



DAYS OF PRAYER & FASTING

DEVOTIONAL GUIDE



DEAR NORTH HEIGHTS FAMILY

Many of us know there is power in prayer and now is the time for us as a church to step into that power and ask God to move! We are inviting you on behalf of North Heights to join us in 21 days of intentional prayer and fasting to get us off the sidelines and into the game. Why fasting? When we fast we recharge our spiritual batteries by focusing our hearts and minds in a deeper way in connecting with the heart of God. By abstaining from food, TV, social media or other things, we create more time to spend in prayer and fill that opening with more of God. Fasting is humbling ourselves in a physical way before the almighty God.

This is the time for us to press in, dig deep and sit closer to our God. We have all seen and heard news of sickness, pain, chaos, rioting and elections. There is no political candidate, party, slogan or action greater than the power of our God. 2 Chronicles 7:14 says, **"If my people, who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then I will hear from heaven, and I will forgive their sin and will heal their land."**


Join with me and our North Heights family as we pray and fast, humbling ourselves before the living God. Let's seek God together and ask for a fresh outpouring of His Holy Spirit on our lives, homes, church, cities, nation and world.

FOR 21 DAYS:

PRAY. Follow along with this daily devotion guide and keep a list of prayers to bring before God.

FAST SOMETHING. Every time you feel the reminder of the thing you are fasting, turn instead to God in prayer. For more information on fasting, check out the last page of this guide.

DIG INTO GOD'S WORD. In this devotion guide you will find suggested Bible readings to guide your prayers and build you up in the Word of God.

WORSHIP. Worship connects our hearts and minds back to the spirit of God.  Take time each day to invest in worship and join us for weekend worship in person or online.

It is our prayer that the Word of God would dwell richly in you. That your hearts would be built up in the God who saves, redeems and restores. There is a world that desperately needs Jesus and God has placed you here for a time such as this. Be encouraged, stand firm and be ready. Don't let the rocks cry out in your place. Our God is mighty and coming soon.

Living for Jesus!
Pastor Jordan Gehlhar



God rewards those who seek Him. As you come before God over the next 21 days of prayer and fasting, God is going to renew your faith, release His power and launch you into the journey of a lifetime. The result will be a personal revival that will not only change your family, but will change the Church and sweep a nation.

For the next 21 days we are praying 1 Chronicles 7:14:

"If my people, who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then I will hear from heaven, and I will forgive their sin and will heal their land."

We believe that God is going to move in a mighty way, giving us a greater sense of His presence, clarity in His voice and a release of His power in and through us.



THE POWER OF FASTING

Often times, when we think of fasting, we focus on what we are giving up. That's understandable. We are abstaining from something, whether it is food, drink or something else. Maybe the reason we fast so rarely is because we focus on what we are going without rather than what we are getting.

Fasting always serves a greater purpose—the purpose of gaining a greater intimacy and connection with God. These next 21 days will be difficult. They will be challenging. But they will also be incredibly life-giving.

Jesus says, **“And when you fast, do not look gloomy like the hypocrites, for they disfigure their faces that their fasting may be seen by others. Truly, I say to you, they have received their reward. But when you fast, anoint your head and wash your face, that your fasting may not be seen by others but by your Father who is in secret. And your Father who sees in secret will reward you.”** (Matthew 6:16–18) When you knock on God's door, He opens.

When you fast, you are rewarded because when you seek, you will find. Fasting helps provide answers to our earnest prayers. Fasting brings a greater awareness of God Himself. So, no matter what you are going without, focus on what you are gaining. Press into God as He opens up your spiritual senses over the next 21 days.

READ

Matthew 6:6–18
Psalm 81
2 Chronicles 7:14

PRAY

For more of God
as you fast
For your family
For your church
For revival



REPENTANCE & REVIVAL BEGIN WITH ME

“If my people who are called by my name humble themselves, and pray and seek my face and turn from their wicked ways, then I will hear from heaven and will forgive their sin and heal their land.” (2 Chronicles 7:14)

In Genesis 1 God creates mankind in His image. Throughout the history of Israel, the people of God were called by His name. When you became a believer, you received a new name, a new life, a new calling. Jesus told the Pharisees to give to Caesar what is Caesar's and give to God what is God's. This week as you fast you are giving to God what is His—**you**.

