

The background features a sunset or sunrise over the ocean, with a gradient from deep blue at the top to bright yellow and orange near the horizon. A geometric pattern of thin, parallel lines in various colors (purple, blue, green) is overlaid on the image, forming a large, stylized 'A' shape that frames the central text.

**21**  
DAYS OF PRAYER  
**21**

“21 Days of Prayer” used with permission from Valley Community Baptist Church  
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*All Scripture references English Standard Version (ESV) unless otherwise noted*

**21**  
**DAYS OF PRAYER**  
**21**

# Foreward

## A note from Kevin Litchfield

Crosspoint Church Family,

Throughout Scripture, we see examples of God's hand at work through the prayers and fasting of His people. In 2 Chronicles chapter 20, King Jehoshaphat faces a mighty military obstacle: a vast army from Edom was marching toward them. The King sought the Lord for guidance. He also declared a national time of fasting and prayer. As a result, The Lord gave them this message in 2 Chronicles 20:15b: ***Do not be afraid! Don't be discouraged by this mighty army, for the battle is not yours, but God's.***

As we move into a new season in the life of Crosspoint Church, we must realize that Crosspoint is HIS church not ours. We are only stewards of HIS church. As we prepare for the next season and our next pastor, we need to focus our hearts and minds on Jesus. For apart from Him we can do nothing.

In order to help move us forward in this process, a prayer tool has been created. The prayer guide (adapted and used by permission) provides a framework for 21 days of corporate and personal prayer and fasting. Please take some time to skim through the guide and commit to using it for focused prayer from July 1-21.

Kevin Litchfield  
Director, Santee Baptist Association

# The “Seven Rs”

In our 21 Days of Prayer, the three weeks have been divided into seven prayer rhythms or emphases (adapted from Daniel Henderson, *Fresh Encounters*):

**1. Reverence**

A time of worship, adoration, and praise.

**2. Reflection**

A time of waiting on God in quietness with Him and through His Word.

**3. Repentance**

A time of acknowledgment and confession of sin.

**4. Restoration**

A time of gratefully acknowledging the restoration of fellowship with God and pursuing the restoration of interpersonal fellowship.

**5. Requests**

A time of personal petition as well as intercession on behalf of others and the church.

**6. Renewal**

A time of renewing personal commitments to spiritual growth, renewing the mind through the Word, and renewing one's strength for the spiritual battle.

**7. Rejoicing**

A time of expressing gratitude to God for His many blessings and goodness.



## What about fasting?

Fasting is a Christian's voluntary abstinence from food for spiritual purposes. The purpose is to spend focused time in prayer and the study of God's word, seeking to align our lives with God's will.

But fasting does not have to be about food. We may choose to fast from social media, television, our phones, hobbies, sports, etc.

**Ultimately, fasting is more about replacing than abstaining.** It is filling our lives with God's Word and time with Him instead of the chosen item. It is finding satisfaction and enjoyment in God and in God alone. Fasting helps us humble ourselves before the Lord and positions us to experience spiritual transformation in our lives.

Matthew Henry writes, "Fasting is of use to put an edge upon prayer." Have your prayers lost their fervor? Has your devotional life become dull? Fasting has a way of sharpening our souls and making us more sensitive to the prompting of the Holy Spirit.

We recognize as we begin this 21-day prayer commitment that as God's people we need to boldly come before His throne and ask Him to work in any heartbreak, challenge, or opportunity facing us individually, as the body of Christ at Valley and beyond.

For these 21 days, join us in the experience of prayer, fasting, and listening to the voice of God through His Word.





## 2 Pick your fast

Please consult your doctor first. Because of medications or conditions, some cannot fast.

Full Fast: Drink liquids only.

Partial Fast: Not eating one or two meals on a specific day or abstaining from certain kinds of food, such as meat.

All-day Food Fast: Abstaining from food one day or multiple days per week.

Activity/Media Fast: Forgoing a time-consuming activity such as entertainment, hobbies, television, internet, sports, etc.

