

# 21 DAYS OF PRAYER

## CONTENDING FOR BREAKTHROUGH



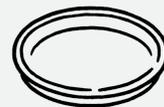
*“The Lord is near. Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.” - Philippians 4:5a-7 (NIV)*



**READ**



**PRAY**



**FAST**

**JANUARY 5-25, 2026 | PARKSIDE CHURCH | 21 DAYS OF PRAYER & FASTING**



**Lord, where am I to contend for a breakthrough?**

---

---

---

---

**Lord, why is this important?**

---

---

---

---

**Lord, how am I to contend?**

---

---

---

---

# WAYS TO CONTEND



## READ

Every morning, meet with God in His Word. Use Foursquare's 21 Days of Prayer guide to help you (included in this booklet.)

---

### CONTEND AT DINNER

Be intentional and read a Scripture from your morning reading at dinner time. Talk about it. Pray together.

---

### GOT KIDS?

Do the dinner thing mentioned above or do it at bedtime.

---

### WORSHIP THROUGH SONG

Put on a worship playlist and pour out your heart to God.



## PRAY

Revisit the thing you are contending for at lunch. Meditate on the verse that is on the cover of this guide.

---

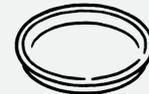
### GET TOGETHER

Gather two or three Christian friends by saying, "Hey, can we meet up this week to spend some time in prayer for each other?" Make plans. Each share what you're contending for (to the degree you feel safe) and then pray for one another.

---

### PLANT A SEED

January is a good time to start certain plants indoors. Let your care and intentionality teach you about contending in prayer.



## FAST

Consider how God might call you to fast. You might skip a meal or more. For more info: [foursquare.church/fasting](http://foursquare.church/fasting).

---

### CREATIVE FASTS

Not everyone is able to fast (go without food), but you can embody the spirit of a fast by going without other things (e.g. coffee, social media, etc.).

---

### JOIN WITH THE CHURCH

Look at the Church calendar and see how you can participate as a member of this church body to see the power of contending together.

# JANUARY



the events you will attend (and add them to your personal calendar).

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			1 NEW YEAR'S DAY	2	3	4
DAY 1 5	DAY 2 6 SCHOOL STARTS	DAY 3 7 7p Prayer Meeting	DAY 4 8 6:05a Zoom Prayer	DAY 5 9	DAY 6 10	DAY 7 11 5:30a Early Bird Prayer 9:40a Pre-Service Prayer 10a Worship Service
DAY 8 12	DAY 9 13	DAY 10 14 7p Prayer Meeting	DAY 11 15 6:05a Zoom Prayer	DAY 12 16 7p Family Meeting	DAY 13 17	DAY 14 18 5:30a Early Bird Prayer 9:40a Pre-Service Prayer 10a Worship Service
DAY 15 19	DAY 16 20	DAY 17 21 7p Prayer Meeting	DAY 18 22 6:05a Zoom Prayer	DAY 19 23	DAY 20 24	DAY 21 25 5:30a Early Bird Prayer 9:40a Pre-Service Prayer 10a Worship Service 6:30p Interchurch Worship
26	27	28	29 6:05a Zoom Prayer	30	31	



**ADD TO YOUR CALENDAR 1-3 TIMES THIS MONTH YOU COULD GATHER WITH FRIENDS TO PRAY TOGETHER**

## WEDNESDAY PRAYER

An evening time to participate in praying together including a Scripture reading, worship song, and time of open prayer. At the church.

## ZOOM PRAYER

A morning time online at [parksidechurch.ca/zoom](https://parksidechurch.ca/zoom) that includes a guided time of worship, Scripture, and prayer around specific areas.

## EARLY BIRD PRAYER

Join Pastor Jason at the church on Sunday mornings for a time of open prayer together.

# TIPS FOR CONTENDING

- 1 Set a consistent time and location to stop what you're doing and pray. Set an alarm.
- 2 Align your heart to God's. God won't answer prayer for something that isn't good for you.
- 3 Start prayer by repenting of sin and receiving God's forgiveness.
- 4 Offer a prayer of praise for a reality of what makes God great and good.
- 5 Thank Him for something He's done in your life.
- 6 Journal your prayer. This is more powerful than we realize.
- 7 Find a Scripture that speaks to your area. Memorize it over the month.
- 8 Fast to embody your heart's ache for God to move in this area.
- 9 Fast to awaken an apathetic heart towards God.
- 10 Repeat daily. Persist. Miss a day or week? Start back up!

FOURSQUARE † ✎ 🏆

# 21 Days of Prayer + Fasting 2026

**PRAYERS**  
**OF FAITH**

# WHAT'S INSIDE

## Week 1: Pursuing His Presence

Day 01	—————	Pages 12-13
Day 02	—————	Pages 14-15
Day 03	—————	Pages 16-17
Day 04	—————	Pages 18-19
Day 05	—————	Pages 20-21
Day 06	—————	Pages 22-23
Day 07	—————	Pages 24-25

## Week 2: Passing the Flame

Day 08	—————	Pages 28-29
Day 09	—————	Pages 30-31
Day 10	—————	Pages 32-33
Day 11	—————	Pages 34-35
Day 12	—————	Pages 36-37
Day 13	—————	Pages 38-39
Day 14	—————	Pages 40-41

### Week 3: Possessing the Land

Day 15	—————	Pages 44-45
Day 16	—————	Pages 46-47
Day 17	—————	Pages 48-49
Day 18	—————	Pages 50-51
Day 19	—————	Pages 52-53
Day 20	—————	Pages 54-55
Day 21	—————	Pages 56-57

---

### También disponible en español

¡Descargue o compre una copia de los 21 Días de Ayuno + Oración 2026 en español!  
Inscríbase para recibir correos electrónicos y encuentre recursos para la iglesia  
también. Visite [OracionCuadrangular.org](http://OracionCuadrangular.org).

# LET'S PRAY TOGETHER IN FAITH

Foursquare President Randy Remington encourages us to pray with “structure, commitment and accountability.”

Our aim for 2026 as we begin this new year with 21 Days of Prayer + Fasting is to inspire all of us to enter into faith-filled prayer more often and in new and powerful ways. That is why we have chosen “Prayers of Faith” as our theme and focus.

Scripture teaches us, even exhorts us, to pray with unshakable belief, to open our ears and hear the promises of God, and invite them to dwell deep in our hearts.

God wants us to pray these “Prayers of Faith” to anchor our trust in His assurances, knowing that God is always true to His Word. Only then do we pray in ways that abandon ourselves and our cares to God’s loving

goodness and divine purposes. May we earnestly desire this for ourselves and the people we are knit together with in God's family.

Please join me, as well as Foursquare churches around the world, as we enter into a new season of praying together in faith. May we be people of prayer who trust God for the impossible, the miraculous and even our daily bread.

I am grateful to be praying with you!

Randy Remington

A handwritten signature in black ink that reads "Randy Remington". The signature is written in a cursive style with a large, sweeping initial "R".

President

U.S. Foursquare Church

# UNPACKING 'PRAYERS OF FAITH'

This year's 21 Days of Prayer + Fasting theme is "Prayers of Faith." What does it mean to have faith while we pray?

By: **Steve Schell, D.Min.**

The phrase "prayers of faith" can mean many different things to many different people. Is it following the "name it and claim it" philosophy, believing that God will give us whatever we ask if we just have enough faith? Is it only praying "safe" or vague prayers that we fully believe we have the faith to support, and that God will do? What do we do when our prayers seem unanswered?

As we prepare for 21 Days of Prayer and Fasting, it's worth taking a moment to examine the Bible's teaching on the intersection of faith and prayer, specifically Jesus' words on the subject.

In **John 16:22-24**, Jesus teaches us that praying in faith is directly connected to praying in His name, and praying in His name is directly connected to joy.

## Two sources of joy

When Jesus first spoke the words of John 16 to His disciples, they didn't know it yet, but they were about to go through tremendous hardship. To prepare them for what lay ahead, He gave them two promises that were specifically designed to lift them out of their sorrow.

First, He said: "I will see you again, and your heart will rejoice, and no one will take your joy away from you" (v. 22). That means: "You'll never be alone. I will always be with you, and someday you'll see me again, face to face."

