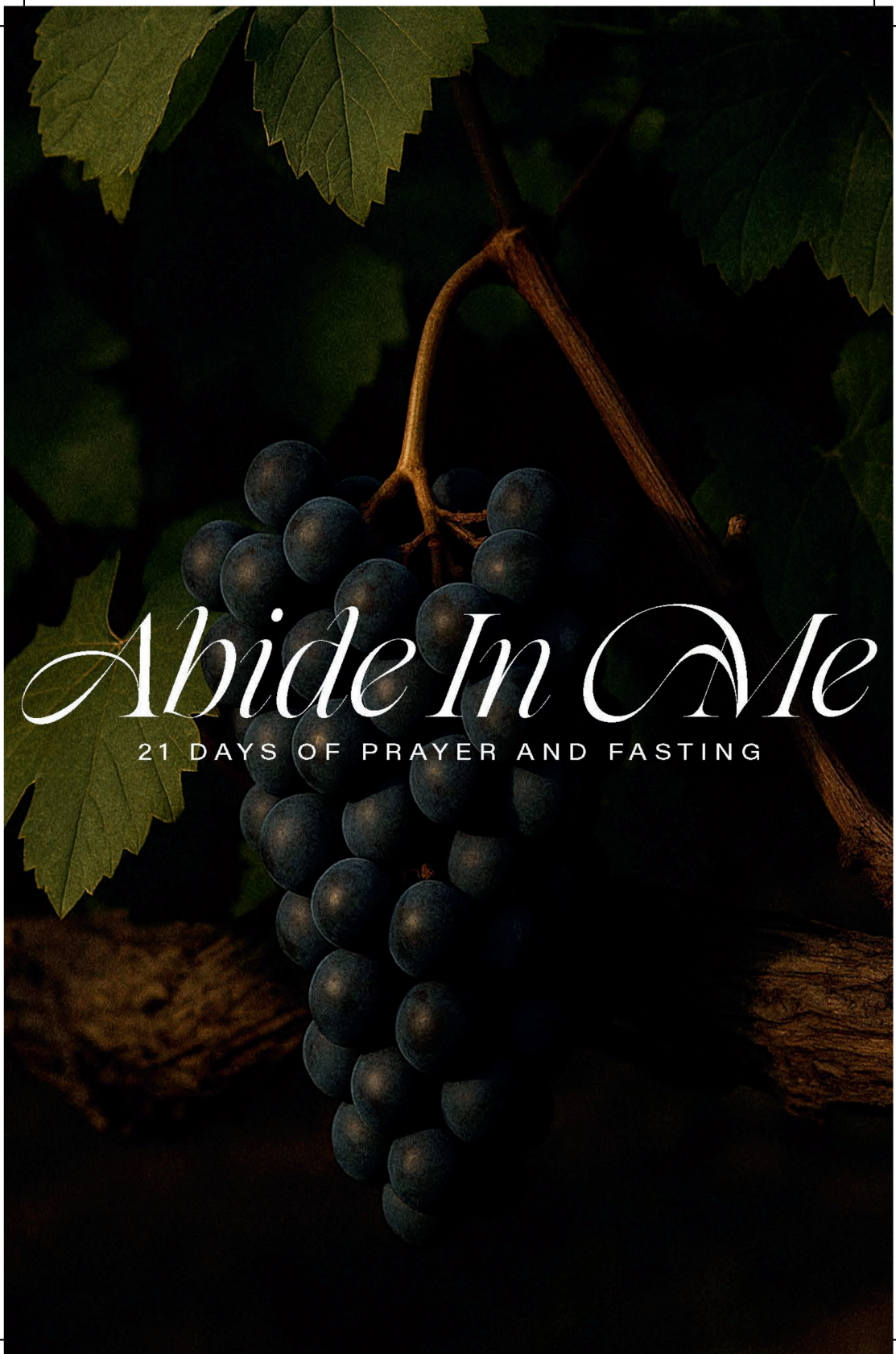

Abide In Me
21 DAYS OF PRAYER AND FASTING

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.

Since we are going through the book of John this year in our weekend services, we decided to connect that with our 21 Days of Prayer and Fasting. So this January our fasting focus is on John 15. In this chapter, Jesus paints a picture of the Vine (Jesus) and the branches (us) and the privilege and fruit that is produced as the "branches" stay connected to the "Vine". "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. (John 15:5)

This is the goal. In these 21 Days of Fasting our sole purpose is to "remain in him and he in us" so that we "will bear much fruit to the Father's glory". And we get to do this together. The reality of remaining, abiding, connecting or being rooted in Jesus is the path to life and spiritual vitality.

As you enter into this discipline, avoid approaching this as a legalistic duty, rather see it as a life giving invitation from Jesus himself.

There are many resources and opportunities provided and available to assist you in this exciting journey over the next three weeks. This booklet is one of them and is a fantastic companion to keep with you as you learn and grow.

In the following pages, you will find a daily devotion written by one of our brothers or sisters from Cornwall Church. Each day the devotional thoughts are designed to deepen your connection with Jesus in practical ways.

I am excited about what Jesus is going to do in and through each of us and how this can impact our families, small groups, ministries and the world.

Know that I, our pastors and elders are praying for you as we remain in Jesus.



SCHEDULE OF EVENTS

DISCERNMENT DAYS

January 3-10. Pray for what God will have you do during these 21 days. Make an intentional plan of your personal commitment and prayer goals.

FIRST DAY OF 21 DAYS

January 11

DAILY PRAYER GATHERING

Every night during the 21 days starting January 11, we will meet together for a time of guided prayer from 6:30-7:30pm in Room 201 at our Bellingham Campus. Come every night, come once a week or come when you can!

THE PRACTICE OF FASTING

Join us for this four week class: 6:30-8:00pm in Room 202

January 13 - To Offer Ourselves to God
January 20 - To Grow in Holiness
February 3 - To Amplify Our Prayer
February 10 - To Stand with the Poor

REFUGE & PRAYER

Skagit - January 14 at 6:30pm
Bellingham - January 21 at 6:30pm

Join us for a reflective evening of focused prayer, acoustic worship, and communion in a warm, candlelit atmosphere. Take a moment to pause, unplug, and draw near to God in the midst of your busy week.

