



ABIDE GUIDE

Welcome to the Abide Guide! Over the next 21 days, it is our prayer that the Lord will use this season in a significant way in your life. This is a time to clear out the distractions of life, focus your heart, and seek the Lord together as a church. Our hope in providing this guide is that it will assist you in focusing your heart each day.

We can read our Bibles everyday and get a lot of head knowledge, but not really understand what God is saying and how it applies to us. Knowing the “how” of Bible reading allows you to GROW in loving Jesus and becoming more like Him.

Pastor David Jeremiah made it so clear. He said that Bible reading is this: What did God say? What does He mean? How does it apply to me?

That’s why we use the **REAP Method** of Bible reading (see below). We’re also tapping into the spiritual discipline of silence and solitude by starting and ending each devotional with 2 minutes of silence. **2 minutes.** Yes. It’s not that easy, but just like any discipline, the more you do it, the more ingrained it becomes in your life. What we’re doing here is building healthy rhythms. Pete Scazzero tells us that the practice of silence for a believer is to *“sit with the living God in a posture of attentiveness and surrender, therefore allowing Him and His will to access the innermost parts of our lives. This is the very core of what it means to be in loving union with Him.”*

Since this may be a fairly new method for some of you, we have done the REAP process for each day. We hope that you will see how it is done and then continue to study the Bible on your own using this method beyond the 21 days. The goal for every Christian should be to learn how to read, examine and apply the Bible without having to have someone else create content for you. We understand this can feel daunting at times, but just like anything, once you start doing it, you will get better at it, and the Holy Spirit will help you in the process.

As you REAP each day, take your Bible and journal and highlight these verses. Yes, you can write in your Bible. Underline. Use Post-It notes. Write in the margins. Whatever works for you!

READ: What does God say?

Open your Bible and pray. Ask God to reveal Himself to you, to open your heart and eyes to the awesomeness of His Word. Ask Him for a desire for His Word. Ask Him to let you be fully satisfied in Him.

Charles Spurgeon said, "The best interpreter of a book is generally the man who wrote it. The Holy Spirit wrote the Scriptures. Go to him to get their meaning, and you will not be misled."

As you're reading, ask these questions:

- What is happening in this passage?
- What do you see about God? What is God doing in this passage?
- What do you see about man?

EXAMINE: What does God mean?

Spend some time reflecting. Ask yourself these questions and write down your thoughts:

- What do you learn about God's character?
- What wrong beliefs about God and myself did I have?
- What jumps out to you in the passage?
- Who is it written by? Who is it written to?
- What's one thing you didn't notice before?
- What seems interesting or unusual?
- What comes before and after the text?
- Is there repetition, comparison, or contrast?

APPLY: What does God want us to do about it?

After examining the passage, apply the text to your own life. Ask yourself these questions:

What truths do I need to believe?

- What false beliefs must I turn from?
- How do I need to repent?
- What can I do – empowered by the Holy Spirit – today to apply this passage?

PRAY: Respond to God in your own words.

- Respond to God's Word with your own words. Accumulating head-knowledge about God is of little use; it's heart transformation He's after, and that's only possible through the work of the Holy Spirit. "It's not ok to just know 'about' Jesus, but we have to have a relationship with Jesus." – James Griffin
- Pray that the seed (the Scripture you just studied) falls on good soil in your heart, so that it will take root and produce fruit. Praise God for His attributes revealed in the passage. Confess any sin that has come to light during this time of studying.
- Thank Him for His Word and His care. And ask the Holy Spirit to continue growing you into a disciple of Jesus.
- Pray through the passage and your application, asking God to change your heart and to change your life, based on the time you've spent in God's Word.

DAY 1

PRAYER. FASTING. WORSHIP.

The greatest barrier to an intimate, personal relationship with Jesus is your busy schedule. Make time to meet with God each day, and don't let anything get in the way of that. - Robby Gallaty

Begin with 2 minutes of silence and stillness before God.

Read: (What does God say?)

"Blessed is the man who walks not in the counsel of the wicked, nor stands in the way of sinners, nor sits in the seat of scoffers; ²but his delight is in the law of the Lord, and on his law he meditates day and night. ³He is like a tree planted by streams of water that yields its fruit in its season, and its leaf does not wither. In all that he does, he prospers." **Psalm 1:1-3**

Examine: (What does God mean?)

The Hebrew word *blessed* here is *aishair*, meaning *happy*. This could be read as an exclamation, "O' happy is the man who delights in the law of the Lord..." These verses are similar to God's instructions to Joshua that He should meditate on His Word and obey it. These verses remind us that spending time with God's Word is our only chance at actually doing what He says. Also, verse 1 tells us not to listen to those who don't believe in God.

