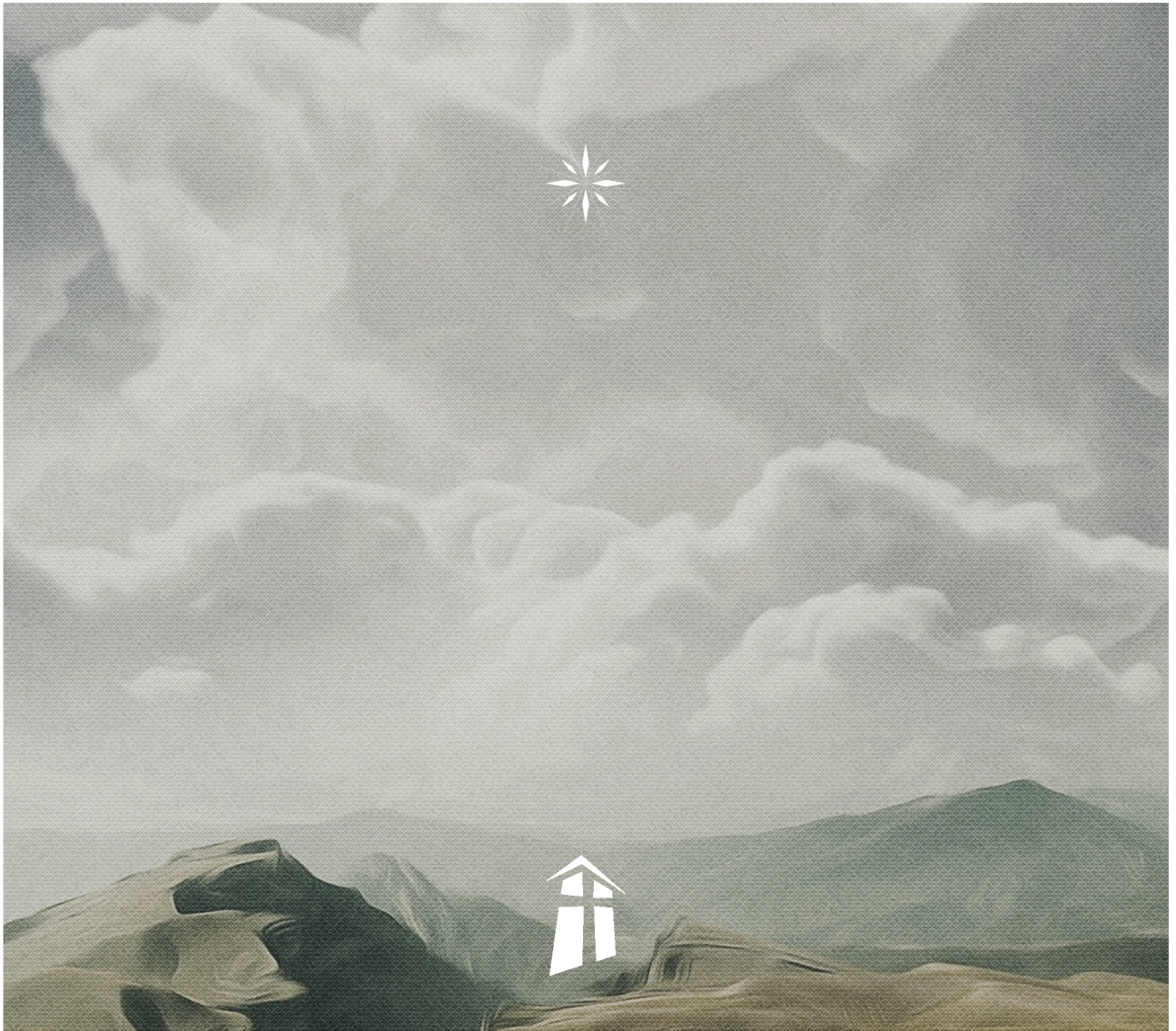


21 DAYS OF  
**PRAYER & FASTING**

WITH THE HEIGHTS BAPTIST CHURCH







# THE HEIGHTS 21 DAYS OF FASTING & PRAYER **2024**

" 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 5:14-15



# INTRODUCTION FROM THE PASTOR



**Dr. Randall T. Hahn,  
Senior Pastor**

*Happy New Year! Happy January!  
And Happy 21 Days of Prayer!*

I am so excited, so grateful that you have this prayer journal and have gotten this far. Well, okay, it's not that far, but here we are. I know it's a busy time of year and there is much to pray about so let me help you with your prayer list. You do not need to pray for everything. Do not pray about those things you do not want or need God's help, provision, protection, guidance, strength, wisdom, favor or blessing. Anything you do not need His perfect insight on, do not pray about it. *Wait?! What?!* Well, now I want to pray for everything! I want His favor and blessing on everything going on in my life, family, and The Heights. I want His knowledge of the past, present, and future; His knowledge of me, His knowledge of the situation... I want all that insight into everything in my life. I could go on, but I

will just say this: the next 21 days may be the most important days of 2024 for your life and mine, and for The Heights. Let us treat this — God help me treat this — like it is that important, and will make that kind of difference. Let us try to absolutely cover everything going on in our church and in our lives with prayer. It is easy to look at things in our world today say, "Something has to change." Maybe what needs to change is our pursuit of God and His will and His way. Maybe what needs to change is our dependence, total dependence on Him. Let's take these next 21 days and pray like everything depends on this and just see what our God can and will do. Anyone who believes in Him will not be disappointed (Romans 10:11). I love you. I am praying for you. And I thank the Lord for you joining in this great season of prayer.

*O God, hear our prayers.*

## PRAYER AT THE CHURCH

During the 21 Days of Prayer & Fasting, the church will be open for prayer Monday - Friday, from 6:30 - 7:15am.



# PREPARATION

## Personal Quiet Time:

1. Bible or Bible app
2. Pen or pencil

## Family Prayer Time:

Take a minute to think about the technology you can employ to come together and pray during family prayer time. Some of us may have our entire family locally and be able to pray together in one location. Some of us may have family spread all over the country or world. Tech suggestions: Phone, FaceTime, Zoom, Teams, WhatsApp

# 12 REASONS TO FAST

You may have never considered fasting. It is not easy; it denies the flesh, but God has given us His Spirit to help when we choose to fast according to Isaiah 58. Here are twelve reasons to fast according to scripture:

1. To receive instruction, wisdom, and direction from God  
*Exodus 34:28, Mark 4:1-2*
2. To plead for God's mercy  
*2 Samuel 12:16*
3. To gain understanding  
*Daniel 10:1-3, 10-14*
4. To seek favor from God and people  
*Esther 4:15-17*
5. For supernatural protection and deliverance  
*Ezra 8:21-23, 2 Chronicles 20:3*
6. For God's direction and insight  
*Acts 13:1-5, Acts 14:23*
7. To confess and repent of sins and to humble yourself  
*1 Kings 21:27-29, Nehemiah 9:1-3, Daniel 9:3-5, Jonah 3:5-9*
8. For God's intervention in situations  
*Daniel 6:18*
9. To abstain from physical and spiritual contamination  
*Daniel 1:8*
10. For a lifestyle of worship  
*Luke 2:36-37*
11. In response to mourning  
*2 Samuel 1:12, Nehemiah 1:4, Psalm 69:10*
12. As a spiritual discipline  
*Matthew 9:14-15*

# FASTING TIPS

from David Ilori, Member Care Pastor



David Ilori,  
Member Care Pastor

People ask what type of fasting I do. My answer to the question is always this; I ask the Holy Spirit what kind of fasting I should be doing. The Holy Spirit knows us, and He knows our schedule and what burdens we carry during our fasting season so that He can help us with that decision. There are different types of fasts that I have in my fasting toolbox. I use the best for me in the season I find myself. The best thing you can do is answer the two questions below to develop a fasting plan:

1. What type of fast will you do?
  - a. dry fasting - no food, no water (*for the purposes of very short-term fasting*)
  - b. wet/liquid fasting - water, broth, tea, or juice
  - c. partial fasting - excluding breakfast, lunch, or dinner
  - d. restricted diet fasting - restricting yourself to certain foods like a Daniel fast
  - e. combination fasting - fasting from food & activities/things (*TV, social media, etc.*)
2. What will be your fasting schedule?
  - a. What day(s) are you going to fast?
  - b. When are you going to start/end your fast?  
(*ex: 6am-12pm, 6am-3pm, 6am-6pm*)
  - c. How long are you going to fast?  
(*a day, several days, weeks, months - short/long term*)
  - d. How often are you going to fast?

