

ENGAGE WITH GOD

◆ 21 DAYS ◆

— AT —

THE WAY



21 DAYS TO ENGAGE

21 Days of Prayer and Fasting is an intentional decision to seek God. This is our opportunity as a church family to rid ourselves of distraction, and hear what the Lord has to say. In seeking Him, WE submit to what HE wants to do in US!

Prayer is connecting and communicating with God. At The Way, we believe that prayer changes things, and that we serve a God who HEARS us! Together, let's pray and believe for a powerful move of God in our church and each of us individually.

Fasting is less about saying "No" to the body, and more about saying "Yes" to the Holy Spirit. Ask God what He would have you refrain from and focus on

during this time. Does that look like not eating sugar, or not looking at social media? Maybe it's to refrain from watching TV, or shopping. It could even be a combination of several things! Every fast is different for every person. There is no better person than the Lord to tell you what to deny in order to gain more of His presence in your life.

I pray that as you engage with God over these next 21 days, you will experience a new level of transformation and LifeChange!



Dr. Joel Tiemeyer

WHY DO WE PRAY & FAST?

When talking about fasting, Jesus begins, "When you fast..." Notice that he doesn't say, "If you fast..." (Matthew 6:16).

Many people fasted in the Bible: Moses (Deuteronomy 9:9-18), Daniel (Daniel 9:3-5), David (2 Samuel 12:16 and Psalm 35:13), Jesus (Matthew 4:2), Paul (Acts 9:9), and many more. People fasted for different reasons: to mourn, to humble oneself before God, and to focus on praying to God for guidance or preparation.

When Jesus fasted, He said, "It is written: 'Man shall not live on bread alone, but on every word that comes from the mouth of God.'" (Matthew 4:4) Fasting can help us understand this truth with new meaning. We can better understand that Jesus is the Bread of Life, who sustains us and supplies our greatest needs (John 6:26-35).

PRINCIPLES FOR FASTING:

1. Be specific.
2. Fast as a spiritual commitment.
3. Reflect inner desire by outer discipline.
4. Pray to perceive sin's role in poor health.
5. Fast as a statement of faith to others.
6. Learn the effects of the food you eat.
7. Yield all results to God.

WHAT I'M FASTING:

Be specific! For 21 Days of Prayer and Fasting, I'm going to be fasting from:

WHAT I'M BELIEVING GOD FOR:

Be specific! For 21 Days of Prayer and Fasting, I'm believing to hear from God about:

**LET'S ENGAGE,
TWBC FAMILY!**

DAY 1 - Read 1 John 1:9

Forgiveness is one of the greatest gifts of God. As a believer we need to focus on thanking Him for our forgiveness without dwelling on the sin.

Fill in the blank, and pray this prayer!

"Thank you Jesus that I am forgiven of _____ because of the blood you shed on the cross."

NOTES:

DAY 2 - Read Psalm 23:4

Ask yourself, "Where did I see God today?" When we develop an awareness of His presence, we will be able to respond in obedience.

NOTES:

DAY 3 - Read Isaiah 6:3

When we recognize the Holiness of God, only then, will we understand the greatness of our need for Jesus and His finished work on the cross.

NOTES:

DAY 4 - Read Romans 8:28

It's Day 4, and some of us may feel like we've already failed on our fast. Rather than focusing on our failure, commit it to God and ask Him to work through it for the good of your growth and as a witness to the grace He's provided because of Jesus.

NOTES:

DAY 5 - Read Proverbs 3:5-6

Trusting God and not depending on our own strength or understanding is one of the many ways we grow during the 21 Days of Prayer & Fasting. Trust that God is hearing your prayers and moving on your behalf!

NOTES:

DAY 6 - Read Matthew 6:28-30

As you read the Bible during this time of prayer and fasting, God is increasing your faith. As faith comes by hearing the Word of God, be encouraged that God is taking care of all you need!

NOTES:

DAY 7 - Read Psalm 139:23-24

Celebrate this moment as you are finishing Week 1!

Dive deeper into what God has for you as you start Week 2 tomorrow by asking God to search your heart and give you a greater desire to seek Him. Journal how you feel after completing your first week!

NOTES:

ENGAGE CHALLENGE

Ask someone outside of your church family how you can pray for them this week, and then PRAY!

WHO & WHAT AM I PRAYING FOR?

DAY 8 - Read 1 Thessalonians 5:16-18

Rejoice! Pray! Give Thanks!

