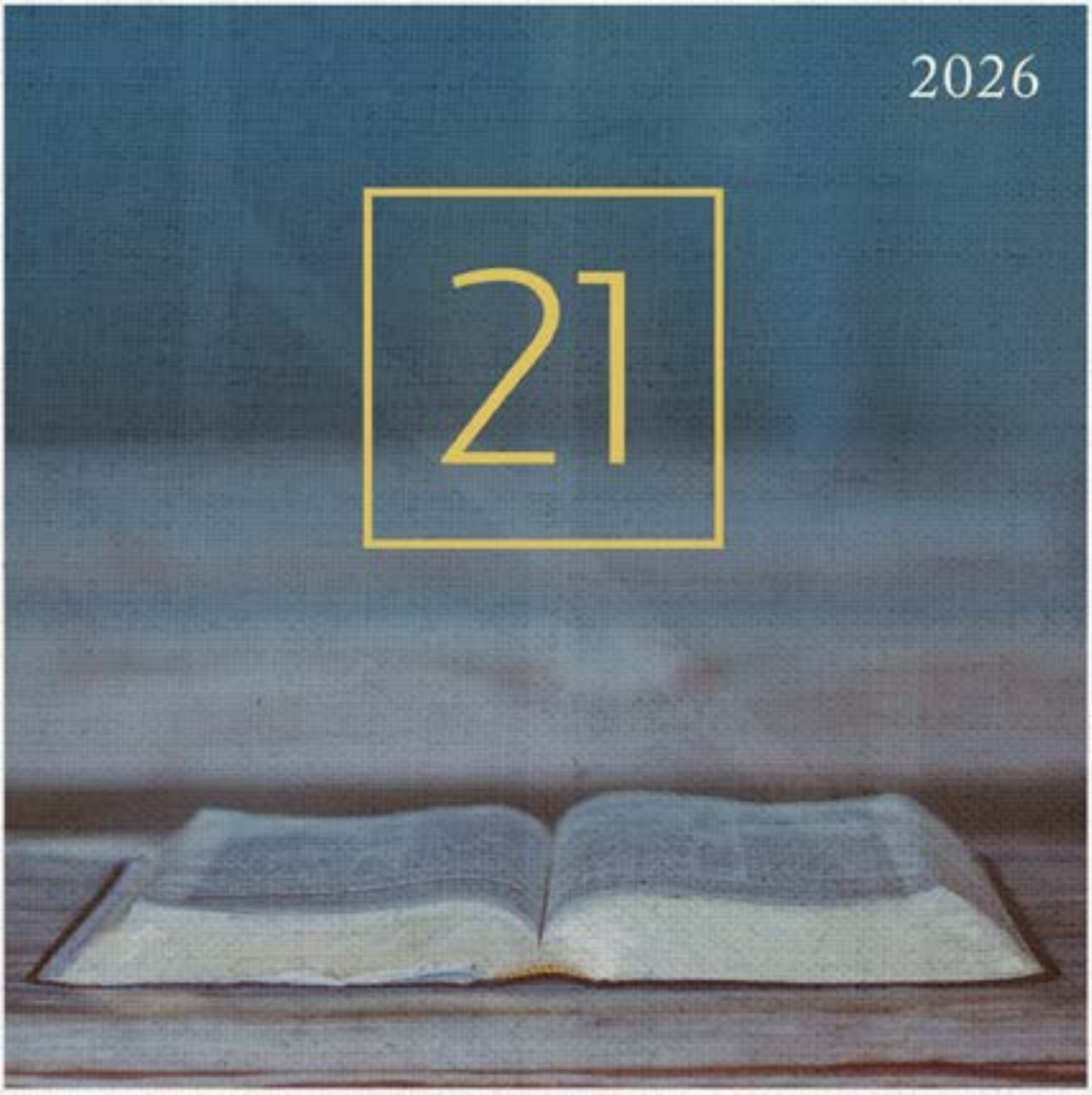


21 DAYS OF PRAYER & FASTING

The Heights Baptist Church

"And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord's people."

- Ephesians 6:18 (NIV)

INTRODUCTION FROM THE PASTOR

Real prayer is work. It is faith. It is concentration. It takes time, time you could spend doing other things. At times, it involves tears and sweat. Prayer is sometimes doing for others what they will not do for themselves. There is just no way to understand prayer other than work. Sometimes people say they don't know how to pray because they can't achieve a prayer life that is effortless or easy. The reality is it takes a lot of effort, and it is not easy. This is true for the one who is just beginning and for the one who prays in great faith and has done so for many years. Prayer is work—time-consuming work. But we do it. We do it because we know it makes a difference. It makes a difference in us, in the situation for which we are praying, in our world. It makes a difference in the lives of others, even those who will not pray, themselves. We do the work because there is no greater or more important work to do than prayer. There is no greater way to begin 2026 than in prayer. There is no greater way to handle and manage the issues of 2026 that you know about, and even the ones you do not know about, than prayer. And prayer is work because a lot of it is done for others, like your church. Your church needs you praying, and the Bible has given all of us that responsibility to do so. We are not doing a favor for our church when we take time to pray. We are fulfilling a God-given requirement.

And here you are, getting ready to do all this work as part of our 21-day journey in fasting and prayer. As the pastor of The Heights, I want to say thank you. Thank you for your faith, your concentration, and your time. Thank you for your tears and sweat. Thank you for what you will do without, so that you can focus on this work of prayer even more so. Thank you for being ready to do what some others in our fellowship will not. You are willing to do for them what they are not doing for you. You are willing to do for neighbors and a country what they are not doing for you. This should not make us bitter or arrogant but raise the level of understanding and importance that we do this work. Thank you. Before we even start, I want to thank the Lord for hearing us. I want to thank the Lord for all the ways He is going to move because we prayed. I thank the Lord in advance for the praise reports we will share in the 49 Sundays after these 3 weeks of prayer.

Lord, hear our prayer. Allow us to see Your glory and greatness in each of these prayers. May we trust and be thankful for Your answers and see that, in You, we have so much more than answers. In Jesus name, Amen.



Dr. Randall T. Hahn
Senior Pastor

SATURDAY VIRTUAL PRAYER MEETINGS

Gather with us virtually for an hour of prayer on **Saturdays: January 10, 17, and 24** from 9-10am. Simply scan the QR code or go to **https://qrcodes.pro/ZD1C1H**

PREPARATION

Personal Quiet Time:

1. Bible or Bible app
2. Pen or pencil
3. Worship song to help you focus and pray

14 REASONS TO FAST

You may have never considered fasting. It is not easy; it denies the flesh, but God has given us His Spirit to help when we choose to fast according to Isaiah 58. Here are 14 reasons from scripture for why you should fast:

1. To receive instruction, wisdom, and direction from God
   Exodus 34:28; Mark 4:1-2; Acts 13:2; Ezra 8:21
2. To plead for God's mercy
   2 Samuel 12:16
3. To gain understanding
   Daniel 10:1-3, 10-14
4. To intercede for others
   Esther 4:16
5. To seek favor from God and people
   Esther 4:15-17
6. For supernatural protection and deliverance
   Ezra 8:21-23; 2 Chronicles 20:3
7. For God's direction and insight
   Acts 13:1-5; Acts 14:23
8. To confess and repent of sins and to humble yourself
   1 Samuel 7:5; 1 Kings 21:27-29; Nehemiah 9:1-3; Daniel 9:3-5; Jonah 3:5-9
9. For God's intervention in situations
   Daniel 6:18
10. To abstain from physical and spiritual contamination
    Daniel 1:8
11. As a lifestyle of worship and ministering to the Lord
    Luke 2:36-37; Acts 13:2
12. In response to mourning
    2 Samuel 1:12; Nehemiah 1:4; Psalm 69:10
13. As a spiritual discipline
    Matthew 9:14-15
14. To prepare for ministry and spiritual battle
    Matthew 4:11

FASTING TIPS



David Ilori
Member Care Pastor

People ask what type of fasting I do. My answer to the question is always this: I ask the Holy Spirit what kind of fasting I should do. The Holy Spirit knows us. He knows our schedule and what burdens we carry during our fasting season, so He can help us with that decision. There are diverse types of fasts that I have in my fasting toolbox. I use the best for me in the season I find myself. The best thing you can do is answer the two questions below to develop a fasting plan:

1. What type of fast will you do?
   a. Dry fasting - no food, no water (for the purposes of very short-term fasting)
   b. Liquid fasting - water, broth, tea, or juice.
   c. Partial fasting - excluding breakfast, lunch, or dinner.
   d. Restricted diet fasting - restricting yourself to certain foods like a Daniel fast.
   e. Combination fasting - fasting from food & activities/things (TV, social media, etc.)
2. What will be my fasting schedule?
   a. What day(s) are you going to fast?
   b. When are you going to start/end your fast?
      (ex: 6am-12pm, 6am-3pm, 6am-6pm)
   c. How long are you going to fast?
      (a day, several days, weeks, months - short/long term)
   d. How often are you going to fast?

Ask the Holy Spirit to strengthen you and help you with your fasting plan. If you have never fasted before, please take small steps. If you have medical concerns, speak to your doctor before fasting. Let us start this year with a focus on the Word of God through prayer and fasting.

MY FASTING PLAN

Warning: If you have medical concerns or are planning to do a long-term fast without food, please consult a doctor regarding your ability to do so, as well as the best way to introduce food back in after the fast.

Type of Fasting: _____

Fasting Schedule: _____

1

WEEK ONE | DAY ONE

A Spirit of Repentence and Humility

Praise & Worship: Psalm 104:33b reads, "I will sing praise to my God as long as I live." Take some time to sing praises to the Lord. He longs to hear your voice.

Daily Confession: The Bible is the infallible Word of God. God inspires all Scripture. It is helpful to teach me what is true and to make me realize what is wrong in my life. It corrects me when I am wrong and leads me to do what is right. 2 Timothy 3:16

Thanksgiving & Praise: Heavenly Father, Thank You for:

- Making me fearfully and wonderfully in Your image.
- The Holy Spirit who leads me into all truth.
- The power of the Gospel which continues to change me.
- Write one thing for which you thank or praise God:

Devotional

Dr. Randall T. Hahn, Senior Pastor

It is not uncommon for books on prayer, preachers, and the Bible to call us to repentance and humility when we pray. Why? What comes to your mind when you think of those words? Don't we tend to think of what we have done wrong? This makes us feel bad about ourselves, therefore humble. So, is feeling bad about ourselves required for prayer? Hmm. The answer is yes and no. The yes is qualified. We will come back to that. No, this time in prayer is not about feeling bad about ourselves. 2 Corinthians 7:10 talks about two kinds of sorrow, a godly sorrow and a worldly sorrow. Worldly sorrow just feels bad. "I am a bad person." "I got caught." "I just can't do this." Godly sorrow is sorrow over not being like God, sorrow for missing a chance to move closer to Him. Sorrow that God is grieved. Feeling bad about ourselves often is just feeling bad about ourselves. Godly sorrow leads to repentance and humility. Now, when there is sin, negligence, or lack of motivation we need to acknowledge that, and it should humble us. That is the qualified yes. When we are seeing and acknowledging that we may feel bad and that results in humility. God's goal is not just for us to feel bad, but to recognize in humility that we can still pray, still ask for forgiveness, and still enjoy God. Without humility we come before God with entitlement, and we miss His great love and grace. Humility and repentance are not as much about seeing how bad I am as it is seeing how good God is. And there is a lot of joy in seeing that, so we start with humility and repentance. Fasting is an aid to that (Psalm 35:13). Fasting brings us to weakness, to emptiness, to the end of ourselves. Fasting can also show us how quickly we are to turn to food or other things for fullness before we turn to the Lord. Even when

we pray, we can count on other things. Fasting can aid me in counting only on the Lord. God is worthy of us bowing low in humility before Him, but it is just as much about what we enjoy from the Lord in that position. So, with joy, let us humble ourselves before the Lord. With godly sorrow, let us acknowledge our sin, failure, negligence, and lack of motivation. And what a joy to do that knowing we already have His forgiveness.

