

JOURNAL





Journal for Fast and Prayer, Including Prayer Points

Please use this journal along with the 21 Day Fast and Prayer to jot down any insights, reflections, and call to action from the Lord you may receive.

Each reflection written in this journal is unique to the writer and strictly created to help guide you through the prayer or reflection that aligns with the topics seen below.

Please see schedule, prayer points, and scripture verses:

Day 1-3: Rewiring Our Thinking Concerning Ourselves, God, and Others

- Day 1: Prayer against the wrong God-image and forgiveness towards God.
- Day 2: Prayer for correct thinking towards the family of origin, previous relationships, and others.
- Day 3: Prayer for oneself breaking shame, guilt, and false perception of self.

Deuteronomy 4:29 But if from there you seek the LORD your God, you will find him if you seek him with all your heart and with all your soul.

Day 4-6: Alignment of Men in Their Role as Leaders

- Day 4: Praying for inner healing for men and praying for healing for the little boy in each man.
- Day 5: Praying for the salvation of men and men stepping into purpose.
- Day 6: Praying for the leadership of men in marriage, church, and business.

Psalm 119:9 "How can a young man cleanse his way? By taking heed according to Your word." Ephesians 5:23 For the husband is the head of the wife, as Christ also is the head of the church, He Himself being the Savior of the body.

Proverbs 13:22 A good man leaves an inheritance to his children's children, And the wealth of the sinner is stored up for the righteous.

Day 7-9: Restoration of Families

- Day 7: Restoring the biblical model of family.
- Day 8: Healing of wounds within the family.
- Day 9: Praying for the prodigals in families to return home.

Joshua 24:15 "But if serving the LORD seems undesirable to you, then choose for yourselves this day whom you will serve, whether the gods your ancestors served beyond the Euphrates or the gods of the Amorites, in whose land you are living. But as for me and my household, we will serve the LORD."

Day 10-12: Restoration of Marriages

- Day 10: Forgiveness and healing in marriage.
- Day 11: Oneness and agreement in marriage.
- Day 12: Blessing the marriage bed, intimacy, and fruitfulness in marriage.

Ephesians 4:2-3 "With all humility and gentleness, with patience, bearing with one another in love, eager to maintain the unity of the Spirit in the bond of peace."

Ecclesiastes 4:9 "Two are better than one, because they have a good return for their labor: If either of them falls down, one can help the other up. But pity anyone who falls and has no one to help them up. Also, if two lie down together, they will keep warm. But how can one keep warm alone. Mark 10:9 "Therefore what God has joined together, let no one separate."





Day 13-15: Prayer Against Barrenness and for Children

- Day 13: Praying against the causes of barrenness.
- Day 14: Calling forth children.
- Day 15- Praying for the children born in this generation.

Psalms 127:4-5 (NIV) "Children are a heritage from the Lord, offspring a reward from him. Like arrows in the hands of a warrior are children born in one's youth. Blessed is the man whose quiver is full of them. They will not be put to shame when they contend with their opponents in court. Hebrews 11:11 KJV "Through faith also Sara received strength to conceive seed and was delivered of a child when she was past age because she judged him faithful who had promised.

Day 16-18: Prayer for Singles and the Release of Godly Marriages

- Day 16: Prayer for preparing for marriage (healing, purpose, and identity).
- Day 17: Prayer for clarity around the desire for marriage.
- Day 18: Prayer for Godly connections.

Matthew 6: 33 But seek first his kingdom and his righteousness, and all these things will be given to you as well

Isaiah 40:31 "but those who wait for the Lord shall renew their strength, they shall mount up with wings like eagles, they shall run and not be weary, they shall walk and not faint."

Hebrews 13:4 Marriage is honorable in all, and the bed undefiled: but fornicators and adulterers God will judge.

Day 19-21: Prayers of Thankfulness

- Day 19: Thankfulness for God and his church.
- Day 20: Thankfulness for healing, provision, and God meeting us.
- Day 21: Thankfulness for God honoring us with his presence.

