

21 DAYS....

*12 January 2025
to 2 February 2025*

2025 VISION WORD IS:

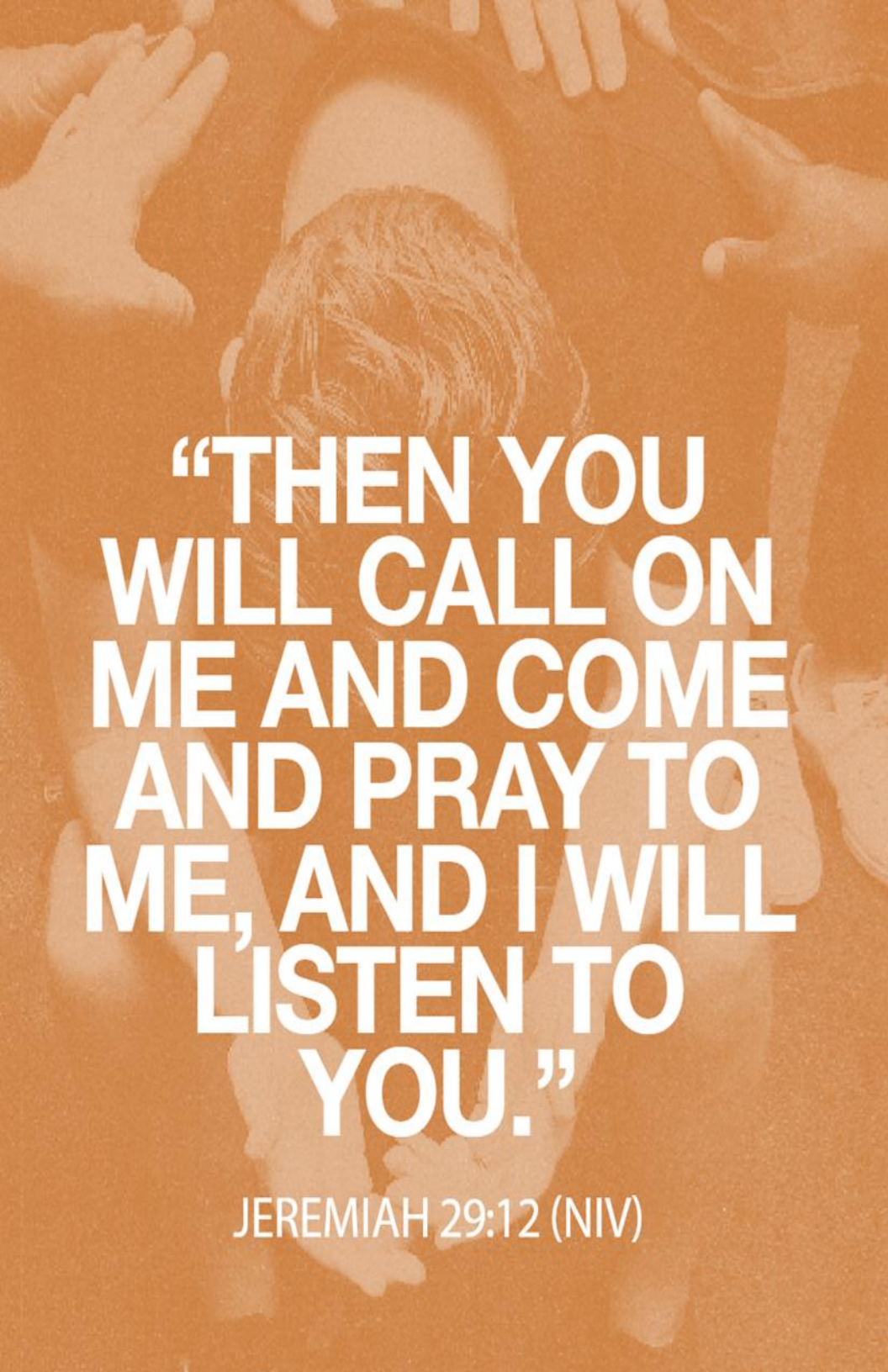
ADVANCE

OUR VISION FOCUS IS:

TO THRIVE IN '25



PRAYER+FASTING GUIDE



**“THEN YOU
WILL CALL ON
ME AND COME
AND PRAY TO
ME, AND I WILL
LISTEN TO
YOU.”**

JEREMIAH 29:12 (NIV)

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21 DAYS OF PRAYER & FASTING
January 12 – February 2



Welcome Friends....to 2025!!!

Melissa and I, invite you for join us for 21 Days of Prayer and Fasting! Over these 21 days, we are praying and believing for God to do the miraculous as we aim on our 2025 Vision Word of

ADVANCE!!!

As we are focused to **ADVANCE** in every space within our lives to the point that it manifests results as we begin to....**THRIVE IN '25!!**

We are asking you to choose a fasting plan that works for you. We are also asking you to pray. This is grown-folks stuff as we pray for God's Will and for Him to do amazing things in your life, your family, your workplace, in Discovery Life Church – Kelly Park, our city, our nation and in our world.

Personally, start with a clear vision. Where do you want to **ADVANCE**, What do you want to see happen this year? Be specific. Why are you fasting and praying? Do you need direction on a major decision, clarity for your future, healing in your body or for a loved one, restoration of marriage or family issues? Are you facing financial difficulties or something else? Ask the Holy Spirit for guidance as you pray and read the Bible.