No matter our circumstances, we know and believe in faith that God will make all things right in the end, and we will be with Him. At their most basic, all of our prayers are really just asking God to be who we believe him to be: a God who loves us, who cares for us, and who will restore all things.

One day, we will see God face to face. Then our prayers will be answered in completeness. In the meantime, we can praise God in faith for what He has done in the past and what He will do, even in the midst of hardship or in the midst of seemingly unanswered prayer.

The second promise Jesus made was this: “Until now you have asked for nothing in My name; ask and you will receive, so that your joy may be made full” (v. 24). In other words: “You’re going to see answers to prayer that are so amazing, you won’t be able to be sad. You’ll be constantly rejoicing in God.”

### **In My name**

What does it mean to pray in Jesus’ name? It means to pray what He tells us to pray. Let’s consider each step:

#### **1. Discover Jesus’ will**

Answered prayer starts by asking Jesus to reveal His will in a particular matter. What does He want us to do? What is He going to do? Those are very different questions from what do we think should happen.

#### **2. Ask the Father**

Jesus said that because of His cross and resurrection, we can boldly and confidently go straight to the Father with our prayers. If we have discovered what Jesus’ will is and what we should pray, we can be confident that the Father will surely answer us in His own way and in His own time. In fact, Jesus literally assured us that we will always receive an answer when we pray this way.

#### **3. Pray through**

Prayer is not usually a simple process in which we merely ask for something and God immediately gives it to us. In practice, there is often a delay (sometimes a very long one) between the prayers we pray and God’s answer.

That’s where enduring prayer comes in. We don’t continue praying as a way of pushing God to do something He doesn’t want to do. We keep praying because that’s what faith truly is, continuing to believe even when it’s hard or doesn’t make sense.

## **The joy of answered prayer**

In John 16, Jesus explained to His disciples the joy they would discover when they learned to pray in His name, to pray in faith. With complete openness, He described the hardships that lay ahead of them, but then quickly assured them that those seasons of hardship would become joyful times. They weren't going to miserably hang on until it was over. They were going to be filled with joy.

In effect, He said, "Don't focus on the trials that are coming; look at the promises I'm giving you because these promises will lead you into a wonderful future ... full of joy."

This is what it means to pray in faith. You and I can rejoice right now because He's given these same promises to us. I can't wait to see the joy the Lord will bring us through this time of praying in faith together.

---

*Steve Schell, D.Min, is the president of Life Lessons Publishing. He previously served as a Foursquare pastor and Bible teacher for 40 years, including 28 years at Northwest Church in Federal Way, Wash.*

# PRAYER + FASTING RESOURCES

Find additional resources to support your prayer life at [FoursquarePrayer.org](https://FoursquarePrayer.org).

## Why do we fast?

There are many reasons to fast and a variety of methods for practicing this important spiritual discipline. We've compiled a whole list of articles and resources on fasting for you to explore. Find it at [Foursquare.Church/Fasting](https://Foursquare.Church/Fasting).

## Pause for Family Moments

Make 21 Days of Prayer + Fasting a family affair. Download the Family Moments guide with daily activities, or purchase a full-color version on Amazon. Head to [FoursquarePrayer.org](https://FoursquarePrayer.org) for details on this year's Family Moments, available in English and Spanish.

## More prayer + fasting resources

Want to dive into prayer, fasting and the gifts of the Holy Spirit, but aren't sure where to start? Find even more helpful resources on prayer, fasting and the Holy Spirit, including resources for kids, at [FoursquarePrayer.org](https://FoursquarePrayer.org).

# PURSUIING HIS PRESENCE

Days 01-07

Prayer is more than just presenting requests to God. It is an opportunity for us to grow our faith as we enter the presence of the God who loves us.

We begin our time together experiencing what it means to have faith in a God who longs to have a relationship with us.

# FAITH THAT BRINGS US CLOSE

Faith-filled prayer is not just about outcomes—it's about communion. Believing prayer draws us into God's presence with trust, not just requests.

## Today's Scripture

“But when you pray, go away by yourself, shut the door behind you, and pray to your Father in private. Then your Father, who sees everything, will reward you. When you pray, don't babble on and on as the Gentiles do. They think their prayers are answered merely by repeating their words again and again. Don't be like them, for your Father knows exactly what you need even before you ask Him!”

—Matthew 6:6-8 (NLT)

Therefore, since we have a great high priest who has ascended into heaven, Jesus the Son of God, let us hold firmly to the faith we profess. For we do not have a high priest who is unable to empathize with our weaknesses, but we have one who has been tempted in every way, just as we are—yet He did not sin. Let us then approach God's throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need.

— Hebrews 4:14-16 (NIV)

## Reflect on the Word

In Matthew 6, we find Jesus at the center of His Sermon on the Mount, leading His disciples into a new and radical way of living out their faith. As He approaches the subject of prayer, He instructs them to “shut the door” and “enter into.” For the disciples, this meant shutting the door to prayer motivated by performance, measured by eloquence and validated by the admiration of others.

Some of these things may be true for us, as well. Or perhaps, for us, it means closing the door to prayer motivated by fear, shame or obligation.

Next, Jesus instructs His disciples to “enter into” a private room. It's in the private room we are invited into true communion with the One who already sees and knows everything. We find this place is occupied by a throne of grace. We are in the presence of Jesus, our great high priest, who is sympathetic to our weakness, merciful, full of wisdom and willing to give us everything we need.

Companionship with our Savior fuels a boldness of faith that comes from having met mercy and grace face to face. In the private room, we leave behind the things that hinder us from fully

experiencing His love and embrace the path of service set before us. As we enter into the fullness of His joy, He readies us to participate in the miraculous plans for a world in need of redemption.

### Prayer + Contemplation

- 01 ——— Take a moment to decide what attitudes or hindrances you want to surrender as you step into communion with the Lord.
- 02 ——— Pray that the Lord will use your 21 days of prayer and fasting to bring refreshment and freedom as you enter into His presence.
- 03 ——— Pray that your deepened companionship with Jesus will create a boldness of faith as you pray for the fulfillment of God’s purposes in others.

### Notes + Reflection

---

---

---

---

---

---

---

---

---

---

# FAITH THAT FINDS GOD IN THE ASKING

Pursuing God's presence starts with believing He hears. Prayer isn't a transaction; it's a relationship where God meets us in our believing.

## Today's Scripture

I sought the Lord, and He answered me; He delivered me from all my fears. Those who look to Him are radiant; their faces are never covered with shame. This poor man called, and the Lord heard him; He saved him out of all his troubles. The angel of the Lord encamps around those who fear Him, and He delivers them. Taste and see that the Lord is good; blessed is the one who takes refuge in Him. Fear the Lord, you His holy people, for those who fear Him lack nothing. The lions may grow weak and hungry, but those who seek the Lord lack no good thing.

—Psalm 34:4-10 (NIV)

## Additional Scripture

—Matthew 7:7-11

## Reflect on the Word

As we grow in our trust of the Father's unfathomable goodness, our prayers become rooted in faith instead of fear.

In Psalm 34, David paints a picture of faith anchored to a steadfast belief in God's goodness, even in dire circumstances. Today, let's start by seeking God in the same way.

Remind yourself of His past mercy, supreme power and constant care. Know Him and be known by Him. Our prayer is born in faith because we see the greatness of the One we pray to.

Psalm 34 shapes a powerful vantage point to offer our prayers. This view magnifies the Lord's goodness and delivers us from the fear that our prayers won't be answered (v. 4). We see in ourselves a reflection of His glory, freed from shame (v. 5). We are humbled by the revelation that while we can offer nothing, He provides everything (v. 6). Though we may see oppression on every front, we witness the resources of His miraculous protection (v. 7). He feeds us His goodness again and again as we trust in Him (v. 8). When we truly know God, we know His greatness. He is enough (v. 9). We can lay down the impulse to scratch out our own fulfillment because He provides all our needs (v. 10).

Our choice to daily immerse ourselves in the belief that we are the children of a loving Father ignites our faith and empowers our prayers. It enables us to go the distance, even on long treks requiring patience, wisdom and stamina.

He has not failed us. He will not fail us. He is with us.

### Prayer + Contemplation

- 01 ——— Re-read Psalm 34:4-10. Reflect on how this Psalm reframes the current challenges you are facing.
- 02 ——— Ask the Father to remove any fear or anxiety at the root of your challenges and help you to see His goodness and provision in the midst of them.
- 03 ——— Pray for the people in your life who are surrounded by overwhelming obstacles, and ask boldly for the Lord to surround and deliver them.