“We tend to think of fasting as going without food. But we can fast from anything. If we love music and decide to miss a concert in order to spend time with God, that is fasting. It is helpful to think of the parallel of human friendship. When friends need to be together, they will cancel all other activities in order to make that possible. There’s nothing magical about fasting. It’s just one way of telling God that your priority at that moment is to be alone with Him, sorting out whatever is necessary, and you have cancelled the meal, party, concert or whatever else you had planned to do in order to fulfill that priority.”

— J. I. Packer

## 3 Feast on the Word of God

Plan more time feeding on the Word of God and listening to Him. You can use the recommended readings in this guide or continue your normal Bible reading program.

# DAY 1

## Reverence

Reverence is an attitude of worship, adoration, and praise. Praise is always a good mindset with which to begin prayer. When we acknowledge how great our God is, our eyes are lifted up from today's circumstances to the One who holds today.

### Scripture reading

Psalm 145

### Key passage

Psalm 145:1-3

*I will extol you, my God and King, and bless your name forever and ever. Every day I will bless you and praise your name forever and ever. Great is the LORD, and greatly to be praised, and his greatness is unsearchable.*

### Praise thought

In praise we admire God for who He is and what He does. Praise can be quiet and meditative but it can also include celebrating and exulting in the Lord's majesty and splendor, His sovereignty, His limitless power and His bountiful love — which we do not in the least deserve. In praise we extol our wonderful God; we exalt and magnify Him.

— Ruth Myers, *31 Days of Praise*



# DAY 2

## Reflection

Reflection is a time of soul-searching and waiting on God in quietness with Him and through His Word.

### Scripture reading

Psalm 139:1-18, 23-24

### Key passage

Psalm 139:23

*Search me, O God, and know my heart! Try me and know my thoughts!*

### Fasting thought

“More than any other single discipline, fasting reveals the things that control us. This is a wonderful benefit to the true disciple who longs to be transformed into the image of Jesus Christ. We cover up what is inside us with food and other good things, but in fasting these things surface. If pride controls us, it will be revealed almost immediately — anger, bitterness, jealousy, strife, fear. If they are within us, they will surface during fasting. At first we will rationalize that our anger is due to our hunger. Then we know that we are angry because the spirit of anger is within us. We can rejoice in this knowledge because we know that healing is available through the power of Christ.”

— Richard Foster

**Prayer**

Lord, heighten my spiritual senses  
to see that which is not visible,  
hear that which is not audible,  
sense that which is not tangible,  
believe that which is unbelievable.  
Teach me to sort through  
the noises of this world,  
to hear and discern Your powerful,  
wonderful, pure, precious voice. Amen.

— Priscilla Shirer

Take a few moments to journal what God has taught you today.



**Prayer journal**

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# DAY 3

## Repentance

Remember to accompany your fast with repentance and confession of sin. Confess your sin, your spiritual weaknesses, your lack of dependence on God; through this we can experience the cleansing forgiveness of Jesus Christ.

### Scripture reading

Psalm 51:1-9

### Key passage

Psalm 51:1-4

*Have mercy on me, O God, according to your steadfast love; according to your abundant mercy blot out my transgressions. Wash me thoroughly from my iniquity, and cleanse me from my sin! For I know my transgressions, and my sin is ever before me. Against you, you only, have I sinned and done what is evil in your sight, so that you may be justified in your words and blameless in your judgment.*

### Prayer thought

“Confession recognizes the absence of God’s presence in our lives through our own willfulness or indifference. Fasting is an act of craving more of God’s presence, power and purity in our lives and ministry. Confession is admitting there is something wrong between us and God. Fasting is longing for the fullness of God to flood our souls. When we practice confession in our fasting, our fasting becomes more than a tool to bring God back to us; it becomes an instrument moving us back to God because God never moves.”

— Gary Rohrmayer

## Prayer

Father in heaven, through Your probing eyes search my heart and reveal to me the areas of my life that are hindering fellowship with You. Expose those areas of my life that are interfering with my spiritual fruitfulness. Grant me the courage to face them with faith and confess them fully and humbly before You. Father, I want more of You and to be fully used by You. Amen.

Take a few moments to journal what God has taught you today.



## Prayer journal

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# DAY 4

## Restoration

Restoration is a time of gratefully acknowledging the restoration of fellowship with God and pursuing restoration of fellowship with others.