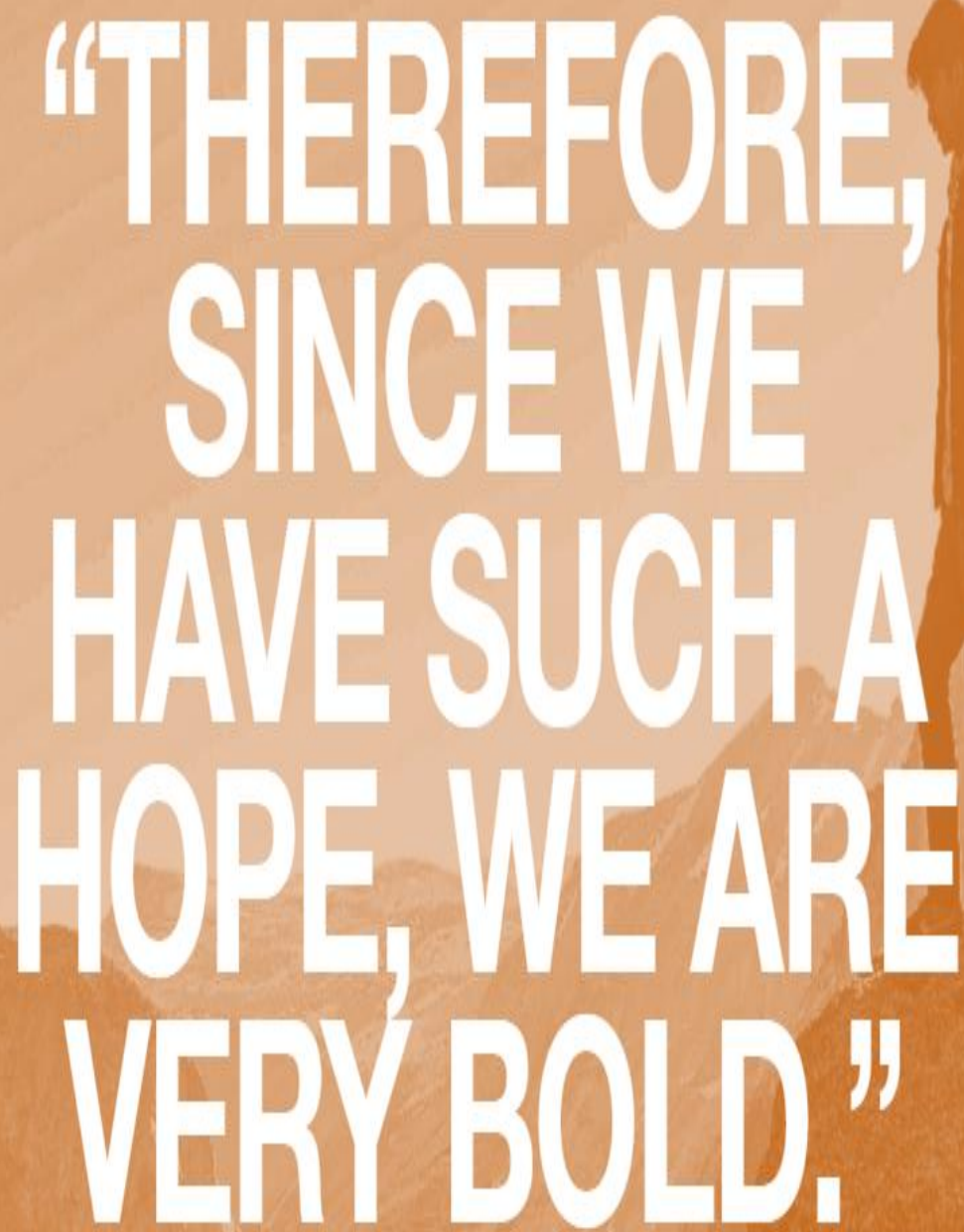
We believe these 21 Days of Prayer and Fasting are instrumental in all that God wants to do this year-- both in your life personally and throughout all God is doing at Discovery Life Church – Kelly Park.

A FEW OF THINGS...

- Prayer should always be a part of your faith.
- Prayer doesn't have to be long.
- Prayer really makes a difference.

My goal as your Pastor, is not for you to just recite the prayers I placed in this guide but to ignite your mind and heart to pray things that are personal to you. Powerful prayers are authentic, passionate and bold. We pray this framework helps you to have these types of powerful prayers.

Kevyn M. Bryant Sr, Lead Pastor (Pastor B)

A person is silhouetted against a bright, hazy sunset or sunrise over a mountain range. The person is standing on a rocky outcrop, looking out over the landscape. The overall color palette is warm, dominated by oranges and yellows.

**“THEREFORE,
SINCE WE
HAVE SUCH A
HOPE, WE ARE
VERY BOLD.”**

2 CORINTHIANS 3:12 (NIV)

AS YOU PREP

A FEW TIPS AS YOU PRIORITIZE PRAYER OVER THESE NEXT 21 DAYS...

Prayer is most effective when it isn't something we do every now and then, but when it's a lifestyle we cultivate. To understand how to have a lifestyle of prayer, we can look at the example Jesus gave during His life on earth.

Have A Certain Time

Jesus got up early in the morning to spend time with His Heavenly Father. Make a daily appointment with God — whether it's first thing in the morning, at lunch, or in the evening — and faithfully keep it.

Have A Certain Place

Jesus had a specific place He went to pray. Having a designated place to pray helps us remove distractions and frees us to worship and pray out loud.

Have A Certain Plan

When Jesus taught His disciples how to pray, He gave them a prayer outline. We call it "The Lord's Prayer." Our desire is for this resource to be a guide for your time with God. As we pray every day, consider incorporating some worship music, or additional time to read the Bible or journal. Not everyone's approach will look the same, but it does help to have a plan for connecting regularly with God!

"Then you will call on Me and come and pray to Me, and I will listen to you." – Jeremiah 29:12 (NIV)

WHY FAST

(Matthew 6:17-18) But when you fast, put oil on your head and wash your face, so that it will not be obvious to others that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you.

WHAT IS FASTING?

