

WHAT
JESUS
PRAYS
WHEN
JESUS
PRAYS
FOR YOU

21 DAYS OF PRAYER AND FASTING
PRAYER GUIDE
WEEK 3



HOW TO USE THIS BOOKLET

There isn't one specific formula to use for talking with God, but practicing different ways to pray can help us find deeper purpose and connection to God through our prayer time.

Over these 21 Days, the Prayer Guides will provide various scripturally based Prayer Models along with daily Points of Focus to lead you in your personal prayer time.

Each week:

1: Use the Sermon Notes to follow along with today's teaching. (pages 2-3)

2: Read about the Prayer Model for the week. (pages 4-9)

3: Practice the Prayer Model daily...

a. **on your own**, using **Prayer Points of Focus** (pages 10-12) to help you go further with today's teaching.

b. **with the community**, at our daily prayer gatherings:
Monday through Friday at 6am.

4: Join us on Saturday morning at 9am to prepare yourself for the next Sunday.

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It's my hope that these prayer models will give life to your prayer time and help you - over these 21 Days - to engage with God, yourself, and your Church community in deeper and more life-giving ways than ever before.

- Pastor David

SERMON NOTES (WEEK THREE)

WHAT JESUS PRAYS WHEN JESUS PRAYS FOR YOU

PART 3: WHAT HE WANTS YOU TO DISCOVER

John 17:15-19

"The world" = (a) a _____ of values, pursuits, rules

(b) a _____ God created

(c) a _____ of people God "so" loves

"Sanctify" = Set _____

WHEN JESUS PRAYS FOR YOU, HE PRAYS THAT YOU
WILL DISCOVER YOUR _____

WHAT JESUS PRAYS FOR YOU

That you will be...

- Set apart _____ the world (system)
- Set apart _____ your redemptive purpose
- Sent _____ the world (society)

HOW TO DISCOVER WHAT JESUS PRAYS YOU'LL BE

1. Discover your _____

2. Discover your _____

- _____

- _____

- _____

3. Discover your _____

On the following pages you'll find the PRAYER MODEL for this week: TABERNACLE PRAYER Read about it (pages 4-9) and then use the PRAYER POINTS OF FOCUS (pages 10-12) to guide your personal prayer time Monday through Friday.

A GUIDE FOR PERSONAL PRAYER

CREATING A LIFESTYLE OF PRAYER

Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed. MARK 1:35

Prayer is most effective when it's a lifestyle we cultivate. To understand how to have a lifestyle of prayer, we can look at the example Jesus gave during His life on earth.

HAVE A CERTAIN TIME

Jesus got up very early in the morning to spend time with His Heavenly Father. Make a daily appointment with God - whether it's first thing in morning, at lunchtime, or in the evening - and faithfully keep it.

HAVE A CERTAIN PLACE

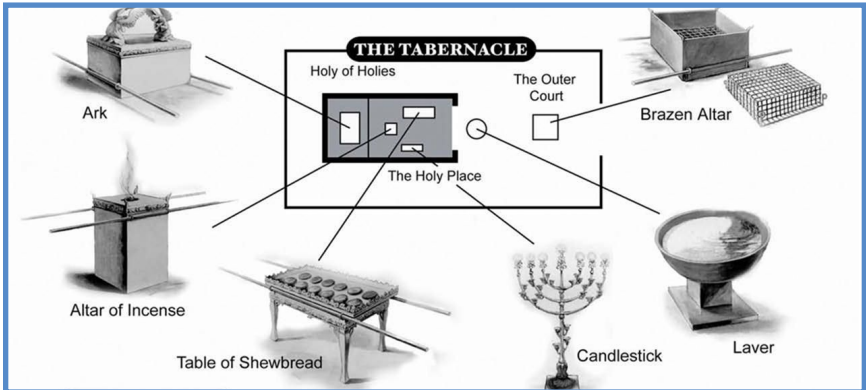
Jesus had a specific place he went to pray. Having a designated place to pray helps us remove distractions and frees us to worship and pray out loud.

HAVE A CERTAIN PLAN

The plan for daily prayer time can vary. They may include worship music, Bible reading, journaling, and silent time just listening to God. It doesn't always have to look the same but it helps when we have a plan to keep us on track. This guide contains a prayer plan (aka, Prayer Model) to use this week.

TABERNACLE PRAYER

In the Old Testament, the Tabernacle was the dwelling place of God, built to His specifications, where He would meet His people. As they entered the Tabernacle, they passed through seven stations to experience His presence. Today, even those we no longer need the physical Tabernacle to meet with God, these same steps can help us to Him in prayer.



In this week's guide, you will learn to use the seven-step model of Tabernacle Prayer to guide your prayer time.

step 01. **THANKSGIVING AND PRAISE**

THE OUTER COURT

Enter his gates with thanksgiving and his courts with praise; give thanks to him and praise his name.