Scripture Verses:

- If my people, who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then I will hear from heaven, and I will forgive their sin and will heal their land. 2 Chronicles 7:14 (ESV)
- The Lord is near to those who have a broken heart, and saves such as have a contrite spirit. Psalm 34:18 (NKJV)

Morning Prayer Points:

- **For Our Nation:** Pray for a spirit of repentance to sweep across our nation, for leaders and citizens alike to humble themselves before God.
- **For Our Community:** Pray for individuals in our community to recognize their need for God and turn from self-reliance to Him.
- **For Our Church:** Pray for a spirit of humility within the church, for leaders and members to continually seek God's will and guidance.

Reflective Questions:

- Where do I personally need to humble myself before God?
- What aspects of our nation's or community's conduct do I believe are most in need of repentance?
- How can my church demonstrate greater humility in its mission and outreach?

Evening Prayer Points:

Pray for our missions partner: The Gideons International - gideons.org

- Pray for wisdom, knowledge, and understanding for the Board and those leading the different programs and regions of Gideon's International.
- Pray that Gideons International can continue to get Scripture into the hands of millions of lost people here and around the world.
- Pray that people are supernaturally drawn to the Scriptures they are given.
- Pray that Gideon's International will continue to grow in financial support as they provide the Scriptures free of charge.
- Pray for the Scriptures to be placed in closed countries and areas of the world that are hard to reach. Pray that the hearts of those who receive them are open to the Gospel and fertile soil in which the Word will grow.
- Pray that they can provide Bibles in other languages so that other regions of the world can have the Bible to share in their language.

2

WEEK ONE | DAY TWO

Godly Leadership

Praise & Worship: Psalm 104:33b reads, "I will sing praise to my God as long as I live." Take some time to sing praises to the Lord. He longs to hear your voice.

Daily Confession: The Bible is the infallible Word of God. It is active and alive, quick, and powerful. It is the sharpest two-edged sword I must use to defend and protect. Hebrews 4:12

Thanksgiving & Praise: Heavenly Father, Thank You for:

- Your grace and love that continue to lead me to repentance.
- The victory I have in the name and the blood of Jesus.
- Every good work that Your Spirit is working in me.
- Write one thing for which you thank or praise God:

Devotional

Shay Osborne, Discipleship Pastor

As we look to our leaders, it's easy to become discouraged by the brokenness in our world. Leaders, whether in government, in our community, in our jobs, in our church, or in any other sphere of life, wield significant influence over the lives of those they serve. The Bible makes it clear that righteous leadership leads to flourishing—when the righteous rule, the people rejoice (Proverbs 29:2). Yet, when leaders act out of wickedness, there is unrest, and the people groan.

The psalmist understood the profound impact of leadership. In Psalm 72, we see a prayer asking God to guide the leader with righteousness and justice. These are not just prayers for personal success but for societal well-being. It is a reminder that righteous leadership brings prosperity, peace, and protection to the people.

As believers, we are called not only to observe but also to intercede. Paul urges us in 1 Timothy 2 to pray for our leaders, asking God to grant them wisdom, justice, and a heart for righteousness. This isn't just for the benefit of the government but for our own lives as well, so that we may live in peace and godliness.

Today, let's commit to praying for our leaders—whether national, local, or in our day-to- day lives—that they would lead with wisdom, justice, and righteousness. Pray that they would act in ways that honor God, protect the vulnerable, and bring peace to the land. Ask God to guide them in their decisions so that we might live godly lives in a peaceful society.

"Father, we lift up our leaders before You today. We pray that You would fill them with wisdom and a desire for righteousness. Guide them in making decisions that bring justice and peace, and may they always act with integrity, protecting the poor, the needy, and the oppressed. Lord, we ask that You help us to be

faithful in praying for our leaders, that we may live quiet and peaceful lives as we seek to honor You in all that we do. In Jesus' name, Amen."

Let us remember: prayer for our leaders is not just a spiritual duty; it's an act of faith that God can and will work through them to bring about justice and righteousness in our world. Let's remain committed to interceding on their behalf.

Scripture Verses:

- When the righteous are in authority, the people rejoice; but when a wicked man rules, the people groan. Proverbs 29:2 (NKJV)
- I urge, then, first of all, that petitions, prayers, intercession and thanksgiving be made for all people—for kings and all those in authority, that we may live peaceful and quiet lives in all godliness and holiness. 1 Timothy 2:1-2 (NIV)

Morning Prayer Points:

- **For Our Nation:** Pray for righteous and God-fearing leaders at all levels of government, that they would govern with wisdom, integrity, and justice.
- **For Our Community:** Pray for wise and just leaders in local government, schools, and organizations who prioritize the well-being of all residents.
- **For Our Church:** Pray for godly leadership within the church, for pastors, elders, and deacons to lead with wisdom, discernment, and faithfulness to God's Word.

Reflective Questions:

- What qualities do I believe are most essential for a righteous leader?
- How can I support and pray specifically for the leaders in my community?
- In what ways can the church empower its leaders to serve with greater righteousness?

Evening Prayer Points:

Pray for our missions partner: Fellowship of Christian Athletes (FCA) - fca.org

- Pray for wisdom, knowledge, and understanding for the Board and Staff in allocating resources, developing, and assigning Chaplains and Character Coaches.
- Pray for all our local Chaplains and Character Coaches to find favor with local school administration, athletic directors, and coaches.
- Pray that the student athlete leaders are standing for what is right among their peers.
- Pray that FCA continues to encourage and minister to the coaches who have an incredible impact and influence on the lives of their athletes.
- Pray that our partnership with FCA in our high schools and Colleges continues to provide service opportunities and to bring the Gospel to students there.

3

WEEK ONE | DAY THREE

Justice and Equity

Praise & Worship: Psalm 104:33b reads, "I will sing praise to my God as long as I live." Take some time to sing praises to the Lord. He longs to hear your voice.

Daily Confession: The Bible is the infallible Word of God. It is a lamp unto my path. It illuminates the darkness and keeps me from stumbling. Psalm 119:105

Thanksgiving & Praise: Heavenly Father, Thank You for:

- Connecting me to The Heights and the body of believers there.
- Calling us to a season of prayer and fasting.
- The advancement of the Gospel in our communities.
- Write one thing for which you thank or praise God:

Devotional

Mark Herndon, Deacon

A dictionary definition of justice includes the concepts of fairness; conformity to moral rightness in action or attitude; righteousness. We as human beings certainly have a highly developed sense of justice because we are made in the image of a just and holy God. Unfortunately, we are mortals with a limited view of time and lack the perspective of the all-knowing eternal God, so our view of justice is typically reduced to what we think is fair or right as it relates to us and our current circumstances.

It has been my observation that a fair number of people reject the idea of an all-powerful God because He does not conform to their personal view of what is fair or right. Even some who profess to being Christians reject or downplay the justice of God as it relates to judgment, hell, and eternal separation from God based on their view of justice. A.W. Tozer said, "A low view of God is the cause of a hundred lesser evils. A high view of God is the solution to ten thousand temporal problems." God Himself asked Job, "Would you discredit My justice? Would you condemn Me to justify yourself?" (Job 40:8). Of course we do. We take a low view of God's justice when it does not conform with what we think is fair or right.

What I am coming to terms within my own thinking is that God is operating from an eternal perspective with perfect knowledge, and I am not. We may think that we know better from our limited perspective, or worse, that God has no authority to hold us accountable for His expectations of moral rightness, but God sees the sinfulness of the human heart on the trajectory of eternity. God tells us in both the Old and New Testaments that He takes no pleasure in the death of the wicked but wants all to turn from their ways and live (Ezekiel 18:23 and I Timothy 2:4). The problem is, we would

rather argue with God about the definition of wicked than acknowledge that we are all imperfect mortals and cannot possibly meet God's standard of absolute moral perfection. That is exactly why God Himself became flesh as the man Christ Jesus and died a sacrificial death on the cross to pay the price for our sin that separates us from Him. The justice of God was satisfied on the cross equally for all people, no exceptions. For those who confess Jesus as Lord and want to be with Him, we will spend eternity in God's presence. On the other hand, for people who don't want to be with God and spend this life rejecting Him, it would be unjust and unloving for God to force them against their will to be in His presence for eternity. Either way, God's justice is righteous.

Scripture Verses:

- But let justice roll on like a river, righteousness like a never-failing stream! Amos 5:24 (NIV)
- He has shown you, O mortal, what is good. And what does the Lord require of you? To act justly and to love mercy and to walk humbly with your God. Micah 6:8 (NIV)

Morning Prayer Points:

- **For Our Nation:** Pray for justice to roll down like waters and righteousness like an ever-flowing stream throughout our nation, especially for the marginalized and oppressed.
- **For Our Community:** Pray for an end to discrimination and inequality, and for systems and initiatives that promote fairness and equity for everyone.
- **For Our Church:** Pray for the church to be a beacon of justice, actively advocating for the vulnerable and demonstrating God's impartial love to all people.

Reflective Questions:

- Where do I see the greatest need for justice in our nation today?
- What specific injustices are present in my local community, and how can I pray for them?
- How can my church become more involved in promoting justice and equity within our community?

Evening Prayer Points:

Pray for our missions partner: Chosen Children Ministries, Nicaragua

- Pray for Chosen Children Ministries and their staff, both here in the U.S. and in Nicaragua. Pray specifically for the 25 churches and their pastors that have been planted in barrios throughout Nicaragua.
- Pray for the salvation of Nicaraguans who have not yet accepted Christ as their Savior. Pray for softened hearts and open minds to the Gospel.
- Pray against confusion and false teachers going into these same neighborhoods who teach false doctrines and other religions.
- Pray for their physical needs. Unemployment is as high as 80% in many of these barrios. Wages can be as little as $2.00/day. Healthcare and access to good food, medicine, and life-saving treatment are not easily available.

- Be in prayer for the children of the area. Many cannot attend school because they do not have the funds to purchase uniforms, clothing, and supplies.
- Pray for the teams from The Heights and all the other U.S. teams that travel to Nicaragua to work with Chosen Children throughout the year. Pray for safe travels, protection, health, unity, and the ability to work together and take advantage of every opportunity for the Gospel.
- Pray that the government in Nicaragua will lift the limits placed on teams into the country and not interfere with the work of the ministry.

4

WEEK ONE | DAY FOUR

Peace and Unity

Praise & Worship: Psalm 104:33b reads, "I will sing praise to my God as long as I live." Take some time to sing praises to the Lord. He longs to hear your voice.

