



DAYS OF PRAYER AND FASTING

January 12th - February 1st, 2020



21

CALENDAR OF EVENTS

21 DAYS OF PRAYER & FASTING BEGINS

January 12th, 2020

NIGHT OF PRAYER

January 29th 6:45 - 8:00 P.M.

RSVP for Childcare at crossbridge.cc/21days

21 DAYS OF PRAYER & FASTING ENDS

February 1st, 2020



21

EVERY DAY PRAYER FOCUS

OUR HEART FOR THESE 21 DAYS IS FOR YOU TO DRAW CLOSER TO JESUS AND DEEPEN YOUR OWN PERSONAL RHYTHM OF PRAYER AND READING OF GOD'S WORD. WE ALSO ENCOURGE YOU TO STEP INTO THE DISCIPLINE OF FASTING AT LEAST ONCE DURING THESE 21 DAYS. YOU CAN FIND A TEACHING ON FASTING AT THE END OF THE BOOKLET.

ON THE NEXT PAGE ARE FIVE "EVERYDAY PRAYER FOCUS" POINTS TO HELP GET YOU STARTED. WE RECOMMEND STARTING HERE EACH DAY AND THEN TURNING TO THE "SPECIFIC DAILY PRAYER FOCUS" FOR EACH CORRESPONDING DATE DURING THESE NEXT 21 DAYS.

THE PRAYER PROMPTS WILL ALSO BE POSTED DAILY ON OUR SOCIAL MEDIA PAGES SO YOU CAN EVEN PRAY MULTIPLE TIMES A DAY.



EVERY DAY PRAYER FOCUS

Humble Ourselves: Confessing our sins and thanking God for forgiveness through Jesus

Seeking God: Declaring our dependence on God in every area of our lives

His Kingdom Come: Praying for spiritual renewal in our lives, church and city and for the completion of the Great Commission

Listening to the Spirit: Inviting God to lead us and speak to us through His Spirit and word

Believing God: Expecting God to work in answered prayer for our specific needs



DAYS OF PRAYER AND FASTING



21

JANUARY 12

PERSONAL GROWTH

“that the God of our Lord Jesus Christ, the Father of glory, may give you the Spirit of wisdom and of revelation in the knowledge of him, having the eyes of your hearts enlightened, that you may know what is the hope to which he has called you, what are the riches of his glorious inheritance in the saints, and what is the immeasurable greatness of his power toward us who believe, according to the working of his great might”

(Ephesians 1:17-19)

- Pray for God to use the next 21 Days to draw us closer to Him.
- Pray our faith would be strengthened and we would pray more in line with God’s character and power.
- Pray that we would take the next step of growth that God is calling us to in this season.
- Pray we would be inclined toward Jesus more and away from our sinful desires.



YOUR PRAYER TODAY



21

JANUARY 13

OUR LEADERS

Nation, State, and City

"First of all, then, I urge that supplications, prayers, intercessions, and thanksgivings be made for all people, for kings and all who are in high positions, that we may lead a peaceful and quiet life, godly and dignified in every way."

(1 Timothy 2:1-2)

- Pray that God would reveal himself to President Donald Trump and that he would be surrounded by Godly wisdom and counsel as he leads our country.
- Pray for Governor Greg Abbott and other elected officials making decisions for our state.
- Pray for other pastors leading churches in our city.



YOUR PRAYER TODAY



21

JANUARY 14

OUR CHURCH LEADERS

Our Pastors, Church Staff,
Community Group Leaders,
Servant Team Leaders, and Elders

"Now may the God of peace himself sanctify you completely, and may your whole spirit and soul and body be kept blameless at the coming of our Lord Jesus Christ. He who calls you is faithful; he will surely do it. Brothers pray for us."

(1 Thessalonians 5:23-25)

- Pray for the whole person of our leaders - that their body, soul, mind, and spirit would be kept blameless.
- Pray that they would look to Christ for their faithfulness in all things, their strength to keep doing ministry in the hard times, and their peace in the storms.
- Pray that the Holy Spirit would give Himself generously to each of them.



