



FASTING FOR

NOW THE LORD IS THE SPIRIT, AND
WHERE THE SPIRIT OF THE LORD IS
THERE IS FREEDOM, AND WE ALL
WITH UNVEILED FACES, BEHOLDING
THE GLORY OF THE LORD, ARE BEING
TRANSFORMED INTO THE SAME
IMAGE FROM ONE DEGREE OF
GLORY TO ANOTHER. FOR THIS
COMES FROM THE LORD WHO IS THE
SPIRIT.

FREEDOM

21 DAYS OF PRAYER + FASTING

FASTING FOR FREEDOM ✨

PAUL SAID IN 2 CORINTHIANS 3:17, "WHERE THE SPIRIT OF THE LORD IS, THERE IS FREEDOM." JESUS SAID IN JOHN 8:32 "WHOM THE SON SETS FREE IS FREE INDEED." TOO OFTEN WE DO NOT EXPERIENCE THE FULL REALITY OF WHAT JESUS HAS DONE FOR US. WE SETTLE FOR LESS WHEN JESUS WANTS TO GIVE US MORE. WE WANT TO BE FREE AND WE CAN BE FREE. WE DO NOT HAVE TO REMAIN ENSLAVED TO OLD HABITS OR OLD HURTS, BE STUCK IN WRONG WAYS OF THINKING, OR GIVE UP ON EVER OVERCOMING CERTAIN PATTERNS OF SIN. WHAT HAS BEEN DOES NOT HAVE TO DICTATE WHAT WILL BE. THERE IS A PATH TO FREEDOM AND IT'S AVAILABLE TO ANYONE. FREEDOM IS ONLY FOUND IN GOD BUT IF WE GO TO HIM FOR IT, HE LOVES TO GIVE IT TO US. AS WE EMBARK ON THESE 21 DAYS, WE WILL FOCUS ON FASTING FOR FREEDOM. REMEMBER, WE DO NOT JUST FAST FROM SOMETHING BUT FOR SOMETHING. WE PRAY THESE DAYS SET UP THE REST OF YOUR YEAR, AND LIFE, TO WALK IN GREATER FREEDOM AND VICTORY WITH GOD.

WHERE IN YOUR LIFE DO YOU WANT TO EXPERIENCE MORE FREEDOM? WHAT DO YOU WANT TO OVERCOME, OR LET GO OF? WHAT AREAS OF LIFE DO YOU WANT TO SEE GROWTH AND TRANSFORMATION? COMMIT THESE TO GOD IN PRAYER. PRAY ALSO THAT YOU WOULD BELIEVE THAT ANYTHING IS POSSIBLE WITH GOD AND THAT GOD WOULD GIVE YOU FAITH TO HAVE SUPERNATURAL EXPECTATIONS FOR THESE 21 DAYS.

FASTING FOR FREEDOM ✨

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FREEDOM CREED



FREEDOM IS A FACT NOT A FEELING. I AM FREE BECAUSE OF WHAT CHRIST HAS DONE FOR ME. THIS IS TRUE ETERNALLY EVEN THOUGH SOMETIMES IT IS DIFFICULT TO SEE EXPERIENTIALLY.

I CAN BE FREE. I CAN LIVE IN THE REALITY OF WHAT GOD HAS ALREADY DONE FOR ME. GOD IS WORKING IN ME SO I CAN BECOME WHO HE MADE ME TO BE.

YES GOD IS WORKING IN ME, BUT I ALSO MUST USE MY ENERGY. I HAVE A ROLE TO PLAY IN WHO I WANT TO BE. I TURN FROM MY OWN WAYS, THEY ARE FOLLY. I TURN TO GOD AND HIS WAYS BECAUSE THAT'S WHAT'S BEST FOR ME.

VICTORY COMES FROM INTIMACY. WHAT I WILL BE IS DETERMINED BY WHAT I SEE. IF I LOOK AT GOD I WILL BECOME MORE GODLY.

FREEDOM IS GIVEN ALL AT ONCE, BUT CHANGE HAPPENS DAILY BY DEGREE. IT MAY SEEM SMALL AND SLOW BUT IT'S REALLY GREAT AND FULL OF GLORY.

