



Dear Reader,

Since the beginning of our church in 2012, we have set our hearts to be a people of prayer. Our rally cry has simply been, “Pray First.” In every situation, whether good or bad, we try to pray before we act. Many times people act first and then want God to bail them out of that situation, but prayer should be our first response, not our last resort.

Understanding the necessity of prayer is not enough. In order for it to become a part of our life, it needs to become something we look forward to doing. I’m convinced that most people don’t enjoy prayer because they have never been taught how to pray. That’s where this simple prayer journal can help. Using several prayer models out of the Bible and having some guides to make prayer more personal, this booklet is designed to bring joy into your time with God.

When you discover the beauty of daily conversation with Him, you’ll experience the presence of God that will change your life.

Once you learn how to pray, prayer can become a part of everyday life. And then...

- Before the day begins —
- Before you go to bed —
- Before you go to work or school —
- Before you send that text —
- Before you eat, drive or travel —
- When bad things happen —
- Before bad things happen —
- In every situation — PRAY FIRST!

Prayer changes everything!

PASTOR DAVID RUUD



Fasting is the process of denying our body and soul certain cravings so that our spirit, the part of our being that is most like God, can rise and be in control of our lives. There are a few different kinds of fasts:

Complete (which involves consuming only liquids),

Partial (which involves fasting certain meals of the day)

Daniel fast (which involves removing certain elements from a diet)

Media fast (which involves removing social media and TV consumption)

We need to follow God's leading when we decide what type of fast we will do, rather than being competitive with others or over-spiritualizing the process. Our manner of fasting should be between God and us alone. During these 21 days of prayer and fasting, we are declaring our dependence on God. We are desperate for His presence and His power; we recognize we can't do anything without Him.

We are also claiming five specific Biblical declarations over our lives for this year.

First, we are declaring revival for our nation. We are crying out to God on behalf of our country, repenting for the sin of America and asking God to intervene.

Second, we are declaring freedom from bondage. Most of us have an area in our lives that, no matter how hard we try, continues to plague us –and we are claiming that those chains will break in Jesus' name!

Third, we are declaring blessing over trouble. We believe that God will answer our prayers for specific needs.

Fourth, we are declaring wisdom for our future, asking God to help us with every decision ahead.

Fifth, we are declaring victory over our enemy. We recognize that we are in a very real spiritual war, and we are going to fight because the One who is in us is greater than the one who is in the world. In fact, Jesus has already overcome the evil one."

Declare a holy fast; call a sacred assembly. Summon the elders and all who live in the land to the house of the LORD your God, and cry out to the LORD." Joel 1:14 (NLT)