Fasting is a spiritual discipline that connects us to God and helps us disconnect from the noise of the world around us. It's a practice that releases God's supernatural power into our lives as we humble ourselves and express dependence on Him.

WHY SHOULD I FAST?

Fasting is Not Dieting: While it is true that fasting may have physical benefits, such as weight loss, let us not lose sight of its primary purpose – to seek God wholeheartedly.

Awakening Spiritual Hunger: Fasting serves as a catalyst to awaken a deep spiritual hunger within us. It is a conscious choice to prioritize our love and desire for God above all else. In doing so, we declare our spiritual strength against the attacks of the enemy.



TYPES OF FAST

Complete Fast

In this type of fast, you drink only liquids, typically water with light juices as an option.

You must seek your Health Professionals approval before starting this one.

Selective Fast

This type of fast involves removing certain elements from your diet. One example of a selective fast is the Daniel Fast, during which you remove meat, sweets, and bread from your diet and consume water and juice for fluids and fruits and vegetables for food.

Partial Fast

This fast is sometimes called the “Jewish Fast” and involves abstaining from eating any type of food in the morning and afternoon. This can either correlate to specific times of the day, such as 6:00 am to 3:00 pm, or from sunup to sundown.

Soul Fast

This fast is a great option if you do not have much experience fasting food, have health issues that prevent you from fasting food, or if you wish to refocus certain areas of your life that are out of balance. For example, you might choose to stop using social media or watching television for the duration of the fast and then carefully bring that element back into your life in healthy doses at the conclusion of the fast.

Combination

Gaining popularity is combining the physical part of abstaining from something in a Selective Fast and adding to it is a item or thing from a Soul Fast. An example is one who in the Selective Fast stays away from sweets but in the Soul Fast stops taking non energy work emails and calls after 7pm when with family.

Pastoral Note:

Just because you pick, let's say the “Complete Fast” doesn't mean that God hears you more. It is more important to be safe; as me sitting by your hospital bed at ORMC doesn't do your 21 Days of Prayer and Fasting any good - Amen....

- Select wisely for your health first
- Select something that makes work to do it.
- It causes you strain to keep it up
- And is not easy or something you were going to do anyway.

HOW TO PRAY

People always ask how to Pray just like in the bible the disciples asked Jesus how to pray. Here are two models that can help in praying: one is the PRAY model and on the next page is the ACTs model. I won't influence you by telling which one I like best as either is more than fine.

The P.R.A.Y. Model

P = PRAISE

Tell God how much you appreciate Him.

This is a great way to begin your prayer time. Tell God how much you appreciate Him. Express your love for Him. Praise His power and majesty. You should never run out of praise.

R = RESPOND

Respond to what He's done in your life.

Express gratitude for what God is doing and has already done. We have so much to be thankful for. Thank God for His love, His faithfulness, His patience.

A = ASK

Ask for forgiveness, then ask for your needs/desires.

Tell God where you have fallen short. Be specific. Confess your sins (1 John 1:9), and thank Him for the forgiveness you have in Christ and ask for help and strength to turn away from future temptations.

Share your needs and desires with God, no matter how big or small they may seem. Nothing is too big or too small for God. He cares about every detail of your life. Pray for your own needs and for the needs of others.

Y = YIELD

Be still and silent for a short time.

God still speaks. Get still, get quiet and listen for His voice. Ask Him to search your heart. (Psalm 139:23-24) Listen to what the Holy Spirit is prompting you to do. The Holy Spirit may show you an area you need to work on or change. He may tell you to pray for something or someone specific, or to do something for someone else. Just be still and listen.

HOW TO PRAY

The P.R.A.Y. Model is not the only solid model of how to help you pray. It's a helpful model that can provide some structure for your prayer time or help you get started if you've never spent much time in prayer before.

The ACTS Prayer Model is another guide that you may like. It depends on you.

ACTS acronym is very similar to the P.R.A.Y. framework

ACTS stands for Adoration, Confession, Thanksgiving, and Supplication.

- **Adoration** is when you praise God for who He is as you start your prayer
- **Confession** is when you confess your sins and ask for forgiveness
- **Thanksgiving** is when you thank God for what He has done in your life
- **Supplication** is when you make your requests known to God and end by celebrating God and awaiting His directions.

NO MODEL IS THE MODEL THAT YOU MUST USE. JUST BE YOURSELF AND BE WITH GOD

Beloved, praying is simply you talking to God. Don't over complicate it and you will be great.



HOW TO PRAY

*As you are praying these next 21 days remember:
our Vision Word is **ADVANCE***

There is no wrong way or wrong thing to pray about, the Bible says to pray about everything.

Here are some examples of what you can pray for:

- ▶ Loved ones far from God.
- ▶ Reconciliation in a marriage.
- ▶ Provision for financial needs.
- ▶ A miracle or a dream to become reality.
- ▶ Children and their lives and for success to be on them.
- ▶ To become healthy over some prognosis.
- ▶ For your Church to continue to prosper.
- ▶ Your own spiritual walk with God and to have a deeper intimacy with Jesus.

Prayer is the most powerful thing in the world. It can and will change legacies, destinies, people, and it will change you too.

OUR WEEKDAY PRAYER CALL

BEFORE YOU SAY IT:

I get it!! We ALL are busier than busy during the week. That's why God told us that we need an accountability call to help each other and to KEEP IT SIMPLE!

Friends, it is more important that you participate daily as a Church united as Family, than in how long of a call it is.

"FOR WE ARE NOT FIGHTING AGAINST FLESH-AND-BLOOD ENEMIES, BUT AGAINST EVIL RULERS AND AUTHORITIES OF THE UNSEEN WORLD, AGAINST MIGHTY POWERS IN THIS DARK WORLD, AND AGAINST EVIL SPIRITS IN THE HEAVENLY PLACES."