The writer of 2 Chronicles reminds us that we are created in God's image and it is time for us to humble ourselves, pray and seek Him. As we do that, we are also called to turn and repent.

Repentance is the first command given by Jesus. **“Repent and believe the gospel.”** (Mark 1:15) Today we focus on repentance as individuals and as a nation. We also focus on the saving power of the gospel and that we have been revived by the Spirit of God. Our repentance is simply turning from the things that are not of God to the things of God—turning from sin, from actions that separate us from God and from the sins of our nation.

You have been made in the image of God and are called by His name. You are now called to humble yourself before the creator of everything. Take time today to confess your sins before God, asking for forgiveness and seeking the revival and healing He brings to you. Pray the same for your family, city and nation.

READ

2 Chronicles 7:14
1 John 1

PRAY

For humbleness
and forgiveness
For personal
revival
For your family
For your city
For our nation



DEPENDING ON GOD

When we fast, we remove something we have depended on—food, media, time spent doing different things. When we fast, we discover that the power of God is sufficient for us.

In Mark 9 Jesus comes back down the mountain after the transfiguration to find a father and his demon-tormented son. Try as they might the disciples were unable to cast out this demon. The disciples had watched Jesus do this many times before. In fact, they had been sent out to proclaim the good news and to cast out demons as well. Yet this one demon they could not. It is in the moment when they can't figure out why this demon could not be cast out that Jesus shows up with the authority to do what they could not.

Mark gives us a glimpse into this situation when the disciples ask Jesus, **“Why couldn't we drive it out?” He replied, “This kind cannot be driven out by anything but prayer and fasting.”** (Mark 9:28–29) Most translations make a note in the margin that only some of the manuscripts of the New Testament use the word “fasting.” Biblical scholar Alan Cole notes, “There is some good evidence for the addition of prayer and fasting at this point.”

This whole passage of scripture is about dependence on God. The disciples had all the right training, all the right knowledge but Jesus is calling them to a greater dependence on God. That dependence on God empowers us beyond what we can ever do on our own. **“All things are possible for the one who believes.”** (Mark 9:23b)

As you fast, you become more and more aware of your dependence on God. It may seem hard now but, in the midst of the struggle, open your eyes to see what God is calling you to step into in a greater way.

READ

Mark 9:14–29

John 15:1–5

2 Corinthians
12:9–12

2 Chronicles 7:14

PRAY

For a greater
dependence
on God

For your family

For your city

For your pastors



WE SERVE A MIGHTY GOD

As we begin Day 4 of our 21 days of prayer and fasting, we set our eyes on seeing God's supernatural power collide with our world. No matter what is happening in the world around us, we serve a God who made the heavens and the earth. He is great and greatly to be praised.

Jeremiah 32:17 says, **“Ah Lord God! It is you who have made the heavens and the earth by your great power and by your outstretched arm! Nothing is too hard for you.”**

Many times we face obstacles that seem too great for us to surmount. In Matthew 21 Jesus tells his disciples that if they have faith, they can tell a mountain to be thrown into the sea and it will happen.

When you encounter a “mountain” in your life that you can't get over on your own, talk to the God that moves mountains. Instead of wasting energy on focusing on how large the mountain is, take God at His word and ask Him to supernaturally show up and show off in your situation.

Start this time of prayer and fasting by focusing on the supernatural power of God!

READ

Jeremiah 32:17

Matthew 21:18–22

2 Chronicles 7:14

PRAY

To see God's
power in your life

For your family

For your city

For your elected
leaders and
the upcoming
election



GOING TO BATTLE

Day 5 is when fasting tends to be difficult. Every reason that you can think of to quit the fast is going to come at you strong. Remember the reason you are fasting. Fasting is a battle because in fasting you are doing battle. Prayer and fasting can accelerate God's victory in our lives. Why? Because, when we fast and pray, we move the battle from the realm we can see to the spiritual realm where God's victory is.