### Scripture reading

Psalm 51:10-17

### Key passage

Psalm 51:10

*Create in me a clean heart, O God, and renew a right spirit within me.*

### Fasting thought

“Do you have a hunger for God? If we don’t feel strong desires for the manifestation of the glory of God, it is not because we have drunk deeply and are satisfied. It is because we have nibbled so long at the table of the world. Our soul is stuffed with small things, and there is no room for the great. If we are full of what the world offers, then perhaps a fast might express, or even increase, our soul’s appetite for God. Between the dangers of self-denial and self-indulgence is the path of pleasant pain called ‘fasting.’”

— John Piper



**Prayer**

Father in heaven, as I move forward in this 21-day journey, help me to turn every hunger pain, thought, or craving toward You. Teach me to feed on Your Word and to find a deep satisfaction in Your truth. Today, Father, I want to experience the sweetness of Your Word. Amen.

Take a few moments to journal what God has taught you today.



**Prayer journal**

Lined area for journaling with 20 horizontal lines.

# DAY 5

## Requests

This is a time of asking God for personal requests as well as intercession on behalf of others and the church.

### Scripture reading

Nehemiah 1:3-11

### Key passage

Nehemiah 1:4

*As soon as I heard these words I sat down and wept and mourned for days, and I continued fasting and praying before the God of heaven.*

### Prayer thought

“Think right now of the last time you pleaded with God to do something for you. Did you follow Nehemiah’s pattern?”

- Prepare your heart by asking God to help you deal with your emotions
- Tell God first how much you trust Him to do the right thing
- Tell God your motives for asking
- Confess your sins

You see, unless we do these things first, we’re not interested in His will being done; we’re just interested in OUR will being done. The purpose for all of our requests should be the same as Nehemiah’s: that the name of the Lord would be praised.”

– Jay Abramson

## **Prayer**

Father in heaven, show me through this time how to intercede for others. Help me to ask, not with wrong motives, but for Your glory. Help me to trust You, that You are at work, and You will do the right thing. In the strong name of Jesus Christ our Lord I pray. Amen.

Take a few moments to journal what God has taught you today.

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## **Prayer journal**

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# DAY 6

## Renewal

This is a time of renewing personal commitments to spiritual growth, renewing the mind through the Word, and renewing one's strength for the spiritual battle.

### Scripture reading

Ephesians 3:14-21

### Key passage

Ephesians 3:14-16

*For this reason I bow my knees before the Father, from whom every family in heaven and on earth is named, that according to the riches of his glory he may grant you to be strengthened with power through his Spirit in your inner being ...*

### Prayer thought

You can adapt Paul's prayer for yourself or for another person.

## Prayer

Father in heaven, fill me with a deeper awareness of Your love, presence, and power in my life. Grant me a deeper hunger for the riches of Your glory than for the creature comforts the world offers. Now to Him who is able to do far more abundantly than all that I ask or think, according to the power at work within me, to Him be glory in the church and in Christ Jesus throughout all generations, forever and ever. Amen.

Take a few moments to journal what God has taught you today.



## Prayer journal

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# DAY 7

## Rejoicing

Express gratitude to God for His many blessings and undeserved goodness.

### Scripture reading

Psalm 13

### Key passage

Psalm 13:5-6

*But I have trusted in your steadfast love; my heart shall rejoice in your salvation. I will sing to the LORD, because he has dealt bountifully with me.*

### Rejoicing thought

Psalm 13 is a lament. A lament's primary function is to lay a troubled situation before the Lord, asking Him for help. Notice how King David expresses his questions and frustration and then says, "But." David then reaffirms his trust in the Lord and rejoices. If you don't feel like rejoicing because of a troubling situation, follow David's example. Be honest with the Lord without grumbling against Him, and then choose trust and joy. Maybe even sing?



# DAY 8

## Reverence

Spend time praising and worshipping God.

### Scripture reading

Psalm 8

### Key passage

Psalm 8:1

*O LORD, our LORD, how majestic is your name in all the earth! You have set your glory above the heavens.*

### Possible praise prompts from Psalm 8:

- I praise Your majestic name because Your name is ...
- I praise You that Your majesty is evident in (specific places around the earth) ...
- Thank You that You display Your strength in and through us even when ...
- I praise You that Your power is greater than ...
- I thank You that I saw Your glory in the heavens when ...  
Thank You that You have established our value, even when the world tries to tell us ...