LAST DAY OF 21 DAYS

January 31. Take time to reflect on what key lessons you learned during this time. What was something new or fresh that you experienced with Jesus? How were you challenged? 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.

“More than any other single discipline,
fasting reveals the things that control us.”
- Richard Foster

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	Alcohol	Sugar
Dairy	Caffeine	Desserts
Carbs	Soda	Snacks
Fast Food	Energy Drinks	Dressings

"SOUL" FAST IDEAS

Sports	Worry	News
Video Games	Amazon Prime	Social Media
Secular Music	Hobbies	Streaming Platforms
TV	Marital Relations	Unnecessary Spending
Podcasts	Cell Phone	Complaining
Gossip	Negative Self-Talk	Bad Habits

Fasting is a 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	Silence	Devotions
Confession	Solitude	Hymns
Scripture	Nature	Listening
• Reading	Prayer Walk	Communion
• Reflection	Worship	Celebration
• Memorization	Serving	Praise
Journaling	Connecting	Thanksgiving

ADDITIONAL RESOURCES

MESSAGES

LESS IS MORE

1/10/21: A Fast Review
1/17/21: Greater Than >
1/24/21: Fast Forward

NOT SO, FAST

1/12/20 - Fasting 101
1/19/20 - Fast-Feast
1/26/20 - Together

BOOKS

“Secrets of the Vine - Breaking Through to Abundance” - Bruce Wilkinson

“Abide - Understanding the Secrets of Living for Jesus” - Warren Wiersbe

“The Fasting Practice” - John Mark Comer

MUSIC

“”Abide in Me” - Spotify Playlist: Listen to this during your “Fill Up” time with God.

MY PERSONAL COMMITMENT

“There is no condition of life in which we cannot abide in Jesus. We have to learn to abide in Him wherever we are placed.” - Oswald Chambers

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

HOW am I filling my soul?

MY PRAYER GOALS

“Prayer needs fasting for its full growth. Prayer is the one hand with which we grasp the invisible. Fasting is the other hand, the one with which we let go of the visible.”

- Andrew Murray

WHO will I specifically pray for by name for the next 21 days?

WHAT specific circumstances or issues will I pray and ask God to do a work in?



"ABIDING DOESN'T MEASURE HOW MUCH YOU KNOW ABOUT YOUR FAITH OR YOUR BIBLE. IN ABIDING, YOU SEEK, LONG FOR, THIRST FOR, WAIT FOR, SEE, KNOW, LOVE, HEAR, AND RESPOND TO ... A PERSON.

MORE ABIDING MEANS MORE OF GOD IN YOUR LIFE, MORE OF HIM IN YOUR ACTIVITIES, THOUGHTS AND DESIRES."

Bruce Wilkinson "Secrets of the Vine"

ABIDE IN ME

DAY 1: LOVE

DAY 2: CONNECT

DAY 3: FRIENDSHIP

DAY 4: THANKFULNESS

DAY 5: GOSPEL

DAY 6: ASKING PRAYER

DAY 7: PRAISE

DAY 8: REPENT

DAY 9: OBEDIENCE

DAY 10: GODLINESS

DAY 11: CONFESS

DAY 12: PERSEVERANCE

DAY 13: TRANSFORMATION

DAY 14: FORGIVE

DAY 15: FRUITFULNESS

DAY 16: TESTIFY

DAY 17: PERSECUTION

DAY 18: SUCCESS

DAY 19: ENDURANCE

DAY 20: LEGACY

DAY 21: ABIDE

DAY 1 LOVE

READ: Matthew 5:43-48, 1 Corinthians 13:4-5, 1 John 4:8, Romans 5:8

God's all-knowing love means He sees every part of our lives and still chooses to faithfully love and care for us, inviting us to show that same unconditional love to others.

REFLECT:

With blended and broken families, holidays and special occasions can get complicated. However, armed with God's grace and forgiveness, I have been able to host and attend get-togethers with ex-husbands, their current partners, and my three daughters without feeling hate or resentment. I could not have done this without God in my life and the healing that comes with giving it all to Him.

Building on these experiences, I have learned that complete dependence on God is crucial, especially when life has thrown me curveballs such as the end of marriages, the death of a parent, and raising my daughters, many of those years as a single mother. During those times, I have never wanted for anything, and no matter how tight things were, He always provided.

Despite all of that, the fact has always remained that God was faithful to bring me through those circumstances without losing hope or letting bitterness or hate fester in my heart. He has always been by my side and has never let me down, even when I haven't made the best decisions or followed his instructions for life.

Because of this, I am very thankful for the never-ending, generous love of God, available to me regardless of my actions or choices. He allows me to share that love with others and give them a glimpse of how following God can change your heart

RESPOND:

- How has God shown you faithful love even in your flaws and failures?
- Ask God to help you see people the way He sees them – fully known and deeply loved. When you feel yourself judging someone, pause and ask instead, *"What might they be carrying that I can't see?"*

Hannah Mattson
Bellingham Campus

DAY 2 CONNECT

READ: Acts 20:7-12, Proverbs 18:24, Psalm 25:14, Philippians 3:8

Remaining in Christ means living fully awake, aware and connected to Him in every part of life. Losing awareness risks disconnection from Christ.

REFLECT:

“Put your identity in me.”

These were the words that changed everything.

Growing up, I believed in God. I went to church every week, knew the Gospel, and believed in the resurrection of Christ, but something was still missing in my relationship with God. There was a disconnect I couldn't define, so I ignored it and focused on other things.

Everything in this world fell short until I truly understood God's call: *“Put your identity in me.”* This became the turning point in living fully connected to Christ. It wasn’t a switch from not believing in God to now believing. It was a switch from not seeing what God has for me to being able to truly see his purpose.

