



RESET

14 Days of Prayer and Fasting

Week 2

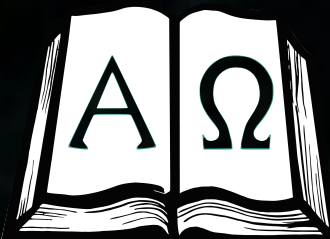


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Psalm 38

Before you read this Psalm, take a moment to remember times of suffering in your life (whether physical, emotional, relational or even spiritual). Don't downplay the anguish you felt; rather, let yourself feel how you felt during that time. Now read this Psalm as a personal prayer, letting David's words guide your heart. If you need to pause at any point, it is okay. It is okay to weep.

O LORD, rebuke me not in your anger,
nor discipline me in your wrath!
For your arrows have sunk into me,
and your hand has come down on me.

There is no soundness in my flesh
because of your indignation;
there is no health in my bones
because of my sin.
For my iniquities have gone over my head;
like a heavy burden, they are too heavy for me.

My wounds stink and fester
because of my foolishness,
I am utterly bowed down and prostrate;
all the day I go about mourning.
For my sides are filled with burning,
and there is no soundness in my flesh.
I am feeble and crushed;
I groan because of the tumult of my heart.

O Lord, all my longing is before you;
my sighing is not hidden from you.
My heart throbs; my strength fails me,
and the light of my eyes—it also has gone from me.
My friends and companions stand aloof from my plague,
and my nearest kin stand far off.

Those who seek my life lay their snares;
those who seek my hurt speak of ruin
and meditate treachery all day long.

But I am like a deaf man; I do not hear,
like a mute man who does not open his mouth.
I have become like a man who does not hear,
and in whose mouth are no rebukes.

But for you, O LORD, do I wait;
it is you, O Lord my God, who will answer.
For I said, "Only let them not rejoice over me,
who boast against me when my foot slips!"

For I am ready to fall,
and my pain is ever before me.
I confess my iniquity;
I am sorry for my sin.
But my foes are vigorous, they are mighty,
and many are those who hate me wrongfully.
Those who render me evil for good
accuse me because I follow after good.

Do not forsake me, O LORD!
O my God, be not far from me!
Make haste to help me,
O Lord, my salvation!

Guided Prayer

Using Psalm 38 as a guide, write out your own psalm of lament and pray it. Don't be afraid to pour out your confusion, pain, and sadness to the Lord. He wants you to share your pain and he wants to meet you there.

Live it Out

Keep your psalm with you all day and every time your mind reflects on your struggles, pray your psalm over it entrusting your struggle to Jesus.

Family Discussion

Ask your kids about the most painful or scariest time they have went through. Listen to their stories and talk through how they can bring their fear and pain to the Lord. Explain to them that they don't have to sanitize their feelings. Help guide them through a prayer of lament connected to the scary and/or painful time they went through.

Day 9: Saturate

Feast on the Word

Colossians 3:1-17

Before you read this text, make 2 columns: one for Gospel indicatives (what is true about you in Christ) and one for Gospel imperatives (how we should live in light of the Gospel). Write down the Gospel indicatives and Gospel imperatives that you see in this passage.

If then you have been raised with Christ, seek the things that are above, where Christ is, seated at the right hand of God. Set your minds on things that are above, not on things that are on earth. For you have died, and your life is hidden with Christ in God. When Christ who is your life appears, then you also will appear with him in glory.

Put to death therefore what is earthly in you: sexual immorality, impurity, passion, evil desire, and covetousness, which is idolatry. On account of these the wrath of God is coming. In these you too once walked, when you were living in them. But now you must put them all away: anger, wrath, malice, slander, and obscene talk from your mouth. Do not lie to one another, seeing that you have put off the old self with its practices and have put on the new self, which is being renewed in knowledge after the image of its creator. Here there is not Greek and Jew, circumcised and uncircumcised, barbarian, Scythian, slave, free; but Christ is all, and in all.

Put on then, as God's chosen ones, holy and beloved, compassionate hearts, kindness, humility, meekness, and patience, bearing with one another and, if one has a complaint against another, forgiving each other; as the Lord has forgiven you, so you also must forgive. And above all these put on love, which binds everything together in perfect harmony. And let the peace of Christ rule in your hearts, to which indeed you were called in one body. And be thankful. Let the word of Christ dwell in you richly, teaching and admonishing one another in all wisdom, singing psalms and hymns and spiritual songs, with thankfulness in your hearts to God. And whatever you do, in word or deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through him.

Now think through the different arenas of your life: are there areas where these Gospel indicatives don't seem to have saturated your thinking? These will likely be the areas where you find it hardest to joyfully live out the Gospel imperatives of this text. How would this area be different if you "set

your minds on things that are above, not on things that are on earth”? And how would your life be different if you approached everything with the mindset of “whatever you do, in word or deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through him.”