Apply: (What does God want us to do about it?)

Answer this question truthfully: do your actions and responses to things reflect your intake of God's word? Your phone will tell you how much time you spend on social media. What if you flipped that script and spent more time in your Bible than on social media? What if, now this may sound crazy, what if you just woke up and spent *time* with God instead of checking off a box?

Pray: (How does God want us to respond?)

Father, give me a hunger and passion to spend time with you and your word. Take away any distractions that would prevent me from that. Help me understand what you say, so I can go do it.

Conclude with 2 minutes of silence and stillness before God

DAY 2

PRAYER. FASTING. WORSHIP.

Create **GROOVES**, not **GOALS**. – Pastor Jason (ABIDE Part 1)

Begin with 2 minutes of silence and stillness before God.

Read: (What does God say?)

¹²Not that I have already obtained this or am already perfect, but I press on to make it my own, because Christ Jesus has made me his own. ¹³Brothers, I do not consider that I have made it my own. But one thing I do: forgetting what lies behind and straining forward to what lies ahead, ¹⁴I press on toward the goal for the prize of the upward call of God in Christ Jesus.”

Philippians 3:12-13

Examine: (What does God mean?)

It is very tempting, especially in a New Year, to make a list of new things we are going to do. This is not bad, but we need to pursue mainly **one thing**. Paul says that everything he does comes out of what Christ has done. He also has a right view of himself. He has not attained perfection, but he is being perfected. So he focuses on only doing ONE thing. This is the essence of the theology: Monotheism vs. Polytheism. Deuteronomy 6 says: *Hear, oh Israel, the Lord our God, is ONE*. So if our one aim is to abide in Jesus, we have to **SINGLIFY** our lives and create grooves that will allow us to get there and have Jesus at the center of everything we do.

Apply: (What does God want us to do about it?)

What **GROOVES** do you have in your life that will allow you to focus on the ONE thing and have Jesus at the center of everything? Do you have a groove of reading your Bible? Do you have a groove of generosity? Do you have a groove of attending and being a part of the life of the church? Are you making grooves that help you “rifle in” on making Jesus the center of your family, marriage, home, and workplace?

Pray: (How does God want us to respond?)

Father, help me identify areas that I am not abiding in, where I do not have Jesus at the center, and help me create grooves that will help stabilize me and **SINGLIFY** my life.

Conclude with 2 minutes of silence and stillness before God.

DAY 3

PRAYER. FASTING. WORSHIP.

Remember, you don't have to be mighty in stature to be mighty in battle. You don't have to be beautiful or strong, or even physically fit to change the world, you just have to know that far greater is He that is in you than he that is in the world (see 1 John 4:4). - Susie Larson

Begin with 2 minutes of silence and stillness before God.

Read: (What does God say?)

"Now to him who is able to do far more abundantly than all that we ask or think, according to the power at work within us." **Ephesians 3:20**

Examine: (What does God mean?)

God can do things *superabundantly*. Paul loves to compound words to emphasize something. How does God accomplish more than we can imagine? Through *His* strength. His work is done by the Holy Spirit's power within us, rather than by our human strength.

Apply: (What does God want us to do about it?)

Whose power is Paul talking about that is "at work within us"? Can you think of a time that God has done something in your life or the life of someone else that could be described as "far more abundantly" than you could ever imagine? How does that inform your present trust in Him?

Pray: (How does God want us to respond?)

Father, fill me with your spirit that I may trust in you today based on who you are and your past faithfulness in my life.

Conclude with 2 minutes of silence and stillness before God.

DAY 4

PRAYER. FASTING. WORSHIP.

God the Father is the giver of Holy Scripture; God the Son is the theme of Holy Scripture; and God the Spirit is the author, authenticator, and interpreter of Holy Scripture. - J. I. Packer

Begin with 2 minutes of silence and stillness before God.

Read: (What does God say?)

“¹⁶All Scripture is breathed out by God and profitable for teaching, for reproof, for correction, and for training in righteousness, ¹⁷that the man of God may be complete, equipped for every good work.” **2 Timothy 3:16-17**

Examine: (What does God mean?)

The Greek word here is literally translated as “*God-breathed*.” Through their own perspectives, the authors (lowercase ‘a’) write the words, but the Author (capital ‘A’) and source of the scripture is God, and ALL of the scripture is useful for our lives.

Apply: (What does God want us to do about it?)

Simply having knowledge of God’s Word isn’t enough. To be transformed, we are to know what God says and do it. That’s the act of obedience. Are there areas of your life you “know” to be true, according to scripture, that you are not proving to be obedient in?