When we put our identity in Christ, everything changes. As I became aware of where I invested my priorities, values, time, and energy, intimacy with Jesus grew. Remaining in Christ means living fully awake and aware. Becoming less aware leads to disconnection. Paul says, *"I once thought these things were valuable, but now I consider them worthless because of what Christ has done."*

RESPOND:

- As you pray and fast today, take a moment to reflect on your life. Identify where you spend your time, notice your thoughts and desires, and pay attention to any feelings of disconnect or emptiness.
- Bring these areas of disconnect to God in prayer, laying them honestly before Him. And then pray, *"Lord, show me where you want to wake me up and help me take intentional steps today to reconnect with you."*

Grant McEvoy
Middle School Director

DAY 3 FRIENDSHIP

READ: Colossians 3:12-14, Philippians 2:3, John 15:12-15

Do you give God your time and make Him a priority? You will become a friend of God when you choose to become a friend of God.

REFLECT:

My friends are pretty great. They are compassionate and have a heart for serving others. When thinking of all the ways they've been there for me over the years, a few phrases come to mind:

- *"I made this for you. I know it's your favorite."*
- *"Let me hold your baby so you can eat with two hands."*
- *"How can I pray for you today?"*

Although simple in application, these acts of kindness reveal something deeper - an intentional desire to know and love others well.

Jesus is the ultimate example of how to love our friends well. He demonstrates that agape love - selfless, unconditional, sacrificial love that knows no bounds. Because of this, we have the privilege of abiding in Him.

We can share both our joys and our sorrows with Him while knowing He will never stop pursuing us. Oh, what a friend we have in Jesus!

Conversely, have you ever considered what kind of friend you are to Him? When that question was posed to me, I felt deeply convicted. Jesus calls me his friend (John 15:15), yet I haven't always been the friend to him that he was, is, and will always be to me. Thankfully, a friendship with him is not predicated on my shortcomings; his mercies are new every day, and his steadfast love never ceases (Lamentations 3:22-23). Who wouldn't want a friend like that? To know Jesus is to love Jesus, and we can know him better when we dwell in his Word.

In this season of prayer and fasting, let us use this time to humbly ask God how we can be better friends to Him.

RESPOND:

- In my daily rhythms, where does God realistically fall on my list of priorities?
- How often do I talk to Jesus about my joys and sorrows like I would a close friend?
- How does understanding Jesus' agape love change the way I relate to Him?
- Where do I sense God gently convicting me regarding my friendship with Him?

Shelby Wilson
Bellingham Campus

DAY 4 THANKFULNESS

READ: Psalm 100:1-5, Psalm 136:1-3, Luke 17:11-18

When we remain and stay connected to Jesus, thankfulness will become a natural response and posture in our lives.

REFLECT:

To quote an ancient philosopher, *"Change is the only constant."*

Expressing gratitude can be difficult during periods of adversity. When we encounter challenges and hardships, our natural tendency is often to focus on the difficulties rather than the blessings we have. Yet, intentionally cultivating gratitude in every circumstance can dramatically shift our perspective and draw us closer to God.

By choosing to recognize His goodness, we can see beyond the immediate struggles. This deliberate focus on gratitude helps us acknowledge and appreciate God's presence and faithfulness, fostering a deeper connection with Him regardless of what we are facing.

There are several practical steps we can take to foster a spirit of thankfulness. Simple gestures of kindness, such as encouraging others or serving in small ways, can help redirect our focus. Memorizing scripture allows us to keep God's promises at the forefront of our minds. Engaging in prayer and worship also plays a vital role, as these practices center our hearts on God's faithfulness and love.

As we nurture this trust in Jesus, our hearts are filled with a deeper sense of hope. Gratitude opens the door to true peace and contentment, reminding us that His love for us is perfect and unwavering. In every situation, giving thanks becomes an act of faith that strengthens our relationship with God and shapes our perspective, allowing us to rest in the assurance of His goodness and steadfast love.

God is good, and his love is perfect.

RESPOND:

- What would a daily posture of thankfulness look like for you?
- In what ways can genuine gratitude point others to Jesus?
- Make a list of all the things you are thankful for.

Debbie Visser
Bellingham Campus

DAY 5 GOSPEL

READ: Romans 1:16, Colossians 3:1-16

Abiding in Jesus is not living your life striving to do things for God but living your life in response to what God has done for you.

REFLECT:

Training for a triathlon—swim, bike, run—requires discipline, endurance, and mental grit. But imagine showing up to the starting line already exhausted from trying to "prove" you belong there. You would never finish the race! The strength to endure must come from consistent training and fuel, not frantic striving.

The Christian life is similar. Paul says in Romans 1:16 that the gospel is *"the power of God that brings salvation."* Our strength doesn't come from proving ourselves to God but from what Christ has already accomplished. Colossians 3 calls us to *"set our hearts on things above"* and live clothed in compassion, humility and love. These aren't medals we earn; they're fruit that grows when we abide in Him.

Fasting gently reminds us of our dependence. Just as an athlete trains to rely on proper fuel, through fasting, our hearts are trained to depend on Jesus as our true source of life. In moments of hunger or weakness, we are invited to remember: our race is not run in our own effort, but in the finished work of Christ.

Abiding means resting in His victory, responding daily in gratitude and obedience, and intentionally seeking to live out the Gospel in every area of your life. Choose today to stay connected to Him, receive His strength, and let every action boldly reflect trust in what He has done. Commit to taking specific steps to abide, letting God's work guide your choices and attitudes. Remember, the main takeaway is that life in Christ is not about striving to earn His favor, but living out of the strength and assurance of what He has already done for you.

RESPOND:

- Lord, in what places of my heart do I need Your Gospel to take deeper root?
- How do You want Your truth to guide and draw me closer to You today?
- Are there areas of my life I'm holding back from being shaped by the Gospel?

Mike Ford
Go and Be Pastor

DAY 6 ASKING PRAYER

READ: Matthew 7:7-11, James 4:2, Luke 11:5-10
John 15:7

When we remain connected to Jesus, our prayers become shaped by His heart, and as we boldly and persistently ask, God faithfully provides what we truly need.

REFLECT:

These passages offer us a great deal of hope, hope in a father who gives us good things. I love the imagery in the Luke passage of someone asking for bread from a friend late at night. He's got guests to feed and hopes his friend will help, but he gets turned away. So what does he do? He asks again, and his friend helps because he wants to get some sleep. He relents and helps because his pal, in a jam, persists! That audacious friend got what he needed!