YOUR PRAYER TODAY



21

JANUARY 15

OUR CITY

Sugar Land, Richmond,
Missouri City, Katy,
Greater Houston Area

*"...that they may all be one, just as you, Father,
are in me, and I in you, that they also may be in
us, so that the world may believe that
you have sent me."*

(John 17:21)

- Pray that churches would be unified in making Jesus famous throughout our city.
- Pray that believers in our city would be bold in their faith and obedient when the Spirit draws them to share the gospel with others.
- Pray for other churches in our city that God might bless their ministries.



YOUR PRAYER TODAY



21

JANUARY 16

OUR NATION

That our country will
experience an outpouring of
God's Spirit

"For as the earth brings forth its sprouts, and as a garden causes what is sown in it to sprout up, so the Lord God will cause righteousness and praise to sprout up before all the nations."

(Isaiah 61:11)

- Pray that the Spirit would soften the soil so the seeds of the gospel can spring forth new life across our nation.
- Pray for leaders to rise up and take a stand on scripture with boldness.
- Pray for God to strengthen, convict, and grow the church.
- Pray for Christians to be generous so the funding will be readily available to plant new churches.



YOUR PRAYER TODAY



21

JANUARY 17

OUR WORLD

Pray for the missionaries and global organizations that we partner with to make Jesus known in the world.

*"Therefore God has highly exalted him and bestowed on him the name that is above every name, so that at the name of Jesus every knee should bow, in heaven and on earth and under the earth, and every tongue confess that Jesus Christ is Lord, to the glory of God the Father."
(Philippians 2:9-11)*

- Pray for nations who are in the bondage of Satan to be set free through the power of the Spirit.
- Pray for missionaries to be called out and sent to spread the good news of the gospel.
- Pray our missionary partners would be encouraged in the Lord and be fruitful in their ministries.



YOUR PRAYER TODAY



21

JANUARY 18

OUR CHURCH

For our people to be filled with the Spirit and develop a deep spiritual vibrancy and zeal for God

"And when they had prayed, the place in which they were gathered together was shaken, and they were all filled with the Holy Spirit and continued to speak the word of God with boldness."

(Acts 4:31)

- Pray that the Spirit would lavish himself on our church, filling each individual believer so the overflowing of God's love is abounding.
- Pray for new passion, fresh faith, and genuine worship to sweep in and throughout our congregation.
- Pray that the spiritually weak/dry would be revived with new growth for God's glory.



YOUR PRAYER TODAY



21

JANUARY 19

OUR VISION

To make growing followers of
Jesus Christ that know God,
grow together and make a
difference

"So I do not run aimlessly;..."
(1 Corinthians 9:26)

- Pray that our church will carry out the will of God through advancing his Kingdom.
- Pray that our people will live free in Jesus, discover and live out their calling, and begin to make a difference in the world around them.
- Pray that all who come through the doors of Crossbridge will have a life-changing encounter with Jesus.
- Pray Crossbridge would be a place that welcomes people far from God and our partners would always be aware of them.



YOUR PRAYER TODAY



21

JANUARY 20

OUR FUTURE

Pray as we begin to make plans
and move forward with building
on our property.

*"Unless the Lord builds the house, those who
build it labor in vain."
(Psalm 127:1)*

- Pray God will provide the financial resources needed to build our first phase on our 14.5 acres.
- Pray that God will use this property and all facilities on it as a tool to see people come to know and follow Jesus.
- Pray that we use this property to make Jesus known widely in our area and beyond, seeing 1000s of people meet Him for the first time.
- Pray for our leaders to have wisdom and discernment as decisions are made about our new facility.



