



Thirst
21
DAYS
Grace
Surrender



21 DAYS

fasting & prayer

“The desperate need today is not for a greater number of intelligent people, or gifted people, but for deep people.”

Celebration of Discipline:
The Path to Spiritual Growth
by Richard J. Foster

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INTRODUCTION

The purpose of fasting is to change our lifestyle in a simple and sacrificial way to allow more room for God to work in our lives. This 21 Days of Prayer and Fasting offers us the opportunity to experience God's work in our lives individually and corporately as we yield ourselves to Him.

Many things can happen in a person's spirit when they fast. A grip can be broken, hope can be restored, sin can be faced, a new life rhythm can emerge that helps us walk with God every day. The possibilities are numerous. However, one thing will be present in all of these scenarios; awareness. Fasting and prayer can heighten your awareness of the power and nearness of Jesus Christ. We can gain an awareness of our own habits and hopes and how they match or don't match the Holy Spirit's path for our lives. We can also become more aware of others, how we are called to live with others and love them the way Christ does.

As you prepare and engage in this time of fasting, this booklet is a gift to you. It is a collection of meditations, scriptures, and suggestions that may help you focus as you listen for Him. As North Carolina Yearly Meeting, let us invite God to loosen the outer garments of our routines and mindsets so that His glorious Presence can awaken our souls.

Randy Quate

GETTING STARTED

Why should we fast?

“Is not this the kind of fasting I have chosen:

To loose the chains of injustice and untie the cords of the yoke, to set the oppressed free and break every yoke? Is it not to share your food with the hungry and to provide the poor wanderer with shelter—when you see the naked, to clothe them, and not to turn away from your own flesh and blood?

Then your light will break forth like the dawn, and your healing will quickly appear; then your righteousness will go before you, and the glory of the Lord will be your rear guard. Then you will call, and the Lord will answer; you will cry for help, and he will say: Here am I.”

Isaiah 58:6-9

How should we fast?

“When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show others they are fasting.

Truly I tell you, they have received their reward in full.

But when you fast, put oil on your head and wash your face, so that it will not be obvious to others that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you.”

Matthew 6:16-18

Just a Suggestion

Day 1

No caffeine,
only juice,
eat vegetables
after 5pm

Day 2

Only liquids until
tomorrow

Day 3

Daniel Fast

Day 4

Skip 2 Meals

Day 5

Water and
fruits all day
until tomorrow

Day 6

No foods with flour

Day 7

Only liquids
until 6pm

Day 8

No tv, light
breakfast,
skip 2 meals

Day 9

No caffeine,
100% juice,
eat vegetables
after 5pm

Day 10

Daniel Fast

Day 11

Skip 2 Meals

Day 12

No sugar,
white flour,
rice, or potatoes

Day 13

Fruits all day

Day 14

Only water
until 6pm

Day 15

Skip 2 meals

Day 16

No red meat

Day 17

Daniel Fast

Day 18

No tv, games,
facebook,
newspaper,
magazines

Day 19

Liquids sun up
to sun down

Day 20

No sugar,
whiter flour,
rice, or potatoes

Day 21

Your Choice

Note: You could also choose one of these days as your single focus of fasting, ie. no TV for 21 Days. Whatever you might choose, it is our hope that your sacrifice will allow you that time to then praise and glorify God. Let that moment now be replaced with time for Him.

Daniel Fast

“So I turned to the Lord God and pleaded with him in prayer and petition, in fasting.”

Daniel 9:3

“Then Daniel said to the steward whom the chief of the eunuchs had assigned over Daniel, Hananiah, Mishael, and Azariah, ‘Test your servants for ten days; let us be given vegetables to eat and water to drink.’”

Daniel 1:11-12

“In those days I, Daniel, was mourning three full weeks. I ate no pleasant food, no meat or wine came into my mouth, nor did I anoint myself at all, till three whole weeks were fulfilled.”

Daniel 10:2, 3

Do's:

- All fruits and vegetables
- All legumes
- Whole grains
- Nuts and seeds
- Quality oils
- Herbs and spices

Don'ts:

- All dairy products
- All deep fried foods
- All solid fat
- All meats and animal products
- Wine
- All sweeteners (including honey)
- All leavened bread

Personal Goals



3 Worship Services

Please join us for one or all of these times of fellowship and worship as we seek God in our devotion!