It's tempting to think we can always get what we want, but there's more to it. We get what we ask for when... we remain in Jesus. In John 15:7 we read, *"If you remain in me and my words remain in you, ask whatever you wish, and it will be done for you."* It's our will being aligned with God's will that's important. When we remain in Him, we ask according to his will, and it is done.

Our good God knows us and knows what we need. He's not going to give us something silly like a rock instead of bread, or instead of a fish, a snake. He's there for us.

We need to ask; we need to continue asking. I've asked for things that didn't happen. Some of them were things I thought were important, but it didn't turn out that way. Sometimes we don't receive our wishes, but when we keep asking in prayer, we become aligned to God's heart, His will, and we ask for what we need. So, ask, seek, find. Be persistent, be bold in prayer, and submit your wants to God.

RESPOND:

- When have I given up praying for something too quickly? Why?
- Are my prayers more focused on what I want or on what God desires for me?
- Where have I recently seen God's goodness in ways I didn't expect?
- Pick one thing you've stopped praying about – or been discouraged by – and commit to praying for it daily this week.

John Dennison
Bellingham Campus

DAY 7 PRAISE

READ: Psalm 150:1-6, Psalm 9:1, Psalm 147:1, Psalm 134:2

Praise keeps us connected to Jesus and helps us to live with an awareness of His presence, helping us to experience Him in our lives. We were created to praise the Lord.

REFLECT:

I have the privilege of leading worship at our Skagit campus, and one of my favorite things each week is hearing our church family sing their hearts out to God. There's something so unexplainably joy-filled and powerful about the sound of all those voices lifting together in praise. Each one of them carries a story...some filled with joy and celebration, others marked by heartache or waiting, but all choosing to worship.

In those moments, I'm reminded how incredible it is that we can come to the Lord, no matter what we're facing, and still lift our hands to praise Him. Praise doesn't *ignore* pain...it *invites* Jesus into it. It reminds us that He is powerful, constant, kind, faithful, loving, merciful, and unchanging. When we abide in Him...when we tuck in close to Jesus...we find peace and strength that don't depend on our circumstances. We leave church with those lyrics and melodies repeating in our minds and hearts.

The message of Jesus stays with us throughout the week. His truth echoes in our minds, anchoring us to Him once more.

During this season of prayer and fasting, let praise become your response when things feel difficult. Whatever you're fasting from, when the craving or struggle hits, turn your heart to Jesus. Crank up a worship song. Speak words of gratitude. Praise Him for who He is, not just for what He's done. He is celebrating, comforting, listening, and walking right there with you—His arm around your shoulder, pulling you close. As you do, remember how praise shifts your focus, even in hard seasons.

Praising the Lord draws us closer to His presence. It helps us remember who He is and who we are because of Him. We are … deeply loved, fully known, and never alone. HE is good, and YOU are loved.

RESPOND:

- What does it mean to me personally that I was created to praise the Lord?
- What happens in my heart, mindset or perspective when I choose to praise even when I don't feel like it?
- In what ways can my words, choices or attitudes reflect praise beyond worship songs or church gatherings?
- How might God be inviting me to practice praise in my daily rhythm?

Tia Hixson
Skagit Worship Director

DAY 8 REPENT

READ: Romans 2:1-4, John 15:2

Repentance begins with God, not our mistakes. True and lasting change comes when we first understand who God is - His love, mercy and compassion. Recognizing these qualities draws us toward Him and motivates us to connect deeply with Him.

REFLECT:

We have several rose bushes in our front yard—my husband's pride and joy. He's a hobby gardener, and I'll admit I'm not always his biggest cheerleader. One year, he went outside with his pruning shears and cut those bushes down so drastically that I was sure he had ruined them. I gently suggested he might be overdoing it, but he simply said, "Just wait and see. They need this kind of pruning to bloom even more."

As seasons changed, I realized he was right. The next season, those bushes burst with color, giving us the most stunning roses—full, vibrant, and abundant. This transformation echoed what happens when we allow ourselves to be pruned for growth.

Jesus describes this very process in John 15:2: the loving, intentional pruning He does in our lives so we can bear fruit that reflects Him. Pruning doesn't feel pleasant. It can feel confusing or unnecessary. Yet Romans 2:1–4 reminds us that the work of pruning often begins with our own hearts, not with pointing out what needs trimming in someone else's life.

The word "repentance" in Romans 2:4 means adopting a new mindset—a changed way of seeing our sin and seeing God. And so often, it's God's kindness that brings us to that place. When I look back, many of the changes in my heart have come through His gentle, persistent grace, revealing what needed to be cut away. Fasting can do this as well. When we set aside something important, our dependence on God becomes clearer. It's not about forcing ourselves to change. It's about seeing God more clearly—merciful, patient, and committed to our flourishing.

Just like my husband's roses, our lives bloom most beautifully when we allow the Master Gardener to prune what is holding us back. His purpose is never to diminish us, but to help us grow into the fullness and beauty He sees in us.

RESPOND:

- Spend time asking God to reveal one specific thing He wants to "cut away" – a habit, attitude, fear, distraction or sin.
- How do you typically respond when God begins pruning something in you – do you resist, question or trust?
- How does God's kindness, not His anger, lead you toward repentance?

Cynthia Cavanaugh
Women's Leadership and Care Director

DAY 9 OBEDIENCE

READ: Luke 17:3-10, Proverbs 3:5-6, John 15:9-11, Ephesians 2:10

When we say “yes” to God’s gentle nudges - even when we feel unsure or uncomfortable - we experience the joy of obedience and the closeness that comes from truly abiding in Him.

REFLECT:

"Really? I am uncomfortable. What would I even say? How would I start a conversation? What if he is weirded out and doesn’t engage?”

These thoughts ran through my mind in response to the Spirit's prompting me to talk to a man I was approaching as I walked on a trail. I allowed these doubt-filled thoughts to crowd out God's call. I actively disobeyed God. This saddens me, and it saddens God because I did not trust Him or surrender my way to Him.

