

The Plant Church

21-Day Fast Prayer Guide

Week 1:
To Know Christ & Make Him Known

Day 1

UP: HOW WE CONNECT WITH GOD.

In what ways do you desire for God to meet you during this fast?

What about your relationship with God do you desire to see change, grow, or be transformed?

Spend a few moments in prayer and silence preparing your heart to receive from the Holy Spirit.

Scripture (Read slowly, even a few times if necessary)

1st John 1:1-4 (NLT)

1 We proclaim to you the one who existed from the beginning, whom we have heard and seen. We saw him with our own eyes and touched him with our own hands. He is the Word of life. **2** This one who is life itself was revealed to us, and we have seen him. And now we testify and proclaim to you that he is the one who is eternal life. He was with the Father, and then he was revealed to us. **3** We proclaim to you what we ourselves have actually seen and heard so that you may have fellowship with us. And our fellowship is with the Father and with his Son, Jesus Christ. **4** We are writing these things so that you may fully share our joy.

Time of Reflection

- Give praise to God for sending us his Son and all of the good news you see in this passage.
- Pray that you can know Jesus Christ more intimately during these 21 days.
- What of Jesus stands out to you in this passage?

IN: HOW WE BUILD FAMILY.

Pray for our The Plant community today (Mahwah & West Milford) that we would all experience a renewing of love and fellowship with the Father and his Son, Jesus Christ, over the next 21 days.

OUT: HOW WE GO ON MISSION.

Pray for the communities of Mahwah and West Milford to be open to the Holy Spirit's prompting to receive God's Word of light, which is Christ Jesus, over the next 21 days.

Day 2

UP: HOW WE CONNECT WITH GOD.

God's desire is for all of humanity to have an intimate relationship with Him. We are able to know God through his Son, Jesus Christ. One of the ways we engage in a relationship with God is through studying the Scriptures and allowing the Holy Spirit to reveal God's love, truth and compassion, which are found in Christ Jesus.

Start this morning worshipping God for who he is. What has he done? Give thanks.

Then, spend a few moments in prayer and silence preparing your heart to receive from the Holy Spirit.

Scripture (Read slowly, even a few times if necessary)

1st John 1:5-10 (NLT)

⁵This is the message we heard from Jesus and now declare to you: God is light, and there is no darkness in him at all. ⁶So we are lying if we say we have fellowship with God but go on living in spiritual darkness; we are not practicing the truth. ⁷But if we are living in the light, as God is in the light, then we have fellowship with each other, and the blood of Jesus, his Son, cleanses us from all sin.

⁸If we claim we have no sin, we are only fooling ourselves and not living in the truth. ⁹But if we confess our sins to him, he is faithful and just to forgive us our sins and to cleanse us from all wickedness. ¹⁰If we claim we have not sinned, we are calling God a liar and showing that his word has no place in our hearts.

Time of Reflection

- What is Jesus looking to do in your life based on this passage?
- Where in your life is Jesus shining his light against spiritual darkness?
- Can Jesus be trusted with this area of your life? Why or why not?
- Is there anything you need to confess to God? Do so in this moment.

IN: HOW WE BUILD FAMILY.

Who within our church family do you need to partner with for confession? Call someone you trust and share what Jesus is doing within your life. Do not hide. Choose to live in the light today.

OUT: HOW WE GO ON MISSION.

Allow light to shine in the dark places in our world. Show love to one person as you go about your day. Do something for someone with no strings attached.

(Ideas: purchase coffee for the person behind you. Heading thru drive-thru? Pick up the tab for the person behind you.)

Day 3

UP: HOW WE CONNECT WITH GOD.

God's desire is for all of humanity to have an intimate relationship with Him. We are able to know God through his Son, Jesus Christ. One of the ways we engage in a relationship with God is through studying the Scriptures and allowing the Holy Spirit to reveal God's love, truth and compassion, which are found in Christ Jesus.

Practice worshipping God thru the ALPHABET. From letters A-D, "God You're Awesome, Beautiful, etc." express why you believe this to be true.

Spend a few moments in prayer and silence preparing your heart to receive from the Holy Spirit.

Scripture (Read slowly, even a few times if necessary)

1st John 2:1-6 (NLT)

2 My dear children, I am writing this to you so that you will not sin. But if anyone does sin, we have an advocate who pleads our case before the Father. He is Jesus Christ, the one who is truly righteous. **2** He himself is the sacrifice that atones for our sins—and not only our sins but the sins of all the world. **3** And we can be sure that we know him if we obey his commandments. **4** If someone claims, "I know God," but doesn't obey God's commandments, that person is a liar and is not living in the truth. **5** But those who obey God's word truly show how completely they love him. That is how we know we are living in him. **6** Those who say they live in God should live their lives as Jesus did.

