

20

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PRAY & FAST

REFRESH

LEGACY
CHURCH

20 24
PRAY & FAST
REFRESH

Legacy Church,

Welcome to Pray/Fast 24, where we take twenty-one days as a church to fast – abstaining from different foods or drinks or more – and set time aside to pray and seek the face of our God and our King.

As we have finished 2023 and come to the end of another long year, we are going to be looking at how God wants to refresh us in 2024 – emotionally, spiritually and relationally.

This year, Legacy Church – we will all be going through the same Scriptures and prayers each day for the next twenty-one days. In the first week, we are breaking down The Lord's Prayer verse by verse and unpacking truths, discovering some of the names of God, and praying through each portion of this Scripture. We believe you will see new dimensions of our King and learn to unpack Scripture word by word. The second week will be focusing on warfare prayers: learning about the armor of God, praying for marriage, forgiveness, and more. The final week is full of Scriptures to pray through and over yourselves and your families.

Please join us for a time of in-person worship and prayer on the 8th, of January where we will gather corporately to pray and seek God's face. We are also having a special worship night on the 26th of January. Legacy Church family, we are believing that these next twenty-one days will be an incredible time to fast and focus on praying that God will refresh each and every one of us!

Pastor Carlos and Courtney Serrano

Day One

January 8, 2024

The Lord's Prayer

Connect with God Relationally
"Our Father in Heaven"

God isn't interested in us practicing religion; instead, He desires a relationship with us. God has adopted us as His children and loves for us to call Him our Father. Starting our prayer time acknowledging our relationship with God is powerful for us and delights Him as well.

You have not received a spirit that makes you fearful slaves. Instead, you received God's Spirit when He adopted you as His own children. Now we call Him, "Abba, Father."

Romans 8:15 NLT

Proclaim your intimate relationship with God, addressing Him lovingly as your Father and thanking Him that you are His child.

Prayer:

"Father, I come to You in prayer today thankful that I am Your child. I know I am a sinner, but You have forgiven me and adopted me as Your own, and I am so grateful to call You my Father. Thank You for loving me. I love You."

NOTES

Day Two

January 9, 2024

The Lord's Prayer

Worship His Name
“Hallowed be Your Name“

God loves when we worship Him, and there is power in His name. Here is a list of some of his names to help us worship Him specifically and personally:

- God is Righteousness - He makes us clean.
- God is Sanctifier - He has called us and set us apart
- God is Healer - He heals all our diseases
- God is Banner of Victory - He defeated our enemies
- God is Shepherd - He speaks to us and leads us
- God is Peace - He is our peace in every storm
- God is Provider - He supplies all of our needs

The name of the Lord is a strong tower; the righteous man runs into it and is safe.
Proverbs 18:10 ESV

Speak God's names out loud. When we proclaim who He is, we not only worship Him, but we also remind ourselves how powerful and great our God is.

Prayer:

“God, I am in awe of You. Your name is a strong tower, a place of protection and safety for me. I praise You as my Healer, my Shepherd, and my Banner of Victory. You are my Peace, my Provider, my Righteousness, and my Sanctifier. Your name is great and I worship You.”

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Day Three

January 10, 2024

The Lord's Prayer

Pray His Agenda First

“Your Kingdom come. Your will be done on earth as it is in Heaven.”

Part of being a child of God is caring about what He cares about and loving who He loves. We know His will is perfect, and we acknowledge His wisdom and sovereignty when we pray His agenda first.

He will always give you all you need from day to day if you make the Kingdom of God your primary concern.

Luke 12:31 TLB

Spend time focusing on what God is focused on. His priorities include:

- Saving the lost
- Wisdom and guidance for those in authority – parental, spiritual, governmental, work-related
- Caring for the poor and marginalized
- Unity and love
- Justice
- Freedom for those in bondage
- Accomplishing His purpose in our lives

Prayer:

“God I recognize there is no better plan on earth than Yours, and I pray for Your will to be done in our world and in my life (name the areas of your life where you need more of God’s presence today.) This world is lost and needs You desperately, and I pray for every person to know You as their personal Lord and Savior. I pray for the leaders in my life (pray specifically over parents, spiritual leaders, governmental leaders, employers, and any other leaders in your life), that You would show them Your will and give them the supernatural wisdom and discernment as they lead.

God, I pray that Your heart for justice and unity would be seen in our world; that those who are in bondage will be set free; that the needs of the poor and marginalized will be met. Show me what my role is in seeing the realities of heaven come to earth. Make Your priorities my priorities. Help me love who You love and see value in all people. Please give me wisdom and clarity as You show me my next steps.

