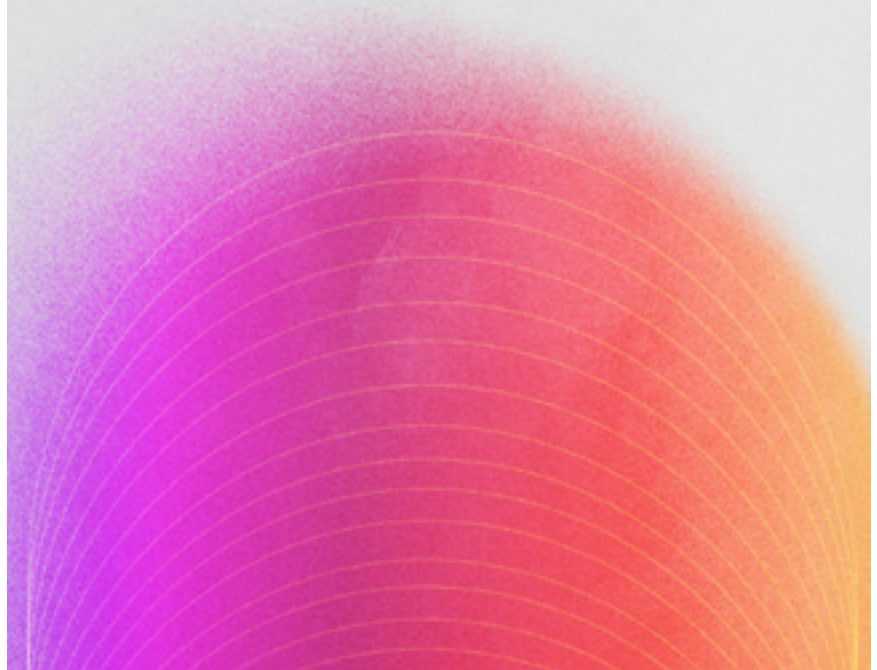




Teach Us To Pray

21 DAYS OF PRAYER AND FASTING



Welcome to our 21 days of prayer and fasting. Whether this is your first experience with the spiritual discipline of fasting or you have practiced this activity before, we are excited to journey together.

In fasting, we choose to say “no” to some good things in order to say “yes” to something even better, namely, Jesus. The ultimate goal of all spiritual discipline is to fix our eyes more keenly on Jesus, becoming more and more like him being transformed by His Spirit.

In the gospel of Luke, Luke records an event that led to the most famous prayer of all times; this is how it happened. We read, “One day, Jesus was praying in a certain place. When he finished, one of his disciples said to him, ‘Lord, teach us to pray.’” (Luke 11:1). Apparently, his disciples saw and heard how Jesus communicated with his Father, and they wanted to do the same. There was something real, fresh, authentic, and alive when he prayed. This was so much different than what they had seen modeled or practiced in their own lives. Their heart posture was one of humility, eagerness, and a desire to learn and grow. So with a powerful five-word prayer, “Lord, teach us to pray,” Jesus answered and gave the beautiful and well-known prayer, “The Lord’s Prayer.”

Over the next few weeks, we will look at the Lord’s prayer and grow in our understanding and practice of this great privilege of prayer. I want to invite you to have the same heart and desire as the disciples, to approach this journey with a desire to learn from The Master himself.

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. Pray this five-word prayer and see how Jesus answers; “Lord, teach us to pray.”

Learning Together,

A handwritten signature in black ink that reads "Bob Marnel". The signature is written in a cursive, flowing style.

SCHEDULE OF EVENTS

JANUARY 8-9: 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.

JANUARY 10: 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 11: First Day of 21 Days.

JANUARY 17: Praying Through the Lord's Prayer. Cynthia Cavanaugh will lead our time together with two opportunities (same content). Join us in the Loft at either 12:00pm or 6:30pm.

JANUARY 24: Worship and Prayer Gathering. Let us come together as a church body for a time of worship and guided prayer. (*Loft 6:30pm*)

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.

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

Apps
Shopping
Hobbies
Marital Relations
Cell Phone

News
Social Media
Streaming Platforms
Amazon Prime
Complaining

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

OTHER RESOURCES

BOOKS

"Our Father" - A study of the Lord's Prayer by Becky Harling

"The Lord and His Prayer" by N.T. Wright

VIDEO

"Praying the Lord's Prayer"

Scan the QR Code to watch



MY PERSONAL COMMITMENT

Seek what God will have you do during these 21 days -
and then commit to writing it down.

WHAT kind of fast am I doing? **WHEN** & for **HOW LONG**?

HOW am I filling my soul?

*“Without a purpose and a plan,
it’s not Christian fasting,
it’s just going hungry.”*

- David Mathis, Executive Director of Desiring God

MY PRAYER GOALS

"I pray because I can't help myself. I pray because I'm helpless. I pray because the need flows out of me all the time, waking and sleeping. Prayer doesn't change God, it changes me." - C.S. Lewis

WHO am I specifically praying for during these 21 days?

WHAT specific circumstances am I praying for?