PSALM 100:4

As the people of God entered the Tabernacle, they came in with thanksgiving on their lips. Thanking God for all the blessings in your life is a great way to begin.

TRY IT: Think about all the blessings in your life for which you're thankful. Make a list, sing a song of praise, or simply spend some time expressing your gratitude directly to God.

step 02. **THE CROSS OF JESUS**

THE ALTAR

We have been made holy through the sacrifice of the body of Jesus Christ once for all.

HEBREWS 10:10

In the Old Testament, everyone who had to regularly bring animal sacrifices as payment for their sins. We no longer have to pay off our sins. Jesus paid for all your sins once and for all on the cross.

The cross provides:

- Salvation - God forgives all my sin
- Healing - God heals my diseases
- Redemption - God rescues me and sanctifies me
- Transformation - God changes me into His likeness
- Provision - God provides all I need to fulfill my purpose

TRY IT: Reaffirm your faith in Jesus and what He accomplished on the cross. Thank Jesus for his sacrifice and love. Receive the power of salvation, healing, redemption, transformation, and provision that the cross of Jesus has for your life.

step 03. **CLEANSING**

THE BOWL

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

1 JOHN 1:9

The next step in Tabernacle worship was a bowl of water where people could wash. Because of the cross our sins are completely forgiven. Still, there is a process of sanctification (becoming more like Jesus) that must take place. Checking your actions and motives and then surrendering your whole life to God is an important part of daily prayer.

TRY IT: Confess any known sin and declare your repentance (your will to turn from it). Invite the Holy Spirit to show you any other sin you're ignoring or not recognizing. Confess that too.

step 04. THE HOLY SPIRIT

THE CANDLESTICK

And I will ask the Father, and he will give you another advocate to help you and be with you forever– the Spirit of truth. ...he lives with you and will be in you.

1 JOHN 1:16-17

Upon entering the Holy Place, there was a golden candlestick. The fire - which was to never go out - represented the Holy Spirit and the people's need for God's abiding presence. After Jesus left the earth, all believers were given the gift of the indwelling Holy Spirit. His name means, "one who comes alongside."

TRY IT: Invite the Holy Spirit - who is already alive within you - to fill you to overflowing - that your life will be marked by an even greater love for God and desire to do His Will. Ask Him to lead you and empower you to fulfill your purpose.

step 05. THE WORD OF GOD

THE TABLE OF SHEWBREAD

Your word is a lamp for my feet, a light on my path.

PSALM 119:05

Across from the candlestick was a table with loaves of bread which represented the importance of relying on God's Word for daily sustenance.

With this in mind...

TRY IT: At this point in your prayer time, spend a few minutes reading and thinking about a single passage of scripture. ***This week, use the scriptures listed each day in the PRAYER POINTS OF FOCUS section on pages 12-14.** Ask the Holy Spirit to give you a fresh revelation of God's word.

step 06. **WORSHIP**

THE INCENSE

Ascribe to the Lord the glory due his name; worship the Lord in the splendor of his holiness.

PSLAM 29:2

An altar of burning incense stood at the entrance to the Holy of Holies. The priests entered God's presence worshipping the Names of God. Throughout scripture, various Names are used to describe how God makes Himself known. For example:

- God is My Righteousness - Jeremiah 23:6
- God is My Sanctifier - Leviticus 20:7-8
- God is My Healer - Exodus 15:26
- God is My Provider - Genesis 22:14
- God is My Banner of Victory - Exodus 17:15
- God is My Peace - Judges 6:24
- God is My Shepherd - Psalm 23:1
- God is Always There - Ezekiel 48:35

TRY IT: Thank God for making his presence available to you. Choose one of His Names from the list above and dwell on Who He is and how He has made Himself known by that Name in your life. Let your worship be out loud, like incense rising to Heaven.

step 07. INTERCESSION

THE ARK OF THE COVENANT

I urge, then, first of all, that petitions, prayers, intercession and thanksgiving be made for all people – for kings and all those in authority, that we may live peaceful and quiet lives in all godliness and holiness. This is good, and pleases God our Savior, who wants all people to be saved and to come to a knowledge of the truth.

1 TIMOTHY 2:1-4

The final place in the Tabernacle was the Holy of Holies, where God's presence dwelt. There, the priest interceded on behalf of the people. In the New Testament, you and I are all called priests and instructed to intercede for others.

We fulfill an important part of our purpose and we make a difference when we spend time praying for others.

TRY IT: Conclude your prayer time by praying for those with whom you interact in one or more of these categories:

- Those in authority
- Your family
- Your church
- Your friends, coworkers, classmates
- Your city, nation, world

EXTRA: Use the **PRAYER JOURNAL** on pages 16-17 of this booklet to write down the names and requests of those for whom you're interceding.

PRAYER POINTS OF FOCUS (WEEK THREE)

JESUS PRAYS FOR YOU: TO DISCOVER PURPOSE

Using the Tabernacle Prayer model outlined in this booklet, join with the community this week to **pray what Jesus Prays when Jesus Prays for you: that you will discover your purpose.**

This prayer model is about “movement.” The time increments are merely provided to help you move through the Tabernacle model in 15, 20, or 30 minute periods, increasing your time throughout the week.