Monday, January 14th @ 6:30pm
Glenwood Friends Meeting

Monday, January 21st @ 6:30pm
Forsyth Friends Meeting

Monday, January 28th @ 6:30pm
South Fork Friends Meeting

T

WEEK 1

Thirst

Thirst is not something you can turn on. It is a reality that you discover; a need that is felt. A thirst for God exists in us all, it's just that sometimes this thirst is overlooked or addressed with other things like more work, entertainment, relationships, material things, etc . . .

Be open to the Lord speaking to you about how much you need Him, and how much you really want Him.

I Day 1

Sunday, January 13

Scripture Meditation

“You, God, are my God, earnestly I seek you; I thirst for you, my whole being longs for you, in a dry and parched land where there is no water.”

Psalms 63:1 (NIV)

Do you seek for God even when its difficult?

Notes

I Day 2

Monday, January 14

Old Testament

Job was a man known for his trials at the hands of Satan, his discussions with friends on the origins and nature of his suffering, his challenge to God, and finally a response from God. In the midst of this man's outrageous suffering we see Him have this response:

“I know that my redeemer lives,
and that in the end he will stand on
the earth. And after my skin has
been destroyed, yet in my flesh I will
see God; I myself will see him
with my own eyes—I, and not
another. How my heart yearns
within me!”

Job 19:25-27

- In the midst of your trial and struggle, do you still find that you yearn to see the face of God?

I Day 3

Tuesday, January 15

Reading excerpt

“If you are thirsty, you may drink.” They were the first words she had heard since Scrubb had spoken to her on the edge of the cliff. For a second she stared here and there, wondering who had spoken. Then the voice said again, “If you are thirsty, come and drink,” and of course she remembered what Scrubb had said about animals talking in that other world, and realized that it was the lion speaking. Anyway, she had seen its lips move this time, and the voice was not like a man’s. It was deeper, wilder, and stronger; a sort of heavy, golden voice. It did not make her any less frightened than she had been before, but it made her frightened in rather a different way.

“Are you not thirsty?” said the lion.

“I’m dying of thirst,” said Jill.

“Then drink,” said the lion.

“May I – could I – would you mind going away while I do?” said Jill. The Lion answered this only by a look and a very low growl. And as Jill gazed at its motionless bulk, she realized that she might as well have asked the whole mountain to move aside for her convenience. The delicious rippling noise of the stream was driving her nearly frantic.

“Will you promise not to – do anything to me, if I do come?” said Jill.

“I make no promise,” said the Lion. Jill was so thirsty now that, without noticing it, she had come a step nearer.

“Do you eat girls?” she said.

“I have swallowed up girls and boys, women and men, kings and emperors, cities and realms,” said the Lion. It didn’t say this as if it were boasting, nor as if it were sorry, nor as if it were angry. It just said it.

“I daren’t come and drink,” said Jill.

“Then you will die of thirst,” said the Lion.

“Oh dear!” said Jill, coming another step nearer. “I suppose I must go and look for another stream then.”

“There is no other stream,” said the Lion. It never occurred to Jill to disbelieve the Lion – no one who had seen his stern face could do that – and her mind suddenly made itself up. It was the worst thing she had ever had to do, but she went forward to the stream, knelt down, and began scooping up water in her hand. It was the coldest, most refreshing water she had ever tasted. You didn’t need to drink much of it, for it quenched your thirst at once.

C.S. Lewis’ The Silver Chair, Ch. 2

Notes



I Day 4

Wednesday, January 16

Scripture Memorization

“As the deer pants for streams of water,
so my soul pants for you, my God.
My soul thirsts for God, for the living
God. When can I go and meet with
God?”

Psalms 42:1-2 (NIV)

Notes

T Day 5

Thursday, January 17

New Testament

Read John 4:1-26

“Jesus and the Woman at the Well”

- How does Jesus’ offer of “living water” differ from what the woman might have perceived (vv. 10-15)?
- In what way have you experienced “living water” in your life?
- What was the woman at the well really thirsting for?
- How does your thirst experience before knowing Christ compare to the woman at the well?
- How does Jesus reach out to you now?

I Day 6

Friday, January 18

Scripture Meditation

“The days are coming,” declares the Sovereign Lord, “when I will send a famine through the land—not a famine of food or a thirst for water, but a famine of hearing the words of the Lord.

Amos 8:11

- Do you thirst for God’s Word?
- How do you absorb God’s Word?

Notes

I Day 7

Saturday, January 19

New Testament

“On the last and greatest day of the festival, Jesus stood and said in a loud voice, “Let anyone who is thirsty come to me and drink. Whoever believes in me, as Scripture has said, rivers of living water will flow from within them.” By this he meant the Spirit, whom those who believed in him were later to receive.”