### Notes + Reflection

---

---

---

---

---

---

---

---

---

---

# FAITH THAT SEEKS TO GROW

As we pursue God, He meets us in proportion to our faith. The more we lean in, the more of His presence and power we experience.

## Today's Scripture

As Jesus went on from there, two blind men followed Him, calling out, "Have mercy on us, Son of David!" When He had gone indoors, the blind men came to Him, and He asked them, "Do you believe that I am able to do this?" "Yes, Lord," they replied. Then He touched their eyes and said, "According to your faith let it be done to you"; and their sight was restored. Jesus warned them sternly, "See that no one knows about this." But they went out and spread the news about Him all over that region.

—Matthew 9:27-31 (NIV)

## Additional Scripture

—Mark 11:22-24

—Psalm 63:1-8

## Reflect on the Word

Matthew's account of Jesus' interaction with the blind men follows a series of encounters Jesus has with people in desperate circumstances. Matthew 9 opens with Jesus responding to the desperate measures of the friends of a paralytic man, followed by a man who asks Jesus to come with the sober words, "My daughter has just died, but come and lay your hands on her and she will live." Jesus "rose and followed him," only to be detained by a woman desperate enough to reach for the hem of his garment that she might be healed.

It is after these miraculous healings that we encounter the two blind men following Jesus—not just on the road, but into a house—crying out for mercy. Blindness in the Ancient Near East was one of the worst of conditions.

The blind would beg on the side of the road and sing for people passing by to take notice and have pity on them. It was a condition that came to be associated not just with misfortune, but with sin. In fact, healing of blindness is the only miracle Jesus performed that is not prefigured in the Old Testament. They were asking for the impossible.

When Jesus asks them if they believe, their response is emphatic: "Yes, Lord." Notice that though blind, these men were insightful—perceiving and believing that Jesus had the power to heal them.

Jesus responds by touching them and restoring their sight, proclaiming, “According to your faith let it be done to you.” Was there something about the desperation of their condition that informed their expectation?

Desperation—uncomfortable as it is—can be a seedbed for faith in our lives. The recognition of our own frailty and inadequacy provides us with the opportunity to look toward Jesus with rightly placed expectation, placing all our trust in Him.

### Prayer + Contemplation

- 01 ——— How has God used your desperation to draw you closer to Him in the past? Is there any current area of desperation in your life that He might be using to draw you to Him in this season?
  
- 02 ——— Pray that God would make your heart desperate for Him alone. Offer any other current unmet longings to Him and ask Him to use those longings to draw you closer to His heart.
  
- 03 ——— Pray for those in your life or in the world who are desperate for something. Pray that God would reveal Himself to them in the midst of their desperation.

### Notes + Reflection

---

---

---

---

---

---

---

---

---

---

# FAITH THAT TRUSTS GOD'S HEALING PRESENCE

Healing flows from God's presence. When we pray in faith, we invite not just answers but the nearness of the healer Himself.

## Today's Scripture

How blessed is God! And what a blessing He is! He's the Father of our Master, Jesus Christ, and takes us to the high places of blessing in Him. Long before He laid down earth's foundations, He had us in mind, had settled on us as the focus of His love, to be made whole and holy by His love. Long, long ago He decided to adopt us into His family through Jesus Christ. (What pleasure He took in planning this!) He wanted us to enter into the celebration of His lavish gift-giving by the hand of His beloved Son.

—Ephesians 1:3-6 (MSG)

## Additional Scriptures

—Psalm 23

—Psalm 103:1-5

—Psalm 147:1-6

## Reflect on the Word

All of us are in need of healing. We were made by a good God for a perfect world. Because of the presence of sin in this world, we instead find ourselves in a broken and warped world that is constantly trying to break and warp us. We all bear the scars of sin, brokenness, decay and death in our bodies, minds and souls.

But God loves us too much to leave us in this broken state. Ephesians 1:3-6 tells us that because of God's love, He is working to make us "whole and holy by His love." He was willing to give His own son for our healing and restoration. Because of this great love, we have faith that when we are in the presence of God, He is working for our healing and restoration.

Everything we ache for finds fulfillment in Jesus. He is our healer—the one who sees our pain and cares for us. There is no place we can find healing and hope apart from Him.

God's healing is comprehensive: body, mind and spirit. We're given a glimpse of this reality on Earth and anticipate the full experience when we see Him face to face.

There is no malady of body or soul that He will not tend to, though some healing will not happen this side of heaven. In faith, we believe that simply being in His presence restores us. Whatever healing that we need, we can rest assured that now partially, and one day fully, God will “satisfy our desires with good things” when we are in His presence.

### Prayer + Contemplation

- 01 ——— Re-read today’s Scripture passages. Reflect on where in your life you currently need physical or spiritual healing. Bring these places to God and rest in His presence, believing in faith that He will heal them, either on this side of heaven or when we stand in His presence.
  
- 02 ——— Humbly and faithfully ask the Holy Spirit to heal the broken places in your body, mind and spirit. Use any words or phrases that stood out to you from today’s Scripture passages to pray God’s promises back to Him.
  
- 03 ——— Who in your life needs physical, mental or spiritual healing? Take a moment to pray for the needs that the Holy Spirit brings to you. Pray the promises of God on behalf of those individuals.

### Notes + Reflection

---

---

---

---

---

---

---

---

---

---

# FAITH THAT FINDS REFUGE IN GOD

As people of faith, we build lives that host God's presence—for ourselves and for others. Faith makes space for God to dwell among us.

## Today's Scripture

Those who live in the shelter of the Most High will find rest in the shadow of the Almighty. This I declare about the Lord: He alone is my refuge, my place of safety; He is my God, and I trust Him. For He will rescue you from every trap and protect you from deadly disease. He will cover you with His feathers. He will shelter you with His wings. His faithful promises are your armor and protection.

—Psalm 91:1-4 (NLT)

I pray that from His glorious, unlimited resources He will empower you with inner strength through His Spirit. Then Christ will make His home in your hearts as you trust in Him. Your roots will grow down into God's love and keep you strong. And may you have the power to understand, as all God's people should, how wide, how long, how high, and how deep His love is. May you experience the love of Christ, though it is too great to understand fully. Then you will be made complete with all the fullness of life and power that comes from God.

—Ephesians 3:16-19 (NLT)

## Reflect on the Word

The imagery found in Psalm 91 captures the nearness and intimacy of God's protection. We're given a picture of an eagle protecting her young underneath her wings. Those who commune with God and put their trust in Him know the comfort and security of living under the protection of the One who is all-mighty.

By faith we're drawn into His shelter. The storm may still be pelting down around us, but we're promised the shelter of His wings.

We can find refuge in God no matter our circumstances because we are confident that God loves us, will be with us in every storm, and will (in His own good time) work all things for our good.

This refuge isn't something we have to go out and find, either. In Ephesians, Paul revels in the wonder that in Jesus, we not only dwell in God's presence, but His very presence makes a home within us, transforming us by the power of His Spirit and empowering us to display His presence to others. God's love creates a refuge within our very souls that can never be taken away from us.

Our faith hosts the very presence of God in a way that others can see, feel and be drawn to. May we always find refuge in God as we become a place where others can encounter the God who loves us.

### Prayer + Contemplation

- 01 ——— Read through Psalm 91:1-4. Reflect on what it means for God to be your refuge. Remember how He has been a refuge in the past. Ponder how He is acting as your refuge in this season.
  
- 02 ——— Using Ephesians 3:16-19 as a guide, ask Christ to make His home in your heart, for the inner strength the Holy Spirit provides, and for you to fully experience the love that God has for you.
  
- 03 ——— Who in your life needs to experience God’s love and refuge? Bring those people before the Lord and pray these promises of God over them.

### Notes + Reflection

---

---

---

---

---

---

---

---

---

---

---

# FAITH THAT WELCOMES THE VICTORIOUS KING

Pursuing God's presence is how we overcome. His nearness is our victory—our faith brings heaven's power into Earth's battles.

## Today's Scripture

For everyone born of God overcomes the world. This is the victory that has overcome the world, even our faith. Who is it that overcomes the world? Only the one who believes that Jesus is the Son of God... This is the confidence we have in approaching God: 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 what we asked of Him.”