YOUR PRAYER TODAY



21

JANUARY 21

LOCAL MINISTRY PARTNERS

Who are serving the least of
these in our area

*"Truly, I say to you, as you did it to one of the
least of these my brothers, you did it to me."
(Matthew 25:40b)*

- Pray God uses these ministries to not just minister to the physical needs of people, but to their spiritual needs as well.
- Pray that God would lead more people to volunteer with these ministries who are serving our area.
- Pray that God would continually provide for these ministries' financial needs.



YOUR PRAYER TODAY



21

JANUARY 22

CHURCH PLANTING PARTNERS

- Acts 29 Network - Houston Church Planting Network
- Providence North Community Church (The Woodlands, TX)
 - Sojourn Montrose (Houston, TX)
- Restoration Community Church (Houston, TX)
 - Grand Central Church (Conroe, TX)
 - Ridgeline Church (Salt Lake City, UT)

*"...through the church the manifold wisdom of God
might now be made known to the rulers and
authorities in the heavenly places."
(Ephesians 3:10)*

- Pray for the churches we partner with through the Acts 29 Network, that they will be gospel-centered, life-giving churches that see God move in miraculous ways so that more and stronger disciples of Jesus are made.
- Pray that these churches will be protected from the plans of the evil one.
- Pray that God will help these churches and organizations stay healthy, centered on Christ and life-giving to their communities.
- Pray 1000s and 1000s of people will become Christians through these efforts and the name of Jesus will be praised by more.



YOUR PRAYER TODAY



21

JANUARY 23

SERVANT TEAMS & COMMUNITY GROUPS

Pray for the leaders, that people's lives are changed as they serve and lives are changed through their service.

"And let us consider how to stir up one another to love and good works, not neglecting to meet together... but encouraging one another..."
(Hebrews 10:24-25)

- Pray that the leaders of each servant team and community group feel valued in the Kingdom and expectant of what God wants to do through their ministry.
- Pray that every person who walks through the care of these ministries will be gospel-changed and encouraged in their faith.
- Pray that each and every community group has true, genuine community and trust would form within the group and walls would come down as the Spirit moves each week.



YOUR PRAYER TODAY



21

JANUARY 24

UNFINISHED GENEROSITY INITIATIVE

That we would grow deeply in our discipleship through giving of our resources to fulfill the mission of the gospel

*"Each one must give as he has decided in his heart, not reluctantly or under compulsion, for God loves a cheerful giver."
(2 Corinthians 9:7)*

- Pray that our church would continue to obey the leading of the Holy Spirit about their personal giving and would continue to faithfully and sacrificially give financially.
- Pray that those on the Unfinished journey would be strengthened and encouraged to finish their commitment in the strongest way.
- Pray that God would lead everyone in our church to take their next step in giving financially in obedience to the Lord.



YOUR PRAYER TODAY



21

JANUARY 25

CB KIDS & FIFTY6

That our children will be drawn
to God as they grow in an
understanding of who He is and
what He has done for them

*"But when Jesus saw it, he was indignant and said to them,
"Let the children come to me; do not hinder them, for
to such belongs the kingdom of God."*

(Mark 10:14)

- Pray for the leaders of these ministries to be filled with the Holy Spirit and wisdom when teaching our kids.
- Pray that God would use this ministry to reveal himself to as many kids as possible through their teaching, worship, and games.
- Pray for volunteers to rise up and be a vital part of this ministry.



YOUR PRAYER TODAY



21

JANUARY 26

CONNEXUS STUDENT MINISTRY

That our teenagers will take
ownership of their faith and
learn to live in accordance with
the gospel of Jesus

*"Let no one despise you for your youth, but set the
believers an example in speech, in conduct, in love,
in faith, in purity."
(1 Timothy 4:12)*

- Pray that the students of Crossbridge would learn what it means to own their faith and live it out in a way that shows the world there is something different about them.
- Pray that our students would be bold to live differently and have the strength to walk away from the temptations this world throws at them daily.
- Pray for the leaders of this ministry to have wisdom in guiding them through sensitive issues and to be a worthy example for students to follow.
- Pray for volunteers to rise up and be a vital part of this ministry.



