, sweets, or breads. The website <https://draxe.com/daniel-fast/> provides information about the benefits of implementing aspects, if not all, of The Daniel Fast during our time of prayer and fasting. Additional references are cited in the End Notes and the Resource section of this guide.

May you go forth with joy and be led by His peace during our time of Spiritual Renewal.



## The Daniel Fast

There are two references in the book of Daniel from which “The Daniel Fast” is drawn. Daniel, Chapter 1, describes how Daniel and his three friends ate only vegetables and drank only water. At the end of a 10-day trial period, Daniel and his friends appeared healthier than their peers who ate the rich foods from the royal table.

In Daniel, Chapter 10, Daniel fasts abstaining from pleasant food, meat, and wine. You too can gain a healthier body and clearer mind by following this fast in moderation.

### Tips

- Engage in lots of prayer; we need God's strength and guidance.
- Keep your diet simple. Avoid highly processed foods in favor of simply prepared or raw vegetables.
- If for any reason you eat something you should not have during the fast, it is better to ask for forgiveness and continue than to stop the fast.
- If you are experiencing weakness or headaches, drink at least **8** glasses of water each day. Often, we do not understand just how much our body needs water, especially when fasting.
- Be careful not to drink too much water, because too much liquid can be as bad as not enough.
- Set a goal for how long you will fast. Ultimately, you may want to continue The Daniel Fast longer than first intended.
- Have a healthy stash of nuts on hand, especially at work to avoid those co-workers who always want to feed you.
  - You may want to supplement your diet with a multi-vitamin.



## Warnings

- During the time of fasting you will face temptations; resist them in the name of Jesus Christ.
- When you have finished fasting, eat light meals and slowly build up to your normal diet.

## Things You Will Need

- A Bible
- A place and time(s) to pray
- A good variety of fruits and vegetables

### Scripture References for Fasting:

- Matthew 6:16-18; Matthew 9:14-15; Luke 18:9-14

### Relation to Prayer and Reading of the Word:

- 1 Samuel 1:6-8, 17-18; Nehemiah 1:4; Daniel 9:3, 20; Joel 2:12; Luke 2:37; Acts 10:30; Acts 13:2

### Corporate Fasting:

- 1 Samuel 7:5-6; Ezra 8:21-23; Nehemiah 9:1-3; Joel 2:15-16; Jonah 3:5-10; Acts 27:33-37

## Times for Prayer and Fasting

Two time periods are suggested for fasting and prayer:

**First**—a partial fast of six hours (6 a.m. – 12 noon).

**Second**—a full day fast of twelve hours (6:00 a.m. – 6:00 p.m.).



You can decide which fast works for you. Feel free to modify your fast according to your spiritual health and physical needs.

**Fasting will begin on Sunday, January 23, 2022.**

**Regular meals may resume on Saturday, February 12, 2022, after 6 pm.**

### **Using and Following the Prayer and Fasting Guide**

Many people spend a great deal of their lives complaining and looking for reasons why other people are not what we believe they should be. Deep inner personal change is one of the most difficult things to do, yet if we are willing to embark upon the journey, our lives, families, marriages, professions, and ministries will become so much more vibrant.

During the next twenty-one days, we will embark together on a journey of spiritual renewal and growth. Here are the steps to follow to get the most out of this period:

1. Resolve to follow the plan for the full twenty-one days, even when it looks like you cannot fulfill it. **Try not to miss a single day.**
2. Read the daily readings and take notes or write down your observations from what you glean.
3. Resolve to participate in one of the daily fasts – 6 or 12 hours. If you cannot fast every day, resolve to fast every other day or every third day. Establish how you will proceed. Consider The Daniel Fast, which is a partial fast that consists of fruits, vegetables, and water only. Eliminate all meat, dairy, and sugar products from the diet.



## DAY 1: Sunday, JANUARY 23, 2022

### Focus: Praying Around the Clock

### Scripture: Psalm 37:23-40 (NLT)

### Devotional Title: *The Source of Salvation* by Jack Gray

### Meditate:

Every person wants a life that is rich, full, abundant, and free. These good things satisfy the deepest longings of our heart. We receive these gifts by focusing on our creator God. Augustine, an early church leader, wrote these words to God: "Our hearts are restless until they find rest in you." Our inner peace comes when we turn our life over to God, who made us.

