



Rejoice in the Lord always. I will say it again: Rejoice! Let your gentleness be evident to all. The Lord is near. Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable - if anything is excellent or praiseworthy - think about such things.

Philippians 4:4 - 8

For 21 days of prayer we will focus on God by using the rhythm mentioned in Philippians 4: worship, pray, thank, think. It is our hope that this year we will be a people that live open-handed, allowing God to take full reign and obediently follow Him as He establishes His kingdom in us, our loved ones, and our communities.

All 21 days have been divided into three topics: Worship, Prayer, and Thanksgiving. While we will practice all three daily, each week will emphasize one practice through scripture.

Daily Scripture

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|--------|-------------------------|--------|-------------------|--------|----------------------------|
| Jan 14 | Psalm 100:1 - 5 | Jan 21 | Hebrews 4:14 - 16 | Jan 28 | 1 Thessalonians 5: 16 - 18 |
| Jan 15 | Psalm 34:1 - 9 | Jan 22 | 1 John 4:14 - 15 | Jan 29 | Colossians 2:6 - 7 |
| Jan 16 | Psalm 111:1 - 5 | Jan 23 | Matthew 6:9 - 13 | Jan 30 | Isaiah 12 |
| Jan 17 | Psalm 95:1 - 7 | Jan 24 | Mark 11:22 - 26 | Jan 31 | Hebrews 12:28 - 29 |
| Jan 18 | Psalm 92:1 - 8 | Jan 25 | 1 Timothy 2:1 - 4 | Feb 1 | Colossians 3:15 - 17 |
| Jan 19 | Psalm 89:5 - 8, 14 - 18 | Jan 26 | James 5:16 - 18 | Feb 2 | Psalm 107:1 - 3 |
| Jan 20 | Psalm 103:1 - 6, 22 | Jan 27 | Luke 18:1 - 8 | Feb 3 | Psalm 118:1 - 4 |

Worship	Pray	Thank	Think
<p>Worship is showing honor and reverence. The most common word of worship in the Bible is literally translated to “bow down”. Worship is expressed in many ways. For 21 days we are focusing on using our words to worship God.</p> <p>Read the daily scripture and then spend time with your own words or songs of honor to God. True worship bows our hearts to God, recognizing His sovereignty and leadership</p>	<p>Prayer is simply an act of communication with God, both speaking and listening.</p> <p>Each day open your hands and begin to make your requests to God. This is not a time of only asking for what you need, but also offering what is on your heart and mind.</p> <p>Spend time giving your goals, desires, and challenges of 2023 to God. Intentionally pray for yourself, loved ones, those you know that are far from God, our church and our communities.</p>	<p>Much like worship gratitude postures our hearts and minds to recognize God’s presence and provision throughout our lives.</p> <p>As we practice thanksgiving, we remember who God is and what He does. This strengthens our ability to resist the temptation to pick worry or fear back up.</p> <p>Spend time verbally thanking God. Make an effort to be specific and include more than material provisions. Think about your physical, mental and spiritual life. Reflect on the past and present, remembering the ways God has been faithful.</p>	<p>Our thoughts can either distract and deter us or they can keep us within the boundaries of God’s perfect peace.</p> <p>Changing our thoughts based on God’s word renews our minds, transforming us from the inside out (Romans 12).</p> <p>Each day ask God what truth from His Word He wants you to focus on. Take the time to keep that truth near the forefront of your mind by creating reminders (sticky note, phone alert, a lit candle, a string on your wrist, etc). Use these reminders to realign your thinking throughout the day.</p>

Getting Started:

The goal for every fast is to draw nearer to God by eliminating certain elements from your daily routine and replacing that time or activity connecting with God. Fasting is a biblical discipline expected of every believer. This action of "spiritual replacement" causes a faith reset through removing distraction, reinvigorating passion, and often can provide clarity from God. Traditionally fasting is from food and the time normally spent eating is replaced with time spent with God in prayer and reading His word. When the desire to eat returns, the response is replace the desire reaching out and asking God to fill the desire with Him.

Tips for a Season of Prayer and Fasting:

- 1 Set your objective by answering this question: What are you fasting for? Why or What outcome are you seeking by joining in prayer and fasting for 21 days.
- 2 Write out your commitment, "What" meal(s) or food will you be fasting? "What" activities will you be limiting? How much time will you be spending in prayer and the Bible? Whom will you be accountable with?
- 3 Make a schedule, "When" will you pray and focus on scripture? (Common practice is to choose times when you'd normally be eating or at the beginning and end of your day.)
- 4 Don't Give Up! If you break your fast or miss a prayer time, don't quit! Prayer is more important than perfection. Focus again on WHY you are fasting and jump right back into your commitment and keep going.

Commit to Daily Prayer

for these specific needs

Church Leadership & Staff
2024 Building Project
New Vision, Mission & Values

Loving Jesus and Others
Improve Sharing Life Together
Passion to Make Disciples

Our Ministries
Raising New Leaders
Loved Ones who need Jesus

We want to pray for you!

During your time of fasting, Pastor Jeremy would like to pray for you. Please fill out the Commitment card at church or online at sheldonchurch.com

Resources for 21 Days of
Prayer and Fasting:
www.sheldonchurch.com/fasting



Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need.
Matthew 6:33



Contact Us:



(715) 452-5354



office.scc@gmail.com