Day Four

January 11, 2024

The Lord's Prayer

Depend on Him For Everything
"Give us this day our daily bread"

God promises to supply all our needs, and He wants us to come to Him with our problems, needs, and desires to trust Him to provide.

I look up to the mountains - does my help come from there? My help comes from the Lord, who made heaven and earth!
Psalm 121:1-2 NLT

Ask God for what you need today. It may help to write down the concerns weighing on your mind or the desires of your heart. Bring them to God, and trust Him enough to hand them over to Him fully. It may help to open your hands before God to physically show your surrender to Him. Problems can either be ours or God's; they can't be both.

Prayer:

"Father, I acknowledge that everything I need today will come from You. You made the heavens and the earth; You are more than capable of handling any situation I'm dealing with, so I give it to You completely (specifically talk to God about what is on your mind and heart right now and give it to Him). I look to You to help me, sustain me, and give me Your peace. Remind me of Your hope and power today. Thank You in advance for taking care of my needs."

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Day Five

January 12, 2024

The Lord's Prayer

Forgive and Be Forgiven

“Forgive us our debts, as we forgive our debtors“

God has offered us complete forgiveness, and we can receive it at any time. When we turn away from our sins and receive His forgiveness, our hearts are more prepared to forgive others as well.

If we confess our sins, He is faithful and just and will forgive us our sins and purify us from all unrighteousness.

1 John 1:9

Ask God to check your heart and life and show you areas where you might need to ask for forgiveness from Him. Then, it is your turn to forgive those who have offended you. We can even choose to forgive people in advance. Ask God to forgive you and to help you forgive others.

Prayer:

“God, thank You so much for offering me the gift of forgiveness. Show me any areas in my life that I need to bring before You in order to receive forgiveness and healing. I confess that I have been struggling with sin (talk to God about any areas of sin in your life), and I know that You want me to be clean again. Please forgive me for my sin. Thank You for showing me unfailing grace. As You have so freely forgiven me, I also want to freely forgive others. Help me let go of the things that have offended me and acknowledge when I have offended others. I release to You those who have hurt me, and I trust You to handle those situations according to Your perfect will.”

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Day Six

January 13, 2024

The Lord's Prayer

Engage in Spiritual Warfare

“And lead us not into temptation, but deliver us from the evil one”

Spiritual warfare can seem difficult to understand, but the Bible makes it very clear that we have an enemy who is trying to steal from us, kill us, and destroy us. As we pray, we take our stand against the enemy and fight from a place of victory through Jesus as we're empowered by His Holy Spirit. There is power in God's Word, and every lie the enemy has told us can be replaced with God's truth.

For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms.

Ephesians 6:12

By recognizing that the enemy wants to destroy you, you can shed light on his lies and claim God's truth over your life. Ask God to show you any lies you're believing or areas of warfare happening in your life. Ask Him to expose the enemy and to help you understand and receive His truth. Simply speaking the name of Jesus has great power in the spiritual realm. The Bible tells us in James 4:7 that if we resist the devil, he will flee from us. Through prayer, we can resist him and walk forward in freedom.

Prayer:

“God, I recognize that my struggles today aren't against the people or circumstances around me, but against the enemy. Please help me to see how the enemy is lying to me. Help me to recognize his lies, take them captive, and make all of my thoughts obedient to the truth of Your Word (list out any specific areas God shows you where you have believed a lie that needs to be replaced with His truth). While the enemy wants to destroy me, I know that You came to give me life to the fullest. I speak the name of Jesus over my life and declare that no weapon formed against me will prosper. I don't have to fear the enemy because the One who is in me is greater than the one who is in the world.”

Day Seven

January 14, 2024

The Lord's Prayer

Express Faith in God's Ability

"For Yours is the Kingdom and the power and the glory forever."

God is more than able to move in every situation, and ending our prayer time claiming His authority and power focuses our minds on the truth and hope of who He is and what He can do.

Ah, Sovereign LORD, You have made the heavens and the earth by Your great power and outstretched arm. Nothing is too hard for You.

Jeremiah 32:17

Remind yourself of God's limitless power and then return to praising Him and declaring your faith in Him:

- "Yours is the Kingdom" – all authority belongs to You
- "Yours is the Power" – all mightiness flows from You
- "Yours is the Glory" – Your victory will be complete

Prayer:

"Father God, nothing is too hard for You! Through Your great power, all things are possible. All authority is Yours, all might is Yours, and I know that Your victory will be complete. You are amazing, and I worship You. I praise You for Your power and presence in my life. You are my God, and You are worthy of all praise."

