

NORTH  HEIGHTS

# **TWENTY-FIVE DAYS**

OF PRAYER AND FASTING  
FOR THE NEXT 25 YEARS

**A Devotional Book by Jordan Gehlhar**



**God draws near to those who seek Him. As you come before God over these next 25 days of fasting and prayer, 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 the Church and nation. When we pray, the power of God is released, and we do spiritual battle in the heavenly places.**

**Over the next 25 days, we are praying.**

**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 us and through us.**



Dear North Heights Family,

Many of us know that 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 25 days of intentional prayer and fasting to get us off the sidelines and into the game. We have had a rich legacy over the past 75 years at North Heights. So for the next 25 days, we are praying for the next 25 years.

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 the news of sickness, pain, chaos, rioting, death, and destruction.

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

# FOR THE NEXT 25 DAYS...

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**PRAY** • Follow along with the Daily Devotion booklet and keep a list of your own prayers to bring before God.

**FAST SOMETHING** • Every time you feel the reminder of that thing you are fasting, maybe the pangs of hunger, 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 the Daily Devotion Book, you will also find suggested reading to guide our prayers and build us 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 my 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 such a time 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

# DAY 1:

## THE POWER OF FASTING

Oftentimes when we think of fasting, we focus on what we are giving up. It's understandable too since we are abstaining from something, whether it is food and drink, or something else. Maybe the reason so many of us rarely fast is that we focus on what we are going without rather than what we are getting. Jesus says this:

*"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 to God Himself. So whatever you choose to go without, focus on what you are gaining, and as God opens up your spiritual senses over the next 25 days, press in.

As a church we want to live into our mission: to be a place where people find faith, discover their purpose, and lead lives of eternal significance.

### READ

- Matthew 6:6-18
- Psalm 81

### PRAY

- For more of God as you fast
- For your family
- For North Heights' next 25 years
- For revival

# DAY 2:

## REPENTANCE AND REVIVAL BEGIN IN 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 Chapter 1, God creates mankind in His image. Throughout the history of Israel, the people of God are 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 is reminding us who we are. 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 our repentance as people and as a church. We also focus on the saving power of the gospel that we who have been far off 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 our sin to God, turning from our actions that separate us from God, calling out in faith a turning from the sins of our nation.

The Church is not perfect because it is made up of sinners, so we are called to humble ourselves before the Creator of everything. Take time today to confess your sins before God and the hurts of the church, asking for forgiveness and seeking the revival and healing He brings to you and our church.

### READ

- 2 Chronicles 7:14
- 1 John 1

### PRAY

- For humbleness, forgiveness, and personal revival
- For your family, your city, and North Heights' next 25 years

# DAY 3:

## DEPENDING ON GOD

When we fast, we remove something that we had depended upon. Whether it is food, media, or time spent doing different things, when we fast, we find 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. Think about that: 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 no one can 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 whole 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 9:28b-29)

Most translations will 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)

North Heights has a rich history of depending on God: from starting in a basement on Rice Street to being a church with three campuses, (Roseville, Arden Hills, online), an academy, and a preschool. None of this would be possible without a strong dependence on God.



As you fast, you will 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**

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- Mark 9: 14-29
- John 15:1-5

## **PRAY**

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- For a greater dependence on God
- For your family
- For your city
- For North Heights
- For your pastors

## **NOTES**

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# DAY 4:

## WE SERVE A MIGHTY GOD!

Today we begin day 4 of our 25 days of fasting and prayer. 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 see mountains or obstacles that seem too great for us to surmount. In Matthew 21, Jesus tells His disciples if you have faith, you can tell a mountain to be thrown into the sea, and it will happen.

When you encounter the 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 in front of you, take God at His word and ask Him to supernaturally show up and show off in your situation.

North Heights has seen its share of mountains, but time and time again, God has showed up to provide a future and a hope. After coming to the brink of closing, God provided. Even before that, when building the Family Life Center, Pastor Morris Vaagness had said, "If the LORD gives the vision, He will also give the provision."

Whatever you need God to do, 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 move the mountain in your life
- For your family, your city, and North Heights

# DAY 5:

## GOING TO BATTLE

Day five is when fasting starts to be difficult. Every reason that you can think of to quit is going to come at you strong. Remember the reason you are fasting. Fasting is a battle because 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. Some of us might look 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)*

Whatever it is you are fasting from may seem hard today, but with every hunger pang or reminder of what you gave up, be reminded not only that you are doing battle, but be reminded that God is bringing the victory.