Ask the Holy Spirit to strengthen you and help you with your plan. If you have never fasted before, please take small steps. If you have medical concerns, speak to your doctor before fasting. Let us start this year with a focus on the Word of God through prayer and fasting.

## MY FASTING PLAN

Type of fasting: \_\_\_\_\_

Fasting schedule: \_\_\_\_\_



DAY 1:  
JANUARY 8

**PRAISE & WORSHIP:** Take some time to sing praises to the Lord. He longs to hear your voice.

**DAILY CONFESSION:** The Bible is the infallible word of God. God inspires all Scripture and it is helpful to teach me what is true and to make me realize what is wrong in my life. It corrects me when I am wrong and leads me to do what is right. 2 Timothy 3:16

**THANKSGIVING & PRAISE:**

- Thank You for making me fearfully and wonderfully in Your image.
- Thank You for the Holy Spirit who leads me into all truth.
- Thank You for the power of the Gospel which continues to change me.
- Write one thing for which you thank or praise God:

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**BIBLE READING PLAN:** Luke 6

**SCRIPTURE FOCUS:** Luke 6:1-46

God is for you. Think on that as you read through Luke 6. He has provided a Sabbath for you. He can heal you. He wants to call us to meaningful lives that impact eternity. He wants to give us simple truth to navigate a complex world. He challenges us with difficult commands, like "love your enemies". He says that with you in mind. It is for your well-being. Is God for me because I am so good, such a prize? No. He is for me because He is good and He is the prize, and He wants me to have Him. When we come to understand the position of grace we hold, we cannot help but extend that same grace to others. I think Jesus said it something like this: when you've been given \$10,000,000,000 do you then hate someone for owing you \$100? May we be so overwhelmed with grace we are moved to forgive, to give, to help those in need, especially when they do not deserve it, because we didn't, and God gave anyway. A statement like that can raise a lot of questions and we work that out in prayer, but we must absorb this principle first: Treat others just like you want them to treat you.

**SCRIPTURE ENGAGING QUESTIONS:**

What does this passage teach about God?

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What does this passage teach about me?

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What do I need to do to apply it to my life?

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**MORNING PRAYER POINTS:**

**HOW I TREAT OTHERS**

1. Give me fresh insight to how You have loved and forgiven me, to how You have provided for me. May it overwhelm me, and may it impact how I see people around me.
2. Help me give others the same forgiveness I am so dependent upon.
3. Help me, Holy Spirit, get to the place where I am seeing others through grace and mercy because I really see others through grace and mercy, and I am not just trying to obey some command.
4. Let me see my own sin: how I hurt others, gossip, disappoint, or don't appreciate. Let me see this not just so I feel bad, but so that I see myself in the same needy position as those around me.
5. Pray for God's healing power in your life or in others. We pray to the same Jesus who healed the man's hand.
6. Lord, open my eyes to the commands of Luke 6. May I see each one and want to obey and live each one. Use my life to show my family, friends, and everyone around me the goodness and glory of Your word and way.

**REFLECTION AND MORE PRAYERS:**

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## **EVENING PRAYER POINTS:**

### Pray for Our Missions Partner: Chosen Children Ministries, Nicaragua

1. Pray for Chosen Children Ministries and their staff, both here in the U.S. and in Nicaragua. Pray specifically for the 25 churches and their pastors that have been planted in barrios throughout Nicaragua.
2. Pray for the salvation of Nicaraguans who have not yet accepted Christ as their Savior. Pray for hearts to be softened and minds opened. Lord, protect them from the confusion of the false teachers that go in to these same neighborhood and teach false doctrine or other religions.
3. Pray for their physical needs. Unemployment is as high as 80% in many of these barrios. Wages can be as little as \$2.00/day. Healthcare and access to good food, medicine, and life-saving treatment is not easily available.
4. Pray for those struggling with alcohol or drug addiction. Pray that these addictions would no longer have a hold on them.
5. Be in prayer for the children of the area. Many cannot attend school because they do not have the funds to purchase uniforms, clothing, and supplies.
6. Pray for the three teams from The Heights that travel to Nicaragua in the winter, summer, and fall. Pray for all the other U.S. teams that travel to Nicaragua and work with Chosen Children throughout the year. Pray for their safety, that they work diligently, and that they take advantage of every opportunity for the Gospel.
7. Pray for the government in Nicaragua. Pray they continue to allow teams into the country and do not interfere with the work of the ministry.

DAY 2:  
JANUARY 9

**PRAISE & WORSHIP:** Take some time to sing praises to the Lord. He longs to hear your voice.

**DAILY CONFESSION:** The Bible is the infallible word of God. It is active and alive, quick and powerful. It is the sharpest two-edged sword I must use to defend and protect. Hebrews 4:12

**THANKSGIVING & PRAISE:**

- Thank You for Your grace and love that continue to lead me to repentance.
- Thank You for the victory I have in the name and the blood of Jesus.
- Thank You for every good work that Your Spirit is working in me.
- Write one thing for which you thank or praise God:

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**BIBLE READING PLAN:** Luke 7

**SCRIPTURE FOCUS:** Luke 7:41-47

Jesus tells the story of two different people who owed money to a lender. Both owed large amounts, but one was certainly more indebted than the other. A denarii was about a day's wages for a common laborer. Think about how much you make in a day, now multiply that number by fifty and you'll get how much one person owed; then multiply your daily income by five hundred and you'll get how much the second person owed. The point Jesus makes is simple enough: if the lender forgives both debts, the one with the greater debt will have the greater gratitude and therefore the greater love toward the one who cancelled the debt. There is a direct connection between the size of the debt perceived to the love and gratitude shown. The woman in Luke 7, understanding the extent of the grace received responded with humble worship, reverence, service, and sacrificial giving. If we are in Christ, our debt has been forgiven. How much do we value that? Do we understand the extent of the debt we had, and the value of the price paid? Are we loving much in return?

**SCRIPTURE ENGAGING QUESTIONS:**

What does this passage teach about God?

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What does this passage teach about me?

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What do I need to do to apply it to my life?

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**MORNING PRAYER POINTS:**

**AM I LOVING MUCH?**

1. Lord, we join the heavenly hosts in declaring You are holy, holy, holy, the Lord God Almighty.
2. Help me understand how offensive sin is to You and to see it the way You see it.
3. Help me understand how great my debt was before You.
4. Help me understand how great Your love for me is that You were willing to die for the debt I incurred.
5. Test my heart and the patterns of my life and help me to see if I am loving little or loving much.
6. Show me how I can better love You.
7. Help \_\_\_\_\_ (name someone who does not know the Lord Jesus) to realize the debt they have with You and to experience Your grace and forgiveness as well.

**REFLECTION AND MORE PRAYERS:**

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**EVENING PRAYER POINTS:**

Pray for Our Missions Partner: Pregnancy Help Center of Chesterfield (PHCC)

1. Praise the Lord for more than 20 babies born in 2023!
2. Thank Him for mothers making decisions for life after receiving an ultrasound!
3. Praise God for the growth of the staff at the Pregnancy Help Center!

4. Pray for resources to expand the medical clinic.
5. Pray for open doors for the gospel and spiritual growth among clients. Pray clients connect with local churches.
6. Pray for the spiritual, emotional, and physical health of those serving in/with this ministry.
7. Pray for God to bring more bi-lingual volunteers to the Pregnancy Help Center.
8. Pray for community awareness.

DAY 3:  
**JANUARY 10**

**PRAISE & WORSHIP:** Take some time to sing praises to the Lord. He longs to hear your voice.

**DAILY CONFESSION:** The Bible is the infallible word of God. It is a lamp unto my feet and a light unto my path. It illuminates the darkness and keeps me from stumbling. Psalm 119:105

**THANKSGIVING & PRAISE:**

- Thank You for connecting me to The Heights and the body of believers there.
- Thank You for calling us to a season of prayer and fasting.
- I praise You for the advancement of the gospel in our community.
- Write one thing for which you thank or praise God:

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**BIBLE READING PLAN:** Luke 8

**SCRIPTURE FOCUS:** Luke 8:22-25

Have you ever been through a storm? If so, you know they can be dangerous and terrifying. Nevertheless, what we see in Luke 8 is that if we call out or pray to our Lord Jesus, there is no need to be afraid of any storm we may be going through. Now, we learn from the disciples' experience that just because we know our Lord Jesus doesn't mean we won't go through a storm, (Acts 14:22b) but because our Lord Jesus is not afraid of the storm, we do not need to fear. For if we have a relationship with Jesus Christ, then we should not be afraid because He is with us. (Isaiah 43:1-3) Just as with the disciples, storms should cause us to cry out to our Lord Jesus. (Philippians 4:6-7) Recognize that our Lord Jesus has power over the storm and, trust in Him in the midst of it. (John 16:33) Therefore, no matter what you're going through, trust in Jesus Christ because God has His way in the whirlwind and in the storm. (Nahum 1:3)

**SCRIPTURE ENGAGING QUESTIONS:**

What does this passage teach about God?