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Day Eight

January 15, 2024

Warfare Prayers

Warfare Prayers
The Armor of God - Ephesians 6:13-17

Knowing that we are in a spiritual battle, God provides spiritual armor and equips us to take a stand when battles come our way.

Read *Ephesians 6:11-18*

Acknowledge that you're in a spiritual battle. Then, claim the protection God has given you by praying through the different pieces of armor described in Ephesians 6.

Prayer:

“Thank You, Lord, for my salvation. I declare that nothing can separate me from the love of Christ and the place I have in Your Kingdom. I wear Your righteousness today against all condemnation and corruption. Cover me with Your holiness and purity—defend me from all attacks against my heart. Lord, I put on the belt of truth. I choose a lifestyle of honesty and integrity. Expose the lies I have believed, and show me Your truth today. I choose to live for the gospel in every moment. Show me where You are working and lead me to it. Give me strength to walk daily with You. I believe that You are powerful against every lie and attack of the enemy and I receive and claim Your power in my life. Nothing is coming today that can overcome me because You are with me. Holy Spirit, show me the truths of the Word of God that I will need to counter the traps of the enemy. Bring those Scriptures to mind today. Finally, Holy Spirit, I agree to walk in step with You in everything as my spirit communes with You in prayer throughout the day.”

Day Nine

January 16, 2024

Warfare Prayers

Warfare Prayers

The Weapons of Warfare - 2 Corinthians 10:4-5

When we are aware of spiritual warfare, we can be active in praying through it. Through the blood of Jesus, God has given us victory and power to fight.

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 10:4-5

You can command anything that comes against the truth of God and His Word to bow to the name of Jesus. Take a bold stand, praying specifically and confidently through God's power and His Spirit.

Prayer:

"Father, Your Word says that no weapon formed against me will prosper (Isaiah 54:17), and I declare it in Jesus' name. Your Word says that trouble will not arise a second time (Nahum 1:9). I declare in Jesus' name that satan cannot make trouble for me again, like he has in the past. I declare in the name of Jesus that all of these prayers are answered and taken care of by trusting You. I stand on Your Word. The enemy is driven out from me; from my home, workplace, church family, children, and loved ones. I declare that he is not able to stand against me. No weapon formed against me will prosper, because the Spirit of the Lord is with me, protecting me. I declare these truths in the name of Jesus. Anything that comes against me or my family that is not in line with the truth and will of God, I command to bow to the powerful name of Jesus. Father God, I give You all of my thanksgiving, praise, glory, honor, and worship. Thank You for loving me, making me clean, and giving me purpose."

Day Ten

January 17, 2024

Warfare Prayers

Warfare Prayers

Protection Prayer – 2 Thes 3:3; 2 Cor 6:14-7:1, 10:3-5; Romans 12:1-2

We often worry about our safety and protection. When we feel this way, we can immediately come to God in prayer, pouring out our heart to Him, and battling in the heavenlies by asking for and claiming protection for ourselves and our families in Jesus' name.

But the Lord is faithful, and He will strengthen you and protect you from the evil one.

2 Thessalonians 3:3

Share your thoughts and concerns with God. Ask Him for His supernatural protection. He says He will command His angels to guard you in all your ways (Psalm 91:11). Claim this promise and lay everything down before Him trusting His good plans and His power to protect you and those you love.

Prayer:

“God, I bow in worship to praise You. Thank You for making a way for me through Your Son, Jesus.

I surrender myself completely in every area of my life to You. I submit myself to the true and living God and refuse any involvement of the enemy in my life. I choose to be transformed by the renewing of my mind. I reject every thought that tries to compete against the knowledge of Christ. I pray and thank You for a sound mind, the mind of Christ.

Today and every day I ask for protection over my family, loved ones, and those around me—all immediate family members, relatives, friends, and acquaintances. I ask for protection during all of our travels. I ask You to watch over our financial security, possessions, health, and safety (be as specific here as you like). All that I have is Yours God, and I declare that satan cannot touch me or anything You have given me. I rebuke the enemy and tell him to bow to the blood of Jesus that covers me and my family. He will not take what You have given us and we are protected and provided for by You, God, and You alone.”