LITTLE BY LITTLE, STEP BY STEP, GLORY TO GLORY. I AM NOT WHO I WAS BUT AM MOVING TOWARDS WHAT GOD MADE ME TO BE. THIS IS MY STORY BECAUSE OF GOD'S GREAT LOVE FOR ME.



2 CORINTHIANS

3:17

THIS PRAYER JOURNAL IS WHAT YOU MAKE OUT OF IT. YOU CAN WRITE AS MUCH AS YOU WANT OR AS LITTLE AS YOU WANT. WE ONLY ASK THAT YOU MAKE IT INTENSE AND INTIMATE. WRITE OUT YOUR PRAISE AND YOUR LAMENT, YOUR CONFESSIONS AND YOUR INTERCESSIONS, YOUR PETITIONS, AND YOUR EXALTATIONS. LET EVERY WORD BE ADDRESSED TO HIM AND HOW HE IS SPEAKING TO YOU. AND WHEN YOU LOOK BACK ON THESE PAGES, YOU WILL HAVE A RECORD OF YOUR FACE-TO-FACE INTERACTIONS WITH GOD DURING THESE 21 DAYS!

PRAYER GUIDE

A **ADORATION: PRAISE GOD FOR ALL THAT HE IS. MAGNIFY HIS NAME! (PS. 8:9)**

C **CONFESSION: CONFESS YOUR SINS AND BE CLEANSED BY HIS MERCY (1 JN. 1:9)**

T **THANKSGIVING: THANK HIM FOR ALL THAT HE HAS DONE AND IS DOING (COL. 3:2)**

S **SUPPLICATION: BRING YOUR REQUESTS TO GOD (1 JOHN 5:14-15)**



PRACTICAL WAYS TO F A S T

- ✦ **FAST A MEAL ONCE A WEEK**
- ✦ **FAST FOR A WHOLE DAY ONCE A WEEK**
- ✦ **FAST FROM SOCIAL MEDIA OR OTHER PHONE USAGE**
- ✦ **FAST FROM ENTERTAINMENT (TV, MOVIES, MUSIC)**
- ✦ **FAST FROM A TYPE OF FOOD OR CAFFEINATED DRINKS**
- ✦ **FAST FROM OTHER BOOKS OR PODCASTS BESIDE THE BIBLE**
- ✦ **FAST WITH YOUR LIGHTHOUSE ON THE DAYS YOU MEET**
- ✦ **FAST FROM MEAT FOR 21 DAYS**

PREPARE FOR YOUR FAST

As you begin to fast, it's a good idea to make a plan! The first step is to choose which fast you will participate in. Then think through/write down some practical steps to achieve this plan. For example: If you choose to fast a meal once a week, pick in advance which meal, and have a structure of what that fasting time will look like

THE PATH TO BE FREE

F FREEDOM IS FOUND IN GOD

R REPENT FROM SIN + RUN
TO GOD

E EXPERIENCE
TRANSFORMATION

E ENGAGE WITH GOD IN THE
DAILY PROCESS OF CHANGE

FASTING FOR FREEDOM

PASSAGE:

ROMANS 6:1-14

MONDAY | WEEK ONE

AS YOU READ THROUGH THIS PASSAGE, USE THE FOLLOWING QUESTIONS TO REFLECT ON IT'S TRUTH + THE PRAYER GUIDE AS A TOOL TO RESPOND TO GOD.

WHERE ARE YOU AT WITH THE LORD RIGHT NOW?

*WHAT DOES THIS TEXT SAY ABOUT GOD? (I.E. CHARACTERISTICS, HOW HE WORKS IN THE WORLD, WHAT HE LOVES/HATES, ETC...?)
HOW DOES IT LEAD ME TO WORSHIP HIM?*

FASTING FOR FREEDOM

PASSAGE:

ROMANS 6:1-14

TUESDAY | WEEK ONE

AS YOU READ THROUGH THIS PASSAGE, USE THE FOLLOWING QUESTIONS TO REFLECT ON IT'S TRUTH + THE PRAYER GUIDE AS A TOOL TO RESPOND TO GOD.

WHAT ARE YOU ASKING GOD TO DO IN THESE 21 DAYS?