In John 15, there is an amazing invitation to remain in God's love, with a promise that if we remain in Him, He will remain in us. In verses 9-11, we learn that for us to remain in Him requires that we keep His commands and follow His prompting.

Today, as you increase your focus on God by fasting or praying, invite Him to show you the plans He has for you (Eph 2:10), and as He does, say "Yes”.

Choose to experience the joy that comes with obedience, rather than the sorrow and regret that come from disobedience.

RESPOND:

- Is there a specific act of obedience God has been nudging me about that I’ve been avoiding?
- How does obedience help me to stay connected to Jesus in daily life?
- Ask God to highlight one thing He’s been asking of you - reaching out to someone, serving, confessing a sin, offering encouragement, changing a habit - and take that step of obedience this week.

Scott Moon
Skagit Campus Pastor

DAY 10 GODLINESS

READ: 1 Timothy 4:7-16, James 2:14-19

Godliness begins and grows with daily decisions. It is a life of devotion to God and it is the process of becoming more and more like Jesus.

REFLECT:

Godliness doesn't happen by accident; it's shaped by consistent, intentional choices. In 1 Timothy 4:7, Paul urges us to *"train yourself to be godly,"* showing that becoming like Jesus requires discipline, diligence, and perseverance. Like physical or mental training, spiritual growth requires daily practice.

Fasting is one of those practices. It's not about checking a religious box or earning favor; it's about setting aside distractions to say, "God, You matter more." When we fast, we deny our physical cravings to feed a deeper hunger: To know and become more like Jesus.

James reminds us that faith without action is dead. (James 2:17). Fasting is one way we put our faith into action, choosing spiritual priorities over physical ones. It's a quiet decision that says, *"God, I want to grow. I want to look more like You."*

The world may never see your daily small acts of obedience. Your early mornings in prayer, your choice to fast, your decision to walk away from temptation, or your willingness to forgive. But God sees. And those hidden moments are where godliness is formed.

Godliness grows when our faith becomes a lifestyle.

RESPOND:

- Lord, in what area or areas of my life do You want to help me become godlier?
- What cravings or distractions tend to take up space in my heart that God wants to fill?
- Where is my faith currently lacking action?

Karen “KC” Halldorson
Next Gen Admin Assistant/Young Adults Coordinator

DAY 11 CONFESS

READ: Psalm 32:1-11, Psalm 51:1-12

Confession breaks the silence, removes the guilt and connects us to Jesus. Best of all, confession covers us with God's grace.

REFLECT:

Have you ever been hiking with a heavy backpack or hauled heavy luggage through the airport to catch a plane? When you get to the point when you can put down all that weight you have been carrying, it is an amazing feeling. When you finally set it down, you feel light and nimble.

Our sin is heavy. We carry it around and it weighs us down, hindering us from being light and nimble and living the way we are designed to live. Jesus said in Matthew 11:28, *"Come to me all who are burdened and I will give you rest."* That is an amazing promise, but how do we practically lay down our sin and give it to Jesus?

The first step is to acknowledge our sin and tell Him about it. We need to confess. Confession is hard and painful. It requires us to completely humble ourselves and admit our wrongdoing. It requires that we face the consequences of our sin as well.

However, only through confession can we begin our journey to forgiveness. 1 John 1:9 says, *"If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness."*

I encourage you, “if you are able,” to get on your knees and bow your head in a posture of humility and confess your sins to the Lord. Take the first step toward real freedom and experience the power of God's forgiveness today.

RESPOND:

- What sins, habits or patterns am I carrying right now that feel heavy or exhausting?
- What does it mean to me personally that Jesus invites me to come to Him for rest?
- How does remembering God’s kindness and gentleness lead me toward confession rather than away from it?
- How might receiving God’s grace more fully help me extend grace to myself and others?

Joe Gastineau
Bellingham Campus

DAY 12 PERSEVERANCE

READ: Colossians 1:11-12, James 1:12

Connecting your life to Jesus gives you the strength to persevere and remain faithful through struggles, doubts and trials. Consider how God may be using your challenges to build perseverance within you.

REFLECT:

At one of the lowest times in my life, a wise counselor had me imagine myself standing on the water's edge during a powerful storm. *"Yes, you're getting knocked down by intimidating waves, but you're getting back up. Keep getting up. Focus on that, not the waves. After a while, you'll realize the waves are getting smaller, less threatening. Then you'll be standing as the water simply laps at your feet."*

I admit that at the time I was too weak to embrace the thought, and I was tempted many times to just stay down, but the Spirit would never let me. Later, I did realize that the 'water was lapping at my feet,' but also that his precious Holy Spirit was providing me with strength beyond what I could have ever conjured on my own.

We won't like it, but those trials *will* come, and when we have stood the test —or keep getting up when knocked down during the test — we'll be left with perseverance, which will be necessary during our next test. Those tests deemed necessary by our Father serve a purpose that we may never realize, but we can trust Him.

While I'm learning perseverance, I imagine I'm stretching to reach the crown of life hovering above my head. Securely worn someday soon, for now, I must reach for it. That crown, held securely within my dear Father's hand, represents hope and is permanent; my trials are temporary. I've heard that hope is disciplined waiting. To me, 'disciplined' means telling myself, during my trials, that I am not experiencing anything alone for Christ permeates my life and, therefore, my trials. Whatever He's teaching me is worth waiting for.

Continue to teach me, Father, and thank you for never leaving me alone within the lesson.

RESPOND:

- How does remembering that trials are temporary and hope is permanent shift my perspective?
- What burden am I carrying right now that I need to surrender to Jesus for strength?
- How is God inviting me to practice "disciplined waiting" rather than discouragement or despair?
- How would my mindset change if I truly believe I am never alone in my trials?

Sue Likkel
Next Steps Coordinator

DAY 13 TRANSFORMATION

READ: 1 John 4:19, Jeremiah 31:3, Ezekiel 34:11, 2 Corinthians 3:18, Galatians 2:20

God's unwavering pursuit draws us to Himself, and as we respond in faith, we grow day by day into people who persevere and become more like Christ.

