

**VERTICAL CHAPEL**

# **PRAY FIRST**

**PRAYER AND FASTING GUIDE**

Dear Reader,

Since the very beginning of Vertical, we have made it a priority to pray first. We pray bold prayers with audacious faith, fully expecting God to do the impossible. But we believe that in order to truly be a House of Prayer, we must become people of prayer. That's what this fast is all about — 24 days of pursuing (and experienceing) God. We hope you'll join us.

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

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

Prayer changes everything!

A stylized, handwritten signature in black ink, appearing to be 'JL' or similar, followed by a long horizontal flourish.

## HOW TO USE THIS BOOK

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We don't have to follow a specific formula to talk with God, but practicing different ways to pray can help us find deeper purpose and connection to Him through our prayer time.

This book is designed to give you several prayer models. You don't have to master all of them at once; you can select a different prayer model each day in any order you want, and even spend a few days on the same model as you become more comfortable.

To get started, choose which model you want to use today in prayer. As you pray, focus on the process the model reveals, giving yourself time to pray intentionally. If your mind wanders, use the model to restore your focus.

The goal of using this guide is not to add pressure or overwhelm you. The goal is simply to get comfortable with different biblical models of prayer and for your prayer life to become more natural, effective, and enjoyable. To make your prayer time even more meaningful, you can write notes and prayer requests and play worship music. The most important step is committing to regularly entering God's presence through prayer.

The heart of this guide is to help you find a new level of purpose, effectiveness, and enjoyment in your prayer life. While prayer does take commitment and can require discipline to develop into a daily habit, we also want to remember that it's a "get to" not a "got to." It's a privilege to be able to come to God in prayer.

## CREATING A LIFESTYLE OF PRAYER

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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 isn't something we do every now and then, but 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 early in the morning to spend time with His Heavenly Father. Make a daily appointment with God — whether it's first thing in the morning, at lunch, 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**

When Jesus taught His disciples how to pray, He gave them a prayer outline. We call it "The Lord's Prayer." This outline, along with several other tools, is available in this guide. As we pray every day, our plans for our prayer time can vary, maybe including worship music, Bible reading, and quiet time to listen to God. It doesn't always have to look the same; it just helps when we have a plan for connecting regularly with God.

# THE LORD'S PRAYER



The Lord's Prayer is often recited in churches or at religious events, but there's so much more to this prayer. Jesus provided this model as an outline to teach us how to pray in a way that connects us to God, aligns our priorities with His, and helps us live dependently on Him. This model takes us through each part of The Lord's Prayer, showing us how to pray the way Jesus instructed.

One day Jesus was praying in a certain place. When He finished, one of His disciples said to Him, "Lord, teach us to pray..."

**LUKE 11:1**

"Our Father in Heaven, hallowed be Your Name. Your Kingdom come. Your will be done on earth as it is in Heaven. Give us this day our daily bread. And forgive us our debts, as we forgive our debtors. And do not lead us into temptation, but deliver us from the evil one. For Yours is the Kingdom and the power and the glory forever. Amen."

**MATTHEW 6:9-13 NKJV**

## 01. **CONNECT WITH GOD RELATIONALLY**

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### *"Our Father in Heaven"*

God isn't interested in us practicing religion; instead, He desires a relationship with us. God has adopted us as His children and loves for us to call Him our Father. Starting our prayer time acknowledging our relationship with God is powerful for us and delights Him as well.

You have not received a spirit that makes you fearful slaves. Instead, you received God's Spirit when He adopted you as His own children. Now we call Him, "Abba, Father."

#### **ROMANS 8:15 NLT**

Proclaim your intimate relationship with God, addressing Him lovingly as your Father and thanking Him that you are His child.

#### **PRAYER:**

*"Father, I come to You in prayer today thankful that I am Your child. I know I am a sinner, but You have forgiven me and adopted me as Your own, and I am so grateful to call you my Father. Thank you for loving me. I love you."*

02.

