



RESET

14 Days of Prayer and Fasting

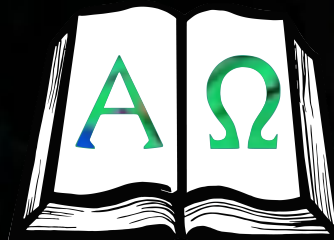


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Spiritual Reset

“Just turn it off and turn it back on again.”
- Roy from the I.T. Crowd

I am so glad you are reading this. I believe God is going to use this study to grow us individually and as a church. What are we doing? We are taking the next 2 weeks to pray, fast and feast on God’s Word and to give ourselves a spiritual reset.

What is a Spiritual Reset?

It is meant to be a time where we turn down the noise of the world and amplify the voice of the Lord. To be a short season where we withdraw from distractions and draw near to the throne of grace. During this time, you will be invited to pray continually, fast regularly and feast on God’s Word consistently.

Who Should Use this Study?

This study is meant for people who have entrusted themselves to Jesus, as Lord of their life. If you have not yet surrendered your life to Jesus, this study would not only be tedious but also would likely make little sense to you, as it has been deliberately written to have its participants engaging with God directly. However, if you are reading this and want to be united to Jesus, you can give your life to him right now. Pray a prayer like this:

“Jesus, I know that I am a sinner and that I deserve to be separated from you because of my sin. But I believe you are the son of God and I believe that you died on the cross for sinners like me. I believe you were resurrected, proving you have the power to save sinners like me. Jesus, I give myself to you body, mind and soul. I surrender to your Lordship and I will live for you alone! Amen”

If you prayed that just now, please reach out to me at matt@kodiakberean.com . I would love to follow up with you and walk you through what it means to be a disciple of Jesus.

How to Use this Study

Set aside at least 30 minutes each day to engage with God’s Word and to pray. This may seem like a lot but with so many distractions in this world, slowing down and resting in Christ is one of the best ways that we can reset our souls. This is written as a morning Bible study with “Live It Out” prompts for that day. But I know some of you night owls

will prefer the evening and I will encourage you to then use those prompts for the next day.

Each day you will be directed to:

- **Feast on the Word:** This is feasting on God's Word; meditating on it, studying it and thinking through the implications.
- **Guided Prayer:** There will be a guided prayer that is aimed at helping you to engage the heart of God.
- **Live it Out:** Put what you are learning into practice by kneading truth into your life.
- **Family Discussion (if applicable):** Talk through what you are learning with your kids to try to get it down on their level.
- Finally, there will be a short (5-10 min) podcast coming out everyday that will unpack what you are learning and challenge you in your faith. You can find it on our website www.kodiakberean.com/reset , on our Facebook, Instagram or on your podcast feed under Spiritual Reset Kodiak. I really encourage you to listen as they will help draw everything together.

I believe God is willing and wanting to do amazing things in and through you during this reset; let Him! The enemy will do his best to distract your mind, distress your heart, and destroy your joy during this study. **DON'T LET HIM!** Fight for faith! Don't let this become a duty you feel guilty into; rather, let it be a life giving delight that you give yourself to. Don't get down on yourself if you get behind, it happens to all of us. I am praying for you!

Matt

Day Zero

What's all this about fasting?

Fasting FAQs

Why fast?

It is only in our modern church that fasting has become a practice that has fallen out of fashion. For most of church history, it would have been normal for followers of Jesus to fast regularly. Fasting is a spiritual discipline of abstaining from food for a period of time in order to draw near to the Lord. Fasting does not automatically make us holier; but when we approach fasting with a right heart, fasting helps catapult us into the presence of God. It helps us to draw near to the throne of grace, which is exactly what we are desiring to do with this spiritual reset.

Should we fast?

Fasting is not commanded by scripture but it is commended to us as a helpful practice for our spiritual development. It is a gift given to us by God for our edification. Woe to us if we choose not to use a good gift from God that will help us grow in him.

What does fasting do that is special?

