



TO THE OTHER SIDE

21 Days of Prayer & Fasting
January 7-27, 2024





A Note From Our Pastors

Dear Family,

In his gospel account, Mark records a time when Jesus and the disciples were caught sailing through a fierce storm. Their boat was starting to sink and the disciples were panicked. They didn't know if they were going to make it.

Sometimes the storms of life seem impossible to get through. But we have a promise from Jesus. It's the same promise that He gave to His disciples as they boarded their boat...

"As evening came, Jesus said to his disciples, 'Let's cross TO THE OTHER SIDE of the lake.' So they took Jesus in the boat and started out, leaving the crowds behind." (Mark 4:35-36 NLT)

No matter what, Jesus promises to get us to the other side! During our 21 Days of Prayer & Fasting, we believe that Jesus will bring you to the other side of your storms. Whether it be a sickness, a broken relationship, a financial hardship, an addiction – we are going to the other side! It's time to cross over into His peace and victory!

We're excited about the next 21 days!

We love you,

A handwritten signature in dark ink, appearing to read "Louie & Sandra Trevino".

Louie & Sandra Trevino
Lead Pastors

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What to Expect

Nightly Gatherings

Let's gather to pray.

From January 7 to 27 on Sunday to Friday nights, we will be meeting at 7pm in the Main Sanctuary to pray together. There is power in the corporate gathering!

Fasting

Fasting creates space for God to fill.

A fast is to abstain from all or some kinds of food or drink (or other activities such as social media or TV) in order to seek God. You are free to decide what you fast for the 21 days; however, many people choose to do a "Daniel Fast," which comes from Daniel 10.

Prayer

Prayer releases the will of God.

Life in God's Kingdom is not about sitting around just waiting for things to happen. Rather, it's about stepping into partnership with Holy Spirit and co-laboring with Him to see Heaven come to earth. Remember, we pray *from* victory, not *for* victory!

Fasting Guide

Daniel Fast: Foods to AVOID

All Meat and Animal Products

Including but not limited to beef, lamb, pork, poultry and fish.

All Dairy Products

Including but not limited to milk, cheese, cream, butter and eggs.

Beverages

Caffeine: coffee (even decaf coffee still contains a small amount of caffeine), black tea, green tea, white tea, and any form of alcohol

All Sweeteners

Including but not limited to sugar, raw sugar, honey, syrups, molasses and cane juice.

All Leavened Bread

Including Ezekiel Bread (it contains yeast and honey) and baked goods.

All Refined and Processed Food Products

Including but not limited to artificial flavorings, food additives, chemicals, white rice, white flour and foods that contain artificial preservatives.

All Deep Fried Foods

Including but not limited to potato chips, French fries, corn chips, etc.

All Solid Fats

Including shortening, margarine, lard and foods high in fat.

Remember, read the labels.

One of the great things about the Daniel Fast is that you are not limited to any specific amount of food, but rather to the kinds of food you can eat. The Daniel Fast is limited to vegetables, fruits, and water.

Fasting Guide

Daniel Fast: Foods to EAT

All Fruits

These can be fresh, frozen, dried, juiced or canned. Fruits include but not limited to apples, apricots, bananas, blackberries, blueberries, boysenberries, cantaloupe, cherries, cranberries, figs, grapefruit, grapes, guava, honeydew melon, kiwi, lemons, limes, mangoes, nectarines, oranges, papayas, peaches, pears, pineapples, plums, prunes, raisins, raspberries, strawberries, tangelos, tangerines and watermelon.

All Vegetables

These can be fresh, frozen, dried, juiced or canned. Vegetables include but are not limited to artichokes, asparagus, beets, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, celery, chili peppers, collard greens, corn, cucumbers, eggplant, garlic, ginger root, kale, leeks, lettuce, mushrooms, mustard greens, okra, onions, parsley, potatoes, radishes, rutabagas, scallions, spinach, sprouts, squashes, sweet potatoes, tomatoes, turnips, watercress, yams, zucchini. Veggie burgers.

All Whole Grains

Including but not limited to whole wheat, brown rice, millet, quinoa, oats, barley, grits, whole wheat pasta, whole wheat tortillas, rice cakes and popcorn.

All Nuts and Seeds

Including but not limited to sunflower seeds, cashews, peanuts, sesame. Also nut butters, including peanut butter.