Guided prayer

Jesus, thank you that through my union with you, I will be raised to live with you forever in New Jerusalem. Please help me today to live as a citizen of New Jerusalem. Holy Spirit, please help me to focus my attention and my affection on the most important things, things with eternal significance. I need your help to kill the sin in my life that keeps me from enjoying you fully. Holy Spirit, would you fill me to overflowing, saturating every aspect of my life, bringing to bear the Fruit of the Spirit in my life for God’s glory. Thank you Father for calling me out of darkness and giving me new life in Jesus.

Live it Out

Go through your schedule this week, filtering through the things that have eternal significance and prioritize these things, giving them the best of yourself.

Family Discussion

Talk through verse 17 with your kids; specifically, how you can do anything in word or deed in the name of Jesus to the glory of God. Challenge them to think through how they can do their daily tasks in the name of Jesus for the glory of God (cleaning room, school, cooking etc...).

Day 10: Radiate

Feast on the Word

Matthew 5:13-16

Compare and contrast Jesus' metaphors of His followers being salt and light. (Remember, salt was a valuable commodity in the first century used for preserving food more than seasoning.)

Now read the section on light.

You are the salt of the earth, but if salt has lost its taste, how shall its saltiness be restored? It is no longer good for anything except to be thrown out and trampled under people's feet.

You are the light of the world. A city set on a hill cannot be hidden. Nor do people light a lamp and put it under a basket, but on a stand, and it gives light to all in the house. In the same way, let your light shine before others, so that they may see your good works and give glory to your Father who is in heaven.

What do these metaphors have in common?

What subtly different points is Jesus making about how His followers radiate the gospel in a dark and decaying world?

Guided Prayer

Ask Jesus to show you where in your sphere you can be salt: preserving wholeness and goodness while preventing decay and destruction in those around you?

Ask Jesus to show you who in your sphere of influence He desires you to intentionally shine the gospel to. Pray for opportunities to radiate the gospel with actions, attitude and words.

Now pray specifically for those you are going to be salty and bright to, asking Jesus to open their hearts and draw them to repentance and faith.

Live it Out

Pray a quick prayer for every person you meaningfully interact with today asking God to empower you to be salty and bright to them and asking Jesus to go before you. Then intentionally engage them spiritually with everything from “how can I pray for you?” to “what is your religious background?” to “do you want celebrate resurrection day with us this Sunday?” Don't be afraid to be bold, but not forceful or combative.

Family Discussion

Talk to your kids about how they might be salt in Kodiak... how they might preserve what is good and protect from corruption and enhance the flavor of our community. Talk to your kids about how they might live as lights, showing and sharing the gospel in word and deed.

Day 11: Reconciliation

Feast on the Word

2 Corinthians 5:16-21

Read this passage 2 times. On the first reading, focus on what this text says about God reconciling us to Christ through Jesus. On the second reading, focus on the ministry of reconciliation He has given us.

From now on, therefore, we regard no one according to the flesh. Even though we once regarded Christ according to the flesh, we regard him thus no longer. Therefore, if anyone is in Christ, he is a new creation. The old has passed away; behold, the new has come. All this is from God, who through Christ reconciled us to himself and gave us the ministry of reconciliation; that is, in Christ God was reconciling the world to himself, not counting their trespasses against them, and entrusting to us the message of reconciliation. Therefore, we are ambassadors for Christ, God making his appeal through us. We implore you on behalf of Christ, be reconciled to God. For our sake he made him to be sin who knew no sin, so that in him we might become the righteousness of God.

Do you think of yourself as the righteousness of God: believing you are perfectly holy through Jesus?

What is the “message of reconciliation”?

Guided Prayer

Jesus, I thank you that you have reconciled me to the Father through your atoning death. Thank you for what you did on the cross for me: breaking down the wall of hostility between God and myself. Spirit, please empower me to speak the message of reconciliation boldly and to search out opportunities to share with others how they might be reconciled to you through Jesus.

Live it Out

Start off today by looking yourself in the mirror and sincerely saying to yourself, "I am perfectly righteous through Jesus". Remind yourself that you don't have to earn God's favor through hard work; no, He is perfectly pleased with you through your union with Christ. As a reconciled ambassador of Jesus, talk to others about how you have been given Christ's righteousness and how they might receive reconciliation as well by entrusting themselves to Jesus.

Family Discussion

Talk through "For our sake he made him to be sin who knew no sin, so that in him we might become the righteousness of God." Specifically, help your kids understand how righteousness is granted through faith and not earned through good works. Share the gospel with your kids and if they have not yet trusted Jesus as Lord of their life, invite them to.

Day 12: Redemption

Feast on the Word

Isaiah 61:1-4

Jesus makes it clear in Luke 4 that this passage is about Him. Read this passage slowly, underlining the effects of Jesus' redeeming power on those of us who are united to Him by faith.