*What would happen
if we prayed more and
did other things less?*

*The Lord's
Prayer*

Matthew 6:9-13

(NIV)

*Our Father in heaven, hallowed be your name,
Your kingdom come, your will be done, on earth as
it is in heaven. Give us today our daily bread.
And forgive us our debts, as we also have forgiven
our debtors. And lead us not into temptation, but de-
liver us from the evil one. For yours is the kingdom
and the power and the glory forever. Amen.*

(NLT)

*Our Father in heaven, may your name be kept holy.
May your Kingdom come soon. May your will be
done on earth, as it is in heaven. Give us today the
food we need, and forgive us our sins, as we have
forgiven those who sin against us. And don't let us
yield to temptation, but rescue us from the evil one.
For yours is the kingdom and the power and the
glory forever. Amen.*

(KING JAMES)

*Our Father which art in heaven, Hallowed be thy
name. Thy kingdom come, Thy will be done in earth,
as it is in heaven. Give us this day our daily bread.
And forgive us our debts, as we forgive our debtors.
And lead us not into temptation, but deliver us from
evil: For thine is the kingdom, and the power, and
the glory, forever. Amen.*

TEACH US TO PRAY

OUR FATHER IN HEAVEN

- Day 1 - Jan 11 A new creation in Christ
Day 2 - Jan 12 You are a child of God
Day 3 - Jan 13 He is our Everlasting Father

HALLOWED BE YOUR NAME

- Day 4 - Jan 14 He is holy
Day 5 - Jan 15 He is the Alpha and Omega
Day 6 - Jan 16 Give thanks and praise

YOUR KINGDOM COME. YOUR WILL BE DONE ON EARTH AS IT IS IN HEAVEN

- Day 7 - Jan 17 The battle between God's will and
our will
Day 8 - Jan 18 Surrender and submit
Day 9 - Jan 19 Living in God's Kingdom

GIVE US THIS DAY OUR DAILY BREAD

- Day 10 - Jan 20 He will provide
Day 11 - Jan 21 All good things come from Him
Day 12 - Jan 22 Being content

**FORGIVE US OUR DEBTS AS WE FORGIVE
OUR DEBTORS**

Day 13 - Jan 23 Confession/Forgive Me

Day 14 - Jan 24 Undeserved Favor

Day 15 - Jan 25 Forgive others

**AND DO NOT LEAD US INTO TEMPTATION,
BUT DELIVER US FROM THE EVIL ONE**

Day 16 - Jan 26 Prone to wander

Day 17 - Jan 27 A way out

Day 18 - Jan 28 The armor of God

**FOR YOURS IS THE KINGDOM AND THE
POWER AND THE GLORY FOREVER**

Day 19 - Jan 29 He is worthy of our praise and
adoration

Day 20 - Jan 30 He is exalted

Day 21 - Jan 31 Our lives as a pleasing sacrifice for
Him



*Our Father
in Heaven*

*Connect with God relationally.
YOU are a child of God.*

A NEW CREATION IN CHRIST

DAY 1 - THURSDAY - JANUARY 11

In a Christmas episode of the Simpsons, 8-Year-old Lisa Simpson responds to Aunt Patty's cruel "trashing" of her father, Homer, by saying: "Well, I wish that you wouldn't. Because, aside from the fact that he has the same frailties as all human beings, he's the only father I have. Therefore, he is my model of manhood, and my estimation of him will govern the prospects of my adult relationships. So, I hope you remember that any knock at him is a knock at me. And I am far too young to defend myself against such onslaughts."

Our feelings about the position of "Father" are shaped by our experience as a daughter or a son; whether our experience of our earthy Father is good or tragic, that experience will shape our image of God as Father.

Jesus comes from the Father to make Him known for who He is, not who we've experienced here on earth. Part of our being a New Creation is embracing Jesus' relationship to and understanding of his Father. When Jesus says "*Our Father in Heaven*," he is informing us that His Father is Our Father too, that He is close, and that we are now participants with Him in drawing near to a compassionate, trustworthy, present, loving Abba Father.

So, as you participate in these 21 days, keep asking: who does Jesus say the Father is? How does that influence the way you pray?

Mike Libolt, Children's Pastor

SCRIPTURE REFERENCES:

2 Corinthians 5:17, Romans 6:6-7, Ezekiel 36:26, Isaiah 64:8

YOU ARE A CHILD OF GOD

DAY 2 - FRIDAY - JANUARY 12

“Our Father”... there could not be a more powerful two words to begin a prayer by! “Our Father” puts forth the identity of our Holy, Loving, and Gracious Heavenly Father as the starting point of all prayer; what naturally follows is our identity as Children of God. As the Apostle Paul puts it, “The Spirit you received brought about your adoption to Sonship. And by him we cry, ‘Abba, Father!’”

We embark on any spiritual discipline, such as fasting, because of who He is and who we are in Him. Through our adoption, we are set free from sin, and now, we may seek through the guidance and grace of Our Father to be made holy and receive eternal life (Romans 6:22).

As sons and daughters, we are free to seek holiness, but the fight is not over. *“For in my inner being, I delight in God’s law, but I see another law at work in me, waging war against the law of my mind and making me a prisoner of the law of sin at work within me”* (Romans 7:22-23). Paul identifies an internal struggle between seeking God’s law and being a prisoner to sin. What we feed grows, and what we don’t feed will eventually wither away.

This is why we fast. We might break free of our enslavement to the law of sin and instead become more devoted to Our Father’s law and reap holiness and eternal life. Paul makes it explicitly clear that feeding the flesh is death; feeding the Spirit is life (Romans 8:6).

To fast is to say with our whole bodies, “Abba, Father! Give me life and help me to choose You and deny myself pleasures, even in spite of pain.”