John 7:37-39

Notes



WEEK 2

Surrender

When we embrace our thirst for God we will often have to face areas in our lives that block His Living Water from flowing into us. Surrender is a scary word, but we find it to be the only path to true peace with God, with others, and with ourselves.

During this week you are encouraged to let God reveal what He wants you to release and what to hold to more tightly.



Day 8

Sunday, January 20

Scripture Memorization

“Submit yourselves, then, to God.
Resist the devil, and he will flee
from you.”

James 4:7

Notes



Monday, January 21

New Testament

Read Ephesians 5:1-21
“Imitators of Christ”

- What would it look like to be an imitator of Christ? What things might you need to surrender?
- What does Paul use to define an idolater? What idols have you created/adopted in your life?
- God calls us to be children of Light. Are there any actions in your life that you find difficult exposing to the Light?
- What does it look like to submit to one another?
- What does Paul mean by saying “out of reverence”?



Day 10

Tuesday, January 22

Reading excerpt

“Hail, Aslan!” came his shrill voice. “I have the honour—” But then he suddenly stopped. The fact was that he still had no tail—whether that Lucy had forgotten it or that her cordial, though it could heal wounds, could not make things grow again. Reepicheep became aware of his loss as he made his bow, perhaps it altered something in his balance. Only after he had turned completely round three times did he realize the dreadful truth . . .

“But what do you want with a tail?” asked Aslan.

“Sir,” said the Mouse, “I can eat and sleep and die for my King without one. But a tail is the honor and glory of a Mouse.”

“I have sometimes wondered, friend,” said Aslan, “whether you do not think too much about your honor.”

“Highest of all High Kings,” said Reepicheep, “permit me to remind you that a very small size has been bestowed on us Mice, and if we did not guard our dignity, some (who weigh worth by inches) would allow themselves very unsuitable pleasantries at our expense. That is why I have been at some pains to make it known that no one who does not wish to feel this sword as near his heart as I can reach shall talk in my presence about

Traps or Toasted Cheese or Candles: no, Sir – not the tallest fool Narnia!”

“Why have your followers all drawn their swords, may I ask?” said Aslan.

“May it please your High Majesty,” said the second Mouse, whose name was Peepiceek, “we are all wanting to cut off our own tails if our Chief must go without his. We will not bear the shame of wearing an honour which is denied to the High Mouse.”

“Ah!” roared Aslan. “You have conquered me. You have great hearts. Not for the sake of your dignity, Reepicheep, but for the love that is between you and your people, and still more for the kindness your people showed me long ago when you ate away the cords that bound me on the Stone Table (and it was then, though you have long forgotten it, that you began to be Talking Mice), you shall have your tail again.”

C.S. Lewis’ Prince Caspian, Ch. 15

Notes





Day 11

Wednesday, January 23

Scripture Meditation

“Make a tree good and its fruit will be good, or make a tree bad and its fruit will be bad, for a tree is recognized by its fruit. You brood of vipers, how can you who are evil say anything good? For the mouth speaks what the heart is full of. A good man brings good things out of the good stored up in him, and an evil man brings evil things out of the evil stored up in him.”

Matthew 12:33-35

- How do your words or actions reflect the condition of your heart?
- Do you need to surrender an attitude of your heart to Christ?



Day 12

Thursday, January 24

Scripture Meditation

“For you know that it was not with perishable things such as silver or gold that you were redeemed from the empty way of life handed down to you from your ancestors, but with the precious blood of Christ, a lamb without blemish or defect.”

1 Peter 1:18-19

- Do you let your upbringing define your present relationship with Christ?
- Can you lay down your family history or legacy for the sake of Christ?
- Can you surrender this “way of life” in order to accept Jesus Christ personally?



Day 13

Friday, January 25

Old Testament

Read Numbers 21:4-9

Read 2 Kings 18:4

God blesses us in many ways and with many things and we can turn those things into objects of our chief devotion. They become idols. If some vice or possession demands your attention from God, it needs to be cast out. But if your idol is something like a spouse or a church, you need to work within those relationships to reorganize your priorities.

- What gifts of life have you turned into idols of death?
- What gifts of life need to be reprioritized?
- What idols in your life need to be destroyed?



Day 14

Saturday, January 26

Scripture Meditation

“in all your ways submit to Him, and He
will make your paths straight.”

Proverbs 3:6

Notes



WEEK 3

Grace

Embracing our thirst for God and surrendering the spiritual hindrance in our lives will be convicting. We must always have a faith focus on God's amazing grace that pursues us every minute of every day. Maybe you can identify with someone who said that meeting with God makes you realize you are worse than you ever imagined and loved more than you ever dreamed.