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What does this passage teach about me?

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What do I need to do to apply it to my life?

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**MORNING PRAYER POINTS:**

**TRUST GOD IN THE STORM**

1. Thank you, Lord Jesus, for being with me in the midst of my storm.
2. Help me, Lord Jesus, to trust You while going through the storm.
3. Thank you, Lord, that You have power over every storm.
4. Father, help me not to get discouraged just because I'm going through a storm.
5. Help me, Lord, to remember that there is an end to the storm.

**REFLECTION AND MORE PRAYERS:**

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**EVENING PRAYER POINTS:**

Pray for Our Missions Partner: ReGenesis

1. Pray that ReGenesis will significantly impact the communities it serves through it's recovery programs and thrift stores.
2. Pray for the salvation and spiritual growth of the people in the communities ReGenesis serves. Pray for wisdom and discernment for the ministry leaders.
3. Pray specifically for the James, Esther, and Varina recovery homes. Pray the students are able to find respite from the strongholds on their lives. Pray they find their hope in Jesus and take the next steps in discipleship.
4. Pray for the new "Hannah's Home" opening soon. This 12-month recovery program will serve mothers and their babies, allowing babies to stay with their mothers from day one.
5. Pray for the safety, spiritual, emotional, and physical health of those serving and supporting all of the ministries and programs under the ReGenesis umbrella.

DAY 4:  
JANUARY 11

**PRAISE & WORSHIP:** Take some time to sing praises to the Lord. He longs to hear your voice.

**DAILY CONFESSION:** The Bible is the infallible word of God. God's instructions are perfect; they revive my soul and are trustworthy for making me wise. Psalm 19:7

**THANKSGIVING & PRAISE:**

- Thank You for the talents, gifts, and calling you created in me.
- Thank You for the local church in which I can develop and use my talents and gifts.
- I praise You for the opportunity to assemble so that we can encourage and edify one another.
- Write one thing for which you thank or praise God:

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**BIBLE READING PLAN:** Luke 9

**SCRIPTURE FOCUS:** Luke 9:1-6

In chapter 9 we see Jesus calling his disciples together to send them out. We see Jesus gave them everything they needed; His power and authority. That is all we need too because that is the power and authority to change hearts and lives. There are at least two principles that Jesus is conveying in verses 2 and 3. He tells them to take nothing with them. The first principle conveyed is that God is sufficient and gives you what you will need for the work He has for you. He tells them specific items to leave behind. Jesus is calling them for immediate action. In verse 3 He speaks to what would be their excuses for not obeying immediately. This is like saying, "I trust You, God, but I need to help You out in case what You have given me is not quite enough." An example would be the children of Israel gathering extra manna when God said he would provide for them each day. The last idea conveyed is when God says go and tell, then we should be ready to go and tell. There will be people in our lives that reject the Gospel, yet we are still commanded to share. We are to continue to pray that God will soften their heart, and know God is the only one who can change them. If someone rejects the invitation, we are to continue to share with others and let God do what only He can do.

**SCRIPTURE ENGAGING QUESTIONS:**

What does this passage teach about God?

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What does this passage teach about me?

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What do I need to do to apply it to my life?

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**MORNING PRAYER POINTS:**

**GO AND LOOK FOR PEOPLE OF PEACE**

1. Lord, I thank You because You have given me everything I need to do Your work.
2. Father, You have sent me out to tell *everyone* about Your Kingdom.
3. You tell me to take nothing with me as I go, assuring me that You will provide all that is needed.
4. Lord, as You tell me to “shake the dust from my feet” as I leave those who do not welcome me, help me to discern those that You have placed in my path and those that are not ready to receive Your message.
5. Just as the disciples made their circuit through the villages sharing the Good News, help me to make my circuit through my neighborhood, workplace, school and community sharing the hope of the Gospel.

**REFLECTION AND MORE PRAYERS:**

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**EVENING PRAYER POINTS:**

Pray for Our Missions Partner: Colonial Heights Food Pantry (CHFP)

1. The Colonial Heights Food Pantry provided over 483,000 meals in 2023. Pray for the people and communities it serves. Pray for opportunities for the Gospel. We want their souls to be fed in addition to their physical bodies.
2. Thank God for the staff and volunteers. Pray for wisdom, knowledge, and understanding for those who lead this ministry.
3. Pray for the needed support and resources to be provided for the CHFP.
4. Pray for the safety and needs of those who serve in/with this ministry.



DAY 5:  
**JANUARY 12**

**PRAISE & WORSHIP:** Take some time to sing praises to the Lord. He longs to hear your voice.

**DAILY CONFESSION:** The Bible is the infallible word of God. God's instructions are perfect; they revive my soul and are trustworthy for making me wise. Psalm 19:7

**THANKSGIVING & PRAISE:**

- Thank You for using The Heights to help me grow in the knowledge of the Lord Jesus Christ.
- Thank You for the mission and vision of the church and how it involves my family and me.
- I praise You for the unity and peace we enjoy at The Heights.
- Write one thing for which you thank or praise God:

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**BIBLE READING PLAN:** Luke 10

**SCRIPTURE FOCUS:** Luke 10:27-28

Luke 10 gives us a snapshot of loving God wholeheartedly through the daily practice of worshiping God with our entire being—our heart, soul, strength, and mind. Dedicating time to prayer, meditation, and studying His Word deepens our relationship with Him. It also shows us what it means to love our neighbor—showing kindness, compassion, and love to those around us. This includes not just our friends and family but also strangers and those in need. It also reminds us to be hospitable. To welcome others into our homes and lives, making them feel welcome. Jesus reminds us of who our neighbor is and how important it is to be proactive in helping those who are in distress or need. Don't just pass by; stop and assist and care for them.

**SCRIPTURE ENGAGING QUESTIONS:**

What does this passage teach about God?

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What does this passage teach about me?

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What do I need to do to apply it to my life?

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**MORNING PRAYER POINTS:**

**LOVING GOD & OTHERS**

1. Pray for a heart of love. Ask God to fill your heart with love for Him, just as Jesus emphasized in Luke 10:27. Pray for the ability to love God wholeheartedly, with all your heart, soul, strength, and mind.
2. Pray for compassion and mercy. Reflect on the parable of the Good Samaritan (Luke 10:25-37) and pray for a compassionate and merciful spirit. Ask God to help you see the needs of others and respond with kindness and generosity.
3. Pray for opportunities to serve. Seek God's guidance in recognizing opportunities to serve your neighbors and those in need. Pray for wisdom to know how to help and for the courage to take action.
4. Pray for the spirit of hospitality. Ask God to help open your home to others. Ask God to help create an environment where people feel welcomed, loved, and cared for.
5. Pray for boldness in sharing the Gospel. Ask God to grant you boldness in sharing the Gospel with your friends and family. Ask for God's guidance and empowerment to communicate His message of love and salvation effectively.

**REFLECTION AND MORE PRAYERS:**

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**EVENING PRAYER POINTS:**

Pray for Our Missionaries & Mission Teams

1. Pray for God's grace and peace on them and their family members.
2. Pray for their spiritual, emotional, and physical health.
3. Pray for God's protection over them as they travel.
4. Pray for open doors to connect and to share the gospel effectively.
5. Pray for God's provision and the release of resources so that they are successful in their mission.
6. Pray for divine appointments and opportunities to strengthen the believers in their region.



DAY 6:

# JANUARY 13

## - FAMILY PRAYER TIME -

**SCRIPTURE:** “Always be joyful. Never stop praying. Whatever happens, give thanks, because it is God’s will in Christ Jesus that you do this.” 1 Thessalonians 5:16-18

**DIRECTION:** Some of us may have our entire family/friends local and be able to pray together in one location. Some of us may have family spread all over the country or the world. Take a minute to think about the technology you can employ to come together and pray.

**HELPFUL TECHNOLOGY:** Phone, FaceTime, Zoom, Teams, or WhatsApp

Coordinate with your family/friends to set a good time to pray together. This prayer guide is flexible, so if the weekend is not good and a weekday works better, you can move the day you pray together.