—1 John 5:4-5; 14-15 (NIV)

For though we live in the world, we do not wage war as the world does. The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.

—2 Corinthians 10:3-5 (NIV)

## Reflect on the Word

John and Paul, the authors of these verses, were no strangers to suffering. Paul's afflictions are portrayed in 2 Corinthians 11, and John refers to himself as a companion in the tribulation endured by the people of God in Revelation 1. What sustained them? How did they persevere in such adversity? How could Paul, with unwavering conviction, write, “We are more than conquerors” (Romans 8:37)?

They were not men of influence, wealth or military might. They were, in every sense, ordinary people. And yet, they possessed one extraordinary treasure—faith in Jesus Christ.

John and Paul, despite their sufferings, knew that they were victors, whether it appeared that way or not. They both had faith and confidence in God. They knew, without a doubt, that Jesus will one day be victorious. They knew that we serve a God who uses even the schemes of the enemy for His good and His glory. He wins.

John writes that we too will overcome the world, not by our own power, but because of our faith in Jesus. As we welcome Jesus as Lord of our lives, we become soldiers with Him, going to battle against the powers of darkness in this world.

But unlike worldly soldiers, we know that the victory has already been won. The more time we spend in the presence of our victorious King, Jesus, the more His victory will spread in our hearts, lives and the world around us.

### Prayer + Contemplation

- 01 ——— What does it mean to you that Christ is a victorious king? How might remembering this truth impact how you see your day-to-day life and struggles?
  
- 02 ——— Ask the Holy Spirit to reveal any strongholds of the enemy in your life. Then pray God’s victory over these areas, knowing that He hears you and that He will be victorious.
  
- 03 ——— Pray for those in spiritual battles who are held in strongholds by the enemy. Pray that they may encounter the victorious presence of God, and stand firm in His power and peace.

### Notes + Reflection

---

---

---

---

---

---

---

---

---

---

---

# FAITH THAT WON'T GIVE UP

What happens when we don't receive an immediate confirmation from God? Pursuing God's presence means staying faithful in prayer. Even when answers are delayed, we remain at His feet.

## Today's Scripture

And He told them a parable to the effect that they ought always to pray and not lose heart. He said, "In a certain city there was a judge who neither feared God nor respected man. And there was a widow in that city who kept coming to him and saying, 'Give me justice against my adversary.' For a while he refused, but afterward he said to himself, 'Though I neither fear God nor respect man, yet because this widow keeps bothering me, I will give her justice, so that she will not beat me down by her continual coming.'" And the Lord said, "Hear what the unrighteous judge says. And will not God give justice to His elect, who cry to Him day and night? Will He delay long over them? I tell you, He will give justice to them speedily. Nevertheless, when the Son of Man comes, will He find faith on earth?"

—Luke 18:1-8 (ESV)

## Additional Scripture

—Romans 5:1-5

—Isaiah 40:28-31

—2 Peter 3:8-9

## Reflect on the Word

Faith is the gateway to our salvation. It is by faith that we are justified and declared righteous before God.

Yet the work of faith does not end at the moment of salvation—it is also the sustaining force of a victorious Christian life. The same faith that opens the door to eternal life grants us peace with God, access to His grace and the strength to stand firm. It anchors our hope in the glory of God—a hope that is not fragile or uncertain, but sure and steadfast. As Paul writes in Romans 5, this hope does not put us to shame, because it is rooted in a love poured into our hearts by the Holy Spirit.

Like the persistent widow who came again and again to the unjust judge in Luke 18, faith compels us to persevere without shame, fully convinced that we will receive what God has promised. It is a faith that endures, that believes and that keeps coming.

We cannot afford to lose this kind of faith—nor allow it to grow weak. Jesus’ words to Peter in Luke 22:31-32 are sobering: “Satan has asked to sift you as wheat, but I have prayed for you, that your faith may not fail.” Even in the fiercest trials, what matters most is not our strength, but our faith. Even today, Christ intercedes for us—so that our faith, though tested, may prove genuine and victorious until the very end.

### Prayer + Contemplation

- 01 ——— Remember and reflect on prayers that God has answered in your own life. How has your persistent prayer been answered in the past? How has God shown himself faithful?
  
- 02 ——— Is there a prayer you’ve prayed that feels ignored by God? Bring that prayer once again before God. Ask Him to give you perseverance like the persistent widow in Luke 18.
  
- 03 ——— Is there someone in your life who you know is struggling with an unanswered prayer? Bring that person before God and pray that God would help them not to give up in their asking. Pray that God would show them that they are heard, and that He would act on their behalf.

### Notes + Reflection

---

---

---

---

---

---

---

---

---

---

# PASSING THE FLAME

Days 08-14

The more our faith and relationship with God grows through prayer, the more we see the world the way He does. Faith leads us to share God's love and grace with those around us.

Over the next week of intentional prayer, we will discover how God might be using us to pass the flame, enabling every generation to complete their God-given call and mission.

# FAITH THAT STRENGTHENS OTHERS

Jesus intercedes for us, and we're called to do the same. Real faith is shared—it strengthens others. Prayer is both personal and communal.

## Today's Scripture

And so, dear brothers and sisters, we can boldly enter heaven's Most Holy Place because of the blood of Jesus. By His death, Jesus opened a new and life-giving way through the curtain into the Most Holy Place. And since we have a great High Priest who rules over God's house, let us go right into the presence of God with sincere hearts fully trusting Him. For our guilty consciences have been sprinkled with Christ's blood to make us clean, and our bodies have been washed with pure water. Let us hold tightly without wavering to the hope we affirm, for God can be trusted to keep His promise. Let us think of ways to motivate one another to acts of love and good works. And let us not neglect our meeting together, as some people do, but encourage one another, especially now that the day of His return is drawing near.

—Hebrews 10:19-25 (NLT)

## Additional Scripture

—John 17:20-23

—Luke 22:24-32

—Matthew 18:19-20

## Reflect on the Word

Jesus made the way for us to be adopted as sons and daughters of God. His sacrifice continues to allow us to rest boldly and unashamedly in the presence of the Father. When we are secure in God's love through spending time in His presence, we are able to lift our eyes from our own cares, worries and problems and pass the flame of the love of God to those around us.

Then, we are not just equipped, but are also commissioned to turn outward, away from our own self-preoccupation, to look for opportunities to encourage one another on toward love and good works.

Having been released from a life of competition and comparison, we are free in Christ to live a life marked by service to the people around us. Humility—birthed from the security of identity—makes way for the unity Jesus prayed for.

Our confidence in our Great High Priest interceding for us enables us to stand with those around us with faith and love. It produces the ability to pray prayers for the victory of others when there appears to be little advantage to us.

It is this others-focused way of living that allows us to impart the fruit of our faith and assurance, the same way Jesus has imparted His glory to us. We are called to give up our lives for our brothers and sisters in Christ in the same way that Jesus did. We are to seek the betterment of others over ourselves. Only then can we truly be one (John 17:22).

### Prayer + Contemplation

- 01 ——— Read Luke 22:24-32. Ask the Holy Spirit to highlight any area of your life where you are competing for greatness in the kingdom rather than abiding in your identity as a servant in the kingdom of God.
  
- 02 ——— Pray with repentance over any lack of unity in your life that is the result of a lack of humility. Ask the Holy Spirit to embolden you to seek restoration in any relationship that has been broken by pride.
  
- 03 ——— Prayerfully ask the Holy Spirit to highlight someone in your life today whom you can spur on to good works. Take some time to intercede for them in the same way Christ has committed to intercede for you.

### Notes + Reflection

---

---

---

---

---

---

---

---

# FAITH THAT EXPRESSES ITSELF THROUGH LOVE

Love is the visible fruit of invisible faith. Passing on our faith means letting it shape our relationships and actions in tangible, loving ways.

## Today's Scripture

You who are trying to be justified by the law have been alienated from Christ; you have fallen away from grace. For through the Spirit we eagerly await by faith the righteousness for which we hope. For in Christ Jesus neither circumcision nor uncircumcision has any value. The only thing that counts is faith expressing itself through love... You, my brothers and sisters, were called to be free. But do not use your freedom to indulge the flesh; rather, serve one another humbly in love. For the entire law is fulfilled in keeping this one command: "Love your neighbor as yourself." If you bite and devour each other, watch out or you will be destroyed by each other.