Pray: (How does God want us to respond?)

Father, thank you for your Word. Thank you for giving me a clear vision of how you want me to live. Give me strength through your Spirit to live that way.

Conclude with 2 minutes of silence and stillness before God.

DAY 5

PRAYER. FASTING. WORSHIP.

One of the great enemies of hope is forgetting God's promises. – John Piper

Begin with 2 minutes of silence and stillness before God.

Read (What does God say?)

²²The steadfast love of the Lord never ceases; his mercies never come to an end; ²³they are new every morning; great is your faithfulness. ²⁴'The Lord is my portion,' says my soul, 'therefore I will hope in him.'" **Lamentations 3:22-24**

Examine (What does God mean?)

The love used here in verse 22 is what is in Hebrew a *hesed* love. It means a covenant love or a faithful love that denotes the quality of loyalty in action. Even in the most challenging and dark times, God is faithful. Every day, every morning, God shows His mercy and compassion.

Apply (What does God want us to do about it?)

In verse 24, "hope" can be translated as "wait." What does that mean "to wait on the Lord?" What would it look like today if you looked at everything through the lens of the fact that God's active and *hesed* love for you will never fail? Would you try to earn His favor or obey His Word because you already have His favor?

Pray: (How does God want us to respond?)

Father, help me never to forget that not only does your love never end, but your mercy is new each day. Father, you are all we need, and we will wait for you.

Conclude with 2 minutes of silence and stillness before God.

DAY 6

PRAYER. FASTING. WORSHIP.

I hear people say, "I don't have to go to church to be a Christian," and they are right. Salvation is through faith alone in Christ alone. You also don't have to go home to be married—but stay away long enough, and your relationship will be affected. – Tony Evans

Begin with 2 minutes of silence and stillness before God.

Read: (What does God say?)

²³Let us hold fast the confession of our hope without wavering, for he who promised is faithful.
²⁴And let us consider how to stir up one another to love and good works, ²⁵not neglecting to meet together, as is the habit of some, but encouraging one another, and all the more as you see the Day drawing near." **Hebrews 10:23-25**

Examine: (What does God mean?)

It is not enough to love one another and do good works. We are also to "stir up" one another to do those things. That phrase *to stir up* comes from a word that means *enticement* (but in a good way.) It's saying that loving one another doesn't just happen. There needs to be effort. We can't accomplish that if we are by ourselves in our walk with Jesus. Proverbs 27:17 says *Iron sharpens iron*. We need each other!

Apply: (What does God want us to do about it?)

These verses are tough coming out of the last 2 years. Have you found it easy to disconnect from church? How has that affected your life and the lives of your family? What is one way that you can reconnect with your church? Is Thursday night a better option for you and your family to come to church?

Pray: (How does God want us to respond?)

Father, help me connect with my church in meaningful ways. Give me an unwavering passion for the local church. To not just watch the gatherings online, but to weekly engage in-person with my church family. Help me see that the local church is key to my life as a believer.

Conclude with 2 minutes of silence and stillness before God.

DAY 7

PRAYER. FASTING. WORSHIP.

Prayer, for the Christian, is not merely talking to God, but responding to the One who has initiated toward us. He has spoken first. This is not a conversation we start, but a relationship into which we've been drawn. His voice breaks the silence. Then, in prayer, we speak to the God who has spoken. Our asking and pleading and requesting originate not from our emptiness, but His fullness. Prayer doesn't begin with our needs, but with His bounty. Its origin is first in adoration, and only later in asking. - David Mathis

Begin with 2 minutes of silence and stillness before God.

Read: (What does God say?)

"I love the Lord, because he has heard my voice and my pleas for mercy. ²Because he inclined his ear to me, therefore I will call on him as long as I live." **Psalms 116:1-2**

Examine: (What does God mean?)

Picture your child whispering something to you, and you lean over and cup your ear to hear. That's God toward us. He *inclines* His ear. He starts the conversation with His Word (the Bible), and our response to Him is prayer. When the psalmist says, "I will call on him as long as I live," he is showing a very clear commitment because God has helped him.

Apply: (What does God want us to do about it?)

What would it look like if you began to form a groove that in any season, whether a trial or a victory, you talked to God? He has initiated this dialog with us. We don't need fancy prayer language, just an acknowledgment that we need Him.

Pray: (How does God want us to respond?)

Father, I thank you that you started this conversation with me. I am responding because I need you. I adore you. I am thankful for your provision. Here are my needs and the needs of others.

Conclude with 2 minutes of silence and stillness before God.

DAY 8

PRAYER. FASTING. WORSHIP.