**WORSHIP HIS NAME**

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*"Hallowed Be Your Name"*

God loves when we worship Him, and there is power in His Name. Here is a list of some of His Names to help us worship Him specifically and personally:

God is Righteousness – He makes us clean  
 God is Sanctifier – He has called us and set us apart  
 God is Healer – He heals all our diseases  
 God is Banner of Victory – He defeated our enemies  
 God is Shepherd – He speaks to us and leads us  
 God is Peace – He is our peace in every storm  
 God is Provider – He supplies all of our needs

The name of the Lord is a strong tower; the righteous man runs into it and is safe.

**PROVERBS 18:10 ESV**

Speak God's Names out loud. When we proclaim who He is, we not only worship Him, but we also remind ourselves how powerful and great our God is.

**PRAYER:**

*"God, I am in awe of You. Your Name is a strong tower, a place of protection and safety for me. I praise You as my Healer, my Shepherd, and my Banner of Victory. You are my Peace, my Provider, my Righteousness, and my Sanctifier. Your Name is great, and I worship You."*

03.

**PRAY HIS AGENDA FIRST**

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*“Your Kingdom come. Your will be done on earth  
as it is in Heaven”*

Part of being a child of God is caring about what He cares about and loving who He loves. We know His will is perfect, and we acknowledge His wisdom and sovereignty when we pray His agenda first.

He will always give you all you need from day to day if you will make the Kingdom of God your primary concern.

**LUKE 12:31 TLB**

Spend time focusing on what God is focused on. His priorities include:

- Saving the lost
- Wisdom and guidance for those in authority—parental, spiritual, governmental, work-related
- Caring for the poor and marginalized
- Unity and love
- Justice
- Freedom for those in bondage
- Accomplishing His purpose in our lives



**PRAYER:**

*"God, I recognize there is no better plan on earth than Yours, and I pray for Your will to be done in my life (name the areas of your life where you need more of God's presence today) and in our world. This world is lost and needs You desperately, and I pray for every person to know You as their personal Lord and Savior. I pray for the leaders in my life (pray specifically over parents, spiritual leaders, governmental leaders, employers, and any other leaders in your life), that You would show them Your will and give them supernatural wisdom and discernment as they lead. God, I pray that Your heart for justice and unity would be seen in our world; that those who are in bondage will be set free; that the needs of the poor and marginalized will be met. Show me what my role is in seeing the realities of heaven come to earth. Make Your priorities my priorities. Help me love who You love and see value in all people. I give my life to You again today; have Your way in me. Please give me wisdom and clarity as You show me my next steps."*

04.

**DEPEND ON HIM FOR EVERYTHING**


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*"Give us this day our daily bread"*

God promises to supply all our needs, and He wants us to come to Him with our problems, needs, and desires and to trust Him to provide.

I look up to the mountains—does my help come from there? My help comes from the Lord, who made heaven and earth!

**PSALM 121:1-2 NLT**

Ask God for what you need today. It may help to write down the concerns weighing on your mind or the desires of your heart. Bring them to God, and trust Him enough to hand them over to Him fully. It may help to open your hands before God to physically show your surrender to Him. Problems can either be ours or God's; they can't be both.

**PRAYER:**

*"Father, I acknowledge that everything I need today will come from You. You made the heavens and the earth; You are more than capable of handling any situation I'm dealing with, so I give it to You completely (specifically talk to God about what is on your mind and heart right now and give it to Him). I look to you to help me, sustain me, and give me Your peace. Remind me of Your hope and power today. Thank You in advance for taking care of my needs."*

05.

**FORGIVE AND BE FORGIVEN**

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*"Forgive us our debts, as we forgive our debtors"*

God has offered us complete forgiveness, and we can receive it at any time. When we turn away from our sins and receive His forgiveness, our hearts are more prepared to forgive others as well.

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**

Ask God to check your heart and life and show you areas where you might need to ask for forgiveness from Him. Then, it is your turn to forgive those who have offended you. We can even choose to forgive people in advance. Ask God to forgive you and to help you forgive others.

**PRAYER:**

*"God, thank You so much for offering me the gift of forgiveness. Show me any areas in my life that I need to bring before You in order to receive forgiveness and healing. I confess that I have been struggling with sin (talk to God about any areas of sin in your life), and I know that You want me to be clean again. Please forgive me for my sin. Thank You for showing me unfailing grace. As You have so freely forgiven me, I also want to freely forgive others. Help me let go of the things that have offended me and acknowledge when I have offended others. I release to You those who have hurt me, and I trust You to handle those situations according to Your perfect will."*

06.