In 2 Chronicles 20 King Jehoshaphat finds himself faced with a very large army that had more than enough power to defeat the nation of Israel. Looking at this in the physical sense, Jehoshaphat was outnumbered in military might, planning and weaponry. But Jehoshaphat saw this as a spiritual battle. **"Then Jehoshaphat was afraid and set his face to seek the Lord, and proclaimed a fast throughout all Judah."** (2 Chronicles 20:3)

In your battle today turn to the one who can win the victory just like Jehoshaphat did. God responded to his call to prayer and fasting. **"Thus says the Lord to you, 'Do not be afraid and do not be dismayed at this great horde, for the battle is not yours but God's.'"** (2 Chronicles 20:15b)

Fasting may seem hard today but, with every hunger pang or reminder of what you are giving up, remember not only that you are doing battle, but that God is bringing the victory.

READ

2 Chronicles 2:1–30

2 Chronicles 7:14

PRAY

For increased provision as you fast

For victory in your prayers

For your family

For your city



PRAISE & WORSHIP

One of the most important things we can do is to take time to thank and praise God for who He is and what He has done. Paul and Silas took that to the extreme. Even in the midst of prison they took the time to thank God and praise Him.

"And when they had inflicted many blows upon them, they threw them into prison, ordering the jailer to keep them safely. Having received this order, he put them into the inner prison and fastened their feet in the stocks. About midnight Paul and Silas were praying and singing hymns to God, and the prisoners were listening to them, and suddenly there was a great earthquake, so that the foundations of the prison were shaken. And immediately all the doors were opened, and everyone's bonds were unfastened." (Acts 16:23–26)

You may feel like you are being beaten down in the midst of your fast. Now is the perfect time to worship. Paul and Silas did not want to waste any moment of praise to the God who had saved them. Even in the midst of prison, pain and bound by stocks, they saw it as the perfect time to worship.

Whatever you are facing today, treat it like Paul and Silas and turn it into a moment of prayer. Let the bonds fall off and experience the freedom that only God can bring.

Not sure where to start? Turn on worship music such as KTIS and KLOVE or search YouTube, Spotify or other streaming services for your favorite worship songs.

READ

Acts 16:16–34

Psalms 100

2 Chronicles 7:14

PRAY

That you connect with the heart of God in worship

For revival in your heart, home, city and nation



SEEK THE LORD

David had longed to build the temple to God, but God would not let him. So the task was passed on to his son, Solomon. David gathered the other leaders of Israel around Solomon and encouraged them that what they were building can only be built with God. The building can only be started by seeking God first.

"Now set your mind and heart to seek the Lord your God. Arise and build the sanctuary of the Lord God, so that the ark of the covenant of the Lord and the holy vessels of God may be brought into a house built for the name of the Lord." (1 Chronicles 22:19)

In fasting, it is easy to set our minds on what we are abstaining from. Today, like David encouraged Solomon and the other leaders, be encouraged to set your mind and heart to seek the Lord your God. Fasting is about focusing in on the power of God in our midst. We do not lack anything but have everything through Jesus. We have enough to sustain us and encourage us. Everything else is nothing when compared to the surpassing worth of knowing God.

Set your mind and heart on Jesus today. Let Him fill you and encourage you. What are the attributes you love about God? As you pray remind yourself of those qualities and attributes.

READ

1 Chronicles
22:6–19
Philippians 3:7–11
2 Chronicles 7:14

PRAY

For your eyes to
focus on God and
seek Him first

For your family

For your priorities
to align with
who God is

For our nation
to return to God



EMPOWERED FOR MORE

In 1 Kings 17, the nation of Israel is no longer experiencing the blessings of God. King Ahab has led the nation into idolatry and paganism. Even in the midst of that rebellion and falling away, God called a prophet named Elijah to go to the king.

Elijah tells the king there will be no rain in the kingdom for three and a half years. And for three and a half years it did not rain a drop. Finally, Elijah shows himself to the king and challenges him and the prophets to a showdown to show that there is only one God. After God demonstrates His power with fire from heaven, there is a national repentance. Elijah then tells Ahab that a miracle of rain is about to come after three and a half years. (1 Kings 18)

So what did Elijah do? In 1 Kings 18:42 we read, **"So Ahab went up to eat and to drink. And Elijah went up to the top of Mount Carmel. And he bowed himself down on the earth and put his face between his knees."**

Elijah knows God's will, but he also recognizes the need to pray God's will into existence. He does that by fasting. If you noticed, he sent Ahab to eat and drink, but he climbs the mountain. He prays not once, not twice, but seven times.