Have something to write down prayer requests in order to continue praying for them during the week. Share a scripture passage or verse that spoke to you this week:

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**DAILY CONFESSION:** The Bible is the infallible word of God. I know that God’s word will not return to Him empty. It will accomplish His desire in my life. Isaiah 55:11

**THANKSGIVING & PRAISE:**

- Thank You for the significant and beautiful plans for me and my family this year.
- Thank You for Your Word and how it will accomplish its purpose in my life, family, and community.
- I praise You for preparing and giving me the boldness to share the Gospel with my family and friends.
- Write one thing for which you thank or praise God:

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DAY 7:

# JANUARY 14

## - PRAY TOGETHER: FOR OUR NATION -

In the “Pray Together” sections, we encourage you to pray with at least one other person. You can connect with others via phone, FaceTime, Zoom, Teams, WhatsApp, or in-person if you like. We pray this will allow you to connect with other brothers and sisters as we pray for our nation. You are free to reach out to others at your convenience over the weekend or pray together in groups of four or five in your Life Group.

**SCRIPTURE:** “If My people who are called by My name will humble themselves, and pray and seek My face, and turn from their wicked ways, then I will hear from heaven, and will forgive their sin and heal their land.” 2 Chronicles 7:14

**DAILY CONFESSION:** The Bible is the infallible word of God. I will continue to study this instruction book. I will meditate on it day and night and obey everything written in it so I can succeed in everything I do. Joshua 1:8

### THANKSGIVING & PRAISE:

- Thank You for the whole armor of God provided for me to stand against the devil's schemes.
- Thank You that the weapons of our warfare are not worldly; they are mighty through God.
- I praise You for how you will glorify your name through your church this year.
- Write one thing for which you thank or praise God:

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### PRAYER POINTS:

1. Cry out on behalf of our nation. Ask God to show us mercy as we repent and turn from our wicked ways.
2. Pray for God-fearing men and women to occupy the different offices in our nation.
3. Pray for godly men and women with integrity who will do what is right according to God's Word.
4. Pray for our nation's leaders to serve with godly wisdom, knowledge, and understanding.
5. Pray for our president, vice president, cabinet members, governors, and those leading our nation to exercise their office with integrity.

6. Pray for our leaders to have the courage to do what is right, not to lean on their understanding, but to acknowledge God in all their ways.
7. Pray for God's blessing on every office and every man or woman occupying the office. Ask for God's grace to serve the people and do their job well.
8. Pray for revival in our hearts, homes, communities, and nation.
9. Pray against the agenda of the wicked for this nation.
10. Pray against outbreaks of plagues and diseases in our nation.
11. Pray against bloodshed and destructive activities in our nation.
12. Pray against internal conflicts, rioting, and violence.
13. Pray for peace in our nation and unity for the branches of the government to work together.
14. Pray for God's mercy over the innocent blood crying out against our nation.
15. Pray for the outpouring of the Holy Spirit to convict of sin, judgment, and righteousness.
16. Pray against evil agendas, programs, and laws that destroy our liberty, freedom, peace, and resources.
17. Pray that evil promoted as good, and good promoted as evil in our nation be reversed.
18. Pray against corruption, lawlessness, immorality, and abuse of authority in every office in this nation.
19. Pray for the exposure of agencies and leaders abusing their power and authority.
20. Pray for revoking every national ordinance designed to limit our ability to proclaim the Gospel in this nation.
21. Pray for the healing of our nation from sin, disease, violence, greed, racism, and disunity.
22. Pray that the Church be an instrument of healing in our land.



DAY 8:  
JANUARY 15

**PRAISE & WORSHIP:** Take some time to sing praises to the Lord. He longs to hear your voice.

**DAILY CONFESSION:** The Bible is the infallible word of God. God inspires all Scripture and is helpful to teach me what is true and to make me realize what is wrong in my life. It corrects me when I am wrong and leads me to do what is right. 2 Timothy 3:16

**THANKSGIVING & PRAISE:**

- Thank You for making me fearfully and wonderfully in Your image.
- Thank You for the Holy Spirit who leads me into all truth.
- Thank You for the power of the Gospel which continues to change me.
- Write one thing for which you thank or praise God:

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**BIBLE READING PLAN:** Luke 11

**SCRIPTURE FOCUS:** Luke 11

Have you asked Jesus for help with your prayer life? I know I have and I'm sure you have as well. We are not alone in this request, the apostles asked too. The Lord Jesus answered by providing the Lord's Prayer. Many books have been written about this prayer, providing great insight into this template. There's great value in memorizing this prayer and using it to guide our own prayers. The Lord begins by praising the name of the Father, exalting the one to whom all praise is owed. He then proceeds by asking for His kingdom to come, for His will to be done. Notice the focus continues to be on God. He continues with a humble request for our daily needs. The Lord then instructs us to confess our sins and ask for forgiveness with a caveat reminder to forgive others like he forgives us. He closes with a request to keep us from temptation. It's very interesting to note that after this glorious prayer template an additional tip is provided; Be shamelessly persistent. Persistence in prayer is our declaration of complete and humble dependence in God. He encourages us to ask, seek, and knock, over and over and over again.

**SCRIPTURE ENGAGING QUESTIONS:**

What does this passage teach about God?

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What does this passage teach about me?

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What do I need to do to apply it to my life?

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**MORNING PRAYER POINTS:**

**ASK, SEEK, KNOCK**

1. Father, hallowed be Your name. (Praise His name and tell him why He is worthy of praise.)
2. Your kingdom come. (Ask for His will to be done in every area of your life, family, work, school, etc.)
3. Give us each day our daily bread. (Humbly bring before Him all your needs, whether physical or spiritual.)
4. Forgive us our sins, for we ourselves forgive everyone who is indebted to us. (Confess your sin and ask forgiveness.)
5. Lead us not into temptation. (Ask for clarity to see areas of temptation and guidance to eliminate them.)
6. Help us to be shamelessly persistent in prayer.
7. Help me to ask, help me to seek, and help me to knock without losing heart; as long as it takes.

**REFLECTION AND MORE PRAYERS:**

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## **EVENING PRAYER POINTS:**

### Pray for Our Missions Partner: Vidrozhenya Church, Ukraine

1. Pray for Pastor Leonid and his wife, Anna, as they minister to the believers in Kalynivka, Ukraine.
2. Pray for those who are directly affected by the war in Ukraine. Many have lost loved ones and have friends and family in harm's way.
3. Pray that the Gospel flourishes in the midst of chaos and despair and that the hearts of the Ukrainian people will be open to receive it.
4. Pray for Todd & Veronika Gallagher and their family as they minister to all those around them, both in the church and the community.
5. Pray for the protection of the Church in Ukraine and for the believers there to be encouraged even as the war continues.
6. Pray for peace in the region so that we can send teams to help them rebuild physically, emotionally, and spiritually.

DAY 9:  
JANUARY 16

**PRAISE & WORSHIP:** Take some time to sing praises to the Lord. He longs to hear your voice.

**DAILY CONFESSION:** The Bible is the infallible word of God. It is active and alive, quick and powerful. It is the sharpest two-edged sword I must use to defend and protect. Hebrews 4:12

**THANKSGIVING & PRAISE:**

- Thank You for Your grace and love that continue to lead me to repentance.
- Thank You for the victory I have in the name and the blood of Jesus.
- Thank You for every good work that Your Spirit is working in me.
- Write one thing for which you thank or praise God:

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**BIBLE READING PLAN:** Luke 12

**SCRIPTURE FOCUS:** Luke 12

How many times have you said the phrase “I am just worried that...?” Reading a Scripture that commands you “not to be anxious” can be challenging. For me, it ironically makes me anxiously think that I am worrying too much. Does that mean I am sinning? The more I focus on not worrying, the more stressed I become. Notice that Jesus doesn’t just command us not to worry. He essentially says, “Don’t worry, I will take great care of you, so focus on my kingdom instead.” God’s command is not just a directive to STOP, but also to START. So, before you ask God for the things you need today, ask Him how you can contribute to His kingdom. Develop a daily focus on God’s kingdom, and when life’s anxieties overwhelm you, you will clearly see the ways He has provided for you, ultimately finding peace.

**SCRIPTURE ENGAGING QUESTIONS:**

What does this passage teach about God?

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What does this passage teach about me?

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What do I need to do to apply it to my life?

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**MORNING PRAYER POINTS:**

**SEEK FIRST THE KINGDOM**

1. Ask God to help you prioritize His kingdom in your daily life, and to guide you in living in a way that honors and serves Him.
2. Ask for wisdom to make decisions and take actions that align with God's Will and contribute to His Kingdom.
3. Thank God for His promises to take care of you and provide for your needs. Express gratitude for specific instances where you have experienced His care in your life.
4. Pray for strength and courage to overcome worry and anxiety, and to trust in God's plan and timing for your life.
5. Pray for the discipline and commitment to focus on God and His Kingdom daily, and for the ability to see the ways He is working in your life.