In our final week of prayer and fasting, we need to bathe ourselves in the truth of God's grace.

G Day 15

Sunday, January 27

Scripture Meditation

“Let your conversation be always full of grace, seasoned with salt, so that you may know how to answer everyone.”

Colossians 4:6

Notes

Monday, January 28

Read Ruth 2

“Ruth gathers grain in the field”

- With no money and few prospects for gaining income, Ruth went to the fields and began searching for scraps. What must it have been like for Ruth to go out seeking charity from others, placing herself at their mercy?
- Have you ever spent time with people who are dependent on the charity of others? What was it like?
- Boaz was overflowing in his kindness and generosity toward Ruth. When have you seen inspiring displays of kindness and generosity?
- Read Ruth 2:12. When has God taken care of you? When have you been the recipient of his kindness and generosity?

Tuesday, January 29

Scripture Meditation

“Therefore, in order to keep me from becoming conceited, I was given a thorn in my flesh, a messenger of Satan, to torment me. Three times I pleaded with the Lord to take it away from me. But he said to me, “My grace is sufficient for you, for my power is made perfect in weakness.” Therefore I will boast all the more gladly about my weaknesses, so that Christ’s power may rest on me. That is why, for Christ’s sake, I delight in weaknesses, in insults, in hardships, in persecutions, in difficulties. For when I am weak, then I am strong.”

2 Corinthians 12:7-10

G Day 18

Wednesday, January 30

Read John 8:2-11

“He who has no sin cast the first stone”

- Think about a time where you were “caught with your hand in the cookie jar” – when your sin was exposed for others to see. How did you feel? What did you want more than anything at that moment?
- Which is harder for you to do: to seek forgiveness or to forgive? Why?
- Prayerfully commit to God a dark corner of your life (an area that the Holy Spirit convicted you about that you are holding back or refusing to submit) and ask God to help you truly make Him Lord over all.

Thursday, January 31

Reading excerpt from C.S. Lewis' The Last Battle, Ch. 15

“In a narrow place between two rocks there came to meet me a great lion. The speed of him was like the ostrich, and his size as an elephant’ s; his hair was like pure gold and the brightness of his eyes like gold that is liquid in the furnace. He was more terrible than the Flaming Mountain of Lagour, and in beauty he surpassed all that is in the world even as the rose in bloom surpasses the dust of the desert.

“Then I fell at his feet and thought, Surely this is the hour of death, . . . But the Glorious One bent down his golden head and touched my forehead with his tongue and said, Son, thou art welcome.

“Then he breathed upon me and took away the trembling from my limbs and caused me to stand upon my feet. And after that, he said not much, but that we should meet again, and I must go further up and further in. Then he turned him about in a storm and flurry of gold and was gone suddenly.

“And since then, O Kings and Ladies, I have been wandering to find him and my happiness is so great that it even weakens me like a wound. And this is the marvel of marvels, that he called me Beloved, me who am but as a dog-”

Notes



Friday, February 1

Scripture Meditation

“If we claim to have fellowship with him and yet walk in the darkness, we lie and do not live out the truth. But if we walk in the light, as he is in the light, we have fellowship with one another, and the blood of Jesus, his Son, purifies us from all sin. If we claim to be without sin, we deceive ourselves and the truth is not in us. If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness. If we claim we have not sinned, we make him out to be a liar and his word is not in us. My dear children, I write this to you so that you will not sin. But if anybody does sin, we have an advocate with the Father—Jesus Christ, the Righteous One. He is the atoning sacrifice for our sins, and not only for ours but also for the sins of the whole world.”

1 John 1:6 - 2:2

G Day 21

Saturday, February 2

Scripture Meditation

“I thank Christ Jesus our Lord, who has given me strength, that he considered me trustworthy, appointing me to his service. Even though I was once a blasphemer and a persecutor and a violent man, I was shown mercy because I acted in ignorance and unbelief. The grace of our Lord was poured out on me abundantly, along with the faith and love that are in Christ Jesus.”

1 Timothy 1:12-14

Notes

Suggested Reading

Celebration of Discipline by Richard Foster

The Freedom of Self-Forgetfulness by Tim Keller

The Pursuit of God by A.W.Tozer

A Testament of Devotion by Thomas Kelly

The Way of the Heart by Henri Nouwen

Addiction and Grace by Gerald May

The Spirit of the Disciplines by Dallas Willard

Dimensions of Prayer by Douglas Steere

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21 DAYS

fasting & prayer

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