Psalm 9:1 I will give thanks to you, Lord, with all my heart; I will tell of all your wonderful deeds. Psalm 106:1 Praise the Lord. Give thanks to the Lord, for he is good; his love endures forever. Colossians 2:6-7 So then, just as you received Christ Jesus as Lord, continue to live your lives in him, rooted and built up in him, strengthened in the faith as you were taught, and overflowing with thankfulness.

As a reminder, our 21-Day fast starts the Tuesday after Labor Day at 6AM ET. Be sure to join us on Zoom every day <u>by clicking this link</u> or saving this bit.ly: <u>https://bit.ly/MorningPrayerLCC2</u>. If the Zoom has reached capacity, you may watch the replay in the <u>WMI Fast and Prayer Facebook Group</u>.

We look forward to praying with you each morning at 6AM ET!



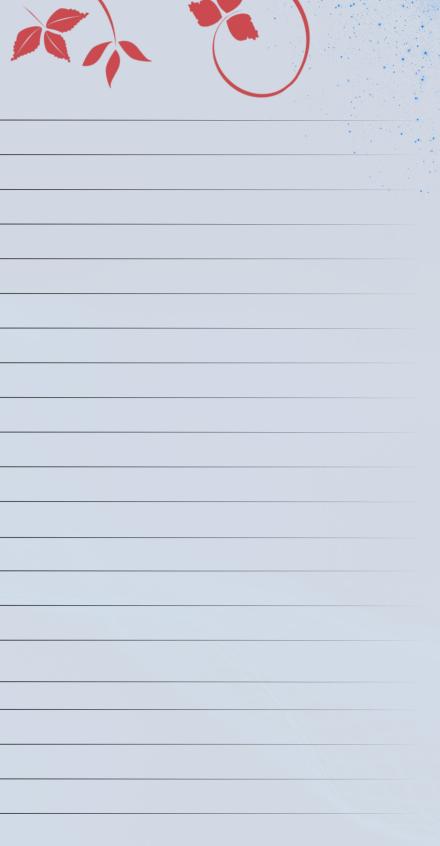
Rewiring Our Thinking Concerning Ourselves, God, and Others Day 1-3

By Ronda Barnes

"Blessed are the pure in heart for they shall see God", Matt 5:8 KJV

The impact of our legacy in the earth is contingent on our ability to see God, ourselves, and others in the right perspective. Matthew 5:8 has shown us that the heart is the lens by which we see. When our hearts are full of things like regret, shame, fear, and unforgiveness it clouds our perspectives and distorts our motives. When we make the decision to forgive and let these things go, we make room for the heart of God to purify our hearts so that we can clearly see God, ourselves, and others through the way God intended. Take a moment and think about those areas in your heart that have been off limits and ask yourself about the areas in your heart that need to be purified.

- Who or what have you been holding in your heart that is allowing it to cloud your vision of God, yourself, or others?
- Why do you think it can be difficult to let these things and or people go?
- What are the benefits of seeing things God's way?







Alignment of Men in their Role as Leaders Day 4-6

By Shaun Stanley

"Clean Your Room"

When we were young boys, you were told to clean your room before you went outside. Of course, all your friends were outside getting ready to play your favorite game. We privately had a tantrum when our mothers gave the order. However, there was a serious consequence for disobedience. We are now in a season where it is not just necessary to clean our rooms, but it's time to graduate and clean our hearts. Cleanliness holds great importance in spiritual development. Cleanliness allows for a pure and tranquil mind, which is essential for spiritual growth. Scripture says in the book of Isaiah 1:16-17 (NKJV), "16Wash yourselves, make yourselves clean; Put away the evil of your doings from before My eyes. Cease to do evil, 17learn to do good; Seek justice, Rebuke the oppressor; Defend the fatherless, Plead for the widow." As men, we need to become courageous and mature to be the priests of our homes and the leaders of our communities. Let us mature in wisdom and stature by not just cleaning our rooms but cleaning our hearts leading to the cleansing of our homes and communities.

- How often are you evaluating your inner self concerning your Christian walk?
- What ways or techniques have you purified your heart?
- Have you ever offered mentorship to a younger man without a father figure in their life?