**REFLECTION AND MORE PRAYERS:**

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**EVENING PRAYER POINTS:**

Pray for Our Missions Partner: Fellowship of Christian Athletes (FCA)

1. Pray for Alan Thompson, that he finds favor with local school administration, athletic directors, and coaches.
2. Pray that the student athlete leaders are standing for what is right among their peers.
3. Pray that the FCA continues to encourage and minister to the coaches who have had incredible impact and influence in the lives of their athletes.
4. Pray that our partnership with FCA and Richard Bland College continues to provide opportunities for service and to bring the Gospel to students there.



DAY 10:  
JANUARY 17

**PRAISE & WORSHIP:** Take some time to sing praises to the Lord. He longs to hear your voice.

**DAILY CONFESSION:** The Bible is the infallible word of God. It is a lamp unto my feet and a light unto my path. It illuminates the darkness and keeps me from stumbling. Psalm 119:105

**THANKSGIVING & PRAISE:**

- Thank You for connecting me to The Heights and the body of believers there.
- Thank You for calling us to a season of prayer and fasting.
- I praise You for the advancement of the gospel in our community.
- Write one thing for which you thank or praise God:

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**BIBLE READING PLAN:** Luke 13

**SCRIPTURE FOCUS:** Luke 13:18-21

Jesus was great at finding illustrations that people could relate to and comprehend. He often used agricultural illustrations that everyone in that time would have understood. In Luke 13:18-19, Jesus compares the Kingdom of God to a small seed that is planted and, in time, grows into a large tree. The Jews at the time of Jesus were expecting the Kingdom of God to show up on the scene with might and force. However, Jesus came onto the scene with humility. From a human perspective, it even looks like he had failed to accomplish His mission. But God doesn't operate according to human perspective or expectations. God took what appeared to be small, humble, and failing and used it as a means to save the world from sin and shame. God most often works the same way in our lives. Occasionally we see big, dramatic changes, but most often it is the Spirit that works in us little by little, bit by bit, to mold us and shape us into the image of Christ. If you are in a place where it is hard to see what God is doing in your life, remember the parables of the mustard seed and the leaven and trust that while it may seem small, God is working in every area of your life for His glory and your good. In time, you will see the results if you trust Him for the growth.

**SCRIPTURE ENGAGING QUESTIONS:**

What does this passage teach about God?

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What does this passage teach about me?

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What do I need to do to apply it to my life?

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**MORNING PRAYER POINTS:**

**SEE GOD'S WORK**

1. Father, help me to see the areas of my life in which You are working. They may seem to be small but will produce great results.
2. Father, let Your word take root deep in my heart so that it will impact every area of my life.
3. Father, help me to see the growth in others so that I may encourage them to persevere in the faith.
4. Father, help me to be patient to wait on Your Holy Spirit to work in me so that I do not try to force things in my own power.
5. Father, thank You for Your providence in my life. Help me to trust that You are working even when I do not see the results as quickly as I would like.

**REFLECTION AND MORE PRAYERS:**

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**EVENING PRAYER POINTS:**

Pray for Our Missions Partner: Beacon Hill Church

1. Pray for Michael Moore as he leads that church in taking the Gospel to the people of Hopewell and the neighboring areas.
2. Pray for the weekly Free Food Friday events. Pray that meeting physical needs would lead meeting spiritual needs.

3. Pray that the influence and impact of the church would continue to grow with local government, first responders, and education leadership.
4. Pray that support continues to grow and that more churches will grow in their understanding of what it means to move from “missions” to “missional”.
5. Pray that the backpack ministry continues to grow and, not only impact our area, but ministers to the unsheltered in hard to reach locations.

DAY 11:  
**JANUARY 18**

**PRAISE & WORSHIP:** Take some time to sing praises to the Lord. He longs to hear your voice.

**DAILY CONFESSION:** The Bible is the infallible word of God. God's instructions are perfect; they revive my soul and are trustworthy for making me wise. Psalm 19:7

**THANKSGIVING & PRAISE:**

- Thank You for the talents, gifts, and calling you created in me.
- Thank You for the local church in which I can develop and use my talents and gifts.
- I praise You for the opportunity to assemble so that we can encourage and edify one another.
- Write one thing for which you thank or praise God:

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**BIBLE READING PLAN:** Luke 14

**SCRIPTURE FOCUS:** Luke 14:3-5; 21-23

Today, we read several stories that should cause us to reconsider our priorities. The passage starts with Jesus healing a man on the Sabbath. Jesus then begins to teach through parables. The thing that strikes me most is that, in each situation, we find that the people involved are choosing the wrong things. We are all guilty of this. Often, we find excuses for not truly taking and experiencing a regular time of Sabbath. Often, we clamor for position and recognition for the things we have done. Often, we find ourselves too busy with good things, only to miss an invitation from our Lord to something great. Being a Christ follower costs us something. It actually cost us a lot. Another way of saying this would be as Paul Tripp stated, "The Sabbath is not a rest from our primary pursuits. It is itself our primary pursuit." Take some time as you read the chapter today and ask God to reveal His best for you and to expose where your priorities need to be adjusted.

**SCRIPTURE ENGAGING QUESTIONS:**

What does this passage teach about God?

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What does this passage teach about me?

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What do I need to do to apply it to my life?

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**MORNING PRAYER POINTS:**

**RECONSIDER YOUR PRIORITIES**

1. Lord, open my eyes to see my schedule in the way You see it.
2. Jesus, help me to recognize where my pursuit of good things is interfering with my pursuit of You.
3. Give me the courage to make changes necessary as You continue to expose any wrong priorities.
4. Lord, show me where I need to lift up others and demonstrate humility.
5. Father, use Your Word in my life to expose where I am making excuses and not being obedient to You.
6. God, give me a hunger for time with You.
7. Thank You, Lord, for making me a new creation and freeing me from the bondage of sin in order to serve You.

**REFLECTION AND MORE PRAYERS:**

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**EVENING PRAYER POINTS:**

Pray for Our Missions Partner: Mercy Mall of VA

1. Mercy Mall fills practical needs while building relationships with those experiencing crises in the the Richmond metro area. Pray that they receive the needed resources to minister to all who come to them.
2. Thank God for the staff and volunteers. Pray for their safety and physical health. Ask God to give those who lead this ministry wisdom, knowledge, and understanding.
3. Pray for open doors to share the Gospel and opportunities for spiritual growth.



DAY 12:  
JANUARY 19

**PRAISE & WORSHIP:** Take some time to sing praises to the Lord. He longs to hear your voice.

**DAILY CONFESSION:** The Bible is the infallible word of God. God's commands are clear and proper; they give me insight into living and bring joy to my soul. Psalm 19:8

**THANKSGIVING & PRAISE:**

- Thank You for using The Heights to help me grow in the knowledge of the Lord Jesus Christ.
- Thank You for the mission and vision of the church and how it involves my family and me.
- I praise You for the unity and peace we enjoy at The Heights.
- Write one thing for which you thank or praise God:

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**BIBLE READING PLAN:** Luke 15

**SCRIPTURE FOCUS:** Luke 15:8-10

Most of us at some point in our lives has had an experience like the woman described in The Parable of the Lost Coin. We found a coin. It might not have been our coin that was lost, but we sure were excited when we found that little round piece of metal lying on the ground. And if this happened when we were a child, we let everyone around us know that we had found it. The coin was not ours to find, but finding it stirred our emotions. We rejoiced! What if we were to intentionally engage in the Great Commission? What if we had a passion for rejoicing over lost souls like a child rejoices over finding someone's lost coin? Our families, friends, neighbors, and strangers are all loved by God—so much more valuable than a lost coin. As you read Luke 15 today, and as you bow before the Father, reflect on the attitude of those in Jesus' parables: they rejoiced when that which was lost was found. Let's seek to respond in the same way.

**SCRIPTURE ENGAGING QUESTIONS:**

What does this passage teach about God?

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What does this passage teach about me?

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What do I need to do to apply it to my life?

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**MORNING PRAYER POINTS:**

**REJOICE LIKE THE ANGELS**

1. Father, help me honor You by being obedient to the Great Commission.
2. Help me see and have a passion for sharing the Gospel with the lost people in my home, family, and community.
3. Father, help me to have an attitude like that of the angels, rejoicing when someone repents and returns to You.
4. Lord, may You be praised because it is only by grace that someone comes to repentance. Help me remember that my role is to be a servant of Your Kingdom.
5. Pray that God will continue to let our church see people choose Jesus, go through the waters of baptism, and grow in their relationship with Him.