### READ

- 2 Chronicles 20:1-30
- 2 Chronicles 7:14

### PRAY

- For increased provision as you fast
- For victory in your prayers
- For your family and North Heights

# DAY 6:

## PRAISE AND 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 prison, they took the time to thank God and to 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 that you are being beat down in the midst of your fast; now is the perfect time to worship. Paul and Silas did not want to waste any opportunity to give praise to the God who saved them. Even in prison, in 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.

North Heights has had a rich heritage of worship. Not only have we had great respect for our traditional roots, but we realized the power of worship to draw us closer to God. North Heights has continued with a strong emphasis on worship by blending our services, trying new things, and leaving space for God to work. As we look to the next 25 years, may the Lord continue to give us boldness in worship.

## **READ**

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- Acts 16:16-34
- Psalm 100

## **PRAY**

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- That as you enter worship, you would be connected with the heart of God
- For revival in your heart, home, city, and nation
- For North Heights

## **NOTES**

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# DAY 7:

## SEEK THE LORD

David longed to build the temple to God, but God would not let him. So he passed on the task to his son Solomon. In passing this on, he gathered the other leaders of Israel around Solomon and encouraged them that what they are building could 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, just like David encouraged Solomon and the other leaders, I encourage you to set your mind and heart to seek the Lord your God. Fasting is about focusing on the power of God in our midst, seeing that we, in fact, 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 more.

The mission of North Heights has been to know Jesus and make Him known through the power of the Holy Spirit. It is our heartbeat that we would know Him more and that everything else is nothing in comparison to Jesus.

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

### PRAY

- For your eyes to focus on God and seek Him first
- For your priorities to align with who God is
- For your family and North Heights

# DAY 8:

## EMPOWERED FOR MORE

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

Elijah tells the king that 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. Later, 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 for God to do the impossible? Is it in your family, marriage, job, or church? Fasting and prayer can be a God-ordained pathway that faith travels to put your miracle in motion. Keep pressing in!

From the start of healing ministry to healing on the hill, now healing happens every Sunday. It is our heart that in the next 25 years at North Heights, we will continue to see God empower us to see miracles happen.

### READ

- 1 Kings 17-18
- 2 Chronicles 7:14

### PRAY

- For a sense of faith like Elijah
- For the rainstorm you need
- For North Heights

# DAY 9:

## ELIJAH IS JUST LIKE US

If you remember yesterday's devotion, Elijah prayed it would not rain, and it did not. James in the New Testament takes us back to that story, and 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 are not careful, we can easily place people in the Bible above our own experience. We feel like they do life in a different dimension. 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 the critical component that allowed him to experience the power of God: he prayed hard!

God didn't halt the rain because he was a good guy; God halted the rain because he prayed with passion. What would it look like if you started praying with the 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 will change the way we pray. We will pray with the confidence that the same God who moved through them will move through us! North Heights' vision and current mission statement encompasses this concept.

Led by the Holy Spirit, North Heights equips all people to find faith in Jesus, discover their God-given purpose, and lead lives of eternal significance.

We want all people to know Jesus, find out why they are here, and live in the power for what they were created to do. Today pray with passion and confidence.



## **READ**

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

## **PRAY**

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- For a greater passion in prayer
- To see God move
- For your family, friends, and neighbors
- For North Heights

## **NOTES**

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# DAY 10:

## FOCUS YOUR DECISIONS

The average adult makes 35,000 decisions every single day. From 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)

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

With over 100 employees among North Heights, the preschool, academy, dance, and karate, there are a lot of decisions made every single day. As we look towards the next 25 years, please pray with us that Jesus informs and directs us.

In the 35,000 decisions you will make today, make it a priority to invite God’s presence and direction into every part of your day. Be encouraged today 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

# DAY 11:

## 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 9:15)*

Jesus' words are all about closeness. He referred to Himself as the groom in a wedding party. When Jesus spoke this, 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. That started when He ascended into heaven after His resurrection and continues right into the present. Though He is not physically present with us right now, He is present with us through His 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 and every one of us wants to draw close to God to experience His presence more fully. Fasting is how we do that. It is in this time that we acknowledge with our hunger that we want to be near to Him, and that is a cry that God will honor.

