

NORTHWOOD 2021 WEEK OF VISION

7-Day Prayer, Fasting, & Reading Guide

Northwood Church is beginning 2021 with an intentional, focused week of prayer, fasting, and Scripture meditation.

FASTING

Fasting helps us to reconnect our bodies with the things of the spirit.

We will be eating one meal per day. Instead of eating, we will reconnect with our God—feasting on prayer, meditation, & Scripture.

Here are ten primary purposes for fasting mentioned in Scripture:

1. Strengthen/focus our prayer life (Ezra 8:23)
2. Seek God's guidance (Judges 20:26)
3. Express grief (1 Samuel 31:13, 2 Samuel 1:12, Nehemiah 1:4)
4. Seek deliverance/protection (2 Chronicles 20:3-4)
5. Repent/return to God (1 Samuel 7:6, Joel 2:12-13)
6. Humble yourself before God (1 Kings 21:27-29)
7. Express concern for the work of God (Nehemiah 1:3-4)
8. Minister to the needs of others (Isaiah 58:3-7)
9. Overcome temptation/dedicate self to God (Matthew 4:1-11)
10. Express love and worship for God. (Luke 2:37)

How should we equip ourselves when we are preparing for a fast?

1. Confess your sins (Psalm 35:13, 1 Samuel 7:6)
2. Meditate on God's word
3. Study Scripture (Before and during your fast)
4. Fast in secret (Matthew 6:16-18, Isaiah 58:1-11, 1 Samuel 14:24-30)

PRAYER & SCRIPTURE

Praying and Scripture meditation helps us to reconnect our souls and minds with the God who loves us and desires connection.

SUNDAY, 1/3: FAMILIES

READ

- Read Psalm 103 and focus on verse 17:
But from everlasting to everlasting the Lord's love is with those who fear him, and his righteousness with their children's children. Psalm 103:17, NIV
- Delight in our God, who is compassionate, gracious, slow to anger, and abounding in love.

PRAY

- Pray for families in the church, our communities and the world. May they know God's love and righteousness rests upon them, their children, and their children's children—from everlasting to everlasting.
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MONDAY, 1/4: GLOBAL CHURCH

READ

- Read Paul's farewell to the Ephesian elders in Acts 20 and focus on verse 28:
Keep watch over yourselves and all the flock of which the Holy Spirit has made you overseers. Be shepherds of the church of God, which he bought with his own blood.
- Delight in the Lord who loves His church and bought His people with His precious blood.

PRAY

- Pray for God's church world-wide. May the Church serve their neighbors as unto God, and live out His holy Word in the earth—remembering their identity and strength in the Lord.
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TUESDAY 1/5: SICK PEOPLE

READ

- Read James' vision of prayer in James 5:13-20 and focus on verse 15:
And the prayer offered in faith will make the sick person well; the Lord will raise them up. If they have sinned, they will be forgiven.
- Delight in the healing God who listens to our prayers and is ready to heal.

PRAY

- Pray for the sick and shut-in everywhere. May they experience the palpably present power of our healing God.

WEDNESDAY 1/6: ESSENTIAL & FRONT-LINE WORKERS

READ

- Read Psalm 91 and **focus** on verse 10:
No harm will overtake you, no disaster will come near your tent.
- **Delight** in the Almighty God—who shelters His people from pestilence, disaster, and danger underneath His mighty wings.

PRAY

- **Pray** for the essential and front-line workers all throughout our country and world. May God keep these precious people safe and well, and may they be covered by the blood of Jesus.
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THURSDAY 1/7: PASTORS & STAFF

READ

- Read Galatians 6 and **focus** on verse 9:
Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up.
- **Delight** in Jesus Christ—who carries our burdens, sees our toil, and strengthens us for the work now and the work ahead.

PRAY

- **Pray** for pastors and church staff worldwide. May God reaffirm their glorious calling in Jesus Christ and may they be strengthened for the hard, holy work of caring and leading the Church.
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FRIDAY 1/8: WORLD LEADERS

READ

- Read Psalm 2 and **focus** on verses 10–11:
*Therefore, you kings, be wise; be warned, you rulers of the earth.
Serve the Lord with fear and celebrate his rule with trembling.*
- **Delight** in the Enthroned One—our God who rules over all nations and leaders.

PRAY

- **Pray** for government leaders in our country and around the world. May they rejoice from whom their authority flows and who ultimately holds the world within his hands.
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SATURDAY 1/9: DRAW US CLOSER TO YOU

READ

- Read Micah 6:1–8 and **focus** on verse 8:
*He has shown you, O mortal, what is good. And what does the Lord require of you?
To act justly and to love mercy and to walk humbly with your God.*
- **Delight** in the Lord of Israel—who saves, redeems, and teaches His people what is right.

PRAY

- **Pray** that the Lord will continue to move us closer to Him. May we hear and obey His voice in this and every season!