GOD'S Promises

21 DAYS OF PRAYER + FASTING

"You will seek me and find me when you seek me with your whole heart." Jeremiah 29:13

This is a promise that God gave His people 2,600 years ago. It was a promise that the effort to pursue God would be rewarded with finding Him. For the next 21 days, we will pray and fast as we seek our Lord. He is our Promise Keeper.

Welcome to our 21 days of prayer and fasting, when, together as the unified Body of Christ, we dedicate ourselves to a season of "self-denial" and "Divine pursuit."

This year you will find a common thread in these daily devotions and reflections: the Promises of God. It would seem obvious that in focusing on the things God promised, we are exploring what we can get from God, what He promised He would do or give. While that is undoubtedly part of it, I invite you to shift your focus. Focus less on "me" and completely on God.

During these 21 days, I want your goal NOT to get more FROM God, but instead to get more OF God. More of the awareness of God's presence. More of the dependence on God's power. More of the surrender to God's will. More submission and cooperation with God's Spirit. This pursuing more OF God actually lines up perfectly with the emphasis on His promises.

Look at these promises: "Seek and you will find." (Matthew 7:7); "Seek me and live." (Amos 5:4); "You will seek me and find me when you seek me with your whole heart." (Jeremiah 29:13); "Seek first his kingdom and his righteousness, and all these things will be given to you as well." (Matthew 6:33).

So let's seek together over these next three weeks, not with a desire to get something from God, but to get more of God. Let's say "no" to something good, in order to say "yes" to something, or someONE, better.

You are holding a resource to help you during this time of prayer and fasting. In the following pages, you will find a daily devotion written by one of our brothers or sisters from Cornwall Church.

Seeking Together,

Bob Marvel

SCHEDULE
OF EVENTS

JANUARY 9/10: Discernment Days. Pray for what God will have you do during these 21 days. Make an intentional plan of your personal commitment and prayer goals. *(see page 6)*

JANUARY 11: First Day of 21 Days. Join us for Refuge at 6:30pm *(in-person and online)*. This will be a time of extended worship, prayer, communion and a short message.

JANUARY 14: Video devotion from Pastor Bryon *(Available on Facebook and Instagram)*

JANUARY 18: All Church Prayer and Fasting. Let us come together as a church body for a time of worship and self-guided prayer. *(Loft 6:30pm)*

JANUARY 21: Video devotion from Pastor Kip *(Available on Facebook and Instagram)*

JANUARY 28: Video devotion from Pastor Bob *(Available on Facebook and Instagram)*

JANUARY 31: Last Day of 21 Days. Take time to reflect on what key lessons you learned during this time. What was something new or fresh that you experienced with Jesus? Use the journaling space located in the back of this booklet.

TYPES OF FASTS

Complete Fast
In this type of fast, you drink only liquids, typically water with light juices as an option. Broth or soup may be included as options.

Selective Fast
This type of fast involves removing certain elements from your diet. One example of a selective fast is the Daniel Fast, during which you remove meat, sweets, and bread from your diet and consume water and juice for fluids and fruits and vegetables for food.

Partial Fast
This fast is sometimes called the “Jewish Fast” and involves abstaining from eating any type of food for a set amount of time, daily. This can either correlate to specific times of the day, such as 6:00am to 3:00pm, or from sunup to sundown.

Soul Fast
This fast is a great option if you do not have much experience fasting food, have health issues that prevent you from fasting food, or if you wish to refocus certain areas of your life that are out of balance. For example, you might choose to stop using social media or watching television for the duration of the fast and then carefully bring that element back into your life in healthy doses at the conclusion of the fast.

Scripture References:

Jeremiah 29:13
Ezra 8:21
Matthew 6:16-18
Matthew 9:14-15
Daniel 10:2-3
Daniel 10:12
1 Corinthians 7:5

FASTING IDEAS

Ask the Holy Spirit to lead you into what kind of fast(s) you will be doing. If you are not ready to do a complete fast, consider doing a partial fast and/or a “soul” fast.

Partial Fast Ideas

Meat
Dairy
Carbs
Fast Food

Alcohol
Caffeine
Soda
Energy Drinks

Sugar
Desserts
Snacks
Dressings

“Soul” Fast Ideas

Sports
Video Games
Music
TV
Podcasts
News
Notifications

Apps
Shopping
Hobbies
Marital Relations
Netflix
Amazon Prime
Hulu

Disney +
Facebook
Instagram
TikTok
SnapChat
Among Us
Fortnite

Fasting is voluntary denial for spiritual purposes. Now that you have decided what you are saying “no” to, what are you saying “yes” to? How are you filling up your soul?

