

CORNERSTONE CHURCH

More Like Christ, Less Like Me

21 DAYS OF
PRAYER
Fasting &
BIBLE READING

JANUARY 1 - 31, 2022

Cornerstone Church in Arlington, TX

cbcarlington.org

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For more information visit our website at cbcarlington.org.

HAPPY NEW YEAR!!!

Quick Overview of Dates and Ministry Opportunities

2022 Fasting, Prayer, & Bible Reading Plans

NewStart 50-Day Discipleship Journey and Reading Plan

January 3 – February 21, 2022

We will read through the NewStart 50-day Discipleship Journey study guide as a church. Copies are available for pickup at the church. Downloads are not available at this time.

A “disciple” is a “learner,” a follower of Jesus. We don’t primarily learn in order to know things about Jesus, but we learn in order to ACT as Jesus would act. As disciples, we literally aim to become like Jesus in every way that we can.

Here’s what you’ll find on each day of this journey:

- A daily Bible reading designed to give you a great overview of the Bible in your first 50 days as a disciple of Jesus.
- A daily Meditation Question, something to mull over in the back of your mind as you go through your day.
- A daily journal space to write down your thoughts, things you’re thankful for, prayer needs, or questions.
- A daily link to an encouraging, short video that explains that day’s Bible reading. (No video is over 5 minutes.)

21-Day Food Fast

January 9 – 29

Daniel Fast (fruit, veggies, water, black coffee, 100% fruit juice). Read more information about fasting in this packet.

21 Day Financial Fast

January 9 – 29

The purpose of the fast is to eliminate spending on absolutely everything that is not essential.

For three weeks you must refrain from buying anything that is not a necessity

Necessities: Food, medicine, monthly bills, mortgage/rent.

Refrain from going to the mall or retail stores to shop for clothes, shoes, jewelry, nonessential household items, or other stuff that creates a drag on your financial life (and clutters your home).

No restaurant meals — fast food or otherwise. This includes buying breakfast or lunch at work. You can’t stop for coffee. Make it at home instead. During the fast, forget going out to the movies and concerts.

Michelle Singletary - 21 Day Financial Fast...recommended reading

31-Days of Prayer

January 1 - 31

We have a 31-day prayer list with a specific prayer for each day at the end of this packet.

Saturday, January 8 at 9AM

Prayer Breakfast For Men/Women/Teens/Kids

Saturday, January 15 | 9AM-11AM

Prayer Drive Through

Friday-Saturday, January 21-22, 6pm – 6pm

24-Hour Prayer Chain Via Zoom

Please sign up for a time-slot beginning January 1, 2022.

January 1 - 31, 2022 Prayer, Fasting, Personal Devotion & Bible Reading

We are setting apart twenty-one days at the beginning of January 2022 to seek the Lord for ourselves, our families, church, cities, and government. Our expectation is that God will speak to us and move powerfully in our lives during and after this specific time of prayer, fasting and personal devotion. We envision this fasting, Bible reading, and prayer movement, much like a seed being planted into the ground of our lives that God will water and cause to grow as the year of 2022 unfolds. We encourage you to prepare your heart for how God will use this in your life.

You may have questions about fasting so please read through the rest of this booklet for more information. You will also read about all of the exciting opportunities of prayer, reading and devotional studies that the church staff is asking everyone to participate in as a church body during the months of January/February 2022.

If you did not get a 3-month CBC devotional booklet to use for December, January and February, you can download an online version of the devotional at www.mydevoapp.com. Create an account and connect with our church organization to begin reading the online devotion. The access code is: QBC. You will be directed to the Google play or the App Store to download the app. Please read the daily devotional to help you stay focused on spiritual things throughout the fasting period.



Prayer and fasting go hand in hand. With that in mind, we have orchestrated a variety of prayer opportunities for you to participate in during our prayer and fasting period. It is very important for you to have a personal prayer life as you are fasting and reading with our corporate movement. Write down your personal prayer requests and watch God answer your prayers!

We would also like for you to pray over our daily corporate prayer list in the back of this packet. Each day we will have a specific area of prayer that we're asking everyone to focus on while praying over their personal requests each day.