Where are you believing God to do the impossible? Is it in your family, marriage or job? Prayer and fasting can be a God-ordained pathway that faith travels to put your miracle in motion. Keep pressing in!

READ

1 Kings 17
1 Kings 18
2 Chronicles 7:14

PRAY

For a sense of
faith like Elijah

For the rain storm
you need

For your elected
leaders



ELIJAH IS JUST LIKE US

In yesterday's devotion, we read that Elijah prayed it would not rain and it didn't. In the New Testament, James takes us back to that story when he writes, **"Elijah was a man with a nature like ours, and he prayed fervently that it might not rain, and for three years and six months it did not rain on the earth."** (James 5:17)

If we're not careful, we can easily place the experiences of people from the Bible above our own experience. James tells us Elijah was just like us. He had the same struggles, hardships and even more. He had wins and losses, but he was just like us. James tells us what the critical component was that allowed Elijah to experience the power of God—he prayed hard!

God didn't halt the rain because Elijah was a good guy. God halted the rain because he prayed with passion. What would it look like if you started praying with that same passion? To James, Elijah is a shining example of **"The prayer of a righteous person has great power as it is working."** (James 5:16b)

When we recognize that the heroes of our faith were just like us, it can change the way we pray. We pray with the confidence that the same God who moved through them will move through us. Today pray with passion and confidence.

READ

James 5:7-18
Hebrews 4:14-16
2 Chronicles 7:14

PRAY

For a greater
passion in prayer
To see God move
For your family,
friends and
neighbors
For our nation



FOCUS YOUR DECISIONS

The average adult makes 35,000 decisions every single day. The moment your alarm goes off in the morning, your decision-making process begins. With so many decisions every single day, it is hard to know where we should spend our time. But Paul points us toward one daily decision that will change the direction of every decision we make.

"Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you." (1 Thessalonians 6:16-18)

Paul is telling the Thessalonians (and us) to pray continually because talking with God aligns our thinking and priorities in a way that directly impacts everything we decide in a day. One of the great things about this season of fasting is it allows us to put into practice these words. Why? Because our empty stomachs or the void left by the thing we are fasting reminds us to **pray**.

In the 35,000 decisions you make today, make it a priority to invite God's presence and direction into every part of your day. Be encouraged that you are going to experience God's presence and leading as you draw close to Him in every area of your life.

READ

1 Thessalonians
5:12-28
Psalm 37
2 Chronicles 7:14

PRAY

For a greater
focus on God
For a renewed
sense to pray
For North Heights
For our nation

FAST TO DRAW NEAR

When we fast it is all about drawing near to God. Take a minute to consider Jesus' words in Matthew 9.

"Can the wedding guests mourn as long as the bridegroom is with them? The days will come when the bridegroom is taken away from them, and then they will fast." (Matthew 9)

Jesus' words are all about closeness. He referred to Himself as the groom in a wedding party. When Jesus spoke these words, His disciples were experiencing in person the relationship we all long for—communion with the Son of God. Jesus also knew that the day was coming when that closeness would be interrupted (when He ascended into heaven after His resurrection to the present). Though Jesus is not physically present with us right now, He is present with us through the Holy Spirit.

John Piper writes "In this age there is an ache and a longing inside every Christian that Jesus is not here as fully and intimately and as powerfully and as gloriously as we want him to be. And that is why we fast."

Each of us wants to draw close to God to experience His presence more fully. Fasting is how we do that. It is during this time that we acknowledge with our hunger that we want to be near to Him. That is a cry that God will honor.

READ

Matthew 9:14–17

John 16:4–15

2 Chronicles 7:14

PRAY

For a closeness to God today

For an attentive heart

For sustaining in the fast

For your family

THE ONLY CONSTANT IS CHANGE

Maybe you have heard the saying "the only constant in life is change." There is a lot of truth to that simple statement because it seems as though things are changing all the time. Just look at the changing headlines, technology and seasons. We know that change is inevitable. When we look at the Bible, we see that new seasons and significant spiritual events in people's lives were often preceded by fasting.