“Fill Up” Ideas

Prayer
Confession
Scripture
- Reading
- Reflection
- Memorization

Journaling

Silence
Solitude
Nature
Prayer Walk
Worship
Serving
Connecting

Devotions
Hymns
Listening
Communion
Celebration
Praise
Thanksgiving

SERMON RESOURCES

To watch past messages,
go to https://www.cornwallchurch.com/messages

LESS IS MORE (a series on fasting)
1/10/21 - A Fast Review
1/17/21 - Greater than >
1/24/21 - Fast Forward

NOT SO, FAST (a series on fasting)
1/12/20 - Fasting 101
1/19/20 - Fast-Feast
1/26/20 - Together

PRAY FIRST (a series on prayer)
2/10/18 - Immeasurably More
2/18/18 - Hearts Cry
2/25/18 - Jacob: Change Me
3/04/18 - Nehemiah: A Call to Action
3/11/18 - Hungering for More
3/18/18 - Faithful in Prayer
3/25/18 - The Pray-er

We'd love to hear about your 21 Day experience.
Share your story at stories@cornwallchurch.com.

Have a prayer request?
Email us at prayers@cornwallchurch.com

MY PERSONAL COMMITMENT & PRAYER GOALS

Seek what God will have you do during these 21 days - *(what kind of fast, when and for how long)* and then commit to writing it down. Additional space is provided in the back of this booklet.

I am fasting from:

_____

_____

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_____

Who am I specifically praying for during these 21 days?

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_____

What specific circumstances or issues am I praying for?

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_____

21 DAYS OF PROMISES

Day 1 - Jan 11	His promises never fail
Day 2 - Jan 12	He is always with me
Day 3 - Jan 13	He is faithful
Day 4 - Jan 14	He has a plan for my life
Day 5 - Jan 15	He gives me hope
Day 6 - Jan 16	He gives me strength
Day 7 - Jan 17	He gives me wisdom
Day 8 - Jan 18	We are a new creation
Day 9 - Jan 19	He will bring good out of suffering
Day 10 - Jan 20	He is our refuge
Day 11 - Jan 21	He will fight for me
Day 12 - Jan 22	He has given us eternal life
Day 13 - Jan 23	He will provide for us
Day 14 - Jan 24	When we call on Him, He will answer
Day 15 - Jan 25	He will guide us
Day 16 - Jan 26	He will sustain us
Day 17 - Jan 27	He gives us peace
Day 18 - Jan 28	He hears our cries
Day 19 - Jan 29	His love is unlimited, unconditional and complete
Day 20 - Jan 30	He shows us great mercy
Day 21 - Jan 31	Jesus is coming back!

DAY 1 - JAN 11

HIS PROMISES NEVER FAIL

Standing at the pantry door, I was staring at a warehouse-size bag of chocolate chips. I wanted to reach in and grab a handful—no…eat the whole bag! I had committed to God to fast chocolate for a season in search of wisdom for a big decision. As I stood there dreaming of how good the rich dark chocolate would taste in my mouth, my thoughts were interrupted by a quiet God whisper, "I don't care if you eat the whole bag of chocolate chips, let me ask—why do you want to eat them?" God caught me, right there in the middle of my daydream. Realizing I was angry over something that happened recently, I went to the pantry instead of going to God in my distress. My actions were telling, more than I'd like to admit. Sadly, chocolate had become a sub-conscious go-to. Choosing chocolate to soothe my angst instead of God revealed my unbelief in His faithfulness, trustworthiness, and promises. Right then, at the pantry door, I stopped and confessed my weakness and asked God to renew my heart.

Deuteronomy 7:9 is a testimony of God's everlasting faithfulness. *"Know, therefore, that the Lord your God is God; he is the faithful God, keeping his covenant of love to a thousand generations of those who love him and keep his commandments."*

Our commitment to fast helps us to remember God's faithfulness in our lives. Fasting clears our minds, so to speak, and reveals our level of trust in God instead of ourselves. As you fast today, ask God to reveal the places where you are struggling to trust him and what your go-to action is when you are overcome with distress.

Cynthia Cavanaugh, Small Groups Director

SCRIPTURE REFERENCES:
Joshua 21:45, Psalm 145:13, Numbers 23:19

DAY 2 - JAN 12

HE IS ALWAYS WITH ME

“Have I not commanded you? Be strong and courageous. Do not be terrified; do not be discouraged, for the LORD your God will be with you wherever you go.” Joshua 1:9

Talk about a promise! This is a big one. ‘I will be with you WHEREVER you go.’ That means He is with us as we go through all the days of our lives – the good ones and the bad ones. It’s easy to believe this promise as we’re going through the good days of life – but the hard ones?