NewStart 50-Day Discipleship Journey and Reading Plan

January 3 – February 21, 2022

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- A daily journal space to write down your thoughts, things you're thankful for, prayer needs, or questions.
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Please pick up your copy from the church. Downloads of this booklet are not available at this time.

Personal Devotion

Just like prayer and fasting, reading your Bible is about connecting to God in a more powerful way. It is not about duty but about relationship. When we engage God through reading His Word, we engage the very presence of God. His Word is living and active! As we read our Bible, we are drawing closer to God and positioning ourselves to hear from Him in particular ways.

Once again, as with prayer, choose the time and the place where you are going to read your Bible and devotional every day, and come prepared to hear what He wants to tell you.

Here are three quick things we'd like to share with you about how to get the most out of your devotional time with God.

1. READ CONSISTENTLY

It is better to read a little every day than to try and knock out two hours of Bible reading or devotions in one sitting. It is so important to digest the Word in absorbable chunks. Don't bite off more than you can chew, and certainly don't compare your "performance" with that of others. If you miss a few days, pick up at the next reading, but stay with it and don't give up. The key is to keep this simple and make it sustainable.

2. READ PRAYERFULLY

Talk to God as you're reading. Don't rush through. If you come across something you don't understand, pause for a moment and ask God about it. Reading prayerfully is making space and time to talk to God and giving Him time and space to talk to you. Taking time to meditate on God's Word is just as important as reading it.

3. READ EXPECTANTLY

You are about to partake of the bread of life, so foster an attitude of expectancy. Believe that God is going to speak to you through His Word. With meditation on the ideas and thoughts recorded in your journal, be prepared to do something with what He shows you. A great, simple way to journal your devotionals is to use the SOAP method.

4. SOAP METHOD

Scripture Observation Application Prayer

The **SOAP** method is used like this:

S is for Scripture. Read prayerfully. Take notice of which Scripture(s) catches your attention and mark it in your Bible. When you're done, reread the verse(s) you marked and look for one that particularly speaks to you. Write it in your journal.

O if for Observation. Focusing on that Scripture, tune in and listen to what God is saying to you through His Word. What is it about this Scripture that specifically stands out? What does God want to reveal to you or teach you? Ask the Holy Spirit to be your guide and show you what God is saying.

A is for Application. Think of how this verse(s) applies to your life right now. Perhaps it is instruction, encouragement, revelation of a new promise, or correction for a particular area of your life. Use your journal to write how this Scripture applies to you today.

P is for Prayer. Wrap up your SOAP time in prayer. Talk to God about what you've just read. This can be as simple as thanking Him for revealing a truth from the Scripture, or it may be asking Him for greater insight or wisdom as to how it applies to your life. Remember, prayer is all about relationship. It's a two-way conversation, so be sure to listen to what God has to say.

That's it ... SOAP!!! It's as simple or deep as you want it to be. If you want to go deeper in your study here are additional tips.

- Reread the daily passage in a different Bible translation or paraphrase
- Utilize online resources, such as those available from crosswalk.com, youversion.com or Biblestudytools.com
- Utilize a commentary, such as those by Matthew Henry or online at BibleGateway.com
- Cross-reference your daily reading using the footnotes in your study Bible
- Research words in their original language using a Strong's Concordance or online at Biblehub.com

Prayer Breakfast – January 8th at 9AM

Join us for a prayer breakfast to start the year off together on one-accord before our corporate fast takes place.

**We will have prayer breakfasts for the following groups:
Men – Women – Teens – Kids**

The cost is \$5 per person. The groups will meet in different areas as their prayer program and meal takes place. Sign up now to attend. We want the entire family to start the year off in prayer. Tickets will be on sale December 20 – January 5. Look for the information to be online.