EPHESIANS 6:12 (NLT)

WHEN IS OUR WEEKDAY PRAYER CALL?

The best time from speaking with you all is actually in the morning. Before we go to work, before kids get up for school, as we drag out of bed to go to the gym and etc

Level 10!!! Our call will be for just 10 minutes!! That's it 10 minutes to be accountability partners for each other in this journey.

**Our Weekday Prayer Call Number is 407-553-2575
ext 80685 .**

WHEN: 6:50am to 7:00am on Monday thru Friday

***Note: even if you are in your car...jump on the call.**

Weekends we give to you in hopes that your family will join in prayer over breakfast or throughout the day at a set aside time.

“FOR I AM ABOUT TO DO SOMETHING NEW. SEE, I HAVE ALREADY BEGUN! DO YOU NOT SEE IT? I WILL MAKE A PATHWAY THROUGH THE WILDERNESS. I WILL CREATE RIVERS IN THE DRY WASTELAND.”

ISAIAH 43:19



YOUR STARTING PRAYER

DO THIS THE DAY OR NIGHT OF 11 JANUARY 2025, BEFORE YOUR 21 DAYS START

Father God, in the Mighty Name of Jesus, I am believing for breakthroughs in (be specific about how and where you want to see God move in your life & more)

I am believing what Your Word says: You ARE about to do something new and You WILL make a pathway through hardship and more. I declare You have a plan to prosper me and what the enemy meant for evil You will flip it into good. Give me vision for what is ahead and hope for the future. I know You are a miracle working God, and nothing is impossible for You! For it is in Jesus Name that I pray – Amen!

21 DAYS GUIDE ADVANCE TO THRIVE IN 25

**Each day of these
21 days has a...**

- 1. Daily Scripture**
- 2. Observation**
- 3. Application**
- 4. And Prayer**



PRAYER+FASTING

**21 Days of Prayer & Fasting
ADVANCE - THRIVE IN '25**

Week 1



**21 Days of Prayer & Fasting
ADVANCE - THRIVE IN '25**



DAY 1

January 12

Day 1: Renew Your Mind Focus: A New Mindset for a New Year

"Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will." - **Romans 12:2**

Friends, at the start of a new year, it's easy to carry over old thoughts and patterns into the new year. It is...as we all do it from those with a big bible to those who can't spell bible. But, God desires to transform our lives by renewing our minds. Think of your mind as a garden. To ADVANCE and thrive in 25, you must remove weeds (negative thoughts) and plant seeds of God's truth. As you spend time in His Word, He renews your perspective.

Tell yourself: I am going to ADVANCE AND THRIVE in 25!!!!

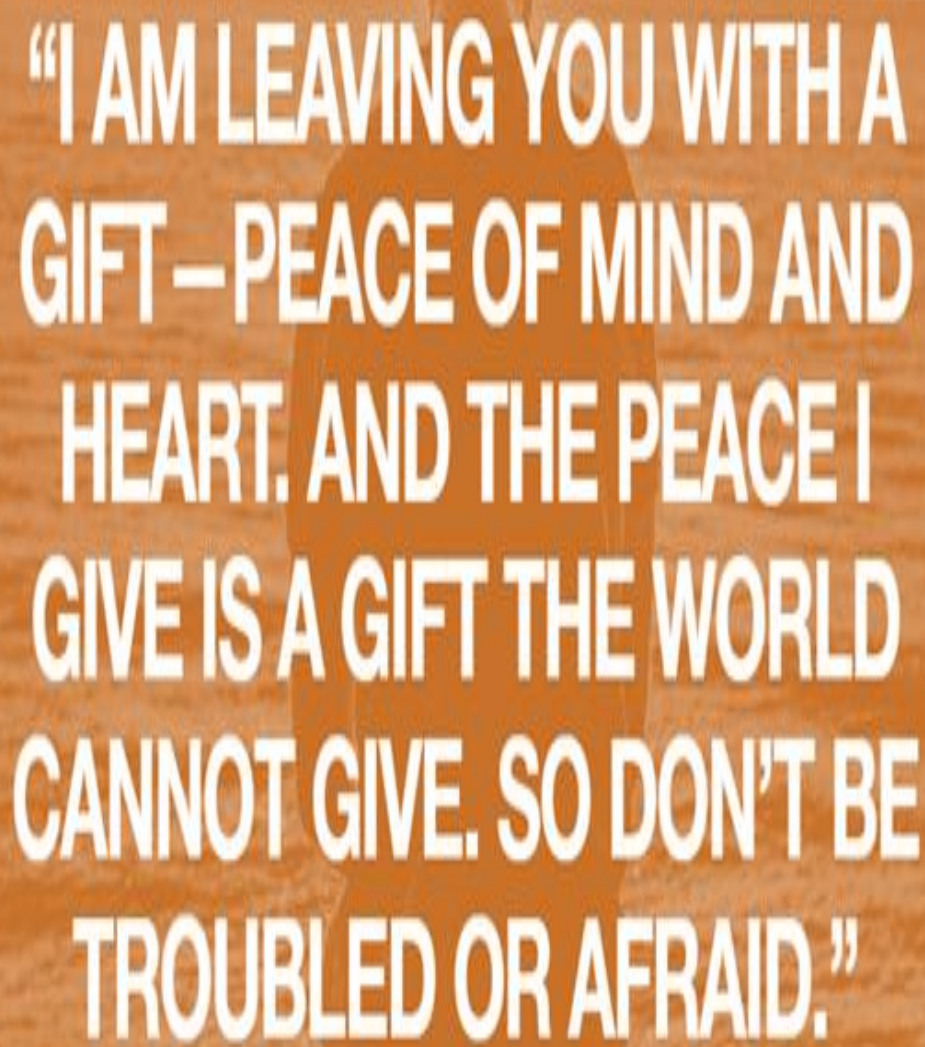
Application Points:

1. Write down a negative thought you struggle with and replace it with a scripture.
2. Spend 5 minutes daily meditating on God's promises.
3. Memorize Romans 12:2.

