

FOURSQUARE



PRAYERS OF FAITH

NOW FAITH IS THE
SUBSTANCE OF THINGS
HOPED FOR, THE EVIDENCE
OF THINGS NOT SEEN. (HEB. 11:1)

21 Days of Prayer + Fasting

2026

VISION

At the beginning of each new year, we take some time to re-align with the heart of God as individuals and as a community through reading, praying, and fasting.



GATHERINGS

21 United Prayer — 01.08.2026

7:00 PM Puget Sound Foursquare

21 United Worship — 01.15.2026

7:00 PM Puget Sound Foursquare

21 United Reflect — 01.22.2026

7:00 PM Puget Sound Foursquare

We believe there is power in coming together to pursue God. Don't miss our community gatherings.

LOS ANGELES CITY FIRE DEPARTMENT
FIRE STATION No. 3

02

21 Days of Prayer + Fasting 2026



LET'S PRAY TOGETHER IN FAITH

We are asking every person who calls Puget Sound Foursquare home to take January 4-24th to:

Read

Getting into God's word daily

Pray

Talking + listening to God

Fast

Giving up something you hunger for, for the purpose of pursuing breakthrough

21 Days of Prayer + Fasting 2026

During 21 United, we are encouraging everyone who calls Puget Sound Foursquare home to engage in a 21-day fast.

Why do we fast?

Simply put, fasting is an active pursuit of breakthrough. Fasting and prayer are 2 ways the Holy Spirit can transform your life, waking you up to a vitality you may have once had earlier in your Christian journey or would like to experience for the first time. Much like the shoulder on a road or margins in a book, God created space in our lives. In our attempt to make things happen and control where we are going and how we will get there, it is too easy to fill that space. Fasting encourages us to reveal that intended space and increase our passion for God and enjoyment of Him. Fasting is not so much about a momentary commitment, but a lifestyle with the excitement of getting to experience God..

What is fasting?

Fasting is setting aside something in your life that you hunger for and that may have gotten in the way of your relationship with God. While this is most commonly thought of as food, it may be something that has taken a greater place in your day and heart than it was intended to. Whatever you decide to fast, you will now have more time to re-align your heart with God.

INTRO TO YOUR JOURNAL

*"The word is very near you;
it is in your mouth and
in your heart,
so that you can do it."
Deuteronomy 30:14*

Purpose of the Journal?

It's simply about developing an intimate relationship with God by reading, listening, and praying the Scriptures that have been given to us.

Why?

We are hoping to hear God's voice and do God's will — to move from simply attaining information and move toward a communion with God that is transformative. This means we are listening for the voice of God, communicated through the Scriptures and revealed by the Spirit.

THE FIVE ELEMENTS OF YOUR 21 UNITED JOURNAL

Invite His Presence

The first element is simply welcoming God into this time and space with you. Give thanks and rest in His presence.

Read His Word

The second element is simply reading the text. Do so slowly, unhurried, prayerfully, out-loud, and then read again at least three times. Allow yourself to experience the text, and not to just intellectualize it, paying special attention to words, phrases, or sentences that seem to take hold of you. In faith we wait for God to speak through Word and Spirit to our soul.

Reflect + Listen

This third element calls you to reflect on the scripture reading, words, phrases, sentences that took hold of you, allowing them to become primary. Write them down, let them begin to sink down deep into your heart, repeat them over and over in your mind while reflecting on what feelings or emotions they provoke, write them down. Ask yourself, *What is the Lord saying to me through these words? What do these words mean? What is God speaking to my heart through them?* This element is like Mary's response in Luke 2:51 where "she pondered all these things in her heart." Tell God what's on your heart, offer a prayerful response of love, thankfulness, petition or intercession, sit in silence, write a prayer, draw a picture, actively respond to the word you have received.

Seek Understanding

This fourth element is Seek Understanding. In this section there is more context that is given on each day's scripture. Every day is a little different. Some days it might be some historical context and other days it might be a further breakdown of the Bible reading to help you make connections into your life and your walk with God.

Respond in Prayer

This fifth element is where we rest in God — we become inactive and simply dwell with God as the beloved. This may not come easy, and may take patience and discipline. Simply be still for a moment, allow the Lord to love you, to continue etching on your heart the words He has given you. This is a prayer of presence, it is the movement from conversation to communion.

In the 12th century, European monk, Guigo the Second, explained these four elements this way:

*Reading, as it were, puts solid food into our mouths,
Meditation chews it and breaks it down,
Prayer obtains the flavor of it, and Contemplation is the very
sweetness which makes us glad and refreshes us all with the aim of
nourishing and deepening our relationship with Father, Son, Spirit,
and being a witness of Christ and love in the world.*

THINGS TO CONSIDER

Each day follow the process laid out on the journal page. You will need a Bible to look up the scripture and a pen to fill out the rest of the sections. This is a quiet, meditative time.

Make Time

For most of us, there is no time lying around to be discovered. So anything worthwhile we have to implement it into our daily routine or rhythm. This journal will require that of you. This journal is a daily one for that purpose, to help you carve out the time in your day for this practice to take root. If it be 30 minutes in the morning, lunch, evening, or anytime in-between, make the time.

Create a Place

Literally find a place where you can spend time with God. Our example is Jesus, who took time to get away, to go to a specific place to spend time in prayer with the Father. Where is your place?

Persevere

Getting into the Bible daily is a long term process. It will probably do us little good if we don't persevere in its practice. This will require a sense of dedication and commitment. Many of us give up applying for this reason, "I don't get anything out of it." Sometimes we all feel this way, yet perseverance needs to be worked out.