—Galatians 5:4-6; 13-15 (NIV)

## Additional Scripture

—1 Corinthians 13:1-10

## Reflect on the Word

What if the measure of success when it comes to our spirituality isn't what we think? What if Jesus is less concerned with our full sanctuaries, weekly religious practices, eloquent sermons and the songs we sing in worship? What if He is more concerned with our ability to love the people He has called us to serve?

In Galatians 5, Paul tears down an argument about the legalities of religious practice and replaces it with a charge to humbly serve—motivated by love. In 1 Corinthians 13, Paul holds up love as the standard of substance. If one possesses great speech, the ability to preach the Word with power, great faith or even the ability to sacrifice all for the sake of the gospel, but is not motivated by love, he has nothing to show for all his toil.

Why is love so important to the life of the believer? Perhaps we catch a glimpse of the answer in 1 Corinthians 13:8-10. While gifts such as prophecy, tongues and knowledge are for our edification and benefit in our time here on Earth, they will cease in the completion of all things in eternity.

But love? Love lasts beyond our temporary assignment into the fullness of the kingdom of heaven. After all, it was love that purchased our place in that kingdom and that compels us to invite others into the family of God.

“But because of his great love for us, God, who is rich in mercy, made us alive with Christ even when we were dead in transgressions—it is by grace you have been saved”  
(Ephesians 2:4-5, NIV).

### Prayer + Contemplation

- 01 ——— Reflect on the early moments of your life in Christ when you were glimpsing for the very first time the love that Christ had poured out on you. Ask the Holy Spirit to stir up that same love in your heart for the people around you.
  
- 02 ——— Thank God for His love for you, poured out without measure, and take a moment to repent for the times you have withheld that great love from those around you who feel hard to love.
  
- 03 ——— Ask the Holy Spirit to search your heart and to produce the fruit that is in alignment with 1 Corinthians 13:4-7 as you submit to His instruction and counsel in your life.

### Notes + Reflection

---

---

---

---

---

---

---

---

---

---

# FAITH THAT MOVES TO ACTION

Living faith is active. It doesn't just believe—it responds. Passing on faith requires visible obedience that others can see and follow.

## Today's Scripture

What good is it, my brothers and sisters, if someone claims to have faith but has no deeds? Can such faith save them? Suppose a brother or a sister is without clothes and daily food. If one of you says to them, "Go in peace; keep warm and well fed," but does nothing about their physical needs, what good is it? In the same way, faith by itself, if it is not accompanied by action, is dead."

—James 2:14-17 (NIV)

This is how we know what love is: Jesus Christ laid down His life for us. And we ought to lay down our lives for our brothers and sisters. If anyone has material possessions and sees a brother or sister in need but has no pity on them, how can the love of God be in that person? Dear children, let us not love with words or speech but with actions and in truth.

—1 John 3:16-18 (NIV)

## Reflect on the Word

Upon reading James 2:14-17, the question that comes to mind is this: "What about our religion allows us to feel satisfied by our words without our works?" The question has to be asked using the word "religion," because we surely could not insert the word "discipleship" here. While there may be religion that relies heavily on feel-good phrasing and ignores the day-to-day living in the way of Jesus, there is certainly no discipleship without action.

Jesus said in John 10:10: "But I have come that they may have life and have it abundantly." Aren't we grateful that His promise of abundant life didn't end with His words in John 10, but was backed up by the act of his death and resurrection? In John 13, Jesus finishes washing His disciples' feet and then says: "I have set you an example that you should do as I have done for you. Very truly I tell you, no servant is greater than his master, nor is a messenger greater than the one who sent him. Now that you know these things, you will be blessed if you do them." So, if true discipleship is the imitation of the way of Jesus, and the way of Jesus is that the Word himself puts on flesh and bone (John 1:14) and comes to serve and give His life as a ransom for many (Matthew 20:28), let us too put substance to the things we speak. Let us put bone and flesh to the call of 1 John 3, to love with our actions and in truth—that our words would reflect the reality of our transformation in Christ.



# FAITH THAT FULFILLS ITS GOD-GIVEN PURPOSE

Faith is a gift, but it also calls us to a mission. One of the best ways to pass on faith is to walk in the good works God designed for us.

## Today's Scripture

For by the grace given me I say to every one of you: Do not think of yourself more highly than you ought, but rather think of yourself with sober judgment, in accordance with the faith God has distributed to each of you. For just as each of us has one body with many members, and these members do not all have the same function, so in Christ we, though many, form one body, and each member belongs to all the others. We have different gifts, according to the grace given to each of us. If your gift is prophesying, then prophesy in accordance with your faith; if it is serving, then serve; if it is teaching, then teach; if it is to encourage, then give encouragement; if it is giving, then give generously; if it is to lead, do it diligently; if it is to show mercy, do it cheerfully.

—Romans 12:3-8 (NIV)

## Additional Scripture

—2 Timothy 1:6-10

—Psalm 139:13-16

—Ephesians 2:4-10

## Reflect on the Word

A spark has two possible ends—to suddenly make itself known in a burst of light and then diminish completely, or to meet with something flammable and be ignited into something much greater than itself.

As children of God and recipients of the Holy Spirit, we all have two similar paths to choose from. When the Holy Spirit places a spark on the inside of us in the form of a gifting paired with a kingdom purpose, we will either light up at the initial excitement of all the possibilities and then fizzle out as we fail to make contact with anything outside of ourselves, or we will be people who recognize that the purpose of our giftings and our passions is to light up the world around us, and we will touch our flame to anything that might catch fire.

In 2 Timothy 1:6-10, Paul urges Timothy to “fan into flame the gift of God,” not being timid or ashamed of the message of Christ, but demonstrating a life of power, love and soundness of mind to the people around him.

In Romans 12, Paul makes it sound so simple when he boils it down to this: “Do you have the gift of prophecy? Prophecy! Are you able to serve? Serve! Is your gifting the ability to teach or encourage or give? Teach! Encourage! Give!”

Whatever we have, let’s pour it out without reservation on the world around us. As we do, we will find that our giftings never fizzle out, and our spark is never diminished, but rather that we are burning stronger and brighter than we ever could have on our own.

### Prayer + Contemplation

- 01 ——— Reflect on the giftings that God has given you and how they align with the purpose that He has placed on your life.
- 02 ——— Ask the Holy Spirit to highlight any of your giftings that you have been holding onto for yourself out of timidity or an inclination toward self-preservation.
- 03 ——— Commit your giftings and your passions to the Lord. Offer yourself to Him again as a living sacrifice, ready to pour yourself out for the sake of the world around you.

### Notes + Reflection

---

---

---

---

---

---

---

---

---

---

# FAITH THAT LEAVES A LEGACY

Faith, hope and love leave a lasting legacy. Passing on faith means modeling a life where love and hope make faith real and lasting.

## Today's Scripture

You then, my son, be strong in the grace that is in Christ Jesus. And the things you have heard me say in the presence of many witnesses entrust to reliable people who will also be qualified to teach others. Join with me in suffering, like a good soldier of Christ Jesus. No one serving as a soldier gets entangled in civilian affairs, but rather tries to please his commanding officer. Similarly, anyone who competes as an athlete does not receive the victor's crown except by competing according to the rules. The hardworking farmer should be the first to receive a share of the crops. Reflect on what I am saying, for the Lord will give you insight into all this.  
—2 Timothy 2:1-7 (NIV)

## Additional Scripture

—1 Corinthians 13:8-13  
—2 Timothy 3:10-17

## Reflect on the Word

In 2 Timothy 2:1-7, Paul commissions Timothy for the ministry ahead of him. He calls Timothy his son, implying that his legacy of a life sold out to the gospel would be passed to his son in the faith. Paul gives Timothy two imperatives followed by three paradigms for the life of a minister on mission—that is, anyone who is called by God to share the Good News.

The first imperative is that Timothy must impart to others the truths he has learned—teaching those who might themselves teach, that the kingdom of God may multiply. The second imperative is that Timothy must embrace the suffering that comes with a life on mission, joining in the challenges that are part and parcel of being a sold-out believer, counting the cost of effective ministry.