REFLECT:

I did not become a follower of Jesus until I was 52. In February 2002, I lost my wife to her suicide and was left devastated and broken. Even so, God was always pursuing me, showing me that He can bring good out of even the most difficult circumstances. Through someone who knew someone, God led Nicki, who ran the Cornwall Healing Network, to invite me to the Life After Loss group. There I met Trace, the group leader, and was moved by her great joy for Jesus. As I began attending Cornwall services, I learned from Pastor Bob that I am never alone—God is always with me, and I can receive God's grace through Jesus.

These three people guided me to the doorway to accept Jesus as my Savior. Jesus then invited me into a relationship with Him, and I entered through the door of faith. In August 2002, I openly declared that Jesus is my Savior and committed to following Him for the rest of my life. I was baptized in Lake Padden by Pastor Randy and Trace.

God's perseverance in pursuing those who have not come to Him is endless. Similarly, following Jesus is a lifelong journey that also requires perseverance. To become better followers, we can read the Bible and allow Jesus' teachings to take root in our hearts. Obeying God's commandments—to love Him with all our heart, soul, mind, and strength, and to love others as Jesus loves us (Mark 12:30-31, John 13:34)—further guides us. In our daily interactions, we can best love others by demonstrating "the fruit of the Spirit" (Gal 5:22).

My hope for today is to become a little more like Christ than I was yesterday. I warmly encourage you to join me: *How might you be more like Christ today than you were yesterday?*

RESPOND:

- How have I seen God pursuing me – through people, circumstances or quiet moments?
- What small choices do I make each day that either help or hinder me from becoming more Christlike?
- Who in my life helps me become more like Jesus, and who might God be calling me to spiritually influence?

Richard Baum
Bellingham Campus

DAY 14 FORGIVE

READ: Matthew 18:21-22, Psalm 103:10-12, Ephesians 4:31-32, Luke 17:3-4, Mark 11:25

Forgiveness always begins with a look in the mirror. When you are connected with Jesus, you will understand the power of forgiveness.

REFLECT:

In Matthew 18:21, Peter asks Jesus how many times he should forgive someone who sins against him. Thinking he was being generous, he suggested seven times. That sounds like a lot, right? But Jesus surprised him by saying, “not seven times, but seventy-seven times.” Whoa. In other words – keep forgiving.

I think about the times I’ve been hurt by someone. It’s not easy to forgive, especially when the person doesn’t seem sorry or when the behavior continues to happen. Even when I tell myself I’ve let it go, something small can stir up those old wounds, and suddenly I’m angry all over again. The pain feels fresh. The trust feels broken. And my heart whispers, *they don’t deserve forgiveness*.

However, the truth is that forgiveness is not about what someone else deserves—it is about keeping my heart free from anger and resentment. Holding on to these feelings poisons me, while forgiveness protects the condition of my heart.

Some relationships may never be restored, but none are beyond forgiveness. When I stop focusing on the other person and look instead at my own heart, I'm reminded of how deeply I've been forgiven. Psalm 103:12 says, *"As far as the east is from the west, so far has He removed our transgressions from us."* God doesn't hold my failures over me. He offers mercy again and again. As followers of Jesus, we've been forgiven far more than we could ever repay.

If I refuse to forgive, how can I expect to bear good fruit in Christ? An unforgiving heart distances me from the very presence of God. But when I choose to forgive—even when it's hard—I'm reminded of the mercy I've received and the freedom that comes when I let God soften my heart.

RESPOND:

- How does remembering God's mercy toward me reshape my desire or ability to forgive others?
- What fruit in my life might be hindered because of an unforgiving heart?
- What would it mean for me to release the person (or situation) fully into God's hands?
- Pray a simple sentence: *"Lord, I choose to forgive* _____. *Help my heart follow my words."* Even if your feelings aren't there yet, obedience plants the seed. And when old wounds resurface, pause and pray: *"Lord, soften my heart. Help me to forgive again."* Forgiveness is often a repeated act.

Suzanne Skerjanc
Executive Assistant/Online Ministry Director

DAY 15 FRUITFULNESS

READ: John 15:8, Galatians 5:22-23, Galatians 6:8-9, Luke 6:43-45

Fruitfulness isn't something we achieve by trying harder - it naturally grows in our lives as we remain deeply connected to Jesus, and it ultimately exists to bring glory to the Father.

REFLECT:

As we have been looking at John 15, we have seen the picture of a "fruitful" life again and again. It seems that, for most of my life, I have concluded that we are being commanded to try harder to produce more fruit in our lives. Pray more, sin less, memorize scripture, give sacrificially, and the like. I mean, after all, that is what the scripture seems to be saying, right? Like Jesus is saying, "Hey, if you are going to sign on with me, this is what is required and what I expect from you". But what if we saw this not so much as a mandate or requirement I must fulfill, but rather as an invitation and a promise Jesus offers?

The invitation is to remain, abide, dwell in Christ. To do life, immersed in and with him every day. To allow his presence, his Word, his Spirit to impact and shape every aspect of our thinking, decisions, motives, words, actions, and interactions.

The promise, not the instruction, is that as we remain in him, we **will** bear much fruit; it **will** happen. Fruitfulness, then, becomes the result, the outcome, the product of a life connected to Jesus. Just as natural as a grape branch that doesn't try to be fruitful, simply remains, and therefore produces grapes. So it will be with us. It's the fruit of the Spirit, it's the overflow of the heart, it's the outcome of a life connected, rooted, and remaining in him.

And to what end? This we cannot miss. *"This is to my Father's glory"*. What is my goal, my motivation? If it is not to glorify the Lord, then it becomes all about me.

So today, as you fast and as you remain in him, whisper this simple prayer, *"Father, may this be to your glory"*.

RESPOND:

- How does seeing fruitfulness as an invitation and promise (not a demand) change how I relate to Jesus?
- What emotions rise in me when I shift from "I have to try harder" to "I get to remain with Him"?
- Whenever you notice spiritual growth or an answered prayer, pause and say: *"Father, may this be to Your glory."*

Bob Marvel
Senior Pastor

DAY 16 TESTIFY

READ: 1 Peter 3:15, Psalm 40:9-10, Romans 10:9-15, John 15:26-27

Be prepared and ready to give a reason for your faith. Our lives - ordinary and imperfect - are a testimony to who Jesus is.