Prayer: Heavenly Father, renew my mind. I let go of thoughts that do not align with Your truth. Transform me to think as You think. In Jesus' name, Amen.

Your thoughts on today's topic and word

A large rectangular box with an orange border, containing seven horizontal dashed lines for writing.

A person is seen from behind, walking on a sandy beach towards the ocean. The scene is bathed in the warm, golden light of a sunset or sunrise, with the sun low on the horizon. The person's silhouette is dark against the bright background. The text is overlaid in white, bold, sans-serif font.

**“I AM LEAVING YOU WITH A
GIFT – PEACE OF MIND AND
HEART. AND THE PEACE I
GIVE IS A GIFT THE WORLD
CANNOT GIVE. SO DON’T BE
TROUBLED OR AFRAID.”**

JOHN 14:27 (NLT)



Day 2: Fix Your Focus Focus: Fixing Your Thoughts on God

"You will keep in perfect peace those whose minds are steadfast, because they trust in you." - **Isaiah 26:3**

Our minds are constantly bombarded with distractions, worries, and fears. To ADVANCE, we need to intentionally fix our focus on God. Picture Peter walking on water: the moment he took his eyes off Jesus, he began to sink. A mind focused on ADVANCING, trusts God and stays steadfast, even amid storms.

Application Points:

1. Identify one distraction in your life and create a plan to reduce its influence.
2. Begin each morning by focusing on a promise of God.
3. Spend time journaling ways God has been faithful in the past.

Prayer: Lord, help me fix my mind on You. I choose peace over worry and trust over fear. You are my focus and my anchor. Amen.

Your thoughts on today's topic and word



DAY 3

January 14

Day 3: Guard Your Mind

Focus: Protecting Your Thoughts

"Above all else, guard your heart, for everything you do flows from it."

- **Proverbs 4:23**

Your mind is a gateway. What you allow in shapes your emotions, words, and actions. Imagine leaving your front door wide open—anyone could come in. Similarly, when we don't guard our thoughts, negativity can take root. To ADVANCE in 25, we must protect our mental space with wisdom, boundaries, and God's Word.

Application Points:

1. Evaluate what you're consuming (media, conversations, etc.) and remove toxic influences.
2. Start and end your day by reading scripture.
3. Pray for discernment to recognize thoughts that aren't from God.

Prayer: Father, help me guard my mind and heart. Let only truth, peace, and wisdom take root in me. I surrender my thought life to You. Amen.

Your thoughts on today's topic and word



DAY 4

January 15

Day 4: Align with God's Will

Focus: Thinking in Alignment with God's Purpose

"For I know the plans I have for you, declares the Lord, plans to prosper you and not to harm you, plans to give you a hope and a future." -

Jeremiah 29:11

Sometimes, our plans and thoughts don't align with God's will. We may strive and struggle, only to feel stuck. ADVANCING begins when we surrender our plans and ask God to reveal His. Trust that His ways are higher, His thoughts are greater, and His purpose for you is perfect.

Application Points:

1. Write down your goals for the year and pray over them.
2. Ask God to show you where your plans need to align with His.
3. Be still and listen for God's guidance today.

Prayer: Lord, I surrender my plans to You. Align my thoughts, goals, and dreams with Your purpose for me. I trust Your plans are best. In Jesus' name, Amen.

Your thoughts on today's topic and word

A large rectangular box with an orange border, containing seven horizontal dashed lines for writing.



DAY 5

January 16

Day 5: Think on What Is True Focus: Choosing Godly Thoughts

"Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things." - **Philippians 4:8**

Our thoughts shape our reality. If you focus on negativity, you will live in discouragement. But if you think on what is true, lovely, and noble, you will begin to ADVANCE. When negativity creeps in, replace it with gratitude, truth, and praise. Don't be always bringing up the "Bad Stuff".

Application Points:

1. Write out Philippians 4:8 and place it somewhere visible.
2. Choose one area of life where you need to replace negativity with God's truth.
3. List five things you're grateful for today.

Prayer: Heavenly Father, help me to think on things that honor You. I choose thoughts of truth, purity, and praise. Thank You for renewing my mind. Amen.

Your thoughts on today's topic and word



DAY 6

January 17

Day 6: Take Every Thought Captive Focus: Gaining Control Over Your Thoughts

"We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ." - 2 Corinthians 10:5

Not every thought that enters your mind is from God. Negative, self-defeating, or fearful thoughts can derail you. ADVANCING requires you to take control and make your thoughts obedient to Christ. Imagine holding a thought up to God's truth—if it doesn't align, you replace it.

Application Points:

1. Notice when you have a negative thought and pray to release it.
2. Speak a scripture aloud whenever fear or doubt creeps in.
3. Journal any recurring thoughts and align them with God's Word.

Prayer: Lord, I take every thought captive and surrender it to You. Help me discern Your truth and reject lies. In Jesus' name, Amen.

Your thoughts on today's topic and word



DAY 7

January 18

Day 7: Walk in the Mind of Christ Focus: Advancing with the Mind of Christ

"Let this mind be in you, which was also in Christ Jesus." -

Philippians 2:5

To ADVANCE, we must adopt the mindset of Christ—humility, love, and purpose. Jesus lived with a clear focus on God's will and served others selflessly. An ADVANCING mind isn't consumed by pride or worry; it's surrendered to God and driven by love.

Application Points:

1. Ask God to show you where you need a Christ-like mindset.
2. Look for one way to serve someone selflessly today.
3. Commit to walking in humility and purpose this year.

Prayer: Father, I desire the mind of Christ. Help me walk in humility, love, and focus on Your will. May I thrive as I live like Jesus. Amen.