The three paradigms that follow give Timothy (and us) a framework for a life that strives for one reward, to hear “well done.” The paradigms are as follows:

1. The life of the minister is the life of a soldier—selling out to the mission of Jesus, so we remain undistracted by the things of this world.

2. The life of the minister is the life of an athlete—dedicated to our craft as is made apparent in our discipline, lifestyle and training.
3. The life of the minister is the life of a farmer—both hands on the plow, never forgetting that there is a harvest to be had if we don't stop tending the field.

### Prayer + Contemplation

- 01 ——— In 2 Timothy 2:7, Paul encourages Timothy to reflect on his words so that he may understand what Paul is commissioning him to do. Reflect on what it means in your own life to be a teacher of the Word, a soldier for the kingdom and a worker of the harvest.
- 02 ——— Ask the Holy Spirit to highlight specific people in your life to whom you can impart what has been imparted to you about the kingdom of heaven.
- 03 ——— Ask the Holy Spirit to renew your missional focus, that you may be like a soldier—undistracted by the things of the world and fully submitted to the mission of Jesus.

### Notes + Reflection

---

---

---

---

---

---

---

---

---

---

---

# FAITH THAT ACTS AS A SHIELD AND BANNER

Faith defends us—but it also inspires courage in others. When we carry our shield, we strengthen the faith of those beside us in the battle.

## Today's Scripture

Finally, be strong in the Lord and in the strength of His might. Put on the whole armor of God, that you may be able to stand against the schemes of the devil. 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. Therefore take up the whole armor of God, that you may be able to withstand in the evil day, and having done all, to stand firm. Stand therefore, having fastened on the belt of truth, and having put on the breastplate of righteousness, and, as shoes for your feet, having put on the readiness given by the gospel of peace. In all circumstances take up the shield of faith, with which you can extinguish all the flaming darts of the evil one; and take the helmet of salvation, and the sword of the Spirit, which is the word of God.

—Ephesians 6:10-17 (ESV)

## Additional Scripture

—Psalm 28:6-9

## Reflect on the Word

Passing the flame requires more than words—it demands a faith that is visible, firm and active. Faith is not only a personal refuge; it is also a legacy that strengthens and encourages those who come after us.

Paul exhorts us to “take up the shield of faith” as an essential part of God’s armor. This shield not only protects us but extinguishes the flaming arrows of the enemy: fear, doubt, deception and despair.

Faith is not lived in isolation. Like soldiers advancing with aligned shields, our faith strengthens others when we stand firm together. A raised shield becomes a banner that inspires those who watch.

David proclaimed, “The Lord is my strength and my shield ... the strength of His people” (Psalm 28:7-8, NIV). David’s trust in God was not merely personal—it was a collective declaration that sustained an entire people.

When we walk in faith amid adversity, we raise a lit torch that lights the path for others. Our faithfulness becomes a living sign that God is trustworthy, and our perseverance encourages others to stand firm.

May our faith not only defend us, but burn brightly—like a flame others can see, follow and ignite in their own lives. May we faithfully pass that flame on to future generations.

### Prayer + Contemplation

- 01 ——— Spend a moment pondering how faith has acted as a shield in your life. Think through how the faith of others has acted as a banner, drawing you to deeper faith.
  
- 02 ——— Read through Ephesians 6:10-17 again. Ask God to help you put on each of the pieces of the armor of God, so that you will be equipped to fight against the schemes of the enemy.
  
- 03 ——— Pray for other Christians whom you know and for your church, that their faith would act as a shield for them and a banner for the world.

### Notes + Reflection

---

---

---

---

---

---

---

---

---

---

# FAITH THAT INSPIRES

Faith isn't just what we believe—it's how we live. When we live by faith, we give others a model and invitation to follow.

## Today's Scripture

Keep on loving one another as brothers and sisters. Do not forget to show hospitality to strangers, for by so doing some people have shown hospitality to angels without knowing it. Continue to remember those in prison as if you were together with them in prison, and those who are mistreated as if you yourselves were suffering. Marriage should be honored by all, and the marriage bed kept pure, for God will judge the adulterer and all the sexually immoral. Keep your lives free from the love of money and be content with what you have, because God has said, "Never will I leave you; never will I forsake you." So we say with confidence, "The Lord is my helper; I will not be afraid. What can mere mortals do to me?" Remember your leaders, who spoke the word of God to you. Consider the outcome of their way of life and imitate their faith. Jesus Christ is the same yesterday and today and forever.

—Hebrews 13:1-8 (NIV)

## Additional Scripture

—1 Timothy 4:8-12

—Romans 1:16-17

—2 Timothy 1:3-8

## Reflect on the Word

People will remember more of what you do than what you say. When we think about passing the flame of faith to others, what we say doesn't matter nearly as much as who we are. Who we are is determined by the thousands of little actions we take each day that make up our character.

Hebrews 13:1-8 confirms that an inspiring faith is made visible through concrete actions: hospitality, compassion, integrity, marital faithfulness, generosity and unwavering trust in God. Hebrews says that a leader's life and their outcome should be so attractive and appealing that others will want to imitate it. Whether a leader or not, a consistent, loving and persevering life of faith has multiplying power because it is attractive. This kind of practical faith becomes a guide for those around us—especially for the next generation.

Paul says to Timothy, "Set an example for the believers in speech, in conduct, in love, in faith and in purity" (Tim 4:12b). A life like this doesn't need to force influence—it attracts, shapes and transforms.

We live in a world searching for trustworthy role models. Faith lived authentically is a light others can follow. This faith is not based on fleeting emotions but on the unchanging character of Christ: “Jesus Christ is the same yesterday and today and forever” (Heb. 13:8). Passing the flame is more than delegating responsibility—it is igniting hearts with the faith that sustains us. May our lives reflect a living, inspiring and contagious faith.

### Prayer + Contemplation

- 01 ——— Reflect on how your lifestyle communicates your faith to those who observe you, especially to the next generation and unbelievers.
- 02 ——— Pray for wisdom and consistency to live a life of faith that is an example and a testimony. Pray that God would reveal to you any areas of your life that might need to change.
- 03 ——— Pray for the young people and new disciples in your community, that they may be strengthened by witnessing authentic faith lived out before them. Pray that your church community will be a good witness of faith to the next generation and to those who don't yet believe.

### Notes + Reflection

---

---

---

---

---

---

---

---

---

---

# POSSESSING THE LAND

Days 15-21

We have faith that God is the One who will be victorious.

This week, let's contend together in prayer that He would boldly move into the enemy's territory as we seek to expand His kingdom.

# FAITH THAT IS SURE OF THE FUTURE

Faith-filled prayer reaches into the future and pulls God's promises into the present. Bold belief today can shape tomorrow—for us and for others.

## Today's Scripture

After the death of Moses the servant of the Lord, the Lord said to Joshua son of Nun, Moses' aide: "Moses My servant is dead. Now then, you and all these people, get ready to cross the Jordan River into the land I am about to give to them—to the Israelites. I will give you every place where you set your foot, as I promised Moses. Your territory will extend from the desert to Lebanon, and from the great river, the Euphrates—all the Hittite country—to the Mediterranean Sea in the west. No one will be able to stand against you all the days of your life. As I was with Moses, so I will be with you; I will never leave you nor forsake you. Be strong and courageous, because you will lead these people to inherit the land I swore to their ancestors to give them.

"Be strong and very courageous. Be careful to obey all the law my servant Moses gave you; do not turn from it to the right or to the left, that you may be successful wherever you go. Keep this Book of the Law always on your lips; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful. Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go."

—Joshua 1:1-9 (NIV)

## Additional Scripture

—Romans 8:22-25

—Revelation 21:1-7

## Reflect on the Word

Israel experienced significant transition after the death of Moses. Most evident was the change of leadership. What was once entrusted to Moses was now given to Joshua.

It was a change of generations, a change of circumstances and a change in the journey God had initiated many years earlier. When you consider the amount of change that took place in a single moment, it's hard to see it as a simple continuation of the story.

Yet amid all that changed—and all the changes still ahead for Joshua—the most important thing remained the same: the faithfulness of God. The simple truth God speaks to Joshua—"As I was with Moses, so I will be with you"—is the revelation many of us desperately need as we

navigate an endlessly changing world. We are a people of faith for the future because our hope is in an unchanging God. Our confidence to lead into uncertain futures has nothing to do with the circumstances that are in front of us, but the faithfulness of the One who is the same yesterday, today and forever.

