

Guide to 21 days of Fasting and Prayer

1. Choose to give up something for 21 days. Begins January 7th and ends on January 28th. It could be Instagram, could be Facebook, could be all sugar, Netflix, Movies, Coffee.
2. Choose to do a water only fast on the three Wednesdays: Jan 9, 16, 23.
3. Follow along with this devotional plan. There is a scripture for each day along with a thought to consider. Included are two different prayer focuses—one for New Hope and one beyond our walls.
4. Bonus: Attend prayer gatherings: Tuesdays at 11am in the Fireside Room or Sunday mornings at 8am in the Fireside Room.

Day 1: Mon. Jan 7

Read: **Psalm 3**

Devotional Thought from Pastor Isaac:

As you give up something for the next 21 days, you likely will lose something that you lean on for comfort. The Psalmist says God, "is the lifter of my head". When you are tempted to lean into your comforts again, will you turn to God and ask him to lift up your head?

New Hope Prayer Focus:

Pray for our Sports Ministry. Literally hundreds of people use our fields each week. Pray for Josh Noonkester as he leads us forward.

Beyond our Walls:

Pray for displaced refugees all over the world.

Day 2: Tue. Jan 8

Read: **Luke 8:4-15**

Devotional Thought from Pastor Isaac:

This parable is all about the receptivity of our hearts. What type of soil do you relate to? Ask yourself why. Ask the Spirit to increase the health of your heart.

New Hope Prayer Focus:

Pray for our Youth Ministry. Trish Bliss is leading the youth team for the next 9 months. Pray that the students dive into Jesus and go deeper into him!.

Beyond our Walls:

Pray for an end to sex trafficking

Day 3: Wed. Jan 9

Read: **Luke 9:10-17**

Devotional Thought from Pastor Isaac:

On our first day of going with no food, we read the account of Jesus miraculously providing food for the people who were hungry. God provides for our needs. Today, you need to fast with the church family. How will you endure no food today? The Spirit will supply strength for you to endure. Give over your hunger to him today.

New Hope Prayer Focus:

Pray for our children's ministry. Donia Hovet and her team are teaching our kids that Jesus is all they need. Pray that our families go deep with Jesus. Pray for more and more New Hope people to say yes to working with our precious kids!.

Beyond our Walls:

Pray for the President of the USA

Day 4: Thu. Jan 10

Read: **Psalm 6**

Devotional Thought from Pastor Isaac:

As you read Psalm 6, consider your own troubles and weaknesses. David cried before the Lord because life does hurt. Today, receive comfort in your pain, but also pay attention to your pain. What is God teaching you about him? About you?

New Hope Prayer Focus:

Pray for our worship ministry. Soon James Gerber will arrive to lead the team forward. Until then, Tony Burroughs and Devon Allen are providing great leadership. Pray that God anoints them and equips them. Pray that the worship ministry would continue to press us towards the presence of Jesus!.

Beyond our Walls:

Pray for the Governor of Oregon

Day 5: Fri. Jan 11

Read: **Psalm 4**

Devotional Thought from Pastor Isaac:

David (writer of the Psalm) gives wise advice: not reacting in our anger. Consider your own anger. Do you have a problem with outbursts? Do you use cutting words? Do you backbite and gossip? Do you make rash decisions? Today, will you allow

the Spirit to have control over your anger? Will you resist your first reaction? How?

New Hope Prayer Focus:

The pastoral staff takes Sabbath on Fridays. Ask the Holy Spirit to refresh and renew them as they refrain from normal work so that they are ready to serve us well!.

Beyond our Walls:

Pray for an end to all wars.

Day 6: Sat. Jan 12

Read: **Luke 12:22-34**

Devotional Thought from Pastor Isaac:

Jesus is faithful to teach us about God's providence. But, as you read through these comforting verses, notice there is action required. We don't simply wait for God to provide for us, but we invest our resources with generosity. As you are going without something for these 21 days, you are gaining strength to refrain from your own desires for the sake of another. Today, thank the Lord for his blessings and be on the lookout for a way to give!