YOUR PRAYER TODAY



21

JANUARY 27

BIBLE READING & PRAYER

That our church will grow deeply in
discipleship as we pour ourselves
into the Bible and into Prayer

*"...if my people who are called by my name humble themselves,
and pray and seek my face and turn from their wicked ways,
then I will hear from heaven and will forgive their sin and
heal their land."*

(2 Chronicles 7:14)

- Pray for our members to have a passion and desire to read God's word daily.
- Pray that we will collectively understand the importance of prayer and will practice that discipline daily.
- Pray that God will use your personal time with Him to change your heart to match His will for you and others.



YOUR PRAYER TODAY



21

JANUARY 28

FAMILIES & MARRIAGES IN OUR CHURCH

*"Your wife will be like a fruitful vine within your house;
your children will be like olive shoots around your
table. Behold, thus shall the man be blessed
who fears the Lord."
(Psalm 128:3-4)*

- Pray for God to protect the families of our church from the schemes of Satan.
- Pray for struggling marriages to be restored and reunited.
- Pray for parents to have wisdom in their decisions regarding their children.
- Pray for the broken parts of hurting families to be healed and strengthened.
- Pray for fathers to step up and be leaders in their homes.



YOUR PRAYER TODAY



21

JANUARY 29

NEW CROSSBRIDGE LEADERS

*"...what you have heard from me in the presence of
many witnesses entrust to faithful men who will
be able to teach others also."*

(2 Timothy 2:2)

- Pray that God would raise up new leaders to continue to take our mission and ministry forward to what He has called us to do.
- Pray for our Staff as they seek to develop new leaders to lead Community Groups, Servant Teams and new ministry endeavors, that they would have discernment.
- Pray that those who are ready to lead in an area but have not yet stepped up will be bold and take the next step God is calling them to.
- Pray that we would have enough Community Group Leaders to care for all the people God is drawing to our church.



YOUR PRAYER TODAY



21

JANUARY 30

PERSONAL FREEDOM & DELIVERANCE FROM SINS

*"If we confess our sins, he is faithful and just to
forgive us our sins and to cleanse us from
all unrighteousness."
(1 John 1:9)*

- Pray for God to search your heart and reveal to you anything that is not pleasing to him.
- Take time to confess areas of sin or failure and allow the confession to be symbolic of ridding your heart of its garbage.
- Thank God for his instant forgiveness through Jesus when you fall short and rejoice in the fact that you are free, forgiven, and sanctified.



YOUR PRAYER TODAY



21

JANUARY 31

YOUR SPECIFIC NEEDS

Finances, health, family
members to be saved and
other personal needs

*"...casting all your anxieties on him,
because he cares for you."
(1 Peter 5:7)*

- Pray for any specific need that you have personally.
- Pray for any specific need that your family has right now.
- Ask God to provide in areas that are lacking in your life.
- Pray for close friends and family who are in need of something specific.



YOUR PRAYER TODAY



21

FEBRUARY 1

CROSSBRIDGE WORSHIP SERVICES

As we gather this Sunday, pray
God changes people's lives through
the truth of the gospel and the
power of His Spirit.

*"So the churches were strengthened in the faith,
and they increased in numbers daily."*

(Acts 16:5)

- Pray that God would say something specific to every man, woman and child that gathers with us on Sunday.
- Pray new people would feel warmly welcomed and included.
- Pray for those serving this Sunday, that God would use them in people's lives.
- Pray that God will continue to renew us as His people as we end this 21 Days of Prayer.



YOUR PRAYER TODAY



Your Personal Guide to Fasting and Prayer

By Dr. Bill Bright

Fasting is the most powerful spiritual discipline of all the Christian disciplines. Through fasting and prayer, the Holy Spirit can transform your life.

