

21 DAYS

OF PRAYER & FASTING

MOVED BY LOVE

“ For the love of Christ compels us, since we have reached this conclusion, that one died for all, and therefore all died. And he died for all so that those who live should no longer, live for themselves, but for the one who died for them and was raised.

2 CORINTHIANS 5:14–15

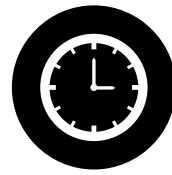
ABOUT THIS GUIDE

This 21-day prayer focus is our invitation as a church family to seek the Lord's face together asking Him to move us, wake up a fresh love for God in us, and stir a renewed love for the people around us. We're not just praying for things to change; we're asking to be moved by the love of God.

Each day gives a short focus word, a specific prayer target, and a supporting verse. Use the resources and tools in this guide to help you remove distractions and seek the Lord in this season.



Simple Tips for Prayer



FIND A PLACE

Choose a quiet, consistent place where you can be alone with God. It doesn't have to be perfect, just somewhere you can focus without distraction. A chair, a corner, a park bench. Make it yours.

SET A TIME

Decide on a regular time each day to pray. Morning, lunch, or evening. Whatever works for your rhythm. Consistency matters more than length. Even ten minutes of focused prayer can transform your day. Set an alarm for designated times (ex: 6:00am, 12:00pm, 6:00pm) to keep consistent.

FIND A FRIEND

Invite someone to join you on this journey. Share what you're learning, pray together when you can, and encourage one another along the way. Community makes the commitment stronger.

HOW TO FAST

HOW TO BEGIN

With this daily devotional, you will be given different topics and scriptures each day, as well as an example of what to pray. Carving out a specific time to spend with God and having a physical list in front of you to pray over will motivate you to keep going when it seems impossible. Pray for what you are believing for personally, as well as the things we are believing for together as the Hillcrest Family.

PREPARING SPIRITUALLY

Be honest with God. Let Him know where you need help. Ask the Holy Spirit to reveal areas of weakness. Invite Him to challenge and change you over the course of your fast. Watch as He expands your vision and strengthens your faith.

DECIDING WHAT TO FAST

Fasting is about giving something up for a time in order to seek God in a deeper way. It's not about losing weight; it's about gaining vision. The type of fast you choose is up to you. You may choose to follow the rotating fast in this guide, or follow biblical examples and give up food. Many people apply the same principle to other areas of life like TV or social media. No matter what you choose, we believe that as you remove distractions you will hear from God in a clearer way. Before making any drastic dietary changes, please consult with your healthcare professional.

DECIDING HOW LONG

Fasting is not an obligation; it's an opportunity to go deeper in our walk with God. Use wisdom and pray for guidance. You may choose to fast one thing for the first week and something entirely different the next. The choice is yours, we just want to commit to fasting SOMETHING during 21 Days with God.

WHAT TO EXPECT

When you fast, your body detoxifies, eliminating toxins from your system. This can cause mild discomfort such as headaches and irritability during withdrawal from caffeine and sugars. And naturally, you will have hunger pains. If possible, limit your activity and exercise. Take time to rest. You are following Jesus' example when you fast. Spend time listening to praise and worship. Pray as often as you can throughout the day. Get away from the normal distractions as much as possible and keep your heart and mind set on seeking God.



HOW TO PRAY:

THE PRAY MODEL



PRAISE

Quiet yourself before God. Set aside distractions. Begin with praise and gratitude: thank God for who He is and for what He has already done.



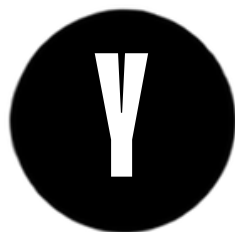
RESPOND

Respond to what He's done in your life. Confess your sin and need for Jesus. Acknowledge your struggles, trials, and shortcomings to God. Admit your sinfulness in contrast to His purity and confess who we are, considering who God is.



ASK:

Bring your requests (for yourself, your family, your areas of influence and Hillcrest) using that day's focus and verse as your guide.



YIELD:

Close by surrendering your will to His. Sit quietly, listen for what He may be saying, and commit to obey.