New Hope Prayer Focus:

Pray for the Church Council as they oversee the finances of the Church. Pray for wisdom and guidance. Pray for Garry Olson, Mike Evans, Serrena Westerfield and Peter Jaquith.

Beyond our Walls:

Pray for the victims of natural disasters all around the world.

Day 7: Sun. Jan 13

Read: **Luke 13:18-21**

Devotional Thought from Pastor Isaac:

Today, at our church gathering we begin our series through Exodus: the account of small people being delivered by a BIG God! Jesus says that the way of faith and the way of the Kingdom starts small! Today, bring yourself and your family to church so they can have small seeds planted into them. You will NEVER regret the habit of regular attendance! Deliverance starts with small steps! Take one today!

New Hope Prayer Focus:

Pray that people respond to Jesus today. Pray for people as they are beginning ROOTED and ALPHA this week. Pray that they would have courage to follow through! Pray that many would come to know Jesus! Pray for Associate Pastor Chris Bowlby and his teams as they lead these core discipleship experiences of New Hope!.

Beyond our Walls:

Find a News Headline: Rather than be shocked or offended, take time to pray for all included in the story.

Day 8: Mon. Jan 14

Read: **Luke 14:7-14**

Devotional Thought from Pastor Isaac:

Monday is a great day to choose to serve someone else. You might be a bit grumpy as the week begins—you'll overcome your grumpies with an act of service to someone who didn't expect it. Today, what can you do to show humility and service to someone else?

New Hope Prayer Focus:

Pray for the church Administrators this week. Kori Gustin, Chris Chance and Anna Mae Erikson serve us well. Pray they would have strength for all that is front of them. .

Beyond our Walls:

Pray for righteous governments to emerge around the world.

Day 9: Tue. Jan 15

Read: **Luke 15:1-7**

Devotional Thought from Pastor Isaac:

God sent Jesus into the world so that all who are lost can be found. Who is hard for you to love? Maybe that is the very person you can pray for. Notice the temptation in your heart to judge those who make poor choices. Instead of judging them, ask God to change your heart into a heart of grace and mercy.

New Hope Prayer Focus:

Pray for ALPHA. Many people who are not believers began attending on Sunday. Pray they would be drawn by the grace and love of God. .

Beyond our Walls:

Pray Muslims around the world would come to know Jesus as their Lord and Savior!

Day 10: Wed. Jan 16

Read: **Genesis 39:1-18**

Devotional Thought from Pastor Isaac:

Joseph was a man of integrity—so much so that in order to be found guilty, someone of great power (Potiphar's wife) had to lie about him. Integrity is not built in the HUGE moments of resistance to evil, but in the small ones. Today, as you say no to food, you are building spiritual power to resist evil and

remain a person of integrity. How will you stay true to this fast?

New Hope Prayer Focus:

Pray for the community of XEO, Guatemala. We are partnering with XEO over the next few years through Food for Hungry. We are sponsoring children, will take teams there and will be sponsoring some significant projects there. Be praying about how you can be ready to GIVE and GO to XEO!.

Beyond our Walls:

Pray for Hope Pregnancy Clinic here in Salem. Their mission for pregnant woman: "We are here to walk alongside you so you are informed, empowered and supported. We are here to offer you medical care, options counseling, and a caring, confidential presence as you make your pregnancy decisions."

Day 11: Thu, Jan 17

Read: **Psalm 7**

Devotional Thought from Pastor Isaac:

Today, God wants to hear from you. On behalf of someone else, bring a request before him. All through the day, pray for this one person. Take delight in God's openness to hear from you!

New Hope Prayer Focus:

Pray for Assisting Pastor Andrea Larson and the start up of Stephen Ministry here at New Hope. Stephen Ministry is a one-to-one lay caring ministry that takes place in congregations. Stephen Ministry congregations equip and empower lay caregivers—called Stephen Ministers—to provide high-quality, confidential, Christ-centered care to people who are hurting. .