Fasting and prayer can also work on a much grander scale. According to Scripture, personal experience and observation, I am convinced that when God's people fast with a proper Biblical motive - seeking God's face, not His hand, with a broken, repentant, and contrite spirit, God will hear from heaven and heal our lives, our churches, our communities, our nation and world. Fasting and prayer can bring about revival - a change in the direction of our nation, the nations of earth and the fulfillment of the Great Commission.

The awesome power can be released through you as you fast through the enabling of the Holy Spirit.

Fasting is one of the most neglected spiritual admonitions. In fact, it has been ignored for so long that it is difficult to find information on the "how-to's" of this life-changing experience. When I first undertook an extended fast, I had a difficult time finding information on the nature of a Biblical fast, how to start, what to expect physically and spiritually, and how to terminate a fast.

I want to be of help to you so I will be speaking to you from these pages at various points in the study. I have completed five 40-day fasts. I want to share with you what I have learned

and what has helped me. Whether you hold a 1-day fast or an extended 40-day fast, I pray that our Lord's most wonderful love and blessings will be poured out on you as you take this exciting step of faith.

Why You Should Fast

If you do not already know of the power and importance of fasting, here are some very important facts:

- Fasting was an expected discipline in both the Old and New Testament eras. For example, Moses fasted at least two recorded 40-day periods. Jesus fasted 40 days and reminded His followers to fast, "when you fast," not if you fast.
- Fasting and prayer can restore the loss of the "first love" for your Lord and result in a more intimate relationship with Christ.
- Fasting is a biblical way to truly humble yourself in the sight of God (Psalm 35:13; Ezra 8:21). King David said, "I humble myself through fasting."
- Fasting enables the Holy Spirit to reveal your true spiritual condition, resulting in brokenness, repentance, and a transformed life.
- The Holy Spirit will quicken the Word of God in your heart and His truth will become more meaningful to you!
- Fasting can transform your prayer life into a richer and more personal experience.
- Fasting can result in a dynamic personal revival in your own life and make you a channel of revival to others.

- Fasting and prayer are the only disciplines that fulfill the requirements of II Chronicles 7:14: “If my people, who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then will I hear from heaven and will forgive their sin and will heal their land.”

How To Fast Safely

As you begin your fast, you may hear from concerned loved ones and friends who urge you to protect your health, and they are right. You should protect your health. But I assure you, if done properly, fasting will not only prove to be a spiritual blessing, but physical blessing as well.

By all means, consult your doctor before you begin your fast, but be aware that many doctors have not been trained in this area and so their understanding is limited. Even so, it would be wise to ask your doctor for a physical exam to make sure you are in good health. You may have a physical problem that would make fasting unwise or dangerous. Also, if you are under any type of medication, make sure you talk to your doctor before changing your regime. Prudence and caution are in order.

In spite of the absolute safety and benefits of fasting, there are certain persons who should NEVER fast without professional supervision. For example:

- Persons who are physically too thin or emaciated.
- Persons who are prone to anorexia, bulimia, or other behavioral disorders.

- Those who suffer weakness or anemia.
- Persons who have tumors, bleeding ulcers, cancer, blood diseases, or who have heart disease.
- Those who suffer chronic problems with kidneys, liver, lungs, heart, or other important organs.
- Individuals who take insulin for diabetes or suffer any other blood sugar problem such as hyperglycemia.
- Women who are pregnant or nursing.

Spiritual Preparation

In preparation for this special time with God, I strongly urge you to examine your heart and detect any unconfessed sin. Scripture records that God always requires His people to repent of their sins before He will hear their prayers. King David said:

Come and hear, all of you who reverence the Lord, and I will tell you what he did for me: For I cried to him for help, with praises ready on my tongue. He would not have listened if I had not confessed my sins. But he listened! He heard my prayer! He paid attention to it!

In your prayers, confess not only obvious sins, but less obvious ones as well. The sins of omission as well as the sins of commission experiences. These may be experiences leaving your first love for our Lord: worldly-mindedness, self-centeredness, spiritual indifference, and unwillingness to share your faith in Christ with others, not spending sufficient time in God's Word and in prayer, a poor relationship with your spouse, your children, your pastor, or other members of your church.