We yearn for a special relationship with God, but it can be hard for us to rest in him. We don't see God; we don't hear him or talk with him the way we do with people around us. Our relationship with God is different from every other relationship in life. God is unique.

How do I find and focus on God? Where do I get faith in God? What makes me feel that God and I belong together? Thankfully, knowing God is a gift from him. He reveals himself freely. David discovered that and wrote about it in Psalm 37.

You want the great life with God? Just ask for it. Jesus said, "Ask and you will receive, and your joy will be complete" ([John 16:24](#)). God wants us to ask for all kinds of things like this that are within his will for us (see [1 John 5:14](#)). Ask God to make himself known to you. He did that already when his Son, Jesus, died for you. This is the time for a right relationship with God!

### Pray:

How desperately I want a rich and right relationship with you, dear God. Thank you for giving it as a gift through the death and resurrection of your son, Jesus. Amen.



## **DAY 2: Monday, JANUARY 24, 2022**

**Focus: Praying Around the Clock**

**Scripture: Jeremiah 29: 11-14 (The Message)**

**Devotional Title: *God's Presence in Our Plan* by Arthur Schoonveld**

### **Meditate:**

Some years ago the well-known author James Michener wrote a book called *The Drifters*. It's a story about young students traveling aimlessly through Asia and Europe, drifting from one day into the next, without plan or purpose. Lots of people today are drifters too. Even if you have everything life has to offer, you can feel unfulfilled and without purpose, drifting from one day to the next. Or maybe you feel as if you've been cut adrift. For example, maybe you've lost your job and you don't see much of a future. Or maybe you've lost your spouse through death or divorce, and you feel as if you've reached the end of the road. Or maybe you just retired and you feel as if you've been put on a shelf. Or perhaps you're permanently disabled and you're not sure how you can go on. If you're feeling adrift for one reason or another, take heart from God's words to us through Jeremiah: "I know the plans I have for you ... plans to prosper you and ... to give you hope and a future." God does not want us to drift through life. He has a purpose and plan for each one of us. Whoever you are, ask yourself, "What does God have in mind for me? And how does God want to use me today so I can have hope and a future?"

### **Pray:**

Thank you, Lord, for your promise to give us hope and a future. Help us to see your purpose for us and to take comfort in you each day of this new year. In Jesus, Amen.



## DAY 3: Tuesday, JANUARY 25, 2022

### Focus: Praying Around the Clock

Scripture: Isaiah 43:18 – 19 (New Living Translation)

Devotional Title: *The Joy of Forgetting* by Joel Vande Werken

### Meditate:

Do you like new stuff? Many of us do. Part of the excitement for kids as they open presents at Christmas or on their birthday is that they're getting something new. Older family members may get excited about new clothing, a new vehicle, or even the fresh smell of new carpet in their home.

Yes, we like new things. But it's also possible to get stuck in the past. Some of us may have a nostalgic hope that we can recover the "good old days," and others of us may be locked face to face with a past we can't escape. Maybe we feel stuck by the circumstances of a broken home, or of sins we now regret, or of injustice that has been done to us.

Though Christians do not ignore the past, faith in Christ always challenges us to look forward. Our goal is not "change for the sake of change," as if new things by themselves could give us hope and fulfillment. But Isaiah reminds us of the only One who brings lasting change: "I am doing a new thing!" God says.

We can find joy in forgetting our past only when our future rests on the change Christ works in us. Because of the cross, we can experience the joy of forgetting our sinful past ([Philippians 3:13-14](#)) and pressing on as new people in Jesus Christ.

### Pray:

God of new beginnings, thank you for a fresh start in Christ. Help us to leave behind our sin and to live joyfully for him. In Jesus' name, we pray. Amen.



## DAY 4: Wednesday, JANUARY 26, 2022

**Focus: Praying Around the Clock**

**Scripture: Acts 17:24 – 28 (New Living Translation)**

**Devotional Title: *In Heaven* by Kurt Selles**

### **Meditate:**

Where is heaven? We aren't told. But Jesus promises to bring us there. And one day we will live with God forever in the new heaven and new earth ([Revelation 21:1-5](#)).