Beyond our Walls:

Pray for Pastor Kelly Graham of Calvary Chapel next door. May their church, ministry and outreach be blessed!

Day 12: Fri, Jan 18

Read: **Luke 18:15-17**

Devotional Thought from Pastor Isaac:

Children are so important to God. Notice how Jesus welcomes the children! It is not an accident that Luke included this small vignette from the ministry of Jesus. Children represent the next generation of leaders. What we invest into them today will produce fruit down the road. Every seed bears fruit. What seeds are you planting into the

children around you? If you have children in your care, it is imperative that you express your faith to them by committing to church before ANYTHING else. If you do not, you are subject to judgement for you are teaching them to love the things and opportunities of this world MORE than the things of God. What do you need to change?

New Hope Prayer Focus:

Pray for the Next Generation that have yet to come through the doors of New Hope. Pray that students and children all around New Hope would be prepared by the Holy Spirit to hear the good news of Jesus and make commitments that last a lifetime. .

Beyond our Walls:

Pray against depression in our culture! Pray for HOPE and LIFE!

Day 13: Sat, Jan 19

Read: **Luke 19:41-44**

Devotional Thought from Pastor Isaac:

Jesus looks upon the city of Jerusalem and weeps. He does so because he knows that the corruption of Rome, the corruption of the Religious Leaders and the corruption of the Jewish government had left people susceptible and vulnerable. Our culture misleads us all the time. Today, take time to consider the lies that Satan tells you through our culture. Grieve them and resolve to listen to the Spirit.

New Hope Prayer Focus:

Pray for the neighborhoods surrounding New Hope. Pray for spiritual breakthrough. Pray against demonic oppression. Pray for families to stay together. Pray for economic health. Pray that New Hope would make a difference!.

Beyond our Walls:

Pray for any public school teacher or administrator you can think of! Pray blessing over them! Pray safety over our schools!

Day 14: Sun, Jan 20

Read: **Psalm 8**

Devotional Thought from Pastor Isaac:

Today, as you prepare to go serve and worship in our church gathering, take time to notice all of the wonder and beauty of creation around you! God is showing off all the time! If you get stuck, consider the wonder of your own eyes being able to focus on this page, read words and conjure up impressions and clear ideas of what these bits of ink and paper say! Wow!

New Hope Prayer Focus:

Pray for all of the wonderful leaders and volunteers in our FOOD Pantry. Each month, dozens of families are served through the ministry of our Food Pantry. Pray that we make a deep difference in the lives of those who we are reaching!.

Beyond our Walls:

Pray for our law enforcement: safety, strength, emotional healing.

Day 15: Mon. Jan 21

Read: **Exodus 2:11-15**

Devotional Thought from Pastor Isaac:

Young Moses had the right idea: to help! But, he had the wrong plan—killing the Egyptian. All of us get ahead of God. We grow impatient with God's timing and try to force something good to happen. Or, when things aren't going our way or "trending positive", we give up! As we begin our last week of fasting and praying together, would you stay faithful even if God doesn't seem to be moving? How can you successfully accomplish this last week of fasting? Who can help you? Reach out! Finish strong!

New Hope Prayer Focus:

Take a few minutes and pray for the women of New Hope. May they feel empowered, loved, and pressed closer to Jesus. Pray that women would be sold of our Jesus!.

Beyond our Walls:

Pray for all current and past military personnel. Pray for healing, safety and grace for the families at home. Pray that our country's leaders would have great wisdom and grace!

Day 16: Tue. Jan 22

Read: **Luke 22:39-46**

Devotional Thought from Pastor Isaac:

During Jesus' last night (before he was executed on the cross), he prayed through his pain. His pain was so acute that he asked God if there was another way to accomplish salvation. But, he submitted to God's will. Submission is a bad word in our culture, but each of us is called to submit to God—even when it hurts. Use this time of fasting as "submission practice"—developing the spiritual muscle of trust!