Another great way to prepare for your fast is to practice what I call “Spiritual Breathing.” The concept is simple, but it has changed my own life and that of millions of others.

Like physical breathing, Spiritual Breathing is a process of exhaling the impure and inhaling the pure. If you knowingly sin, breathe spiritually to restore the fullness of God’s Holy Spirit in your life. You exhale by confessing your sins immediately when you become aware of them, and you inhale by inviting the Holy Spirit to re-take control of your life. As an act of faith, trust Him to empower you. During the fast, spiritual breathing - constant reliance on the Holy Spirit - will enable you to resist temptation, not only to sin but to abandon your fast.

Physical Preparation

Although fasting is primarily a spiritual discipline, it begins in the physical realm. You should not fast without specific physical preparation.

If you plan on fasting for several days, you will find it helpful to begin by eating smaller meals before you abstain altogether. Resist the urge to have that “last big feast” before the fast. Cutting down on your meals a few days before you begin the fast will signal your mind, stomach, and appetite that less food is acceptable.

Some health professionals suggest eating only raw foods for two days before starting a fast. I also recommend weaning yourself off caffeine and sugar products to ease your initial hunger or discomfort at the early stages of your fast.

How To Make Your Spiritual Experience the Best it Can Be

Receiving God's best blessing from a fast requires solid commitment. Arranging special time each day with God is absolutely crucial in attaining intimate communion with the Father. You must devote yourself to seeking God's face, even (and especially) during those times in which you feel weak, vulnerable, or irritable. Read His Word and pray during what were mealtimes. Meditate on Him when you awake in the night. Sing praises to Him whenever you please. Focus on your Heavenly Father and make every act one of praise and worship. God will enable you to experience His command to "pray without ceasing" as you seek His presence.

As you enter this time of heightened spiritual devotion, be aware that Satan will do everything he can to pull you away from your prayer and Bible reading time. When you feel the enemy trying to discourage you, immediately go to God in prayer and ask Him to strengthen your resolve in the face of difficulties and temptations.

The enemy makes you a target because he knows that fasting is the most powerful of all Christian disciplines and that God may have something very special to show you as you wait upon Him and seek His face. Satan does not want you to grow in your faith and will do anything from making you hungry and grumpy to bringing up trouble in your family or at work to stop you. Make prayer your shield against such attacks.

My major reason for fasting is for personal revival, revival for our nation, for the world and for the fulfillment of the Great Commission by the end of the year 2000. But praying for our own needs and interceding for others are also important reasons to fast and pray. Bring your personal needs before the Lord, intercede for your loved ones, your friends, your church, your pastor, your community, your nation, and the world. By your prayers of humility, as you fast, you will help the Great Commission be fulfilled.

However, do not become so caught up in praying for yourself and others that you forget about simply reverencing and praising God. True spiritual fasting focuses on God. Center your total being on Him, your attitudes, your actions, your motives, desires, and words. This can only take place if God and His Holy Spirit are at the center of our attention. Confess your sins as the Holy Spirit brings them to your attention and continue to focus on God and God alone, so that your prayers may be powerful and effective.

A renewed closeness with God and a greater sensitivity to spiritual things are usually the results of a fast. Do not be disappointed if you do not have a "mountaintop experience," as some do. Many people who have successfully completed extended fasts tell of feeling a nearness to God that they have never known, but others who have honestly sought His face report no particular outward results at all. For others, their fast was physically, emotionally, and spiritually grueling, but they knew they had been called by God to fast, and they completed the fast unto Him as an act of worship; God honored that commitment.

Your motive in fasting must be to glorify God, not to have an emotional experience, and not to attain personal happiness. When your motives are right, God will honor your seeking heart and bless your time with Him in a very special way.



DAYS OF PRAYER AND FASTING

 CROSSBRIDGE CHURCH