When we fast, after awhile our stomach starts to scream at us. These hunger pangs are the impetus for us to pray, to draw near to God. Every time our stomach yells "feed me," we translate that into a prayer that says I need you. More than this, when you use your meal times to feast on God's Word, you are nourishing your soul.

How much should I fast in these 14 days?

That's up to you. I would encourage you to try to fast from food for at least 1 day each week. Beyond that, I am inviting everyone to engage in a 14day Lenten style fast explained below. It is my hope that on Resurrection weekend, we can intentionally attune our hearts to the Lord through prayer, fasting and feasting on the Word of God.

What if I cannot fast from food?

Many of you have medical conditions or other situations that would keep you from fasting food. That's ok. While food is an ideal thing to fast from, there are many other things you can intentionally fast from in order to draw near to the Lord. This type of fast is not only good but it is biblical. We see it in 1 Corinthians 7:5 and in the book of Daniel. On top of a traditional fast, I will be engaging in a digital fast during this time, where I intentionally remove all media/distraction/web

browsing apps from my phone and basically make my phone a dumb phone. Every time I have a desire to look at my phone, I am planning to pray and draw near to the Lord! Whether it is media, meat, sugar or something else, I would encourage everyone to take the next 14 days and fast from something you normally crave. This is a type of fasting we all can do leading up to Easter.

How to fast?

The best way I know is to remember the acrostic F.A.S.T.:

Focus on God! Not on missing food.

Abstain from food or other things that you regularly crave.

Substitute the time with prayer and meditation on God's Word.

Taste and see that God is good. Enjoy the gift that is fasting.

Day 1: Calling

Feast on the Word

Ephesians 1:3-14

In a private place, sit down, get comfy and imagine the Father sitting next to you with His arm around you in love. Now read the text (if possible, read it aloud) replacing **our, us, we** and **you** with my, me and I.

Slow down and let the weight of these verses hit you. Do your best not to let the mystery of predestination trip you up; just receive it and let this text fill you with comfort and security.

Blessed be the God and Father of **our** Lord Jesus Christ, who has blessed **us** in Christ with every spiritual blessing in the heavenly places, even as he chose **us** in him before the foundation of the world, that **we** should be holy and blameless before him. In love he predestined **us** for adoption to himself as sons through Jesus Christ, according to the purpose of his will, to the praise of his glorious grace, with which he has blessed **us** in the Beloved. In him **we** have redemption through his blood, the forgiveness of **our** trespasses, according to the riches of his grace, which he lavished upon **us**, in all wisdom and insight making known to **us** the mystery of his will, according to his purpose, which he set forth in Christ as a plan for the fullness of time, to unite all things in him, things in heaven and things on earth.

In him **we** have obtained an inheritance, having been predestined according to the purpose of him who works all things according to the counsel of his will, so that **we** who were the first to hope in Christ might be to the praise of his glory. In him **you** also, when you heard the word of truth, the gospel of **your** salvation, and believed in him, were sealed with the promised Holy Spirit, who is the guarantee of **our** inheritance until we acquire possession of it, to the praise of his glory.

After meditating on this passage, how do you feel about God?

Guided Prayer

In your own words offer up a prayer of thanksgiving and praise that unpacks your feelings about each element of your salvation mentioned in this passage.

- every spiritual blessing
- we are chosen
- we are holy and blameless
- predestined us for adoption
- redemption through his blood
- the forgiveness of our sin
- our inheritance in Christ
- his purpose and will for our lives
- the word of truth
- our salvation
- the Holy Spirit indwelling us

Live it Out

Write these truths about you down and keep them with you all day today. In any spare moments rehearse them to yourself, kneading this truth into your heart, the way leaven is kneaded into bread, letting it permeate your lived reality. Ask yourself how knowing these truths might change how you approach your work, friendships and family life.

Family Discussion

Talk through each element of the spiritual blessings with your kids: ask them specific ways that they have seen God's hand working spiritual blessings in their lives. Take turns praying one sentence prayers praising and thanking God for his blessings and provision in your lives.