**REFLECTION AND MORE PRAYERS:**

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**EVENING PRAYER POINTS:**

Pray for Those Connecting to The Heights

1. Pray for God's grace and peace on them and their family.
2. Pray they feel God's love and presence.
3. Pray whatever connects them to The Heights will lead them to the next steps in following Jesus.
4. Pray they feel at home and welcomed at The Heights.
5. Pray they connect with other brothers and sisters.
6. Pray they come to the saving knowledge of Jesus Christ.
7. Pray they have a heart ready for the word of God.



DAY 13:

**JANUARY 20**

- FAMILY PRAYER TIME -

**SCRIPTURE:** “Always be joyful. Never stop praying. Whatever happens, give thanks, because it is God’s will in Christ Jesus that you do this.” 1 Thessalonians 5:16-18

**DIRECTION:** Some of us may have our entire family local and are able to pray together in one location. Some of us may have family spread all over the country or the world. Take a minute to think about the technology you can employ to come together and pray.

**HELPFUL TECHNOLOGY:** Phone, FaceTime, Zoom, Teams, or WhatsApp

Coordinate with with your family members to find a time you can pray together. This prayer guide is flexible so if the weekend is not good and a weekday works better, you can swap out or move the day you pray together.

Have something to write down prayer requests in order to continue praying for them during the week. Share a scripture passage or verse that spoke to you this week:

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**DAILY CONFESSION:** The Bible is the infallible word of God. I know that God’s word will not return to Him empty. It will accomplish His desire in my life. Isaiah 55:11

**THANKSGIVING & PRAISE:**

- Thank You for the significant and beautiful plans for me and my family this year.
- Thank You for Your Word and how it will accomplish its purpose in my life, family, and community.
- I praise You for preparing and giving me the boldness to share the Gospel with my family and friends.
- Write one thing for which you thank or praise God:

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DAY 14:

# JANUARY 21

## - PRAY TOGETHER: FOR OUR COMMUNITY -

In the “Pray Together” sections, we encourage you to pray with at least one other person. You can connect with others via phone, FaceTime, Zoom, Teams, WhatsApp, or in-person if you like. We pray this will allow you to connect with other brothers and sisters as we pray for our nation. You are free to reach out to others at your convenience over the weekend or pray together in groups of four or five in your Life Group.

**SCRIPTURE:** “And work for the peace and prosperity of the city where I sent you into exile. Pray to the Lord for it, for its welfare will determine your welfare.” Jeremiah 29:7 (NLT)

**DAILY CONFESSION:** The Bible is the infallible word of God. I will continue to study this instruction book. I will meditate on it day and night and obey everything written in it so I can succeed in everything I do. Joshua 1:8

### THANKSGIVING & PRAISE:

- Thank You for the whole armor of God provided for me to stand against the devil's schemes.
- Thank You that the weapons of our warfare are not worldly; they are mighty through God.
- I praise You for how You will glorify Your name through Your church this year.
- Write one thing for which you thank or praise God:

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### PRAYER POINTS:

1. Pray the light of the Gospel of Jesus Christ shines in our community.
2. Pray against every anti-Gospel agenda in our community.
3. Pray for new and innovative ways to advance the Gospel in our community.
4. Pray for favor, open doors, and excellent opportunities to advance the Gospel.
5. Pray for the reversal of bad rules, regulations, and laws which have negative results in our community.
6. Pray that the Lord gives our community leaders the grace to lead and serve excellently.
7. Pray that our community leaders serve with godly wisdom, knowledge, and understanding.



8. Pray for our community leaders to have the grace to do what is right.
9. Pray for God's wisdom and protection over our university presidents, school board members, superintendents, principals, and teachers.
10. Pray that God will give our governor, city mayors, county supervisors, and elected officials wisdom to serve our communities.
11. Pray for the release of souls of men and women, boys, and girls, young and old, in our communities to the hearing of the Gospel.
12. Pray for the shutdown of drug dens, crack houses, pill mills, human trafficking centers, and any other place where wickedness and sin operate in our communities.
13. Pray for the heavens to open over our communities so that the Holy Spirit can convict of sin, judgment, and righteousness.
14. Pray for the removal of local ordinance designed to frustrate our ability to proclaim the Gospel in our communities.
15. Pray against the mobilization of wicked spirits in high places against our communities.
16. Pray against the spread of sickness, diseases, and viruses in our community and state.
17. Pray against the enemy's desires, expectations, and plans to kill, steal, and destroy.
18. Pray that our communities will accept and embrace God's desires, expectations, plans, and agenda.
19. Pray that all the churches in our communities will be empowered to reach the lost.
20. Pray for revival in (Insert the town/city/county you live in).
21. Pray for a harvest of souls into God's kingdom all over our communities this year in Jesus' name.

DAY 15:  
**JANUARY 22**

**PRAISE & WORSHIP:** Take some time to sing praises to the Lord. He longs to hear your voice.

**DAILY CONFESSION:** The Bible is the infallible word of God. God inspires all Scripture and is helpful to teach me what is true and to make me realize what is wrong in my life. It corrects me when I am wrong and leads me to do what is right. 2 Timothy 3:16

**THANKSGIVING & PRAISE:**

- Thank You for making me fearfully and wonderfully in Your image.
- Thank You for the Holy Spirit who leads me into all truth.
- Thank You for the power of the Gospel which continues to change me.
- Write one thing for which you thank or praise God:

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**BIBLE READING PLAN:** Luke 16

**SCRIPTURE FOCUS:** Luke 16:19-31

How do you react when things happen in your life? Your reactions, like most of us, are probably determined by what has actually happened. What if we flipped the script to become proactive instead of reactive? Luke 16 shares a story of a rich man who lived a prosperous life and had everything. His only downfall? He died. However, his story doesn't end there. We see a glimpse into life after death, or in his case, torment after death. He remembers who he is and details of his life so much so that he begs for someone to return to tell his family what has happened to him so that they may avoid a similar outcome. This is a reactionary tale of utter despair.

What can we learn from this? A reminder that we have an incredible opportunity to share the Gospel with others, to influence those around us, and to teach our children the ways of God. Are we? Are we proactive in this quest to make God known?

**SCRIPTURE ENGAGING QUESTIONS:**

What does this passage teach about God?

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What does this passage teach about me?

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What do I need to do to apply it to my life?

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**MORNING PRAYER POINTS:**

**HELP ME BE PROACTIVE ABOUT SHARING THE GOSPEL**

1. Thank You, Lord, for the promise that we have eternal life with You, without pain and suffering.
2. Let my life be a source of hope and encouragement to those around me.
3. As others see a difference in me because of Your Word, give me confidence to share the Gospel.
4. Thank You for giving us the keys to the kingdom of heaven. Let every door that needs to be opened for the advancement of the gospel open in Jesus' name.
5. Father, help me be proactive taking the incredible opportunity to share the gospel with those in my sphere of influence.
6. Help me see the urgency and the truth of the story of the rich man. Help me always say yes to Jesus and yield to the leading of the Spirit as I go throughout my day.

**REFLECTION AND MORE PRAYERS:**

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## **EVENING PRAYER POINTS:**

### Pray for Our Missions Partner: Bulawayo Baptist Church, Zimbabwe

1. Pray for Jeff & Tammy Scorziel as they team lead Bulawayo Baptist Church in Bulawayo, Zimbabwe.
2. Pray that their “egg program” nourishes those who receive the eggs and that this program gives them hope and an openness to the Gospel.
3. Pray that the livestock being raised to support the churches and pastors in Bulawayo will flourish and be protected from disease.
4. Pray that Bulawayo Baptist will continue to be a light in the darkness and that the church will produce strong leaders to expand the impact of their ministry in the area.
5. Pray for the country of Zimbabwe. Pray that there would be Christian leaders in areas of influence and that the country would prosper and God would receive the glory.

DAY 16:  
JANUARY 23

**PRAISE & WORSHIP:** Take some time to sing praises to the Lord. He longs to hear your voice.

**DAILY CONFESSION:** The Bible is the infallible word of God. It is active and alive, quick and powerful. It is the sharpest two-edged sword I must use to defend and protect. Hebrews 4:12

**THANKSGIVING & PRAISE:**

- Thank You for Your grace and love that continue to lead me to repentance.
- Thank You for the victory I have in the name and the blood of Jesus.
- Thank You for every good work that Your Spirit is working in me.
- Write one thing for which you thank or praise God:

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**BIBLE READING PLAN:** Luke 17

**SCRIPTURE FOCUS:** Luke 17

Have you ever struggled to forgive someone? Have you forgiven someone, only to be hurt by them again? It is challenging to continue to forgive someone when you feel that, despite their apologies, they are not truly repentant. Why should they deserve your forgiveness, anyway? Notice that Jesus says those who lead people into sin would be better off facing a gruesome death. Jesus doesn't mince words. Yet, surprisingly, in the same paragraph, He commands us to forgive unconditionally.