They're only suggestions. If you are able to set aside more time, your experience will be enhanced by moving at your own pace.

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MONDAY : SET APART FROM “THE WORLD” SYSTEM

15 minutes

- 1 min. Thanksgiving
- 1 min. The Cross
- 1 min. Cleansing
- 1 min. The Holy Spirit
- 5 min. The Word - read and think about **Romans 12:1-2**
- 1 min. Worship
- 5 min. Intercession

TUESDAY : SET APART FOR YOUR REDEMPTIVE PURPOSE

20 minutes

- 2 min. Thanksgiving
 - 2 min. The Cross
 - 2 min. Cleansing
 - 2 min. The Holy Spirit
 - 5 min. The Word - read and think about **Romans 12:3-8**
 - 2 min. Worship
 - 5 min. Intercession
-

WEDNESDAY : SET APART FOR GOD'S REDEMPTIVE MISSION

20 minutes

- 2 min. Thanksgiving
- 2 min. The Cross
- 2 min. Cleansing
- 2 min. The Holy Spirit
- 5 min. The Word - read and dwell on **Ephesians 2:1-10**
- 2 min. Worship
- 5 min. Intercession

THURSDAY : SENT INTO THE WORLD THAT GOD SO LOVES

30 minutes

- 2 min. Thanksgiving
 - 2 min. The Cross
 - 2 min. Cleansing
 - 2 min. The Holy Spirit
 - 10 min. The Word - read and dwell on **Matthew 28:19-20**
 - 2 min. Worship
 - 10 min. Intercession
-

FRIDAY: SENT INTO ONE PERSON'S WORLD TO BE GOD'S LOVE

30 minutes

- 2 min. Thanksgiving
 - 2 min. The Cross
 - 2 min. Cleansing
 - 2 min. The Holy Spirit
 - 10 min. The Word - read and dwell on **Luke 15:1-7**
 - 2 min. Worship
 - 10 min. Intercession
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SATURDAY

- *Join us at Capital at 9am. Give one hour on Saturday to pray for eternity to be changed for others on Sunday.*

21 DAYS OF PRAYER:

God put you on the earth at this specific time for a reason. Look at those around you at this specific time in history and take personal your responsibility to pray.

THOSE IN AUTHORITY

MY FAMILY

DISCOVER PURPOSE

MY CHURCH

MY FRIENDS, COWORKERS, CLASSMATES

MY CITY, NATION, WORLD

21 DAYS OF FASTING

We encourage everyone to participate in our 21 Days of Prayer and Fasting. It doesn't matter what you fast. But it will make a difference for you, and within you, if you fast. Here's how:

1. CHOOSE A FAST

Prayerfully choose a type of fast from the list below. Whichever you choose, commit to it as an exercise in spiritual discipline and expression of worship.

A Financial Fast

Turn non-essential spending into charitable giving. Abstain from all extra spending for 21 days (e.g., dining out, going to movies, buying clothes, apps, etc.). Record what you don't spend. Give that amount to the Church or a charity.

A Food Fast

Abstain from food, fully or partially. Variations include:

- fast all food except water
- fast all solid foods (only drink juices and broths)
- fast a certain type of food (e.g. meat, sweets, etc.)
- "The Daniel Fast" (see daniel-fast.com)

*Always consult your physician prior to any food fast.

*Never fast water.

A Media Fast

Abstain from some or all media forms not required by work or school. Go 21 days without tv, movies, radio, magazines, social media, internet, apps, etc. Replace that time with Bible reading (it's ok to use your phone for that).

A Time Fast

Reorder your daily and weekly schedule and dedicate time to prayer, Bible reading, and serving those in need. E.g., attend the 21Days prayer events, serve the church or at a Mission, serve your neighbors (raking, shoveling, etc.).

A Daylight Fast

For 21 days, fast from 6AM until 6PM each day. You can apply the Daylight Fast to any of the fasts listed above.

2. REMEMBER THE POINT

Biblical Fasting is the act of humbling oneself before God. It's more than just abstaining from something; it's about making room for God-focused devotion through practices like prayer, Bible reading, and serving others. It's about setting your mind on God, allowing Him to re-align your heart to be in harmony with His and to turn your focus from your wants to others' needs.

3. SHARE THE EXPERIENCE

Don't fast alone. Attend the events on the 21 Days schedule. Connect with friends who are also participating in the 21Days, to pray together, encourage one another, and share what you're learning.

From Sunday, January 6 to Saturday, January 26

Sunday	9 & 11am	Worship Services
Monday-Friday	6:00am	Morning Prayer
Saturday	9:00am	Saturday-for-Sunday Prayer

*The sanctuary will also be open for prayer from 7am to Noon, Monday through Friday.