On November 27, 2021, my husband suddenly and unexpectedly died, and I was faced with a decision: Did I really believe that promise? Did I really believe that God would be WITH me as I journeyed through some of the most painful, dark, and lonely days of my life? I definitely didn’t feel strong and courageous; I was terrified; I was discouraged - but there was this promise that I KNEW to be true: GOD IS WITH ME! His presence was evidenced in the meals people brought and the cards and texts that people sent. It was evidenced by the fact that I could sleep at night, get out of bed in the morning, and that the sun came up in the morning.

Regardless of what life circumstances you are facing – whether good or bad - as you fast today - I encourage you to focus on the fact that GOD IS WITH YOU and has promised He will ALWAYS be with you.

Phyllis Kramer, Bellingham Campus

SCRIPTURE REFERENCES:
Joshua 1:9, Matthew 28:20, Psalm 139:7-10

DAY 3 - JAN 13

HE IS FAITHFUL

Have you ever doubted the faithfulness of God? When things are going our way, it's easy to give Him praise. God is great! God is good! But what about those times when we are in a valley crying out for help? Are we praising Him then? What about when we feel distant from God when we don't feel Him or hear Him? When our circumstances change, we can sometimes question the only constant we have – God's presence and His faithfulness.

Here's the good news - Amid an ever-changing and somewhat chaotic world, God remains faithful. He is the same yesterday, today, and tomorrow. It is not just what He does but rather the essence of who He is. If God weren't faithful, He would not be God. If we couldn't trust what He says, then why believe in Him at all? But He is ALWAYS faithful. What He says, He does! What He promises, He fulfills!! We can count on Him. He does not fail.

It may not always make sense to us why we have to go thru certain trials, but we can have peace knowing that He is sovereign, He is in control, and He is good. We don't have to have it all figured out… because He does. And His plan is so much better than ours. Know that He has not forgotten about you. You are constantly on His mind. He hears your prayers. And instead of getting wrapped up in the worries of tomorrow, take comfort in knowing that He will provide you with exactly what you need today.

As you fast today, think back on the times God has been faithful to you in your life and give Him praise. What an amazing God we have!

Suzanne Skerjanc, Executive Assistant

SCRIPTURE REFERENCES:
Deuteronomy 7:9, Hebrews 13:8, Isaiah 25:1, Numbers 23:19,
1 Thessalonians 5:24

DAY 4 - JAN 14

HE HAS A PLAN FOR MY LIFE

"For it is by grace you have been saved, through faith—and this is not from yourselves, it is the gift of God— not by works, so that no one can boast. For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do."
Ephesians 2:8-10

How often do we think of ourselves as God's handiwork? I know I rarely do, especially as I confuse God saving me from sin and death with Him saving me for Himself and His good works. This shifts from our inner belief to the active sense of living out our faith.

In saving us for, God prepares us for the good things he planned for us in advance. In saving us by His grace and offering His salvation that we could never deserve, He invites us to a fulfilled life that He has planned for us.

Fasting and prayer are part of this invitation to come to God and discern His plan for your life. In these moments of listening for the Lord's will and welcoming His transformation in you, you become a recipient of His gift of salvation and a co-worker in the life God has planned for you.

Take time to pause and reflect on the plans you have for your life and invite God into your plans:

- How do your plans and God's plans for you differ?
- How can you work with God to align your plans to His?
- What are your next steps to involve God in your daily life?

Cameron Ford, Facilities Team

SCRIPTURE REFERENCES:
Ephesians 2:10, Jeremiah 29:11, 1 Corinthians 2:9, Psalm 138:8, Philippians 1:6

DAY 5 - JAN 15

HE GIVES ME HOPE

While driving downtown, my eight-year-old daughter asked me, “What happened for them to be sleeping outside?”

I looked out the side window where there were people experiencing homelessness. I began listing different circumstances: unforeseen tragedy, job loss, poor choices, addiction…. The list casually grew.

As we pulled up to the next stoplight, a man slouched near a brick building with a blank stare. I whispered to my daughter, “Most of all, baby, they lost hope.”

You may not be experiencing homelessness, be an addict, or be consumed by loss - a sense of failure - or maybe, you are…

We all at one time have felt hopelessness, this blanket of darkness. It’s not IF we will have seasons of hopelessness, but when. The goal is to not stay planted there.

Don’t lose hope! Psalms 62:5-6 says, *“Find rest, oh my soul, in God alone; my hope comes from Him. He alone is my rock and my salvation; He is my fortress; I will not be shaken.”*

Don’t allow this world to shake you, inflict fear, or leave you feeling inadequate. Instead, keep your eyes on what is eternal and surrender your feelings of hopelessness to God.

Surrender. Fast. Pray. Let Him be your fortress. Let Him be your hope.