Restoration of Families Day 7-9

By Racqueal Williams

"Come Heal Our Family Tree"

.... out of the stump of Jesse a branch emerges (Isaiah 11:1). When looking at these few words mentioned in Isaiah. We catch a glimpse of the family tree of Jesus as it denotes a level of brokenness and loss. Jesse was the father of King David, a direct descendent of Abraham and the Lord spoke that kings would come from his lineage. Fast forward several hundred years later and the lineage of David is no longer seated on the throne in their rightful place and the Jews are now under the rule of the Romans. Jesus emerges on the scene in the New Testament as a sign of restoration and reconciliation of a bloodline promise over his family, Luke 1:33 (ISV), "He will rule the people of Israel forever, and his kingdom will never end."

As we pray concerning families the next few days, let us ponder on what we can gain from this very small verse - God can take what may seem cut off and lifeless and bring healing and restoration even on a generational level. As you lift your family in prayer and come into agreement with the promises of God find courage and strength from these verses. Know that your prayers water every seed of promise concerning your family and through faith in Christ restoration is near and now.

Job 14: 8-9, (NIV), 8lts roots may grow old in the ground and its stump die in the soil, 9Yet at the scent of water it will bud and put forth shoots like a plant.

Reflection Questions:

- 1. What are the promises you are contending for over your family during the fast? List them.
- 2.What generational root of pain or loss is God asking you to offer up to him in prayer regards to your family?
- 3.One of the first steps to restoration is forgiveness. Is there anyone that comes to mind that you need to extend forgiveness to?

Prayer Points:

- Jesus, I ask that you come into every broken place within my family tree and cause healing and deliverance to spring forth.
- I declare that every generational blessing and prophetic promise over my family and children that was lost is now being restored.
- Jesus reveals to me where I can partner with you and sow seeds of hope and love within my family.







Restoration of Marriages Day 10-12

By Tyra Ousley

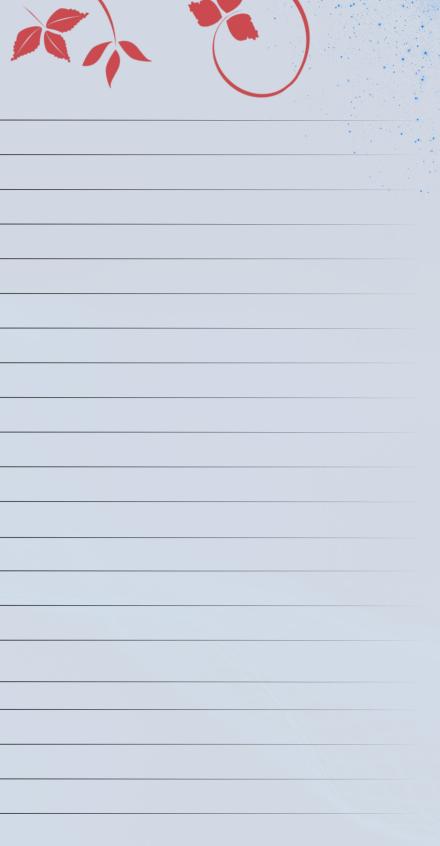
"I Corinthians 13:4-7 (NIV), 4 Love is patient, love is kind. It does not envy, it does not boast, it is not proud. 5 It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. 6 Love does not delight in evil but rejoices with the truth. 7 It always protects, always trusts, always hopes, always perseveres."

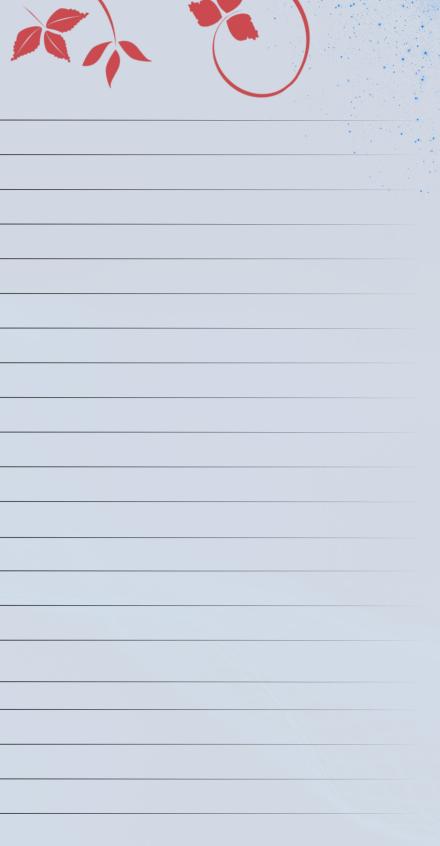
As we pray for the Restoration of Marriages, let us first consider God's idea of a healthy marriage. Whether we are the husband or the wife, God has given us a blueprint for conducting ourselves in these roles. As we examine ourselves and reflect on our conduct, conversation, and commitment to our marriage, ask yourself the following three (3) questions:

1.Is there any situation too hard for God?

- 2.Am I willing to do whatever is scripturally necessary to save/restore my marriage?
- 3. Have I operated according to the guidelines outlined in God's Word concerning my role as husband/wife in this marriage?

Whatever your response, comb through the scriptures and write down a biblical declaration you can rehearse for the next 30 days to be in alignment with God's Heart concerning marriage. Then referencing these questions make one practical plan of action with step(s) you will commit to implementing.







Prayer Against Barrenness and for Children Day 13-15

By Shondra Watson

Deuteronomy 7:14 (ESV), "You shall be blessed above all peoples. There shall not be male or female barren among you or among your livestock."

Prayer 1:

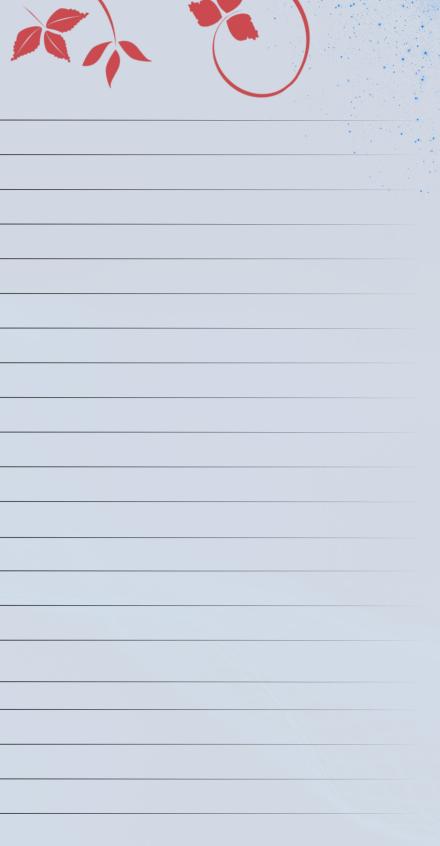
"Heavenly Father, I pray that you bless every bloodline with the gift of fruitful wombs and reproductive systems (both male & female). We declare that You are the God who opens and closes the womb, and we trust in Your promise that children are a heritage from You. Lord, we pray that You remember Your covenant with us that You said none shall be barren among Your people. We stand firm on Your promises and declare that we will be fruitful and multiply. In Jesus' name, Amen."

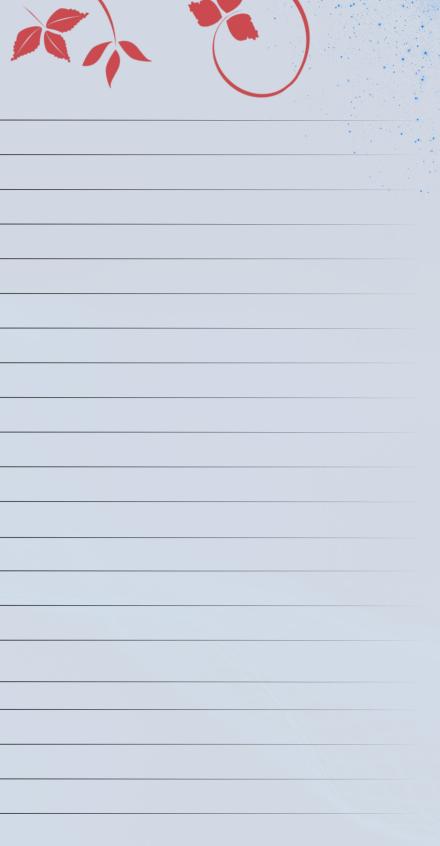
Prayer 2: "Dear Lord, we come before You today to pray against barrenness in our lives. Your word says that You are the God who gives life to the dead and calls things that are not as though they were. We pray that You breathe life into every barren womb and cause them to bear fruit. We declare that our bodies are the temple of the Holy Spirit and that our wombs and our bodies are completely capable of carrying life to full term. We trust in Your power to do the impossible, and we thank You for the gift of healthy children. Nothing missing and nothing broken. In Jesus' name, Amen."