And remember:

Like the manna collected by Israel in the desert, there is only enough spiritual nourishment for one day. We cannot store it to save ourselves exertion. "If today you hear God's voice, harden not your heart" (Psalm 95:7-8). True, some of us can, like camels, live off our humps for a while - but the supply is not inexhaustible and it depends on our having previously absorbed substantial intake. Most people's experience is that it is necessary to keep a thread of continuity in their exposure to Scripture. That way God's word does not become stale; renewed frequently, it adapts to our changing life. Instead of being an exercise for routine's sake it becomes a vital component of our desire to live our lives in the context of the divine. - Michael Casey



08

21 United Prayer — 01.08.2026
7:00 PM Puget Sound Foursquare



PURSuing HIS PRESENCE

Days 01-07

Prayer is more than just presenting requests to God. It is an opportunity for us to grow our faith as we enter the presence of the God who loves us.

We begin our time together experiencing what it means to have faith in a God who longs to have a relationship with us.

21 Days of Prayer + Fasting

**PRAYER
NIGHT** 01.08
7 PM

Sunday sermon notes

[illegible]

FAITH THAT BRINGS US CLOSE

Faith-filled prayer is not just about outcomes— it’s about communion. Believing prayer draws us into God’s presence with trust, not just requests.

Invite His Presence

take 60 seconds (or more) and prepare your heart - give thanks to God

Read His Word — *Matthew 6:6-8 + Hebrews 4:14-16*

listen to the text by reading it out loud or slowly repeat 3x if desired

Reflect + Listen

reflect and write down any word, phrase, or sentence that stands out to you

Seek Understanding

In Matthew 6, we find Jesus at the center of His Sermon on the Mount, leading His disciples into a new and radical way of living out their faith. As He approaches the subject of prayer, He instructs them to “shut the door” and “enter into.” For the disciples, this meant shutting the door to prayer motivated by performance, measured by eloquence and validated by the admiration of others. Some of these things may be true for us, as well. Or perhaps, for us, it means closing the door to prayer motivated by fear, shame or obligation. Next, Jesus instructs His disciples to “enter into” a private room. It’s in the private room we are invited into true communion with the One who already sees and knows everything. We find this place is occupied by a throne of grace. We are in the presence of Jesus, our great high priest, who is sympathetic to our weakness, merciful, full of wisdom and willing to give us everything we need. Companionship with our Savior fuels a boldness of faith that comes from having met mercy and grace face to face. In the private room, we leave behind the things that hinder us from fully experiencing His love and embrace the path of service set before us. As we enter into the fullness of His joy, He readies us to participate in the miraculous plans for a world in need of redemption.

Respond in Prayer

pray in response to the words, phrases, or sentences God has stirred within you. Rest in His presence, allowing what has been revealed to take root

FAITH THAT FINDS GOD IN THE ASKING

Pursuing God’s presence starts with believing He hears. Prayer isn’t a transaction; it’s a relationship where God meets us in our believing.

Invite His Presence

take 60 seconds (or more) and prepare your heart - give thanks to God

Read His Word — *Psalms 34:4-10*

listen to the text by reading it out loud or slowly repeat 3x if desired

Reflect + Listen

reflect and write down any word, phrase, or sentence that stands out to you

Seek Understanding

As we grow in our trust of the Father’s unfathomable goodness, our prayers become rooted in faith instead of fear. In Psalm 34, David paints a picture of faith anchored to a steadfast belief in God’s goodness, even in dire circumstances. Today, let’s start by seeking God in the same way. Remind yourself of His past mercy, supreme power and constant care. Know Him and be known by Him. Our prayer is born in faith because we see the greatness of the One we pray to. Psalm 34 shapes a powerful vantage point to offer our prayers. This view magnifies the Lord’s goodness and delivers us from the fear that our prayers won’t be answered (v. 4). We see in ourselves a reflection of His glory, freed from shame (v. 5). We are humbled by the revelation that while we can offer nothing, He provides everything (v. 6). Though we may see oppression on every front, we witness the resources of His miraculous protection (v. 7). He feeds us His goodness again and again as we trust in Him (v. 8). When we truly know God, we know His greatness. He is enough (v. 9). We can lay down the impulse to scratch out our own fulfillment because He provides all our needs (v. 10). Our choice to daily immerse ourselves in the belief that we are the children of a loving Father ignites our faith and empowers our prayers. It enables us to go the distance, even on long treks requiring patience, wisdom and stamina. He has not failed us. He will not fail us. He is with us.

Respond in Prayer

pray in response to the words, phrases, or sentences God has stirred within you. Rest in His presence, allowing what has been revealed to take root

FAITH THAT SEEKS TO GROW

As we pursue God, He meets us in proportion to our faith. The more we lean in, the more of His presence and power we experience.