Daily Confession: The Bible is the infallible Word of God. God's instructions are perfect; they revive my soul and are trustworthy for making me wise. Psalm 19:7

Thanksgiving & Praise: Heavenly Father, Thank You for:

- The talents, gifts, and calling you deposited in me.
- The local church in which to develop and use my talents, gifts, and calling.
- The opportunity to assemble so that we can encourage and edify one another.
- Write one thing for which you thank or praise God:

Devotional

Ronnie West, Education Pastor

Unity and Peace seem like such obvious things that we as believers should strive to accomplish. We all talk about how important they are and how God blesses them. The question does come up as to why this subject continually comes up throughout scripture. Is it that this is remarkably close to the heart of God and that He is constantly moving us along in a direction that would reflect His character? I think so!

To live in unity and peace does not happen accidentally. In fact, just the opposite happens when we neglect the purposeful actions that bring it to life. Instead, we tend to walk through everyday life comfortably ignoring the reality that we often engage in activities that bring us to a place of disunity and unpleasant relationships that do not honor our savior. Stop and think about it for a few moments. What have you done intentionally over the last few weeks that has brought about a greater sense of peace and unity in the environments you consistently spend time in? Such places as your home, work, church, friendships, Bible Study groups, neighborhood, and community. You see, if we do not act with purpose, we allow things to naturally trend in a direction that often is not God-honoring. It is our calling, as Christ followers, to be salt and light in this world wherever we go. That means that we must take action, even small steps, which are purposeful and intentional in bringing about peace and unity that reflects the heart of God. As you pray for the following today, pray also for God to guide you on how you can be more proactive in each area and ask Him to reveal anything in your life that may be causing disunity and disruption. Confess it and make a commitment to be an instrument of our gracious Heavenly Father wherever you go!

Scripture Verses:

- Make every effort to keep the unity of the Spirit through the bond of peace. Ephesians 4:3 (NIV)
- How good and pleasant it is when God's people live together in unity! Psalm 133:1 (NIV)

Morning Prayer Points:

- **For Our Nation:** Pray for peace and unity to prevail over division and conflict. Pray for reconciliation among different groups and ideologies.
- **For Our Community:** Pray for harmony and mutual respect among neighbors, for the bridging of divides, and for a spirit of cooperation in our community.
- **For Our Church:** Pray for unity within the body of Christ, that believers would be of one mind and one spirit, working together for the glory of God.

Reflective Questions:

- What are the primary sources of division in our nation, and how can prayer address them?
- How can I personally contribute to peace and unity in my community?
- In what areas does our church need to grow in unity, and how can I pray for that?

Evening Prayer Points:

Pray for our missions partner: The Fix Ministry - thefixministry.org

- Pray that The Fix will continue to impact the communities they serve through their Men's and Women's programs, Vocational Training, Outreach, Kensington Mission's Trip, Fix Lighthouse, The Fix Chapel, and The Fix Thrift and Furniture.
- Pray for the salvation, deliverance, and spiritual growth of the people in the communities The Fix serves.
- Pray against the spirit of addiction controlling the lives of people who come for help.
- Pray that those who come for help surrender totally to Christ, that the Holy Spirit builds self-control and a sound mind in their souls.
- Pray for the release of all kinds of resources, wisdom, and discernment for The Fix leadership to use the resources for maximum impact in changing lives for God's glory.
- Pray specifically for the Men's and Women's twelve to eighteen-month residential program to bring discipline, direction, freedom, and that they find respite from the strongholds in their lives. Pray they find their hope in Jesus Christ and take the next steps in discipleship.
- Pray for the safety, spiritual, emotional, and physical health of those leading, serving, and supporting all the ministries and programs under The Fix umbrella.

5

WEEK ONE | DAY FIVE

Protection and Safety

Praise & Worship: Psalm 104:33b reads, "I will sing praise to my God as long as I live." Take some time to sing praises to the Lord. He longs to hear your voice.

Daily Confession: The Bible is the infallible Word of God. God's commands are clear and proper; they give me insight into living and bring joy to my soul. Psalm 19:8

Thanksgiving & Praise: Heavenly Father, Thank You for:

- Using The Heights to help me grow in the knowledge of the Lord Jesus Christ.
- The mission and vision of The Heights and how it involves my family and me.
- The unity and peace we enjoy at The Heights.
- Write one thing for which you thank or praise God:

Devotional

Eric Heatherly, Children's Pastor

The headlines that we engage with on an almost daily basis can be quite alarming, filled with disunity and unrest amongst differing political groups or nations, criminality on the local and national level, unsettling economic trends, rumors of wars, natural disasters...the list could go on-and-on. These headlines, and other events in our lives that are more personal to us, might leave us wondering if we are protected and safe – even in our strongest, most God-fearing, and God-trusting moments. We may find ourselves afraid, struggling to see God's sovereignty and providence in it all, while all the while clinging to the reality that these are both eternal aspects of God's character.

My "life verse" is Psalm 18:2. It says, "The LORD is my rock and my fortress and my deliverer, my God, my rock, in whom I take refuge, my shield, and the horn of my salvation, my stronghold." (ESV) There is so much to this verse.

David wrote this when God delivered him from his enemies and from the hand of Saul. David had experienced real concern for his life. He had been on the run. But God was everything that David needed. Look at the things he proclaims about God. David proclaims that God is his God, rock (twice), fortress, deliverer, refuge, shield, the horn of his salvation, his stronghold. Simply put, David acknowledges that no matter what might come his way God is all the protection and safety he will need. The same is true for us today. When we feel afraid or find ourselves distressed about what is happening in this fallen world, let us remember and lean into the truth that God is and will be all the protection and safety we will ever need, no matter the situation or circumstance.

Scripture Verses:

- The Lord is my rock, my fortress and my deliverer; my God is my rock, in whom I take refuge, my shield and the horn of my salvation, my stronghold. Psalm 18:2 (NIV)
- The name of the Lord is a strong tower; the righteous run to it and are safe. Proverbs 18:10 (NKJV)

Morning Prayer Points:

- **For Our Nation:** Pray for divine protection over our nation from all forms of evil, natural disasters, and internal threats.
- **For Our Community:** Pray for safety and security in our neighborhoods, for a decrease in crime, and for the protection of children and vulnerable individuals.
- **For Our Church:** Pray for the protection of the church from physical and spiritual attacks, false teachings, and anything that would hinder its mission.

Reflective Questions:

- What specific areas of national security or public safety concern me the most?
- How can I pray specifically for the safety of my own family and neighbors?
- What spiritual battles is our church currently facing, and how can I pray for protection?

Evening Prayer Points:
Pray for our missions partners: American Red Cross and the Southern Baptist Convention of Virginia (SBCV) Disaster Relief

- Pray for wisdom, knowledge and understanding for all those who coordinate the relief effort for both organizations.
- Pray God's blessings on those who provide resources, training, and financial support.
- Pray for Disaster Relief volunteers serving immediately following a crisis.
    - ◊ Safety - Pray for their physical protection as they navigate dangerous situations and work in hazardous environments.
    - ◊ Strength and Endurance - Pray for physical and mental strength to endure long hours, challenging conditions, and emotional strain.
    - ◊ Wisdom and Discernment - Pray for clarity of mind and the ability to make sound decisions amid chaos and uncertainty.
    - ◊ Compassion and Empathy - Ask for God to fill them with compassion and empathy for those they are helping, enabling them to respond with kindness and understanding.
    - ◊ Unity and Cooperation - Pray for unity and effective teamwork among the various relief organizations and volunteers.
    - ◊ Provision and Support - Ask for God's provision of resources, supplies, and support systems to sustain the relief workers in their work.

6

WEEK ONE | DAY SIX

Revival and Spiritual Awakening

Praise & Worship: Psalm 104:33b reads, "I will sing praise to my God as long as I live." Take some time to sing praises to the Lord. He longs to hear your voice.

Daily Confession: The Bible is the infallible Word of God. God's instructions are perfect; they revive my soul and are trustworthy for making me wise. Psalm 19:7

Thanksgiving & Praise: Heavenly Father, Thank You for:

- The talents, gifts, and calling You deposited in me.
- The local church to develop and use my talents, gifts, and calling.
- The opportunity to assemble so that we can encourage and edify one another.
- Write one thing for which you thank or praise God:

Devotional

Mike Osborne, Executive Pastor

In Psalm 85:6 we read "Will you not revive us again, that your people may rejoice in you?"

I spent a number of years as a full-time vocational evangelist. A part of that experience was traveling to different churches and communities to hold "revival services." Now hear me clearly: I am a believer in the importance and significance of these types of meetings and of the role of an evangelist, but the Psalmist is talking about much more than a meeting or a one-week event.

True revival and spiritual awakening travel beyond the walls of the church and continue longer than a scheduled time of meeting. It happens when revival in the hearts of believers spills over into the world around them, bringing transformation to families, communities, and even nations. But it starts small—in quiet moments of surrender, in hearts that long to be near God again.

As we go through our 21 Days of Prayer and Fasting, would each of us ask God to awaken revival in our souls? Might we commit to surrender to Him anew and afresh?

May we cry out like the Psalmist "Will you not revive us again, that your people may rejoice in you?" Cry for God to bring new life and new energy into our hearts and into our generation. May we pray with conviction and certainty for that to happen now. There should be no doubt that He can do it because He has in the past.

John Piper said, "Spiritual awakening is mainly about more and more people seeing and savoring the glory of Jesus Christ." May we see that happen in the year ahead! As it happens, rejoicing is the fruit of that experience.

Scripture Verses:

- Will You not Yourself revive us again, that Your people may rejoice in You? Psalm 85:6 (NASB)
- Peter said to them, 'Repent, and each of you be baptized in the name of Jesus Christ for the forgiveness of your sins; and you will receive the gift of the Holy Spirit. Acts 2:38 (NASB)

Morning Prayer Points:

- **For Our Nation:** Pray for a powerful spiritual awakening across our nation, for many to turn to Christ, and for a renewed hunger for God.
- **For Our Community:** Pray for revival in our community, supernatural encounters with God, and widespread repentance and salvation.
- **For Our Church:** Pray for revival within the church, for a fresh outpouring of the Holy Spirit, and for renewed passion for evangelism and discipleship.

Reflective Questions:

- What would a spiritual awakening look like in our nation?
- What are the signs that our community needs revival, and what steps can we pray for?
- How can I personally prepare my heart for revival within the church?

Evening Prayer Points:

Pray for our missions partner: Beacon Hill Church

- Pray for Michael Moore as he leads Beacon Hill Church in taking the Gospel to the people of Hopewell and the neighboring areas.
- Pray for the weekly Free Food Friday events. Pray that meeting physical needs would lead to meeting spiritual needs.
- Pray that the influence and impact of the church will continue to grow with local government, first responders, and education leadership.
- Pray that support continues to grow and that more churches will grow in their understanding of what it means to move from "missions" to "missional."
- Pray that the backpack ministry continues to flourish and not only impacts our area but also ministers to the unsheltered in hard-to-reach locations.
- Pray for God's protection over the teams who serve and share the Gospel with individuals battling substance use disorder (SUD) and with the unsheltered.

7

WEEK ONE | DAY SEVEN

Education and Wisdom

Praise & Worship: Psalm 104:33b reads, "I will sing praise to my God as long as I live." Take some time to sing praises to the Lord. He longs to hear your voice.

