

FOR

D E N V E R

**21-Day Fasting and
Prayer Guide**

Introduction

It is no secret that 2020 has been a challenging year in the life of our church, city, and nation. Between the Covid-19, economic uncertainty, social unrest, and the loneliness that comes with isolation and change, it would be easy to write off the year as a loss. But at Journey Point Church, we believe that God has been working to grow his people in godliness and faith, and that he is still using this year, even this moment, to show himself to us in this time of stress. In short, we believe that we can actually “taste and see that the Lord is good; Blessed is the one who takes refuge in Him!” (Psalm 34:8)

The beauty of that promise is that God has given us a place of refuge in Him, and through all of the uncertainty, our God is a safe place! In looking to him as a church, we find ourselves able to endure all of this year’s troubles and hardship. Even more than endurance, we find a God who is pouring out blessings on our church family, giving us more than we can ever ask or imagine. We want to be a church that sees what God is doing in our city, and joins him in that work.

We have come to the intersection of an exciting moment in the life of Journey Point Church, a moment that will help to define the way that our church invests in our community for years to come. We are blessed with the opportunity to be able to purchase land in our community, and to leverage that land use as a springboard to love our city. To use that opportunity well will require us to acknowledge our limitations and depend on God to provide the resources, vision, and strategy necessary. We want to engage as a church family in a season of prayer and fasting, concentrated on seeking the Lord’s will in this time, pursuing him as we move forward in his calling.

We want to focus our minds and hearts as a church on what we are **FOR**, rather than what we are *against*.

We are:

FOR God,
FOR the city, and
FOR the journey.

What is Fasting?

Prayer and fasting are powerful practices that position our hearts to receive from God. Through prayer and fasting, we partner with God by intentionally creating space for him to give us more of his presence.

Simply put, fasting is a voluntary abstinence from food, drink, or anything else for a period of time and in turn replacing that with talking to God. Jesus both taught and modeled fasting and even assumed his followers would fast, He even gave specific instructions on how to fast in Matthew 6:16-18.

16 “Whenever you fast, don’t be gloomy like the hypocrites. For they disfigure their faces so that their fasting is obvious to people. Truly I tell you, they have their reward. **17** But when you fast, put oil on your head and wash your face, **18** so that your fasting isn’t obvious to others but to your Father who is in secret. And your Father who sees in secret will reward you.

Christian philosopher Dallas Willard said it best, *“Fasting confirms our utter dependence upon God by finding in him a source of sustenance beyond food. Through it, we learn by experience that God’s word to us is a life substance, that is not food (“bread”) alone that gives life, but also the words that proceed from the mouth of God (Matthew 4:4). We learn that we too have meat to eat that the world does not know about (John 4:32, 34). Fasting unto our Lord is therefore feasting – feasting on Him and doing His will.”*

The focus should be on longing for closeness with God and living in light of his presence. As we physically hunger or thirst for what we’ve removed, we are reminded of our dependence upon God alone and it’s during those times we talk, commune, and pray to God. It’s important to remember that practicing spiritual disciplines (like fasting) does not make us more loved by God, but helps us experience God’s love and power in tangible ways.

How to Fast:

Begin by asking God to help you discern the particulars of your fast. For some, it may be fasting for one meal each day. For others, it may be fasting from food for an entire day each week, or possibly even more. For those with specific health concerns or eating disorders, it may be best to fast only from specific foods/drinks, social media, or Netflix.

Beyond simply removing certain meals (foods/activities) from your life, it's important to replace that space with time in God's presence, finding nourishment in communion with God through his Word. Take the time away from those foods or activities to pray, engage with God's Word, or spend time in quiet meditation on God himself.

How to Use This Guide:

This guide (along with your Bible) is intended to be your companion during your time in God's presence over the next 21 days. Each week, we'll begin with an introduction on a key value that Journey Point Church is passionate about, and that value will provide the topic for the specific texts of Scripture you'll be directed to each day. These values will define the way we use this land to engage our community. If you feel overwhelmed, don't worry! Each week has a built in "catch up" day to use as needed, and our focus is on God, not our attempts at perfection!

Each day in the guide will give space to practice our "HEAR" method of interacting with the Bible:

"H" stands for Highlight. We will provide the verse for you each day.

"E" stands for Explain. What does this verse mean in its original context? What is the main point? What was the author trying to communicate?

"A" stands for Apply. How do the lessons of this verse apply to your life today?