Day 2: Prayer

Feast on the Word

Matthew 6:5-9

Read this passage 3 times:

- On your first reading, meditate on what Jesus is commanding us not to do in prayer. Write down these commands along with any questions you have.
- On your second reading, focus on what Jesus commands us to do. Highlight his commands.
- On your third reading, meditate on each phrase of the Lord's prayer. As you meditate on each phrase, take some time to personalize each phrase by writing it in your own words.

“And when you pray, you must not be like the hypocrites. For they love to stand and pray in the synagogues and at the street corners, that they may be seen by others. Truly, I say to you, they have received their reward. But when you pray, go into your room and shut the door and pray to your Father who is in secret. And your Father who sees in secret will reward you.

“And when you pray, do not heap up empty phrases as the Gentiles do, for they think that they will be heard for their many words. Do not be like them, for your Father knows what you need before you ask him. Pray then like this:

“Our Father in heaven,
hallowed be your name.
Your kingdom come,
your will be done,
on earth as it is in heaven.
Give us this day our daily bread,
and forgive us our debts,
as we also have forgiven our debtors.
And lead us not into temptation,
but deliver us from evil.

For if you forgive others their trespasses, your heavenly Father will also forgive you, but if you do not forgive others their trespasses, neither will your Father forgive your trespasses.

Guided Prayer

Slowly pray through your personalized Lord's prayer, stopping at the end of each phrase and elaborating. For example:

My father in heaven who loves me- *I am so thankful that in Jesus you see me as your son, that I can approach the throne boldly and call you my abba, my dad, father. This is more grace than I can comprehend, that a broken sinner like me has been adopted into your family...Thank you.*

Glorious, wonderful, and majestic is your name- *You created everyone and everything from nothing. You are perfectly just and perfectly holy yet you are merciful and filled with grace. I praise your name because you are worthy; beyond that, I praise your name because you have given me new life through Jesus.*

Live it out:

Take a significant time today to get away and get alone with God. Try to set aside at least 30 minutes to pray. If there are people you are bitter towards or are struggling to forgive, spend extra time praying through "and forgive us our debts, as we also have forgiven our debtors" but changing it to: "and forgive my sin, just as I am forgiving _____ sin." Knead this into your heart until you are genuinely forgiving.

Family Discussion

Talk through each phrase of the Lord's prayer with your kids. Ask your kids why each phrase is important. Unpack how they can pray the same things in their own words. Pray as a family, having each person pray one phrase from the Lord's prayer in their own words.

Day 3: Fasting

Feast on the Word

Matthew 6:16-18

When you read this passage, imagine yourself as a very inquisitive child listening to Jesus say this. Write down all the questions you would ask Him. (Example: Who are the hypocrites? What reward have they received?)

“And when you fast, do not look gloomy like the hypocrites, for they disfigure their faces that their fasting may be seen by others. Truly, I say to you, they have received their reward. But when you fast, anoint your head and wash your face, that your fasting may not be seen by others but by your Father who is in secret. And your Father who sees in secret will reward you”

Guided Prayer

My father, I thank you for the gift of fasting. I pray that you would give me the resolve to use this gift well. I thank you that my identity is not in what others think of me. Please protect me from the trap of self-glorifying religion. Instead, help me to live only to please you. Please guard my heart from seeking the applause of the crowd and help me to live for your glory, even when no one is watching.

Live it Out

Make plans on when and how you will fast over the next 14 days.

Remember, fasting is a good gift, not a commanded practice, so be sure this is really what you want to do.

Family Discussion

Talk to your kids about what fasting is and ask them if there is something they regularly crave that they would be willing to fast from for the next 14 days. Be sure not to pressure or guilt them into giving something up; this is only helpful if it is their decision.

Listen to Day 3 of the Spiritual Reset podcast at www.kodiakberean.com/reset

Day 3 Fighting Sin

Feast on the Word

Romans 8:7-13

Read this passage slowly, writing down everything the flesh is and does in one column and everything the Spirit is and does in the other column.

For the mind that is set on the flesh is hostile to God, for it does not submit to God's law; indeed, it cannot. Those who are in the flesh cannot please God.