Prayer Drive Thru Event

Saturday, January 15th we will take prayer into the community by hosting another fun **Prayer Drive Thru Event** at the church from 9AM to 11AM. We will need volunteers to pray with people who drive through our prayer lines, hold signs along Matlock Road encouraging people to drive through for prayer, drink station volunteers to distribute coffee and hot chocolate and those equipped to share the gospel with anyone requesting salvation. **Sign up by texting “drive” to 817.468.0083.**

Your prayers are powerful and effective when rooted in a righteous life. James 5:16

24-Hour Prayer Chain

Join us for our **24-hour Virtual Prayer Chain** Friday, January 21st at 6pm through Saturday, January 22nd at 6pm. Sign up for a 1-hour (or more) time slot(s) and join us online via Zoom as we call upon God to show us His power as we acknowledge HIM as King, Lord, and Redeemer. **Sign up online at cbarlington.org beginning January 1st.**

21 Day Financial Fast

January 9 – 29

The purpose of the fast is to eliminate spending on absolutely everything that is not essential.

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Necessities: Food, Medicine, Monthly Bills, Mortgage/Rent.

Refrain from going to the mall or retail stores to shop for clothes, shoes, jewelry, nonessential household items, or other stuff that creates a drag on your financial life (and clutters your home).

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Michelle Singletary - 21 Day Financial Fast...recommended reading

CHURCH CORPORATE 21-DAY FAST

JANUARY 9 - 29

"...But the days will come when the bridegroom will be taken away from them, and then they will fast." Matthew 9:15b
NKJV

WHAT IS A FAST?

Fasting is when someone or a group of people abstain from food (fully or partially) for a specific period of time in order to seek God through prayer. Many people in the Bible practiced fasting as a spiritual discipline or in response to something specific. In the Old Testament, Israel was required by God to fast collectively at least once a year on the Day of Atonement as well as other occasions. In the New Testament we have records of the early church fasting and praying together for specific reasons and reliable church history tells us that the early church practiced fasting twice a week, usually on Wednesday and Friday.

WHY DO WE FAST?

Knowing what a fast is doesn't necessarily mean we understand its purpose. We can find many good Scriptural reasons for fasting and below you will find a short list of some of these reasons. It's important to remember that we not only fast and pray for ourselves, but also for those around us.

1. To humble ourselves to God (repentance) - Psalm 35:13, 1 Samuel 7:6, Ezra 9
2. To come closer to God - James 4:8
3. To understand God's Word (revelation) - Ephesians 1:17-22
4. To know God's will or direction - Acts 13:1-2
5. To seek healing/deliverance - Isaiah 58, Matthew 17:21
6. To seek God's intervention - 2 Samuel 12:16-23, 2 Chronicles 20:3
7. To intercede for others - Daniel 9:3

DIFFERENT TYPES OF FASTS

There are many different ways to do a fast. The most important part of fasting is the time we spend with God in prayer. If we deny ourselves food and do not pray then we will accomplish nothing. The following types of fasts are simply references to what we can do as we seek the Lord in prayer.

1. Full Fast

A full fast is where you go completely without food for a specific amount of time. There are at least four references in the Bible where people fasted food and water; however we are only referencing food as a full fast for obvious reasons. If you choose to do a full fast then we recommend you consult with others prior to doing so, especially if you take any kinds of medication.

2. Partial Fast

A partial fast is to simply go without a meal or two during the day of your fast. For example, you could fast from dinner or lunch and spend an extended amount of time in prayer in place of that meal. There are no rules to this kind of fasting but you should decide beforehand what you will do and stick to it as with all fasts.

3. Daniel Fast

This kind of fast comes from Daniel chapter 10, where Daniel had a terrifying vision that caused him to abstain from all pleasant food and drink. If you choose to do this kind of fast then essentially you will be abstaining from all “meats, sweets, and treats.” Most people stick to fruits, vegetables and nuts or similar kinds of protein. There are many resources online that could provide healthy options with this fast.

4. Media Fast/Soul Fast (Daniel 6:18)

Sometimes we are unable to participate in abstaining from food for various health reasons, however, this does not mean we cannot fast and pray. There are times we need to refocus certain areas of our lives that are out of balance. For example, you might choose to stop using social media or watching television for the duration of the fast and then carefully bring that element back into your life in healthy doses at the conclusion of the fast. We strongly encourage you to replace forms of entertainment (TV, movies, internet surfing, social media) with prayer and intentional time with family. God often uses this kind of fast to quiet the noise in our life and increase our ability to hear His voice.