"R" stands for Respond. What is God trying to tell me, and what am I going to do about it? What can I praise God for or ask him to do in my life?

For a deeper @ the H.E.A.R. method, [CLICK HERE](#).

Sunday, 8/31 - FOR God

Journey Point Church is first and foremost **FOR** GOD! We exist to honor God in our city, and to join him in his work. Being “**FOR** God” ultimately means that we love him and know him more every day. We want to experience him in new ways every day, and to learn who he is. In the same way we want to know the people we love and their passions, we want to know the heart of God as well.

As you start on this 21-day journey of prayer and fasting, our hope is that above everything else, you will encounter the God who loves you so much that he sent his Son to live and die for you. As you read his words to us this week, take note of what God has said about himself and about how he feels about you. As you see his love for you, and for everyone else in our city, consider how our church can use this opportunity to purchase land to make God’s love known to people who don’t yet know him.

FOR God So Loved, John 3:16-17

The essence of who God is to us, is Love. The Bible tells us that “**FOR** God SO loved the world...” God actually wants to make sure we know that he does not just love us halfway, or love us when we are being good Christians, but that he SO loved us, without any qualifications, that he sent his own Son for us. There is no greater love!

John 3:16-17 tells us, ¹⁶“For God so loved the world, that he gave his only Son, that whoever believes in him should not perish but have eternal life. ¹⁷For God did not send his Son into the world to condemn the world, but in order that the world might be saved through him.

Think about that, he doesn’t condemn you, but he loves you. He loves you so much that he was willing to pay the greatest sacrifice of all. As we pray and fast in the coming weeks, and seek God’s direction for the future, let that love be at the forefront of our minds. We serve a God who is all about love.

Consider the following questions this week:

- *Who do you think God is?*
- *Where have you seen him work in your life so far?*
- *How are you seeking him in your everyday life?*

Monday, 8/31

Romans 5:6-11

⁶For while we were still weak, at the right time Christ died for the ungodly. ⁷For one will scarcely die for a righteous person—though perhaps for a good person one would dare even to die—⁸but God shows his love for us in that while we were still sinners, Christ died for us. ⁹Since, therefore, we have now been justified by his blood, much more shall we be saved by him from the wrath of God. ¹⁰For if while we were enemies we were reconciled to God by the death of his Son, much more, now that we are reconciled, shall we be saved by his life. ¹¹More than that, we also rejoice in God through our Lord Jesus Christ, through whom we have now received reconciliation.

Highlight:

Explain:

Apply:

Respond:

Tuesday, 9/1

1 John 4:7-9

⁷ Beloved, let us love one another, for love is from God, and whoever loves has been born of God and knows God. ⁸ Anyone who does not love does not know God, because God is love. ⁹ In this the love of God was made manifest among us, that God sent his only Son into the world, so that we might live through him.

Highlight:

Explain:

Apply:

Respond:

Wednesday, 9/2

Romans 8:31-39

³¹ What then shall we say to these things? If God is for us, who can be against us? ³² He who did not spare his own Son but gave him up for us all, how will he not also with him graciously give us all things? ³³ Who shall bring any charge against God's elect? It is God who justifies. ³⁴ Who is to condemn? Christ Jesus is the one who died—more than that, who was raised—who is at the right hand of God, who indeed is interceding for us. ³⁵ Who shall separate us from the love of Christ? Shall tribulation, or distress, or persecution, or famine, or nakedness, or danger, or sword? ³⁶ As it is written, "For your sake we are being killed all the day long; we are regarded as sheep to be slaughtered." ³⁷ No, in all these things we are more than conquerors through him who loved us. ³⁸ For I am sure that neither death nor life, nor angels nor rulers, nor things present nor things to come, nor powers, ³⁹ nor height nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord.

Highlight:

Explain:

Apply:

Respond:

Thursday, 9/3

Isaiah 54:10

10“For the mountains may depart and the hills be removed, but my steadfast love shall not depart from you, and my covenant of peace shall not be removed,” says the Lord, who has compassion on you.

Highlight:

Explain:

Apply:

Respond:

Friday, 9/4

Psalm 136:1-5

1 Give thanks to the Lord, for he is good, for his steadfast love endures forever. **2** Give thanks to the God of gods, for his steadfast love endures forever. **3** Give thanks to the Lord of lords, for his steadfast love endures forever; **4** to him who alone does great wonders, for his steadfast love endures forever; **5** to him who by understanding made the heavens, for his steadfast love endures forever.