You, however, are not in the flesh but in the Spirit, if in fact the Spirit of God dwells in you. Anyone who does not have the Spirit of Christ does not belong to him. But if Christ is in you, although the body is dead because of sin, the Spirit is life because of righteousness. If the Spirit of him who raised Jesus from the dead dwells in you, he who raised Christ Jesus from the dead will also give life to your mortal bodies through his Spirit who dwells in you.

So then, brothers, we are debtors, not to the flesh, to live according to the flesh. For if you live according to the flesh you will die, but if by the Spirit you put to death the deeds of the body, you will live.

Read through the flesh column and put the word "my" in front of the flesh. Meditate on your fleshly struggles with sin: what they are and the havoc they cause in your life. Let yourself be disgusted by them, but do not wallow. Rather let them also be an occasion to wonder at God's grace and the fact that there is no condemnation for you in Christ Jesus.

Now read through the Spirit's column reminding yourself that this Spirit is in you and that everything this passage says the Spirit does, he does in you.

Guided Prayer

Spirit, I thank you that you dwell in me because of my union with Jesus. Jesus, thank you that I belong to you, that you give me your righteousness through the cross and that one day I will be raised to live with you in New Jerusalem. Father, I confess my need for the Spirit's power in my life to kill my flesh. I cannot do this on my own. I need your power so that I might live abundantly. Lord, show me the areas where my flesh rules and empower me to kill and and make no provision for the flesh in my life.

Amen

Live it Out

Ask 1 or 2 of the people closest to you to honestly tell you where they see you living according to the flesh. Guard your heart against defensiveness and self-recrimination remembering that at the core of the Christian message is the admission that we are sinners saved by grace. After hearing these, spend time with the Lord asking him how you can make no provision for these sins in your life and asking him to empower you to put them to death through the Spirit.

Family Discussion

Explain what the flesh is to your kids and ask them if they notice areas in their lives where they might live according to the flesh. If your children have trusted in Jesus as Lord, talk to them about how they might set up guard rails in their life to keep them from sin (making no provision for the flesh) and how they can kill sin in their life only through the Spirit's power, not will power. Be sure to let them volitionally expose sin, not pressing them about what you see.

For children who have not trusted in Jesus yet, help them see how their sin causes death and destruction for them, but how Jesus brings joy and life for those who trust him. Share the Gospel with them.

Day 4: Fighting for Faith

Feast on the Word

Hebrew 10:19-25

Read this passage carefully, trying to follow the line of logic and being careful not to get lost in the metaphor of the temple. Now reread it, replacing “brothers” and “us” with your name.

Therefore, brothers, since we have confidence to enter the holy places by the blood of Jesus, by the new and living way that he opened for us through the curtain, that is, through his flesh, and since we have a great priest over the house of God, let us draw near with a true heart in full assurance of faith, with our hearts sprinkled clean from an evil conscience and our bodies washed with pure water. Let us hold fast the confession of our hope without wavering, for he who promised is faithful. And let us consider how to stir up one another to love and good works, not neglecting to meet together, as is the habit of some, but encouraging one another, and all the more as you see the Day drawing near.

Think about how in Christ you can draw near to God with a true heart in full assurance of faith. Does that feel true of your experience with God?

When does your faith waver? How does knowing that he is faithful even when we are wavering give us strength to hold fast?

Are you in the habit of stirring up others to love and good works? How do you normally do this?

Guided Prayer

Jesus, give me confidence that I can draw near to the Father through your shed blood. When I am wavering, thinking that I am too weak or too sinful, remind me that my assurance is rooted in you, not me. Help me to derive confidence not based on my works, but on my union with you. Spirit, strengthen me to fight everyday to live by faith and not by sight and to trust you in all things. Use me to stir others up, to strengthen them, encourage them and help them find joy in you!

Live it Out

Prayerfully fight to approach every situation and conversation today believing that God sees all, knows all, and is faithfully working everything out for your good and his glory. Therefore in every conversation and situation, ask how you can faithfully glorify God, knowing he is with you. If there is a conversation or situation that is particularly hard, spend time praying that you would walk by faith in that situation.