Prayer 3:

"Gracious God, we thank You for Your goodness and mercy towards us. We pray that You remove every hindrance to the reproductive system of every man and woman and cause them to conceive and carry a healthy baby to term. Your word says that you are the God of all flesh and that nothing is too difficult for You. We declare that we are fearfully and wonderfully made in Your image, and that our bodies are capable of fulfilling their God-given purpose. Thank you for hearing our prayer and for answering it according to Your will & timing. In Jesus' name, Amen."

- 1. What does barrenness symbolize to you? Absence? Sterility?
- 2.What is some ways God has shown up in your life in a productive manner? How has God yielded fruit in your life today?







Prayer for Singles and the Release of Godly Marriages Day 16-18

By John Martin

Hosea 2:19-20 (ESV) "And I will betroth you to me forever. I will betroth you to me in righteousness and in justice, in steadfast love and in mercy. I will betroth you to me in faithfulness. And you shall know the Lord."

My prayer is for Singles, to grow and hunger for God and complete their God given assignment as a single person. As well as doing the inner work to be fully content and complete within themselves. For those desiring Godly marriages, I entreat you to pray as husbands and wives that you will keep the unity of the Holy Spirit. I pray that God would eliminate any distraction that could bring division in their marriage and always keep God in the center of their marriage.

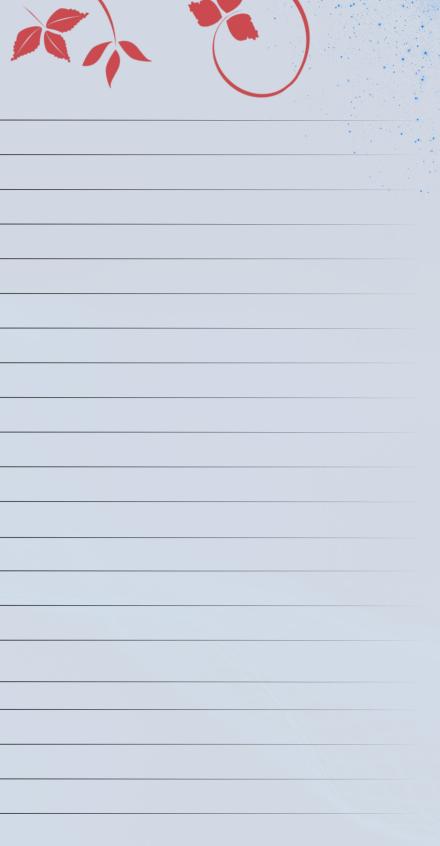
Reflection Questions

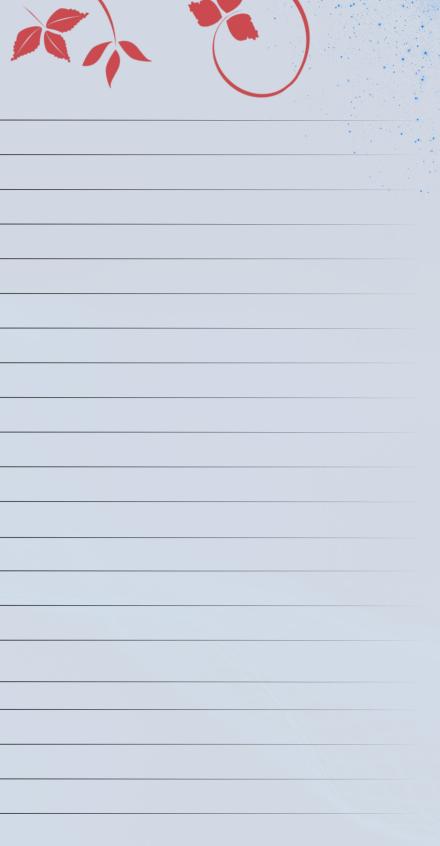
Singles:

- 1.Do I have a clear understanding of my purpose as a single man/woman.
- 2.Am I focused on living my life to the fullest as a single person.
- 3.If I am desiring marriage, am I preparing myself financially, and emotionally so I am not a burden to my future spouse.