Moses fasted before he received the Law. Jesus fasted before He started His ministry. Nehemiah fasted before he approached the king. Acts 13:2–3 shows us that fasting births new ministry in our lives. **"While they were worshiping the Lord and fasting, the Holy Spirit said, 'Set apart for me Barnabas and Saul for the work to which I have called them.' Then after fasting and praying they laid their hands on them and sent them off."**

Through prayer and fasting new ministry began for the early church. When you fast and pray, you don't know what God is going to speak to you regarding your future. There is one thing you can be sure of though, whatever change the Lord brings, you can live with a holy expectation that you will see great things. He won't send you out without an anointing and preparation for what's next.

We serve a God who is the same yesterday, today and forever. Even in the midst of change, He is constant!

READ

Acts 13

Matthew 4:1–11

2 Chronicles 7:14

PRAY

Praise God for His character

For a revelation of where God is calling you

For our nation in the midst of change

DAY 13

THE RESULTS ARE SUPERNATURAL

Prayer and fasting are key ways to accelerate God's blessing in our lives. This spiritual discipline also cultivates a greater sensitivity to God, His voice and what He is doing in our midst. Prayer and fasting allow us to fight in the realm we can see so that we can have victory in the realm we cannot see. It opens our eyes to see what God is doing in the unseen.

Daniel 10 shows us the incredible behind-the-scenes look at what takes place in the supernatural realm when we fast. When Daniel receives a troubling vision of the future, he decides to fast and pray for 21 days. The results were unbelievable. On day 24 of the month, Daniel's eyes were opened as he sees and talks with the brilliance of the pre-incarnate Christ!

READ

Daniel 10
2 Chronicles 7:14

PRAY

For strength
For your eyes and ears to be open to hear and see God speaking to you
For the results you long to see in your life, family and nation

Through this encounter, Daniel is given supernatural strength and insight into the future because he prayed and fasted. **"And he said, 'O man greatly loved, fear not, peace be with you; be strong and of good courage.' And as he spoke to me, I was strengthened and said, 'Let my lord speak, for you have strengthened me.'"** (Daniel 10:19)

God wants to strengthen His people and fasting helps to bring that strength. Even when you feel weak from fasting, know that you are being strengthened spiritually.

What situation have you been praying for but haven't seen an answer? Whatever it is, prayer and fasting is a pathway for you to see and hear from God. As you are fasting and praying, remember results are on the way.

DAY 14

REPENTANCE

Repentance.

This word can have a negative connotation when we think we have to claw our way back to right standing with God. We can think we have to earn His love.

Repentance is turning back to God. Each of us have done things that have turned us away from God. 2 Chronicles 7:14 reminds us that those **called** by His name are the ones to turn back to Him, humble ourselves and confess our sin.

This act of repentance starts internally. We can pray Psalm 139, **"Search my heart O God."** Only people who trust in God's mercy would ask Him to search and know their heart. It is not always a pleasant experience and our motives are not always pure. Having God search your heart is an act of surrender. Having God truly know you is an act of humility.

I take no pride in having anyone know who I really am in my heart of hearts, in the record of my wrongs. But the path to "the way everlasting" leads through submitting ourselves to God's searching and His rooting out of every wicked way in us.

Trust in God's mercy to undo us without destroying us.

READ

2 Chronicles 7:14
Psalm 139

PRAY

For God to search your heart
Repent for yourself and your nation
For a leading you have been neglecting
For a renewed spirit
To experience God's mercy fresh today

DAY 15

STAND FIRM

Shortly after I was married, I was called to active duty for civil protests. For five days before we hit the lines, we trained for riot control. Standing with shields and batons, we practiced over and over again for whatever threat may come. As long as we stood firm, our feet planted and shields locked, we were an immovable object working as one. Standing firm required us to focus on the task at hand with the strictest attention.