Zach Larsen - Next Gen Director, Skagit Campus

SCRIPTURE REFERENCES:

Romans 7:22-23, Romans 6:22, 1 John 3:1, Romans 8:14-17,
2 Corinthians 6:18, Galatians 3:26-29

HE IS OUR EVERLASTING FATHER

DAY 3 - SATURDAY - JANUARY 13

I grew up in the Lutheran denomination, and we often recited the Lord's Prayer in church service. When I went through Confirmation, we were required to memorize the Lord's prayer. I didn't fully grasp what the Lord's prayer meant then. I memorized it as it was required to be Confirmed. As I have grown in my faith, I have dug deeper into what the Lord's prayer means to me, starting with "*Our Father in Heaven*".

Depending on our upbringing and relationship with our earthly father, this can significantly impact our thoughts on God our Father. There can be deep wounds from our earthly father that we need to work through. I do not want to skip over this. If this is you, I encourage you to seek wise counsel.

"*Our Father in Heaven*"...He is our Everlasting Father. The scripture says, "Before the mountains were born or you brought forth the whole world, from everlasting to everlasting you are God." This blows my mind. Personally, I have had a good relationship with my father. He loves me, and he cares deeply for me. But way more than that, my Heavenly Father, who is our Everlasting Father, loves me even more. And He loves YOU!

Some of us may have grown up reciting the Lord's prayer, and you simply recited it by memory. Have you ever paused long enough to say each sentence and reflect on its meaning and relevance today? As we are in our 21 Days of Prayer & Fasting, I encourage you not just to read each daily devotional and check a box but also to commit to spending a little more time going through the Lord's Prayer line by line. As you fast, you may be having less of something, but let's have more of God's Word! And if you think, "Ugh, I blew the fasting already." ... I encourage you to start again.

Chantel Miller - Elder Board Member

SCRIPTURE REFERENCES:

Isaiah 40:28, Psalm 90:2, 1 Corinthians 8:6, John 1:1-4

*Hallowed be
Your Name*

*He is the Holy One.
Worship His name.*

HE IS HOLY

DAY 4 - SUNDAY - JANUARY 14

The dictionary defines hallowed as "holy, sacred". The seraphim in Isaiah 6 called out, "Holy, holy, holy is the Lord Almighty." They affirmed God's character. To repeat something indicates its importance. To repeat something three times must indicate that it is very important. We know God is loving, but nowhere in the Bible does it say he is loving, loving, loving. In Revelation 4, this description "holy, holy, holy" is reiterated a second time.

The Apostle Peter tells us, *"You must be holy in everything you do, just as God who chose you is holy. For the Scriptures say, 'You must be holy because I am holy.'"* Like Father, like son. Because we are his children, our character reflects on His holy name. But how can I be holy, holy, holy?

I had a seminary professor who encouraged our class NOT to try to live a holy life. "What! You're kidding, right?" I thought. Instead, he said, we should seek to live a holy minute... and then another... and another. That made sense...to begin with a small step. Maybe I could do that. Then, that step could become a holy walk, and that walk, a holy lifestyle.

I have found that fasting builds spiritual muscle, and holiness takes work. Paul said, *"Let us work toward complete holiness because we fear God."* (2 Corinthians 7:1 NLT). We don't work for salvation, but it takes a lot of work to stay truly clean and holy. By becoming holy as His children, we can honor His hallowed name.

Ralph Rittenhouse - Bellingham Campus

SCRIPTURE REFERENCES:

2 Corinthians 7:1, Isaiah 6:3, Isaiah 57:15,
1 Samuel 2:2, Exodus 20:7

HE IS THE ALPHA AND THE OMEGA

DAY 5 - MONDAY - JANUARY 15

“Lord, teach us to pray.” Isn't it amazing that the disciples could ask Jesus to teach them to pray in person? The blueprint for prayer that Jesus provided may seem like a simple prayer we learned as a child, but once we dive in, we see that it is so much more. It's a template for spending time with God each day.

Prayer is our conversation and communion with God. Today, let's reflect on 'hallowed be your name' from Matthew 6:9. This phrase, with the Greek word 'Hagiasthētō,' urges us to regard God's name as sacred, holy, and set apart. This is the portion of the prayer where we pause and turn our attention to honoring God for who He is. Jesus invites us to worship and show reverence to God's holy name and for God Himself as the Alpha and Omega, emphasizing His eternal presence from the beginning to the end of time.

As you enter Day Five of your prayer and fasting, pray through The Lord's Prayer and sit in grateful worship, acknowledging God's holy name and eternal presence from the beginning to the end of time.

Silent Reflection:

Begin by sitting in silence, allowing the stillness to create a space for connection with God. Reflect on the profound nature of God as the Alpha and Omega, encompassing all of time and existence.

Expressive Worship:

Choose a form of expressive worship that resonates with you. This could include singing a chorus, offering gratitude, or listing things you are thankful for. Let your worship be a genuine expression of your heart's connection with our eternal God

Shara Benner - Director of Communications & Marketing

SCRIPTURE REFERENCES:

Revelation 1:8, Isaiah 48:12-13, Hebrews 1:10-12,
Romans 11:36, Psalm 90:2

GIVE THANKS AND PRAISE

DAY 6 - TUESDAY - JANUARY 16

My Mom passed in 2009, and before she died, she asked that family and friends talk about heaven with her and all that was awaiting her in eternity. She loved to think about, imagine, and anticipate her new body and glorious home with her Heavenly Father.