In the one place in the Bible where the Son of God pulls back the veil and lets us peer way down into the core of who He is, we are not told that He is “austere and demanding in heart. “We are not told that He is “exalted and dignified in heart.” We are not even told He is “joyful and generous in heart.” Letting Jesus set the terms, His surprising claim is that He is “gentle and lowly in heart.” – Dane Ortland

Begin with 2 minutes of silence and stillness before God.

Read: (What does God say?)

²⁸Come to me, all who labor and are heavy laden, and I will give you rest. ²⁹Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. ³⁰For my yoke is easy, and my burden is light.” **Matthew 11:28-30**

Examine: (What does God mean?)

Jesus is humble and accessible. Those who come to Him and are “yoked” to Him will find that His burden is light and His yoke is easy. Meaning it becomes a “non-yoke” to us. Ortland describes this as *Jesus not meeting us in our place of need but living in our place of need.*

Apply: (What does God want us to do about it?)

This is a great time to ask God for forgiveness for not resting in Him and creating the groove of intentional time in your days and weeks to give your burdens to Him.

Pray: (How does God want us to respond?)

Father, thank you that you sent Jesus to take my burdens. I am tired. I come to you now for rest. I recognize that I have been trusting in myself and have attempted to carry my own burdens. I give them to you.

Conclude with 2 minutes of silence and stillness before God.

DAY 9

PRAYER. FASTING. WORSHIP.

Never be afraid to trust an unknown future to a known God. When a train goes through a tunnel, and it gets dark, you don't throw away the ticket and jump off. You sit still and trust the engineer. -Corrie ten Boom

Begin with 2 minutes of silence and stillness before God.

Read: (What does God say?)

⁵Trust in the Lord with all your heart, and do not lean on your own understanding. ⁶In all your ways acknowledge him, and he will make straight your paths. ⁷Be not wise in your own eyes; fear the Lord, and turn away from evil. ⁸It will be healing to your flesh and refreshment to your bones."

Proverbs 3:5-8

Examine: (What does God mean?)

The Hebrew word for *trust* here is *batach*. It means to be totally stretched out lying face down before God in total dependence. It's the same posture that Jesus has in Matthew 26:39 when He prays to the Father, *not as I will but as you will*. The word *lean* in verse 5 is important. It does not mean to incline on something. It means to support yourself on something. So these verses are saying, *"don't support yourself on your own knowledge, but support yourself on God."*

Apply: (What does God want us to do about it?)

Are you trusting in God in that way? In total dependence and helplessness to the One who will bring refreshment to your bones? What would it look like for you to stop trying to be wise in your own eyes and give every decision, every trial, every question to Him?

Pray: (How does God want us to respond?)

Father, so often I have tried to be wise in my own eyes and make decisions based on what I think. I'm done with that. I am giving it all to you. I am leaning on you now to make my path straight.

Conclude with 2 minutes of silence and stillness before God.

DAY 10

PRAYER. FASTING. WORSHIP.

Seeing the devil as a professed enemy of ours, an enemy who wounds us secretly when we are unaware and an enemy at hand to do us more harm when we least expect it, we know that if we are not prepared against such dangers, we will certainly be hurt. Who goes naked and unarmed into battle, where so many kinds of weapons are ready to take away His life? - Tim Challies

Begin with 2 minutes of silence and stillness before God.

Read: (What does God say?)

¹⁰Finally, be strong in the Lord and in the strength of his might. ¹¹Put on the whole armor of God, that “you may be able to stand against the schemes of the devil. ¹²For we do not wrestle against flesh and blood, but against the rulers, against the authorities, against the cosmic powers over this present darkness, against the spiritual forces of evil in the heavenly places. ¹³Therefore take up the whole armor of God, that you may be able to withstand in the evil day, and having done all, to stand firm.” **Ephesians 6:10-13**

Examine: (What does God mean?)

This is not a game. Paul is telling us that there is a REAL enemy, and he wants to destroy us. The armor described is a defense against not only the assault but the strategy of Satan. Though we are assured of our victory, that doesn't mean the battle is over. God gives us supernatural power through His Spirit to help us withstand the attacks of the devil. Don't be discouraged. Jesus said to Peter in Matthew 16, “on this rock I will build my church and the gates of Hades will not overcome it.”

Apply: (What does God want us to do about it?)

We would never go out and play tackle football without a helmet, pads, and a game plan. Ephesians 6:10-17 gives us the plan and the weapons, both offensive and defensive. What is your plan (groove) to have a regular intake of God's Word, so you can know what God says and then do it?

Pray: (How does God want us to respond?)