Day Eleven

January 18, 2024

Warfare Prayers

Warfare Prayers

Confession Prayer - Romans 10:10; James 5:16; 1 John 1:7-9, 3:8

Our sin separates us from God, but Jesus made a way for us to be reunited with God by covering our sin when He died on the cross. When we accept the gift of salvation we confess our sin. As Christians, confessing and repenting of sin is something we continue to do. By coming clean and repenting before God, He is able to work in our lives and transform us to be more like Him.

If we confess our sins, He is faithful and just and will forgive us our sins and purify us from all unrighteousness.

1 John 1:19

Assume a posture of humility, and without fear of condemnation or punishment, come sincerely to God confessing your sin on a regular basis. Whether your sin feels big or small to you, your sin is still sin and affects your relationship with God. You get His attention when you tell Him your sin and turn from it to follow Him. After you confess, remind yourself and claim the power of the blood of Jesus in your life to wash you clean and make you new.

Prayer:

“Lord Jesus, I confess all of my sins to You. I repent and turn away from them. I’m sorry for the wrong I have done. I confess the times I should have stepped up to do right and did nothing instead. I lay it all down at Your feet. I submit my thoughts, words, actions, and inactions to You. Thank You, God, for forgiving and making a way for me through Your Son, Jesus.

Lord Jesus, I believe that You are the Son of God. You died on the cross for my sins and rose to life again on the third day. I confess all my sins and repent. I receive Your forgiveness and ask You to cleanse me from all sin. Thank You for redeeming me, setting me free, making me holy, and giving my life purpose.”

Day Twelve

January 19, 2024

Warfare Prayers

Warfare Prayers

Forgiveness Prayer - Matthew 6:14-15; Leviticus 19:18

Forgiveness can feel challenging, but God makes it clear in the Bible that He freely forgives us and we are expected to do the same for others.

For if you forgive other people when they sin against you, your heavenly Father will also forgive you. But if you do not forgive others their sins, your Father will not forgive your sins.

Matthew 6:14-15

Come before the Lord with humility, honesty, and sincerity. Share the areas in your life where you need to forgive others. Even if you aren't able to settle a situation with that person, you can settle it with the Lord by forgiving them. As you choose to forgive those who have hurt or offended you, you can also praise and thank God for forgiving you when you didn't deserve it.

Prayer:

“Lord, I have a confession to make. I have harbored bitterness in my heart. I haven't loved others well. I have resented certain people and have not forgiven them in my heart. God, I know that You have forgiven me for so much, and I need Your help to follow You and forgive others. In faith, I now forgive (name them). I also forgive and accept myself because You have made me new in the name of Jesus.”

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Day Thirteen

January 20, 2024

Warfare Prayers

Warfare Prayers
Standing Fast - Ephesians 6:13-14

Too often we give the enemy more power than he should have. When we focus on the negative, the problem, or the struggle we are having, others can not see the glory of God. Our call is to resist the enemy. When we draw near to God then is the enemy's role put in the proper perspective. The key is that in every situation it is God who brings deliverance and the victory. Our job is to stand fast in the confidence that He is supreme.

Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand. Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place.

Ephesians 6:13-14

We tend to think of righteousness as something we do. But righteousness is not something we can attain by doing good things and staying away from bad things. It is a state of being that is given to us by the grace of God through Jesus (1 Corinthians 1:30) Our relationship with the maker of the universe is not attained through anything we can do. All other religions bank on that and promote self empowerment and specific rites and practices. For the Christian it is in surrender and repentance that we find a right relationship with God.

Prayer:

“Thank you God that you are supreme. You hold all things together by your mighty hand. You created the universe and all that is in it and You also created me. I am fearfully and wonderfully made. I recognize that all my efforts are worthless unless you are directing them. I lay before you now the struggle that I am facing and place it in your hands (name struggle). Help me to learn how to stand fast against the current culture and the powers of darkness. I choose today to resist the enemy and draw near to You. I trust you to work all things together for my good. Keep me in your grace and may I learn to stand confidently in your grace.”

Day Fourteen

January 21, 2024

Warfare Prayers

Warfare Prayers

Healing Prayer - 1 Peter 2:24; Psalm 103:2-5; Luke 1:37

Our God is a God of miracles. Just as we read about in the Bible, we still see Him perform miraculous healing today. He is our healer, and we can confidently approach Him asking for healing for ourselves or someone we know.

Praise the LORD, my soul, and forget not all His benefits—who forgives all your sins and heals all your diseases, who redeems your life from the pit and crowns you with love and compassion, who satisfies your desires with good things so that your youth is renewed like the eagle's.