All Legumes

These can be canned or dried. Legumes include but are not limited to dried beans, pinto beans, split peas, lentils, black eyed peas, kidney beans, black beans, cannellini beans, white beans.

All Quality Oils

Including but not limited to olive, grape seed, peanut and sesame.

Beverages

Spring water, distilled waters or other pure waters.

Other

Tofu, soy products, vinegar, seasonings, salt, herbs and spices

Prayer Targets

Sunday, January 7

Psalm 139:23-24 NLT

As we begin our 21 days of prayer and fasting, spend some time in prayer asking God to search your heart. Surrender anything that might get in the way of following Him wholeheartedly.

What is God saying to you today?

[illegible]

Monday, January 8

Target: Mind

Isaiah 26:3-4 ESV

You keep him in perfect peace whose mind is stayed on you, because he trusts in you. Trust in the Lord forever, for the Lord God is an everlasting rock.

Turn your mind towards God. Lay down every anxious thought, worry, lie, and idol. Replace those things with His truth and His promises. Be still and know that He is God.

It's time to go to the other side!
What is God saying to you today?

Reflection

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

Day 3

Tuesday, January 9

Target: Forgiving Offenses

Matthew 18:15 NLT

If another believer sins against you, go privately and point out the offense. If the other person listens and confesses it, you have won that person back.

Ask God to search your heart for any offenses you may be holding onto. As He brings things to mind, ask Him to help you forgive and release any offense. Pray blessings specifically upon people you have felt hurt or wronged by. Believe for restoration and reconciliation of what has been broken.

**It's time to go to the other side!
What is God saying to you today?**

Reflection

Day 4

Wednesday, January 10

Target: Family

Joshua 24:15 NIV

But as for me and my household, we will serve the Lord.

Pray for your family! Declare that they will experience God's salvation (*sozo: saved, healed, and delivered*) in every area of their lives. Call the prodigal sons and daughters home!

List 3 unsaved family members and pray for their salvation:

1. _____
2. _____
3. _____

It's time to go to the other side!

What is God saying to you today?

Reflection

Day 5

Thursday, January 11

Target: Friends

Ecclesiastes 4:9-12 NIV

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? Though one may be overpowered, two can defend themselves. A cord of three strands is not quickly broken.

Pray for your friends. Declare that they follow the plan of God for their lives. Release God's protection and provision over them.

List 3 friends you will be intentional about praying for:

1. _____
2. _____
3. _____

It's time to go to the other side!

What is God saying to you today?

Reflection

Friday, January 12

Romans 12:12-13 NLT

Pray for your neighbors. Declare salvation and blessings over their lives. Release God's peace and protection over your neighborhood. Believe that people will have supernatural encounters with God! Ask God for opportunities to share His love with those near you.

Reflection

[illegible]

Sunday, January 14

Matthew 16:18 AMP

Pray for our church and the churches in our region. Declare unity, favor, and revival. Pray for an increase of miracles, signs, and wonders! Intercede for the persecuted church in other countries. Believe for an outpouring of glory over His Bride. We are an epicenter for Heaven to touch earth!

What is God saying to you today?

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Day 9

Monday, January 15

Target: Workplaces

Colossians 3:22-23 TPT

Let every employee listen well and follow the instructions of their employer, not just when their employers are watching, and not in pretense, but faithful in all things. For we are to live our lives with pure hearts in the constant awe and wonder of our Lord God. Put your heart and soul into every activity you do, as though you are doing it for the Lord himself and not merely for others.

Declare God's blessings and favor over your workplace. Believe for promotions, raises, and new opportunities. Intercede for your bosses, co-workers, and customers. Ask God to give you opportunities to share the gospel at your job. If you are currently unemployed, believe God for work.

**It's time to go to the other side!
What is God saying to you today?**

Reflection

Tuesday, January 16

Proverbs 10:14 NLT

Pray for our schools, teachers, and students. Declare God's protection and safety on our campuses. Pray that students and teachers would have encounters with Jesus and that revival would breakout in our next generation. Release God's wisdom upon school leaders to make good decisions. Also, pray for Harbor Christian Schools.

Reflection

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Day 11

Wednesday, January 17

Target: City

Jeremiah 33:9 NLT

Then this city will bring me joy, glory, and honor before all the nations of the earth! The people of the world will see all the good I do for my people, and they will tremble with awe at the peace and prosperity I provide for them.