Not a day goes by that I don't envision what it must be like for Mom in heaven. Imagine how God's name is hallowed (holy, sacred, revered) in heaven. Angelic beings hail "*Holy, Holy, Holy is the Lord Almighty; the whole earth is full of His glory*" (Isa 6:3). "Day and night they never cease to say, 'Holy, Holy, Holy is the Lord God Almighty,' who was, and is, and is to come." This is the scene in heaven.

Never-ending worship! When I pray "*Hallowed be Your Name,*" I'm joining my voice in reverence with the angelic hosts of heaven to honor God. As I freely choose to worship Father God, He comes close, drawing me to His heart to receive my worship and thanks. "*The Lord is close to all who call on Him*" (Ps145:18a). For me, speaking out my gratitude is how I've learned to connect with my Heavenly Father's heart and to hear His voice speaking to my spirit.

As you pray and fast today, consider all the many things you have to be grateful for. Count your blessings. Yes, the big ones but also those little, tiny ones you rarely think about. Our God is a GOOD, GOOD Father! Lift your voice in worship and honor for God Almighty. Give praise for the gift of salvation we have in our Lord Jesus. Give thanks for the Holy Spirit, our Advocate, and the one who reminds us of Jesus' words. Feast your soul on the goodness of God! In heaven, God is honored and adored in unceasing worship. Living on earth, how would your relationship with God change if you dedicated time in your days to give Him your honor, praise, gratitude, and devotion? God is worthy of our worship!

Glenda Reimer - Online Campus

SCRIPTURE REFERENCES:

Isaiah 6:3, Psalm 145:18, Psalm 100:1-5, Isaiah 12:4-6,
Psalm 99:1-5, Psalm 29:2

*Your Kingdom
Come. Your
Will be Done
on Earth as it
is in Heaven.*

*Pray His agenda first.
He is the Ruler of all the earth.*

THE BATTLE BETWEEN GOD'S WILL AND OUR WILL

DAY 7 - WEDNESDAY - JANUARY 17

When asked what I was doing after high school, I confidently said I would attend Grand Canyon University. From everything I knew, the school seemed perfect for me. I would be able to be in a new location, attending a Christian college with in-person classes. The most captivating thing about the school was that they provided a bachelor's in Christian ministries emphasizing youth ministry. I was set on my decision. I was accepted, and I moved forward with my plans to attend.

However, during my senior year, a new internship program was introduced to me. This program allowed me to gain ministry experience at my home church (Cornwall) while doing online school for a Christian Ministry and Business degree. My plan suddenly did a complete 180. I was hesitant at first. I felt so excited about GCU, but it was clear the program was something that God provided for me. The program fit all my needs, and everything lined up perfectly. After lots of prayer, I finally followed what God was pushing me towards. It was the best decision I've ever made. Every day, I am affirmed in some way that I made the right decision.

God's will is much greater than our own. He knows what's best for us and will always provide what we need to fulfill His purpose for us. His will prevails overall. It's stronger and greater than our desires could ever be. Through the practice of prayer and fasting, we can learn to follow His will. One of the purposes of fasting is to deny ourselves and repent, turning away from our own will and desires and toward his righteous, meaningful will.

Are there plans of your own that you need to surrender to God?

Michaela Lemcke - Cornwall Intern

SCRIPTURE REFERENCES:

Hebrews 13:21, John 2:17, Romans 7:15-25,
Romans 12:1-2, Galatians 5:16-17

SURRENDER AND SUBMIT

DAY 8 - THURSDAY - JANUARY 18

“But you haven’t given me everything.” In a season when I was really growing in my walk with God as a young adult, I was struggling with my thought life. One day, I prayed and pleaded earnestly with God, **“Please take these thoughts away.”**

And one of the few times in my life I felt he clearly answered me, saying, **“But you haven’t given me everything,”** and then brought to mind the last two movies I’d watched. He had a great point.

While earnestly seeking what He’d want for my life, pure thoughts, He pointed out I had yet to consider and surrender the input of junk and images I was allowing in. So, I started surrendering what I would watch for entertainment.

How many times might we seek His will and kingdom in our lives or our loved ones’ lives but fail to pause and allow God to search us and point out offensive ways?

In this season of fasting, allow part of your pause to let the Holy Spirit search you and bring to mind ways that might be preventing God from doing the work He wants in you and through you.

Jeff Savage - Elder Board Member

SCRIPTURE REFERENCES:

Psalm 139:23-24, James 4:6-10, 1 Peter 5:6,
John 5:30, Luke 22:42

LIVING IN GOD'S KINGDOM

DAY 9 - FRIDAY - JANUARY 19

Lord Jesus, we thank and praise you for teaching us how to live in your Father's kingdom here on earth. We acknowledge that God is sovereign, the ruler of the earth, all-powerful, and in control. Please help us maintain a posture of humility. Fill our hearts with gratitude for giving us the greatest gift we could ever ask for: salvation through your death on the cross. We seek to do your will, *"to act justly, and to love mercy, and to walk humbly with you, God."* Micah 6:8, Please bind the enemy that seeks to fill us with pride and self-righteousness. Teach us to pray.