The God with Moses was the God with Joshua. And the God with Joshua is the same God that is with us now and into the future.

### Prayer + Contemplation

- 01 ——— Consider all your life transitions. Next, reflect on God’s faithfulness in each of those seasons.
  
- 02 ——— What fears do you hold about the future? Share those with God and invite the Holy Spirit to exchange those fears for His promises.
  
- 03 ——— Who in your life is facing transition or anxiety about the future? Pray the promises of God over their lives and decisions.

### Notes + Reflection

---

---

---

---

---

---

---

---

---

---

---

# FAITH THAT EMPOWERS OTHERS

Faith isn't just personal—it opens doors for others. When we pray with faith, we become agents of breakthrough in the lives of those we love and serve.

## Today's Scripture

We who are strong ought to bear with the failings of the weak and not to please ourselves. Each of us should please our neighbors for their good, to build them up. For even Christ did not please himself but, as it is written: “The insults of those who insult you have fallen on me.” For everything that was written in the past was written to teach us, so that through the endurance taught in the Scriptures and the encouragement they provide we might have hope.

May the God who gives endurance and encouragement give you the same attitude of mind toward each other that Christ Jesus had, so that with one mind and one voice you may glorify the God and Father of our Lord Jesus Christ. Accept one another, then, just as Christ accepted you, in order to bring praise to God.

—Romans 15:1-7 (NIV)

## Additional Scripture

—Mark 2:1-5

## Reflect on the Word

The beauty of the countercultural faith we ascribe to is revealed in how radically focused it is on the good of others in the midst of a culture obsessed with the good of self. Everywhere you look in the life of Jesus and His first church, you see something we easily forget: Faith is built to have communal power. We were never meant to possess the land, to take ground for God's kingdom, on our own. We were meant to do it together.

What does this look like? Romans 15:1-7 says it means always contending for others, bearing with their weaknesses and working to strengthen them however we can. For the friends of the paralytic man in Mark 2:1-5, faith in the healing power of Jesus meant creating a door for someone even when there seemed to be no room. It means being willing to make decisions that are not for our own benefit, but for the good of others and for the good of God's kingdom. As we follow Jesus in a culture of self, we contend by faith for the transformation of others.

As we do, our faith will open doors of breakthrough and transformation for those who need it the most. This is not just transformation for transformation's sake. It is the way we take ground

in the battle against the enemy. It is only by being willing to empower others for God's work that, together, we can possess the land that God has given us to take.

### Prayer + Contemplation

- 01 ——— Reflect on how God has used the faith of others to empower you. Thank God for the ways He has used these individuals.
  
- 02 ——— Revisit the words of Romans 15:1-2 and invite the Holy Spirit to do a heart assessment. How might He be inviting you to bear with the weak and love your neighbor?
  
- 03 ——— Who are you empowering with your faith? Who has God placed in your life that you can bring to Jesus, like the friends of the paralytic man? Pray that God would give you wisdom, discernment and boldness as you seek to empower others in this season.

### Notes + Reflection

---

---

---

---

---

---

---

---

---

---

# FAITH THAT HAS AN IMPACT ON THE KINGDOM

Choosing to believe big is a way to bring God's power forward into our lives. This faith will ultimately have an eternal impact.

## Today's Scripture

They came back to Moses and Aaron and the whole Israelite community at Kadesh in the Desert of Paran. There they reported to them and to the whole assembly and showed them the fruit of the land. They gave Moses this account: "We went into the land to which you sent us, and it does flow with milk and honey! Here is its fruit. But the people who live there are powerful, and the cities are fortified and very large. We even saw descendants of Anak there. The Amalekites live in the Negev; the Hittites, Jebusites and Amorites live in the hill country; and the Canaanites live near the sea and along the Jordan." Then Caleb silenced the people before Moses and said, "We should go up and take possession of the land, for we can certainly do it."

—Numbers 13:26-30 (NIV)

## Additional Scripture

—John 14:10-14

—Matthew 17:14-20

## Reflect on the Word

The Israelites stand at the threshold of the Promised Land. God has delivered them in so many ways on their journey from Egypt. They send spies to scout out the land God has promised to them. It is everything God told them it would be.

But they think giants will keep them from possessing it. Caleb (and elsewhere we find out Joshua) is alone in being confident that God will do what He has promised.

How often are we like the Israelites? We easily forget the things that God has done in the past: in our own lives, throughout history and in the Bible.

But we serve a God who does miraculous things. We serve a God who is in total control of everything. There is no reason we should doubt God or think that any request is too big for Him. Jesus assures us in John 14 that if we offer our prayers in Jesus' name (if they align with God's will), it will be done. We, like Caleb, should confidently declare that God will do what He has promised.

It might not be done in the way or the time that we expect, but God's kingdom will come. His will will be done. We can ask big kingdom things in faith, and God will hear. God will act. No giant or scheme of the enemy will keep us from possessing the land God has given us.

### Prayer + Contemplation

- 01 ——— Reflect on John 14:10-14. How do these words of Jesus strengthen your faith or encourage you to pray boldly?
  
- 02 ——— If there are barriers in your heart to fully trusting that God hears your prayers and will act on your behalf, present these to God. Ask Him to grow your faith and trust in him.
  
- 03 ——— Think about your family, church, government and world. Is there a seemingly impossible prayer that comes to mind? Commit to presenting it to God regularly.

### Notes + Reflection

---

---

---

---

---

---

---

---

---

---

# FAITH THAT HEALS AND LIFTS

Faith in prayer brings healing and restoration—not just physically, but spiritually and emotionally. It's a gift we offer on behalf of others.

## Today's Scripture

Is anyone among you in trouble? Let them pray. Is anyone happy? Let them sing songs of praise. Is anyone among you sick? Let them call the elders of the church to pray over them and anoint them with oil in the name of the Lord. And the prayer offered in faith will make the sick person well; the Lord will raise them up. If they have sinned, they will be forgiven. Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective.

—James 5:13-16 (NIV)

## Additional Scripture

—Colossians 1:9-14

## Reflect on the Word

Our God is healer. Our God is the master reconciler. Our God is the lifter of the lowly and a Father to the fatherless.

As people of faith, we stand in the promises of the character of God, no matter what comes our way. James' words are the antidote for how we commonly lose our way. Faith is not hopeful idealism—it is a reality practiced in community with others.

When we are in trouble, we need to pray together. When we are happy, we need to celebrate together. When we are sick, we need to contend in prayer together. When we stumble in sin, we must confess and receive mercy together.

Our faith was always meant to move us toward God and community, and as we do, we will find the truth of who He is.

Praying for others is one way we can possess land once held by the enemy. Whether or not the people we pray for ever walk through the doors of our church, whether or not we ever know if they come to accept Jesus—when we pray for their healing and lift them up before the Father, we bring them out of the territory of the enemy and into God's territory. By offering hope and

healing to those who find themselves in dark places, we bring the light of Christ to them and banish the power of the enemy.

### Prayer + Contemplation

- 01 ——— Reflect on how God has healed you and lifted you up in the past. How might you share these stories with others to help them increase their faith?
- 02 ——— Pray that God would use you as an instrument of His healing as He sees fit. Ask Him to give you wisdom and discernment about how you can support God’s healing work in the world.
- 03 ——— Create a list of those in your life who need a breakthrough of healing—whether physical, relational or emotional. Intercede for them, and look for opportunities to talk with them about our God who heals and lifts.

### Notes + Reflection

---

---

---

---

---

---

---

---

---

---

# FAITH THAT OVERCOMES THE ENEMY

Faith is a force that pushes back darkness and brings hope. Our victories of faith become testimonies that encourage and lift others in their struggles.

## Today's Scripture

Praise be to the God and Father of our Lord Jesus Christ! In His great mercy He has given us new birth into a living hope through the resurrection of Jesus Christ from the dead, and into an inheritance that can never perish, spoil or fade. This inheritance is kept in heaven for you, who through faith are shielded by God's power until the coming of the salvation that is ready to be revealed in the last time. In all this you greatly rejoice, though now for a little while you may have had to suffer grief in all kinds of trials. These have come so that the proven genuineness of your faith—of greater worth than gold, which perishes even though refined by fire—may result in praise, glory and honor when Jesus Christ is revealed. Though you have not seen Him, you love Him; and even though you do not see Him now, you believe in Him and are filled with an inexpressible and glorious joy, for you are receiving the end result of your faith, the salvation of your souls.