WHAT DOES THIS TEXT SAY ABOUT HOW GOD RELATES TO HIS PEOPLE SPECIFICALLY OR THE WORLD IN GENERAL?

FASTING FOR FREEDOM

WEDNESDAY | WEEK ONE

PASSAGE:

ROMANS 6:1-14

AS YOU READ THROUGH THIS PASSAGE, USE THE FOLLOWING QUESTIONS TO REFLECT ON IT'S TRUTH + THE PRAYER GUIDE AS A TOOL TO RESPOND TO GOD.

WHAT DOES THIS TEXT SAY ABOUT HOW GOD RELATES TO ME?

WHAT LIES DO I NEED TO LET GO OF? WHAT TRUTH DO I NEED TO TAKE HOLD OF?

FASTING FOR FREEDOM

THURSDAY | WEEK ONE

PASSAGE:

ROMANS 6:1-14

AS YOU READ THROUGH THIS PASSAGE, USE THE FOLLOWING QUESTIONS TO REFLECT ON IT'S TRUTH + THE PRAYER GUIDE AS A TOOL TO RESPOND TO GOD.

WHAT DOES THIS TEXT TELL ME TO DO? WAHT ARE THE ACTIONS LISTED?

WHAT ACTION CAN I TAKE THIS WEEK TO IMPLEMENT THIS TRUTH INTO MY LIFE?

FASTING FOR FREEDOM

SUNDAY | JANUARY 14TH



SERMON TITLE:

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PASSAGE:

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FASTING FOR FREEDOM

PASSAGE:

JOHN 8:31-38

MONDAY | WEEK TWO

AS YOU READ THROUGH THIS PASSAGE, USE THE FOLLOWING QUESTIONS TO REFLECT ON IT'S TRUTH + THE PRAYER GUIDE AS A TOOL TO RESPOND TO GOD.

WHERE ARE YOU AT WITH THE LORD RIGHT NOW?

*WHAT DOES THIS TEXT SAY ABOUT GOD? (I.E. CHARACTERISTICS, HOW HE WORKS IN THE WORLD, WHAT HE LOVES/HATES, ETC...?)
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WHAT ACTION CAN I TAKE THIS WEEK TO IMPLEMENT THIS TRUTH INTO MY LIFE?

FASTING FOR FREEDOM

SUNDAY | JANUARY 21ST



SERMON TITLE:

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PASSAGE:

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FASTING FOR FREEDOM

MONDAY | WEEK THREE

PASSAGE:

GALATIANS 5

AS YOU READ THROUGH THIS PASSAGE, USE THE FOLLOWING QUESTIONS TO REFLECT ON IT'S TRUTH + THE PRAYER GUIDE AS A TOOL TO RESPOND TO GOD.

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TUESDAY | WEEK THREE

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FASTING FOR FREEDOM

PRAYER STATIONS

JOIN US FOR A SPECIAL PRAYER WALK EXPERIENCE IN THE BUILDING OVER THE NEXT 21 DAYS. EXPLORE THE 15 STATIONS, EACH CLEARLY NUMBERED AND LABELED. YOU CAN BRING A FRIEND OR CHOOSE TO PRAY SOLO, FOLLOWING THE PRAYER POINTS PROVIDED BELOW. FEEL FREE TO DO THIS PRAYER WALK AT YOUR OWN TIME. YOUR PRAYERS ARE ESSENTIAL TO THIS COMMUNITY AS WE PARTNER WITH GOD. WE ARE DEPENDENT ON PRAYER!