Family Discussion

Talk through how each of you might help to stir one another up in their faith. How you might encourage and help each other live a life filled with love and good works. Write each child an encouraging note that helps them to walk by faith and put it on their pillow.

Day 6: Confession

Feast on the Word

Psalm 32

Read each stanza of this psalm one at a time, pausing and praying after each stanza and allow David's words to guide your prayer. Feel the journey of this psalm and let it invite you to confession.

A Maskil Of David.

Blessed is the one whose transgression is forgiven,
whose sin is covered.

Blessed is the man against whom the LORD counts no iniquity,
and in whose spirit there is no deceit.

For when I kept silent, my bones wasted away
through my groaning all day long.

For day and night your hand was heavy upon me;
my strength was dried up as by the heat of summer. *Selah*

I acknowledged my sin to you,
and I did not cover my iniquity;
I said, "I will confess my transgressions to the LORD,"
and you forgave the iniquity of my sin. *Selah*

Therefore let everyone who is godly
offer prayer to you at a time when you may be found;
surely in the rush of great waters,
they shall not reach him.

You are a hiding place for me;
you preserve me from trouble;
you surround me with shouts of deliverance. *Selah*

I will instruct you and teach you in the way you should go;
I will counsel you with my eye upon you.
Be not like a horse or a mule, without understanding,
which must be curbed with bit and bridle,
or it will not stay near you.

Many are the sorrows of the wicked,
but steadfast love surrounds the one who trusts in the LORD.
Be glad in the LORD, and rejoice, O righteous,
and shout for joy, all you upright in heart!

Guided Prayer

Start by exposing your whole heart to God and ask him to search you and show you any sin you are blind to. Wait and listen for the conviction of the Holy Spirit.

If there is sin(s) that you have been unwilling to confess to the Lord, confess it now. Now download your whole heart to the Lord, pouring out all your guilt and shame before him. Let your heart feel the weight of your sin.

Now confess what else is true about you: that you have been forgiven through faith in Jesus. Not only forgiven but adopted and empowered by the Spirit to do great and mighty things. Let that sink in and glory at the wondrous grace of God.

Live it Out

At each meal time today, remind yourself that you are “simul justus et peccator” that is that you are simultaneously righteous and a sinner. Take time reminding yourself how you are a sinner through and through and then take time reminding yourself how you are now righteous in Christ through and through. Let these truths inform how you relate to others today, being both humble and bold.

Family Discussion

Talk through how walking in sin and holding it in leads to feeling like you are wasting away. Its like acid in your body. Give your kids time to silently confess their sin to the Lord. After a time of prayer, talk through the joy that comes from God’s mercy and grace.

Day 7: Rest

Feast on the Word

Psalm 23

Spend time meditating on each phrase of this psalm. Notice what you (the sheep) do and what God (our shepherd) does. Now close your eyes and rest in his presence thinking through how God has shepherded you.

The Lord is my shepherd; I shall not want.

He makes me lie down in green pastures.

He leads me beside still waters.

He restores my soul.

He leads me in paths of righteousness for his name's sake.

Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me.

You prepare a table before me in the presence of my enemies;

you anoint my head with oil; my cup overflows.

Surely goodness and mercy shall follow me all the days of my life, and I shall dwell in the house of the Lord forever.

Guided Prayer

Pray each phrase of Psalm 23 as a personal prayer to God, stopping after each phrase, laying down your striving and simply resting in the care of your good shepherd. For example:

The Lord is my shepherd - I am not my shepherd, Lord you are. Thank you for purchasing me by your own blood so I can be a part of your flock. Thank you that I don't have to wander through life worried about what may come next because I have a good shepherd who takes care of me. Let me rest in this reality, Lord. Free my heart from worry and help me to trust in you.

Live it Out

Prayerfully approach every situation today trusting that God, your good shepherd, is with you, will provide for you, will protect you and will restore you. Let go of all striving and rest in the Lord's provision moving only at his direction.

Family Discussion

Read through Psalm 23. Ask your children which phrase they struggle most to believe and live. Initiate by sharing the phrase you struggle with most, sharing how you actively surrender this area to Jesus. Give them time to think, as it might be harder for younger kids.