Highlight:

Explain:

Apply:

Respond:

Sunday, 9/6 - FOR THE CITY

Journey Point Church is **FOR** THE CITY! We love Denver, Colorado, and have a deep desire to see God do a work here of eternal proportions. We believe he is working here, in 2020, to heal every hurt and to bring people to himself. We also believe that he is leveraging our community, Central Park, to be a pivotal piece in his work. As you pray this week, ask God to show you what he is doing on your street, among your neighbors. Ask him to show our church ways to serve our community in Central Park. Ask him to pour out his love on our city, and to use our church family as we seek to leverage our resources in a new ministry building.

Before we ever move forward in serving the city, we need to be sure that we are bringing our city to God in prayer. We do not want to be a church that TAKES from the city, but one that GIVES to it freely. The first way that we can do that is to pray for Denver, and to ask God to continue to do good here.

Pray for Your City, Jeremiah 29:7

God says through his prophet in Jeremiah 29:7,

“Seek the welfare of the city where I have sent you into exile, and pray to the LORD on its behalf, for in its welfare you find your welfare.”

Do not let that word “exile” give you pause. The Israelites were sent into exile to make them realize their dependence on God, and Journey Point was sent to Denver for the same reason. We are fully dependent on God. And as we live and work here, we want to pray to God for the welfare of Denver, and the welfare of Central Park. As they are blessed in 2020, so are we. Take time today, the first day of our 21-day journey, to pray to God for the good of our city.

Consider the following questions this week:

- *What ways has God used our city to bless you and grow you?*
- *What are some of the specific things that you want to see God do in Denver and Central Park?*
- *What are ways that our church can serve our community tangibly as we move forward in 2020?*

Monday, 9/7

Acts 16:11-15

¹¹ So, setting sail from Troas, we made a direct voyage to Samothrace, and the following day to Neapolis, ¹² and from there to Philippi, which is a leading city of the district of Macedonia and a Roman colony. We remained in this city some days. ¹³ And on the Sabbath day we went outside the gate to the riverside, where we supposed there was a place of prayer, and we sat down and spoke to the women who had come together. ¹⁴ One who heard us was a woman named Lydia, from the city of Thyatira, a seller of purple goods, who was a worshiper of God. The Lord opened her heart to pay attention to what was said by Paul. ¹⁵ And after she was baptized, and her household as well, she urged us, saying, "If you have judged me to be faithful to the Lord, come to my house and stay." And she prevailed upon us.

Highlight:

Explain:

Apply:

Respond:

Tuesday, 9/8

Luke 19:41-44

⁴¹And when he drew near and saw the city, he wept over it, ⁴²saying, "Would that you, even you, had known on this day the things that make for peace! But now they are hidden from your eyes. ⁴³For the days will come upon you, when your enemies will set up a barricade around you and surround you and hem you in on every side ⁴⁴and tear you down to the ground, you and your children within you. And they will not leave one stone upon another in you, because you did not know the time of your visitation."

Highlight:

Explain:

Apply:

Respond:

Wednesday, 9/9

Acts 17:26-27

²⁶And he made from one man every nation of mankind to live on all the face of the earth, having determined allotted periods and the boundaries of their dwelling place, ²⁷that they should seek God, and perhaps feel their way toward him and find him. Yet he is actually not far from each one of us

Highlight:

Explain:

Apply:

Respond:

Thursday, 9/10

Acts 8:5-8

⁵ Philip went down to the city of Samaria and proclaimed to them the Christ. ⁶ And the crowds with one accord paid attention to what was being said by Philip, when they heard him and saw the signs that he did. ⁷ For unclean spirits, crying out with a loud voice, came out of many who had them, and many who were paralyzed or lame were healed. ⁸ So there was much joy in that city.

Highlight:

Explain:

Apply:

Respond:

Friday, 9/11

Luke 8:34-39

³⁴ When the herdsmen saw what had happened, they fled and told it in the city and in the country. ³⁵ Then people went out to see what had happened, and they came to Jesus and found the man from whom the demons had gone, sitting at the feet of Jesus, clothed and in his right mind, and they were afraid. ³⁶ And those who had seen it told them how the demon-possessed man had been healed. ³⁷ Then all the people of the surrounding country of the Gerasenes asked him to depart from them, for they were seized with great fear. So he got into the boat and returned. ³⁸ The man from whom the demons had gone begged that he might be with him, but Jesus sent him away, saying, ³⁹ "Return to your home, and declare how much God has done for you." And he went away, proclaiming throughout the whole city how much Jesus had done for him.