When we pray with Jesus, "Our Father in heaven" ([Matthew 6:9](#)), we confess the awesome greatness and power of God. We assert, as the Bible does, that God rules the cosmos. He created the universe. He rules over all the earth, from the smallest nation to the grandest empire. And we rightfully bow before God in worship.

God reigns—and this should give us great comfort. He's not like a "Wizard of Oz" pretending to be someone in charge. And he didn't simply wind up the universe like a clock and then leave it to tick on its own. God really can and does actively govern everything that happens in our world, including all that happens to each of us.

Because of who God is, when we pray to our Father in heaven, we can be assured that he hears and answers our prayers. By his knowledge and power and in his timing, God promises to give us just what we need. So we trust in him to provide for us.

When you pray today to our Father in heaven, trust that the one who rules and sustains the universe can and will hear and answer your prayers.

### **Pray:**

Our Father in heaven, maker of heaven and earth, we worship and adore you. Thank you for loving us and answering our prayers. Amen.



## DAY 5: Thursday, JANUARY 27, 2022

**Focus: Praying Around the Clock**

**Scripture: Psalm 17:1 – 6 (New Living Translation)**

**Devotional Title: *The Shelter of God's Wings* by John Witvliet**

**Meditate:**

In Psalm 17 we find an image that speaks not only about protection but also about comfort, nurture, and warmth.

It takes some imagination to think of ourselves as little birds flocking to God, who hovers over us with wings that surround us, protect us, and nurture us.

This image speaks to a profound need that we all have from the day we are conceived and begin to grow in the safety of our mother's womb: the need to be nurtured.

Tiny babies love to be cuddled. And, truth be told, the parents, the guardians, the grandparents who offer those cuddles need them just as much.

When it comes to hiding in God's protective embrace, both CEOs and the homeless stand in line. Both the exalted and lowly among all the earth's people find refuge in the shadow of God's wings ([Psalm 36:7](#)).

It doesn't matter how isolated, how lonely, or how afraid of emotions you might be: the Bible invites you to imagine God, in part, as the Lord who not only governs the universe but also shelters you with comforting, bird-like wings.

This God not only protects you but also nurtures you.

**Pray:**

Strong, loving God, open our eyes to see you as the nurturing presence in our lives. Truly your embrace offers us more than anyone or anything else on earth can provide. Amen.



## DAY 6: Friday, JANUARY 28, 2022

### Focus: Moving Different

### Scripture: Colossians 3:1 – 17 (New Living Translation)

### Devotional Title: *Wolves* by Jack Roeda

### Meditate:

Elizabeth Berg in the novel *The Year of Pleasure* tells about a Navajo grandfather who says to his grandson: "Two wolves live inside me. One is the bad wolf, full of greed and laziness, full of anger and jealousy and regret. The other is the good wolf, full of joy and compassion and willingness and a great love for the world. All the time these wolves are fighting inside me."

"But grandfather," the boy said, "which wolf will win?"

The grandfather answered, "The one I feed."

It's a good story. There are times in all of our lives when it's most helpful to ask, "Do I really want to feed this anger? Or this lust? Or this envy? Paul appears to say something similar in our passage when he tells us to get rid of--to starve--sinful practices.

Yet the story, as good as it is, is incomplete. It assumes that the self who chooses whether to feed the good wolf or the bad wolf is untainted in its judgments. But, of course, it isn't. The ways of the good and bad wolves infect the very core of our being. We rationalize and justify our sins all the time; we're masters at putting a good face on the evil we do.

Paul tells us not only to starve our sinful practices but also to drown our old self in the waters of baptism so that we may put on the new self, Christ.

### Pray:

Lord Jesus, we want you on the throne of our lives to guide us in all our decisions, all we think, say, and do. Be the Lord of our lives, we pray. In your name, Amen.



## DAY 7: Saturday, JANUARY 29, 2022

**Focus: Moving Different**

**Scripture: Colossians 4:5 – 6 (New Living Translation)**

**Devotional Title: *Prayer* by Jack Roeda**

**Meditate:**

To be devoted to something means to continue steadfastly and to persist in it. It's worth noting that in the New Testament it is about prayer more than anything else that we are told to persevere, to be tenacious.