Daily Confession: The Bible is the infallible Word of God. I will continue to study this instruction book. I will meditate on it day and night and obey everything written in it so I can succeed in everything I do. Joshua 1:8

Thanksgiving & Praise: Heavenly Father, Thank You for:

- The whole armor of God provided for me to stand against the devil's schemes.
- The weapons of our warfare which are not carnal; they are mighty through God.
- How You will glorify Your name through Your church this year.
- Write one thing for which you thank or praise God:

Devotional

Jordan West, Young Adults Pastor

Not all knowledge leads to wisdom. In a world flooded with information, we often confuse being well-informed with being truly wise. But Psalm 1 draws a clear line between the two: wisdom begins with delighting in the law of the Lord. "Blessed is the man who walks not in the counsel of the wicked...but his delight is in the law of the Lord, and on his law he meditates day and night." - Psalm 1:1–2 (ESV)

The blessed life is not marked by a mere accumulation of facts, but by transformation. Paul David Tripp says that ultimately, we must be focused not on information, but on transformation. Like a tree planted by streams of water, the wise person stays rooted in truth, drawing life from Scripture in every season. That person is transformed and becomes a productive part of the community by bearing fruit. In contrast, the ungodly are described as chaff that is weightless, rootless, and ultimately swept away.

Our prayer then for education and the education system is more than an increase in academics. It is the cultivation of character, discernment, and godly fear. As a society, and especially as the Church, we must pray not just for smarter students, but for wiser ones. We need teachers who don't simply transfer knowledge but model integrity. We need churches and homes that prioritize discipleship, not just achievement.

Let us be people who meditate on God's Word day and night, becoming deeply rooted in Him so that we might bear fruit in due season, not just for our own good, but for the flourishing of others around us.

Scripture Verses:

- If any of you lacks wisdom, let him ask God, who gives generously to all without reproach, and it will be given him. James 1:5 (ESV)
- The fear of the Lord is the beginning of wisdom, and knowledge of the Holy One is understanding. Proverbs 9:10 (NIV)

Morning Prayer Points:

- **For Our Nation:** Pray for wisdom in our educational systems, for teachers and students, and for environments that foster true learning and character development.
- **For Our Community:** Pray for our local schools, colleges, and educational programs, that they would provide quality instruction and prepare students for a hopeful future.
- **For Our Church:** Pray for the church to grow in wisdom and knowledge of God, and for effective discipleship programs that teach truth and equip believers.

Reflective Questions:

- What are the biggest challenges facing education in our nation today?
- How can I specifically pray for the schools and educators in my community?
- In what ways can our church promote a greater pursuit of wisdom and biblical knowledge?

Evening Prayer Points:

Pray for our missions partner: SBCV English as a Second Language (ESL) - sbcv.org/esl

- Pray that those leading and teaching ESL have opportunities to connect with students, helping them feel a sense of belonging to our community.
- Pray that the mission of providing opportunities to intentionally share and demonstrate the Gospel of Christ while helping people speak or improve their English is realized at The Heights and all over Virginia.
- Pray for more trained directors, teachers, and volunteers to support the SBCV ESL program.
- Pray that ESL programs will open the doors of the Gospel to the different nations assembled in Virginia.
- For our local ESL chapter at The Heights, pray for God's grace, strength, and opportunities to build relationships to help all people know and follow Jesus.

8

WEEK TWO | DAY EIGHT

Economic Stability and Provision

Praise & Worship: Psalm 104:33b reads, "I will sing praise to my God as long as I live." Take some time to sing praises to the Lord. He longs to hear your voice.

Daily Confession: The Bible is the infallible Word of God. I know that God's word will not return to Him empty. It will accomplish His desire in my life. Isaiah 55:11

Thanksgiving & Praise: Heavenly Father, Thank You for:

- The significant and beautiful plans You have for me and my family this year.
- Your Word and how it will accomplish its purpose in my life, family, and community.
- Preparing and giving me the boldness to share the Gospel with my family and friends.
- Write one thing for which you thank or praise God:

Devotional

Jeff Stanfield, Deacon Chair

Inflation, the cost of living, jobs, and the general state of the economy are nearly always a top concern in every U.S. election. Many people seem to instinctively look to our elected leaders for deliverance when it comes to providing improved economic stability, and the candidate in whom we collectively place our faith is most often the victor. Once they take office, things do sometimes get better. And sometimes they get worse. It's never clear how much impact or control the elected leader had in any of it, regardless of the outcome. During the next election cycle, we will look to the next guy. Solomon would likely proclaim, "Meaningless!"

As Christians, when we stop to consider who can control and impact economic realities, we know the clear answer. Unfortunately, we do not understand and/or are not comfortable with the way He does it:

- He materially blesses some people more than others (Proverbs 22:2); perhaps so that they can willingly share their blessings with others (Luke 6:30)
- He tells us that the poor will always be with us (John 12:8); but then calls us to serve them as if serving Him (Matthew 25:31-40).
- He draws some people into reliance on Him through poverty – so that this helplessness might draw them into an eternal relationship with Him.
- He provides, through poverty, opportunities for the Church and each individual Christian to meet both physical and spiritual needs of our neighbors simultaneously.
- He chose to be born into poverty.

That's not the way I would do it. How about you? So, it's a good thing we're not omnipotent, huh?

- Know that the LORD Himself is God; It is He

who has made us and not we ourselves; We are His people and the sheep of His pasture. (Psalm 100:3)

- His way is higher than my way. (Isaiah 55:9).
- He causes all things to work together for good to those who love Him to those who love God, to those who are the called according to His purpose. (Romans 8:28)

As with so many things that I do not understand, I must humbly go to the Father and lay my burdens and requests at His feet. I must trust that He knows what is best. And I must seek to obey the commands He has given me in the meantime.

We rest in the knowledge that He will provide exactly what we need at exactly the right time.

Scripture Verses:

- And my God will supply all your needs according to His riches in glory in Christ Jesus. Philippians 4:19 (NASB)
- Give us this day our daily bread. Matthew 6:11 (NASB)

Morning Prayer Points:

- **For Our Nation:** Pray for economic stability, wise financial policies, and opportunities for all citizens to thrive.
- **For Our Community:** Pray for job creation, equitable access to resources, and provision for those facing financial hardship.
- **For Our Church:** Pray for the financial health of the church, that it would have ample resources to carry out its ministry and support those in need.

Reflective Questions:

- How do economic challenges impact the most vulnerable in our nation?
- What are the primary economic needs in my local community, and how can I pray for them?
- How can our church be a greater source of economic hope and assistance to those in need?

Evening Prayer Points:

Pray for our missions partner: Feed More: Meals on Wheels - feedmore.org/meals-on-wheels

- Pray for wisdom, knowledge, and understanding for the Board and Staff at Feed More.
- Pray for efficiency and good systems as they collect, prepare, and distribute meals to homebound neighbors across twenty-nine counties and five cities.
- Pray for strength and energy for the volunteers and that their love for those they serve will continue to grow.
- Pray for the health and safety of the volunteers and safe traveling for those who deliver meals.
- Pray that the homebound neighbors the organization serves feel cared for and valued.
- Pray that the love of Christ and the Gospel message are communicated to them.

9

WEEK TWO | DAY NINE

God's Will and Kingdom Come

Praise & Worship: Psalm 104:33b reads, "I will sing praise to my God as long as I live." Take some time to sing praises to the Lord. He longs to hear your voice.

Daily Confession: The Bible is the infallible Word of God. I know that God's word will not return to Him empty. It will accomplish His desire in my life. Isaiah 55:11

Thanksgiving & Praise: Heavenly Father, Thank You for:

- The significant and beautiful plans You have for me and my family this year.
- Your Word and how it will accomplish its purpose in my life, family, and community.
- Preparing and giving me the boldness to share the Gospel with my family and friends.
- Write one thing for which you thank or praise God:

Devotional

Ethan Meadows, High School Pastor

Who calls the shots in your life? Well, you do, of course. You get to determine the next move and the next thought, right or wrong, good or bad. This is the life of every person who has ever lived, all the way back to Eden. Only one has done it perfectly and His name is Jesus.

The better question to ask is this: "Who determines the consequences of your life?"

I wish I did, and I'm sure you do too! Everything would be awesome, all the time, no matter what! However, that isn't the case. God has given us the ability and freedom to live this life as we want and desire, BUT we do not get to choose the consequences.

If you want God's will for your life, you must choose to live in His design. In doing so, you will experience joy and peace. If not, then you will experience confusion and chaos. He is God and we are not, and His design is always what's best for us.

Jesus teaches us to pray, "Your kingdom come, Your will be done," not as a distant dream, but as a daily pursuit. God's will is not a mystery to be decoded or a scavenger hunt sending you on a wild goose chase. When we seek His kingdom—His reign in every part of life—we begin to see that life is not about getting what we want, rather, choosing God's way for the good of others and the glory of His name.

So, what does this mean for us? It means letting go of control. It means trusting that God's way is best and commit to building relationships to help all people know and follow Jesus. If we do this together, then we will be able to experience a glimpse of what awaits us in Heaven, right here on Earth.

Scripture Verses:

- Your kingdom come, Your will be done, on earth as it is in heaven. Matthew 6:10 (ESV)
- But seek first His kingdom and His righteousness, and all these things will be added to you. Matthew 6:33 (ESV)

Morning Prayer Points:

- **For Our Nation:** Pray that God's will would be done in our nation, as it is in heaven, and that His kingdom would advance.
- **For Our Community:** Pray for God's kingdom to break forth in our community, transforming lives, families, and institutions.
- **For Our Church:** Pray for the church to fully align with God's will and purpose, becoming a powerful instrument for the advancement of His kingdom on earth.

Reflective Questions:

- What does it mean for God's kingdom to come to our nation?
- How can I personally participate in seeing God's will done in my community?
- What are the next steps our church needs to take to more fully pursue God's kingdom purposes?

Evening Prayer Points:

Pray for our missions partner: International Mission Board (IMB) - imb.org

- Pray for the IMB Board and staff as they lead and serve the missionaries serving all over the world.
- Pray for a focus on the mission of sending and supporting missionaries who share the Gospel and make disciples among the nations.
- Pray for quality candidates who are able to impact communities and cultures with the Gospel.
- Pray for wisdom and understanding in the allocation of resources to the missionaries in the field.
- Pray for wisdom knowledge and understanding as the IMB equip missionaries to steadfastly work in cities, hard-to-reach places, and among people who are dispersed and displaced.
- Pray for harvest of souls and development of disciples, churches, and pastors where IMB missionaries are serving.

10

WEEK TWO | DAY TEN

Media and Communication

Praise & Worship: Psalm 104:33b reads, "I will sing praise to my God as long as I live." Take some time to sing praises to the Lord. He longs to hear your voice.