Jessica Cannell, Host Team Director

SCRIPTURE REFERENCES:
Romans 15:13, 1 Peter 1:3-4, Romans 15:4, Psalm 62:5-6

DAY 6 - JAN 16

HE GIVES ME STRENGTH

As people on this big rock called Earth, we struggle a lot! Adversity loves to find us at school, in the workplace, and even in our homes. Perseverance in these times of challenge can seem daunting, and often we feel like submitting to whatever it may be, but here's the good news. We aren't held by our own strength, to begin with! Cue the drumroll! We have an amazing, loving, and loyal God. It's important to remember that our heavenly Father is always in control. He is the true source of all success, and our God is our ultimate provider of strength!

Isaiah 41:10 says, *"Fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand."*

No matter what we face, we will always have loving support and provision from God. We have the beautiful ability to rely on our greater Father when we need strength in times of weakness. As I write this, I can't help but hum this line from the kids' "Jesus loves me" song, "Little ones to him belong, they are weak, but He is strong." Sort of goofy, I know, but through this familiar lens, I find comfort in not needing to be fighting to be so strong and to rely on God's "*powerful hand*" and "*mighty arm*," as said in Psalm 89:21.

We can come to God in times of weakness and in times of fasting. Throughout the remainder of your dedication to prayer and fasting, it can be challenging, yes, but be strong in your faith! Remember, it's God's strength that keeps you afloat. Thank our God for what a deep connection to Him we've been blessed with!

Hayden Hollingsworth, Encounter student

SCRIPTURE REFERENCES:
Isaiah 41:10, Psalm 89:21, Isaiah 40:31, Philippians 4:13

DAY 7 - JAN 17

HE GIVES ME WISDOM

"A wise old owl sat high in an oak.
The more he saw, the less he spoke.
The less he spoke, the more he heard.
Why can't we all be like that bird?"

Wonderful promises in the Bible tell us God gives wisdom – not just enough to get by on but liberally and in abundance. The Bible is filled with examples of God giving wisdom. The discipline of fasting, whether for a meal, a day, a week, or longer, provides time to reflect and adjust perspective. Listening opens the door to hearing God's voice.

Where do you need to hear Godly wisdom today? Decisions to be made? Advice? Instruction? Choices? Troubled relationship? Here's a 3-point starter to help you receive more wisdom in your daily walk.

1) Read the Book of Proverbs (It is referred to as Wisdom Literature).
2) Pray and ask boldly and confidently for wisdom – James 1:5
3) Listen to the inner voice of God and unfolding circumstances.

The result not only helps you conform to God's character and walk in His ways but keeps you from walking on the wrong path.

WISDOM PRAYER: (Memorize it)
"God grant me the serenity to accept the things I cannot change,the courage to change the things I can and the WISDOM to know the difference."

You don't have to be an old owl to begin living in the wisdom God promises to give to all who ask.

WISDOM CAN BE HAD FOR THE ASKING.

Rena Marvel-Hess, Online Campus

SCRIPTURE REFERENCES:
James 1:5, Ephesians 1:17, Proverbs 2:6-7

DAY 8 - JAN 18

WE ARE A NEW CREATION

Nicodemus fought with Jesus on the assertion that a man must be born again to see the kingdom of God. Paul uses a similar vernacular when speaking of us (The body of Christ) becoming a new creation in Christ.

Paul did not just talk the talk; he walked the walk. We have read about the conversion on the road to Damascus. He transforms from a persecutor of Christians to becoming an evangelist that we still talk about today. Paul became a new person through Christ. Grace was given for every sin he had and will commit.

People often push the Gospel of salvation away with these words, "If God knew what I have done, he would not want me." Although it can certainly feel that way, it is simply not true because we see that Jesus forgives! How many times? Matthew 18:22 states, *"No, not seven times," Jesus replied, "but seventy times seven!"*

Are you focused on your sin and failures or the grace and forgiveness Jesus offers? Are you living as a new creation? Jesus died so that you could be free, truly free. It is time to put down the old and lean into the new. God knows every aspect of your life. He knows it all! And yet He loves you, forgives you, and invites you to live as his mistake-prone child.

I want to encourage you to do a simple exercise right now. Close your eyes to help eliminate any distractions. If they come, remind yourself to be still and to breathe. And then ask yourself this: What is God asking you to surrender in your life so that you can fully embrace the new creation He has made you? Where do you need to say, **"I am done! I am a new creation, and that is the old me!"** Take 5-10 minutes and let it go.

Isaiah Wilson, Middle School Director

SCRIPTURE REFERENCES:
John 3:3, 2 Corinthians 5:17, Romans 6:11, Ezekiel 11:19-20, Ephesians 4:22-24

DAY 9 - JAN 19

HE WILL BRING GOOD OUT OF SUFFERING

How would you respond if someone encouraged you in your suffering by telling you that there is a great opportunity in the hurt, hardship, and sadness you are experiencing? Is that even Biblical or shown throughout the scriptures?