On one of our trips to Haiti to work with our partner ministry there, a little girl from the children's home had become stricken with cholera. We went to the hospital ward where all the cholera patients were being treated. I was shocked to see her condition... sunken cheeks, big eyes, and completely listless. My first thought was she was going to die. House mothers took turns staying with her 24/7 as an act of love that I couldn't imagine. They were at significant risk of contracting cholera in that unsanitary setting. After praying over this little girl, we went outside and formed a circle, and several of us prayed that God would heal her. This was on a Thursday afternoon.

Sunday morning, we were at our Haitian partner's church. The pastor's daughter was making announcements when suddenly, a young girl dressed in white appeared at the side door of the altar. Everyone gasped, and many cried out Miracle Miracle! It was the little girl who, just three days earlier, laid on her deathbed. Oh, Lord, teach us to pray.

We humbly seek your kingdom here on earth that is free from worry but full of trust and faith in you. To pray first rather than trust exclusively in the wisdom of man or our own abilities. *"Seek first his kingdom and righteousness, and all these things will be given to you as well."* Matthew 6:33

Dean Ouilette - Cornwall Missionary (Haiti)

SCRIPTURE REFERENCES:

Matthew 5:3, Matthew 5:17-19, Matthew 6:33,
Matthew 7:21, Micah 6:8

*Give Us
This Day
Our Daily
Bread*

*He is our Provider.
Depend on Him
for everything.*

HE WILL PROVIDE

DAY 10 - SATURDAY - JANUARY 20

Have you ever found yourself pleading, 'God, please send me a sign, an abundantly clear sign, like neon lights in the dark sky type of sign?' I have many times.

During the 2019 Global Leadership Summit, God answered a question I had been wrestling with since 2003. He whispered; you will never be the person I created you to be if you stay in your marriage. Well, that can't possibly be right! I argued with God a lot about this. I prayed, fasted, and sought wise Biblical counsel.

In January 2020, God sent an abundantly clear message that I needed to get out of my marriage. That summer, in the middle of a pandemic, just shy of our 20th anniversary, I finally walked away from an abusive marriage. I left with our two teenage daughters and not much else. I clung to God's promise that He would provide for all our needs if I kept my eyes fixed on Him.

We left with little more than my faith that God would provide, and He provided abundantly. He provided us with a place to live for next to nothing, side jobs to supplement employment income, and countless friends and strangers who provided us with furniture, food, and even a television. The last three years have been hard; we have moved three times and struggled through some immensely dark and challenging times, yet He provides. He remains faithful. He cares for us and provides for us daily. I never cease to be amazed by God's provision in our lives.

As you fast today, confess to God the areas in your life you are trying to control and pray that any fear and anxiety will be replaced with His peace that surpasses all understanding. Trust in his faithfulness and provision, remembering with confidence how much He cares for you and will provide you with everything you need.

Belsa Martinez - Community Life Assistant

SCRIPTURE REFERENCES:

Philippians 4:19, Ephesians 3:20, Genesis 22:14,
Matthew 6:31-33, 2 Corinthians 9:8

ALL GOOD THINGS COME FROM HIM

DAY 11 - SUNDAY - JANUARY 21

In the Lord's Prayer, we find a simple yet profound request: "*Give us this day our daily bread.*" These words remind us of God's constant provision and the truth that all good things come from Him. The phrase "our daily bread" encompasses not only physical sustenance but also our daily needs and desires, serving as a reminder that we depend on God for everything in our lives. We acknowledge our reliance on Him and recognize that every blessing, whether big or small, ultimately flows from His generous hand.

When we say, "*Give us this day,*" we emphasize our trust in God's perfect timing. He knows what we need and when we need it. We may worry about the future or be preoccupied with our wants, but this prayer encourages us to live in the present and be content with what we have today. It invites us to surrender our anxiety about tomorrow into God's care. "Our daily bread" also reminds us of God's faithfulness. Just as He provided manna in the wilderness for the Israelites, He continues to provide for us daily. We may face challenges and uncertainties, but this prayer encourages us to trust that God will sustain us, just as He has always done.

Ultimately, these words teach us that all good things come from Him. Our jobs, talents, relationships, and every little joy we experience are gifts from our loving Father. By praying for our daily bread, we express gratitude for His blessings and acknowledge His role as the ultimate provider.

In a world filled with materialism and self-reliance, the Lord's Prayer reminds us to turn our hearts and minds to God, recognizing His sovereignty and love. "*Give us this day our daily bread*" is a powerful statement of our trust in Him and an invitation to cultivate a thankful heart, appreciating that every good thing in our lives is a gracious gift from above.

Mike Ford - Go and Be Pastor

SCRIPTURE REFERENCES:

Matthew 7:11, James 1:17, Psalm 107:8-9, Psalm 84:11

BEING CONTENT

DAY 12 - MONDAY - JANUARY 22

In February 2022, my husband had a massive heart attack. It was terrifying, to say the least, but I can see how God provided for us repeatedly during that time. When I got the call and headed down to the fire hall, my friend Mary followed me. She was standing right next to me when we saw my husband completely blue, struggling to stay alive and being moved from ambulance to ambulance. Oh, how I valued her friendship and support right then! I hugged her and told her, "God provided you to be here with me."

The paramedics provided CPR three times on the 20-minute drive to the hospital. Then, the doctors in the ER had to do CPR for the fourth time before they were finally able to stabilize and open the blocked artery. Because of Covid rules, I was prohibited from entering the hospital. This was frustrating, but thankfully, I had just gotten a new phone the week before because my old phone would not hold a charge. All communication from the doctors was done by phone.