—1 Peter 1:3-9 (NIV)

## Additional Scripture

—Revelation 12:10-12

## Reflect on the Word

Living as if we don't have a spiritual enemy is a common—but serious—mistake for believers. We buy into an under-spiritualized view of the world that robs us from a true understanding of the freedom God has promised.

When we don't know who our enemy is, we make enemies of the wrong things. Core to the gospel is an understanding that there is one who seeks to steal, kill and destroy. We need not fear the enemy—Jesus has full authority over him—but we must not live without contending against his schemes to destroy us.

We must also guard against the opposite mistake—giving the enemy more power than he has. As real as he is, his only power is deception. As we rightly anchor ourselves to Jesus, we find our true source of power and victory because the enemy has already been defeated.

Jesus commissioned His church with the promise that the gates of hell would not overcome it. How easy it is for our hearts to be drawn to the things of the world and the heaviness of darkness. But we are people of faith.

Even when the darkness seems all-consuming, may we be people who set our eyes on Jesus, the One who has conquered sin and death. This is a victorious faith that the enemy cannot stand against.

### Prayer + Contemplation

- 01 ——— Reflect on your own understanding of spiritual warfare. Have you overestimated, or underestimated, the influence of the enemy? Have you overestimated, or underestimated, the power of Jesus? Pray that God would give you a right understanding of the spiritual realm.
- 02 ——— Pray that God would use you as a spiritual force for good in your family, work, church and world.
- 03 ——— Pray for strength, courage and wisdom as you engage with the enemy. Intercede for those all over the world who need freedom and breakthrough, and who need the power that only Jesus can provide. If there are specific people, countries or people groups that come to mind, pray that God would deliver them from the lies of the enemy.

### Notes + Reflection

---

---

---

---

---

---

# FAITH THAT SUFFERS WELL

Those who choose to press forward to possess the land through faith may experience suffering and difficulty. The enemy does not want us to win, but God calls us to stay strong in the midst of adversity.

## Today's Scripture

If the world hates you, keep in mind that it hated Me first. If you belonged to the world, it would love you as its own. As it is, you do not belong to the world, but I have chosen you out of the world. That is why the world hates you. Remember what I told you: 'A servant is not greater than his master. 'If they persecuted Me, they will persecute you also. If they obeyed My teaching, they will obey yours also. They will treat you this way because of My name, for they do not know the One who sent Me. If I had not come and spoken to them, they would not be guilty of sin; but now they have no excuse for their sin. Whoever hates Me hates My Father as well.

—John 15:18-23 (NIV)

## Additional Scripture

—Psalm 126

## Reflect on the Word

Possessing the land by faith is not about escaping suffering but embracing God's call to walk in faithfulness in the suffering. Jesus was clear: "If the world hates you, remember that it hated Me first" (John 15:18).

We do not belong to this world. We are strangers and pilgrims on this earth, immigrants of the kingdom, sowers of hope in hard soil.

Suffering faith does not suffer alone. Paul said: "Who is weak, and I do not feel weak? Who is led into sin, and I do not inwardly burn?" (2 Cor. 11:29). This is a testimony of embodied compassion, aligned with the call of Christ: "Mourn with those who mourn" (Rom. 12:15). This is the law of Christ, fulfilled when "we carry each other's burdens" (Gal. 6:2).

Psalm 126 speaks of a community united in faith and declares that those who sow with tears will reap with shouts of joy. When we are oppressed, ignored, broken: Our sowing is not in vain. The One who sees in secret will reward in the open (Matt. 6:6).



# FAITH THAT ENDURES

Our faith-filled life today creates a legacy and blessing for others tomorrow. We can trust God that the faith-filled prayers and actions we plant will come to fruition, whether or not we get to see the harvest in our lifetimes.

## Today's Scripture

Now faith is confidence in what we hope for and assurance about what we do not see. This is what the ancients were commended for ... All these people were still living by faith when they died. They did not receive the things promised; they only saw them and welcomed them from a distance, admitting that they were foreigners and strangers on earth. People who say such things show that they are looking for a country of their own. If they had been thinking of the country they had left, they would have had opportunity to return. Instead, they were longing for a better country—a heavenly one. Therefore God is not ashamed to be called their God, for He has prepared a city for them.

—Hebrews 11:1-2; 13-16 (NIV)

## Additional Scripture

—Hebrews 12:1-3

—Lamentations 3:22-29

## Reflect on the Word

True faith is not defined by what it accomplishes today, but by its trust in what is yet to come. Hebrews 11 reminds us that many lived and died by faith without receiving the promises, because “they were longing for a better country—a heavenly one. Therefore, God is not ashamed to be called their God, for he has prepared a city for them” (Heb. 11:16, NIV). Today, the church is called to reflect that heavenly city—God’s community formed not by blood or culture, but by faith in Christ.

The cross shows us how to live: “For the joy set before Him, He endured the cross, scorning its shame” (Heb. 12:2, NIV). To follow Jesus is to die to earthly values and run with perseverance, fixing our eyes on what is eternal.

Faith moves us to reflect the character of God’s kingdom on earth. We are not alone. “We are surrounded by such a great cloud of witnesses” (Heb. 12:1, NIV). We endure because we believe, and we believe because—though from a distance—we see the city God has prepared.

Even as we conclude our 21 days of praying together, our faith continues to lay the path for those who will follow tomorrow. May we, like that great cloud of witnesses, be ever willing to press on in faith, no matter what may come.

### Prayer + Contemplation

- 01 ——— What promises are you still waiting to be fulfilled? Are you willing to trust God for His perfect timing, whether or not you get to see their fulfillment?
  
- 02 ——— Pray that God would give you perseverance to run the race He has prepared for you. Ask Him to help you to always keep your eyes fixed on Jesus.
  
- 03 ——— Commit to praying the words of Hebrews 12:1-3 over the church and over your own life as our 21 Days of Prayer + Fasting comes to an end. Pray that we may be people who reflect the heavenly city to a hurting world, come what may.

### Notes + Reflection

---

---

---

---

---

---

---

---

---

---

---

# KEEP PRAYING ALL YEAR LONG

Now that you are in the habit of reading Scripture and praying, find helpful resources to keep the momentum going!

Visit [Foursquare.Church/KeepPraying](https://Foursquare.Church/KeepPraying).







# A WORD OF THANKS

**Thank you for joining us for  
21 Days of Prayer + Fasting 2026.**

Our prayer is that God has used these 21 days to help you pray in faith in new ways. May He continue to inspire you to pursue His presence, pass on the flame of your faith and boldly possess the territory of the enemy for His kingdom in this new year.

We hope the last 21 days have been a blessing, and that your family will continue together in prayer and fellowship.

# 21 DAYS OF PRAYER + FASTING 2026 TEAM

A special thanks goes out to everyone who worked on and prayed over this book.

## **Editors**

Marcia Graham  
Bill Shepson  
Lindsay Willis

## **Content + Project Coordination**

Erin Edquist  
Jordan McKenna  
PJ Moon  
Ashleigh Rich

## **Spanish Translation + Coordination**

Diana Edwards  
Raul Irigoyen  
Rebekka Otremba  
Melisa Prieto

## **Photography, Design + Video**

Josh Hernandez  
PJ Moon  
Caique Morais  
William Evangelista

## **Website + Social Media**

Ben Gurrad  
Luke La Vine

**Thank you to our photo shoot participants**

Erick Edquist  
Ella Edquist  
Jude Edquist  
Diana Edwards  
Isabella Maciel  
Issac Marquez  
Rita McDonald  
Matthew Mendez  
Caique Morais

**Special thanks to our writers + contributors**

Peter Bonanno  
Addison Espeseth  
Alexis Glaze  
Silvina Kosacki  
Jenifer Manginelli  
Phil Manginelli  
Daniel Prieto, D.Min.  
Guillermo Puppo, Ph.D.  
Randy Remington  
Sandy Remington  
Ashleigh Rich  
Steve Schell, D.Min.  
Natalie Werking

*This book was shot on location in Los Angeles, and may be duplicated in its entirety for free distribution. Find more information and downloads at [FoursquarePrayer.org](http://FoursquarePrayer.org).*