If that encouragement is shared with a “Buck up brother, it’s not so bad” heart rather than an empathetic heart, it does not have God’s heart or the scripture’s instruction. It is James who shares – “Suffering...what a great opportunity for joy!”

Huh?? Why?

Suffering has a way of stripping away the things that so easily entangle us, capturing our attention and affection and distracting us from God. It is frequently in our suffering that we refocus on God because we are desperate for Him. It was in the heat of the desert the Israelites met their provider God – fresh manna every day. It was in the belly of the great fish that Jonah offered a repentant prayer and experienced God’s grace. It was the threat of genocide that grew Esther’s and the Israelites, dependence on God for rescue. It was the cup of wrath that Jesus chose to drink that freed anyone who would come to believe from a torturous eternity apart from the Lord. It is in times of suffering that we experience the greatest intimacy with God simply because we are desperate for Him.

If you are suffering, hold fast to God with desperation because He is your life and hope.

If you are not suffering, hold fast to God with desperation because He is your life and hope.

Scott Moon, Skagit Campus Pastor

SCRIPTURE REFERENCES:
James 1:2-4, 2 Corinthians 4:17, Galatians 6:9

DAY 10 - JAN 20

HE IS OUR REFUGE

My husband decided to retire in late 2018, so we moved to College Station, where our early years together began. He was a former member of the band and the Corp of Cadets, and we shared many memories of A & M, especially the football games.

Four months into the new home, our Aggie life came crashing down. It began with three strokes to hubby's cerebellum. The following month brought a big stroke, plus nine more fired off while in the MRI machine. My world was falling apart, and there was nothing to stop this madness. Every day I drove to spend time with Jay. He began with time in the hospital, then rehab, then a care center. Throughout this, I taught two courses for the College of Ed online. A mammogram showed possible cancer. My credit card number was stolen. VA benefits were denied when he went blind in one eye. Fatigue and anger had set in. I was weary, stressed, and burdened. On June 19th, 2019, Jay was brought home to pass.

There is no greater love than allowing the person you shared over 50 years to enter the Kingdom of God. Acceptance was painfully difficult. This was the perfect time for fasting and relying on God for the strength that was needed.

On June 26th, I gave 5cc of morphine to each cheek. His organs were painfully shutting down. Slowly I felt the sensation of being hugged then someone saying, "He would be fine and not to worry." This happened again 2 hours later, but this time, I was rocked and told I would be OK and not to worry about tomorrow as he stopped breathing. I held his face and kissed his forehead goodbye. I grieve daily yet know Jay is in the Kingdom of Heaven.

I hope and pray that your fasting brings you closer to God. Our refuge for eternal life is through Jesus. Know that God can and will give us rest for the body, mind, and soul when we seek.

Oma Flinger, Online Campus

SCRIPTURE REFERENCES:
Matthew 11:28-30, Psalm 18:2, Psalm 46:1, Deuteronomy 33:27

DAY 11 - JAN 21

HE WILL FIGHT FOR ME

In our reading of Exodus 14:13-14, Moses spoke these words to the fleeing Israelites who were watching as the Egyptians marched after them. God's people thought they had been released from Egypt freely, only to have their greatest fears realized as they watched their oppressors come to destroy them. At this moment, Moses tells them to not be afraid and stand firm, for the Lord will fight for them. They need only to be still.

This is the same thing that we need to hear when our greatest fears are looming over us. Though our fight may not look like ancient Israel's, we face our own battles. Today, you may be battling relational conflict, financial uncertainty, disease, addiction, and more. And in all that, we need to remember the words of Moses. "The Lord will fight for you." In the midst of our deepest struggles, we must not be afraid and stand firm.

Sometimes the most challenging step in all of this is giving our battles over to God. We hesitate due to our unbelief, pride, shame, and whatever else. We let ourselves be convinced that an almighty God doesn't have time for our problems. Yet through Jesus and his Spirit that dwells within us, we can wholeheartedly know that God desires to be involved in our lives. To share in our joys, our sorrows, and, yes, our fights.

So, as you fast and pray today, bring your "fights" over to God. Give them to Him, be still, and allow him to do as He has promised.