Even though my husband had survived the life-saving measures, the chances of continued survival were still slim. We continued to pray fervently for God's will for his life! Social media helped spread the need for prayer, and we received an outpouring of prayer nationwide. On day four, I was finally allowed into the hospital! I was able to keep my husband calm, which helped to get him off the ventilator and begin his recovery. Today, he is truly a walking miracle, completely healed without side effects! We have been blessed and are so grateful for God's provisions.

Questions for Further Reflection:

- How have you seen God's provision in your life?
- What does it look like to take steps of faith with unknown outcomes?
- Where can you take a step of faith today, trusting that God is with you?

Debbie Scheffer - Accounting

SCRIPTURE REFERENCES:

Hebrews 13:5-6, Psalm 34:8-10, 2 Corinthians 9:8,
Philippians 4:11-13, 1 Timothy 6:6-10

*Forgive Us
Our Debts, as
We Forgive
Our Debtors*

*He is merciful.
Forgive and be forgiven.*

CONFESSION - FORGIVE ME

DAY 13 - TUESDAY - JANUARY 23

I will never forget the time I heard the most radical forgiveness story I have ever heard. I was visiting the Monroe Corrections facility, where I met an inmate who was just on fire for Jesus. I asked how and when he met Jesus, and he shared that he was in for first-degree murder and that the victim's mom asked to visit him in prison. She came and told him that she forgave him for killing her son. He, in return, asked why on earth she would forgive him after what he had done. She replied since Jesus forgave me, so must I forgive you. It is what Jesus commands me to do. This obedience and forgiveness propelled him to want to know more about Jesus and who He was. Eventually, he found Him and received him as his Lord and Savior!

The gift, the power, and the freedom of forgiveness are mind-blowing. Another prisoner named Paul shared with the Church in Colossae, *"Forgive as the Lord forgave you."* This mom lived this scripture out, which has had a massive ripple effect in the Monroe Corrections Facility.

Regarding forgiveness, fasting can catalyze a deeper understanding and experience of God's forgiveness. Fasting can help us humble ourselves before God, acknowledging our need for His forgiveness and mercy. It can also help us examine our hearts and identify areas where we may be holding onto unforgiveness towards others.

So today, as we pray and fast, we meditate on 1 John 1:8-9.

We confess, ask for forgiveness, and walk in His freedom to extend forgiveness to others. God will ripple our forgiveness to influence others for His Kingdom.

Jeff Shaw - Executive Pastor

SCRIPTURE REFERENCES:

1 John 1:8-10, Proverbs 28:13, Psalm 32:1-5, Acts 3:19

UNDESERVED FAVOR

DAY 14 - WEDNESDAY - JANUARY 24

Growing up in a secular home, I didn't know anything about God. But as a family, we would participate in Lent. We would sacrifice our favorite things. I usually gave up sweets. One year, as a family, we gave up TV for the entire Lenten season. Another time, my sister didn't want to eat lobster at a fancy restaurant my grandfather had taken us to, so she told us that she had given up lobster for Lent and just wanted a hamburger. I never really understood why we were fasting, but I loved the challenge, and like fun and games, I wanted to win.

Searching for God. I expected to find a god who was all about sin, fire, hell, and brimstone. But that was not my experience. I started participating in a small group, asking many questions, and attending a small church. My pastor talked about a God who loved me. My roommate spoke to me about God's forgiveness. I felt so unworthy and so undeserving of His love.

After becoming a Christ follower, I realized that God wasn't as interested in my sacrifices as he was in having a relationship with me. He wanted my heart. I had no idea.

I now fast and pray to glorify and worship God, be humble before him, and go to him with my struggles, failures, and needs.

Today, begin your fasting by focusing on God and worshipping Him. Let your prayers be humble as you open your heart and share your requests with him. Author, Writer, and Pastor Levi Lusko says it so well: *"You are not defined by your failures or pain but by his forgiveness."*

Gail Brown - Skagit Campus

SCRIPTURE REFERENCES:

Psalm 103:8-12, Ephesians 1:7, Isaiah 1:18,
Daniel 9:9, Micah 7:18-19

FORGIVE OTHERS

DAY 15 - THURSDAY - JANUARY 25

Forgiveness isn't easy; it takes humility, grace, and faith. Often times, people think forgiveness is about accepting what happened or simply to stop being angry. Instead, it's about a change of heart and behavior we demonstrate to a person who has wronged us and being able to forgive ourselves when we do wrong.

In Matthew 6:14, Jesus teaches, *"If you forgive their transgressions, your Heavenly Father will forgive you."* Later, Peter asks Jesus how many times someone should forgive and if seven times were enough. Jesus replies, *"Seventy times seven!"* Matthew 18:22 demonstrates the never-ending pattern in which we are supposed to forgive. We are called to forgive anyone, no matter what they have done.

Here are a few things to think about:

- Where do I need to work on forgiving others?
- Are there people I have yet to forgive?
- Where do I need to release and receive my own forgiveness?

One way we can live out forgiveness is by remembering God's forgiveness of our sins, which is the ultimate example of forgiveness we should strive to duplicate.

Praying for the person who has caused you pain is another excellent example. Being able to ask God for help in forgiving others is a great way to overcome the inability to forgive and welcome God in through prayer. Understanding forgiveness guides us in forgiving ourselves as well. Some pasts are darker than others. With the Lord, all things can be done!