PRACTICAL POINTS OF FASTING

- 1. Plan your fast - what kind of fast? How long? Write your plan out!** We are corporately fasting as a church family (all together) for 14 days from January 2 – 15, 2018.
- 2. Be specific with your fasting - know why you're fasting and what you're praying for.** Write down your personal prayer requests as well as pray over the corporate church prayer list.
- 3. Plan your prayer time for each day - when will you pray? Plan it out.** Mark your location and time that you will pray each day at your home, on your job, and at the church. Being intentional helps you accomplish your goal.
- 4. Journal your fast - God will speak to you, but it may mean more at another time.** Write about your fast experience, what you heard from God, how you felt each day and what you heard Him say. If you don't journal it on paper, put it in your phone!

5. **Drink lots of water - we get most of our water from food, so double up on your water.** The great thing about increasing your water intake during the fast, is the amazing health benefit you'll get from the fast. God is amazing in how He asks us to fast and turns that sacrifice into a benefit for us at the end!
6. **Invite Accountability - it's good to share what you're doing with a trusted friend.** The exciting thing about our church wide prayer and fasting period, is knowing that we are all doing it together. There is accountability and comradery within our church as we fast and pray together.

Sample Menu Ideas For Fasting

Sample Menu 1:

Fasting on Fruits, Vegetables, Juices, and Water

Breakfast

- *Fruit smoothie with whey protein*

Mid-morning Snack

- *Fresh fruit or fresh vegetables*

Lunch

- *Raw vegetable salad with light, organic dressing and vegetable broth soup*

Mid-afternoon Snack

- *Fresh fruit or fresh vegetables*

Dinner

- *Fresh salad with light, organic dressing and steamed or grilled vegetables*

Sample Menu 2:

Fasting Liquids Only

Breakfast

- *Fruit smoothie with whey protein*

Mid-morning Snack

- *Herbal tea or vegetable broth soup*

Lunch

- *Raw, juiced vegetables*

Mid-afternoon Snack

- *Fresh fruit juice or fruit smoothie with whey protein*

Dinner

- *Vegetable juice or vegetable broth soup*

**Sample Menu 3:
Modified Daniel Fast**

Breakfast

- *1-2 servings whole grains with fresh fruit juice*

Mid-morning Snack

- *Fresh fruit or fresh chopped vegetables*

Lunch

- *1-2 servings whole grains, fresh salad with legumes and light, organic dressing*

Mid-afternoon Snack

- *Fresh fruit juice or fruit smoothie with whey protein*

Dinner

- *1-2 servings of whole grains; fresh salad with legumes and light, organic dressing*

PRAYER

As you prepare for the 31 days of fasting and prayer it can be tempting to start thinking of a laundry list of prayers you'd love to see answered. We really want to encourage you to keep this simple. Think about the top two or three things most pressing on your heart and zone in on those with God. Write them down in the space provided below, and be open to hearing what God wants to show you in those areas. The breakthroughs, miracles, and answers to your prayers will be by-products of drawing closer to Jesus.

When praying, make your primary goal to know Jesus more and experience Him. Pray prayers of total surrender, and aim to glorify God with your life. Focus first on what's right about Him, such as His goodness and His greatness, and see everything else through that filter.

Most simply, make time to pray daily. Don't overcomplicate this! Just talk to God. Have that place and time where you can seek Him every day. If you don't plan to pray, you won't. If you find it a challenge to disconnect from the busyness of your day, engaging in worship music is a great way to prepare your heart for prayer.

During this fast, I am praying and believing God for:

Checklist – Are You Ready To Pray?

Are All Sins Confessed?

Behold, the LORD's hand is not shortened, that it cannot save; Nor His ear heavy, That it cannot hear. But your iniquities have separated you from your God; And your sins have hidden His face from you, So that He will not hear. Isaiah 59:1-2

If we say that we have not sinned, we make Him a liar, and His word is not in us. I John 1:10

Are All Relationships With Others Made Right?

For if you forgive men their trespasses, your heavenly Father will also forgive you. But if you do not forgive men their trespasses, neither will your Father forgive your trespasses. Matthew 6:14-15

Are You Seeking His Will In All Things?

Now this is the confidence that we have in Him, that if we ask anything according to His will, He hears us. And if we know that He hears us, whatever we ask, we know that we have the petitions that we have asked of Him. I John 5:14-15

Are You Seeking To Glorify God Above All Things?