Station		Prayer Points		
		Reach	Restore	Repeat
		<p>Reach <i>Isaiah 61:1-2</i></p> <p>Our passion is to shine the light of Christ in dark and hard places to bring real hope and help to all people.</p>	<p>Restore <i>Isaiah 61:3</i></p> <p>We do what we can do so God will do what only God can do!</p>	<p>Repeat <i>Isaiah 61:4</i></p> <p>When reaching and restoring become a rhythm of life. This Spirit empowered work changes people, communities, and cities. Then they do the work to rebuild, repair, and raise up. Together, we all repeat the process. God takes those He reached, and makes them the vessels of restoration in their homes and communities.</p>
1	Citylight Sunday Services & Restore on Thursdays	<p>Matthew 5:16-13-16</p> <p>That we would be salt and light in the world around us.</p>	<p>Ephesians 3:14-21</p> <p>That the Holy Spirit would renew our strength and expand our capacity to be filled with the great love of Christ.</p>	<p>2 Timothy 2:2</p> <p>Ephesians 4:12</p> <p>That we would really make disciples and pass on to others what God has given to us. That we would equip one another to fulfill the calling God has for our lives.</p>
2	Citylight Kids	<p>Mark 10:14</p> <p>Prayer that CityLight kids would facilitate biblical teaching so that more</p>	<p>Prayer that every child who comes to CityLight kids regularly would be able to clearly communicate the gospel</p>	<p>Prayer that Citylight kids would be a feeder into the middle school, high school, and college/young</p>

FASTING FOR FREEDOM

		children would come to saving faith through Jesus for the first time.	and our inherent need for a Savior.	adult programs. Our kids would be raised to know and understand theology and scripture to be able to stand firm in a broken world.
3	Citylight Preschool	Ps. 145:1-10 Students learn about a life-giving relationship with Jesus, learn that they can talk with him and praise him all their days Acts 2:44-47 Authentic community where CL families and community families share in life together, spiritual and tangible needs are met Messengers to be lights:: Director, assistant teacher, home visiting director, translator, cook, families	Hebrews 4:1-16 Families receiving true rest in Christ's way of life: parenting and life anxieties continually released to the Lord, and God meeting families with wisdom and healing	Ps. 78:1-7 God's love would impact family habits Parents would continue to teach Gospel truths to their kids, and in turn their kids would teach their kids, and so on continuing generations of living for Christ
4	Citylight Young Adults (Sanctuary)	1 Jn. 4:13 That God would pour out His Spirit to Young Adults to know Him	Matt. 11:28-30 That Young Adults would find real rest in Him	Matt. 11:28-30 That God would create a missional zeal for our Young Adults to make His name known
5	(Youth Room) - AA meetings and middle school	Ephesians 3:14-21 That Christ would dwell in the hearts of the Youth through faith. - That they would be rooted in & know the love of Christ - That they would be strengthened by the Holy Spirit - That the fullness of God would dwell in them	Psalms 1:3 That the Youth would be firmly planted by streams of living water. That they would be rooted in love and overflow with the love of Christ in their lives	Psalms 89:1 That God's steadfast love would follow the Youth wherever they go and that God would use them to speak of His faithfulness to both the young and the old That they would begin to worship Jesus with their whole lives from now into eternity
6	Ciudad Luz (Sanctuary)	Matthew 5:16-13-16 That we would be salt and light in the world around us.	Ephesians 3:14-21 That the Holy Spirit would renew our strength and expand our capacity to be filled with the great love of Christ.	2 Timothy 2:2 Ephesians 4:12 That we would really make disciples and pass on to others what God has

				given to us. That we would equip one another to fulfill the calling God has for our lives.
7	Citylight Lao/Thai	Matthew 5:16-13-16 That we would be salt and light in the world around us.	Ephesians 3:14-21 That the Holy Spirit would renew our strength and expand our capacity to be filled with the great love of Christ.	2 Timothy 2:2 Ephesians 4:12 That we would really make disciples and pass on to others what God has given to us. That we would equip one another to fulfill the calling God has for our lives.
8	Citylight School of Missions (Co-working Space)	Matthew 5:16-13-16 That we would be salt and light in the world around us.	Ephesians 3:14-21 That the Holy Spirit would renew our strength and expand our capacity to be filled with the great love of Christ.	2 Timothy 2:2 Ephesians 4:12 That we would really make disciples and pass on to others what God has given to us. That we would equip one another to fulfill the calling God has for our lives.
9	Foster The Family	Psalms 68:5-6 That God would work to put children in safe families where they can learn about the true Fatherhood of God	Colossians 1:11 That foster parents would be strengthened to serve and sacrifice with joy Romans 8:15 That foster children would become children of God	Matthew 9:37-38 That the Lord would raise up more laborers for this harvest
10	Food Deliveries (Food Hall)	Matthew 5:16-13-16 That we would be salt and light in the world around us.	Ephesians 3:14-21 That the Holy Spirit would renew our strength and expand our capacity to be filled with the great love of Christ.	2 Timothy 2:2 Ephesians 4:12 That we would really make disciples and pass on to others what God has given to us. That we would equip one another to fulfill the calling God has for our lives.
11	Media Team (Media Room)	Matthew 5:16-13-16 That we would be salt and light in the world around us.	Ephesians 3:14-21 That the Holy Spirit would renew our strength and expand our capacity to be filled with the great love of Christ.	2 Timothy 2:2 Ephesians 4:12 That we would really make disciples and pass on to others what God has given to us. That we would equip one