In his book *The Life You've Always Wanted*, John Ortberg says prayer is learned behavior; no one is born an expert or ever masters it. We're always just beginners.

How, then, is prayer learned? I don't think it happens by mastering a set of techniques, though techniques may be helpful. Prayer is learned as we are mastered by the resurrection. Prayer operates in a resurrection atmosphere. It requires a commanding sense of God's presence, of being a citizen of the kingdom of God. John Piper writes that prayer is not a hotel intercom that we use occasionally for room service; it's a walkie-talkie that keeps us at all times in touch with headquarters.

Pray and be watchful, says Paul, using the imagery of guard duty and keeping alert. We are engaged in a spiritual war. The world seeks to squeeze us into its mold; the routine of ordinary life lulls us into complacency, blinds us to the great mystery of our place in Christ's kingdom. Be watchful.

And be thankful. We are watchful not in a spirit of fear but with confidence that our resources in Christ are greater than whatever the opposition can throw at us.

**Pray:**

Almighty God, enable us through your Spirit to keep the lines of communication open with you, that we may be watchful, wise, and effective in the way we act toward others. Amen.



## DAY 8: Sunday, JANUARY 30, 2022

**Focus: Moving Different**

**Scripture: Joshua 3:1 – 17 (New International Version)**

**Devotional Title: *Confidence* by Arie Leder**

### **Meditate:**

“Come here and listen to the words of the LORD your God,” Joshua said to Israel. Our verses today reveal how “the LORD of all the earth” would show that he is the one true God.

The gods of other kings had been worthless in defense of their people ([Joshua 2:10](#)). How would Baal compare as the Canaanites’ storm god, believed to bring rain and fertility?

It was harvest time, and the Jordan River was filled to overflowing. To the Canaanites it would appear that Baal had blessed them and was defending them. Surely no army could cross the great barrier of the swollen river. Still, everyone had heard of the Israelites’ crossing at the Red Sea (see Exodus 14-15; [Joshua 2:10](#)).

It’s foolish to put confidence in worthless gods. When the feet of the servants of the Lord, who created heaven and earth, touched the flooded Jordan, the waters receded. In his presence God’s people passed through on dry ground.

The waters of the Jordan provided bountiful harvests. But it was not Baal who sent the rains to fill Canaan’s rivers. Only the Lord God of Israel sent the rains to bless the land. Earth’s vast resources are God’s gifts for good living, but those resources themselves do not deserve our trust.

Trust in God and in his Son, Jesus, who stills stormy waters, and feeds thousands, to this very day. (See [Mark 4:35-41](#); [6:30-51](#).)

### **Pray:**

Help me to trust only in your power, O Lord, my Rock and my Redeemer. Amen.



## **DAY 9: Monday, JANUARY 31, 2022**

**Focus: Servanthood**

**Scripture: Matthew 20:26**

**Devotional Title: *Great Service* by Norman Brown**

**Meditate:**

Service is a self-evident spiritual discipline. The Son of Man set the lowest benchmark possible to challenge our ideas of authority. He washed his disciples' feet and willingly died for them. When we think we've done enough, remember Jesus.

In today's verses, we read of a proud mother intervening for her sons to get prime positions in Jesus' kingdom. "Whoever wants to become great among you," Jesus responds, "must be your servant." And basically being a servant can be summed up in doing whatever it takes for whoever needs it. Jesus went so far as "to give his life as a ransom for many."

We can serve in many ways. Jesus washed his disciples' dirty feet. I once witnessed a well-known Christian leader bend down to pick up trash on a retreat. Perhaps you mow an elderly neighbor's lawn, or just refuse to bear false witness against her. It's also a service to receive gratefully from someone serving you.

As we grow in the grace of serving, we'll find more opportunities to serve. We can know we're mastering this discipline when we find ourselves serving without a second thought. Serving will have become second nature. Then, perhaps, our neighbor will ask us why and we can point them to Christ Jesus. They may want to know him too—and that would be a *great* service indeed!

**Pray:**

Lord Jesus, you served us by dying for us. Help us to serve you by serving our neighbors. Make us humble, we pray, in your name. Amen.