Psalm 103:2-5

In faith, ask God for healing. Proclaim His power and goodness, believing and trusting Him to take care of you and those you're praying to be healed.

Prayer:

“Father, in the name of Jesus, I come before You asking for healing (name yourself or someone you are praying to experience healing). My hope is in You as our Healer. I believe You are able to do this. Your name is Jehovah Rapha, the God who heals, and I believe every knee will bow to You including the name of (name disease or disorder). Thank You, Jesus, for dying on the cross so that we can receive healing. You say that You forgive our sins and heal our diseases, and I praise You for this. Thank You that the Spirit that raised Jesus from the dead lives in us. I stand in faith believing for healing for (yourself or someone you're praying for). Nothing is impossible for You, God! Give us peace and direction as You work in our lives. In Jesus' name, amen.”

Day Fifteen

January 22, 2024

Praying Scripture

In the final week of our twenty-one day prayer and fasting, we will use several Scriptures and claim their promises through prayer. You can make this as personal as you like. You will find the most benefit when you pray the Scriptures that God is showing you in His Word and that are connecting with you personally in your current season of life.

The Lord is my Shepherd, I lack nothing. He makes me lie down in green pastures, He leads me beside quiet waters, He refreshes my soul. He guides me along the right paths for His name's sake. Even though I walk through the darkest valley, I will fear no evil, for You are with me; Your rod and Your staff, they comfort me. You prepare a table before me in the presence of my enemies. You anoint my head with oil; my cup overflows. Surely Your goodness and love will follow me all the days of my life, and I will dwell in the house of the LORD forever.

Psalms 23

Prayer:

“God, You are my Provider, and I know You will take care of me. Thank You for guiding me to places of rest. You are my source of energy and passion. You keep me going and lead me toward a life of purpose and freedom. I know that even when I experience my darkest seasons of difficulty and challenge, I have nothing to be afraid of because You are with me. Your presence and power are a constant comfort to me. I know that You are preparing the way for me and that my enemies cannot touch me because You are taking care of me. I know that You have blessed me, and I thank You for choosing me and anointing me with purpose. Your blessings are so much more than I could ask for. I know that You are good, God, and that You are with me all the days of my life. You have chosen me, and I have chosen You, and that means I will be with You, in Your presence, forever.”

Day Sixteen

January 23, 2024

Praying Scripture

*Come near to God and He will come near to you.
James 4:8*

Prayer:

“Heavenly Father, You have promised that if I draw near to You, You will draw near to me. I need more of Your presence today, and I am drawing near to You through prayer, worship, and reading Your Word. I open my heart to You and ask You to be near to me and change me to be more like You.”

*Search me, God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting.
Psalm 139:23-24*

Prayer:

“Father God, I ask You to search my heart. If You find anything in me that is offensive, please show me and help me remove it from my life. Teach me to love others well and live a life that points people to You. Help me live my life on earth in a way that impacts eternity.”

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Day Seventeen

January 24, 2024

Praying Scripture

But seek first His Kingdom and His righteousness, and all these things will be given to you as well.

Matthew 6:33

Prayer:

“Your Word tells me that if I seek first Your Kingdom and Your righteousness, You will lead me to a life of blessing, purpose, and freedom. I am Yours today, God, and I give this day to You. Help me to focus on Your priorities first—sharing Your love, making Your Name known, and advocating for justice in our world. I know that by focusing on You and Your heart for others, rather than myself, I will receive joy and peace.”

Humble yourselves before the Lord, and He will lift you up.

James 4:10

Prayer:

“God, You have promised that if I humble myself before You, You will lift me up. I recognize today that I cannot succeed on my own, and I need You in every moment. I humble myself before You, and I ask You to work in and through me today. My time, efforts, thoughts, and words are Yours today (name specific parts of your day and give them to God). Show me what I don’t know, and help me grow in the knowledge of You and Your heart for people. Use me for Your purposes, Lord. I trust that You will be with me and lift me up.”

Day Eighteen

January 25, 2024

Praying Scripture

For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline.

2 Timothy 1:7

Prayer:

“Father, I know You have not given me a spirit of fear or timidity, but one of power, love, and self-discipline. When my mind feels out of control, I pray that You will renew my spirit and let power, love, and self-discipline fill me. Help me look more like You every day. With confidence that Your power lives in me, give me boldness to confront the enemy and anything I see in the world that does not reflect Your heart. Thank You for breaking the spirit of fear off my life, and I receive the truth that You have given me a sound and healthy mind.”