## ENGAGE IN SPIRITUAL WARFARE

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*“And do not lead us into temptation, but deliver us from the evil one.”*

Spiritual warfare can seem difficult to understand, but the Bible makes it very clear that we have an enemy who is trying to steal from us, kill us, and destroy us. As we pray, we take our stand against the enemy and fight from a place of victory through Jesus as we’re empowered by His Holy Spirit. There is power in God’s Word, and every lie the enemy has told us can be replaced with God’s truth.

For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms.

### **EPHESIANS 6:12**

By recognizing that the enemy wants to destroy you, you can shed light on his lies and claim God’s truth over your life. Ask God to show you any lies you’re believing or areas of warfare happening in your life. Ask Him to expose the enemy and to help you understand and receive His truth. Simply speaking the Name of Jesus has great power in the spiritual realm. The Bible tells us in James 4:7 that if we resist the devil, he will flee from us. Through prayer, we can resist him and walk forward in freedom.

**PRAYER:**

*"God, I recognize that my struggles today aren't against the people or circumstances around me, but against the enemy. Please help me to see how the enemy is lying to me. Help me to recognize his lies, take them captive, and make all of my thoughts obedient to the truth of Your Word (list out any specific areas God shows you where you have believed a lie that needs to be replaced with His truth). While the enemy wants to destroy me, I know that You came to give me life to the fullest. I speak the name of Jesus over my life and declare that no weapon formed against me will prosper. I don't have to fear the enemy because the One who is in me is greater than the one who is in the world."*

**07. EXPRESS FAITH IN GOD'S ABILITY**


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*"For Yours is the Kingdom and the power and the glory forever."*

God is more than able to move in every situation, and ending our prayer time claiming His authority and power focuses our minds on the truth and hope of who He is and what He can do.

Ah, Sovereign LORD, you have made the heavens and the earth by Your great power and outstretched arm. Nothing is too hard for You.

**JEREMIAH 32:17**

Remind yourself of God's limitless power and then return to praising Him and declaring your faith in Him:

- "Yours is the Kingdom" – all authority belongs to You
- "Yours is the Power" – all mightiness flows from You
- "Yours is the Glory" – Your victory will be complete

**PRAYER:**

*"Father God, nothing is too hard for You! Through Your great power, all things are possible. All authority is Yours, all might is Yours, and I know that Your victory will be complete. You are amazing, and I worship You. I praise You for Your power and presence in my life. You are my God, and You are worthy of all praise."*

# 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, following God's instructions, to experience His presence. Today, even though we no longer need the physical Tabernacle to meet with God, these same steps can help us connect with Him. This prayer model will take us through each station of the Tabernacle and use the purpose of each station to guide our prayers.

## 01. THE OUTER COURT

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### THANKSGIVING AND PRAISE

The Israelites entered the Tabernacle with thanksgiving and praise, and we start our prayer time the same way.

Enter His gates with thanksgiving and His courts with praise; give thanks to Him and praise His name.

#### **PSALM 100:4**

Spend some time really thinking about all the blessings in your life for which you're thankful. You can write down a list, sing your own song of praise, or just spend quiet moments reflecting on your gratitude and praise toward God.

#### **PRAYER:**

*"Father God, You are good, and You deserve all my praise and more. Thank You for the many ways You have blessed me and for watching over me (tell Him specific things in your life that you're grateful for. Thank Him for something new that you've never thanked Him for before). I want to experience Your presence and Your love in a fresh way today, Jesus. I thank you that Your mercies are new every day. I thank you for Who You are and all You have done for me."*



02.

**THE BRAZEN ALTAR**

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**THE CROSS OF JESUS**

In the Old Testament, everyone had to regularly bring animal sacrifices as payment for their sins. Today, we don't have to do that because Jesus paid for our sins once and for all with His blood on the cross.