**Prayer**

Father in heaven, as I fast today, I desire to seek Your face through earnest prayer, feeding on large portions of Your Word and offering responsive praise. In Jesus' name I pray. Amen.

Take a few moments to journal what God has taught you today.



**Prayer journal**

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# DAY 9

## Reflection

Reflect on your fasting. It must be accompanied with goodwill and good works toward others to be effective and pleasing to God.

## Scripture reading

Isaiah 58

## Key passage

Isaiah 58:3-4

*‘Why have we fasted,’ they say, ‘and you have not seen it? Why have we humbled ourselves, and you have not noticed?’ Yet on the day of your fasting, you do as you please and exploit all your workers. Your fasting ends in quarreling and strife, and in striking each other with wicked fists. You cannot fast as you do today and expect your voice to be heard on high. (NIV)*

## Fasting thought

“Why is this fasting unacceptable to God? What’s wrong with it? What’s wrong with it is that it left the sin in their lives untouched. The only authentic fasting is fasting that includes a spiritual attack against our own sin. Whatever else we fast for, we must fast for our own holiness. We cannot fast for anything with authenticity while living in known sin.”

— John Piper, *A Hunger for God*



# DAY 10

## Repentance

When we confess our sins, God is faithful and just to forgive us.

### Scripture reading

Isaiah 58

### Key passage

Isaiah 58:6-7

*Is not this the fast that I choose: to loose the bonds of wickedness, to undo the straps of the yoke, to let the oppressed go free, and to break every yoke? Is it not to share your bread with the hungry and bring the homeless poor into your house; when you see the naked, to cover him, and not to hide yourself from your own flesh?*

### Prayer of Confession

“Thou Eternal God, out of whose absolute power and infinite intelligence the whole universe has come into being, we humbly confess that we have not loved thee with our hearts, souls and minds, and we have not loved our neighbors as Christ loved us. We have all too often lived by our own selfish impulses rather than by the life of sacrificial love as revealed by Christ. We often give in order to receive. We love our friends and hate our enemies. We go the first mile but dare not travel the second. We forgive but dare not forget. And so as we look within ourselves, we are confronted with the appalling fact that the history of our lives is the history of an eternal revolt against you. But thou, O God, have mercy upon us. Forgive us for what we could have been but failed to be. Give us the intelligence to know your will. Give us the courage to do your will. Give us the devotion to love your will. In the name and spirit of Jesus, we pray. Amen.”

— Martin Luther King, Jr. (transcript of radio broadcast from Ebenezer Baptist Church in Atlanta, 1953)



# DAY 11

## Restoration

Thank God for His forgiveness and restored fellowship.

### Scripture reading

1 John 1:9 and Ephesians 1:7-14

### Key passages

1 John 1:9

*If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.*

Ephesians 1:7

*In him we have redemption through his blood, the forgiveness of our trespasses, according to the riches of his grace ...*

### Restoration thought

“The gospel doesn’t just get us out of hell; it also makes us new. Grace doesn’t just help us shed the weight of past sins; it empowers us to feel and live differently.”

— Marshall Segal, *desiringGod.org*



# DAY 12

## Requests

Bring your requests to God, who desires all people to be saved.

### Scripture reading

1 Timothy 2:1-4 and Philippians 4:6-7

### Key passage

1 Timothy 2:1

*First of all, then, I urge that supplications, prayers, intercessions, and thanksgivings be made for all people ...*

### Prayer thought

The BLESS strategy is a tool with some easy, natural steps to help us bless those who do not yet follow Jesus. The BLESS mindset:

**B**egin with prayer.

**L**isten and be aware of others' needs.

**E**at with your neighbors and friends.

**S**erve others in big or small ways.

**S**hare your story.

Make a list of three people who need Jesus that God has placed on your heart and mind. These may be co-workers, family, friends, neighbors, or casual acquaintances. Or, ask God to bring people to mind.





# DAY 13

## Renewal

Time with God renews us as He gives us His strength.