### READ

- Matthew 9:14-17
- John 16:4-16
- 2 Chronicles 7:14

### PRAY

- For a closeness to God today
- For an attentive heart
- For North Heights
- For sustaining in the fast

# DAY 12:

## 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 change all the time. Just look at the changing of our 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 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 praying and fasting, new ministry began for the early church. When you fast and pray, you never know what God is going to speak to you regarding your future. There is one thing that 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.

With humble beginnings in a basement, to having two campuses, a renewal of the Holy Spirit, a massive Passion Play, and healing ministries, God has birthed new ministries to reach the world around us. As we look ahead to the next 25 years, let the change we see be that which God uses to birth new ways to reach more people with the gospel of Jesus.

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

## **READ**

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- Acts 13
- Matthew 4:1-11
- 2 Chronicles 7:14

## **PRAY**

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- Praise God for His character
- Ask for a revelation of where God is calling you
- For North Heights

## **NOTES**

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# DAY 13:

## THE RESULTS ARE SUPERNATURAL

Many times, prayer and fasting are the key ways we can accelerate God's blessing in our lives. But the spiritual disciplines also cultivate 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 gives us an incredible behind-the-scenes look at what takes place in the supernatural realm when we are fasting. When Daniel receives a troubling vision of the future, he decides to fast and pray for 21 days, and his results are unbelievable. He even ends up going on longer than 21 days. On day 24 of that fast, his eyes are opened as he sees and talks with the brilliance of the pre-incarnate Christ!

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? Where are you longing for God to move in North Heights? Whatever it is, prayer and fasting are a pathway for you to see and hear from God. As you are fasting and praying, remember that results are on the way.

## **READ**

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- Daniel 10
- 2 Chronicles 7:14

## **PRAY**

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- 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
- For North Heights

## **NOTES**

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# DAY 14:

## REPENTANCE AGAIN

Repentance.

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

Repentance is turning back to God. Each and every one 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 themselves, and confess their sin.

This act of repentance starts internally. We say like Psalm 139, "Search my heart, O God." Only people who trust in God's mercy would ever ask Him to search and know their hearts. 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 know you is an act of humility.

In the church, we too need God to know us. We fall short, we miss the mark, and we have a record of 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

- Search my heart, O God
- Repent for yourself and your nation
- For a leading you have been neglecting
- For a renewed spirit
- To experience God's mercy fresh today
- For North Heights



# 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 10 days of fasting. Now is the time to stand firm. The Apostle Paul reminds the Corinthian church to “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 that is better than you can even imagine. So stand firm. Lock your shield by putting on the full armor of God because this week, you will see that the enemy is going to do everything he can to try to derail you. Paul also says in 1 Corinthians 16,

*“Be on the alert, stand firm in the faith, act like men, be strong. Let all that you do be done in love.” (1 Corinthians 16:13-14)*

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 the battle with an easy going and casual spirit. But it can be won if we walk in the love Christ has lavished upon us. Press into that today.

### READ

- 1 Corinthians 15:50-58
- 1 John 3:1-2
- 2 Chronicles 7:14

### PRAY

- For greater confidence in the power of God
- For strength to stand firm
- For North Heights

# DAY 16:

## THE ARMOR OF GOD

The reality of spiritual warfare in Ephesians 6:12 is this:

*“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 battle is in the spiritual realm, and there are forces working in those realms in ways that we cannot see and may never understand on this side of eternity.

Today focus on the promises and the armor God provides to help you stand firm:

The belt of truth: A commitment to God’s truth and integrity.

Breastplate of righteousness: The godly character and right relationship with God are necessary in protecting our heart, 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 Christ’s cause.

Shield of faith: Your bold faith that throws off the enemy’s attacks.

Helmet of salvation: The renewing of your mind and confidence in your relationship with Jesus that 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 North Heights

# DAY 17:

## 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 that we need help to lift with strength that comes from outside us.

There is nothing like fasting to remind you of your weakness and where your strength is found. In the Psalms we see that the true source is when we read, **"Once God has spoken; twice I have heard this: 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; it is this season of fasting that reminds us that only through dependence on God can we truly overcome. John 15:5, Jesus says, **"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."** And 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)

North Heights can do nothing on its own, only when we are connected to the source can we see God do amazing things.