Dustin Reimer, High School Director

SCRIPTURE REFERENCES:
Exodus 14:13-14, Deuteronomy 3:22, Deuteronomy 20:4

DAY 12 - JAN 22

HE HAS GIVEN US ETERNAL LIFE

Back in 2012, on a family trip to Disneyland, we rode the newly opened "Ariel's Undersea Adventure." As we disembarked the ride, my daughter, Alyssa, declared it was her "favorite ride ever." So much so that she instantly wanted to ride it again. As the line was extremely long, I assured her we would ride it again before we left. With her four-year-old eyebrows raised, Alyssa rebutted, "Dad, you promise?" And, of course, I did. As it became clear our kids were expiring after a full day, we beelined to see Ariel one more time. However, as we approached the ride, we found a sign that read: "We apologize for the inconvenience; this attraction is not operating at this time." Alyssa was devastated, and I had inadvertently broken a promise.

Thankfully, this is not how God operates. God's promises to us are always guaranteed. In his goodness, God is always faithful in His incomparable love, His unending forgiveness, and His unparalleled hope. And, when it comes to our future, we never have to worry about finding a sign that informs us that God's plans have inadvertently changed. God is clear: for those in a relationship with Him, we have the incredible promise of a forever with Christ; an unmatched gift of love from God for us.

In this life, your circumstances are never certain nor is tomorrow guaranteed; however, when God says we have a hope of eternal life with our Lord and Savior, we can take Him at His word. Of this, we can be sure.

Today, as you pause and pray, take time to thank God for His promise of everlasting life.

Bryon Mengle, Creative Arts/Online Campus Pastor

SCRIPTURE REFERENCES:
John 3:16, 1 John 2:25, 1 John 5:13, Titus 1:2

DAY 13 - JAN 23

HE WILL PROVIDE FOR US

When my son was diagnosed with IBD (irritable bowel disease) at the age of 21, we were faced with some life-changing decisions. The prescribed medications would cost more than $750 a month, and the doctor informed us that this would be a lifelong condition. Believing in the power of our Creator and the miraculous ways He formed our bodies, I looked for ways that his body might heal itself. This required radical dietary changes. As he complained about all the foods he would have to give up, I reminded him of ALL the foods he could eat! As a result, we became creative and learned to cook in new ways. He even married a woman who embraced his lifestyle. This dietary change, combined with the medication, resulted in a healthy young man who now requires less medical intervention.

During this time of fasting, it is important to remember ALL that we do have. And when we find ourselves wanting, may this be an opportunity to slow down, tune in and ask yourself in the presence of God why you are discontent. He has promised to "supply every need of yours according to his riches in glory." As your Shepherd, He promised that you "shall not want." According to 2 Peter 1:3-4, *"His divine power has granted us ALL things that pertain for life and godliness, through the knowledge of Him who called us to his own glory and excellence."*

Pursue God, and get to know Him personally and intimately during this time. He will provide ALL that you need because He loves you.

Jeri Delatorre, Bellingham Campus

SCRIPTURE REFERENCES:
2 Peter 1:3-4, Philippians 4:19, Psalm 23:1, 2 Corinthians 9:8

DAY 14 - JAN 24

WHEN WE CALL ON HIM, HE WILL ANSWER

Oh, the promises of God! Promises that are never broken and always for our good. Within these promises, He invites us to know Him--His very character. He reveals His plans TO us and FOR us: plans for peace in chaos, for faith over fear, and for truth over lies. God knows us by name. It's personal. He calls us worthy. We're not condemned, accused, or a disappointment to Him. He is persistent in His pursuit of His children!

But how will we know His intentions? How do we find answers or make sense of things? How do we stay grounded and not get stuck in a cycle of our own craziness or the craziness of others? How do we see ourselves as God sees us when we hate what we are? How?

Well... He tells us to come and sit for a while. It's a great invitation and quite a privilege to have a conversation with the Creator of the world, don't you think? He's not hiding. He's waiting. He longs to speak with us, to love on us. All we have to do is call out to Him. His Word says, "When we call out to Him, He will answer." Are we in distress? Call out for safety. Are we in trouble? Call out for help. Are we confused? Call out for wisdom. Are we anxious and depressed? Call out for comfort. Whatever we need, we are told to call out to the One who loves us most.

When we are in His presence and decide to focus on Him instead of ourselves, His Holy Spirit speaks. He tells us how to pray for ourselves and others. He reminds us that we are His and that His promises are ours.

As we fast today, let's call out to God. He promises to answer. May we come away from our time with Him as a reflection of His own heart.

Tamara Lindhout, Bellingham Campus

SCRIPTURE REFERENCES:
Psalm 50:15, Psalm 91:15, Jeremiah 33:3, 2 Chronicles 7:14

DAY 15 - JAN 25

HE WILL GUIDE US

We all come across certain times in our lives when we are going to need guidance, times when it feels like we may have more questions than answers, and it is hard to know what to do.