Time of Reflection

- What is true of Jesus in this passage?
- What is true of you because of what is true of Jesus?
- What of your life needs to realign in heart, mind and body to the truth of who Jesus and you are?

IN: HOW WE BUILD FAMILY.

Who in your Missional Community or Life Group could use an advocate today? Give a call. Let them know you're thinking of them and praying for them.

OUT: HOW WE GO ON MISSION.

Who of your People of Peace need an advocate today? How can you be the reflection of Jesus to that person? Give a call. Let them know you're thinking of them and pray for them.

Community Prayer

Pray for both The Plant community and the communities of Mahwah and West Milford to know Christ for who he truly is.

Day 4

UP: HOW WE CONNECT WITH GOD.

God's desire is for all of humanity to have an intimate relationship with Him. We are able to know God through his Son, Jesus Christ. One of the ways we engage in a relationship with God is through studying the Scriptures and allowing the Holy Spirit to reveal God's love, truth and compassion, which are found in Christ Jesus.

Practice worshipping God thru the ALPHABET. From letters E-H, "God You're Excellent, my Father, etc." express why you believe this to be true.

Spend a few moments in prayer and silence preparing your heart to receive from the Holy Spirit.

Scripture (Read slowly, even a few times if necessary)

1st John 2:7-11 (NLT)

⁷ Dear friends, I am not writing a new commandment for you; rather it is an old one you have had from the very beginning. This old commandment—to love one another—is the same message you heard before. ⁸ Yet it is also new. Jesus lived the truth of this commandment, and you also are living it. For the darkness is disappearing, and the true light is already shining.

⁹ If anyone claims, "I am living in the light," but hates a fellow believer, that person is still living in darkness. ¹⁰ Anyone who loves a fellow believer is living in the light and does not cause others to stumble. ¹¹ But anyone who hates a fellow believer is still living and walking in darkness. Such a person does not know the way to go, having been blinded by the darkness.

Time of Reflection

- What is Jesus' call for each of us, his church? Why is it this?
- Why is loving one another so difficult to do?
- How is God bringing to life this old commandment to you once again?

IN: HOW WE BUILD FAMILY.

Is there anyone you need to forgive or needs your forgiveness? Reach out and offer extend forgiveness.

OUT: HOW WE GO ON MISSION.

Can you share this story of forgiveness with a friend or Person of Peace? Talk about how God is re-shaping your life in how you deal with others. This is GOOD NEWS!

Community Prayer

Pray against spiritual darkness in Teahouse. May the love of our International Workers dispel the spiritual darkness of the land.

Day 5

UP: HOW WE CONNECT WITH GOD.

God's desire is for all of humanity to have an intimate relationship with Him. We are able to know God through his Son, Jesus Christ. One of the ways we engage in a relationship with God is through studying the Scriptures and allowing the Holy Spirit to reveal God's love, truth and compassion, which are found in Christ Jesus.

Practice worshipping God thru the ALPHABET. From letters I-L, "God You're Invincible, my King, etc." express why you believe this to be true.

Spend a few moments in prayer and silence preparing your heart to receive from the Holy Spirit.

Scripture (Read slowly, even a few times if necessary)

1st John 2:12-14 (NLT)

¹² I am writing to you who are God's children
because your sins have been forgiven through Jesus.

¹³ I am writing to you who are mature in the faith
because you know Christ, who existed from the beginning.

I am writing to you who are young in the faith
because you have won your battle with the evil one.

¹⁴ I have written to you who are God's children
because you know the Father.

I have written to you who are mature in the faith
because you know Christ, who existed from the beginning.

I have written to you who are young in the faith
because you are strong.

God's word lives in your hearts,
and you have won your battle with the evil one.

Time of Reflection

- You are one of the ones the Apostle John addresses. Find yourself in the passage. What is true of God, of you?
- What would change in your life if you began to live these truths out?
- What does it mean that God is your Father and you're his child?

IN: HOW WE BUILD FAMILY.

Anyone new to following Jesus who needs encouragement? Anyone that you know who has been walking with Jesus for quite some that you admire and would love to tell him/her? Reach out and bless them today.

OUT: HOW WE GO ON MISSION.

