



2021 21 Days

Prayer and Fasting

Hungering and Thirsting After God

The year of 2020 seemed like a fast but in scripture fasts are always called and not forced. They are always called for a purpose, to repent, to seek God's face in particular situations or to express a hunger to know God better. These three weeks will give us a unique opportunity to look back at all we have learned in 2020 and commit ourselves to prepare for 2021 by hungering and thirsting to know Him better.

Jonathan Markham

Week 1 The Purpose of Hunger	January 4-10
Week 2 Honestly Hungry	January 11-17
Week 3 All Creation Hungers	January 18-24

NEW LIFE FACEBOOK GROUP

Gathering together during the next 21 Days is going to look different this year. Nonetheless, we're excited to try something new. We invite you to come gather with us as a community on our private [New Life Community Facebook Group](#) (click to join).

We'll be posting daily scripture meditations, journal prompts, testimonies, worship songs and midweek devotionals.

We are grateful to have social tools that allow us to gather as a church family as we pray and fast together. For where two or three are gathered, God promises to be in our midst. Yes, even online.

We expect God to speak to all of us and we invite you to share your reflections and prayers so others can be encouraged by what God is speaking into your heart.

EVENTS

Friday, January 8, 7pm

Evening of Worship and Prayer
(ZOOM: <https://zoom.us/j/771776966>)

We will gather on zoom for a time of corporate worship and prayer.

Friday, January 15, 7pm

All Leaders Worship and Prayer
(ZOOM: <https://zoom.us/j/771776966>)

Elders, staff, group leaders, and ministry to gather for a time of worship and listening prayer.

Friday-Saturday January 22-23

**21 Hours Prayer Chain
(Church Sanctuary)**

We invite you to participate in this special prayer event that wraps up our 21 Days of Prayer and Fasting. Experience different interactive prayer stations designed to help you enter into a time of prayer and reflection. You'll also have a chance to connect with the prayers of others in our church family in a tactile way.

The church sanctuary will be open for one hour time slots on Friday and Saturday. Come enjoy a time of prayer in solitude or with members of your household.

[Sign up](#) for one of the available 21 time slots here:

*Only one household at a time will be allowed in the sanctuary.
Friday 3pm-10pm | Saturday 7am-9pm

Link to reserve your hour:

<https://www.signupgenius.com/go/10C0A49AFAE29A6FF2-newlife>

PREPARATION

Why Fast?

"Fasting offers the opportunity to step back from our culture and cross the doorway into God's presence"

Lynne Baab

"By fasting we reveal to ourselves the things that control us"

Richard Foster

"Our prayers are enhanced by fasting since it grows our hunger for God over the things we normally crave"

John Starke

Remember fasting is not a bribe to get God's attention, or a requirement for the week. It is a way of denying ourselves and making a special space in our lifestyle for listening to God. It can be a way in which God shows us things that control our way of life, which might be hampering our communication with Him. Remember the key to fasting is what you do with the extra time and attention you gain from abstaining from the activity you're fasting from.

Planning your Fast

1. Set an intentional plan for each week. When will you make extra space each day to get away with God?
2. Go through the plan with anyone who will be affected.
3. Be flexible!! BUT not distractible!

Here are a few things that you might consider asking God if He would like you to include in your fasting plan:

Food:

There are different ways to fast from food. Here are some options to consider.

- Set aside one meal each day
- Abstain from certain types of food (meat, sugar, dessert, candy, etc.) for all or part of the week.

- Drink just juices for a defined period of time
- Just drink water for a defined period of time

Media:

Media can be a time consuming distraction for many of us. Consider abstaining from TV/movies, social media, or news. Whatever you think causes you to grow anxious and sucks away your time are good considerations.

Telephone and Texts:

Maybe only answer calls and texts during defined periods of time.

Choose the practice of your fasting to fit the purpose of your fasting. There are No "rules"! Each day and every person can be different!

Creating Space to Connecting with God

Schedule time with God:

Schedule some time each day to read the scriptures carefully and *expectantly*. Below are some suggested scriptures and prompts to help you reflect on what God is stirring within you as you nurture a hunger for Him.

Prayer Journaling:

Taking time to slow down and write can be a meaningful way to process what God is saying to you. You don't need to be a good writer. If you prefer to jot down a single word, bullet points, or draw, all those are fine ways to process.

[Click to download a printable journal](#)

Praying Together:

We'll be having several opportunities for corporate worship and prayer. Details are in the events section above. It will look a little different this year but come and let God surprise you.

Sharing Together:

There are also opportunities to share and discuss what God is doing in your heart. Participate in the discussions on our [private Facebook Group](#). Our Growth Groups are also meeting to share and pray together during the 21 Days. Contact LiLing Pang to get connected (liling@newlifepacifica.com)

MEDITATIONS & REFLECTIONS

Psalm 139:23-24

Guided Meditation: [Heart Exam](#)

<https://encounteringpeace.libsyn.com/daily-heart-exam>

Reflection Questions:

Write a letter to God about how you would like to encounter him in the next 3 weeks.