Your thoughts on today's topic and word

**21 Days of Prayer & Fasting
ADVANCE - THRIVE IN '25**



Week 2



**21 Days of Prayer & Fasting
ADVANCE - THRIVE IN '25**



DAY 8

January 19

Day 8: A Heart That Trusts

Focus: Trusting God with your whole heart.

"Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to Him, and He will make your paths straight." –

Proverbs 3:5-6 (NIV)

Imagine standing on the edge of a diving board for the first time. The pool looks deep, the fall intimidating. A child hesitates but then hears their father's voice: "Jump, I've got you!" That trust propels them forward. God is calling us to leap into His promises with the same faith, knowing He's ready to catch us. ADVANCING starts with a heart that chooses trust over fear.

Application Points:

1. Identify one area where you're struggling to trust God.
2. Write down a promise from God's Word to speak over that situation.
3. Surrender your doubts to Him in prayer.

Prayer: Heavenly Father, I choose to trust You with my whole heart. Help me to lean on Your wisdom and not my own understanding. Let my heart rest in Your promises. In Jesus' name, Amen.

Your thoughts on today's topic and word

**“FOR HE WILL RESCUE YOU
FROM EVERY TRAP AND
PROTECT YOU FROM DEADLY DIS-
EASE. HE WILL COVER YOU WITH
HIS FEATHERS. HE WILL SHELTER
YOU WITH HIS WINGS. HIS FAITH-
FUL PROMISES ARE YOUR ARMOR
AND PROTECTION.”**

PSALM 91:3-4 (NLT)



DAY 9

January 20

Day 9: A Heart That Forgives Focus: Letting Go of Offense and Embracing Forgiveness

"Above all else, guard your heart, for everything you do flows from it."

– **Proverbs 4:23 (NIV)**

You ever carried bitterness toward a friend who betrayed you. It felt like a weight in your chest. One day, as I read Proverbs 4:23, I realized that holding onto offense was poisoning my heart. By forgiving others, I found peace and freedom. Forgiveness doesn't release someone from accountability; it releases you to ADVANCE.

Application Points:

1. Write the names of those you need to forgive. Pray for them.
2. Ask God to soften your heart and heal the hurt.
3. Take one step toward reconciliation, if possible.

Prayer: Lord, help me to forgive as You have forgiven me. Remove bitterness and anger from my heart and fill it with Your peace. I release all offenses to You. Amen.

Your thoughts on today's topic and word



DAY 10

January 21

Day 10: A Heart That Listens

Focus: Listening to God's voice in a noisy world.

"My sheep listen to my voice; I know them, and they follow me."

– **John 10:27 (NIV)**

In the chaos of life, Elijah sought God in the wind, earthquake, and fire, but God spoke in a gentle whisper (1 Kings 19). Sometimes, we're waiting for something dramatic when God is already speaking in the stillness. To ADVANCE, we must quiet our hearts and tune into His voice.

Application Points:

1. Set aside 5 minutes today to sit in silence and listen for God.
2. Write down anything you sense Him saying through Scripture or prayer.
3. Remove distractions when you spend time with God.

Prayer: Father, teach me to recognize and listen to Your voice. Quiet the noise around me and within me so I can hear Your whisper.

Amen.

Your thoughts on today's topic and word



DAY 11

January 22

Day 11: A Heart That Loves

Focus: Loving others as Christ loves us.

"A new command I give you: Love one another. As I have loved you, so you must love one another." – **John 13:34 (NIV)**

Ever noticed someone you knew struggling and decided to reach out, offering encouragement and prayer. That small act of love opened the door for deeper conversations about God's grace.

ADVANCING hearts overflow with Christ's love, blessing others and drawing them closer to Him.

Application Points:

1. Ask God to show you someone who needs His love today.
2. Perform one act of kindness—a note, a prayer, or a helping hand.
3. Reflect on how Christ has loved you.

Prayer: Lord, fill my heart with Your love so I can pour it into others. Help me to love unconditionally and generously, just as You have loved me. Amen.

Your thoughts on today's topic and word



DAY 12

January 23

Day 12: A Heart That Obeys

Focus: Obeying God's leading without hesitation.

"If you love me, keep my commands." – **John 14:15 (NIV)**

When Peter cast his net at Jesus' instruction, even though it seemed illogical, he witnessed an overwhelming catch (Luke 5:5-6). ADVANCING requires obedience, even when we don't fully understand God's plan. A heart that obeys is positioned for His blessings.

Application Points:

1. Is there something God has been prompting you to do? Take the first step.
2. Reflect on times when obedience brought blessings.
3. Pray for courage to follow God's direction today.

Prayer: Heavenly Father, help me to obey Your Word and leading, even when it's hard or unclear. I trust that Your ways are best. Amen.

Your thoughts on today's topic and word



DAY 13

January 24

Day 13: A Heart That Seeks Focus: Pursuing God above all else.

"You will seek me and find me when you seek me with all your heart."

– **Jeremiah 29:13 (NIV)**

David was known as a man after God's own heart. Despite his failures, he sought God passionately. An ADVANCING heart is one that prioritizes time in God's presence. Like any relationship, closeness with God requires intentional pursuit.

Application Points:

1. Schedule a time today to read Scripture and pray intentionally.
2. Remove one distraction that keeps you from seeking God.
3. Journal about what God is revealing to you.

Prayer: Lord, I want to know You more. Stir a hunger in my heart to seek You daily. Draw me closer to Your presence. Amen.

Your thoughts on today's topic and word



DAY 14

January 25

Day 14: A Heart That Thrives Focus: Living fully in God's Purpose

"The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full." – **John 10:10 (NIV)**

ADVANCING isn't about worldly success; it's about flourishing in the life God designed for you. Jesus promises an abundant life—one filled with purpose, joy, and peace. When your heart aligns with Him, you thrive, no matter the circumstances.