Why are we called to forgive in this way? It's because we have been forgiven in the same manner. If you have called upon Jesus as Lord, then you are covered with the blood that was spilled for you "While you were still a sinner" and "living as an enemy". If God didn't withhold forgiveness from us when we didn't deserve it, who are we to withhold forgiveness from anyone? I find it both amusing and comforting that the disciples' response to this teaching is, "Lord, increase our faith". Today, our prayer should be similar: "Lord, help me understand the magnitude of Your grace, and how You can show mercy, kindness, and forgiveness to those who don't deserve it. Help me grasp the enormity of the cross and the weight of my sin. Since You do not withhold forgiveness from those who ask, Lord, help me to do the same. Lord, increase my faith."

**SCRIPTURE ENGAGING QUESTIONS:**

What does this passage teach about God?

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What does this passage teach about me?

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What do I need to do to apply it to my life?

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**MORNING PRAYER POINTS:**

**FORGIVENESS**

- 1. Lord, help me understand how great You are. Open my eyes to see the extent of Your power, love, and grace.
- 2. Lord, show me the depths of Your mercy. Help me grasp how You extend Your loving-kindness to us, even when we are undeserving.
- 3. Lord, help me truly comprehend the enormity of the cross and the weight of my sins that You took upon Yourself.
- 4. Lord, I thank You for the forgiveness You have freely given me while I was still a sinner and living as Your enemy.
- 5. Lord, just as You have forgiven me, help me extend that forgiveness to others, without conditions or reservations.
- 6. Lord, grant me the strength and grace to forgive those who have wronged me, even when it is difficult.
- 7. Lord, increase my faith. Help me trust in Your ways and Your plan, and to live out Your command to forgive, just as I have been forgiven.

**REFLECTION AND MORE PRAYERS:**

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## **EVENING PRAYER POINTS:**

### Pray for Our Missions Partner: The Grace Project

1. Pray for the ministry of The Grace Project (formerly Grace Home Ministries), serving teen moms in Chester and Hopewell. Thank God for the work being done to communicate the immense value of each young woman and her child.
2. Pray for mentors and childcare volunteers and their work in local middle & high schools. Pray for their spiritual, emotional, and physical health.
3. Pray for wisdom, knowledge, and understanding for those who lead this ministry. Pray for encouragement and spiritual growth for those they serve.
4. Pray for community support for The Grace Project.
5. Pray for opportunities for the gospel to be shared.

DAY 17:  
**JANUARY 24**

**PRAISE & WORSHIP:** Take some time to sing praises to the Lord. He longs to hear your voice.

**DAILY CONFESSION:** The Bible is the infallible word of God. It is a lamp unto my feet and a light unto my path. It illuminates the darkness and keeps me from stumbling. Psalm 119:105

**THANKSGIVING & PRAISE:**

- Thank You for connecting me to The Heights and the body of believers there.
- Thank You for calling us to a season of prayer and fasting.
- I praise You for the advancement of the gospel in our community.
- Write one thing for which you thank or praise God:

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**BIBLE READING PLAN:** Luke 18

**SCRIPTURE FOCUS:** Luke 18:1-8

This passage centers on the parable of the persistent widow who keeps petitioning an unjust, ungodly judge. Many people mistakenly try to see how God equates to this judge. *HE DOESN'T!* Jesus is showing us that God is the total contrast to the judge. If an ungodly judge who cared nothing about the woman would grant her petition, how much more is a loving God of grace waiting and wanting to answer our prayers. God wants to answer and He wants the best for us!

In Luke 18:1, Jesus shares the purpose of the parable: that they might understand to keep praying and not lose heart. God cares, hears, and responds to our prayers. Keep praying!

**SCRIPTURE ENGAGING QUESTIONS:**

What does this passage teach about God?

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What does this passage teach about me?

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What do I need to do to apply it to my life?

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**MORNING PRAYER POINTS:**

**DON'T LOSE HEART!**

1. Is there something for which you have been praying for an extended time? Don't give up. Keep praying for that thing or person.
2. Persistent prayer is not begging God for His blessing, but rather knowing that God IS the blessing. Pray today knowing that God can provide!
3. Remain steadfast in prayer today to show that you acknowledge and declare that God deserves the glory.
4. As you face trials in life, pray persistently as you trust God to lead and guide you through the storms.
5. Remember as you persistently pray today that we do not see all that God is doing in our lives and situations. Praise Him today for His unseen work in your life.
6. Hebrews 11:6 says He rewards those who seek Him. Pray persistently in faith that God will do great things through our prayers.

**REFLECTION AND MORE PRAYERS:**

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**EVENING PRAYER POINTS:**

Pray for Our Missions Partner: Feed More-Meals on Wheels

1. Pray for Feed More as they collect, prepare, and distribute meals to neighbors across 29 counties and 5 cities.
2. Pray the volunteers will not grow weary of doing good and that their love for those they serve continue to grow. Pray for their health and safety.
3. Pray for the neighbors this organization serves. Pray they will feel care for and valued - that the love of Christ is communicated to them.

DAY 18:  
**JANUARY 25**

**PRAISE & WORSHIP:** Take some time to sing praises to the Lord. He longs to hear your voice.

**DAILY CONFESSION:** The Bible is the infallible word of God. God's instructions are perfect; they revive my soul and are trustworthy for making me wise. Psalm 19:7

**THANKSGIVING & PRAISE:**

- Thank You for the talents, gifts, and calling you created in me.
- Thank You for the local church in which I can develop and use my talents and gifts.
- I praise You for the opportunity to assemble so that we can encourage and edify one another.
- Write one thing for which you thank or praise God:

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**BIBLE READING PLAN:** Luke 19

**SCRIPTURE FOCUS:** Luke 19:1-10

The story of Zacchaeus takes place in the city of Jericho. Zacchaeus, a wealthy chief tax collector, is eager to see Jesus when he hears that he is passing through the city. However, being a short man, Zacchaeus is unable to see over the crowd. Determined to catch a glimpse of Jesus, Zacchaeus decides to climb a sycamore tree along the path where Jesus is expected to pass. As Jesus approaches the tree, he stops and looks up, calling Zacchaeus by name and instructing him to come down. Zacchaeus is surprised and quickly descends the tree, excited to have this encounter with Jesus. Jesus invites himself to Zacchaeus' home, which surprises the people around them because Zacchaeus is considered a sinner due to his profession as a tax collector. People view tax collectors with disdain, as they often cheat and extort money from their own people. Nevertheless, Zacchaeus joyfully welcomes Jesus into his house. While dining together, Zacchaeus stands before Jesus and declares that he will give half of his possessions to the poor and that if he has cheated anyone, he will repay them four times the amount. Zacchaeus' declaration reflects a repentant heart and a genuine desire for change. Upon hearing this, Jesus publicly acknowledges Zacchaeus' repentance and declares, "Today salvation has come to this house because this man, too, is a son of Abraham. For the Son of Man came to seek and to save the lost." This story serves as a powerful illustration of Jesus' mission to seek out those who are lost and offer them salvation. It also highlights the transformative power of encountering Jesus, as Zacchaeus' encounter with Him leads to repentance and a commitment to integrity and generosity.

**SCRIPTURE ENGAGING QUESTIONS:**

What does this passage teach about God?

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What does this passage teach about me?

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What do I need to do to apply it to my life?

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**MORNING PRAYER POINTS:**

**COMPLETE REPENTANCE**

1. Thank the Lord that He has called you to repentance, and that He sees you no matter where you are.
2. Ask the Lord, "What are the things I am holding onto that are selfish?"
3. Father, how can I bless others with what You have blessed me with?
4. Lord, may I never live my life for man's approval, but only for Yours!
5. Praise the Lord that He does not look at your shortcomings and that you can be used for the Kingdom no matter your past.

**REFLECTION AND MORE PRAYERS:**

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## **EVENING PRAYER POINTS:**

### Pray for Our Missions Partner: Gideons International

1. Pray that ministry can continue to get scripture into the hands of millions of lost people here and around the world.
2. Pray that people are supernaturally drawn to the scriptures they are given.
3. Pray that the Gideons would continue to grow in financial support as they provide the scriptures free of charge.
4. Pray for the scriptures to be placed in closed countries and areas of the world that are hard to reach. Pray that the hearts of those who receive them are open to the Gospel and fertile soil in which the Word will grow.