God has everything that you will 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 a greater dependence on God's strength
- Repent of trying to do it all on your own
- That your heart would long for God and His power
- For North Heights

# DAY 18:

## WHAT IS YOUR EXPECTATION?

One of the results 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.

Jeremiah 29:11 says,

*"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 confidence, a Holy Confidence, that comes as a result of spending time seeking the Lord. For North Heights, this is where our confidence has been and needs to be found: in the person and work of Jesus. He has shown up over and over again through healings, restoration, and revival. Whatever you are praying for or believing for you and North Heights, 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 a greater confidence in God and His power
- Be specific about what you are longing for God to do
- That your expectation of what God can do will be raised
- For North Heights

# DAY 19:

## CONFESSION: A HABIT OF THE HEART

In Psalm 51, David writes out a prayer after he was caught in adultery and murder. In verse one, 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.

It is worth saying that 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?

What areas of your life do you need forgiveness and freedom?

1 John 1:9 says,

*"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
- Ask for forgiveness
- For freedom from sin that has trapped you or left you feeling stuck
- For North Heights

# DAY 20:

## 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 can show that to others, the happier he or she is. In Scripture, we see this truth as more than a scientific study; it is how 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. And when we are reminded about how good He is, we can't help but thank Him!

We thank God for all of His work at North Heights and thank Him for the work He will do.

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

## **READ**

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- Ephesians 6:10-20
- Psalm 100:4
- Psalm 107:1
- Psalm 143:5
- Psalm 77:11
- 2 Chronicles 7:14

## **PRAY**

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- Give thanks today for who God is
- Give thanks for what He has done
- For North Heights

## **NOTES**

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# DAY 21:

## IN THE PRESENCE

As the nation of Israel waited and wandered in the desert before entering the promised land, Moses pitched 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, and a nation to lead. There had to be a million things on his mind. But, as he walked past people needing wisdom, he would leave all those distractions behind to enter into the presence of God.

Scripture says,

*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. He would stay in the presence of God as long as he could.

This time of fasting isn't merely been about getting an answer but about drawing closer to God than ever before. If you are going to see battles won and mountains moved, it will be our nearness to God that makes the difference.

There is a rich legacy of prayer at this church. From the very beginning, pastors have lain themselves before the Lord. This went beyond asking Him to move; it was about getting closer to God.

Keep that desire for closeness, just like Joshua. Pray that your heart would seek to know and be known by the living God!



## **READ**

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- Exodus 33:7-11
- 2 Chronicles 7:14

## **PRAY**

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- For a greater depth in your relationship with God
- Ask the Holy Spirit to reveal His power in your life
- Listen for that still small voice and ask for your ears to hear
- For North Heights

## **NOTES**

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# DAY 22:

## HOLDING AN OPEN HAND

Perhaps you have been really holding onto something in your life or in the life of the church during these past 22 days. Today take a different approach. Hold it with open hands.

In James 4:13-15 it says,

*"Now listen, you who say, 'Today or tomorrow we will go to this or that city, spend a year there, carry on business and make money.' Why, you do not even know what will happen tomorrow. What is your life? You are a mist that appears for a little while and then vanishes. Instead, you ought to say, 'If it is the Lord's will, we will live and do this or that.'"*

For North Heights, it's not about plans but holding our plans with open hands and allowing the Lord to move. Even in the midst of services or events, as we plan all the way up to the day we have them, we are asking God, "What do you want to do?"

What is it in your life right now that you are holding onto? What is it for the church that you are longing for? Have you asked God what He wants?

Today as you pray, ask God to help you loosen your grip and press into His wisdom.

### READ

- James 4:13-17
- Proverbs 16:1-4

### PRAY

- For open hands
- For North Heights
- For a willingness to change as the Lord directs

# DAY 23:

## MORE THAN WE CAN ASK OR IMAGINE

When we look back on our lives and think about the things we have prayed for, we see how God has moved. Sometimes it's not the answer that we are looking for, but it is always the answer we need.

Over the years, I have found that even my best intentioned prayers and what I thought I wanted were not always what I needed. In all of those instances, God provided more than I could ask or imagine.