Invite His Presence

take 60 seconds (or more) and prepare your heart - give thanks to God

Read His Word — *Matthew 9:27-31*

listen to the text by reading it out loud or slowly repeat 3x if desired

Reflect + Listen

reflect and write down any word, phrase, or sentence that stands out to you

Seek Understanding

Matthew’s account of Jesus’ interaction with the blind men follows a series of encounters Jesus has with people in desperate circumstances. Matthew 9 opens with Jesus responding to the desperate measures of the friends of a paralytic man, followed by a man who asks Jesus to come with the sober words, “My daughter has just died, but come and lay your hands on her and she will live.” Jesus “rose and followed him,” only to be detained by a woman desperate enough to reach for the hem of his garment that she might be healed. It is after these miraculous healings that we encounter the two blind men following Jesus - not just on the road, but into a house - crying out for mercy. Blindness in the Ancient Near East was one of the worst of conditions. The blind would beg on the side of the road and sing for people passing by to take notice and have pity on them. It was a condition that came to be associated not just with misfortune, but with sin. In fact, healing of blindness is the only miracle Jesus performed that is not prefigured in the Old Testament. They were asking for the impossible. When Jesus asks them if they believe, their response is emphatic: “Yes, Lord.” Notice that though blind, these men were insightful - perceiving and believing that Jesus had the power to heal them. Jesus responds by touching them and restoring their sight, proclaiming, “According to your faith let it be done to you.” Was there something about the desperation of their condition that informed their expectation? Desperation, uncomfortable as it is, can be a seedbed for faith in our lives. The recognition of our own frailty and inadequacy provides us with the opportunity to look toward Jesus with rightly placed expectation, placing all our trust in Him.

Respond in Prayer

pray in response to the words, phrases, or sentences God has stirred within you. Rest in His presence, allowing what has been revealed to take root

FAITH THAT TRUSTS GOD'S HEALING PRESENCE

Healing flows from God's presence. When we pray in faith, we invite not just answers but the nearness of the healer Himself.

Today's Invite His Presence

take 60 seconds (or more) and prepare your heart - give thanks to God

Read His Word — *Ephesians 1:3-6*

listen to the text by reading it out loud or slowly repeat 3x if desired

Reflect + Listen

reflect and write down any word, phrase, or sentence that stands out to you

Seek Understanding

All of us are in need of healing. We were made by a good God for a perfect world. Because of the presence of sin in this world, we instead find ourselves in a broken and warped world that is constantly trying to break and warp us. We all bear the scars of sin, brokenness, decay and death in our bodies, minds and souls.

But God loves us too much to leave us in this broken state. Ephesians 1:3-6 tells us that because of God's love, He is working to make us "whole and holy by His love." He was willing to give His own son for our healing and restoration. Because of this great love, we have faith that when we are in the presence of God, He is working for our healing and restoration. Everything we ache for finds fulfillment in Jesus. He is our healer—the one who sees our pain and cares for us. There is no place we can find healing and hope apart from Him. God's healing is comprehensive: body, mind and spirit. We're given a glimpse of this reality on Earth and anticipate the full experience when we see Him face to face. There is no malady of body or soul that He will not tend to, though some healing will not happen this side of heaven. In faith, we believe that simply being in His presence restores us. Whatever healing that we need, we can rest assured that now partially, and one day fully, God will "satisfy our desires with good things" when we are in His presence.

Respond in Prayer

pray in response to the words, phrases, or sentences God has stirred within you. Rest in His presence, allowing what has been revealed to take root

FAITH THAT FINDS REFUGE IN GOD

As people of faith, we build lives that host God's presence—for ourselves and for others. Faith makes space for God to dwell among us.

Invite His Presence

take 60 seconds (or more) and prepare your heart - give thanks to God

Read His Word — *Psalm 91:1-5 + Ephesians 3:16-19*

listen to the text by reading it out loud or slowly repeat 3x if desired

Reflect + Listen

reflect and write down any word, phrase, or sentence that stands out to you

Seek Understanding

The imagery found in Psalm 91 captures the nearness and intimacy of God's protection. We're given a picture of an eagle protecting her young underneath her wings. Those who commune with God and put their trust in Him know the comfort and security of living under the protection of the One who is all-mighty. By faith we're drawn into His shelter. The storm may still be pelting down around us, but we're promised the shelter of His wings. We can find refuge in God no matter our circumstances because we are confident that God loves us, will be with us in every storm, and will (in His own good time) work all things for our good. This refuge isn't something we have to go out and find, either. In Ephesians, Paul revels in the wonder that in Jesus, we not only dwell in God's presence, but His very presence makes a home within us, transforming us by the power of His Spirit and empowering us to display His presence to others. God's love creates a refuge within our very souls that can never be taken away from us. Our faith hosts the very presence of God in a way that others can see, feel and be drawn to. May we always find refuge in God as we become a place where others can encounter the God who loves us.

Respond in Prayer

pray in response to the words, phrases, or sentences God has stirred within you. Rest in His presence, allowing what has been revealed to take root

FAITH THAT WELCOMES THE VICTORIOUS KING

Pursuing God’s presence is how we overcome. His nearness is our victory—our faith brings heaven’s power into Earth’s battles.

Invite His Presence

take 60 seconds (or more) and prepare your heart - give thanks to God

Read His Word — *1 John 5:4-5; 14-15 + 2 Corinthians 10:3-5*

listen to the text by reading it out loud or slowly repeat 3x if desired

Reflect + Listen

reflect and write down any word, phrase, or sentence that stands out to you

Seek Understanding

John and Paul, the authors of these verses, were no strangers to suffering. Paul’s afflictions are portrayed in 2 Corinthians 11, and John refers to himself as a companion in the tribulation endured by the people of God in Revelation 1. What sustained them? How did they persevere in such adversity? How could Paul, with unwavering conviction, write, “We are more than conquerors” (Romans 8:37)? They were not men of influence, wealth or military might. They were, in every sense, ordinary people. And yet, they possessed one extraordinary treasure—faith in Jesus Christ. John and Paul, despite their sufferings, knew that they were victors, whether it appeared that way or not. They both had faith and confidence in God. They knew, without a doubt, that Jesus will one day be victorious. They knew that we serve a God who uses even the schemes of the enemy for His good and His glory. He wins. John writes that we too will overcome the world, not by our own power, but because of our faith in Jesus. As we welcome Jesus as Lord or our lives, we become soldiers with Him, going to battle against the powers of darkness in this world. But unlike worldly soldiers, we know that the victory has already been won. The more time we spend in the presence of our victorious King, Jesus, the more His victory will spread in our hearts, lives and the world around us.

