

## **WEEK 1 - CENTER OUR LIVES AROUND**

### **JESUS** Weekly Corporate Prayer:

Pray for Hillendale's people. Pray that we all, as individuals, would grow in surrendering and shaping our lives according to the life and teachings of Jesus.

#### **JANUARY 1<sup>ST</sup>**

Personal Prayer/Reflection (Spiritual)

Am I closer to God today than I was this time last year?

Bible Reading: Luke 1

#### **JANUARY 2<sup>ND</sup>**

Personal Prayer/Reflection (Spiritual)

What is my spiritual growth plan for 2020?

Bible Reading: Luke 2

#### **JANUARY 3<sup>RD</sup>**

Personal Prayer/Reflection: (Spiritual)

Have I scheduled my Sabbaths (days of rest) for January? All of 2020?

Bible Reading: Luke 3

#### **JANUARY 4<sup>TH</sup>**

Personal Prayer/Reflection: (Emotional)

What drained me emotionally last year? What fills me emotionally?

Bible Reading: Luke 4

#### **JANUARY 5<sup>TH</sup>**

Personal Prayer/Reflection: (Emotional)

Is there anyone whose forgiveness I need to seek or anyone that I need to forgive?

Bible Reading: Luke 5

#### **JANUARY 6<sup>TH</sup>**

Personal Prayer/Reflection: (Personal)

Where is the clutter / disorder in my life?

Bible Reading: Luke 6

#### **JANUARY 7<sup>TH</sup>**

Personal Prayer/Reflection: (Personal)

How can I correct the clutter/disorder in my life?

Bible Reading: Luke 7

## **WEEK 2 - CENTER OUR FAMILY**

### **AROUND JESUS** Weekly Corporate Prayer:

Pray for Hillendale's families, that we would all place Jesus - his life and teachings - at the center of our daily rhythms of home life.

#### **JANUARY 8<sup>TH</sup>**

Personal Prayer/Reflection: (Relational)

*Single Person:* Rate yourself on maximizing your singleness for kingdom impact. Would I rate my singleness a 10? Would my closest friends? If it's not a 10 ask this question, "What would it take in 2020 to make it a 10?"

*Married Person:* Would I rate my marriage a 10? Would my spouse (you might want to ask over a nice dinner)? If it's not a 10 ask this question, "What would it take in 2020 to make it a 10?"

Bible Reading: Luke 8

#### **JANUARY 9<sup>TH</sup>**

Personal Prayer/Reflection: (Relational)

*Single Person:* Who are the children in my life (natural or spiritual)? Would I rate my parenting a 10 for each child? If it's not a 10 ask this question, "What would it take in 2020 to make it a 10?"

*Married Person:* Who are the children in my life (natural or spiritual)? Would I rate my parenting a 10 for each child? If it's not a 10 ask this question, "What would it take in 2020 to make it a 10?"

Bible Reading: Luke 9

#### **JANUARY 10<sup>TH</sup>**

Personal Prayer/Reflection: (Relational)

*Single Person:* Have I scheduled my time away for recreation and spiritual retreat in January? For 2020?

*Married Person:* Have I scheduled my date nights for January? For 2020?

Bible Reading: Luke 10

#### **JANUARY 11<sup>TH</sup>**

Personal Prayer/Reflection: (Physical)

How much do I weigh? Is that OK?

Bible Reading: Luke 11

#### **JANUARY 12<sup>TH</sup>**

Personal Prayer/Reflection: (Physical)

Do I have a Physical scheduled between now and March 31?

Bible Reading: Luke 12

#### **JANUARY 13<sup>TH</sup>**

Personal Prayer/Reflection: (Physical)

What's my major physical focus area for 2020?

Bible Reading: Luke 13

#### **JANUARY 14<sup>TH</sup>**

Personal Prayer/Reflection: (Financial)

Are my finances in order?

Bible Reading: Luke 14

## **WEEK 3 - CENTER OUR CHURCH**

### **AROUND JESUS** Weekly Corporate Prayer:

Pray for Hillendale to center it's life and mission around the person and priorities of Jesus. Pray that we represent Jesus in how we live and in what we value as a ministry.

JANUARY 15TH

Personal Prayer/Reflection: (Financial)

Are my personal spending preferences being prioritized above my tithes and offerings?

Bible Reading: Luke 15

JANUARY 16TH

Personal Prayer/Reflection: (Financial)

Should I make a new year's sacrificial offering to my church?

Bible Reading: Luke 16

JANUARY 17TH

Personal Prayer/Reflection: (Intellectual)

How am I growing as a thinking Christian?

Bible Reading: Luke 17

JANUARY 18TH

Personal Prayer/Reflection: (Intellectual)

What are my reading goals for 2020?

Bible Reading: Luke 18-19

JANUARY 19TH

Personal Prayer/Reflection: (Calling)

What aspect of my calling caused me the most stress last year?

How am I going to fix that in 2020?

Bible Reading: Luke 20-21

JANUARY 20TH

Personal Prayer/Reflection: (Calling)

What am I pretending NOT to know as it relates to my calling?

Bible Reading: Luke 22

JANUARY 21ST

Personal Prayer/Reflection: (Calling)

What is my calling?

Bible Reading: Luke 23-24

## PRAYER & READING GUIDE

This Prayer & Reading Guide is designed to be your companion throughout your 21-day journey of corporate prayer and fasting with your Hillendale church family. There is something for each day to help direct your thoughts and heart toward God, and to help prepare yourself for God's purposes in 2020.

The scripture readings are from The Gospel of Luke. At the end of the fast you will have read the entirety of Luke's gospel. It is recommended that you use a translation that allows for extended, easy reading (e.g. The Message, New International Version, Good News Version, New Living Translation, etc.)

### Food/Beverages (6am – 6pm)\*

- Fruits & Vegetables
- Salads (no meat)
- Juice & Water
- Duration: 6 am – 6pm daily

### Media (24/7)

- No Television, Netflix, YouTube, etc.
- No social media (Facebook, Twitter, Instagram, Snapchat, LinkedIn, etc.)
- Duration: 24/7 until the end of the fast

\*Consult your doctor to make sure this restricted diet is safe for you

## A Few Tips on Fasting:

*“Experiencing hunger (for food or media/entertainment) is normal during fasting, take that as a cue to turn your heart toward God in prayer and/or reading. Your fasting will have maximum impact if you practice this simple habit.”*

- Pastor Gareth

January 1–21, 2020

## PRAYER & FASTING

We will be seeking God to help us surrender our lives more fully to the life and teachings of Jesus; and we will do this while reading through the Gospel of Luke which will be our focus text for the year.



**HILLENDALE**

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