Father, I see that we are in a real battle with a real enemy. Give me a hunger and passion for your Word that I might know what you say and then do it. Fill me with your Spirit that I might withstand the attacks of the devil and combat him with your Word.

Conclude with 2 minutes of silence and stillness before God.

DAY 11

PRAYER. FASTING. WORSHIP.

No one ever said at the end of his days; 'I have read my Bible too much, I have thought of God too much, I have prayed too much, I have been too careful with my soul.' – J. C. Ryle

Begin with 2 minutes of silence and stillness before God.

Read: (What does God say?)

“Your word is a lamp to my feet and a light to my path.” **Psalm 119:105**

Examine: (What does God mean?)

Have you ever tried to navigate to your kitchen in the middle of the night without tripping over a shoe, stubbing your toe on a chair, or stepping on your pet’s squeaky toy? The only thing preventing you from a trip to the ER is the light over the stove or the flashlight app on your phone. Same with the Word of God. It will illuminate the way as you navigate the treacherous terrain of life. A regular intake of the Bible will guide you like a lamp in the darkness.

Apply: (What does God want us to do about it?)

Has your Bible reading become a chore and box that you check off at the beginning of the day, or are the verses you are reading bringing you life, refreshment and guidance? If you’re having trouble reading the Bible, a great way to start is to do what Pastor Jason recommends, read a book of the Bible 20 times. Since we’re in John, try reading John 20 times until you really get who Jesus is.

Pray: (How does God want us to respond?)

Father, sometimes I can’t see because of the darkness. Sometimes I stumble. I want more of your Spirit, wisdom, and understanding of your Word that it might light my way.

Conclude with 2 minutes of silence and stillness before God.

DAY 12

PRAYER. FASTING. WORSHIP.

Stand: *Be present. Stop long enough to evaluate your life.*

Look: *What direction are you headed and what needs to change? Consider the outcome of your way of life.*

Ask: *Ask the Bible and Bible-believing people who have walked and built the paths where the good ways are. Imitate their faith and the good ways they walked.*

Walk: *The last step is to actually walk in the good way, to have integrity by which you line up what you have heard with how you live.*

S.L.A.W. -Pastor Jason (Leading a Legacy Part 3)

Begin with 2 minutes of silence and stillness before God.

Read: (What does God say?)

"Thus says the Lord: 'Stand by the roads, and look, and ask for the ancient paths, where the good way is; and walk in it, and find rest for your souls.' But they said, 'We will not walk in it.'"

Jeremiah 6:16

Examine: (What does God mean?)

This is an amazing passage of scripture that gives us a blueprint to consider the outcomes of our lives. And that it starts with "Thus says the Lord" is so important. That God wants to speak to us is an act of grace, and we must listen to what He says. What does He say? He says: We have to stop and ask for help. Believe it or not, before Google Maps, people had to stop and ask for directions. By stopping, assessing your path, and then asking someone who's been there before how to get there, you will find rest from the chaos of the outcomes of the life you've chosen for yourself.

Apply: (What does God want us to do about it?)

Have you stopped long enough to look around at your life? If not, stop. Look around. What needs to change? Get some help. Ask someone who has been there before and who knows the Bible. Then, this is the tough part, do it. Walk in it.

Pray: (How does God want us to respond?)

Father, I have been doing things my own way for a long time. When I stop to look around, I see that it's not working. Give me wisdom and guidance to find a new path. Put godly people in my life that can speak into the direction I am going and point me in the right direction. Give me rest.

Conclude with 2 minutes of silence and stillness before God.

DAY 13

PRAYER. FASTING. WORSHIP.

When we face tribulations because of our own sin or the hostility of others, we are sustained by knowing that Christ has overcome the fallen world, including our own fallen selves.

- R. C. Sproul

Begin with 2 minutes of silence and stillness before God.

Read: (What does God say?)

"I have said these things to you, that in me you may have peace. In the world you will have tribulation. But take heart; I have overcome the world." **John 16:33**

Examine: (What does God mean?)

Jesus is about to pray for His disciples, but before He does, He shares the purpose of everything He has just told them. Although there is a plot to arrest and kill Him, He still has peace, and He makes this offer of peace that IN HIM, we will find peace. IN HIM and no other place. Note that this peace is an offer. The tribulation, however, is a promise. There's going to be some stuff going on in our lives, but coinciding with the trials is the peace in which He offers.

Apply: (What does God want us to do about it?)

Have you had a false sense that as a believer, you wouldn't face problems? Turns out that's not one of God's promises. What God does offer is the truth of His Word and that His promises never fail. What would it look like in your next trial to sit in the peace of Jesus?