Respond in Prayer

pray in response to the words, phrases, or sentences God has stirred within you. Rest in His presence, allowing what has been revealed to take root

FAITH THAT WON'T GIVE UP

What happens when we don't receive an immediate confirmation from God? Pursuing God's presence means staying faithful in prayer. Even when answers are delayed, we remain at His feet.

Invite His Presence

take 60 seconds (or more) and prepare your heart - give thanks to God

Read His Word — *Luke 18:1-8*

listen to the text by reading it out loud or slowly repeat 3x if desired

Reflect + Listen

reflect and write down any word, phrase, or sentence that stands out to you

Seek Understanding

Faith is the gateway to our salvation. It is by faith that we are justified and declared righteous before God. Yet the work of faith does not end at the moment of salvation—it is also the sustaining force of a victorious Christian life. The same faith that opens the door to eternal life grants us peace with God, access to His grace and the strength to stand firm. It anchors our hope in the glory of God—a hope that is not fragile or uncertain, but sure and steadfast. As Paul writes in Romans 5, this hope does not put us to shame, because it is rooted in a love poured into our hearts by the Holy Spirit. Like the persistent widow who came again and again to the unjust judge in Luke 18, faith compels us to persevere without shame, fully convinced that we will receive what God has promised. It is a faith that endures, that believes and that keeps coming. We cannot afford to lose this kind of faith—nor allow it to grow weak. Jesus' words to Peter in Luke 22:31-32 are sobering: "Satan has asked to sift you as wheat, but I have prayed for you, that your faith may not fail." Even in the fiercest trials, what matters most is not our strength, but our faith. Even today, Christ intercedes for us—so that our faith, though tested, may prove genuine and victorious until the very end.

Respond in Prayer

pray in response to the words, phrases, or sentences God has stirred within you. Rest in His presence, allowing what has been revealed to take root



18

21 United Worship — 01.15.2026
7:00 PM Puget Sound Foursquare

PASSING THE FLAME

Days 08-14

The more our faith and relationship with God grows through prayer, the more we see the world the way He does. Faith leads us to share God's love and grace with those around us.

Over the next week of intentional prayer, we will discover how God might be using us to pass the flame, enabling every generation to complete their God-given call and mission.

21 Days of Prayer + Fasting

**WORSHIP
NIGHT** 01:15
7 PM

PRAYERS OF FAITH

19



Sunday sermon notes

This image shows a single sheet of white paper with horizontal red ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins or other markings on the paper.

FAITH THAT STRENGTHENS OTHERS

Jesus intercedes for us, and we're called to do the same. Real faith is shared— it strengthens others. Prayer is both personal and communal.

Invite His Presence

take 60 seconds (or more) and prepare your heart - give thanks to God

Read His Word — *Hebrews 10:19-25*

listen to the text by reading it out loud or slowly repeat 3x if desired

Reflect + Listen

reflect and write down any word, phrase, or sentence that stands out to you

Seek Understanding

Jesus made the way for us to be adopted as sons and daughters of God. His sacrifice continues to allow us to rest boldly and unashamedly in the presence of the Father. When we are secure in God's love through spending time in His presence, we are able to lift our eyes from our own cares, worries and problems and pass the flame of the love of God to those around us. Then, we are not just equipped, but are also commissioned to turn outward, away from our own self-preoccupation, to look for opportunities to encourage one another on toward love and good works. Having been released from a life of competition and comparison, we are free in Christ to live a life marked by service to the people around us. Humility—birthed from the security of identity— makes way for the unity Jesus prayed for. Our confidence in our Great High Priest interceding for us enables us to stand with those around us with faith and love. It produces the ability to pray prayers for the victory of others when there appears to be little advantage to us. It is this others-focused way of living that allows us to impart the fruit of our faith and assurance, the same way Jesus has imparted His glory to us. We are called to give up our lives for our brothers and sisters in Christ in the same way that Jesus did. We are to seek the betterment of others over ourselves. Only then can we truly be one (John 17:22).

Respond in Prayer

pray in response to the words, phrases, or sentences God has stirred within you. Rest in His presence, allowing what has been revealed to take root

FAITH THAT EXPRESSES ITSELF THROUGH LOVE

Love is the visible fruit of invisible faith. Passing on our faith means letting it shape our relationships and actions in tangible, loving ways.

