

DEEPEN YOUR 21 DAYS OF PRAYER THROUGH FASTING

(Find expanded fasting overview at the Welcome Center)

WHAT

Biblical fasting is refraining from food for a spiritual purpose. It brings one into a deeper, more intimate, and powerful relationship with the Lord.

HOW

There are many different ways to fast. Find what works for you be sacrificing something that is difficult for you to give up, but also be realistic in what you choose. Every time you want to eat or drink what you've given up, let that remind you to pray.

WHY

God calls us to fast in the Bible. Your experience with fasting will ultimately draw you closer to Him! God will honor your sacrifice and obedience.

NEW YEAR, NEW YOU - 21 DAYS & BEYOND

Continue growing in your walk with the Lord in one of the following ways:

1 | ENROLL IN OUR NEXT STEPS CLASS

Find what's next for you, including your spiritual gifts and talents. Learn what we have to offer and how you can make a difference. Sign up at the Welcome Center, our next session begins January 12th.

2 | JOIN A PRAYER GROUP

Men's Pastor Prayer Group: Sundays at 7:30am in the Conference Room
Coed Intercessory Prayer Group: Sundays at 11:00am in RS Kids Building Room 309
A Grandmother's Heart Prayer Group: Tuesdays at 10:30am in the Team Central Room
Coed Intercessory Prayer Group: Fridays at 8:30am in Sanctuary

3 | CONSIDER LEADING OR JOINING A SMALL GROUP

Leading a small group here at Rock Springs is easy. Brand new groups launch in February. Grow in your walk with God by finding the perfect group for you or start one of your own! Leading is easy, let's talk more about it!

Contact Trey Varner at (770) 229-8663 or Trey@rockspringsonline.com

MY 21 DAYS OF PRAYER GUIDE

Psalm 10	882	19 O that You would
10 Your hand will be	10 O God,	O God,
11 If I say, "Surely the	11 *Depart from m	*Depart from m
12 Even the "darkness	12 For they *spea	20 For they *spea
14 "Darkness and light	14 *And do I not *	21 Do I not *hate
15 "Wonderful are You	15 *And do I not *	22 I hate them w
16 "And my soul knows	16 *Search me, O	23 *Search me, O
17 "When I was made	17 *Try me an	*Try me an
18 "And skillfully wro	18 *And see if the	24 And see if the
19 "Your eyes have	19 *Lead me	*Lead me
20 "The days that were	20 For the choir di	For the choir di
21 "How precious also	21 *Rescue me, l	*Rescue me, l
22 "If I should count	22 *Who *devise	*Who *devise
23 "When I awake, I	23 *They *contin	*They *contin

by referring to its two extremes (merism), vv. 8-9 specify all spatial reality, the whole creation.
139:10 *lead me*... *lay hold of me*. Though this language occurs in 73:23-24 to indicate God's solicitous care, it here denotes God's inescapable supervision, not unlike the thought of v. 5.
139:11-12 Just as the whole creation offers no hiding place (vv. 8-9), neither does even the darkness.
139:13-16 You Yourself put me together in the womb and ordained the span of my life before I was born.
139:13 *inward parts*. Lit. "kidneys"—in Hebrew idiom, the innermost center of emotions and of moral sensitivity—that which God tests and examines when He "tries" a person (see note on 7:9).
139:14 *fearfully*... *wonderfully*... *Wonderful*. You know me as the One who formed me (see vv. 15-16), but I cannot begin to comprehend this creature You have fashioned. I can only look upon him with awe and wonder (see note on v. 6)—and praise You (see Eccl 11:5).
139:15 *in secret*... *depths of the earth*. Reference is to the womb, called a "secret" place because it normally conceals (see 2 Sam 13:1), and is contrasted with "the depths of the earth" (see