Application Points:

1. Reflect on the past seven days: What has God spoken to your heart?
2. Share your testimony with someone about how you plan to ADVANCE.

Prayer: Father, thank You for calling me to thrive in You. I surrender my plans, my heart, and my year to Your purpose. Let my life bring You glory. In Jesus' name, Amen.

Your thoughts on today's topic and word

**21 Days of Prayer & Fasting
ADVANCE - THRIVE IN '25**



Week

3



**21 Days of Prayer & Fasting
ADVANCE - THRIVE IN '25**



DAY 15

January 26

Day 15: Open Hands – Surrender to God Focus: Thriving begins with surrendering all to God.

"Humble yourselves before the Lord, and He will lift you up."

– James 4:10

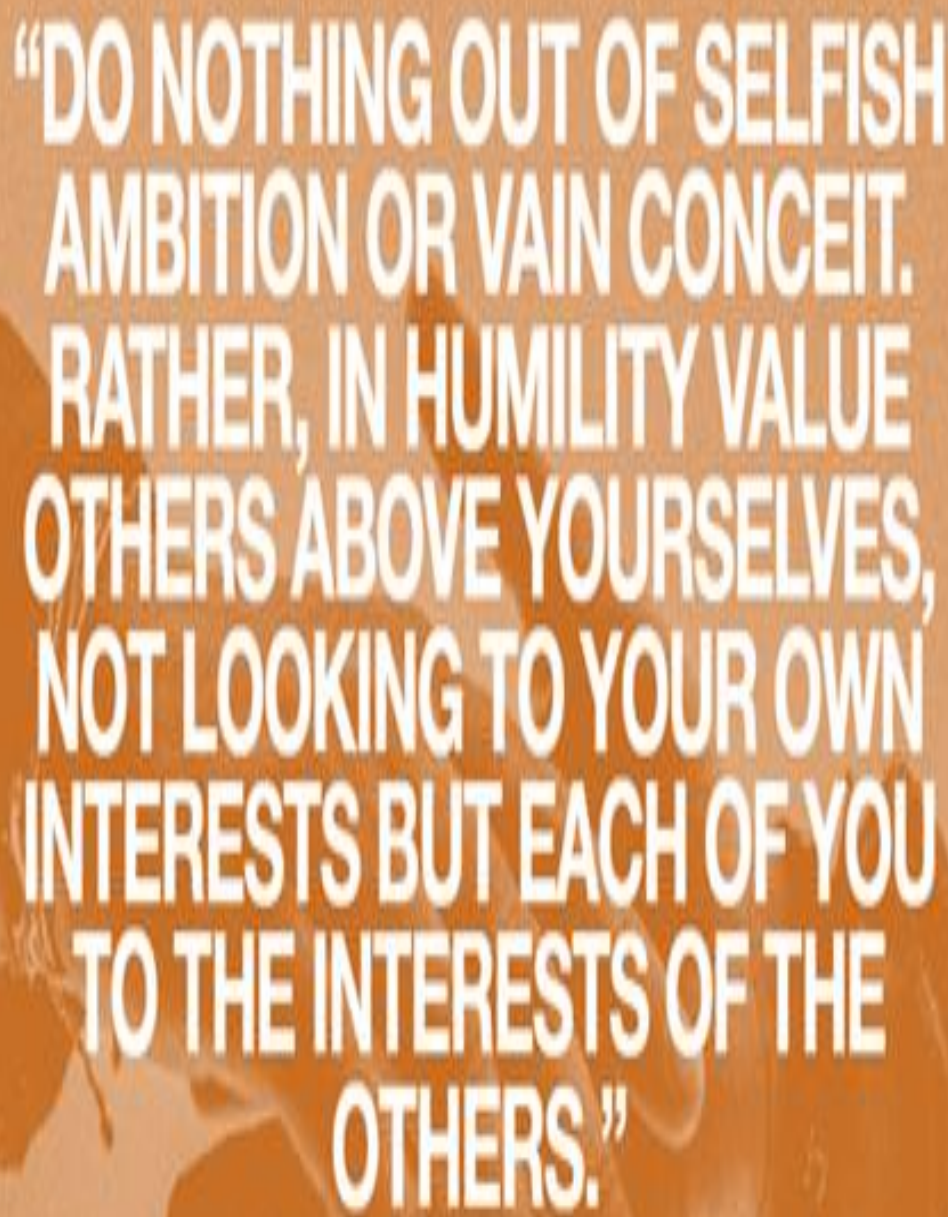
A farmer's harvest begins with an open hand—letting go of the seed and trusting the process of growth. In life, we often cling tightly to our plans, but true ADVANCING comes when we surrender them to God. When our hands are open, we release control and allow God to move freely.

Application Points:

1. Take time to identify what you need to release (worry, fear, control).
2. Physically open your hands in prayer, symbolizing surrender.

Prayer: Lord, I come to You with open hands. I release all that holds me back and trust Your plan for my life. Help me to let go so I can thrive in You. Amen.

Your thoughts on today's topic and word



**“DO NOTHING OUT OF SELFISH
AMBITION OR VAIN CONCEIT.
RATHER, IN HUMILITY VALUE
OTHERS ABOVE YOURSELVES,
NOT LOOKING TO YOUR OWN
INTERESTS BUT EACH OF YOU
TO THE INTERESTS OF THE
OTHERS.”**

PHILIPPIANS 2:3-4 (NIV)



DAY 16

January 27

Day 16: Clean Hands – Seek Purity Focus: Thriving Requires Clean Hands

"Who may ascend the mountain of the Lord? Who may stand in His holy place? The one who has clean hands and a pure heart..."