Invite His Presence

take 60 seconds (or more) and prepare your heart - give thanks to God

Read His Word — *Galations 5:4-9, 13-15*

listen to the text by reading it out loud or slowly repeat 3x if desired

Reflect + Listen

reflect and write down any word, phrase, or sentence that stands out to you

Seek Understanding

What if the measure of success when it comes to our spirituality isn't what we think? What if Jesus is less concerned with our full sanctuaries, weekly religious practices, eloquent sermons and the songs we sing in worship? What if He is more concerned with our ability to love the people He has called us to serve? In Galatians 5, Paul tears down an argument about the legalities of religious practice and replaces it with a charge to humbly serve—motivated by love. In 1 Corinthians 13, Paul holds up love as the standard of substance. If one possesses great speech, the ability to preach the Word with power, great faith or even the ability to sacrifice all for the sake of the gospel, but is not motivated by love, he has nothing to show for all his toil. Why is love so important to the life of the believer? Perhaps we catch a glimpse of the answer in 1 Corinthians 13:8-10. While gifts such as prophecy, tongues and knowledge are for our edification and benefit in our time here on Earth, they will cease in the completion of all things in eternity. But love? Love lasts beyond our temporary assignment into the fullness of the kingdom of heaven. After all, it was love that purchased our place in that kingdom and that compels us to invite others into the family of God. "But because of his great love for us, God, who is rich in mercy, made us alive with Christ even when we were dead in transgressions—it is by grace you have been saved" (Ephesians 2:4-5, NIV).

Respond in Prayer

pray in response to the words, phrases, or sentences God has stirred within you. Rest in His presence, allowing what has been revealed to take root

FAITH THAT MOVES TO ACTION

Living faith is active. It doesn't just believe—it responds. Passing on faith requires visible obedience that others can see and follow.

Invite His Presence

take 60 seconds (or more) and prepare your heart - give thanks to God

Read His Word — *James 2:14-17 + 1 John 3:16-18*

listen to the text by reading it out loud or slowly repeat 3x if desired

Reflect + Listen

reflect and write down any word, phrase, or sentence that stands out to you

Seek Understanding

Upon reading James 2:14-17, the question that comes to mind is this: “What about our religion allows us to feel satisfied by our words without our works?” The question has to be asked using the word “religion,” because we surely could not insert the word “discipleship” here. While there may be religion that relies heavily on feel-good phrasing and ignores the day-to-day living in the way of Jesus, there is certainly no discipleship without action. Jesus said in John 10:10: “But I have come that they may have life and have it abundantly.” Aren’t we grateful that His promise of abundant life didn’t end with His words in John 10, but was backed up by the act of his death and resurrection? In John 13, Jesus finishes washing His disciples’ feet and then says: “I have set you an example that you should do as I have done for you. Very truly I tell you, no servant is greater than his master, nor is a messenger greater than the one who sent him. Now that you know these things, you will be blessed if you do them.” So, if true discipleship is the imitation of the way of Jesus, and the way of Jesus is that the Word himself puts on flesh and bone (John 1:14) and comes to serve and give His life as a ransom for many (Matthew 20:28), let us too put substance to the things we speak. Let us put bone and flesh to the call of 1 John 3, to love with our actions and in truth—that our words would reflect the reality of our transformation in Christ.

Respond in Prayer

pray in response to the words, phrases, or sentences God has stirred within you. Rest in His presence, allowing what has been revealed to take root

FAITH THAT FULFILLS ITS GOD- GIVEN PURPOSE

Faith is a gift, but it also calls us to a mission. One of the best ways to pass on faith is to walk in the good works God designed for us.

Today's Invite His Presence

take 60 seconds (or more) and prepare your heart - give thanks to God

Read His Word — *Romans 12:3-8*

listen to the text by reading it out loud or slowly repeat 3x if desired

Reflect + Listen

reflect and write down any word, phrase, or sentence that stands out to you

Seek Understanding

A spark has two possible ends—to suddenly make itself known in a burst of light and then diminish completely, or to meet with something flammable and be ignited into something much greater than itself. As children of God and recipients of the Holy Spirit, we all have two similar paths to choose from. When the Holy Spirit places a spark on the inside of us in the form of a gifting paired with a kingdom purpose, we will either light up at the initial excitement of all the possibilities and then fizzle out as we fail to make contact with anything outside of ourselves, or we will be people who recognize that the purpose of our giftings and our passions is to light up the world around us, and we will touch our flame to anything that might catch fire. In 2 Timothy 1:6-10, Paul urges Timothy to “fan into flame the gift of God,” not being timid or ashamed of the message of Christ, but demonstrating a life of power, love and soundness of mind to the people around him. In Romans 12, Paul makes it sound so simple when he boils it down to this: “Do you have the gift of prophecy? Prophesy! Are you able to serve? Serve! Is your gifting the ability to teach or encourage or give? Teach! Encourage! Give!” Whatever we have, let’s pour it out without reservation on the world around us. As we do, we will find that our giftings never fizzle out, and our spark is never diminished, but rather that we are burning stronger and brighter than we ever could have on our own.

Respond in Prayer

pray in response to the words, phrases, or sentences God has stirred within you. Rest in His presence, allowing what has been revealed to take root



FAITH THAT
LEAVES A LEGACY

Faith, hope and love leave a lasting legacy. Passing on faith means modeling a life where love and hope make faith real and lasting.

Invite His Presence

take 60 seconds (or more) and prepare your heart - give thanks to God

Read His Word — 2 Timothy 2:1-7

listen to the text by reading it out loud or slowly repeat 3x if desired

Reflect + Listen

reflect and write down any word, phrase, or sentence that stands out to you

Seek Understanding

In 2 Timothy 2:1-7, Paul commissions Timothy for the ministry ahead of him. He calls Timothy his son, implying that his legacy of a life sold out to the gospel would be passed to his son in the faith. Paul gives Timothy two imperatives followed by three paradigms for the life of a minister on mission—that is, anyone who is called by God to share the Good News. The first imperative is that Timothy must impart to others the truths he has learned—teaching those who might themselves teach, that the kingdom of God may multiply. The second imperative is that Timothy must embrace the suffering that comes with a life on mission, joining in the challenges that are part and parcel of being a sold-out believer, counting the cost of effective ministry. The three paradigms that follow give Timothy (and us) a framework for a life that strives for one reward, to hear “well done.” The paradigms are as follows:

1. The life of the minister is the life of a soldier—selling out to the mission of Jesus, so we remain undistracted by the things of this world.
2. The life of the minister is the life of an athlete—dedicated to our craft as is made apparent in our discipline, lifestyle and training.
3. The life of the minister is the life of a farmer—both hands on the plow, never forgetting that there is a harvest to be had if we don’t stop tending the field.