At North Heights, we have often seen God's hand working to provide. With the addition of North Heights Christian Academy in 1988, we saw God not only provide a facility and amazing staff beyond what we could imagine, but we have now seen how God is continuing to give new life to that vision of a quality Christian education. We have the largest enrollment yet in 2022/2023.

Paul tells us in Ephesians 3:20-21,

*"Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us, to him be glory in the church and in Christ Jesus throughout all generations, for ever and ever!"*

As you pray today, don't let your prayers be limited. Pray in the power of the one who has called you by name. And as you fast, let Him be your strength and your guide as you pray.

### READ

- Ephesians 3
- 1 Kings 3:13
- 2 Corinthians 9:8

### PRAY

- For boldness to pray beyond yourself
- For North Heights
- For a willingness to see what God wants to do in you and through you

# DAY 24:

## BRINGING IT TO COMPLETION

Philippians 1:3-6 says,

*"I thank my God every time I remember you. In all my prayers for all of you, I always pray with joy because of your partnership in the gospel from the first day until now, being confident of this, that he who began a good work in you will carry it on to completion until the day of Christ Jesus."*

For the past 23 days, you have pressed in and started a process. Maybe you were fasting for something specific; maybe you just decided to join the journey. Wherever you are, God has been working something. He has been working you into partnership in the gospel of Jesus, turning your heart, building a foundation, stirring hope, and bringing dreams.

God brings all things to completion and in Isaiah 55:11, we are told that God's word never returns void but accomplishes all that it's set forth to do. As you pray today, ask God to continue to bring you and your prayers to completion.

### READ

- Philippians 1:3-11
- Isaiah 55:6-13

### PRAY

- For North Heights
- For God to bring to completion what He was been working in you
- For faith to dream for more

# DAY 25:

## 25 YEARS AND BEYOND

For 75 years, North Heights has seen its ups and downs. Through it all, we have known the goodness of God. In your life too, you have had highs and lows. In stepping into each season to experience the joy that God has for us, we must rest in the goodness of God.

Paul tells us in Philippians 4 that in every situation He is content and that no matter the situation, Jesus is more than enough. That is our focus for the next 25 years: Jesus. He is enough and through Him, we find exactly what we need.

When you experience abundance or need, where do you recognize God at work?

Look for Him. He's there.

### READ

- Philippians 4:1-13

## NOTES

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# WHAT IS FASTING?

*Excerpts taken from biblestudytools.com, What Exactly is Fasting All About by Lauren Snachez.*

Fasting is essentially giving up food (or something else) for a period of time in order to focus your thoughts on God. While fasting, many people read the Bible, pray, or worship. Fasting and prayer help us focus our hearts, and fasting is found throughout the Old and New Testaments more than fifty times!

**Regular Fast** - To abstain from all food and drink except for water.

**Partial Fast** – To abstain from some particular kind of food (like Daniel while in Babylon) or fast from all food for only a particular meal each day. In other words, you may choose to skip lunch (or dinner/breakfast) for a day or for a week. All forms of partial fasting are entirely appropriate.

**Liquid Fast** – To abstain from solid foods.

**Complete/Absolute Fast** - To abstain from all food and water. This fast should only be for a very short period of time.

**TV/Movie Fast** - Take a break from a favorite show or streaming platform, and use the time to pray.

**Social Media Fast** – Log out of your accounts or delete them from your device for a period of time, and spend that time being present with God.

**Secular Music Fast** – Instead of listening to a secular radio, choose to listen to the Christian radio station, Christian podcasts, or audiobooks.

**Fasting from Going Out** – Pick a night when you'd usually go out, and spend the time diving into Scripture and prayer.

In her article “10 Tips for Successful Fasting,” Lori Hatcher shares practical tips on fasting and prayer:

1. Fast from dinner to dinner.
2. Consider an alternate fast.
3. Drink water constantly.
4. Drink herbal tea with a little sweetener.
5. Set a timer.
6. Use a prayer guide for focus and direction.
7. Choose a day when you’re likely to have more “mental space.”
8. Be open to prayer “tangents”
9. Use your hunger or cravings as prompts to pray.
10. Expect spiritual and physical opposition.

# NORTH HEIGHTS

**Find faith. Discover purpose. Live eternal significance.**

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