Pray: (How does God want us to respond?)

Father, it has become increasingly difficult over the past 2 years to face trial after trial. It's exhausting. Help me rest in the peace offered by Jesus, that shalom that breaks the authority of the world's chaos.

Conclude with 2 minutes of silence and stillness before God.

DAY 14

PRAYER. FASTING. WORSHIP.

Grace puts its hand on the boasting mouth, and shuts it once for all. – Charles Spurgeon

Begin with 2 minutes of silence and stillness before God.

Read: (What does God say?)

"And you were dead in the trespasses and sins² in which you once walked...⁴ But God, being rich in mercy, because of the great love with which he loved us, ⁵ even when we were dead in our trespasses, made us alive together with Christ—by grace you have been saved—...⁸ For by grace you have been saved through faith. And this is not your own doing; it is the gift of God, ⁹ not a result of works, so that no one may boast." **Ephesians 2:1-2, 4-5, 8-9**

Examine: (What does God mean?)

You know what Pastor Jason's favorite conjunction is: *but*. Verse 4 begins with 2 incredible words ***but God***. We live in a world that says there are good and bad people, but that's not true. There are only dead and alive people. We were ALL dead in our sin. Romans 3:23 says that we have *all sinned and fall short of the glory of God*. Romans 6:23 tells us that there is a penalty to our sin—death, eternal separation from our Heavenly Father. Someone had to pay that penalty. That's where the "*but God*" comes into play. Even when we were dead in our sin, God, because He is so merciful, sent Jesus to take the penalty that we deserved. Wow. AND it has nothing to do with us! So we can't boast in anything.

Apply: (What does God want us to do about it?)

Begin the practice of preaching the gospel to yourself every day. We never grow out of the gospel. Responding to the gospel and trusting in Jesus is a one-time event. Reminding ourselves of the gospel (what Jesus did on our behalf) is critical to understanding our sin and how to respond to every situation in life.

Pray: (How does God want us to respond?)

Father, thank you that while I was still a sinner, Christ died for me. Help me remember daily what you have done for me so that I cannot boast in anything I have done but only in you. Give me the wisdom to apply the gospel to every part of my life, every day.

Conclude with 2 minutes of silence and stillness before God.

DAY 15

PRAYER. FASTING. WORSHIP.

Fortunately, there's a way to lessen the impact of spiritual amnesia. It's found in practicing the discipline of gratitude, the habit of regularly giving thanks for all God has done. It's such a powerful preventive that God actually commands us to give thanks in every circumstance. It's not that God needs the praise. It's that we need the reminder. - Larry Osborne

Begin with 2 minutes of silence and stillness before God.

Read: (What does God say?)

"Praise the Lord! Oh give thanks to the Lord, for he is good, for his steadfast love endures forever!⁷ Our fathers, when they were in Egypt, did not consider your wondrous works; they did not remember the abundance of your steadfast love, but rebelled by the sea, at the Red Sea.⁸ Yet he saved them for his name's sake, that he might make known his mighty power.⁹ He rebuked the Red Sea, and it became dry, and he led them through the deep as through a desert.¹⁰ So he saved them from the hand of the foe and redeemed them from the power of the enemy.¹¹ And the waters covered their adversaries; not one of them was left.¹² Then they believed his words; they sang his praise.¹³ But they soon forgot his works; they did not wait for his counsel." **Psalms 106: 1, 7-13**

Examine: (What does God mean?)

The psalmist, David, wrote this to remind us that we need reminders. Look at all that God had done to save the Israelites. God even saved them and brought them through the Red Sea. Note in verse 12 they trusted in His Word and rejoiced, but then ONE verse later, they forgot. Isn't that just like us? We give thanks, and then the very next moment, we forget. This is why it is so important to praise God every day. That's the point of 1 Thessalonians 5:18, "give thanks in all circumstances for this is the will of God in Christ Jesus for you."

Apply: (What does God want us to do about it?)

The antidote for a forgetful heart is a daily groove of gratitude. Start and end each day by thanking God for everything He has done. Remember, He's in every detail. Thank Him for the victories AND the trials.

Pray: (How does God want us to respond?)

Father, forgive me for the times when my heart is not full of gratitude. Help me overcome my memory loss of how great you are by reminding me to rejoice and give thanks always.

Conclude with 2 minutes of silence and stillness before God.

DAY 16

PRAYER. FASTING. WORSHIP.

Jesus went through all these things in order that we would never have to. He experienced sorrow and grief in a way that we ourselves could never have endured. He was punished for sin, though he himself never sinned. Though he was rich, yet for our sake he became poor, so that we by His poverty might become rich. - Tim Keller

Begin with 2 minutes of silence and stillness before God.