Respond in Prayer

pray in response to the words, phrases, or sentences God has stirred within you. Rest in His presence, allowing what has been revealed to take root

FAITH THAT ACTS AS A SHIELD AND BANNER

Faith defends us—but it also
inspires courage in others.
When we carry our shield, we
strengthen the faith of those
beside us in the battle.

Invite His Presence

take 60 seconds (or more) and prepare your heart - give thanks to God

Read His Word — *Ephesians 6:10-17*

listen to the text by reading it out loud or slowly repeat 3x if desired

Reflect + Listen

reflect and write down any word, phrase, or sentence that stands out to you

Seek Understanding

Passing the flame requires more than words—it demands a faith that is visible, firm and active. Faith is not only a personal refuge; it is also a legacy that strengthens and encourages those who come after us. Paul exhorts us to “take up the shield of faith” as an essential part of God’s armor. This shield not only protects us but extinguishes the flaming arrows of the enemy: fear, doubt, deception and despair. Faith is not lived in isolation. Like soldiers advancing with aligned shields, our faith strengthens others when we stand firm together. A raised shield becomes a banner that inspires those who watch. David proclaimed, “The Lord is my strength and my shield ... the strength of His people” (Psalm 28:7-8, NIV). David’s trust in God was not merely personal—it was a collective declaration that sustained an entire people. When we walk in faith amid adversity, we raise a lit torch that lights the path for others. Our faithfulness becomes a living sign that God is trustworthy, and our perseverance encourages others to stand firm. May our faith not only defend us, but burn brightly—like a flame others can see, follow and ignite in their own lives. May we faithfully pass that flame on to future generations.

Respond in Prayer

pray in response to the words, phrases, or sentences God has stirred within you. Rest in His presence, allowing what has been revealed to take root

FAITH THAT INSPIRES

Faith isn't just what we believe—
it's how we live. When we live by
faith, we give others a model
and invitation to follow.

Invite His Presence

take 60 seconds (or more) and prepare your heart - give thanks to God

Read His Word — *Hebrews 13:1-8*

listen to the text by reading it out loud or slowly repeat 3x if desired

Reflect + Listen

reflect and write down any word, phrase, or sentence that stands out to you

Seek Understanding

People will remember more of what you do than what you say. When we think about passing the flame of faith to others, what we say doesn't matter nearly as much as who we are. Who we are is determined by the thousands of little actions we take each day that make up our character. Hebrews 13:1-8 confirms that an inspiring faith is made visible through concrete actions: hospitality, compassion, integrity, marital faithfulness, generosity and unwavering trust in God. Hebrews says that a leader's life and their outcome should be so attractive and appealing that others will want to imitate it. Whether a leader or not, a consistent, loving and persevering life of faith has multiplying power because it is attractive. This kind of practical faith becomes a guide for those around us—especially for the next generation. Paul says to Timothy, "Set an example for the believers in speech, in conduct, in love, in faith and in purity" (Tim 4:12b). A life like this doesn't need to force influence—it attracts, shapes and transforms. We live in a world searching for trustworthy role models. Faith lived authentically is a light others can follow. This faith is not based on fleeting emotions but on the unchanging character of Christ: "Jesus Christ is the same yesterday and today and forever" (Heb. 13:8). Passing the flame is more than delegating responsibility—it is igniting hearts with the faith that sustains us. May our lives reflect a living, inspiring and contagious faith.

Respond in Prayer

pray in response to the words, phrases, or sentences God has stirred within you. Rest in His presence, allowing what has been revealed to take root



28

21 United Reflect — 01.22.2026

7:00 PM Puget Sound Foursquare



POSSESSING THE LAND

Days 15-21

We have faith that God is the One who will be victorious.

This week, let's contend together in prayer that He would boldly move into the enemy's territory as we seek to expand His kingdom.

21 Days of Prayer + Fasting

REFLECT
NIGHT 01.22
7 PM

Sunday sermon notes

This image shows a single page of white paper with horizontal red lines. The lines are evenly spaced and run across the width of the page, typical of notebook paper or a document template. There are no margins, text, or other markings on the page.

FAITH THAT IS SURE OF THE FUTURE

Faith-filled prayer reaches into the future and pulls God's promises into the present. Bold belief today can shape tomorrow—for us and for others.

Invite His Presence

take 60 seconds (or more) and prepare your heart - give thanks to God

Read His Word — *Joshua 1:1-9*

listen to the text by reading it out loud or slowly repeat 3x if desired

Reflect + Listen

reflect and write down any word, phrase, or sentence that stands out to you

Seek Understanding

Israel experienced significant transition after the death of Moses. Most evident was the change of leadership. What was once entrusted to Moses was now given to Joshua. It was a change of generations, a change of circumstances and a change in the journey God had initiated many years earlier. When you consider the amount of change that took place in a single moment, it's hard to see it as a simple continuation of the story. Yet amid all that changed—and all the changes still ahead for Joshua—the most important thing remained the same: the faithfulness of God. The simple truth God speaks to Joshua—"As I was with Moses, so I will be with you"—is the revelation many of us desperately need as we navigate an endlessly changing world. We are a people of faith for the future because our hope is in an unchanging God. Our confidence to lead into uncertain futures has nothing to do with the circumstances that are in front of us, but the faithfulness of the One who is the same yesterday, today and forever. The God with Moses was the God with Joshua. And the God with Joshua is the same God that is with us now and into the future.