You are now entering your last week of fasting. Now is the time to stand firm. The Apostle Paul reminds the Corinthian church **“Be steadfast, immovable, always abounding in the work of the Lord.”**

(1 Corinthians 15:58)

What you are doing now in prayer and fasting is the work of the Lord. He is producing something in you now more than you can even imagine. So stand firm. Lock your shield by placing on the whole armor of God because this week you will see the enemy doing everything he can to try to derail you.

Paul also says in 1 Corinthians 16:13–14, **“Be on the alert, stand firm in the faith, act like men, be strong. Let all that you do be done in love.”** This week be alert and stand firm in the faith of the gospel that saves you and sustains you. Be courageous in your faith and be strong. No victory can be won if we treat it with an easy-going and casual spirit. But it can be won if we walk in the love Christ has lavished on us. Press in to that truth today.

READ

1 Corinthians 15:50–58

1 John 3:1–2

2 Chronicles 7:14

PRAY

For a greater confidence in the power of God

For strength to stand firm

For leaders to press into the power of God

DAY 16

THE ARMOR OF GOD

The reality of spiritual warfare is found in Ephesians 6:12, **“For we do not wrestle against flesh and blood, but against the rulers, against the authorities, against the cosmic powers over this present darkness, against the spiritual forces of evil in the heavenly places.”**

Our wrestling and battle is in the spiritual realm. There are forces working in ways that we cannot see and may never understand on this side of eternity.

Today, focus in on the promises of the Armor God provides to help you stand firm:

- **Belt of Truth** A commitment to God’s truth and integrity.
- **Breastplate of Righteousness** Godly character and a right relationship with God are necessary in protecting our hearts and allowing us to fight effectively for purity and justice.
- **Shoes of the Gospel** Believing and boldly proclaiming Christ’s message is a sure way to advance His cause.
- **Shield of Faith** Bold faith helps throw off the enemy’s attacks.
- **Helmet of Salvation** The renewing of our mind and confidence in our relationship with Jesus will protect us in battle.
- **Sword of the Spirit** The Word of God serves as both an offensive and defensive weapon as we put truth into our hearts.

READ

Ephesians 6:10–20

2 Chronicles 7:14

PRAY

To put on the armor of God

For the warfare waging in the spiritual realm and God’s victory to be swift

For our nation

For the upcoming election

THE STRENGTH YOU NEED

Have you ever tried to carry something that looked lighter than it actually was? Maybe it was an item off a shelf at a store or a piece of furniture in your house. There are things in our lives that aren't physical that can be heavy too. Things we need help to lift with strength that comes from outside ourselves.

There is nothing like fasting that reminds you of your weakness and where your strength is found. In the Psalms we see where the true source is: **"Once God has spoken twice I have heard that power belongs to God."** (Psalm 62:11)

Many of us can falsely think we have what it takes to handle whatever comes our way. In this season of fasting, we are reminded that only through dependence on God can we truly overcome. Jesus says in John 15:5, **"I am the vine; you are the branches. Whoever abides in me and I in him, he it is that bears much fruit, for apart from me can do nothing."**

Paul reminds us that Christ is our source of strength in every season and every situation. **"I can do all things through Christ who strengthens me."** (Philippians 4:13)

God has everything you need. As you seek Him, you will see His strength flow in you and through you. Be encouraged that even when you feel weak, He is making you strong.

READ

Philippians 4:10–13

Isaiah 40:29

Psalm 62:11

2 Chronicles 7:14

PRAY

For greater dependence on God's strength

Repent of trying to do it on your own

For your heart to long for God and His power

WHAT IS YOUR EXPECTATION?

One result of praying and fasting for an extended period of time is that our expectation grows over time. Our faith grows! When we spend time in God's presence and set aside time to focus on Him, we strengthen and recharge these expectations.

Raise your expectations of what God can do. Let it match the Word of God. His Word is full of promises that declare how He works on our behalf. This is a testimony to shift your expectations heavenward.

Jeremiah 29:11: **"For I know the plans I have for you, declares the LORD, plans for welfare and not for evil, to give you a future and a hope."**

Psalm 27:13: **"Yet I am confident I will see the LORD's goodness while I am here in the land of the living."**

Philippians 4:19: **"And my God will supply every need of yours according to His riches in Glory in Christ Jesus."**

There is a holy confidence that comes as a result of spending time seeking the Lord. Whatever you are praying for or believing for, live with great expectation that God will move.