## DAY 10: Tuesday, February 1, 2022

**Focus: Servanthood**

**Scripture: Philippians 2:3-4**

**Devotional Title: *Servant Hospitality* by Lloyd Wicker**

**Meditate:**

What does greatness look like? People are drawn to celebrities. I can remember times when I've been able to shake the hand of a celebrity—feeling my heart race and fumbling over my words. Fame tends to distort our perception of the qualities we should admire and aspire toward. It is always refreshing to see people who are able to remain humble even though they have reached great heights in their life. It is also rare.

If anyone deserved celebrity treatment, it was Jesus. Yet that is not what happened. Instead, Jesus came to show us what true greatness really looks like and what true greatness does. Jesus' ministry on earth was a ministry of humble service. There was nothing pretentious about him. He didn't expect special treatment. He did not chase after fame. In fact, on more than one occasion, he told others to remain quiet about what they had seen him do or hear him say.

What we learn from Jesus by his example is the importance of putting the needs of others ahead of our own. Our life is not about the pursuit of comfort or recognition. On the contrary, in pursuing God's purposes, our life is second. This is one characteristic about Jesus that we can and should imitate. We are never more like Jesus than when we are serving others.

**Pray:**

Father, in our desire to be more hospitable, create in us a heart that aims to serve others in Jesus' name. May we discover that true greatness is not in fame or position but in humble service. Amen.



## DAY 11: Wednesday, February 2, 2022

### Focus: Business Model

Scripture: Luke 19:11 – 13 (NKJV)

Devotional Title: *Great Expectations* by Reginald Smith

### Meditate:

In the days before World War II, German theologian Helmut Thielicke wanted the kingdom of Adolf Hitler to fall quickly. He trusted Jesus would bring in a new era of freedom if the German people read the Word and prayed earnestly for him to come. He publicized a Bible study and waited for crowds to fill up the church. God gave him two old women and a much older organist. Thielicke did not think he could take on the German military machine with a nursing home army. Thielicke did not want the crew Jesus provided.

Jesus tells a parable about using the resources God has given us. A king goes away for a time, and he gives his servants money to use wisely while he is gone. Those servants include you and me as we wait for Christ's return. What is he expecting from us while he is away?

First, that we not sit on our gifts but use them to expand the kingdom. We've been given treasures of blessings, not to hoard for ourselves but to bless others.

Second, that we prepare a report on our use of the king's gifts. There are no exceptions, only expectations.

Third, that we not be lazy out of fear. One servant was judged "wicked" for playing life too safe.

King Jesus expects us to bless and extend the kingdom he is building through us. He expects us to put our gifts to work until he comes back. Let's get to work!

### Pray:

Dear Lord, help me to think creatively in using my gifts to please you. Help us all to get to work. By your Spirit, may we be faithful servants. In your name we pray. Amen.



## **DAY 12: Thursday, February 3, 2022**

**Focus: Business Model**

**Scripture: 1 Chronicles 12:32**

**Devotional Title: *Understanding the Times* by Ethan Longhenry**

**Meditate:**

We can think of so many times, and on so many issues, where many people of God understood the times, stood up, and boldly proclaimed what the people of God ought to do. Meanwhile, we also see many of their contemporaries who were more than content to follow after “Ishbaal,” to maintain convention or to hold on to some tradition or ideal past its expiration. In the twenty-first century we need men and women who have understanding of the times, who know what the people of God ought to do, to rise up and do so. When our descendants read of our exploits, will they see in us an understanding of God’s purposes for our lives and that we sought to manifest it despite opposition and risk? Will we prove willing to make difficult stands, to choose to follow the ways of God even when others mock them, deride them, and seek to shame those who stand up for them? Let us stand firm for the Gospel of Christ, manifest its message in our lives, and proclaim it to others!

**Pray:**

Dear Lord, help me discern the times and seek you for guidance and instruction.



## DAY 13: Friday, February 4, 2022

### Focus: Business Model

### Scripture: Proverbs 16:3

### Meditate:

The wisdom of the world is foolishness to God but the wisdom of God is life and health to those that obey Him, and if only we could take this simple instruction to heart and carry it out to completion, we would be walking in the way of the Lord and living in spirit and truth.