- What will be my future career?
- Is he/she “the one”? How do I know?
- Should we buy or rent a home?
- Do we want to start a family?
- Should we move to a different state?
- Should I change jobs?
- Which medical treatment should I choose?
- What is my purpose in life?
- What is God’s will for my life?

Such a time came about for our family when we faced a decision on whether to leave our family, friends, and home in Texas to move to Washington for a job opportunity. We looked to God for direction and felt Him leading us to Washington, even though we feared how it would all turn out. We decided to move, and God provided for Washington to become our home.

As Christians, it is so comforting to know we have a Father who promises to be with us always and guide us to make decisions that are in His will. Through the power of prayer, fasting, and reading God’s Word, we can faithfully be encouraged to be guided by our Lord and what he wants for us.

Anne and Andy Covington, Online Campus

SCRIPTURE REFERENCES:
Proverbs 3:5-6, Psalm 32:8, Psalm 48:14, Isaiah 48:17

DAY 16 - JAN 26

HE WILL SUSTAIN US

There was a pebble in my shoe. I tried to ignore it. The further I ran, the more it bothered me. It would become a blister later if I didn't get rid of it. Right there, I took off my shoe in the middle of the trail. The pebble fell out. Problem solved.

That is not the case with the Apostle Paul. Paul had a thorn he pleaded with God to remove. God didn't.

Ever plead to God only to be met with silence? Friends, it is in that silence that we will always find God's grace.

Maybe you have a pebble. A situation that needs to be addressed. An issue that is simmering on the back burner. A pebble you'd rather ignore than remove.

Maybe you have a thorn. You plead with God to remove the thorn. You've cried countless tears, and the thorn still hurts. The thorn still cuts. The thorn still remains.

Your tears aren't countless. God sees each one. And no doubt He shares in a few of them because that's just the kind of thing He'd do. God promises His strength; God promises His grace. He will see you through it, whether it is a pebble or a thorn. He will sustain you in it.

Bring God your pebble.

Bring God your thorn.

In doing so, you will find God's grace. His wonderful, sufficient, sustaining grace.

Cheri Fiorucci, Bellingham Campus

SCRIPTURE REFERENCES:
2 Corinthians 12:8-9, Psalm 55:22, Psalm 27:5, Psalm 3:5, Jeremiah 17:7-8

DAY 17 - JAN 27

HE GIVES US PEACE

2014-2016 was a time in my life that was one trauma after another. I lost the two most important people in my life, and I was assaulted. I struggled with suicide multiple times, and I had all but given up on life and God. But God had another plan. That plan included moving me 1200 miles from where I had lived for 47 years to get me to understand I was expending what little energy I had left, seeking peace…not the Prince of Peace! When we lay our pieces before Him, peace will be the natural result!

That time was what I thought would be the darkest I would ever experience. But the past 16 months have far surpassed that. I have struggled with anger, rage, and depression, and it's been a constant battle to stay focused on what I know to be true. Multiple times I've had to lay my pieces before Jesus because pieces were all I had left.

As you go to your times of fasting and prayer, I would ask you to remember the words of Isaiah 26:3, *"You will keep in perfect peace him whose mind is steadfast because he trusts in you."* Life absolutely has a way of knocking us down. At times we feel as though we've been shattered. So if that's where you find yourself, begin by getting your mind focused on Jesus. Not for what you're about to request of Him but just simply to be with Him. Open your eyes, ears, and mind to what He wants to show you and speak to you. Allow Him to love you.

Allow Him to turn your pieces into peace.

Lynette Johnson, Bellingham Campus

SCRIPTURE REFERENCES:
Isaiah 26:3, John 14:27, John 16:33, Philippians 4:6-7

DAY 18 - JAN 28

HE HEARS OUR CRIES

How often do we put our expectations of God and His promises on our timeline, only to discover that He, in His great wisdom, is on His own timeline? He is faithful to His promises, no matter our expectations, seasons, or assumed timelines.

My family and I moved to Bellingham, Washington September 1st, 2021, with the hope and a clear felt promise from God that as He called us out here, He would provide us a home for our large family to flourish. Even before we arrived, things didn't seem to go as we expected, but God provided for our daily needs. We stayed faithful to the hope and call, but it was a season of significantly increasing discomfort. It didn't take long before we started questioning whether we even heard God at all! Just about every month, my wife and I would take turns fasting for a day or two to clear our minds and hearts to recenter to God. Often during these times, we felt the clear invitation to wait. And so we waited... and waited... 443 days we waited!

Fasting is surrender. We surrender one thing and hope that God fills that void. Waiting is surrender. We surrender our timelines. Crying out to God is a surrender of pride and independence, acknowledging our need for Him!

In that season for my family, God met us EVERY single day. Faithful to his promises, God did come through! Our family found a place, and God did this in such a way that only He could receive the praise and glory.