Read: (What does God say?)

³He was despised and rejected by men, a man of sorrows and acquainted with grief; and as one from whom men hide their faces he was despised, and we esteemed him not. ⁴Surely he has borne our griefs and carried our sorrows; yet we esteemed him stricken, smitten by God, and afflicted. ⁵But he was pierced for our transgressions; he was crushed for our iniquities; upon him was the chastisement that brought us peace, and with his wounds we are healed ⁶All we like sheep have gone astray; we have turned—every one—to his own way; and the Lord has laid on him the iniquity of us all.” **Isaiah 53:3-6**

Examine: (What does God mean?)

This is one of the most amazing prophecies of the Old Testament. Here we see Jesus’ suffering. He was despised and rejected, pierced and crushed. He suffered, not only to take our sin, but also that He would understand our pain and grief when we suffer. Jesus’ crucifixion is the literal fulfillment of this prophecy. Jesus perfectly obeyed the Father. We did not. We rebelled against God. Jesus went to the cross on our behalf to pay our penalty. This “chastisement” in verse 5 means *a correction by a parent for the good of the child*. Jesus took this on so that God’s children wouldn’t have to.

Apply: (What does God want us to do about it?)

In your daily life, are you mindful of the pain that Jesus endured in order for you to have eternal life? He became a suffering servant so that in our times of pain and grief, we know we have a Savior who understands our suffering.

Pray: (How does God want us to respond?)

Father, I am amazed at your love for me. Knowing I am a sinner and considering the weight of my sin, you love me so much that you crushed your Son for me. You traded my sin for His righteousness. Thank you, Father. May I never move past the enormity of that truth.

Conclude with 2 minutes of silence and stillness before God.

DAY 17

PRAYER. FASTING. WORSHIP.

What makes sin sin, what makes it so profoundly heinous, is that it is an offense against God. Thus the first sin— first sequentially, first in fundamental importance— is not to love God with heart and soul and mind and strength. It is the sin we always commit when we commit any other sin. At the most profound level, whenever we sin, God is always the most offended party. – D. A. Carson

Begin with 2 minutes of silence and stillness before God.

Read: (What does God say?)

¹“Have mercy on me, O God, according to your steadfast love; according to your abundant mercy blot out my transgressions. ²Wash me thoroughly from my iniquity, and cleanse me from my sin! ³For I know my transgressions, and my sin is ever before me. ⁴Against 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. ⁵Behold, I was brought forth in iniquity, and in sin did my mother conceive me... ¹⁰“Create in me a clean heart, O God, and renew a right spirit within me.” **Psalm 51:1-5, 10**

Examine: (What does God mean?)

As David laments and cries out to God, he knows that only God’s mercy could erase his sin because he had violated God’s commandments. He admits his sin and agrees with God’s view of sin along with God’s promise to cleanse and forgive. In verse 10, David not only cries out for a new heart that would not be filled with evil, but he also asks for a new spirit that would be one that would obey or abide in God. A *right spirit* here means a constant and firm spirit that would not yield to temptation.

Apply: (What does God want us to do about it?)

Create a daily groove of real and specific confession of sin (rather than vague generalities), knowing we have sinned against a holy, perfect righteous God who is merciful and willing to change our hearts.

Pray: (How does God want us to respond?)

Father, I have sinned against you. I have sinned specifically _____. I cry out to you, like David did, “create in me a clean heart and renew a right spirit within me,” so I might abide in you.

Conclude with 2 minutes of silence and stillness before God.

DAY 18

PRAYER. FASTING. WORSHIP.

We build up the body. We work hard to maintain the unity of our family and build up others instead of tearing down through gossip and bitterness.
- Revolution Church Family Culture Statement #11

Begin with 2 minutes of silence and stillness before God.

Read: (What does God say?)

“Let no corrupting talk come out of your mouths, but only such as is good for building up, as fits the occasion, that it may give grace to those who hear.” **Ephesians 4:29**

Examine: (What does God mean?)

There is no wiggle room in this verse. Paul says let NO corrupting or unwholesome words come out of our mouths, but ONLY words that build up and give grace. That takes care of every word we speak, type, text, and post. The Greek word used here is *sapros* meaning *rotten with a sense of worthlessness*. Do you think the last 2 years might have played out differently if we all adhered to this verse? According to Ephesians 4:29, every word is important. We have a choice to use our words to bring life or use our words to bring death. We can be MiracleGro or RoundUp. One is life-giving, and the other is rotten, worthless, poison.

Apply: (What does God want us to do about it?)