– Psalm 24:3-4

Inspiration/Story: Imagine a child coming to the dinner table with dirty hands. Before eating, they must clean up. Spiritually, we cannot fully receive from God without first seeking forgiveness and purity.

Living in purity and integrity before God and others.

Application Points:

1. Reflect on areas of your life that need repentance.
2. Ask God to purify your motives and actions.

Prayer: Father, I desire to have clean hands and a pure heart. Forgive me where I have fallen short. Help me to walk in integrity and truth. Amen.

Your thoughts on today's topic and word



DAY 17

January 28

Day 17: Working Hands –Serving Others Focus: Thriving Requires Diligent Hands

"Whatever you do, work at it with all your heart, as working for the Lord, not for human masters." – **Colossians 3:23**

Jesus, our ultimate example, worked with His hands as a carpenter before starting His ministry. No task is too small when it's done for God's glory. ADVANCING involves using our hands to work diligently and serve others with excellence.

Application Points:

1. Identify one way you can serve someone today—at home, work, or church.
2. Commit to doing every task this week "as unto the Lord."

Prayer: God, thank You for the ability to work. Help me to use my hands to serve others with love, diligence, and excellence. May all I do honor You. Amen.

Your thoughts on today's topic and word



DAY 18

January 29

Day 18: Generous Hands – Give Freely Focus: Thriving is found in generosity.

Scripture: "You will be enriched in every way so that you can be generous on every occasion." – 2 Corinthians 9:11

A small boy offered his lunch—five loaves and two fish—to Jesus. In the hands of God, that small offering fed thousands. Generosity multiplies. When our hands are open to give, God blesses us to give even more.

Application Points:

1. Look for an opportunity to give today—whether time, resources, or encouragement.
2. Trust that God will use what you give for His purpose.

Prayer: Lord, make me a vessel of generosity. Help me to give freely, knowing You provide all I need. Use what I offer to bless others.
Amen.

Your thoughts on today's topic and word



DAY 19

January 30

Day 19: Prayerful Hands – Seek God in All Things Focus: Thriving Requires Lifting Our Hands in Prayer

"I want the men everywhere to pray, lifting up holy hands without anger or disputing." – **1 Timothy 2:8**

Moses lifted his hands in prayer during a battle, and as long as his hands were raised, Israel prevailed. Hands lifted in prayer signify dependence on God's power. Lifting our hands in prayer symbolizes seeking God's wisdom, peace, and provision.

Application Points:

1. Spend focused time in prayer today, lifting your hands as a sign of trust.
2. Pray for your family, church, and areas where you need God's intervention.

Prayer: Father, I lift my hands to You in prayer and surrender. I invite You into every area of my life and trust You to move on my behalf.

Amen.

Your thoughts on today's topic and word



DAY 20

January 31

Day 20: Strong Hands – Persevere with God’s Strength Focus: Thriving requires Perseverance

"So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand." – Isaiah 41:10

Picture a parent holding their child’s hand while walking up a steep hill. The child doesn’t fall because the parent’s grip is strong. God’s hand is steady and strong, holding us through challenges. Thriving means relying on God’s strength when life feels heavy.

Application Points:

- Acknowledge areas where you feel weak or weary.
- Memorize this: "So do not fear, for I am with you; do not be dismayed, for I am your God."

Prayer: Lord, I need Your strength to persevere. Uphold me with Your steady hand, and help me thrive even in difficult seasons. Amen.

Your thoughts on today’s topic and word



DAY 21

February 1

Day 21: Prospering Hands – Flourish in God’s Purpose

Focus: Thriving means prospering in God’s purpose for your life. When you commit your work and your ways to Him, your hands will flourish. In order to thrive we must ADVANCE.

“The Lord will send a blessing on your barns and on everything you put your hand to. The Lord your God will bless you in the land He is giving you.” – **Deuteronomy 28:8**

A gardener plants seeds, waters them, and nurtures the soil. Though growth may take time, the harvest is plentiful when the hands remain diligent, and the process stays rooted in faith. God desires that the work of our hands prospers—not just for our benefit but for His glory and the good of others. When we align with His will, everything we touch can thrive.

Application Points:

1. Dedicate your skills, projects, and work to God, trusting Him to make them fruitful.
2. Be intentional about using your gifts to serve others and build His kingdom

Prayer: Heavenly Father, I thank You for the opportunity to flourish in Your purpose. I commit the work of my hands to You. Lord, and make everything I do prosper for Your glory. May I thrive as I walk in obedience to You. Amen.

Your thoughts on today’s topic and word



Well My Brothers and Sisters!!!

We hope you've enjoyed this 21-day journey as a church family, and we want you to know this is only the start!! Our prayer is for you to build a habit that will continue for a lifetime. We hope you've encountered the presence of God in a new way, and that you found how prayer truly changes everything: our hearts, minds, attitudes, perspectives, our families, workplaces, communities and our plans. We want to leave you with a powerful message from Romans 12:1-2, as you continue to grow in Christ and **ADVANCE** during this year to the point of **THRIVING IN '25!**

Place Your Life Before God – Romans 12: 1-2, MSG

So here's what I want you to do, God helping you: Take your everyday, ordinary life—your sleeping, eating, going-to-work, and walking-around life—and place it before God as an offering. Embracing what God does for you is the best thing you can do for him. Don't become so well-adjusted to your culture that you fit into it without even thinking. Instead, fix your attention on God. You'll be changed from the inside out.

Readily recognize what he wants from you, and quickly respond to it. Unlike the culture around you, always dragging you down to its level of immaturity, God brings the best out of you, develops well-formed maturity in you.

The best is yet to come as we **ADVANCE** in all parts of our lives!!!! Tell yourself: **I'm going to Thrive in '25!!!**

Kevyn M. Bryant Sr, Lead Pastor (Pastor B)





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