When we fast, pray, and cry out, may it embolden our faith, hope, and trust in Him. As we fast and surrender, may we recognize that God knows what He is doing. His record is perfect! He Hears our cries and is always up to something good.

Uriah Garay, Next Gen Pastor

SCRIPTURE REFERENCES:
Psalm 40:1-3, Psalm 34:17-18, 1 Peter 5:7, 1 John 5:14-15

DAY 19 - JAN 29

HIS LOVE IS UNLIMITED, UNCONDITIONAL AND COMPLETE

I'm a huge fan of words. If you sit with them for a while and take time to really think about what they mean, they begin to have a much deeper, richer impact than at first glance.

When describing God, I have two words that top my favorites list. ALWAYS and NEVER. These two words should rarely be used, but they are two of the most important ones when describing God. Take almost any adjective you could use to describe yourself and others and pair them with one of these two words, and you take that adjective to a whole new God-level.

I try to love others well but fall short way too often. God is ALWAYS loving. I try to love consistently, but I admit my love is not constant. God's love NEVER fails.

"**UN**" has now also made it to my favorite's list. It means 'not' or 'the opposite of.' It falls into the category similar to NEVER – not ever, at no time, no matter what.

As you fast today, take some time to **feast** on these words and how they richen the truth of God's love, that it is:

- Un-Limited.
- Un-Conditional.
- Complete.

There is nothing you can do to stop it, change it, add to it, make it more, or make it less. It is ALWAYS – at all times, forever, no matter what.

Dawn Urness, Bellingham Campus

SCRIPTURE REFERENCES:
Romans 8:35-39, Jeremiah 31:3, Ephesians 3:16-19, 1 John 4:9-10, Ephesians 2:4-5

DAY 20 - JAN 30

HE SHOWS US GREAT MERCY

In the world of astronauts, there is a term called the “Overview Effect.” As astronauts discover how small they are compared to the entire universe, they can feel great grief, sadness, and even lasting depression.

As a human finds grief in seeing how small they are in relation to the world, God turns the tables on that view. Amongst the 8 billion people on this planet, He finds each of us so important and significant that He knows every detail about us. He knows all the pleasant details; our gesture of helping our sick neighbor and any of our other good deeds, to the not-so-pleasant details; our greed, lies, and lustfulness of this world.

In His great mercy, He willfully steps off his Heavenly perch to withhold judgment on us, forgive us for our iniquities, alleviate our suffering and restore us from our afflictions.

In this time of fasting, may we thank our Lord that in the vastness of all His creation, He sees us and knows each one of us in such intimate detail! We are so important to Him that He holds nothing back in seeking a relationship with each of us, a relationship that is so magnificent that it may feel like we are the only one in the universe that matters to Him.

Wade Starkenburg, Skagit Campus

SCRIPTURE REFERENCES:
Psalm 103:8-14, 1 Peter 1:3, Lamentations 3:22-24,
Deuteronomy 4:31

DAY 21 - JAN 31

JESUS IS COMING BACK!

Troubled hearts. Troubled minds. Those words describe what the disciples felt that last night with Jesus. They sat in the upper room as Jesus rocked their world…again. He'd washed their feet. He'd told them what was to come. In a moment of courage, Peter boldly declared he'd follow Jesus and lay his life down for the One who would lay His life down for the many. Jesus gently pushed back with a question, then a prediction: "Will you really, Peter? A rooster won't crow until you deny me three times."

Ouch.

Then Jesus encouraged these men of troubled hearts and minds. "Believe in God. Believe in Me. I'm going ahead of you. It's gonna be alright."

It's hard to put our minds around that moment. They didn't understand what was happening, what would happen in a matter of hours, and what would culminate at Pentecost in a little over a month. In a handful of statements, Jesus promised His return. "I will come again and receive you to Myself."

One of the things I love about the incarnation – God becoming man – is how Jesus does a great reversal of the ugliness of this world. Think about it. As Jesus steps down from His throne and onto this dirt called "earth," He declares war on the ugliness that started when humankind crashed in the Garden of Eden.

As you fast and pray today, thank God that He's reversing the troubles of this world and the troubles of your life. Then, praise Him that He holds all things together as He reverses the trouble you see around you. Lastly, join Him in the great reversal as you serve someone around you. Don't let your heart be troubled. Believe in God. Believe in Jesus. He has gone ahead of you. It's gonna be alright.

Kip McCormick, Associate Pastor

SCRIPTURE REFERENCES:
Revelation 22:12-13, Hebrews 9:28, John 14:1-4

"To fall in love with God is the greatest romance;

to seek him the greatest adventure;

to find him, the greatest human achievement."

-St. Augustine

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