Praise the LORD, my soul, and forget not all His benefits—who forgives all your sins and heals all your diseases, who redeems your life from the pit and crowns you with love and compassion, who satisfies your desires with good things so that your youth is renewed like the eagle's.

**PSALM 103:2-5**

Thank God for the gift of Jesus. Thank Jesus for His sacrifice and love. Let the power of the cross and what it means for your life really settle in your spirit. In addition to expressing your gratitude, claim the power of transformation and healing that the cross of Jesus has in your life.

The cross provides us with five major benefits:

- Salvation - God forgives all my sins
- Healing - God heals all my diseases
- Redemption - God rescues me and restores me
- Transformation - God changes me into His likeness
- Blessing - God provides everything I need

**PRAYER:**

*"Thank You, God, for making a way for me through Your Son. Jesus, thank You for the sacrifice You made for me on the cross. You saved me, and You set me free. I praise You for being my Healer. You have power over all disease and harm in my life (list specific areas where you need to experience God's healing power). Thank You for being my Redeemer. You rescue me and give my life purpose. Thank You for transforming my life with Your love, for making me new. I want to grow to be more like You (give Him access to every area of your life). Thank You for blessing me. I know You have good plans for me and all that I have comes from You (thank Him for specific blessings in your life)."*

03.

**THE LAVER**

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**CLEANSING AND PREPARING**

The next step in the Tabernacle was a bowl of water where people were reminded of their sinfulness and their need to be cleansed and forgiven by God. Checking our hearts and motives and surrendering our lives to God is an important part of daily prayer.

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.

**ROMANS 12:1 ESV**

Because of what Jesus did on the cross, we can confess our sins to Him and receive complete forgiveness and a fresh start. In prayer, humbly and sincerely turn away from your sins and allow God to cleanse and renew you. Then, surrender your life and every part of yourself to Him.

**PRAYER:**

*"God, I confess my sins to You and turn away from them (tell God any sin you know is in your life and confess it to Him with a sincere heart. Ask Him to show you any other areas that need His cleansing). Thank You, God, for freely forgiving me. As I turn away from my sin, I turn toward You, and I offer myself to You:*

- I give You my tongue, to speak good and not evil
- I give You my eyes, to focus on You and the needs of others
- I give You my ears, to be sensitive to Your voice
- I give You my hands, to do good for others
- I give You my feet, to walk in Your ways and follow Your footsteps
- I give You my mind, to be transformed and used by You

*I ask You, Lord, for the fruit of the Spirit found in Galatians 5:22-23, so that I can grow closer to You and make a difference in the lives of others. I ask for love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self control."*

# FASTING GUIDE



From the very beginning of Vertical, we have made it a priority to pray first. We are a House of prayer. We pray bold prayers with audacious faith fully expecting God to do the impossible. We believe that in order to truly be a House of prayer, we must become people of prayer. That's what this fast is all about—dedicating 24 days as a church family—to pursue (and experience) God in a life-changing way.

## **HOW TO PREPARE YOUR HEART:**

- Begin praying and asking God to help you prepare well
- Take time to read this guide
- Purchase the Awakening Book to stay encouraged throughout the fast

## WHAT IS FASTING?

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There are many different types of fasts. There is nothing more inherently spiritual about one over another. The right fast is the one God is asking you to take. Fasting should always include food, but you can also include fasting from social media, entertainment, and even hobbies. The main goal is to give up something that stretches you to depend more on God. Fasting without prayer is just a diet. These 24 days is your opportunity to pursue God fully and rely on His strength. Fasting calls for more time in prayer, more time reading the Bible, and more time pursuing God's heart. As you disconnect from your regular patterns and habits, you will reconnect to God in a life-changing way.

## WHY DO WE FAST?

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We fast because the Bible calls us to. Fasting is a normal part of following Jesus (see Matthew 6:16-18). Jesus Himself fasted for 40 days. Moses and Elijah fasted for 40 days. Daniel fasted for 21 days. Paul fasted several times during his ministry, and Peter fasted for 3 days to draw strength from God. Fasting allows us to refocus, realign, reconnect, and experience a deep refreshing in our walk with Jesus. Fasting is not for some Christ followers — it's for all Christ followers.