Daily Confession: The Bible is the infallible Word of God. It is a lamp unto my feet and a light unto my path. It illuminates the darkness and keeps me from stumbling. Psalm 119:105

Thanksgiving & Praise: Heavenly Father, Thank You for:

- Connecting me to The Heights and the body of believers there.
- Calling us to a season of prayer and fasting.
- The advancement of the Gospel in our communities.
- Write one thing for which you thank or praise God:

Devotional

Angela Spade, Worship Associate

Media and social platforms have been and continue to be a significant influence on our culture and are a powerful communication tool. These platforms are literally at our fingertips and accessible to countless people around the world. How can Christians use these communication outlets to make a positive impact for the Kingdom? How do believers protect themselves from falling prey to false ideology, negativity, and the ways of this world as they consume information and engage with others? First, we seek His Kingdom by spending time in God's Word and in prayer, just as much, if not more time as we spend scrolling each day. We are to put on the full armor of God so that we can stand firm against the schemes of the enemy. Second, we are given a remarkable opportunity to share and show Christ's love to an innumerable audience. Our words and actions should be for the building up of others and not tearing them down. Ephesians 4:29 says, "Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen." Third, as followers of Jesus Christ we are called to be salt and light. These platforms can be a mission field where we help communicate biblical truth, freedom, and hope found in Christ. Colossians 3:17 tells us, "And whatever you do or say, do it as a representative of the Lord Jesus, giving thanks through him to God the Father."

So, as you engage with others, whether it is through media and social platforms or in person, I want to challenge you with these questions:

1. Do my words point others to Christ?
2. Do my words build others up or tear them down?
3. Do my words and interactions bring glory to God?

Scripture Verses:

- The integrity of the upright will guide them, but the perversity of the unfaithful will destroy them. Proverbs 11:3 (NKJV)
- Let your speech always be with grace, as though seasoned with salt, so that you will know how you should respond to each person. Colossians 4:6 (NASB 1995)

Morning Prayer Points:

- **For Our Nation:** Pray for truth and integrity in media, for discernment among consumers of information, and for responsible communication.
- **For Our Community:** Pray for local media outlets to report fairly and accurately and for constructive dialogue to thrive in our community.
- **For Our Church:** Pray that the church would effectively communicate the Gospel, utilizing various media platforms with wisdom and clarity.

Reflective Questions:

- How do current media trends impact truth and discourse in our nation?
- How can I be a discerning consumer of media and promote truthful communication in my community?
- What opportunities does our church have to communicate its message more effectively through various media?

Evening Prayer Points:

Pray for our missions partner: Vidrozhenya Church, Ukraine

- Pray for Pastor Leonid and his wife, Anna, as they minister to the believers in Kalynivka, Ukraine.
- Pray for those who are directly affected by the war in Ukraine. Many have lost loved ones and have friends and family in harm's way.
- Pray that the Gospel flourishes amid chaos and despair and that the hearts of the Ukrainian people will be open to receive the it.
- Pray for Todd & Veronika Gallagher and their family as they minister to all those around them, both in the church and in the community.
- Pray for the protection of the Church in Ukraine and for the believers there to be encouraged, even as the war continues.
- Pray for peace in the region so that we can send teams to help them rebuild physically, emotionally, and spiritually.

11

WEEK TWO | DAY ELEVEN

Protection of the Unborn and Vulnerable

Praise & Worship: Psalm 104:33b reads, "I will sing praise to my God as long as I live." Take some time to sing praises to the Lord. He longs to hear your voice.

Daily Confession: The Bible is the infallible Word of God. I know that God's word will not return to Him empty. It will accomplish His desire in my life. Isaiah 55:11

Thanksgiving & Praise: Heavenly Father, Thank You for:

- The significant and beautiful plans for me and my family this year.
- Your Word and how it will accomplish its purpose in my life, family, and community.
- Preparing and giving me the boldness to share the Gospel with my family and friends.
- Write one thing for which you thank or praise God:

Devotional

Jordan West, Young Adults Pastor

In a world that often prizes autonomy, convenience, and strength, the most vulnerable among us are frequently overlooked or discarded. But Scripture paints a far different picture of human worth. From the moment of conception, every life is known, seen, and intricately crafted by the Creator. "For you created my inmost being; you knit me together in my mother's womb." - Psalm 139:13

The Bible consistently calls God's people to defend the weak and to speak on behalf of those who cannot speak for themselves. This is not a political platform; it is a gospel imperative. When we fight for the unborn, advocate for people with disabilities, care for the elderly, and protect the marginalized, we reflect the heart of God, who became vulnerable Himself in the person of Christ. Jesus said, "Truly, I say to you, as you did it to one of the least of these...you did it to me" (Matthew 25:40). And Proverbs reminds us, "Whoever is generous to the poor lends to the Lord, and he will repay him for his deed" (Proverbs 19:17). To love God is to love the vulnerable.

As the Church, we are called not only to oppose evil but to pursue good. That means coming alongside vulnerable people with compassion instead of condemnation. It means offering tangible resources for families in crisis and walking with those who feel forgotten or unwanted. It means going past praying for policy change and desperately asking God to revive the human heart to see life as He sees it: sacred from beginning to end.

But if we are to truly live this out, we must be prepared to lay aside our comfort. To pour ourselves into others in meaningful ways will require sacrifice. Just as Christ emptied Himself and took on the form of a servant (Philippians 2:5-8), we are called to humble ourselves for

the sake of others. If we are to follow Christ's example, it means there is no place we can go that we can rightfully say is 'beneath' us. Christ sacrificed everything to save those who were His enemies. If we have received so great a mercy, we should be willing to sacrifice ourselves to extend that mercy to others. Defending the vulnerable is not a convenient calling. It is a costly one. Yet in this sacrifice, we walk in the very footsteps of our Savior.

Scripture Verses:

- For you created my inmost being; you knit me together in my mother's womb. Psalm 139:13 (NIV)
- Speak up for those who cannot speak for themselves, for the rights of all who are destitute. Proverbs 31:8 (NIV)

Morning Prayer Points:

- **For Our Nation:** Pray for the protection of all human life, from conception to natural death, and for policies that uphold the sanctity of life.
- **For Our Community:** Pray for support for pregnant women, new mothers, and families; and for resources for the elderly, disabled, and neglected.
- **For Our Church:** Pray for the church to be a strong voice for the voiceless, demonstrating compassion and providing practical support for the vulnerable.

Reflective Questions:

- How can we pray for a greater respect for life at all stages in our nation?
- What specific vulnerable groups in my community need prayer and support?
- How can our church more actively serve and advocate for the unborn and other vulnerable populations?

Evening Prayer Points:

Pray for our missions partner: Pregnancy Help Center of Chesterfield (PHCC) - phcchesterfield.com

- Praise! PHCC is providing the Earn While You Learn Program for 80+ clients a week and 23% more ultrasounds than last year.
- Thank God for mothers making decisions for life after receiving an ultrasound!
- Pray for wisdom, knowledge, and understanding for the Board and Staff as they make decisions and deploy resources to best serve their clients.
- Pray for more advocates and (bilingual) volunteers that can come alongside these women and their families.
- Pray for Gospel conversations, spiritual growth, and connect with local churches among clients.
- Pray for the spiritual, emotional, and physical health of those serving in this ministry.
- Pray for increased favor and community awareness.

12

WEEK TWO | DAY TWELVE

Missions and Evangelism

Praise & Worship: Psalm 104:33b reads, "I will sing praise to my God as long as I live." Take some time to sing praises to the Lord. He longs to hear your voice.

Daily Confession: The Bible is the infallible Word of God. God's commands are clear and proper; they give me insight into living and bring joy to my soul. Psalm 19:8

Thanksgiving & Praise: Heavenly Father, Thank You for:

- Using The Heights to help me grow in the knowledge of the Lord Jesus Christ.
- The mission and vision of The Heights and how it involves my family and me.
- The unity and peace we enjoy at The Heights.
- Write one thing for which you thank or praise God:

Devotional

Wes Rose, Missions and Outreach Pastor

When we use the terms missions and evangelism, we can mentally go in a lot of directions. For some of us, we picture a Billy Graham sharing the Gospel to thousands in a stadium or a Jim Elliot sharing the Gospel and giving his own life on the mission field. Most of us feel far removed from those kinds of examples, as though missionaries and evangelists are operating on a level higher than the everyday Christian. That mindset is understandable as we often see or hear of "professional" evangelists and missionaries who sell everything and head overseas to places like Africa or China.

What we often miss is this: the most important qualification for sharing the Gospel is to accept Jesus as our Lord and Savior and become one of His followers. Yes, there is a lifetime of learning and levels of understanding that will come as we study and apply scripture to our lives, but when you become a believer, you have a testimony of a life changed for eternity. You do not need a PhD in Systematic Theology to share with someone what your life was before you became a believer, what brought you to the decision to follow Jesus, and how your life has changed because of it.

We should practice and be prepared to share what God has done in our lives with anyone we encounter. We should pray that God would show us people in our lives who need to hear the Gospel, and for everyday conversations to become opportunities to share. We are commanded to be His witness, whether overseas or across the street. A witness is someone who saw something or experienced something and can give testimony to it. Our testimony grows richer as we study God's Word, enabling us to speak more fully of His goodness and faithfulness and helping others take steps on their own lifelong journey with Christ.

Scripture Verses:

- Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit. Matthew 28:19 (ESV)
- For I am not ashamed of the Gospel, because it is the power of God that brings salvation to everyone who believes. Romans 1:16 (NIV)

Morning Prayer Points:

- **For Our Nation:** Pray for effective evangelism efforts throughout our nation and that the Gospel would reach every corner and every heart.
- **For Our Community:** Pray for opportunities to share the good news of Jesus Christ with our neighbors, friends, and colleagues.
- **For Our Church:** Pray for a renewed passion for evangelism and missions, both locally and globally, and for the equipping of believers to share their faith.

Reflective Questions:

- What barriers exist to sharing the Gospel effectively in our nation?
- How can I be more intentional about sharing my faith in my community?
- How can our church better support its missionaries and evangelistic endeavors?

Evening Prayer Points:
Pray for our missions partner: Mile One Mission, Goose Bay and Saint Johns, Newfoundland, Canada - mileonemission.ca

- Pray that Mile One Mission is truly able to fulfill their mission of planting gospel-centered, Christ exalting churches all over Newfoundland and Labrador.
- Pray for healing for individuals and families that have experienced pain and sorrow from religion not centered on a relationship with Jesus Christ.
- Pray for open hearts to receive the message of the Gospel of Jesus.
- Pray for opportunities to connect and build relationships that add value to the people in the communities, helping them to know and follow Jesus.
- Pray for safe travel and the protection of the different missions' teams traveling to help Mile One Mission fulfill their mission and vision.

13

WEEK TWO | DAY THIRTEEN

Health and Well-Being

Praise & Worship: Psalm 104:33b reads, "I will sing praise to my God as long as I live." Take some time to sing praises to the Lord. He longs to hear your voice.

Daily Confession: The Bible is the infallible Word of God. I am convinced that neither death nor life, or anything in the physical or spiritual realm can separate me from the love of Jesus Christ. Romans 8:38-39

Thanksgiving & Praise: Heavenly Father, Thank You for:

- The gift of prayer and Your promise to always hear my call to You.
- Your constant presence in my life that guides and comforts me.
- The countless opportunities that come with a new day.
- Write one thing for which you thank or praise God:

Devotional

Dale Wilbur, Worship Arts Pastor

Ask yourself: How is my health? What comes to mind? Do your aches and pains overwhelm your thoughts? Do you think about your mental and spiritual health? What do you stress over? What keeps you up at night?

The Scriptures remind us that our bodies are temples, and by focusing on our health and well-being, we honor God who created us. It is through nurturing our physical and mental health that we can serve others more effectively and fulfill our purpose in Christ.

As believers, we know the Scripture talks about self-control. It is part of the fruit of the Spirit, as stated in Galatians 5. Eating right, exercising, and getting proper rest are all important aspects of taking care of your health.