Highlight:

Explain:

Apply:

Respond:

Sunday, 9/13 - FOR the Journey

Journey Point gets its name because we are a church that is FOR THE JOURNEY. This means that we are **FOR** people and their growth as followers of Jesus. This happens in community with others as we study God's word, open our homes, and build lasting relationships together.

We also believe that growing in our faith pushes us to invite others into that journey of knowing Jesus, right here in the city of Denver! We know this process is often messy, slow, and painful, but we know God is patient with us to see the process through. As we enter the last week of study and devotion together, our prayer is that this opportunity to press into our city through the purchase of land will help us to invite more people into that Journey.

The Journey Takes Perseverance, Philippians 3:8-12

In the book of Philippians, an early Christian named Paul is writing a letter to a young church he had a hand in founding. In chapter 3 specifically, he recounts his own journey leading up to how he came to know God. The following verses are his thoughts on his past, and on continuing that journey:

8 Indeed, I count everything as loss because of the surpassing worth of knowing Christ Jesus my Lord. For his sake I have suffered the loss of all things and count them as rubbish, in order that I may gain Christ⁹ and be found in him, not having a righteousness of my own that comes from the law, but that which comes through faith in Christ, the righteousness from God that depends on faith—¹⁰ that I may know him and the power of his resurrection, and may share his sufferings, becoming like him in his death,¹¹ that by any means possible I may attain the resurrection from the dead.¹² Not that I have already obtained this or am already perfect, but I press on to make it my own, because Christ Jesus has made me his own.

Paul is saying, "Jesus is better! Better than my achievements and struggles, better than my good deeds and failures, and better than my education and work experience!" Because Paul knows Jesus is better, he presses on and perseveres towards Him, continuing to grow in his faith and ministry.

Consider the following questions this week:

- *How would you describe your journey so far?*
- *What's been the biggest change in your life since knowing Jesus?*
- *Who can you invite to go on a journey of knowing Jesus w/ you?*

Monday, 9/14

Luke 17:5-6

⁵The apostles said to the Lord, "Increase our faith!"⁶ And the Lord said, "If you had faith like a grain of mustard seed, you could say to this mulberry tree, 'Be uprooted and planted in the sea,' and it would obey you.

Highlight:

Explain:

Apply:

Respond:

Tuesday, 9/15

Colossians 1:9-11

⁹And so, from the day we heard, we have not ceased to pray for you, asking that you may be filled with the knowledge of his will in all spiritual wisdom and understanding, ¹⁰so as to walk in a manner worthy of the Lord, fully pleasing to him: bearing fruit in every good work and increasing in the knowledge of God; ¹¹being strengthened with all power, according to his glorious might, for all endurance and patience with joy;

Highlight:

Explain:

Apply:

Respond:

Wednesday, 9/16

John 13:31-35

³¹ When he had gone out, Jesus said, "Now is the Son of Man glorified, and God is glorified in him. ³² If God is glorified in him, God will also glorify him in himself, and glorify him at once. ³³ Little children, yet a little while I am with you. You will seek me, and just as I said to the Jews, so now I also say to you, 'Where I am going you cannot come.' ³⁴ A new commandment I give to you, that you love one another: just as I have loved you, you also are to love one another. ³⁵ By this all people will know that you are my disciples, if you have love for one another."

Highlight:

Explain:

Apply:

Respond:

Thursday, 9/17

Psalm 92:12-15

¹² The righteous flourish like the palm tree and grow like a cedar in Lebanon. ¹³ They are planted in the house of the Lord; they flourish in the courts of our God. ¹⁴ They still bear fruit in old age; they are ever full of sap and green, ¹⁵ to declare that the Lord is upright; he is my rock, and there is no unrighteousness in him.

Highlight:

Explain:

Apply:

Respond:

Friday, 9/18

Matthew 28:16-20

16 Now the eleven disciples went to Galilee, to the mountain to which Jesus had directed them. **17** And when they saw him they worshiped him, but some doubted. **18** And Jesus came and said to them, "All authority in heaven and on earth has been given to me. **19** Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, **20** teaching them to observe all that I have commanded you. And behold, I am with you always, to the end of the age."

Highlight:

Explain:

Apply:

Respond:

Sunday, 9/20

COMMITMENT DAY!

See you tonight @
6:00pm ready to
worship, see baptisms
and commitments to
following Jesus, as well
as a commitment to
being involved in this
FOR Denver Land
Initiative!