And whatever you ask in My name, that I will do, that the Father may be glorified in the Son. If you ask anything in My name, I will do it. John 14:13-14

Are You Depending On the Holy Spirit's Guidance?

Likewise the Spirit also helps in our weaknesses. For we do not know what we should pray for as we ought, but the Spirit Himself makes intercession for us with groanings which cannot be uttered. Now He who searches the hearts knows what the mind of the Spirit is, because He makes intercession for the saints according to the will of God. Romans 8:26-27

Are You Trusting God In Spite of What Seems To Be?

Trust in the LORD with all your heart, and lean not on your own understanding; In all your ways acknowledge Him, and He shall direct your paths. Proverbs 3:5-6

Will You Praise God No Matter What?

And we know that all things work together for good to those who love God, to those who are the called according to His purpose. Romans 8:28

Rejoice always, pray without ceasing, in everything give thanks; for this is the will of God in Christ Jesus for you. I Thessalonians 5:16-18



2022 Cornerstone Church

31-Day Corporate Prayer List

Throughout the 31 days of January,
pray over the list on the day of the month printed.

January 1

Pray that God will be glorified in our corporate worship experience and that His Spirit would empower our worship to exalt Him, edify His people, and expand His Kingdom.

January 2

Spiritual Instruction - Ecclesiastes 5:2 Do not be rash with your mouth, and let not your heart utter anything hastily before God. For God is in heaven, and you on earth; therefore, let your words be few.

Listening is an element of prayer. Listening implies confidence that God truly desires to speak to us. Pray that our prayer should be a conversation, one in which we listen as much as we speak. Pray to be like Jesus, a listener, especially in prayer.

January 3

Leadership – Jeremiah – 3:15 And I will give you leaders after my own heart, who will guide you with wisdom and understanding.

Pray God's hand to shape the course of our nation according to his purpose and destiny. Pray our leaders will seek Godly wisdom and have a heart that desires God's ways more than their own. Pray God will order their steps each day as their hearts are turned to Him for direction and decisions making.

January 4

Word of God – Hebrews 4:12 For the word of God is living and powerful and sharper than any two-edged sword.

Pray that we become students of the word. Pray that as we seek God's word, that He would reveal to us just how powerful His word is to those that seek it.

January 5

Watch and Pray – Matthew 26:40-41 What! Could you not watch with me one hour? Watch and pray, lest you enter into temptation. The spirit indeed is willing, but the flesh is weak.

Watch – keep awake in order to guard or be on alert. Pray that we as believers stay awake spiritually and keep guard. Pray we stay alert doing prayer noticing the tactics of the enemy. Pray the Lord will help us to observe the needs around us much more specifically.

January 6

Meditation – Isaiah 26:3 You will keep him in perfect peace whose mind is stayed on you. Pray as we spend time thinking thoughts of God, we will find tremendous depth and understanding that will touch all areas of our life. We will grow deeper into the ways of the Lord as we meditate on the Word.

January 7

Warfare – 2 Corinthians 10

Pray and ask the Lord to give us understanding of the warfare around us. Pray and ask God to reveal how to pray in the battle. Pray for discernment.

January 8

Pray that Pastor McKissic's family will grow in grace, be protected from the evil one, and that each family member would experience the peace of God that surpasses all understanding and knowledge, and that it might be well with us all.

January 9

Pray that our children, youth and young adult ministries will effectively meet the spiritual and social needs of our members and their friends. Pray for exponential growth of all the ministries as well as qualified and passionate workers for each ministry.

January 10

Pray for spiritual formation in the life of Cornerstone Church and each member of the church from the children through adults.

January 11

Pray that Cornerstone will establish and re-establish the trajectory of worship, prayer, Bible reading and orderly conduct, in each home - at the beginning of this new year that will continue throughout all of 2022.

January 12

Pray that each family in Cornerstone will be disciplined and focused to practice sound scriptural money management principles, get out of debt, and honor God's Kingdom with our giving.

January 13

Revival – Isaiah 104:30 You send forth Your Spirit, they are created; You renew the face of the earth.