### Scripture reading

Isaiah 40:25-31

### Key passage

Isaiah 40:31

*But they who wait for the LORD shall renew their strength; they shall mount up with wings like eagles; they shall run and not be weary; they shall walk and not faint.*

### Renewal thought

The Creator, who is never weary, invites the wearied ones to spend time in His presence; to bathe in the atmosphere of eternal strength; to drink in the air of His power-giving presence—to “wait” long enough to renew their lives. God will mend our raw nerve endings with the stitches of His peace.

— Jill Briscoe



# DAY 14

## Rejoicing

Give thanks to God for His goodness and blessings.

### Scripture reading

Psalm 30

### Key passage

Psalm 30:5

*... weeping may remain for a night, but rejoicing comes in the morning.* (NIV '84)

### Rejoicing thought

After stating his own intention to extol the Lord, the singer turns to his fellow worshipers and urges them to join him, to sing praises and give thanks. Though there is indeed weeping in the lives of the faithful (sometimes because of their misdeeds ... and sometimes just because of suffering that comes from living in a fallen world), it comes to an end. Morning stands for the time when God gives relief; it might not arrive until the last day, but it will surely come.

— *ESV Study Bible* note on Psalm 30



# DAY 15

## Reverence

A time for personal worship, praising God for His greatness.

### Scripture reading

Revelation 4:9-11; 5:8-14

John 4:23-24

### Key passage

Revelation 5:12

*... Worthy is the Lamb who was slain, to receive power and wealth and wisdom and might and honor and glory and blessing!*

### Prayer thought

Did you know that worship isn't only for God? When you worship God, it brings pleasure and delight to God – but it also does something for you. There are benefits that come from being in God's presence through worship. Psalm 16:11 tells us, "You reveal the path of life to me; in Your presence is abundant joy; in Your right hand are eternal pleasures." The psalmist says that worship brings joy. Being in God's presence lifts us up emotionally.

When joy has escaped you it is time to worship. When life has crushed in on you, it is time to worship. When the devil has robbed you of your happiness, it is time to worship. When Satan has surrounded you or circumstances have surrounded you with things that bring you down, it is time to worship.

— Tony Evans



# DAY 16

## Reflection

Reflect on God's attributes and promises.

### Scripture reading

Philippians 4:4-9

### Key passage

*Philippians 4:8-9*

*Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things. What you have learned and received and heard and seen in me—practice these things, and the God of peace will be with you.*

### Prayer thought

Paul commends thinking about things that are true. True thoughts of God, who is worthy, can easily turn into conversation with Him. Reflect on God, His attributes, His promises, and talk to Him about them.





# DAY 17

## Repentance

A time to acknowledge our sins to God, and turn from them.

### Scripture reading

Psalm 32

### Key passage

Psalm 32:1

*Blessed is the one whose transgression is forgiven, whose sin is covered.*

### Confession thought

... If we confess our sin to the Lord, we will find God's grace to be perfectly matched to our need. After all, it is the Lord's glory and delight to forgive ... Contrary to the wicked, who have many sorrows, the Lord "surrounds" those who trust in him with "steadfast love" (v. 10). This refuge is ultimately provided only in Jesus Christ—the man who bore our transgression, sin, iniquity, and deceit—so that we can be freely forgiven.

— *The Gospel Transformation Bible* note on Psalm 32



# DAY 18

## Restoration

Our fasting may be rewarded in the experience not only of spiritual replenishment but also of physical refreshment.

### Scripture reading

Jeremiah 17:7-8 and Isaiah 58:6-11

### Key passages

Jeremiah 17:7-8

*Blessed is the man who trusts in the LORD, whose trust is the LORD. He is like a tree planted by water, that sends out its roots by the stream, and does not fear when heat comes, for its leaves remain green, and is not anxious in the year of drought, for it does not cease to bear fruit.*

Isaiah 58:8, 11

*Then shall your light break forth like the dawn, and your healing shall spring up speedily; your righteousness shall go before you; the glory of the LORD shall be your rear guard. And the Lord will guide you continually and satisfy your desire in scorched places and make your bones strong; and you shall be like a watered garden, like a spring of water, whose waters do not fail.*

### Fasting thought

“Every time I have fasted, I have found my worship experience sweeter. I found the illumination of God’s Spirit brighter and my hunger for God’s Word stronger. Through my fasting God has guided me, comforted me, challenged me and corrected me. It is not that I have bent God toward me through fasting, but that I, through fasting, have bent my heart toward Him.”