DAY 19:  
**JANUARY 26**

**PRAISE & WORSHIP:** Take some time to sing praises to the Lord. He longs to hear your voice.

**DAILY CONFESSION:** The Bible is the infallible word of God. God's commands are clear and proper; they give me insight into living and bring joy to my soul. Psalm 19:8

**THANKSGIVING & PRAISE:**

- Thank You for using The Heights to help me grow in the knowledge of the Lord Jesus Christ.
- Thank You for the mission and vision of the church and how it involves my family and me.
- I praise You for the unity and peace we enjoy at The Heights.
- Write one thing for which you thank or praise God:

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**BIBLE READING PLAN:** Luke 20

**SCRIPTURE FOCUS:** Luke 20

In today's passage we see Jesus being constantly challenged by the religious leaders of that day. They used the scriptures in ways that empowered themselves and were upset with Jesus for what he was teaching. They held all the authority and now wanted to know by what authority He was teaching. Jesus demonstrated incredible wisdom by not being quick to answer them, for they did not really want truth, but rather wanted to catch him saying something they could grasp ahold of and accuse him of being heretical or to damage his reputation. We should study and be prepared to answer legitimate questions from those who are seeking truth. However, when we see people fishing and attempting to catch us off guard in order to argue or to make us look foolish, we should avoid the situation all together. I am thankful for God's eternal word and for its life-changing truth. As the psalmist wrote in Psalm 119:18, "Open my eyes, that I may see the wondrous things out of your law", we too, should humbly approach His word and seek understanding.

**SCRIPTURE ENGAGING QUESTIONS:**

What does this passage teach about God?

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**SCRIPTURE ENGAGING QUESTIONS:**

What does this passage teach about God?

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What does this passage teach about me?

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What do I need to do to apply it to my life?

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**MORNING PRAYER POINTS:**

**COMPLETE REPENTANCE**

1. Lord, help me to not be distracted and to be able to focus on what Your Word teaches me today.
2. Father, thank You for giving us the Bible and for its trustworthiness.
3. Lord, I delight in Your Word. I will not forget it. I will store it in my heart.
4. Lord, today I thank You for my afflictions that have led me to Your Word.

**REFLECTION AND MORE PRAYERS:**

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**EVENING PRAYER POINTS:**

Pray for Our Missions Partner: SBC of Virginia - Disaster Relief & English as a Second Language

1. Pray for our local convention which provides leadership, support, and resources to local churches.
2. Pray for the Disaster Relief volunteers serving immediately following a crisis.
3. Pray for those who lead ESL, teaching English and supporting those who benefit not only from the lessons but from making new connections in the community.



DAY 20:

# JANUARY 27

- FAMILY PRAYER TIME -

**SCRIPTURE:** “Always be joyful. Never stop praying. Whatever happens, give thanks, because it is God’s will in Christ Jesus that you do this.” 1 Thessalonians 5:16-18

**DIRECTION:** Some of us may have our entire family local and are able to pray together in one location. Some of us may have family spread all over the country or the world. Take a minute to think about the technology you can employ to come together and pray.

**HELPFUL TECHNOLOGY:** Phone, FaceTime, Zoom, Teams, or WhatsApp

Coordinate with with your family members to find a time you can pray together. This prayer guide is flexible so if the weekend is not good and a weekday works better, you can swap out or move the day you pray together.

Have something to write down prayer requests in order to continue praying for them during the week. Share a scripture passage or verse that spoke to you this week:

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**DAILY CONFESSION:** The Bible is the infallible word of God. I know that God’s word will not return to Him empty. It will accomplish His desire in my life. Isaiah 55:11

**THANKSGIVING & PRAISE:**

- Thank You for the significant and beautiful plans for me and my family this year.
- Thank You for Your Word and how it will accomplish its purpose in my life, family, and community.
- I praise You for preparing and giving me the boldness to share the Gospel with my family and friends.
- Write one thing for which you thank or praise God:

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DAY 21:

**JANUARY 28**

**- PRAY TOGETHER: FOR THE CHURCH -**

In the “Pray Together” sections, we encourage you to pray with at least one other person. You can connect with others via phone, FaceTime, Zoom, Teams, WhatsApp, or in-person if you like. We pray this will allow you to connect with other brothers and sisters as we pray for our nation. You are free to reach out to others at your convenience over the weekend or pray together in groups of four or five in your Life Group.

**SCRIPTURE:** “And work for the peace and prosperity of the city where I sent you into exile. Pray to the Lord for it, for its welfare will determine your welfare.” Jeremiah 29:7 (NLT)

**DAILY CONFESSION:** The Bible is the infallible word of God. I will continue to study this instruction book. I will meditate on it day and night and obey everything written in it so I can succeed in everything I do. Joshua 1:8

**THANKSGIVING & PRAISE:**

- Thank You for the whole armor of God provided for me to stand against the devil's schemes.
- Thank You that the weapons of our warfare are not worldly; they are mighty through God.
- I praise You for how You will glorify Your name through Your church this year.
- Write one thing for which you thank or praise God:

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**PRAYER POINTS:**

1. Pray that the body of Christ is attentive to the Holy Spirit.
2. Pray that a spirit of repentance will fall on your church.
3. Pray for a greater release of holiness, righteousness, peace, and unity at The Heights.
4. Pray against the spirit of disobedience among the saints. Pray for a spirit of obedience to God's Word.
5. Pray against the spirit of slumber and tiredness on the saints. Pray for energy and passion for the gospel of Jesus Christ.
6. Pray against the spirit of oppression and heaviness on God's people. Pray for the spirit of gladness and thanksgiving in God's people.
7. Pray against every spirit opposing the church, giving it a bad name in the community.



8. Pray against confusion and division in the body of Christ. Let unity and oneness prevail for the sake of the gospel.
9. Pray that the church moves from eloquent words to the demonstration of the power of the Holy Spirit.
10. Ask God to deliver the church from prayerlessness and empower us to pray like never before.
11. Pray against the spirit of deception, error, and heresy in the church. Let the Bible be the guideline that we live by, not what is politically correct.
12. Pray that the heavens open over our church for the outpouring of the Holy Spirit to convict of sin, judgment, and righteousness in the church.
13. Pray for the arrest of every territorial spirit working against the advancement of the gospel of Jesus Christ.
14. Pray for heavenly assistance to resist all wicked principalities, powers, and wicked spirits in high places working against The Heights and every church that names Jesus as Lord.
15. Pray that our church leaders operate with Godly wisdom, knowledge, and understanding.
16. Pray that the heavens open over our church to make Jesus' name known. Pray God's Kingdom come, and His will be done at The Heights.
17. Pray that revival starts in me. Pray it to begin in this family called The Heights. Pray revival sweeps our communities, state, and nation.
18. Pray for favor and open doors with our local agency leaders. Pray for favor with the police, fire department, school board, school principals, city, and county officials.
19. Pray against every wicked agenda to silence the church from sharing the gospel.
20. Pray for the release of souls from every nationality into our church.
21. Pray for The Heights to be a place of restoration and healing for our community.

# DO YOU HAVE A RELATIONSHIP WITH GOD?

Seven things you should know about how to have a relationship with God:

1. We are all born into sin. Romans 3:23 says that "All have sinned and fallen short of the glory of God."
2. According to Isaiah 64:6, all our righteousness is as filthy rags before God.
3. Sin leads to death, but we can have life in Christ Jesus. Romans 6:23 says, "The wages of sin is death, but the gift of God is eternal life through Christ our Lord."
4. We can exchange the wages of sin for life by believing in the Lord Jesus Christ, who came in human flesh to pay for our sins and reconcile us to the Father.
5. Romans 5:8 states that God demonstrated His love towards us in that while we were still sinners, Christ died for us.
6. John 3:16 helps us understand that God so loved the world that He gave His only begotten son. That whosoever believes in Him will not perish but have everlasting life.
7. A restored relationship with God can become your reality just by confessing with your mouth the Lord Jesus and believing in your heart that God raised Him from the dead. God's promise in Romans 10:9 is that you will be saved.

If you have not accepted Jesus Christ as your Savior and want to do so now, please say this prayer:

Lord Jesus, I acknowledge my sin. I ask You to come into my heart. Please be my Savior and Lord. I surrender all of me to You. I repent of my sin and ask You to take control of my life in Jesus' name. Amen.

Turning your life over to Jesus gives you the power to become a son/daughter of God. That is what John 1:12 promises you. You will reign with Him for eternity.

## **NEXT STEPS:**

We are so excited that you chose to follow Jesus. We would love to know that you decided to follow Him and to help you with your next steps.

Please scan the QR code or text "Hello" to 844.504.1002 to connect and let us know you accepted Jesus as Lord. You can also request prayer, find out more about The Heights, and download our church app.





**JANUARY 8 - 28, 2024**

THB.CHURCH/21DAYS