Respond in Prayer

pray in response to the words, phrases, or sentences God has stirred within you. Rest in His presence, allowing what has been revealed to take root

FAITH THAT EMPOWERS OTHERS

Faith isn't just personal—it opens doors for others. When we pray with faith, we become agents of breakthrough in the lives of those we love and serve.

Invite His Presence

take 60 seconds (or more) and prepare your heart - give thanks to God

Read His Word — *Romans 15:1-7*

listen to the text by reading it out loud or slowly repeat 3x if desired

Reflect + Listen

reflect and write down any word, phrase, or sentence that stands out to you

Seek Understanding

The beauty of the countercultural faith we ascribe to is revealed in how radically focused it is on the good of others in the midst of a culture obsessed with the good of self. Everywhere you look in the life of Jesus and His first church, you see something we easily forget: Faith is built to have communal power. We were never meant to possess the land, to take ground for God's kingdom, on our own. We were meant to do it together. What does this look like? Romans 15:1-7 says it means always contending for others, bearing with their weaknesses and working to strengthen them however we can. For the friends of the paralytic man in Mark 2:1-5, faith in the healing power of Jesus meant creating a door for someone even when there seemed to be no room. It means being willing to make decisions that are not for our own benefit, but for the good of others and for the good of God's kingdom. As we follow Jesus in a culture of self, we contend by faith for the transformation of others. As we do, our faith will open doors of breakthrough and transformation for those who need it the most. This is not just transformation for transformation's sake. It is the way we take ground in the battle against the enemy. It is only by being willing to empower others for God's work that, together, we can possess the land that God has given us to take.

Respond in Prayer

pray in response to the words, phrases, or sentences God has stirred within you. Rest in His presence, allowing what has been revealed to take root

FAITH THAT HAS AN IMPACT ON THE KINGDOM

Choosing to believe big is a way to bring God's power forward into our lives. This faith will ultimately have an eternal impact.

Invite His Presence

take 60 seconds (or more) and prepare your heart - give thanks to God

Read His Word — *Numbers 13:26-30*

listen to the text by reading it out loud or slowly repeat 3x if desired

Reflect + Listen

reflect and write down any word, phrase, or sentence that stands out to you

Seek Understanding

The Israelites stand at the threshold of the Promised Land. God has delivered them in so many ways on their journey from Egypt. They send spies to scout out the land God has promised to them. It is everything God told them it would be. But they think giants will keep them from possessing it. Caleb (and elsewhere we find out Joshua) is alone in being confident that God will do what He has promised. How often are we like the Israelites? We easily forget the things that God has done in the past: in our own lives, throughout history and in the Bible. But we serve a God who does miraculous things. We serve a God who is in total control of everything. There is no reason we should doubt God or think that any request is too big for Him. Jesus assures us in John 14 that if we offer our prayers in Jesus' name (if they align with God's will), it will be done. We, like Caleb, should confidently declare that God will do what He has promised. It might not be done in the way or the time that we expect, but God's kingdom will come. His will will be done. We can ask big kingdom things in faith, and God will hear. God will act. No giant or scheme of the enemy will keep us from possessing the land God has given us.

Respond in Prayer

pray in response to the words, phrases, or sentences God has stirred within you. Rest in His presence, allowing what has been revealed to take root

FAITH THAT HEALS AND LIFTS

Faith in prayer brings healing and restoration— not just physically, but spiritually and emotionally. It's a gift we offer on behalf of others.

Invite His Presence

take 60 seconds (or more) and prepare your heart - give thanks to God

Read His Word — *James 5:13-16*

listen to the text by reading it out loud or slowly repeat 3x if desired

Reflect + Listen

reflect and write down any word, phrase, or sentence that stands out to you

Seek Understanding

Our God is healer. Our God is the master reconciler. Our God is the lifter of the lowly and a Father to the fatherless. As people of faith, we stand in the promises of the character of God, no matter what comes our way. James' words are the antidote for how we commonly lose our way. Faith is not hopeful idealism—it is a reality practiced in community with others. When we are in trouble, we need to pray together. When we are happy, we need to celebrate together. When we are sick, we need to contend in prayer together. When we stumble in sin, we must confess and receive mercy together. Our faith was always meant to move us toward God and community, and as we do, we will find the truth of who He is. Praying for others is one way we can possess land once held by the enemy. Whether or not the people we pray for ever walk through the doors of our church, whether or not we ever know if they come to accept Jesus—when we pray for their healing and lift them up before the Father, we bring them out of the territory of the enemy and into God's territory. By offering hope and healing to those who find themselves in dark places, we bring the light of Christ to them and banish the power of the enemy.

Respond in Prayer

pray in response to the words, phrases, or sentences God has stirred within you. Rest in His presence, allowing what has been revealed to take root

FAITH THAT OVERCOMES THE ENEMY

Faith is a force that pushes back darkness and brings hope. Our victories of faith become testimonies that encourage and lift others in their struggles.