What fears, frustrations, and brokenness has God opened your eyes to in the past year?

1 King 17

[God will Sustain You](#) by Priscilla Shirer

<https://www.youtube.com/watch?v=tNbOVnfT8FQ>

How does God prepare us for the Mt. Carmel moments of our lives? Priscilla Shirer teaches on 1 Kings 17 and draws parallels to the time of separation that we are all going through right now.

Matthew 6:7-8

Guided Meditation: [Longing for God](#):

<https://encounteringpeace.libsyn.com/longing-for-god>

Reflection Questions:

What deep longings has God stirred up in you for our community and the world from the experiences of 2020?

Invite God to speak into those areas of longing he is revealing. How is your longing evolving? How is God revealing his heart to you? How is He teaching you pray "Thy kingdom come, Thy will be done"?

Isaiah 40:28-29

Guided Meditation: [Strength through Surrender](#)

<https://encounteringpeace.libsyn.com/strength-through-surrender>

Reflection Question:

How is God challenging you to yield to his work in your life and in the lives of people around you?

2 Cor 4:7-9

Guided Meditation: [Jars of Clay](#)

<https://encounteringpeace.libsyn.com/treasure-in-jars-of-clay>

Reflection Questions:

Does it feel like the church is hard pressed on every side? God's Spirit is the treasure we have within all of us. How is the Spirit of God leading you to pray for his church?

Psalm 104

Take nature hike and let God minister to you as you meditate on this Psalm. Let God's creation nourish and encourage you.

John 6:35

Guided Meditation: [Learning to be Content](#)

<https://encounteringpeace.libsyn.com/learning-to-be-content>

Reflection Question:

How have you experienced Jesus being the bread of life and the spring of living water in fresh ways this past year? Spend time in thanksgiving and worship.

STORIES OF GOD AT WORK

This Cultural Moment - Pete Hughes of KXC in London

<https://podcasts.apple.com/us/podcast/this-cultural-moment/id1342868490?i=1000414108754>

On this podcast episode of This Cultural Moment, Pete Hughes shares a powerful testimony of a growing hunger for God in the heart of London.

Don't miss the following stories of God at work in our community that will be posted on New Life's Facebook Page

Jessie Randolph (1/5/21)

LiLing Pang (1/12/21)

Jose Tamez (1/19/21)

Growth Groups Sharing and Praying Guide

Our growth groups are meeting during the 21 Days of Prayer and Fasting, but will be focusing more on sharing and praying together. To get connected to a growth group, contact LiLing Pang (liling@newlifepacifica.com).

Week 1: Purpose of Hunger

"If only the Lord had killed us back in Egypt," they moaned. "There we sat around pots filled with meat and ate all the bread we wanted. But now you have brought us into this wilderness to starve us all to death." (Exodus 16:3)

Read Exodus 16 together

Discussion prompts:

- What is revealed in the hearts of the children of Israel through their hunger?
- How does God use his provision of manna in the desert to free them from the shackles of slavery and give them a new identity as children of God?
- What are all the ways you are experiencing a sense of hunger in your life?
- How do you instinctively want to respond to hunger?
- What would it look like to allow yourself to dig deeper as you experience hunger?

Week 2: Honestly Hungry

"As the deer pants for streams of water, so pants my soul after you, O God. My soul thirsts for God, for the living God; when shall I come and appear before God. My tears have been my meat day and night, while they continually say to me, where is your God?" (Psalm 42:1)

Read Psalm 42 together.

Discussion Prompts:

- What verses resonate with you most as you read this Psalm?
- What's surprising about the way the Psalmist speaks to God?

- Why is lamenting an important part of the conversation we have with God?
- What is happening around you and in your life that causes you to feel deep disappointment, fear, and longing?
- Try writing your own psalm of lament and longing. Tell God where you need him to show up to quench your thirst and meet your hunger. Share it with your group if you feel comfortable.

Week 3: All Creation Groans

"We know that the whole creation has been groaning in labor pains until now; and not only the creation, but we ourselves, who have the first fruits of the Spirit, groan inwardly while we wait for adoption, the redemption of our bodies." (Romans 8:22)

Read Romans 8: 18-30 together

Discussion Prompts:

- As you examine the brokenness around you - our earth, our country, the church, our community. What is God showing you about our need for him? How are you longing to see God show up?
- What does it mean that the Holy Spirit is groaning and the Father knows all that is on our hearts?
- Take some time as a group to pray and pour out your heart to God. It is no accident that He has put these things on your heart because his Spirit lives in you.

Read Romans 8:31-34 together

- Spend time worshipping our God who promises to make all things right and to work all things out for our good.