Every believer is called upon to commit his works and activities unto the Lord, but all too often we discover ourselves trying to carry out the works that He has prepared for us to do, in our own strength and not in the power of the Holy Spirit. God will never carry out His plans and purposes in the strength of the old "me". God has purposed to carry out the works and activities of my life through my new life in Christ - my new, born-again nature.

God can never carry out His work through a heart that is anxious, disobedient or fearful.. nor can he achieve His purpose in our life if we are proud or seeking our own glory for anxiety, disobedience, fear, pride and vainglory all emanate from our old sin nature. God's will only works through our new-life in Christ until Christ is all in all to the glory of God the Father. The best way to be assured that our plans will be achieved is to dedicate our ways and works to the Lord and be willing to say, Thy will be done.

Source: <https://dailyverse.knowing-jesus.com/proverbs-16-3>

### Pray:

Heavenly Father, today I commit all my works and activities to You. Please work through me, so that Your plan for my life will reach their full fruition, to Your praise and glory, AMEN



## DAY 14: Saturday, February 5, 2022

### Focus: Business Model

Scripture: 1 Corinthians 15:10

Devotional Title: *Twinkle, Twinkle Little Star* by Charles Geschiere

### Meditate:

Along with spending time in prayer and meditation on the Scriptures, Jonathan Edwards regularly walked or rode his horse alone in forests and meadows, often losing himself in deep contemplation of nature's beauty. In nature he saw the higher spiritual excellencies of its Creator. Ever the student, he looked for spiritual truth and practical life lessons in his study of God's world. To remember his observations, he wrote them on pieces of paper and pinned them to his shirt. As a result, he often returned home covered with tiny papers!

As he thought about the contrast between people who had true religious affections for Christ and people who were merely moved by their emotions to claim faith in Christ, Edwards noted the difference between a meteor and a star. A meteor, making its path across the night sky, is a marvelous sight to behold—and yet it is short-lived. It quickly ignites, displays its beauty for a few moments, and burns up. A star, on the other hand, while less flashy, shines brightly and permanently night after night for all to see.

A true convert is like a star, not a meteor. "Gracious affections cause [people] to be holy in all their practice. In turn, this helps them to persevere all the time. True grace is not inactive," says Edwards. With the light of Christ in our hearts, we will always shine brightly.

### Pray:

"Christ, whose glory fills the skies, Christ, the true and only Light . . . fill me, Radiance divine . . . more and more thyself display, shining to the perfect day!"  
Amen.



## DAY 15: Sunday, February 6, 2022

### Focus: Strengthening Relationship with God

### Scripture: Proverbs 3:5-6

### Devotional Title: *Our Heavenly GPS* by Sergei Sosedkin

### Meditate:

The statistics are out, and it doesn't look good. According to a national survey of car owners, nearly 60 percent of drivers in the United States get lost a few times each year. Imagine! But you don't have to live in the U.S. to know the helpless feeling of being disoriented. I regularly get lost in the Russian cities I visit too.

Experts maintain that getting lost wastes our time, energy, and resources. Sometimes it can even put us in danger. Their advice is simple: before you go anywhere, make sure you have the right directions--or, better yet, a global positioning system (GPS) for navigating.

This month let's reflect together about our spiritual journey: its beginning and destination, its sharp turns and slowdowns, its challenges and blessings. Today's Scripture gives us a crucial piece of advice for every successful journey of faith. Before we can start "driving," we have to fully trust the Lord. The Bible often calls the Lord our Shepherd. In today's terms, we could say God is our GPS. Trust in this GPS, and you'll never get lost!

The Lord warns us against thinking we are smart enough to figure out our own way. He doesn't even want us to follow other belief systems. He tells us to turn to him in every part of our spiritual journey. If we acknowledge the Lord's leadership, he will make our path straight and see us through.

### Pray:

Our Lord, we are lost and disoriented without you. That's why we turn to you for direction in our spiritual journey. Guide us and make our path straight, we pray. Amen.



## DAY 16: Sunday, February 7, 2022

### Focus: Strengthening Relationship with God

Scripture: Romans 4:13

Devotional Title: *I Belong to God* by Henry Kranenburg

#### Meditate:

I am my parents' child. I didn't earn it. I didn't buy it. I didn't plan it, ask for it, or even agree to it. I am my parents' child simply because my mom gave birth to me.