The church can be a great help in dealing with your health. In today's fast-paced world, where stress and anxiety often overshadow our daily lives, it's vital to anchor ourselves in faith and community. The church can provide a sanctuary for healing, not only spiritually but also emotionally and physically. It gives us a place to grow in wisdom and provides relationships that are so important to health.

Let's not forget the power of faith in our journey toward health. Do all that you can to strengthen and guard your health. Remember that God is your strength and shield. Stand firm in times of challenge, and remember: be mindful to take care of your physical and spiritual body!

"For God gave us a spirit not of fear but of power and love and self-control." 2 Timothy 1:7 (ESV)

Scripture Verses:

- He heals the brokenhearted and binds up their wounds. Psalm 147:3 (NIV)
- Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers. 3 John 1:2 (NKJV)

Morning Prayer Points:

- **For Our Nation:** Pray for the physical, mental, and spiritual health of all citizens; for healing from diseases; and for compassionate healthcare.
- **For Our Community:** Pray for health and healing for those who are sick or suffering in our community, for accessible healthcare, and for mental health support.
- **For Our Church:** Pray for the health of individual members, for those who are struggling with illness or addiction, and for the church to be a place of holistic healing.

Reflective Questions:

- What are the major health challenges facing our nation (e.g., chronic illness, mental health crisis)?
- How can I specifically pray for the healthcare workers and those in need of healing in my community?
- How does our church address the physical and mental well-being of its members and the wider community?

Evening Prayer Points:

Pray for our missions partner: ReGenesis - regenesislife.org

- Pray that Regenesis will continue to impact the communities they serve through the James, Esther, Varina, and Hannah recovery programs, Market Street Coffee, Outreach, and Regenesis Thrift and Furniture.
- Pray for the salvation, deliverance, and spiritual growth of the people in the communities Regenesis serves.
- Pray against the spirit of addiction controlling the lives of the people who come for help.
- Pray those who come for help will surrender totally to Christ and that the Holy Spirit builds self-control and a sound mind in their souls.
- Pray for the release of resources, wisdom, and discernment, so that Regenesis leadership can use them for maximum impact in changing lives for God's glory.
- Pray specifically for the men's and women's twelve-month residential programs to bring discipline, direction, and freedom, and that they find respite from the strongholds in their lives. Pray they find their hope in Jesus Christ and take the next steps in discipleship.
- Pray for the safety and spiritual, emotional, and physical health of those leading, serving, and supporting all the ministries and programs under Regenesis umbrella.

14

WEEK TWO | DAY FOURTEEN

Religious Freedom

Praise & Worship: Psalm 104:33b reads, "I will sing praise to my God as long as I live." Take some time to sing praises to the Lord. He longs to hear your voice.

Daily Confession: The Bible is the infallible Word of God. I will continue to study this instruction book. I will meditate on it day and night and obey everything written in it so I can succeed in everything I do. Joshua 1:8

Thanksgiving & Praise: Heavenly Father, Thank You for:

- The whole armor of God provided for me to stand against the devil's schemes.
- The weapons of our warfare are not carnal; they are mighty through God.
- Thank you for how You will glorify Your name through Your church this year.
- Write one thing for which you thank or praise God:

Devotional

Shay Osborne, Discipleship Pastor

Honor everyone. Love the brotherhood. Fear God. Honor the emperor. —1 Peter 2:17 (ESV)

As we enter 2026, let's take time in gratitude for the blessings God has poured out on us. We live in a nation where freedom is not just an ideal but a reality. We can praise God for all these freedoms but especially for the freedom to worship God openly. Across our country, churches gather without fear of being shut down because their beliefs don't align with someone else's. Whether in a majestic cathedral or in a small country chapel, people can lift their voices to Heaven without interference. This religious liberty is a treasure, one not to be taken lightly.

Peter's words challenge us to hold this tension well: "Fear God and honor the government." To fear God means to revere Him above all, recognizing that our ultimate allegiance is to Him. But honoring the government means we are to live as faithful citizens—praying for our leaders, obeying the law, and contributing to the good of our communities.

In Philippians 1:12-14, the Apostle Paul gives us a picture of how we can respond when we feel that our religious freedoms are being taken away.

"I want you to know, brothers, that what has happened to me has really served to advance the Gospel, so that it has become known throughout the whole imperial guard and to all the rest that my imprisonment is for Christ. And most of the brothers, having become confident in the Lord by my imprisonment, are much more bold to speak the word without fear."

What do we learn from Paul? While we have freedom, we should use it to boldly proclaim Christ. If our freedom were to be taken away,

we use it, too, as an opportunity to proclaim Christ. Either way, Christ is glorified. So as long as we enjoy the freedom to worship and proclaim the Gospel, let us be good stewards of the message and freedom that God has given us.

Today, let's thank God for our freedoms, but let's also remember that freedom is a stewardship. Are we using our liberty to proclaim Christ boldly? Are we praying faithfully for our nation's leaders? Do we count our ability to gather together in worship as a gift? Are we living in such a way that others see the beauty of the Gospel through us?

May our lives reflect both reverence for God and respect for the authority He has placed over us. Let's live as grateful citizens of Earth while remembering we are ultimately citizens of Heaven. Let us continue to seek God's blessing to be able to worship and proclaim His truth freely and boldly.

Scripture Verses:

- But Peter and John answered and said to them, 'Whether it is right in the sight of God to give heed to you rather than to God, you be the judge; for we cannot stop speaking about what we have seen and heard. Acts 4:19-20 (NASB 1995)
- Live as people who are free, not using your freedom as a cover-up for evil, but living as servants of God. Honor everyone. Love the brotherhood. Fear God. Honor the emperor. 1 Peter 2:16-17 (ESV)

Morning Prayer Points:

- **For Our Nation:** Pray for the preservation of religious freedom for all citizens and for policies that protect the right to practice faith without hindrance.
- **For Our Community:** Pray for mutual respect and understanding among people of different faiths and for an environment where all can express their beliefs peacefully.
- **For Our Church:** Pray for the church to be courageous in living out its faith, even in the face of opposition, and for wisdom in navigating issues of religious liberty.

Reflective Questions:

- What are the current threats to religious freedom in our nation?
- How can I pray for my community to be a place where religious expression is respected?
- How can our church effectively uphold religious freedom while maintaining its distinct witness?

Evening Prayer Points:

Pray for our missions partner: SBC of Virginia (SBCV) - sbcv.org

- Pray that the SBCV continues to fulfill its mission of coming alongside local churches to advance the Gospel of Jesus Christ together to reach our neighbors and the nations.
- Pray for wisdom, knowledge, and understanding for the Board and staff as they make decisions and deploy resources to strengthen the local churches.
- Pray that God is glorified and exalted as partnerships and relationships are developed to advance the good news.
- Pray for strategic ministry partnerships with churches impacting new communities with the Gospel.

15

WEEK THREE | DAY FIFTEEN

Integrity in Government, Business, and Church

Praise & Worship: Psalm 104:33b reads, "I will sing praise to my God as long as I live." Take some time to sing praises to the Lord. He longs to hear your voice.

Daily Confession: The Bible is the infallible Word of God. God inspires all Scripture, helping me understand what is true and recognize what is wrong in my life. It corrects me when I am wrong and leads me to do what is right. 2 Timothy 3:16

Thanksgiving & Praise: Heavenly Father, Thank You for:

- Making me fearfully and wonderfully in Your image.
- The Holy Spirit who leads me into all truth.
- The power of the Gospel which continues to change me.
- Write one thing for which you thank or praise God:

Devotional

David Ilori, Member Care Pastor

In a world often marked by shifting values and compromised ethics, the call for integrity echoes louder than ever. Integrity, at its core, is about wholeness, honesty, and unwavering moral principles. It's about being the same person in private as you are in public and acting justly even when no one is watching. God's Word consistently emphasizes the importance of integrity in every sphere of life, particularly in areas of influence like government, business, and the church.

In Government: Leaders are entrusted with immense power and responsibility. When integrity is absent, corruption thrives, and the people suffer. In Proverbs, we are reminded, "When the righteous thrive, the people rejoice; when the wicked rule, the people groan" (Proverbs 29:2). A government rooted in integrity seeks justice, protects the vulnerable, and serves the common good, reflecting God's own character.

In Business: The marketplace is not exempt from God's standards. Business practices should be fair, honest, and compassionate. Deception, greed, and exploitation undermine trust and harm individuals. The Bible states, "Dishonest scales are an abomination to the Lord, but a just weight is His delight" (Proverbs 11:1). Integrity in business builds lasting relationships, fosters true prosperity, and honors God.

In the Church: Perhaps nowhere is integrity more crucial than within the body of Christ. The church is called to be a light to the world, a beacon of truth and righteousness. When those within the church compromise their integrity, it not only damages their witness but also grieves the heart of God and can lead people away from faith. As believers, we are exhorted to "live

a life worthy of the calling you have received" (Ephesians 4:1). Our lives, both individually and corporately, should exemplify the integrity of Christ, drawing others to Him.

Ultimately, integrity is not merely a human virtue; it is a reflection of God's character. As we pray for our nation, community, and church, let us also pray for a renewed commitment to integrity in every aspect of life, starting with ourselves. May our lives, and the institutions we are part of, be marked by the wholeness and honesty that brings glory to God.

Scripture Verses:

- The integrity of the upright will guide them, but the perversity of the unfaithful will destroy them. Proverbs 11:3 (NKJV)
- No one can serve two masters. Either you will hate the one and love the other, or you will be devoted to the one and despise the other. You cannot serve both God and money. Matthew 6:24 (NIV)

Morning Prayer Points:

- **For Our Nation:** Pray for an end to corruption in government and business, and for a spirit of integrity, transparency, and accountability. Pray for humility and meekness for those leading our nation, states, and local communities.
- **For Our Community:** Pray for ethical practices in local businesses and organizations, and for leaders who operate with honesty and fairness. Pray that businesses will not put profit over people but rather honor their employees and customers by doing what is right.
- **For Our Church:** Pray for integrity within the church's financial dealings and operations, and for leaders and members to exemplify honesty in all aspects of life. Pray against leadership and moral failure in the church.

Reflective Questions:

- Where do I see the greatest need for integrity in our national institutions?
- How can I pray for ethical conduct in the businesses and workplaces of my community?
- How can our church model integrity and accountability in its own operations?

Evening Prayer Points:

Pray for our missions partner: Love804 Builders

- Pray for every project undertaken this year. Pray for hearts to be open to the Gospel for both the recipients and those serving.
- Pray for the safety of the volunteers on every project site.
- Pray for wisdom, knowledge, and understanding to manage and use the time and resources for each project.
- Pray that the love and grace of God abound to those receiving help and also for their neighbors.
- Pray for more volunteers with willing hearts and the skill sets to use their gifts and abilities to support the Love804 Builders.
- Pray for resources and for more partners to help with the donation of materials for the projects.

16

WEEK THREE | DAY SIXTEEN

The Next Generation

Praise & Worship: Psalm 104:33b reads, "I will sing praise to my God as long as I live." Take some time to sing praises to the Lord. He longs to hear your voice.