REFLECT:

The word *"testimony"* can sound intimidating; I think of it this way: being ready to share how God has been present in your life. Prayer and fasting slow us down long enough to notice those moments. As we let go of distractions, we see the subtle ways Jesus has been near all along. That's where "testimony" begins—it doesn't have to be big, dramatic stories; it can be small, faithful realizations. When we fast, we're not trying to get God's attention—we're giving Him ours.

Today, write down one way—just one—you've seen God at work in the last week:

- A prayer answered.
- A burden lifted.
- A moment of peace you can't explain.

This is testimony. This is your story.

This week, God met me in an unexpected moment of peace. My friendships have been shifting now that my kids are grown and flown, and I've been grieving that transition. I've prayed about it for months, wrestling with hurt. Then one morning during prayer, a quiet thought surfaced: "Why don't you look at who I've currently placed in your life and extend an invitation?" So, I did. I invited three women to attend an event with me—and they all said yes.

On the day of the event, our three became four. And once we arrived, we added one more friend who had come alone. I watched God gather us, this group of 6 —intentionally, kindly— and in that moment, I knew He saw me. He cared for me. That's testimony. That's my story of how I saw God meet me in prayer and give me a new awareness.

Your story might look just as simple... and just as powerful.

"Jesus, help me give myself away in kindness. Who is my "one"? Who do you want me to pray for, share the Gospel with, and invite them to "come and see"? Help me proclaim Christ in all I do and say. Make me ready to share how I see You working— in me and around me. Amen."

RESPOND:

- How does slowing down through prayer or fasting help me see God with greater clarity?
- What fears or insecurities hold me back from sharing how God has worked in my life?
- What subtle moments this week might have been God at work, even if I didn't recognize them at the time?

Shara Benner
Creative Arts Director

DAY 17 PERSECUTION

READ: 2 Timothy 3:12, 1 Peter 4:12-14, Matthew 5:44, Matthew 5:10-12, John 15:18-25

If you are going to follow Jesus, it will cost you something at some point.

REFLECT:

Religious persecution comes in many different forms and is experienced in every country around the world. Throughout church history, Jesus' followers have suffered persecution and obscurity; they have been murdered, beaten, ridiculed, and removed. They have suffered poverty, isolation, betrayal, and disgrace. Based on its research, Opendoorsus.org estimates that 4476 Christians died for their faith from October 2022 to 23. Countries like North Korea and Nigeria are some of the most difficult for Christians today.

What if I told you that persecution is actually inevitable for the believer? It's not just the path of a few Christians or for those missionaries living on the edges of civilization. The Apostle Paul asserted, *"All those who desire to live godly lives will be persecuted"* (2 Tim. 3:12). Throughout Scripture, we are reminded that if we are going to follow Jesus, it will cost us something at some point.

Why? Well, the Good News of Jesus has not changed, nor has the world's reaction to it. When you surrendered your life to Jesus, you identified with Him. Baptism reflects so beautifully that unity to his death (going into the water), burial (under the water), and resurrection (raised out of it). Your identification with Jesus is always subversive and is so foreign to this world that, as it says in John 15:18-25, *"...the world hates you"* because of your obedience to live in contrast to its values and purposes.

For some, it may be the loss of a relationship with a loved one, being overlooked for a promotion, being treated as financially reckless and foolish for giving generously, maybe teased by classmates, dismissed, humiliated, labelled as uninformed, or worse. Regardless, we are called to a radical followership of Jesus.

The good news is we get to fight back...with prayer, mercy, and love. Your identity with Christ means you'll share in his sufferings, but you also share in his righteousness and blessings! This alone is the reason we can rejoice and be glad in the face of persecution.

RESPOND:

- Am I willing to endure discomfort or misunderstanding because of my faith, or do I avoid situations where my commitment to Christ might be tested?
- Do I live more anchored in this world or in the world to come?
- What sacrifices do persecuted believers make each day simply to follow Jesus – and how does their courage challenge my own comfort or complacency?

Mike Libolt
Children's and Operations Pastor

DAY 18 SUCCESS

READ: 2 Timothy 3:10-17, 2 Timothy 4:1-8

Success in God's eyes is finishing the task He has given you to fulfill on this earth.

REFLECT:

At the end of my life on earth, I want to be certain that I have succeeded in the task that God has given me to fulfill. To put a checkmark in my checkbox on God's ultimate to-do list! What could possibly be better than that?

In 2 Timothy 4:7, Paul knows he has succeeded in his God-given purpose when he says, *"I have fought the good fight, I have finished the race, I have kept the faith."* He emphasizes *"...be prepared in season and out of season..."* (2nd Timothy 4:2) and how scripture makes us *"...thoroughly equipped for every good work."* (2nd Timothy 3:17). Based on his advice to Timothy, he succeeded by putting significant effort towards being prepared and equipped to pursue his God-given purpose.

In my life, I have spent decades being equipped for a purpose without knowing what it will be. When I obey a nudge from the Holy Spirit, I am grateful to often find a little more clarity and become a little better equipped. I trust God's plan for my life even though I don't fully know it. The effort and preparation are not wasted; they have been training for the fight and for the race.

Even if we are not specifically called to be evangelists, all Christians are called to share the gospel of Jesus with others. These verses remind me that we must consistently train in the spiritual disciplines so that we can keep the faith all the way until we have finished our earthly lives. In this way, we can successfully fulfill God's purpose.

During this time of fasting, seek clarity and further your resolve so that you find the fight and complete the race that God has planned for you!