139:17 *Your thoughts*. As ex-
trast with "my thought" (v. 2).
139:18 *When I awake*. The
every attempt to count Go
119:148), and waking only flo
sense of the presence of this
139:19-22 My zeal for You see
139:19 O that You would.
But the psalmist leaves it to
139:20 Take Your name in voi
on those trying to be the fal
139:21-22 A declaration o
required by ancient Near Ea
"With my friend you shall b
shall be enemy," from a trea
and Tette of Nubassi, 14th ce
139:23-24 Examine me, see
keep me true (see 17:3-5 an
139:23 *heart*. See note on
It is no light matter to be ex
139:24 *the everlasting wa*

We are so excited that you are looking to join us in 21 days of prayer and fasting. This year we wanted to make it simple for you to participate! Whether you are brand new to church, or you've been in church for years, this is for you. Simply follow the prayer topic for each day in addition to praying for your own personal needs that you list below for 2020.

We also encourage you to participate in fasting as well! Biblical fasting is refraining from food for a spiritual purpose. It brings one into a deeper, more intimate, and powerful relationship with the Lord. According to the Bible, fasting is a spiritual discipline. In Matthew chapter 6 Jesus said, "when you give...when you pray...and when you *fast*..." assuming that we would do all three. There are many different ways you can fast, you can flip to the back page for more information.

Blessings will happen for you and your family throughout the year because you made the sacrificial act of prayer and fasting in January. This principal is stated in Matthew 6:33 "Seek *FIRST* the Kingdom of God and His righteousness and all these things shall be added unto you."

We want to invite everyone to join us on our church wide, 21 days of prayer and fasting beginning today, January 5th. For more in-depth information on how fasting works, stop by the Welcome Center and pick up a copy of the Biblical guidelines and scriptures on prayer and fasting.

I look forward to hearing about how God moves in your life through this season of prayer and fasting!



Larry Ballard
Prayer Pastor
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WHAT I'M PRAYING FOR IN 2020:

21 DAYS OF PRAYER

Subscribe to our emails for daily prayers at rockspringsonline.com/subscribe
OR download our brand new app by texting RSONLINE APP to 77977.

JANUARY 5 - PRAY FOR OUR NATION

2 Chronicles 7:14

JANUARY 6 - PRAY FOR OUR FAMILIES

Joshua 24:15

JANUARY 7 - PRAY FOR OUR LEADERS

1 Timothy 2:1-4

JANUARY 8 - PRAY FOR OUR MILITARY

Joshua 1:9

JANUARY 9 - PRAY FOR ISRAEL

Romans 10:1

JANUARY 10 - PRAY FOR FAMILY MEMBERS' SALVATION

1 John 1:9

JANUARY 11 - PRAY FOR WISDOM AND GUIDANCE

Proverbs 25:4-5

JANUARY 12 - PRAY FOR HUMBLE ATTITUDES

Colossians 3:12

JANUARY 13 - PRAY FOR OUR PASTORS

Psalms 91:9-11

JANUARY 14 - PRAY FOR FORGIVING HEARTS

Colossians 3:13

JANUARY 15 - PRAY FOR WORLD PEACE

Matthew 5:9

JANUARY 16 - PRAY TO BE FILLED WITH THE HOLY SPIRIT

Titus 3:5-6

JANUARY 17 - PRAY FOR US TO LOVE OTHERS

1 John 4:12

JANUARY 18 - PRAY FOR OUR SCHOOLS AND TEACHERS

Proverbs 1:7

JANUARY 19 - PRAY TO BE MORE LIKE JESUS

Philippians 2:5

JANUARY 20 - PRAY TO STRENGTH WHEN WE FEEL WEAK

Philippians 4:13

JANUARY 21 - PRAY FOR THANKFUL HEARTS

Colossians 3:15

JANUARY 22 - PRAY FOR A LIFE OF PEACE

Philippians 4:7

JANUARY 23 - PRAY FOR PERSONAL AND FAMILY HEALING

Isaiah 53:5

JANUARY 24 - PRAY FOR VICTORY IN SPIRITUAL WARFARE

Ephesians 6:13

JANUARY 25 - PRAY FOR ENCOURAGEMENT

Psalms 118:24

The Original Campus Sanctuary will be open to anyone for prayer Monday - Friday at 7:45am.