Daily Confession: The Bible is the infallible Word of God. It is the sharpest two-edged sword I must use to defend and protect. Hebrews 4:12

Thanksgiving & Praise: Heavenly Father, Thank You for:

- Your grace and love that continue to lead me to repentance.
- The victory I have in the name and the blood of Jesus.
- Every good work that Your Spirit is working in me.
- Write one thing for which you thank or praise God:

Devotional

Jerry Witte, Next Generation Pastor

There is a generation rising, a generation growing up in the middle of constant news, cultural confusion, and spiritual battles that have been going on since the beginning of time. The next generation of Christ followers today are navigating a world louder than ever before, one where social media influence is fierce, truth is often distorted, and identity is under siege.

But this generation was not born by accident. God placed them here, now, for such a time as this. He is calling His people, not to stand back in fear, but to stand in the gap in faith. To cover this next generation in prayer. To fast and seek heaven on their behalf. To be the ones who say, "Not on our watch."

As we set aside comfort to fast—whether from food, social media, entertainment, or noise—this is a holy invitation to intercede for the young souls who need our prayer, covering, and encouragement.

Pray...

- For their strength in the face of social media pressures, they would walk in bold obedience to God and not the latest influencer.
- For clarity in a fog of cultural confusion, they would love the truth of God's Word.
- For a sense of divine purpose, that they would follow Jesus with all their heart, mind, soul, and strength.

The next generation does not need perfect adults. They need present ones, who love deeply, lead courageously, and model what it looks like to chase after Christ.

This is the call:

- To train them up not just in values, but in truth.
- To mentor them with grace, consistency, and honesty.

- To walk with them, even when they wander, believing God's work is not finished.

Every adult has influence. Every parent has a sacred assignment. And every Christ-follower has a role to play in shaping the hearts and futures of the next generation.

Scripture Verses:

- We will not hide them from their descendants; we will tell the next generation the praiseworthy deeds of the Lord, his power, and the wonders he has done. Psalm 78:4 (NIV)
- Train up a child in the way he should go, and when he is old he will not depart from it. Proverbs 22:6 (NKJV)

Morning Prayer Points:

- **For Our Nation:** Pray for wisdom in managing policies that especially impacts our children, youth, and young adults.
- **For Our Community:** Pray for initiatives that promote stable homes, healthy relationships, and mentorship opportunities in our communities.
- **For Our Church:** Pray for the church to embrace its role of discipling and raising up the next generations of disciple makers, pastors, missionaries, and church planters.

Reflective Questions:

- Ask God to bring to mind the name of a child, student, or young adult you can encourage today. Reach out to them and speak life, truth, and hope over them. What name did God give you?
- What young person in your circle of influence is God calling you to disciple and invest in during this season intentionally?
- How is God inviting you this week to step in, stand up, or show up for the next generation, and will you ask Him to open your eyes to that one specific opportunity?

Evening Prayer Points:

Pray for our missions partner: The Grace Project - gracehomeministries.org

- Pray for the ministry of The Grace Project (formerly Grace Home Ministries), serving teen moms in Chester and Hopewell. Thank God for the work being done to communicate the immense value of each young woman and her child.
- Pray for mentors and childcare volunteers and their work in local middle and high schools. Pray for their spiritual, emotional, and physical health.
- Pray for wisdom, knowledge, and understanding for those who lead this ministry. Pray for encouragement and spiritual growth for those they serve.
- Pray for community support for The Grace Project.
- Pray the Gospel touches the hearts of the young women receiving help through The Grace Project.

17

WEEK THREE | DAY SEVENTEEN

Spiritual Hunger and Thirst

Praise & Worship: Psalm 104:33b reads, "I will sing praise to my God as long as I live." Take some time to sing praises to the Lord. He longs to hear your voice.

Daily Confession: The Bible is the infallible Word of God. It is a lamp unto my feet and a light unto my path. It illuminates the darkness and keeps me from stumbling. Psalm 119:105

Thanksgiving & Praise: Heavenly Father, Thank You for:

- Connecting me to The Heights and the body of believers there.
- Calling us to a season of prayer and fasting.
- The advancement of the Gospel in our communities.
- Write one thing for which you thank or praise God:

Devotional

Rico Patterson, Assistant Preaching Pastor

We are living in a world today that is diligently searching for something or someone that can meet their needs. For all of mankind was created to have communion with the God who made us. Therefore, if we don't have a relationship with the Lord, there is emptiness inside with a corresponding hunger and thirst to try to fill that emptiness. Some turn to drugs, some turn to sex, some turn to pleasure, some turn to relationships, and there are a million other things that the world will use to try to fill that emptiness, hunger, or thirst that exists inside. However, the Word of God teaches us that the only One who can fulfill that spiritual hunger or thirst and remove that emptiness is Jesus Christ. This is what Jesus said in the Gospel of John 6:35; "I am the bread of life: he that cometh to me shall never hunger; and he that believeth on me shall never thirst."

And the beauty of this spiritual bread that our Lord Jesus offers is that it's a free gift. We don't have to work for it, earn it, and we don't have to buy it; instead, we obtain it simply by placing our faith in Him. As our Lord Jesus said in John 6:27; "Labor not for the meat which perishes, but for that meat which endures unto everlasting life, which the Son of man shall give unto you..."

In addition, unlike physical bread which offers a temporary satisfaction, the spiritual bread of Jesus Christ will last for all eternity and will meet our every need. Therefore, let us pray that the world, as well as the saints, will recognize the satisfaction that is provided in Jesus Christ. For He, and He alone, is able to meet our every need.

Scripture Verses:

- Blessed are those who hunger and thirst for righteousness, for they will be filled. Matthew 5:6 (NIV)
- As the deer pants for streams of water, so my soul pants for you, my God. Psalm 42:1 (NIV)

Morning Prayer Points:

- **For Our Nation:** Pray for a deep spiritual hunger to emerge in the hearts of people across our nation, a longing for truth and meaning that only God can satisfy.
- **For Our Community:** Pray for individuals in our community to become restless with superficial answers and begin seeking God with all their hearts.
- **For Our Church:** Pray for a renewed spiritual hunger within the church, for believers to earnestly seek God through His Word, prayer, and worship.

Reflective Questions:

- What might hinder a spiritual hunger from developing in our nation?
- How can I be a catalyst for spiritual hunger in my community through my life and prayers?
- How can our church cultivate a deeper spiritual hunger among its members?

Evening Prayer Points:

Pray for our missions partner: Bulawayo Baptist Church Bulawayo, Zimbabwe

- Pray for wisdom, knowledge, and understanding as Jeff & Tammy Scorziel lead Bulawayo Baptist Church (BBC) in Bulawayo, Zimbabwe.
- Pray that the poultry and egg program continues to flourish. That it provides nourishment, hope, and Gospel opportunities to those who receive them.
- Pray that the livestock being raised to support the churches and pastors in Bulawayo will flourish and be protected from disease.
- Pray that Bulawayo Baptist will continue to be a light in the darkness and that the church will produce strong leaders to expand the impact of their ministry in the area.
- Pray for the country of Zimbabwe. Pray that there would be Christian leaders in areas of influence and that the country would prosper and God would receive the glory.
- Pray for rain to fall in this current drought. Pray that the Lord will use this drought to increase the influence of BBC to reach the farmers and communities with the Gospel.

18

WEEK THREE | DAY EIGHTEEN

Compassion and Generosity

Praise & Worship: Psalm 104:33b reads, "I will sing praise to my God as long as I live." Take some time to sing praises to the Lord. He longs to hear your voice.

Daily Confession: The Bible is the infallible Word of God. God's instructions are perfect, and He keeps His promises. His Word revives my soul and are trustworthy for making me wise. Psalm 19:7

Thanksgiving & Praise: Heavenly Father, Thank You for:

- The talents, gifts, and calling You deposited in me.
- The local church to develop and use my talents, gifts, and calling.
- The opportunity to assemble so that we can encourage and edify one another.
- Write one thing for which you thank or praise God:

Devotional

Steve Freeman, Staff Evangelist

When you hear the words compassion and generosity, what comes to your mind? For me, there are so many things—but these ideas are so closely related that they're like two sides of the same coin. It's not difficult for compassion and generosity to go hand in hand.

As an evangelist, my family and I have seen for many decades just how these qualities go together. God has used the compassion and generosity of individuals and churches through the years not only to provide for our family, but also to enable us to do the work that God has called us to do.

Because of this, I frequently ask myself a couple of questions. First, am I a compassionate person? When I see a need, am I able to respond with real empathy, concern, or compassion for the individual (or individuals) who may find themselves in a difficult or trying situation?

If the answer is yes, then I'm confronted with another question: Am I a generous person? Does my compassion then motivate me toward generosity? It absolutely should.

So many times, we think about generosity simply in terms of money or financial gifts. Yet, generosity is so much more than that. What about being generous with our time? How about taking time to talk with—and maybe pray with—someone enduring hardship? Another way to be generous could be to use your talents or skills (maybe to build or fix something) to meet a specific need.

As we follow Jesus, may God help our lives be marked by Compassion and Generosity.

Scripture Verses:

- Whoever gives to the poor will not want, but he who hides his eyes will get many a curse. Proverbs 28:27 (ESV)
- Each of you should give what you have decided in your heart to give, not reluctantly or under compulsion, for God loves a cheerful giver. 2 Corinthians 9:7 (NASB)

Morning Prayer Points:

- **For Our Nation:** Pray for a rise in compassion for the poor, the needy, and the vulnerable across our nation, and for increased generosity in giving and serving.
- **For Our Community:** Pray for our community to be marked by acts of compassion and generosity, addressing the needs of the homeless, hungry, and hurting.
- **For Our Church:** Pray for the church to be known for its radical compassion and generosity, faithfully serving those within and outside its walls.

Reflective Questions:

- In what areas does our nation need to grow in compassion and generosity?
- What specific needs in my community can I pray for, and how can I personally respond with compassion?
- How can our church better demonstrate God's compassion and generosity to the world around us?

Evening Prayer Points:

Pray for our missions partner: Colonial Heights Food Pantry (CHFP) - chfoodpantry.org

- Praise - The Colonial Heights Food Pantry distributed just over 649,000 pounds of food, or 540,850 meals, serving 32,784 people.
- Pray for opportunities to share the Gospel, and God's blessing on those CHFP serves.
- Pray that the spiritual and physical needs of those who come for help are met.
- Thank God for the board, staff, and volunteers. Pray for wisdom, knowledge, and understanding for those who lead and serve in this ministry.
- Pray for the release of support and resources needed for the CHFP to continue to help the community.
- Pray for the safety and needs of those who serve in/with this ministry.

19

WEEK THREE | DAY NINETEEN

Influence of Believers

Praise & Worship: Psalm 104:33b reads, "I will sing praise to my God as long as I live." Take some time to sing praises to the Lord. He longs to hear your voice.

Daily Confession: The Bible is the infallible Word of God. God's commands are clear and proper; they give me insight into living and bring joy to my soul. Psalm 19:8

Thanksgiving & Praise: Heavenly Father, Thank You for:

- Using The Heights to help me grow in the knowledge of the Lord Jesus Christ.
- The mission and vision of The Heights and how it involves my family and me.
- The unity and peace we enjoy at The Heights.
- Write one thing for which you thank or praise God:

Devotional

Debbie Heuermann, Director of Events

"You are the light of the world. A town built on a hill cannot be hidden" — Matthew 5:14 (NIV)

My grandmother was the strongest Christian believer I have ever known. It was not what she said, but everything she did. Her words were kind and gentle, but firm with discipline. During quiet time every day, I would see her sitting in her rocker with her Bible and Sunday School lesson open while she studied. She showed her faith, her walk, and her heart. She had a story of what God had done for her, in her life and through her life.