Lord, I pray that your Spirit will overwhelm the person reading this and that they will recognize any areas in their lives that they need to forgive others and themselves. May they ask in your holy name, Jesus, to forgive and be forgiven. Amen.

Autumn Cannell - Edge student

SCRIPTURE REFERENCES:

Ephesians 4:32, Colossians 3:13, Luke 17:3-4,
Matthew 6:14-15, Matthew 18:21-22

*And Do Not
Lead Us into
Temptation,
but Deliver
Us from the
Evil One.*

*He is our Protector.
Claim God's truth
over your life.*

PRONE TO WANDER

DAY 16 - FRIDAY - JANUARY 26

When I consider the word “temptation,” I think of things to avoid... stealing, cheating, lying, over-indulging, etc. But those aren’t the only things that tend to entice us to wander away from God. Other temptations are not so easily recognizable: relying on my own strength to fix my current circumstances, expecting my spouse and family to fulfill my need to be loved, believing that I know the best path forward in my life and that I’m the “captain of my own ship”; judging what others say and do because it’s not the way I would do it. These temptations lead us to search for worldly ways to fill that God-shaped void in our hearts.

No amount of my own strength can bring me peace in my circumstances; no amount of love from others will make me feel complete; no amount of control or planning will give me contentment; and no amount of approval from myself or others can determine my value and worth. The things of this world may work for a short time, but they don’t last. We will only be fully fulfilled by God. He alone will satisfy our needs.

As you spend time fasting today, pray this:

Holy Spirit, please bring to light the things that distract me and draw me further away from You. Forgive me for, and guard me from, being tempted to fill my need for You with things of the world. I trust You with my heart, life, and circumstances because You are faithful and love me. Thank You for Your peace that passes understanding. What an incredible gift!

Tia Hixson - Skagit Worship Director

SCRIPTURE REFERENCES:

1 John 2:16, Psalm 119:10-11, Isaiah 53:6,
Hebrews 2:1, Luke 15:13-16

A WAY OUT

DAY 17 - SATURDAY - JANUARY 27

As I watch the Israel-Palestine conflict unfold, I am deeply saddened. I recognize this is a deeply entrenched and complex geopolitical issue with profound historical and religious roots.

In the context of the verse Hebrews 4:16, which states, *“Let us then approach God’s throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need.”*, the conflict underscores the human need for mercy and grace, as both Israelis and Palestinians have endured generations of suffering, loss, and hardship. The verse encourages us to confidently approach God, seeking help during times of need. During this conflict, individuals on both sides will turn to their respective faiths for solace and guidance, praying for divine intervention and a peaceful resolution.

The Israel-Palestine conflict is a stark reminder of the significance of and need for compassion and reconciliation. For many, it’s a plea for mercy and grace in the face of seemingly insurmountable challenges. It highlights the importance of understanding and empathy and the need for a resolution that brings lasting peace and justice to the people caught in the middle of this conflict.

This scripture is a potent reminder of how we are instructed to come before our God confidently and boldly with our prayers and that we will find mercy and grace when we approach God, asking for his help. Join me in prayer that peace will soon be reached for these people.

Roger Hasper - Bellingham Campus

SCRIPTURE REFERENCES:

1 Corinthians 10:12-13, Hebrews 2:14-15, Hebrews 4:15-16

THE ARMOR OF GOD

DAY 18 - SUNDAY - JANUARY 28

Since 1910, the motto for the Boy Scouts of America has remained the same: *“Be prepared.”* In other words, to always be in a state of readiness. It turns out my daughter has the same mentality regarding vacation. Alyssa begins packing her suitcase weeks in advance. She doesn't pack all at once but intentionally and methodically up until we leave so that she is well-prepared for anything that might occur on the trip.

Our journey with Jesus is no different. We are called to be prepared as we navigate life as followers of Jesus. We know this isn't always easy, but the stakes are high. 1 Peter 5:8 clarifies who we're up against: *“Your enemy, the devil, prowls around like a roaring lion looking for someone to devour.”* But because Jesus loves you, He wants to protect you.

In his letter to Ephesus, Paul details how Christians can best be prepared and equipped. Similar to a firefighter's turnout gear or a doctor's scrubs, we, too, are to put on pieces of protective armor. From the belt of truth to the shield of faith and the sword of the Spirit, each is unique and critical to ensure you are guarded and grounded in your faith.

Today, I invite you to read Ephesians 6:10-20. Paul concludes this passage with a call to prayer and attentiveness. As you fast and pray, consider are you fully suited up and alert to Satan's scheming or are you missing some key pieces of the Armor of God in your life? Ask God to reveal your current condition and then make any necessary changes.

When you are prepared, you will be equipped to resist Satan and will naturally reflect Jesus.

Bryon Mengle - Bellingham Campus

SCRIPTURE REFERENCES:

Ephesians 6:10-20

*For Yours is
the Kingdom
and the Power
and the Glory
Forever*

He is I AM.

*Worship is our response to who
God is and what He does as
He reveals Himself to us.*

HE IS WORTHY OF OUR PRAISE AND ADORATION

DAY 19 - MONDAY - JANUARY 29

God is, has been, and will always be with us. No one else can live up to the promise of always. He is with us forever and through everything. He is worthy as our shield, as our rock, and as our creator. We are saved by him. We tend to skip past the words always and forever, but this is an important part. We say things like, “You always do that” or “I will love you forever,” but God is the only one who can say these things and keep that promise.