FASTING FOR THE

				another to fulfill the calling God has for our lives.
12	Conference Room - Staff	<p>1 Thessalonians 1:4 That the gospel would go forth in our community not only in word, but also in power and in the Holy Spirit and with full conviction.</p> <p>1 Thessalonians 1:8 That the faith of our congregation would go forth everywhere to reach souls for Christ.</p>	<p>Ephesians 3:14-19 That those we reach be rooted and grounded in the love of Christ and filled with the fullness of God.</p> <p>2 Corinthians 4:16-18 That those we reach would be renewed day by day and not set their mind on the temporary pleasures or trials of this earth, but on eternity and the hope of heaven.</p>	<p>Ephesians 3:20 That the Lord would do more than we could ever ask or imagine according to the gifts he has given each individual.</p> <p>Matthew 28:19-20 That as the Lord restores hearts, our community would then go and share all Christ has done in their lives.</p> <p>Psalm 107:2 Let the redeemed of the Lord say so—more testimonies and stories would come out of God's grace and be shared with the world.</p>
13	Hospitality Team (Lobby)	<p>1 Thessalonians 1:4 That the gospel would go forth in our community not only in word, but also in power and in the Holy Spirit and with full conviction.</p> <p>1 Thessalonians 1:8 That the faith of our congregation would go forth everywhere to reach souls for Christ.</p>	<p>Ephesians 3:14-19 That those we reach be rooted and grounded in the love of Christ and filled with the fullness of God.</p> <p>2 Corinthians 4:16-18 That those we reach would be renewed day by day and not set their mind on the temporary pleasures or trials of this earth, but on eternity and the hope of heaven.</p>	<p>Ephesians 3:20 That the Lord would do more than we could ever ask or imagine according to the gifts he has given each individual.</p> <p>Matthew 28:19-20 That as the Lord restores hearts, our community would then go and share all Christ has done in their lives.</p> <p>Psalm 107:2 Let the redeemed of the Lord say so—more testimonies and stories would come out of God's grace and be shared with the world.</p> <p>2 Timothy 2:2</p>
14	Kitchen	<p>Matthew 5:16-13-16 That we would be salt and light in the world around us.</p>	<p>Ephesians 3:14-21 That the Holy Spirit would renew our strength and expand our capacity to be filled with the great love of Christ.</p>	<p>Ephesians 4:12 That we would really make disciples and pass on to others what God has given to us. That we would equip one another to fulfill the calling God has for our lives.</p>

15	Fellowship Hall - Lao and High School, younglife and younglives ministry	<p>Matthew 5:16-13-16 That we would be salt and light in the world around us.</p>	<p>Ephesians 3:14-21 That the Holy Spirit would renew our strength and expand our capacity to be filled with the great love of Christ.</p>	<p>2 Timothy 2:2 Ephesians 4:12 That we would really make disciples and pass on to others what God has given to us. That we would equip one another to fulfill the calling God has for our lives.</p>
16	Knitting Room/Healing Ministry Room, Care Team	<p>Romans 12:15 That we would reach the congregation with the compassionate love of Christ, building one another up with His love, grieving with those that are grieving and rejoice with those that are rejoicing</p>	<p>1 Corinthians 1:3-4 That we would comfort others with the same comfort that we have received through the Holy Spirit, knowing that God is with us through every suffering and can heal every wound</p>	<p>Colossians 1:28-29 That we teach everyone over and over with all the wisdom God gives us to present everyone perfect in their relationship with Christ, we don't stop until there is shalom in everyone's hearts, truth of Christ replaces lies over and over again</p>

PRAYER IS THE

✦ WORK ✦