— Gary Rohrmayer

**Prayer**

Father in heaven, as I control my flesh and my appetite today, refresh my spirit, replenish my soul, heal my wounds, and strengthen my will to carry out Your desires. I ask this in the strong name of Jesus Christ my Lord. Amen.

Take a few moments to journal what God has taught you today.



**Prayer journal**

Journaling lines consisting of 20 horizontal lines.

# DAY 19

## Requests

It's a privilege to bring our requests to our Heavenly Father, just like Jesus did.

### Scripture reading

John 17

### Key passage

John 17:20-21

*I do not ask for these only, but also for those who will believe in me through their word, that they may all be one, just as you, Father, are in me, and I in you, that they also may be in us, so that the world may believe that you have sent me.*

### Prayer thought

I need a heart for the world like Jesus'.

### Prayer

Give me a heart that burns with Your longing for the good news to be preached throughout the world, and begin this work in my heart. May more churches everywhere become more missions-minded. May they send out people who are close to You, empowered by You, and equipped to serve and pray effectively. Enable me to pray with a growing faith, confident that my prayers indeed make a difference in the world, removing mountains that hinder Your work and bringing about impossible things. Lord, You're in charge of the harvest. Cause countless people to turn from darkness to light ... Do this in every tribe, every language, and every religion – even in the most hard-to-reach places. Lord, these big requests are not too big for You! Amen.

— Ruth Myers, *31 Days of Prayer*



# DAY 20

## Renewal

Our Great Shepherd renews us as we follow Him.

### Scripture reading

Psalm 23 and Psalm 46:10

### Key passages

Psalm 23:2

*He makes me lie down in green pastures. He leads me beside still waters.*

Psalm 46:10

*Be still, and know that I am God. ...*

### Prayer thought

Time alone with the Lord in His Word strengthens us for the battle ahead. Try praying Psalm 23 aloud and personalize each phrase, thanking Him for the reality of each of these truths and promises in your life.

- Acknowledge where you have been resisting rather than following your Shepherd.
- Ask the Lord to help you trust Him. Ask Him to meet all your needs.
- Use this passage to pray for someone whom God brings to mind.

— Nancy Leigh DeMoss





# DAY 21

## Rejoicing

Rejoice in God's creation and in His faithfulness.

### Scripture reading

Psalms 19 and 1 Thessalonians 5:16-24

### Key passage

1 Thessalonians 5:16-18

*Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you.*

### Prayer thought

The commands of God are the Christian's duty and delight as we live by the indwelling power of the Holy Spirit to fulfill God's calling while we "rejoice always," "pray without ceasing," and "give thanks in all circumstances," resting in the hope that "the God of peace himself" will "sanctify [us] completely" because "he who calls [us] is faithful" and "will surely do it." We remain responsible to live the Christian life, even as we rest upon the faithfulness of the Lord and rely upon his power.

— *The Gospel Transformation Bible*, note on 1 Thessalonians



# Respond

## Has God given you a prayer and fasting testimony?

Has God shown up in your life in the past 21 days of prayer and fasting? If so, review your journal entries from the past 21 days and summarize them below. Or just write one or two takeaways. Then share these responses with a friend and reflect upon them with a thankful heart. If it seems He hasn't been present, ask God for continued patience as you trust Him – and keep praying!

May we all experience what Jesus taught His disciples: *“Blessed are those who hunger and thirst for righteousness, for they will be filled.”* (Matthew 5:6 NIV)



# What's Next

Continue your Bible reading with one of the many reading plans available online. For example, the *Read Scripture* app has a great year-long Bible reading plan. Supplementing the reading are amazingly creative videos from *thebibleproject.org* that explain every book of the Bible, major theological themes of the Gospel, and tips on how to read the Bible. An alternative to the app is a daily email. Learn more at *readscripture.org*.