Invite His Presence

take 60 seconds (or more) and prepare your heart - give thanks to God

Read His Word — 1 Peter 1:3-9

listen to the text by reading it out loud or slowly repeat 3x if desired

Reflect + Listen

reflect and write down any word, phrase, or sentence that stands out to you

Seek Understanding

Living as if we don't have a spiritual enemy is a common—but serious—mistake for believers. We buy into an under-spiritualized view of the world that robs us from a true understanding of the freedom God has promised. When we don't know who our enemy is, we make enemies of the wrong things. Core to the gospel is an understanding that there is one who seeks to steal, kill and destroy. We need not fear the enemy—Jesus has full authority over him—but we must not live without contending against his schemes to destroy us. We must also guard against the opposite mistake—giving the enemy more power than he has. As real as he is, his only power is deception. As we rightly anchor ourselves to Jesus, we find our true source of power and victory because the enemy has already been defeated. Jesus commissioned His church with the promise that the gates of hell would not overcome it. How easy it is for our hearts to be drawn to the things of the world and the heaviness of darkness. But we are people of faith.

Even when the darkness seems all-consuming, may we be people who set our eyes on Jesus, the One who has conquered sin and death. This is a victorious faith that the enemy cannot stand against.

Respond in Prayer

pray in response to the words, phrases, or sentences God has stirred within you. Rest in His presence, allowing what has been revealed to take root

FAITH THAT SUFFERS WELL

Those who choose to press forward to possess the land through faith may experience suffering and difficulty. The enemy does not want us to win, but God calls us to stay strong in the midst of adversity.

Invite His Presence

take 60 seconds (or more) and prepare your heart - give thanks to God

Read His Word — *John 15:18-23*

listen to the text by reading it out loud or slowly repeat 3x if desired

Reflect + Listen

reflect and write down any word, phrase, or sentence that stands out to you

Seek Understanding

Possessing the land by faith is not about escaping suffering but embracing God's call to walk in faithfulness in the suffering. Jesus was clear: "If the world hates you, remember that it hated Me first" (John 15:18). We do not belong to this world. We are strangers and pilgrims on this earth, immigrants of the kingdom, sowers of hope in hard soil. Suffering faith does not suffer alone. Paul said: "Who is weak, and I do not feel weak? Who is led into sin, and I do not inwardly burn?" (2 Cor. 11:29). This is a testimony of embodied compassion, aligned with the call of Christ: "Mourn with those who mourn" (Rom. 12:15). This is the law of Christ, fulfilled when "we carry each other's burdens" (Gal. 6:2). Psalm 126 speaks of a community united in faith and declares that those who sow with tears will reap with shouts of joy. When we are oppressed, ignored, broken: Our sowing is not in vain. The One who sees in secret will reward in the open (Matt. 6:6). Our faith is not measured by the world's applause, but by our steady obedience to God—even in the dark. Today we sow; tomorrow we will sing the harvest.

Respond in Prayer

pray in response to the words, phrases, or sentences God has stirred within you. Rest in His presence, allowing what has been revealed to take root

FAITH THAT ENDURES

Our faith-filled life today creates a legacy and blessing for others tomorrow. We can trust God that the faith-filled prayers and actions we plant will come to fruition, whether or not we get to see the harvest in our lifetimes.

Invite His Presence

take 60 seconds (or more) and prepare your heart - give thanks to God

Read His Word — *Hebrews 11:1-2: 13-16*

listen to the text by reading it out loud or slowly repeat 3x if desired

Reflect + Listen

reflect and write down any word, phrase, or sentence that stands out to you

Seek Understanding

True faith is not defined by what it accomplishes today, but by its trust in what is yet to come. Hebrews 11 reminds us that many lived and died by faith without receiving the promises, because “they were longing for a better country—a heavenly one. Therefore, God is not ashamed to be called their God, for he has prepared a city for them” (Heb. 11:16, NIV). Today, the church is called to reflect that heavenly city—God’s community formed not by blood or culture, but by faith in Christ. The cross shows us how to live: “For the joy set before Him, He endured the cross, scorning its shame” (Heb. 12:2, NIV). To follow Jesus is to die to earthly values and run with perseverance, fixing our eyes on what is eternal. Faith moves us to reflect the character of God’s kingdom on earth. We are not alone. “We are surrounded by such a great cloud of witnesses” (Heb. 12:1, NIV). We endure because we believe, and we believe because—though from a distance—we see the city God has prepared. Even as we conclude our 21 days of praying together, our faith continues to lay the path for those who will follow tomorrow. May we, like that great cloud of witnesses, be ever willing to press on in faith, no matter what may come.

Respond in Prayer

pray in response to the words, phrases, or sentences God has stirred within you. Rest in His presence, allowing what has been revealed to take root

KEEP PRAYING ALL YEAR LONG

Now that you are in the habit of reading Scripture and praying, find helpful resources to keep the momentum going!

Visit [Foursquare.Church/KeepPraying](https://foursquare.church/keeppraying).

GET CONNECTED

Looking to get connected?

Join us before and after services on February 1st! Explore serving opportunities, find a Huddle that feels like home, and take your next step with us!

Reflect

What did God teach you through these 21 days of intentional prayer and fasting?

What's next?

You've spent 21 days in praying prayers of faith. How might the Holy Spirit be leading you to respond?

Now, set your intentions for 2026:

**I HAVE MADE YOU AS
LIGHT TO THE GENTILES,
THAT YOU SHOULD BE
FOR SALVATION TO THE
ENDS OF THE EARTH.**

ACTS 13:47



This journal belongs to: _____



**PUGET SOUND
FOURSQUARE**