New Hope Prayer Focus:

Pray for the Men of New Hope. Pray that dozens would sign up for the upcoming Men's Retreat. Pray for unity between and among all of the churches. .

Beyond our Walls:

Pray for all first responders. Pray for protection and for emotional help as they deal with everyone else's worst day—every day of their job!

Day 17: Wed. Jan 23

Read: **Luke 23:26-43**

Devotional Thought from Pastor Isaac:

On our last day of fully fasting from food, read through the account of Jesus' death on the cross. He went through all of that so you could always follow him and his way to life. Take time to thank Jesus for what he has done. Lean into your own discomfort today.

New Hope Prayer Focus:

Pray that New Hope would grow in our reach to Spanish speaking populations. Pray that Hispanics and Latinos would feel welcome in our church. Pray that more and more Spanish speakers would rise up to lead our efforts!.

Beyond our Walls:

Pray for our new friends Pastor Freddy Martinez and his wife Eunice as they lead local Hispanic Foursquare Church (Shekinah)

Day 18: Thu. Jan 24

Read: **Luke 24:25-34**

Devotional Thought from Pastor Isaac:

Jesus explains the scriptures to these two followers. Their hearts burned within them. They were excited about scripture being fulfilled in front of them. The promises of scripture are still true! As we apprentice to the presence of Jesus this year, we are going to seek breakthrough. Allow this account of the power of Scripture to fill you with faith for 2019! God is on the move!

New Hope Prayer Focus:

Pray for the Young Adults of New Hope. We have some really special, gifted and called twenty somethings that are choosing to press into Jesus and his ways. Pray they each are filled and empowered by the Spirit!.

Beyond our Walls:

Pray for the Salem Leadership Foundation. Their mission (that we support!)—"We work to find those individuals who understand that real change only happens when we address both the social and spiritual issues facing our city. We then

connect them with other leaders, equip and resource them. We sometimes build collaborative and initiatives around a challenge. Then we cheer them on, celebrate and encourage Shalom where we see it."

Day 19: Fri. Jan 25

Read: **Acts 1:1-8**

Devotional Thought from Pastor Isaac:

The Holy Spirit gives us power! Not power in general, but power to be his witnesses everywhere we go. No matter how far, no matter how close, we are empowered to be his witnesses. Take time to invite the Holy Spirit to fill you today. You don't have to have all the right answers, just a willing heart. Go for it! Get filled up with the Spirit today!

New Hope Prayer Focus:

Pray for Lead Pastor Isaac Hovet. Today he is ministering to 43 Christian leaders and Educators in Maryland. He is teaching a 6 hour seminar on the Emotional Health of leaders. On Sunday, he will preach at Pastor Abe and Stacey Pfeifer's church in Frederick, Maryland. Pray for safe travels and for effective ministry!

Beyond our Walls:

Pray for the Reid Saunders Association based here in Salem: "...an evangelistic organization passionate about taking the message of the cross to the ends of the earth... All for Jesus!"

Day 20: Sat. Jan 26

Read: **Acts 2:14-21**

Devotional Thought from Pastor Isaac:

Peter (of all people!) stands up and declares God's plan—all people will have access to the Holy Spirit! Today, ask God to fill you again with the Spirit so you are ready!

New Hope Prayer Focus:

Pray for an outpouring of the Holy Spirit at New Hope! Pray that we would long for the presence of the Lord!.

Beyond our Walls:

Pray for your neighbors. By name and by house or apartment, lift them up to the Lord!

Day 21: Sun. Jan 27

Read: **Acts 3:1-11**

Devotional Thought from Pastor Isaac:

Through our fast together, we've developed keen awareness—that we don't have anything without Jesus. Peter and John had no money for the crippled beggar, but they did have Jesus. Today, as you go to worship and serve at our gathering, be sure that you receive from Jesus so you can give Jesus away. Be filled with the Spirit!

New Hope Prayer Focus:

Pray for physical healings to take place at New Hope!.

Beyond our Walls:

Pray that all people would come to know Jesus! Believe big and pray big!