I could talk about laws of biology and physics as a way of explaining how I came to be. But that would miss the point. It would identify how I was reproduced from my parents, but it wouldn't explain how I am their child in terms of their desire and love for me.

I am also God's child. The reading from Romans for today explains that I am an heir to God's promise.

But for some reason we have a tendency to think our good deeds give birth to the inheritance God has promised—as if obedience to the law explains how we become heirs.

God says that “the promise comes by faith, so that it may be by grace.” This grace comes from God, who gives new life to what is dead and brings change to what needs changing. I am now a “reborn” me.

I am a child of God. I didn't earn it. I didn't buy it. I didn't plan it. God did it because of his desire and love for me.

Has God done this for you too? If you want him to make you his child, he will!

#### Pray:

Father God, I am your child in Jesus. I am an heir to your promise. Thank you for giving me new life and working your change in me. Help me to live for you. Through Christ, Amen.



## DAY 17: Monday, February 8, 2022

### Focus: Strengthening Relationship with Others

### Scripture: Romans 14:19

#### Meditate:

Paul is absolutely clear in all his teachings that the essentials of the Gospel of grace and the good news of salvation in Christ, where the incarnate Word of God died for our sins and rose again the third day must never be compromised. Paul denounces false teachers preaching another gospel in the strongest language possible and gives multiple warnings against following, 'another Jesus'.

But Paul also makes it very clear that in both Christian living, and in the non-essential of Christian doctrine, we need to be gracious, uncritical and living together in godly harmony. There should be no arguments on what to eat or what to drink, what day to worship or what ordinances to follow, for whether we live or die, eat or speak we are to do it to the glory of God.

The wonderful thing about the Christian life, in this church dispensation, is that in those non-essential doctrines we are given the grace to follow our own consciences - knowing that each one will give an account of their own lives to the Lord Himself.

The liberty of this age of grace is that we have not been placed under any required law - for we are living under grace. Because we are in Christ we have been set free from the law of sin and death - for when the Son set us free we are free indeed.

Let us therefore make every effort to do what leads to peace and to mutual edification. Let us aim for harmony in the church and try to build each other up in our most holy faith. Let us follow after the things which make for peace so that we may edify one another - and let us pursue what promotes a godlike tranquility in the body of Christ and build up one another in godly grace.

Source: <https://dailyverse.knowing-jesus.com/romans-14-19>

#### Pray:

Heavenly Father, forgive me for the times when I have allowed a critical spirit to interfere with godly harmony in the body of Christ. Give me discernment to know when to stand for the truth of the gospel of grace and when to refrain from ungodly criticism of others - and help me in all my dealings with my brothers and sisters in Christ, to demonstrate Your love, in Jesus name I pray, AMEN



## **DAY 18: Wednesday, February 9, 2022**

### **Focus: Strengthening Relationship with Others**

#### **Scripture: 1 Corinthians 16:14**

#### **Meditate:**

Love should be the guiding force in our daily lives. God is love and when we show love, we reflect His character. In a world that is harsh and unforgiving, we should shine His love around us. In everything you do today and in the future, remember to do it all in love.

Paul rounds off this list of commands with the command to love. Love is the underlying motivation and theme repeated many times throughout this letter to the Corinthians. He commands us in chapter 14 to “pursue love,” and now he broadens that pursuit to include everything said and done in our lives. We are to hold up our every thought and action against the highest standard—love.

Yes, we are to be strong, stand fast, and be brave but not at the expense of running over people. God is love and wants us to be the same. God cares what happens to individuals. It really matters to Him and it needs to matter to us too. George Muller, who started many orphanages without any personal salary, relied on God to supply the money and food needed to support the 100s of homeless children he took care of throughout his lifetime. A man of joyful faith, he kept a little sign on his desk for many years that brought comfort, strength, and uplifting confidence to his heart. It read: “It matters to Him about you.”

#### **Pray:**

Lord, may my life reflect Your great love to those around me. Let me not act out of character with the love I have received. Instead, let me be a dispenser of Your love to those I come in contact with. In Jesus' Name, Amen.



