

FEB 2 - DEVOTIONAL - "PRACTICALS FOR PRAYER & FASTING"

PRAYER

Prayer is about having honest, real, heart-engaged communication with our Heavenly Father. It's about an "exchange" that transfers something of ourselves to God and something of God to us! It is words and thoughts, but it is also intangibles, like faith, power, burden, conviction, insight, boldness, etc.!

Posturing ourselves in prayer for 21 Days is about pressing beyond the noise and the normal boundaries and barriers that our lives tend to create. It is a different posture than the prayer we pray before we eat, or the one we pray on our way to a job interview, or the one we pray while we're trying to fall asleep. It is more akin to words like "waiting on the Lord" or the woman who "pressed through the crowds to touch Jesus"!! ...We are after the exchange! We are like Jacob wrestling with the angel of the Lord, and we won't let go until He blesses us!

What kind of things/moments in our lives are good places/reasons for extended times of prayer & fasting?

- **Heightened times of spiritual opposition** ...the enemy of God's cause does not operate at the same level all the time and in every place. There are times when he is exerting greater force and greater darkness and our prayers are moving the heavenlies and bringing God's reign into our moments.
- **Important Transition Points in Our Lives** ...perhaps we are entering a new chapter or season ...or we are considering a new relationship or a new job or a move ...we are seeking clarity on a sense of calling
- **Breaking Free from the Entanglement of Sin** ...the Bible describes our interaction with sin to include everything from "stumbling" to "bondage". Sometimes when sin has gained the upper hand in a life-dominating way, we are in need of extended times of interaction with the Lord
- **Group Breakthrough Moments** ...local churches will face moments where a spiritual breakthrough are needed and power to advance is to be sought. ...Your family may be in a season of attack or launching into new things that need God's impartation of faith and courage and clarity.
- **Revival** ...the life of God's people in a fallen world will always bring moments where our great need is an 'awakening'... a reviving of our hearts passions and affections for God and His great cause in this world.
- **Other** ...

Take some time to pray and seek the Lord to show you what is going on in your life or in the 'groups' that you are part of or the people around you, that needs some extended prayer and fasting attention? It may be more than one thing, but try to resist making it too many things. For

each thing, write down a 2-3 sentence paragraph about what you believe the Lord wants you to be focused on and to seek from Him in the next 21 Days.