Each of us has a story to tell of what God has done in our lives. Everywhere we go and in everything we do, we bear witness to what Jesus has done for us and what He can do for others. People are watching a believer's every move.

It is important today for believers to stand up to be seen and heard. Actions speak louder than words. I believe that these are just a few of the ways we could let our light shine from the hillside:

- Our belief in the value of every human life, no matter what.
- Believers should play a significant role in shaping the legal and moral frameworks of our country.
- We should practice the principles of forgiveness, redemption, and reconciliation within our lives. The practice of letting go of grudges and extending grace to those who have wronged us.
- Love is the greatest gift of them all. We should demonstrate love that extends beyond personal relationships to serving the community, helping the unsheltered, and promoting peace. We need to reflect the teaching of Jesus to love our neighbors.

We should be asking ourselves questions,

forming small groups of accountability and deep discipleship study, holding ourselves accountable to what our actions model for our family and others.

Does your life bear witness? The best thing we can do in this world is to live out a real, simple, beautiful, strong Christian life. Ask God to duplicate Christ's likeness in you and then through you.

Scripture Verses:

- You are the salt of the earth. But if the salt loses its saltiness, how can it be made salty again? It is no longer good for anything, except to be thrown out and trampled underfoot. Matthew 5:13 (NIV)
- You are the light of the world. A town built on a hill cannot be hidden. Matthew 5:14 (NIV)

Morning Prayer Points:

- **For Our Nation:** Pray for believers in all spheres of influence—government, business, education, arts, media—to be salt and light, impacting society for good.
- **For Our Community:** Pray for Christians in our community to live out their faith boldly, being good neighbors, excellent workers, and compassionate citizens.
- **For Our Church:** Pray for every member of the church to understand their calling to be an ambassador for Christ in their daily lives, influencing their workplaces and social circles.

Reflective Questions:

- How can Christians more effectively influence national policy and culture?
- In what practical ways can I be salt and light in my immediate community?
- How can our church equip its members to be more influential for Christ in their spheres of activity?

Evening Prayer Points:

Pray for our missions partner: Impact Sports International, Prison Softball - impactsportsonline.org

- Pray for wisdom, knowledge, and understanding for those leading the different aspects of Impact Sports International.
- Pray that our partnership with Impact Sports will continue to reach the prisons in our communities with the Gospel of Jesus.
- Pray that sports will continue to break down cultural, racial, and economic barriers among the communities and prisons they serve so that the Gospel message can reach those who have never heard it.
- Pray that sports can create relationships and provide common ground where they otherwise would not exist.
- Pray that the use of sports closes gaps and reaches the lost, forgotten, and hard to reach.

20

WEEK THREE | DAY TWENTY

Family and Relationships

Praise & Worship: Psalm 104:33b reads, "I will sing praise to my God as long as I live." Take some time to sing praises to the Lord. He longs to hear your voice.

Daily Confession: The Bible is the infallible Word of God. God inspires all Scripture and is helpful to teach me what is true and to make me realize what is wrong in my life. It corrects me when I am wrong and leads me to do what is right. 2 Timothy 3:16

Thanksgiving & Praise: Heavenly Father, Thank You for:

- Making me fearfully and wonderfully in Your image.
- The Holy Spirit who leads me into all truth.
- The power of the Gospel which continue to change me.
- Write one thing for which you thank or praise God:

Devotional

Joel Eguiluz, Hispanic Ministry Pastor

As much as we might wish the new year came with a clean slate, the truth is that some things carry over. Pain, disappointment, and brokenness don't magically disappear with the turn of a calendar page. But here's the good news: in Christ, you don't have to carry that weight alone.

Galatians 6:2 reminds us, "Carry each other's burdens, and in this way you will fulfill the law of Christ." This verse is both a sweet reminder and a serious call to action.

It reminds us that we are not alone. God, in His kindness, has surrounded us with support through our families and the family of faith. The Christian life was never designed to be lived in isolation (Hebrews 10:24–25). Community is not optional; it is essential. Family and friends are gifts from God, not just for celebration, but also for comfort, encouragement, and help in times of trouble.

Galatians 6:2 is also a call to action: whose burdens are you helping carry right now?

God allows us to walk through trials and hardships, and in those moments, He offers His comfort not only to heal us but so that we might extend that same comfort to others. As believers, indifference is not an option.

This means I must be intentional – paying attention, listening closely, and stepping in when someone in my family, whether by blood or by faith, needs help. Sometimes, they just need someone to hold up their arms and remind them they're not alone.

This is the law of Christ: to be humble enough to ask for help and compassionate enough to offer it.

Even Jesus modeled this. In His anguish at

Gethsemane, He asked His closest friends to stay and pray with Him (Matthew 26:38). And He never stopped praying for others—like Peter, for whom He prayed personally that his faith would not fail. (Luke 22:31–32).

To walk like Christ means we must value the people God has placed in our lives and be intentional in carrying one another's burdens.

Scripture Verses:

- Unless the Lord builds the house, the builders labor in vain. Unless the Lord watches over the city, the guards stand watch in vain. Psalm 127:1 (NIV)
- If one person falls, the other can reach out and help. But someone who falls alone is in real trouble. Ecclesiastes 4:10 (NLT)

Morning Prayer Points:

- **For Our Nation:** Pray for the strengthening of families as the foundational unit of society and for healthy relationships across all generations.
- **For Our Community:** Pray for strong, supportive families in our neighborhoods, for reconciliation in broken relationships, and for healthy marital bonds.
- **For Our Church:** Pray for the families within the church, for strong marriages, nurturing parenting, and for the church to be a place where all generations are discipled and supported.

Reflective Questions:

- What pressures do modern families face in our nation, and how can we pray for them?
- How can I specifically pray for the families in my immediate neighborhood?
- What ministries or support does our church offer to families, and how can they be strengthened?

Evening Prayer Points:

Pray for our missions partner: Prison Fellowship - prisonfellowship.org

- Pray for wisdom, knowledge, and understanding for the team leading Prison Fellowship.
- Pray for the release of resources to continue to minister to the prison community.
- Pray for favor with state and local agencies that decide on access and the ability to minister in the prison systems.
- Pray for the safety and protection of the volunteers leading and serving in the different programs of Prison Fellowship.
- Pray that unsaved inmates and staff in the prison system would surrender their lives to Christ.
- Pray that, once released, the inmates would live lives worthy of the Gospel and share the Good News with others.
- Pray that, once released, the inmates would find good jobs and a community that would help them succeed in life and on their walk with God.

21

WEEK THREE | DAY TWENTY ONE

Praise, Thanksgiving, and Testimonies

Praise & Worship: Psalm 104:33b reads, "I will sing praise to my God as long as I live." Take some time to sing praises to the Lord. He longs to hear your voice.

Daily Confession: The Bible is the infallible Word of God.I will continue to study this instruction book. I will meditate on it day and night and obey everything written in it so I can succeed in everything I do. Joshua 1:8

Thanksgiving & Praise: Heavenly Father, Thank You for:

- The whole armor of God provided for me to stand against the devil's schemes.
- The weapons of our warfare are not carnal; they are mighty through God.
- Thank you for how You will glorify Your name through Your church this year.
- Write one thing for which you thank or praise God:

Devotional

Dr. Randall T. Hahn, Senior Pastor

"I will recount all of Your wonderful deeds" (Psalm 9:1). "...addressing one another in psalms, hymns, and spiritual songs, singing and making melody to the Lord with Your heart" (Ephesians 5:19).

This is a profoundly needed discipline in the Christian life. It is not enough to praise the Lord, thank the Lord by ourselves. We are to declare, proclaim, tell the story of what God has done. Way to often we hear prayer requests but get no follow up report, no way to see God, praise God. We all need each other's reports. It encourages faith. It helps us see God is moving and working. It keeps us praying and believing. I almost want to suggest the whole 21 days can be undone by not following through here with the reports. This is one of the important reasons we need to be in things like life groups and be developing Christian relationships – because we need people in our lives we are going to do this reporting to. Start today, and our prayer is that the prayers of these 21 days will result in reports throughout our church family every Sunday the rest of the year!

Scripture Verses:

- Give thanks in all circumstances; for this is the will of God in Christ Jesus for you. 1 Thessalonians 5:18 (ESV)
- Many of the Samaritans from that town believed in him because of the woman's testimony, "He told me everything I ever did." John 4:39 (NIV)

Morning Prayer Points:

- **For Our Nation:** Pray that the spirit of thanksgiving and gratitude is being modeled by our leaders so that they can see what is good, just, and proper..
- **For Our Community:** Pray for boldness and the ability to share our testimonies with our families, friends, neighbors, coworkers, and classmates.
- **For Our Church:** Pray that our church family can boldly share what God has done in their lives so that others are edified and encouraged to do the same.

Reflective Questions:

- What does it mean for God's kingdom to come to our nation?
- How can I personally participate in seeing God's will done in my community?
- What are the next steps our church needs to take to more fully pursue God's kingdom purposes?

Evening Prayer Points:
Pray for our missionaries and mission teams.

- Pray for God's grace and peace over them and their family members.
- Pray for their spiritual, emotional, and physical health.
- Pray for God's protection over them as they travel.
- Pray for open doors to connect and to share the Gospel effectively.
- Pray for God's provision and the release of resources so that they are successful in their mission.
- Pray for divine appointments and opportunities to strengthen the believers in their region.
- Pray that their efforts produce much fruit and that there are laborers available to help with the harvest.

DO YOU HAVE A RELATIONSHIP WITH GOD?

Seven things you should know to have a relationship with God:

1. We are all born into sin. Romans 3:23 says that "All have sinned and fallen short of the glory of God."

2. According to Isaiah 64:6, all our righteousness is as filthy rags before God.

3. Sin leads to death, but we can have life in Christ Jesus. Romans 6:23 says, "The wages of sin is death, but the gift of God is eternal life through Christ our Lord."

4. We can exchange the wages of sin for life by believing in the Lord Jesus Christ, who came in human flesh to pay for our sins and reconcile us to the Father.

5. Romans 5:8 states that God demonstrated His love towards us in that while we were still sinners, Christ died for us.

6. John 3:16 helps us understand that God so loved the world that He gave His only begotten Son. That whosoever believes in Him will not perish but have everlasting life.

7. A restored relationship with God can become your reality just by confessing with your mouth the Lord Jesus and believing in your heart that God raised Him from the dead. God's promise in Romans 10:9 is that you will be saved.

If you have not accepted Jesus Christ as your savior and want to do so now, please say this prayer:

"Lord Jesus, I acknowledge my sin. I ask you to come into my heart. Please be my Savior and Lord. I surrender all of me to you. I repent of my sin and ask you to take control of my life in Jesus' name. Amen."

Turning your life over to Jesus gives you the power to become a son/daughter of God. That is what John 1:12 promises you. You will reign with Him for eternity.

Next Steps:

We are so excited that you chose to follow Jesus. We would love to know that you decided to follow Him and help you with your next steps.

Please scan the QR code or text "Hello" to 844.504.1002 to connect and let us know you accepted Jesus as your Savior and Lord. You can also request prayer, find out more information about The Heights, and download our church app.

thb.church