## DAY 19: Thursday, February 10, 2022

### Focus: Strengthening Relationship with Others

Scripture: 1 Corinthians 13: 6 – 7

Devotional Title: *True Love* by Kevin Adams

#### Meditate:

In 1929 Broadway tapped its toe to Cole Porter's catchy new song: "What Is This Thing Called Love?" Soon it became a jazz standard, later to be sung by Frank Sinatra, Ella Fitzgerald, and many others. More recently it was sung by Wynton Marsalis and Gwyneth Paltrow. And why not? It's catchy.

Maybe this song lasts because it asks a question any person would ask: "What is this thing called love?" Though the focus of this song is romantic love, we can think of this question asking about love in general, and people have all kinds of ideas about that.

Everyone seems to have a definition. A freshman says, "I love chemistry, but not calculus." A child says, "I love my cat." A woman in her twenties says, "I love my family." A middle-aged grocer says, "I love steak." A pastor says, "I love the church." An old hymn sings, "My Jesus, I love thee."

Jesus said the greatest commands are to love God and people ([Matthew 22:37-40](#)). He wants the agape love of God to characterize all his followers. All through the New Testament we are called and inspired and commanded to this selfless, unconditional kind of love. In [Galatians 5:22](#) Paul calls it "the fruit of the Spirit"—evidence of God's Spirit working in us.

So what is love? Jesus shows us on the cross.

#### Pray:

Father, you loved the world so much that you gave your only Son, that whoever believes in him can have eternal life. Thank you! Amen.



## DAY 20: Friday, February 11, 2022

### Focus: Strengthening Relationship with Others

Scripture: 1 Peter 4:8

Devotional Title: *Loving Means Using My Gifts* by George Vink

### Meditate:

Loving others includes using the gifts provided by God's Spirit. Each of us has talents and abilities we can use to bring glory and honor to God. In addition, we have spiritual gifts "for the common good" ([1 Corinthians 12:7](#)). As we find in Romans 12, 1 Corinthians 12, 1 Peter 4, and other passages, there are many gifts of the Spirit: prophecy, faith, giving, encouragement, wisdom, hospitality, and more. Each of us has at least one gift, and with it we can serve others and testify to God's grace.

Whatever gifts we have need to be used. That begins by recognizing and acknowledging what gifts we have. We need to discover our giftedness so that we can use it to express love. If we are reluctant or prefer to be modest in acknowledging our giftedness, let's remember that God equips those whom he calls.

Whatever gifts we are given are to be used for the sake of others. Our communities and our families need us to use our gifts. The effectiveness of the body of Christ is diminished when even one person decides to "sit on the gift" entrusted to them. As an ancient confession of the church, the Heidelberg Catechism, puts it, "Each member should consider it a duty to use these gifts readily and cheerfully for the service and enrichment of the other members"

### Pray:

Father, help us to recognize the gifts you have entrusted to us for the sake of serving others. We want to honor you. In Jesus' name, Amen.



## **DAY 21: Saturday, February 12, 2022**

### **Focus: Strengthening Relationship with Yourself**

**Scripture: 1 Peter 2:9-10**

**Devotional Title: *So Close* by Pete Byma**

#### **Meditate:**

Have you ever been close to something but not able to retrieve it? Maybe a package is waiting for you at the post office, but you can't get there to pick it up. Or maybe something is drifting away in the water, and you can't reach it. So close—and yet so far.

Is that how you sometimes feel in relation to God? You believe and trust him, but when prayers seem to go unanswered, it can feel as if God has forgotten you.

When we feel that way, it is good to remember that Jesus is our great High Priest. Because of human sin and all the brokenness that comes with it, there is a huge divide between us and God. But Jesus stands as our priest, our mediator who bridges the gap between heaven and earth. He reconciles us with God and invites us to receive the gift of salvation and new life with God forever.

The beautiful assurance we have in Scripture is that God calls us to be priests as well. Priests in the Old Testament cared for God's people by praying on their behalf and bringing God near to them. And now, because of Jesus, we can draw near to God as priests also.

I hope you experience this in worship today. As you pray and as you hear prayers in worship, you are drawing near to God. The Bible says we are a royal priesthood. It's a special calling as we pray and intercede for others

#### **Pray:**

Thank you, Lord, for calling us to be priests, for Jesus' sake. Lead us to be faithful in prayer, seeking your will and interceding for others. Amen.