DAILY PRAYER FOCUSES



WEEK ONE – COMPELLED (2 CORINTHIANS 5:14–15)

DAY	FOCUS	PRAYER TARGET	VERSE
1	LOVE	Christ's love compelling every part of your life	2 Cor 5:14
2	SURRENDER	No longer living for self, but for Him who died and rose	2 Cor 5:15
3	DEATH TO SELF	Grace to put to death whatever competes with Christ's lordship	Rom 6:11
4	RESURRECTION LIFE	New obedience and strength, empowered by His resurrection	Rom 6:4
5	AFFECTION	A renewed hunger and delight in God Himself	Ps 42:1–2
6	PASTORS + LEADERSHIP	Josh, staff, and leadership – their hearts, homes, and families	1 Tim 3:4–5
7	THE CHURCH	Hillcrest compelled by love as a whole body, not coasting	Rev 2:4–5



DAILY PRAYER FOCUSES



WEEK TWO – MADE NEW (2 CORINTHIANS 5:16–17)

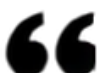
DAY	FOCUS	PRAYER TARGET	VERSE
8	NEW EYES	Seeing people the way God sees them, not 'according to the flesh'	2 Cor 5:16
9	NEW CREATION	One specific 'old thing' God wants to remove from your life	2 Cor 5:17
10	FREEDOM	Addictions and strongholds broken in our church family	John 8:36
11	INTEGRITY	Lives inside and outside these walls that match	Ps 26:11
12	HEALING	Restoration in marriages, families, and relationships	Mal 4:2
13	UNITY	One body, one Spirit, one mission at Hillcrest	Eph 4:3
14	PROTECTION	Spiritual and physical covering over our church	Ps 91:1–2



DAILY PRAYER FOCUSES

WEEK THREE – SENT (2 CORINTHIANS 5:18-21)

DAY	FOCUS	PRAYER TARGET	VERSE
15	RECONCILIATION	One relationship in your life needing reconciliation	2 Cor 5:18
16	AMBASSADORS	Boldness to represent Christ well this week	2 Cor 5:20
17	GOOD NEWS NEIGHBORS	Loving and reaching the people on our own streets	Mark 12:31
18	THE LOST	One person by name who doesn't yet know Jesus	2 Pet 3:9
19	CHURCHES + PASTORS	Other congregations and pastors in our region	Phil 1:27
20	REACH	Open doors – outreach opportunities and gospel conversations	Col 4:3
21	HARVEST	Changed lives as the visible fruit of these 21 days	John 4:35



Therefore, we are ambassadors for Christ, since God is making his appeal through us. We plead on Christ's behalf, "Be reconciled to God."

— 2 CORINTHIANS 5:20





GUIDED PRAYERS TO HELP YOU GET STARTED

These three guided prayers correspond to each week's movement and are original compositions written for this season of prayer. They are shaped by the themes of *Wild at Heart*, *Every Moment Holy*, and *Strategic Renewal*.



A PRAYER FOR A COMPELLING HEART

Jesus, awaken in me a heart that is moved by You.
Remove what dulls my affections. Burn away apathy, self-reliance,
and the idols I've settled for. Make Your beauty so real to me that I
can't help but follow You. Give me courage to love You above all
else and to live for what matters most to You.
Set my heart on fire to see more of You and to make You known.

In Your love, I'm moved.



A BLESSING FOR AN ORDINARY DAY

Jesus, bless this ordinary day. Be with me in the small things
and the unseen moments. Help me notice Your presence,
trust Your timing, and receive Your grace. Let my work, my
rest, my words, and my thoughts be an offering to You.
Make the ordinary radiant with Your love.
Amen.



A PRAYER FOR THE HARVEST

Lord, we lift our eyes to the harvest. Send laborers into the fields
and use us to reach those who are far from You. Break down
barriers. Open hearts. Multiply disciples. May Your Kingdom come
and Your will be done in our communities, our churches, and the
earth.

Your harvest, Your glory.



RESOURCES FOR YOUR PRAYER JOURNEY

Wild at Heart Prayer Page (John Eldredge)

<https://wildatheart.org/prayer/>

Strategic Renewal Prayer Guides

<https://store.strategicrenewal.com/collections/the-21-day-series/products/21-days-of-transforming-prayer>

Every Moment Holy

<https://www.everymomentholy.com/>