Before texting, posting, commenting on a post, speaking, emailing, or giving a Yelp review consider the simplicity of these questions: Are my words encouraging? Are my words loving? Bring life to every conversation. As Jon Gordon and Damon West wrote, “be a coffee bean” and transform the environments you are in.

Pray: (How does God want us to respond?)

Father, guard my tongue, my keyboard, and my phone from words that would poison someone. Give me a groove of words that will bring life to others, so I can transform the environments you put me in with Christlike love.

Conclude with 2 minutes of silence and stillness before God.

DAY 19

PRAYER. FASTING. WORSHIP.

When in the Old Testament God says, "I will be with you in the furnace of affliction," not until you get to the cross of Jesus Christ will you know how far God was willing to go to make good that promise. - Tim Keller

Begin with 2 minutes of silence and stillness before God.

Read: (What does God say?)

"Have I not commanded you? Be strong and courageous. Do not be frightened, and do not be dismayed, for the Lord your God is with you wherever you go." **Joshua 1:9**

Examine: (What does God mean?)

Three times God commands Joshua to be courageous. Each time God brings with the command a particular attribute. First, His promise. Second, His power and now third, this verse speaks to His attribute of presence: omnipresence. *He is everywhere. Always.* That's amazing.

Apply: (What does God want us to do about it?)

This promise was specifically to Joshua, but it applies to us today. How does God's attribute of omnipresence inform our obedience to the commands in this verse? Where else do you find this promise from God that He will be with us? (Matthew 1:23)

Pray: (How does God want us to respond?)

Father, help me see that you are everywhere always, and I can live my life strong and courageous knowing that you are with me wherever I go.

Conclude with 2 minutes of silence and stillness before God.

DAY 20

PRAYER. FASTING. WORSHIP.

You will either receive your identity vertically, or shop for it horizontally. – Paul David Tripp

Begin with 2 minutes of silence and stillness before God.

Read: (What does God say?)

¹⁶From now on, therefore, we regard no one according to the flesh. Even though we once regarded Christ according to the flesh, we regard him thus no longer. ¹⁷Therefore, if anyone is in Christ, he is a new creation. The old has passed away; behold, the new has come. ¹⁸All this is from God, who through Christ reconciled us to himself and gave us the ministry of reconciliation.”

2 Corinthians 5:16-18

Examine: (What does God mean?)

Those who are "in Christ" are those who have faith in Him. They are connected to the Vine (*John 15:5 I am the vine; you are the branches. Whoever abides in me and I in him, he it is that bears much fruit, for apart from me you can do nothing*), and they are now credited with Jesus' righteous life. Sins forgiven. Our identity has changed. We are no longer our old selves, but we have this new life.

Apply: (What does God want us to do about it?)

Has this social media fast changed the way you see your identity? We are in this new family of Jesus. We are now disciples (followers). As disciples, we put off the sinful patterns we grew up with and put on His righteousness. Stop seeking an audience of followers (on social media) and follow the One who is seeking you.

Pray: (How does God want us to respond?)

Father, help me see myself as you now see me, as Christ's righteousness and not my old self. Help me abide in you and stay connected to you instead of finding my satisfaction and identity in social media followers and likes. Reveal in your Word what you say to do and give me the power of your Spirit to accomplish what I can't do on my own.

Conclude with 2 minutes of silence and stillness before God.

DAY 21

PRAYER. FASTING. WORSHIP.

If we want to LEAVE a LEGACY, then we have to LEAD a LEGACY. What doesn't get transformed gets transferred to the relationships around us and ultimately to the next generation.

- Pastor Jason

Begin with 2 minutes of silence and stillness before God.

Read: (What does God say?)

"I appeal to you therefore, brothers, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship. ²Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect." **Romans 12:1-2**

Examine: (What does God mean?)

Paul is telling us that the only response to God's mercy, the forgiveness of sin, the payment of the penalty that we deserve, and adoption into His family where He calls us sons and daughters is this: give your whole life to Him. Verse 2 tells us to think differently and break free from the patterns of the world in order to determine God's will for our lives.

Apply: (What does God want us to do about it?)

The only way to transform our minds is to think differently. The only way to think differently is to ask the Holy Spirit to change the way we think. As you ask the question, "what needs to be transformed in my life, so I don't transfer it?" ask God to give you the power to do that.

Pray: (How does God want us to respond?)

Father, help me identify areas in my life that need to be transformed, and through the power of the Holy Spirit, help me transform so that I don't transfer to those around me. Give me strength to give you my whole life. I am ready to break free from the patterns of the world so I might have new patterns that are holy and acceptable to you.

Conclude with 2 minutes of silence and stillness before God