READ

Jeremiah 29:11

Psalm 27:13

Philippians 4:19

Ephesians 3:20–21

1 Corinthians 2:9

PRAY

For greater confidence in God and His power

About what you are longing for God to do (be specific)

For a higher expectation of what God can do

CONFESSION: A HABIT OF THE HEART

In Psalm 51, David writes a prayer after he was caught in adultery and murder. David prays, **“Have mercy on me, O God!”** This is a prayer of a heavy heart, a heart burdened by sin, a heart who knows mercy is its only hope. David knew the severity of his sin and that it was ultimately against God. Our own sins can trap us in guilt and shame. Confession shows us the door.

Confession leads to forgiveness and forgiveness leads to freedom. This is the heart of the habit. Our creator loves us too much to let us live in the guilt of our sin. It is a weight we cannot bear. So like David, be wise and cry out, **“Create in me a pure heart, O God, and renew a steadfast spirit within me.”**

What do you need to confess today?

In what areas of your life do you need forgiveness and freedom?

1 John 1:9: **“If we confess our sins, he is faithful and just to forgive us all our sins and to cleanse us from all unrighteousness.”**

Our God is faithful. Press into Him today.

READ

Psalm 51
1 John 1
2 Chronicles 7:14

PRAY

Confess what the Holy Spirit has laid on your heart
For forgiveness
For freedom from the sin that has trapped you or left you feeling stuck

GRATITUDE

Over and over again studies show that some of the happiest people on earth are those who excel in showing gratitude. The more a person is thankful and shows that to others, the happier they are. In Scripture we see this truth as more than a scientific study. It is who God created and desires us to be.

Psalm 100:4: **“Enter his gates with thanksgiving, and his courts with praise! Give thanks to him; bless his name!”**

One of the keys to prayer and fasting is gratitude. Before we ask God for a single thing, we should start by thanking Him for what He has already done. Looking back on what God has done reminds us how faithful He is. When we are reminded about how good He is, we can't help but thank Him.

Today, enter into God's presence with thanksgiving and praise. Open yourself up to experience more of His joy in your life.

Read Ephesians 6:10–20.

READ

Psalm 100:4
Psalm 107:1
Psalm 143:5
Psalm 77:11
2 Chronicles 7:14

PRAY

Give thanks for who God is
Give thanks for what He has done
For our nation

IN THE PRESENCE

As the nation of Israel waited and wandered in the desert before entering in the promise land, Moses pitches a tent called the tent of meeting. It was where he would spend time seeking the Lord.

Each time Moses left the camp to go to the tent, people would stand at the entrance to watch him as he passed by. Moses had many challenges that he faced every single day—enemies to fight, battles to win, a nation to lead. There had to be a million things on his mind. As he walked past people needing decisions and wisdom, he would leave all those distractions behind to enter into the presence of God.

“Thus the LORD used to speak to Moses face to face, as a man speaks to his friend. When Moses turned again into the camp, his assistant Joshua, the son of Nun, a young man, would not depart from the tent.”
(Exodus 33:11)

Moses did not simply seek the hand of God, he sought to know God. And when he had to get back to the people of God, Joshua would stay in the presence of God as long as he could.

Our time of fasting hasn’t merely been about getting answers, but about drawing closer to God. If you are going to see battles won and mountains moved, it will be your nearness to God that makes the difference.

As you prepare for what’s next, keep that desire for closeness with God—that your heart would seek to know and be known by the living God!

READ

Exodus 33:7–11
2 Chronicles 7:14

PRAY

For greater
depth in your
relationship
with God

For the Holy
Spirit to reveal
His power in
your life

Listen for that
still small voice
and ask for ears
to hear

NORTH HEIGHTS

Find faith. Discover purpose. Live eternal significance.

1700 W Hwy 96, Arden Hills, MN 55112
2701 N Rice St, Roseville, MN 55113

NorthHeights.Church | 651-797-7800