This is the perfect model for your time with God. It's like the recycle symbol. Put this model into practice:

Rejoice! Pray! Give Thanks!

NOTES:

DAY 9 - Read Joshua 4:4-7

In this guide, we've provided a place where you can journal about what God's doing. The best way to be inspired about what God is doing is to **remember** what God has done.

Write down three things God has done for you on this fast. Remember, there are no such things as small things... **it is all BIG to God!**

NOTES:

DAY 10 - Read Psalm 34:18

We all have hurts and traumas in our lives, and those areas are places of brokenness. Take time and invite God into the "broken places." There is **nothing** too broken He cannot fix.

NOTES:

DAY 11 - Read James 5:14-15

One of the greatest parts of being a Christian is not having to go through life alone. If you are struggling or know someone who is, REACH OUT - we are ready to be pray!

NOTES:

DAY 12 - Read Mark 12:31

One of the hardest things during prayer and fasting is to look past your own needs and sacrifices. Today, look for opportunities where you can show love and encouragement to others throughout the day. See how God renews your strength!

NOTES:

DAY 13 - Read 1 Corinthians 4:20

Be encouraged as you fast. You are not just talking about the power of the Gospel and the Kingdom of God,
You Are A Living Example!

NOTES:

DAY 14 - Read Hebrews 13:8

Celebrate this moment as you are finishing Week 2!

Remember when Jesus fed the 5,000? Remember when Jesus walked on water? Remember when Jesus calmed the storm? Remember when Jesus rose from the grave? That same Jesus and power is with you today!

NOTES:

ENGAGE CHALLENGE

Write down three changes you've seen so far from the past 14 days so you can REMEMBER what God has done!

WHAT'S DIFFERENT?

DAY 15 - Read Luke 4:18-19

When sin entered the world, all humanity became prisoners to it. When Jesus died, He paid the price for all sin and bought back our freedom. When He was resurrected, He defeated all sin. **You are FREE!**

NOTES:

DAY 16 - Read John 10:27

The greatest blessing of being born again is that we get to hear the voice of God! Today, let's be intentional about hearing God as He speaks to us.

NOTES:

DAY 17 - Read Psalm 85:6

One of the purposes of prayer and fasting is to see breakthroughs in areas outside of your own life. Today, pray for your neighborhood, your community, and your city. God wants to move and bring restoration!

NOTES:

DAY 18 - Read Matthew 16:24

Fasting is a discipline of denying yourself and following after Jesus. Remember, this is a practice of saying "No" to your flesh and "Yes" to the Holy Spirit. The Kingdom of God is advancing because you are fasting! **You are making a difference!**

NOTES:

DAY 19 - Read Lamentations 3:22-23

When you woke up, God started celebrating! He's celebrating because you get to receive the mercies He had prepared for you before you even went to bed. Live today completely empowered in the new mercies He has for you.

NOTES:

DAY 20 - Read Philippians 4:4-7

You have two days left and this is a great verse for the homestretch! As you rejoice, pray, and give thanks (See Day 8) there is a peace from heaven that is unlocked that will flood into your life. Rejoicing, Praying, and Giving Thanks is the key!

NOTES:

DAY 21 - Read Revelation 12:11

YOU DID IT! We made it to the final day!

I love this verse of encouragement. As you've sacrificed and laid down part of your life for the past 21 days, the Bible says that we overcome because of the blood of Jesus Christ and our testimony. Share with somebody today how faithful God has been to you over the past 21 days. **YOU OVERCOME!**

NOTES:

ENGAGE CHALLENGE

GO & TELL

For our final Engage Challenge, it's time to **GO & TELL** your testimony to testify of the goodness of God. Share on social media, tell your neighbor, and share the change!

NOTES:

We did it!!!

21 days of engaging with God, 21 days of encountering His presence, 21 days of walking with Him. It is an honor to be on this journey with you and grow alongside you as we follow Christ together! My prayers for you will not stop because our "21 Days of Prayer and Fasting" is complete. In fact, I am going to pray for you even more! My hope and prayer is that prayer and fasting will become a normal part of your life. I am cheering for you, I believe in you, and I know that the greatest things of God are on the other side of your obedience.

The best is yet to come.

Sincerely and with all my heart I want you to know... "You Are Loved."

A handwritten signature in black ink, appearing to read "Dr. Joel Tiemeyer". The signature is fluid and cursive, with the first name "Joel" being particularly prominent.

Dr. Joel Tiemeyer





The Way Bible Church

674 FM 2560, Sulphur Springs, TX

twbcss.com