Christians often have either the mindset of trying to do things by themselves or entirely relying on God to do what they want to happen. However, the best mindset is allowing God to work in and through you. We praise and worship God because of who He is. He deserves all of this.

Fasting requires a sense of discipline. He gives us the strength to do this, and it is only because He works through and in us that we can fast. Fasting is a way of praising God. Express gratitude to God for who He is and what He does for us.

When we fast, it is important to let God work through us.

- Have these days of prayer and fasting drawn you closer to God?
- How can you incorporate these spiritual disciplines into your life on a regular basis?
- How has God shown His power in your life?

Think about how He has always shown up as your rock, fortress, salvation, and stronghold.

Kayla Miller - Cornwall Intern

SCRIPTURE REFERENCES:

Psalm 18:1-3, Mark 12:30, Philippians 2:9-11,
1 Samuel 2:1-2, Deuteronomy 10:12

HE IS EXALTED

DAY 20 - TUESDAY - JANUARY 30

My junior highers and I laugh at my pitiful attempt to draw a chipmunk in a tree near his little chipmunk house. Learning grammar isn't always fun, but this drawing effectively shows them the role of a preposition: the chipmunk can be in the house, atop the house, under the house, above the house, and so on. Prepositions show the relation of something to another thing.

I see them every time I read passages in the Bible – not the chipmunks but the preps – because God often tells us how close He resides with us. He's in us, for us, behind us, and below us. He hems us in. What comfort!! This is why we can easily praise a God worthy of glory, honor, and praise. His majesty and splendor surround us, His wonderful works know no limits, and His great deeds have no boundary.

Ephesians 4:6 says we serve one God, who is *“over all and through all and in all.”* Verses like this one allow me more of an awareness of God's intimate presence. He rides in my car, cooks through my hands, and stretches my mind. I meditate on this while I wait for sleep, and this realization of his close proximity to me gives me more OF God.

This awareness also recalibrates my focus on Him instead of me – which is really what fasting is about – focusing more on Him and less on ourselves. That can be difficult as we live in a very me-centric world. But we can shift away from ourselves and more towards his glorious presence which makes it much easier to praise Him.

Sue Likkel - Bellingham Host Team Director

SCRIPTURE REFERENCES:

1 Chronicles 29:10-13, Psalm 145:1-7,
Ephesians 4:6, Psalm 5:7, Psalm 99:5

OUR LIVES AS A PLEASING SACRIFICE FOR HIM

DAY 21 - WEDNESDAY - JANUARY 31

In 1972, a study was published by Stanford professor Walter Mischel, which became known as The Marshmallow Experiment. Mischel and his team brought in hundreds of children ages 4 and 5. A child would be brought into a room with a chair and table with a marshmallow. The researcher told the child that he would leave the room and that if the child did not eat the marshmallow while he was out, they would be rewarded with a second marshmallow. However, if they ate the first one while the researcher was out of the room, they would not get a second marshmallow.

I am reminded of this experiment when I think of prayer and fasting. We are like those kids trying to be patient and say no to something good so that we can create space for something better. It can feel like we are suffering. But when we intentionally create space for God to show up, it fulfills God's desire for us to know Him better and to live our lives as a pleasing sacrifice for Him. When we fix our attention on God and not on the material things of this world, we will be changed from the inside out. God will continually bring out the best in you.

John 15:5 says, *"I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me, you can do nothing."* So, remember to sacrifice and make room for God to move in your life so that you can bear much fruit and help grow His kingdom, power, and glory.

Tara Tweit - Children's and Online Assistant

SCRIPTURE REFERENCES:

Romans 12:1-2, Ephesians 5:2, Colossians 1:9-12, John 15:4-5

*“TRUST THE PAST TO THE MERCY OF GOD,
THE PRESENT TO HIS LOVE,
AND THE FUTURE TO HIS PROVIDENCE.”*

— SAINT AUGUSTINE

YOU MADE IT!

As we conclude our 21 days of prayer and fasting, it is important to look back and then look ahead.

LOOKING BACK

Reflection is a key component in our spiritual formation. As Trevor Hudson said, *“We don’t change from our experience, we change when we reflect on our experience.”* Spend some time reflecting on the past 21 days and use the next couple of pages to answer these questions.

- What was your experience like?
- Where did you feel resistance?
- Where did you feel delight?

LOOKING AHEAD

After you’ve had a chance to reflect, the remaining question is, **“Now What?”** How can you remain committed to seeking Him? Very simply, decide to love God and seek Him. Look for opportunities to spend time with Him and to learn from Him. Daily. Decide to chase after Him and not the things of this life that quickly distract us from Him. Daily. Give Him your whole heart. Daily. Look for Him in each day, through people, circumstances, the Bible, and creation. Daily.

It will take intention, effort, desire, and time; but it will be so worth it as your relationship with Him grows, develops, and you fall more and more in love with Him. Will you continue to earnestly seek after the God of this universe who loves you completely and desires to walk with you daily? The reward will be great because God is great!



Bellingham Campus

4518 Northwest Drive
Bellingham, WA 98226

Skagit Campus

830 N. 16th Street
Mt. Vernon, WA 98273

Website: www.cornwallchurch.com

Phone: 360.733.2150

Email: info@cornwallchurch.com