And we know that in all things God works for the good of those who love Him, who have been called according to His purpose.

Romans 8:28

Prayer:

“God, You promise me in Your Word that in all things You work for my good. Right now, there are circumstances in my life that don't feel good and that I can't see an ounce of good in (talk to God about the specific situations that are causing you difficulty or pain). Even though this is how I feel, I choose to believe Your truth over my feelings. When You say You will work in all things for my good, I believe You. Even in situations that seem hopeless, I know You are working on my behalf and that You want more for me than I could ever want for myself. Thank You for having a purpose for me and for working all my circumstances for good.”

Day Nineteen

January 26, 2024

Praying Scripture

Trust in Him at all times, you people; pour out your hearts to Him, for God is our refuge.

Psalm 62:8

Prayer:

“Father, in Your Word You invite me to pour out my heart to You. You are my refuge, and I know that anything I think, feel, or do is okay to bring to You. Knowing that You are a safe place for me, I come to You and give You everything on my heart (talk to God about the specific things that are on your heart today). From what is worrying me to what is delighting me, for what I hope for to what I’m afraid of, I bring it all to You because I know I can trust You. Help me and guide me in every area, in Jesus’ name.”

The Lord will open the heavens, the storehouse of His bounty, to send rain on your land in season and to bless all the work of your hands.

Deuteronomy 28:12

Prayer:

“Lord, I believe You have everything I need and You want to bless me. You tell me in Your Word that You will open the heavens to bless the work I do. I know that without You, I can do nothing. I ask that You will open the heavens and pour out Your blessings and power over me. I give my work and my efforts to You and I ask You for favor and blessing in anything my hands touch (surrender specific efforts to Him). May it be for Your glory alone so that others may see Your power and goodness at work.”

Day Twenty

January 27, 2024

Praying Scripture

For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.

Romans 8:38-39

Prayer:

“God, I am in awe of Your love for me. You are so great, and I am so small, yet You love me fully. I remind my soul today that nothing can separate me from Your love—I am so grateful! There is nothing I can do to win or lose Your love; You love me without condition. Because I know nothing on earth, in time or space, or anything in existence can separate me from Your love, I will live confidently and peacefully knowing I have always been and will always be fully loved by You.”

No weapon forged against you will prevail, and you will refute every tongue that accuses you. This is the heritage of the servants of the Lord, and this is their vindication from me,” declares the Lord.

Isaiah 54:17

Prayer:

“Lord, I know that no weapon raised against me will succeed because I am Your child. I feel pressure in my life right now, and sometimes I feel as though life will overcome me (talk to God about the concerns weighing on you). Even though I feel this way, in faith, I claim Your promise that no weapon can overcome me and that any accusations that come against me will be silenced. This truth is verified by Your love and saving power in my life.”

Day Twenty-One

January 28, 2024

Praying Scripture

“For I know the plans I have for you,” declares the Lord, “plans to prosper you and not to harm you, plans to give you hope and a future. Then you will call on me and come and pray to me, and I will listen to you. You will seek me and find me when you seek me with all your heart.”

Jeremiah 29:11-13

Prayer:

“My God, I try to make so many plans for my life, but I know Your plans for me are best. You tell me that You have plans for me to prosper and have hope and a future. Thank You for loving me enough to have a plan for my life. You have promised me that when I call on You, You will listen to me. Thank You for listening when I pray. I am confident knowing that I serve a God who cares about my life. I want to find You every day, and You say that if I seek You with all my heart, I will find You. Thank You for showing me the way to You. I lay my plans down at Your feet and receive Your plans for me (mention your plans and lay them down before God). I know that You see the big picture and You know what is better for me than I do. I trust You, and I ask You to guide me toward Your plans.”

The LORD is trustworthy in all He promises and faithful in all He does. The LORD upholds all who fall and lifts up all who are bowed down.

Psalms 145:13-14

Prayer:

“Almighty God, as I claim the promises in Your Word through my prayer time, I praise You for Your character. Trustworthy, faithful—that is who You are. I thank You that I can trust You to be faithful to me. I know that when I come to You with humility and a surrendered heart that You will lift me up.”

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PRAY & FAST
REFRESH

Thank you for joining us in Pray/Fast 24! We pray that you have experienced the presence and power of God in a fresh new way, and feel refreshed and ready for the year! If you have a testimony of something that God has done in these twenty-one days that you would like to share, please send us an email at ameliainfo@legacychurchai.org!

LEGACY
CHURCH