Those Preparing for Marriage:

- 1. Are there any areas that we still need to examine that are not Godly?
- 2. Have we identified anything or anyone that could bring division in our marriage?
- 3.As a wife, am I fully submitted to my husband's leadership. As a husband, Am I loving my wife as Christ loves the church?







Prayers of Thankfulness Day 19-21

By David Johnson II

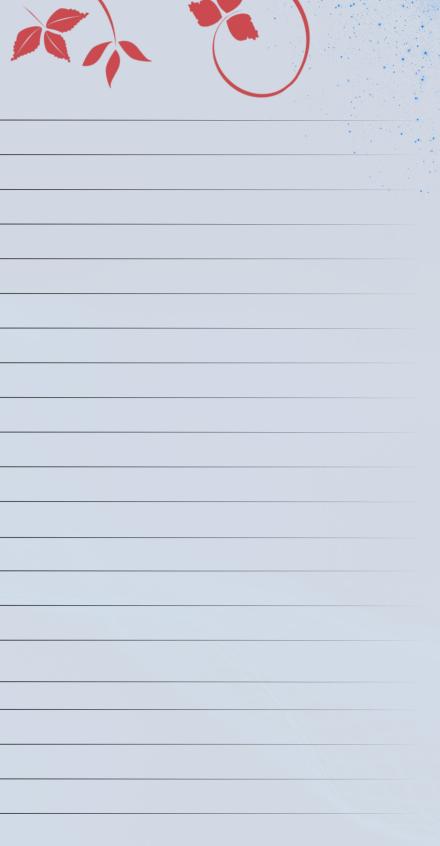
"Thankfulness is a Key"

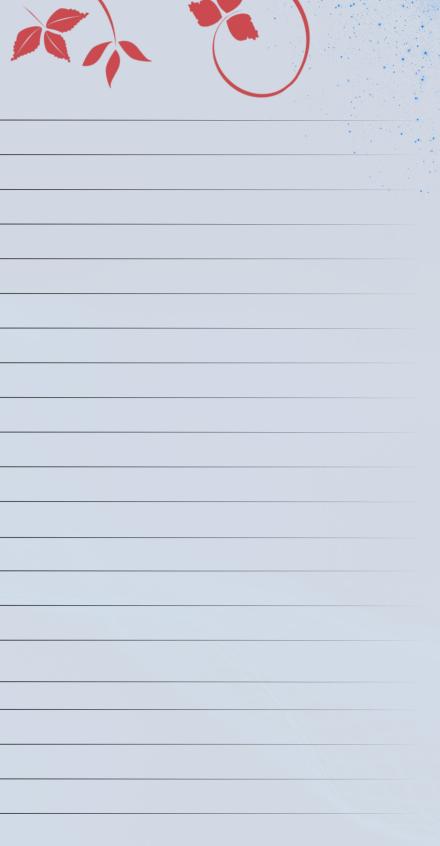
Thankfulness is often underrated, undervalued, and therefore underutilized. It's easy to forget that Thankfulness itself is a key—it can force open doors that prayer and fasting alone cannot. It's so important, in fact, that Apostle Paul—while outlining a biblical response to anxiety—was careful to include it as a critical component of approaching God in prayer...

"Be anxious for nothing, but in everything by prayer and supplication, WITH THANKSGIVING, let your requests be made known to God;"
Philippians 4:6 NKJV

We can expect the peace of God to locate us and sustain us when we run to the Father in prayer WITH A THANKFUL HEART.

- 1. What is the most recent happening in your life that you genuinely thanked God for?
- 2. Do you find it hard to be thankful? Why or why not?
- 3. Other than prayer and verbally giving thanks, what are some ways you can demonstrate to God that you're thankful?





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