Eat a meal or have coffee with a Person of Peace. Ask them about their faith journey. Just ask. No need to declare anything.

Community Prayer

Pray for both the leaders in the community of Mahwah and West Milford and the leadership of The Plant. Ask God to give wisdom and discernment as these men and women are called to lead in their places of service.

Day 6

UP: HOW WE CONNECT WITH GOD.

God's desire is for all of humanity to have an intimate relationship with Him. We are able to know God through his Son, Jesus Christ. One of the ways we engage in a relationship with God is through studying the Scriptures and allowing the Holy Spirit to reveal God's love, truth and compassion, which are found in Christ Jesus.

Practice worshipping God thru the ALPHABET. From letters M-P, "God You're Mighty, Nearby, etc." express why you believe this to be true.

Spend a few moments in prayer and silence preparing your heart to receive from the Holy Spirit.

Scripture (Read slowly, even a few times if necessary)

1st John 2:15-17 (NLT)

¹⁵ Do not love this world nor the things it offers you, for when you love the world, you do not have the love of the Father in you. ¹⁶ For the world offers only a craving for physical pleasure, a craving for everything we see, and pride in our achievements and possessions. These are not from the Father, but are from this world. ¹⁷ And this world is fading away, along with everything that people crave. But anyone who does what pleases God will live forever.

Time of Reflection

- Why do you think John pushes so hard against loving this world?
- What secrets are being revealed about what happens to us when we love this world?
- What is God leading you to turn away from so that you aren't distracted from God and what he desires to do in and thru you?

IN: HOW WE BUILD FAMILY.

How can you be generous to God's family today? Is there anything you can give away? Anyway you can serve a fellow brother or sister in need?

OUT: HOW WE GO ON MISSION.

Go out to your favorite restaurant and pick someone to bless by picking up their meal. No one needs to know. Just have freedom in giving away what you desire to hold on to most.

Community Prayer

Pray against the things that tug on the hearts of those who have yet to know Jesus; that their eyes would be open to the things that are fading and hearts would be open to that which is everlasting.

Day 7

UP: HOW WE CONNECT WITH GOD.

God's desire is for all of humanity to have an intimate relationship with Him. We are able to know God through his Son, Jesus Christ. One of the ways we engage in a relationship with God is through studying the Scriptures and allowing the Holy Spirit to reveal God's love, truth and compassion, which are found in Christ Jesus.

Practice worshipping God thru the ALPHABET. From letters Q-T, "God You're Quest-worthy, Radiant, etc." express why you believe this to be true.

Spend a few moments in prayer and silence preparing your heart to receive from the Holy Spirit.

Scripture (Read slowly, even a few times if necessary)

1st John 2:18-27 (NLT)

¹⁸ Dear children, the last hour is here. You have heard that the Antichrist is coming, and already many such antichrists have appeared. From this we know that the last hour has come. ¹⁹ These people left our churches, but they never really belonged with us; otherwise they would have stayed with us. When they left, it proved that they did not belong with us.

²⁰ But you are not like that, for the Holy One has given you his Spirit, and all of you know the truth. ²¹ So I am writing to you not because you don't know the truth but because you know the difference between truth and lies. ²² And who is a liar? Anyone who says that Jesus is not the Christ. Anyone who denies the Father and the Son is an antichrist. ²³ Anyone who denies the Son doesn't have the Father, either. But anyone who acknowledges the Son has the Father also.

²⁴ So you must remain faithful to what you have been taught from the beginning. If you do, you will remain in fellowship with the Son and with the Father. ²⁵ And in this fellowship we enjoy the eternal life he promised us.

²⁶ I am writing these things to warn you about those who want to lead you astray. ²⁷ But you have received the Holy Spirit, and he lives within you, so you don't need anyone to teach you what is true. For the Spirit teaches you everything you need to know, and what he teaches is true—it is not a lie. So just as he has taught you, remain in fellowship with Christ.

Time of Reflection

- Today is a day to rest. Reflect on God's truth. What truth does God want you to experience in this moment?
- What does remaining in fellowship with Christ look like for you?
- Is there any place where the verse seemed to jump out at you? Perhaps it's your Kairos moment for the day. Lean in.

IN: HOW WE BUILD FAMILY.

Thank God for each person in your Missional Community family or Life Group Family. Praise God for his goodness unto each person.

OUT: HOW WE GO ON MISSION.

Pray for healing in the broken areas in our community; for the sick, brokenhearted, the forgotten, the elderly, those in financial distress. Pray for breakthrough and for God to receive the glory.