RESPOND:

- In what areas am I more motivated by worldly success (achievement, status, comfort) than by completing the task God has given me?
- Where in my life do I feel like I'm "in training" without knowing the full purpose yet?
- How would my outlook shift if I trusted that every season – slow, confusing, stretching or fruitful – is preparing me for God's unique calling?
- Share your desire to discover and fulfill God's purpose with a trusted friend. Ask them *"Where do you see God using me? Where do you see strengths or calling?"*

Caleb Clapp
Bellingham Campus

DAY 19 ENDURANCE

READ: Colossians 3:23-24, Philippians 3:14, James 1:12

God hasn't called us to run life's race in our own strength - He provides the daily mercy, renewal and power we need to keep going so we can finish the race He's given us and finish it well.

REFLECT:

Ever wake up exhausted, like you're ending—not starting—the day? Our days are packed: work, school, sports, errands, and evening duties—dinner, laundry, dishes, and more.

It's so easy to get overwhelmed by the constant demands of life. And in that exhaustion, we can lose sight of just how blessed we truly are. Blessed to have families. Blessed with jobs, homes, and active children. Blessed with opportunities to serve in our churches and communities. Most of all, we're blessed to be used by God to share His light in a world that desperately needs it.

Life isn't a sprint—it's an ultramarathon, and how we live each day matters. Jesus said, *"I came that they may have life and have it to the full"* (John 10:10). We are not alone on this journey. Jesus tells us that his love never fails, and His mercies are new every morning (Lamentations 3:22–23).

With that in mind, how do we stay focused on finishing our race—living the life God wants for us—even on busy, chaotic days?

When things get hard, do you pause and ask God for strength? When you feel worn out, do you turn to Jesus for patience, energy, and kind words? I'll admit—there are many days when I fall short.

Maybe it's time to try something different. Consider fasting—not just from food, but maybe from something you turn to when you're stressed. For me, it's that candy jar at the office. Instead, what if we closed our eyes for a moment and asked the Maker of heaven and earth to fill us—to give us what we truly need to finish strong?

Remember, you are not expected to run this race alone. God called you, and He will provide what you need to finish well.

RESPOND:

- How often do I intentionally pause to receive Christ's "new mercies every morning" and His promise of a full life?
- Am I running the race God has called me to, or am I running a race of my own making?
- What would it look like to finish well in my current season – not perfectly, but faithfully relying on God's strength?

Joe Belleme
Cornwall Elder

DAY 20 LEGACY

READ: Psalm 145:4,Matthew 6:20-21, John 15:16

Doing more creates memories, but becoming more leaves a legacy. People remember your legacy for who you were, not what you did or had.

REFLECT:

I'm in the 4th quarter of my life. I occasionally think about legacy – how will people remember me when I am gone? Legacy definitely includes things like the fond memories we have of someone: I remember my grandma patiently teaching me to knit. I remember my grandpa reading a Psalm (complete with the 'Selah's') out of his big, black, well-worn Bible at the table after every meal.

In God's eyes, however, legacy isn't only about those fond memories. True legacy flows from who I am when I abide in Christ. The fruit of that abiding will show up in the lives of others: in those who experience grace through me, those who grow because of my example, and those who begin to abide in Christ themselves. As I remain in Him and respond in obedience to His direction, I get to point others to Jesus and shape others in ways I may never personally see. That is legacy!

So – how does ‘legacy through abiding’ tie into this season of prayer and fasting? Both prayer and fasting are intentional acts of slowing down. This isn’t a season of accomplishing more or forcing results. This is a season of growing roots - and good roots are what produce good fruit.

As you spend this time abiding in Jesus – focusing on Him and listening to Him – pay attention to how He is moving you toward specific relationships, nudging you to take certain actions, and prompting certain conversations. Then trust – and move forward in obedience - knowing that Jesus, by His Spirit, has been and will be at work in you and through you, producing fruit in lives around you.

This will be your Legacy.

RESPOND:

- In what ways am I more focused on achieving for God than becoming like Him?
- Who in my life might Jesus be inviting me to invest in, encourage, disciple or point toward Him?
- How is God using this season of prayer and fasting to shift my priorities from productivity to presence?
- How is my relationship with Jesus overflowing into my relationships with others?

Phyllis Kramer
Cornwall Elder Chairman

DAY 21 ABIDE

READ: 2 Peter 1:3-11, Psalm 119:1-8, John 15

To abide in Christ is not only living our lives asking Jesus what we should do, but it is to know Him so well that we naturally live our lives in response to who He is.

REFLECT:

As you reflect on these passages, consider the relationship between abiding (John 15), making every effort (2 Peter 1), and obedience (Psalm 119).

In John 15, Jesus offers the metaphor of a branch abiding (or remaining) in the vine. Apart from the vine, the branch can't produce fruit, it can't flourish, it can do nothing. Jesus says the same is true for us; without our abiding in him, we can do nothing. However, what we might miss is that Jesus assumes that we can do something if we abide in him.

Here lies the relationship between abiding, our effort, and obedience. It is through abiding in Jesus that we are empowered to make every effort to add to our faith and to walk in obedience to Him. In the eyes of Jesus, abiding is what presupposes everything.

Yet how many of us get caught up in our own efforts and striving to obey when we have neglected ourselves from the source that gives life? Straining to produce fruit without first attaching ourselves to the vine. Yet when we look to God's created world, the branch does not appear to labor when producing fruit, nor does the stem strain when flowering. It just naturally happens as they abide and surrender to the process.

May the same be true for us. That we would be a fruitful people, making every effort to grow in knowledge, godliness, and love, along with obeying all that has been commanded... but doing so only out of our abiding in the love of Jesus.

So, as you pray and fast on this last day, do so out of an overflow of your complete dependence on Jesus. Surrendering to his love and abiding in him as he abides in you.

RESPOND:

- Am I closer to Jesus today than I was 21 days ago? Where have I changed or grown?
- What has Jesus revealed about Himself – and about me – during this journey of prayer and fasting?

Dustin Reimer
Discipleship Pastor

YOU MADE IT!

As we conclude our 21 Days of prayer and fasting, it is important to take some time to reflect back on the experience. Use the next few pages to answer these questions and journal your thoughts.

- What was your experience like?
- Where did you feel resistance?
- Where did you feel joy?
- What did God reveal to you about Himself?
- Where did you see God move in your life as a result of these last 21 days?
- Where is God challenging you to step out in faith and obedience?



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