## **START WHERE YOU ARE.**

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We are all at different points in our walk with God. Likewise, our jobs, daily schedules, and health conditions are all factors that place different demands on our lives. Whether you have fasted before or this is your first time, start where you are. Your personal fast should be challenging while still honoring your personal needs. Ask God to show you the fast that is right for you, then commit to whatever He leads you to do.

### **TWO QUESTIONS TO ASK GOD BEFORE YOU PICK YOUR FAST:**

- What are You asking me to fast from?
- What are You asking me to fast for?

Remember—fasting without pursuing God is not Biblical fasting. The goal isn't to simply give something up, but to make room for more of Jesus in your life.

## **HOW TO PREPARE YOUR HEART.**

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The goal for these 24 days is to pursue God and experience a new level of intimacy and breakthrough with Him. As you prepare yourself for this fast, remember to prepare your heart as well. How? The foundation for fasting and prayer is repentance (see 2 Chronicles 7:14-15). Unconfessed sin can hinder your prayers and fellowship with God.

But this is the one to whom I will look; he who is humble and contrite in spirit and trembles at My Word.

**ISAIAH 66:2 (ESV)**

### **TWO QUESTIONS TO ASK GOD BEFORE YOU START YOUR FAST:**

- Is there any unaddressed sin in my life? (see Psalm 139:23-24)
- Are my motives for this fast pure? Lord, help me to humble myself, become broken for my sin and thankful for your grace, and to tremble at Your Word by obeying whatever you ask me to do.

Remember—we don't fast to earn God's love or acceptance; we fast because He does love and accept us already. The motive matters.

### **MORE WAYS TO PREPARE YOUR HEART:**

- Remember that God is your Father and He loves you and is for you.
- Confess every sin that the Holy Spirit calls to your remembrance and accept God's forgiveness (see 1 John 1:9).
- Seek forgiveness from people whom you have offended and forgive those who have hurt you (see Mark 11:25; Luke 11:4; 17:3,4).
- Ask God to fill you with His Holy Spirit according to his command in Ephesians 5:18 and His promise in 1 John 5:14,15.
- Surrender your life fully to Jesus Christ as your Lord; refuse to obey your worldly nature (see Romans 12:1,2).

- Start your fast with an expectant heart (see Hebrews 11:6).
- Do not underestimate spiritual opposition. Satan sometimes intensifies the natural battle between body and spirit (see Galatians 5:16,17).

## HOW TO PREPARE YOUR BODY.

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It's also important to prepare physically for your fast. Changing your diet or limiting your daily food intake will have a big impact on your body. As you prepare yourself for this fast, be sure to start weaning off of whatever food or drink you will be fasting from—a few days before the fast even begins. This will help your body adjust when the fast starts while increasing your effectiveness and safety.

EXAMPLE: If you are planning to give up coffee, begin decreasing your caffeine intake a few days before the fast begins to reduce any withdrawal your body will experience once the fast begins.

## FREQUENTLY ASKED QUESTIONS:

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Q: What is fasting?

A: Fasting is voluntarily denying the body by giving up something (usually food and drink) so that you can focus more on God, communicate with Him in prayer, and deepen your relationship with Him.



Q: I have a health condition... Are there other kinds of fasts?

A: Yes! Some of the other kinds of fasts include: media (TV, movies, music, or social media), a partial fast (from sugar, soda, or certain kinds of food), or the Daniel Fast (see below). God understands our specific situation may not allow us to fast from food. The main purpose of fasting is to intentionally give something up so that you can focus more on God in prayer and seeking Him. Always ask your doctor before starting a fast.

Q: What should I do about my prescribed medications?

A: Always consult your doctor before beginning a fast and follow the medical regimen they prescribe. You may also want to try the Daniel Fast (see below).

Q: Why should I fast?

A: There are numerous reasons to fast: to gain a closer personal relationship with God, to pray for healing and against sickness or danger, for the salvation of a loved one, and many more.

Q: What is the significance of prayer with fasting?

A: Fasting should have a purpose, and this purpose is conveyed to God in the form of prayer. Prayer before a fast, at various intervals during the fast, and at the end of the fast, clarifies our purpose and focuses us on what God may be telling us as we spend time with Him.