Pray for personal, church, and national revival. Pray for the restoration of Godly foundation. Pray for restoration in every family, neighborhood, church, city and state.

January 14

Leadership – Jeremiah – 3:15 And I will give you leaders after my own heart, who will guide you with wisdom and understanding.

Pray God's hand to shape the course of our nation according to his purpose and destiny. Pray our leaders will seek Godly wisdom and have a heart that desires God's ways more than their own. Pray God will order their steps each day as their hearts are turned to Him for direction and decisions making.

January 15

Pray for those in authority and our civil servants: Government (National, State and Local), Policemen, Sheriffs, Firemen, and First Responders. For safety, quality leadership, love of humankind, and God's direction for our Nation.

January 16

Pray for the church in America and around the world as well as the missionaries serving God across the globe.

January 17

Pray for a spirit of unity, togetherness, and love to spread across and throughout the church of Cornerstone that will spread throughout our community and Nation.

January 18

Pray for breakthrough in the lives of our people and for healing of souls.

January 19

Pray that our entire church will live lives of holiness and continual forgiveness.

January 20

Pray for our military branches and the threat of war. Pray that there will be no war and that our military men and women will be safe, as well as the population of America.

January 21

Pray for the staff members' family will grow in grace, be protected from the evil one, and that each family member would experience the peace of God that surpasses all understanding and knowledge, and that it might be well with us all.

January 22

Pray for our children and youth to hunger for the word of God and the things of God.

January 23

Pray for wisdom to walk worthy of our calling in Christ in the midst of the temptation of evil all around us.

January 24

Pray for all Cornerstone members' families, that they will grow in grace, be protected from the evil one, and that each family member would experience the peace of God that surpasses all understanding and knowledge, and that it might be well with us all.

January 25

Pray for parents and guardians and other influential people in the lives of our young people to model a spiritually formed life.

January 26

Pray for God's called out people to fully obey God and not settle with partial obedience.

January 27

Pray that God will grant us favor and enable Cornerstone to make substantial progress toward paying off our remaining mortgage indebtedness and build new structures on our land.

January 28

Pray that the men and women's ministries will not only help develop disciples within our congregation, but also throughout the community. Pray for strength and unity.

January 29

Pray for peace in Jerusalem according to Psalm 122:6-8: *Pray for the peace of Jerusalem: "May they prosper who love you. Peace be within your walls, Prosperity*

*within your palaces.” For the sake of my brethren and companions, I will now say,
“Peace be within you.”*

January 30

Pray that the lost will be saved and that the backslidden will return to Jesus. Pray for the lost family of Cornerstone members as well as those we encounter on a daily basis.

January 31

Children Psalm 127:3 Behold children are an inheritance from the Lord. The fruit of the womb is a reward.

Pray for restoration of Godly principles in our education system. Pray their hearts will be turned to God. Pray for salvation, wisdom, blessing and breakthrough in their lives. Pray for the safety of their minds and heart to be turned to God. Pray angels to guard our children abroad and at home.

A SAMPLE SCRIPTURE-BASED PRAYER

Father, I commit my day to you. I trust also in You and You will bring it to pass.

Ps. 37:5

Father, You will instruct me and teach me in the way I should go. You will guide me with Your eye. You will give me the desires of my heart, because I have delighted myself in You.

Ps. 32:8

Ps. 37:4

Father, I will be kept in perfect peace today, for I have chosen to let my mind be “stayed” on You. Make it a reality in my life as I trust in You.

Isa. 26:3

Father, I will walk in good health and strength as my day demands. I take authority over Satan. He will not steal, rob or destroy me anymore.

Deut. 33:25

Luke 15:17-19

Satan will not harass me, for I am the righteousness of God through Jesus Christ, my Lord and Savior.

II Cor. 5:21

Father, I thank You for sending angels to prepare the way for me. I thank you for favor for each hour's appointment. I thank you that I can choose LIFE and LOVE and not death and sin. I thank You for the armor I have on to protect me, and I thank YOU that I am covered by the blood.

Ex. 23:20

Joshua 24:15

Eph. 6:10-17

I John 1:7

Father, I thank You that I walk in newness of life this day.

Rom. 6:4