Intercede for Wilmington and for your own city. Pray for our local first responders and governmental leaders. Pray for those who are broken and bound. Release peace, safety, and provision. Declare breakthrough and freedom from addiction, violence, injustice, poverty, and all forms of oppression. Believe for Heaven to invade our region with revival! We will see the goodness of the Lord in the land of the living!

It's time to go to the other side!

What is God saying to you today?

Reflection

Day 12

Thursday, January 18

Target: Nation

2 Chronicles 7:14 NIV

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

Pray for the United States, her leaders, and our military. Release the wisdom of God into their hearts and minds. Declare that the light of God would arise over our country and dispel all darkness. Believe for revival to sweep across our nation! Pray for open doors of opportunity for believers to have great influence for the Kingdom in this land. We will see the goodness of the Lord in the land of the living!

**It's time to go to the other side!
What is God saying to you today?**

Reflection

Day 13

Friday, January 19

Target: World

Isaiah 58:6-8 NIV

Is not this the kind of fasting I have chosen: to loose the chains of injustice and untie the cords of the yoke, to set the oppressed free and break every yoke? Is it not to share your food with the hungry and to provide the poor wanderer with shelter—when you see the naked, to clothe them, and not to turn away from your own flesh and blood? Then your light will break forth like the dawn, and your healing will quickly appear; then your righteousness will go before you, and the glory of the Lord will be your rear guard.

Intercede that the chains of injustice and oppression will be broken across our world. Believe for the end of human trafficking, racism, hunger/poverty, and other social justice issues. Pray for the missionaries who are actively working to bring freedom to the oppressed. Declare a supernatural release of freedom and justice! We will see the goodness of the Lord in the land of the living!

It's time to go to the other side!

What is God saying to you today?

Reflection

Sunday, January 21

Matthew 19:26 NLT

As you pray, stir your faith to believe God for the impossible. Nothing is too big or too hard for Him. Declare that He will break through and break out in your situation! Pray bold, specific prayers!

What is God saying to you today?

[illegible]

Monday, January 22

Luke 6:38 NIV

Pray for jobs and better jobs, advancements, raises and bonuses, sales and commissions, checks in the mail, God-ideas and strategies, debts paid off, expenses decrease, blessings and increases, financial freedom and breakthroughs. Pray for wisdom in stewarding your resources. Declare that God rebukes the devourer and that the windows of heaven are open over you!

What is God saying to you today?

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

Tuesday, January 23

Acts 2:17-18 NLT

Pray for a great outpouring of God's Spirit. Declare a release and an increase of miracles, signs, and wonders. Ask God to move in unusual ways and release Heaven on the earth! Believe for MORE!

Reflection

[illegible]

Wednesday, January 24

Mark 16:17-18 NIV

Pray specifically for those who are sick in body or soul. Release the healing power of God over them. Believe for creative miracles. By His stripes we are healed! Nothing is impossible for Him!

It's time to go to the other side!
What is God saying to you today?

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Day 19

Thursday, January 25

Target: Harvest

Matthew 9:37-38 NIV

Then he said to his disciples, "The harvest is plentiful but the workers are few. Ask the Lord of the harvest, therefore, to send out workers into his harvest field."

Intercede for a harvest of souls out of the north, south, east, and west. Believe for the prodigals and de-churched to come home, and for the unchurched to find home. Pray for a release of supernatural encounters that lead to salvation. Declare that spiritual eyes and ears are opened to the gospel. Pray for the labors to gather the harvest!

**It's time to go to the other side!
What is God saying to you today?**

Reflection

Friday, January 26

Proverbs 16:3 AMP

Talk to God about what is in your heart for the future. Share with Him your hopes and your fears. Remember, when you delight yourself in the Lord, He will give you the desires of your heart. He has great plans for you – to give you a future and a hope! Your steps are ordered by Him.

It's time to go to the other side!
What is God saying to you today?

[illegible]

Share Your Story

We want to hear what God has done in your life over the past 21 days! Send us a DM on social media or email mystory@contacthcc.org.

While our time of prayer and fasting is coming to an end, God moving. Keep following Him every day.

We're crossing over to the other side!

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Revised: 12/7/23