Q: How long should I fast?

A: The length of a fast can vary. We will be fasting as a church for 24 days. The length of a fast should be determined by each individual after praying about how long God would have them fast. If you have health issues, always consult your doctor before beginning a fast.

Q: Can I watch TV while fasting?

A: The purpose of fasting is to grow closer to God, so it's recommended to limit entertainment while fasting so you can focus on Him.

## THE DANIEL FAST FOOD LIST:

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I ate no delicacies, no meat or wine entered my mouth, nor did I anoint myself at all, for the full three weeks.

**DANIEL 10:3**

Because Pursuit 24 is close 21 days, many people choose to do the 21 day Daniel Fast. It's challenging but still very doable. Daniel fasted for three weeks and consumed a diet similar to the one below:

### ALL FRUITS

These can be fresh, frozen, dried, juiced or canned (watch for added sugar). Apples · Coconuts · Limes · Apricots · Cranberries · Mangoes · Avocados · Dates · Melons · Bananas · Figs · Berries · Grapes · Oranges · Pears · Lemons · Grapefruit

## **ALL VEGETABLES:**

These can be fresh, frozen, dried, juiced, or canned (watch salt content). Artichokes · Greens · Asparagus · Corn · Okra · Squash · Beets · Cucumbers · Onions · Broccoli · Eggplant · Parsley · Turnips · Brussel Sprouts · Garlic · Peppers · Cabbage · Ginger Root · Potatoes · Carrots · Kale · Radish · Yams · Cauliflower · Leeks · Scallions · Mushrooms · Spinach · Sweet Potatoes · Tomatoes

## **SEEDS**

These must be raw + unsalted. Sprouts · Walnuts · Almonds · Flaxseed · Sunflower · Almond Butter (Natural)

## **LEGUMES**

Beans · Black Eyed Peas · Lentils · Peas · Cannellini · Peanuts · Peanut Butter (Natural)

## **FOODS TO AVOID ON THE DANIEL FAST**

Meat · Poultry · Fish · White Rice · White Bread · Deep Fried Foods · Caffeine · Coffee (Including Decaf) · Carbonated Beverages · Energy Drinks · Preservatives · Additives · Refined Foods · Processed Foods · Refined Sugar · Sugar Substitutes · Cane Juice · White Flour · Margarine · Shortening · High Fat Products · Butter · Leavened Bread · Baked Goods · Dessert · Alcohol · Mayo · Raw Sugar · Syrups · Molasses · Soda (Including Diet)

## OTHER TYPES OF FASTS

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### **COMPLETE FAST.**

In this type of fast, you drink only liquids, typically water with light juices as an option.

### **SELECTIVE FAST.**

This type of fast involves removing certain elements from your diet. One example of a selective fast is the Daniel Fast, during which you remove meat, sweets, and bread from your diet and consume water and juice for fluids and fruits and vegetables for food.

### **PARTIAL FAST.**

This fast is sometimes called the “Jewish Fast” and involves abstaining from eating any type of food in the morning and afternoon. This can either correlate to specific times of the day, such as 6:00 am to 3:00 pm, or from sunup to sundown.

### **SOUL FAST.**

This fast is a great option if you do not have much experience fasting food, have health issues that prevent you from fasting food, or if you wish to refocus certain areas of your life that are out of balance. For example, you might choose to stop using social media or watching television for the duration of the fast and then carefully bring that element back into your life in healthy doses at the conclusion of the fast.

## FINAL ENCOURAGEMENT

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If you stumble during the fast, don't get discouraged. Just get right back on track and keep going. God's mercies are "new every morning" (Lamentations 3:22-23). He wants you to finish strong, and He will give you the grace and strength to do it!

If you make it a priority to pursue God over these 21 days, He will change your life. He will speak to your heart. He will break any chains of addiction in your life. He will restore your hope. He will strengthen your faith and refresh your soul.

These 24 days can have a significant impact on your walk with Jesus. Let's pursue Him with everything we've got!

Moving Forward,  
Pastor Shawn & Elisa