



Excited
And
Expecting



21 DAYS OF PRAYER AND FASTING
JANUARY 6 - 26, 2019

DEVOTION GUIDE

AND THE FINAL FIVE

JANUARY 27 - 31, 2019

FIRST UNITED METHODIST CHURCH
1800 THIRD AVENUE SOUTH
JASPER, ALABAMA 35501

Introduction

At the beginning of this new year, we enter into a season of prayer and fasting, January 6-26, 2019. It is during this time we want to be in a humble posture, seeking God to do a powerful work in us and in the church. We want to see God move in a way greater than we can imagine. We want to see lives changed. We want to see miracles happen. Fast as God leads. Pray as God leads. Inside the back cover are some fasting tips.

We have chosen as our theme, "***Excited and Expecting.***" We want to be excited about the potential of how God moves in the next year and expectant that it will happen. We need to believe with deep faith that God is up to something extraordinary. Anticipation and expectation are key to experiencing the blessings of God.

The scripture reading and prayer guidance for each day is taken from a plan written and developed by Life.Church in Edmund, Oklahoma. Full credit is given to them.

The final five days of the month after the fast concludes centers around five basic commitments to the church. Worship, daily devotion, giving, service, and small group involvement.

As our practice, my email daily devotions will follow along our daily reading. If you don't presently receive my daily devotion, email me at abeasley@jasperfirstumc.com and I will be glad to add you.

Don't miss this opportunity to draw closer to the Lord and see Him powerfully manifest himself through you and the church during this special season of time.

In the power of prayer and fasting,

Alan H. Beasley

Sunday, January 6

Worship with your community of faith.

Scripture - Daniel 10

Pray for clarity of vision during the fast that God would make clear exactly what you are fasting for. The why of this fast.

Monday, January 7

Scripture - 1 Chronicles 21:18-27

Ask God for clarity about what you are sacrificing or giving up.

Tuesday, January 8

Scripture - Daniel 1

Pray for resolve and courage to stick to the fast.

Wednesday, January 9

Scripture - Psalm 119

Pray for scriptural passion as you read the longest Psalm.

Thursday, January 10

Scripture - Matthew 6:5-18

Pray over your motives for fasting.

Friday, January 11

Scripture - Isaiah 58

Pray that God will use your experience with hunger and discomfort to empty you of all that is you and fill you with all that is Him.

Saturday, January 12

Scripture - Mark 14:1-26

Pray that your life would be broken and poured out.

Sunday, January 13

Worship with your community of faith.

Scripture - Psalm 100

Pray for joy and reflect on a few things that bring you joy.

Monday, January 14

Scripture - Romans 12

Pray for revelation about being a living sacrifice.

Tuesday, January 15

Scripture - Luke 4

Ask God to lead you into the same kind of preparation, power, and purpose that Jesus gained from His time of fasting.

Wednesday, January 16

Scripture - James 1

Pray for wisdom to grow in listening and doing.

Thursday, January 17

Scripture - 2 Corinthians 1

Pray that God will be your source of comfort during times of physical discomfort.

Friday, January 18

Scripture - 1 Peter 2

Pray for a foundation built on Christ the Solid Rock.

Saturday, January 19

Scripture - Matthew 5:1-16

Count your blessings through prayer as you reflect on the Beatitudes and how you might use them to be salt and light.

Sunday, January 20

Worship with your community of faith.

Scripture - Psalm 51

Pray for light to shine in the dark corners of your life.

Monday, January 21

Scripture - Psalm 27

Pray that you will seek God's face, just Him, and not just things from Him.

Tuesday, January 22

Scripture - Daniel 3

Pray that God will be with you in the fire.

Wednesday, January 23

Scripture - Joel 2:12-32

Pray that your heart will be torn wide open to God and that He will open your eyes to dreams and visions.

Thursday, January 24

Scripture - Psalm 84

Praise Him for the ways you are growing and seeking Him.

Friday, January 25

Scripture - Zechariah 7

Pray about and reflect upon your fasting experience.

Saturday, January 26

Scripture - Ezekiel 47:1-12

Pray that this fast will be only a beginning of a deeper relationship with God.

Sunday, January 27

Worship with your community of faith.

Scripture - Psalm 95

Pray over your commitment to corporate worship.

Monday, January 28

Scripture - 2 Timothy 3:10-17

Pray over your commitment to daily study and prayer.

Tuesday, January 29

Scripture - 2 Corinthians 9:6-15

Pray over your financial commitment to the church.

Wednesday, January 30

Scripture - John 13:1-17

Pray over your commitment to serve the church.

Thursday, January 31

Scripture - Acts 2:42-47

Pray over your participation in a small group helping you grow in Christ.

Fasting

Denying something in our natural world in order to focus on the supernatural nature of God. Most often food.

Choose a fast that is doable and sustainable:

1. Drink only water for 21 days. Fast from all other drinks.
2. Fast one meal a day.
3. Eat only fruits, vegetables, and whole grains. You could add eggs. Fast everything else.
4. Fast all food for a day or three days each week. Drink water and juice only.
5. Fast entirely from food for the 21 days. Drink water, fruit and vegetable juice, and sports drinks only.

Spend time in prayer and study when you would normally be eating and/or spend extra time praying.

Don't neglect your family.

Don't be legalistic. You cannot fail. What you do is probably more than you are doing.