The Spirit of the Lord GOD is upon me,
because the LORD has anointed me
to bring good news to the poor;
he has sent me to bind up the brokenhearted,
to proclaim liberty to the captives,
and the opening of the prison to those who are bound;
to proclaim the year of the LORD's favor,
and the day of vengeance of our God;
to comfort all who mourn;
to grant to those who mourn in Zion—
to give them a beautiful headdress instead of ashes,
the oil of gladness instead of mourning,
the garment of praise instead of a faint spirit;
that they may be called oaks of righteousness,
the planting of the LORD, that he may be glorified.
They shall build up the ancient ruins;
they shall raise up the former devastations;
they shall repair the ruined cities,
the devastations of many generations

Guided Prayer

Meditate through this passage one line at a time, pausing and praying after each line. Entreating God to set us free from our bondage, trusting God with our brokenness and letting him redeem our pain and turn our mourning into gladness.

Live it Out

Talk to a fellow believer today about what God has set you free from and how He has redeemed your painful past. Let your story encourage and edify others.

Family Discussion

Talk through how Jesus not only saves us from our sins but also redeems our broken past. Discuss how he can take pain, suffering and even past sin and use it for good. Give examples so they can see this truth in action.

Day 13: Restoration

Feast on the Word

Romans 8:18-25

Read this passage the same way a child might read a brochure for a theme park they are about to visit. Let this passage stir up longing in your heart for the restoration of all things. Think about the new creation with no corruption by sin. Think about our new minds with no taint of sin. Think about our new bodies that will be perfect and not subject to decay. Let this passage fill you with eager anticipation for New Jerusalem.

For I consider that the sufferings of this present time are not worth comparing with the glory that is to be revealed to us. For the creation waits with eager longing for the revealing of the sons of God. For the creation was subjected to futility, not willingly, but because of him who subjected it, in hope that the creation itself will be set free from its bondage to corruption and obtain the freedom of the glory of the children of God. For we know that the whole creation has been groaning together in the pains of childbirth until now. And not only the creation, but we ourselves, who have the firstfruits of the Spirit, groan inwardly as we wait eagerly for adoption as sons, the redemption of our bodies. For in this hope we were saved. Now hope that is seen is not hope. For who hopes for what he sees? But if we hope for what we do not see, we wait for it with patience.

Guided Prayer

Father, I eagerly long for the new creation, when my body will not fail, when creation will not be cursed, when my mind will be unclouded by sin. Lord, let my hope of future glory with you help me when I am suffering. Help me to suffer with hope, knowing you don't waste our suffering in this present age. And that one day soon, all suffering will cease when we are with you forever.

Live it Out

Memorize verse 18 and reflect on it throughout the day, especially when things are not going your way. Let your future glory with Christ help you through present struggles.

Family Discussion

As a family discuss the idea of future glory, particularly how the world, our bodies and our minds will be renewed. Memorize verse 18 as a family.

Day 14: Resurrection

Feast on the Word

Revelation 21:1-7 & 22:1-5

As you read this passage, take time to close your eyes and imagine what it will be like in heaven. Jesus' death and resurrection not only saves us from our sin but allows us to enter into New Jerusalem to dwell with Him forever.

Then I saw a new heaven and a new earth, for the first heaven and the first earth had passed away, and the sea was no more. And I saw the holy city, new Jerusalem, coming down out of heaven from God, prepared as a bride adorned for her husband. And I heard a loud voice from the throne saying, "Behold, the dwelling place of God is with man. He will dwell with them, and they will be his people, and God himself will be with them as their God. He will wipe away every tear from their eyes, and death shall be no more, neither shall there be mourning, nor crying, nor pain anymore, for the former things have passed away."

And he who was seated on the throne said, "Behold, I am making all things new." Also he said, "Write this down, for these words are trustworthy and true." And he said to me, "It is done! I am the Alpha and the Omega, the beginning and the end. To the thirsty I will give from the spring of the water of life without payment. The one who conquers will have this heritage, and I will be his God and he will be my son.

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Then the angel showed me the river of the water of life, bright as crystal, flowing from the throne of God and of the Lamb through the middle of the street of the city; also, on either side of the river, the tree of life with its twelve kinds of fruit, yielding its fruit each month. The leaves of the tree were for the healing of the nations. No longer will there be anything accursed, but the throne of God and of the Lamb will be in it, and his servants will worship him. They will see his face, and his name will be on their foreheads. And night will be no more. They will need no light of lamp or sun, for the Lord God will be their light, and they will reign forever and ever.

Guided Prayer

Jesus, thank you for dying on the cross for my sins and for raising me to new life through your resurrection. Lord, I thank you that my salvation is assured through you. Father, I stand in awe and wonder at your mercy and grace and I thank you that nothing can remove me from your hand. I long for the day that I might dwell with you in New Jerusalem!

Live it Out

As you end this season of feasting, fasting and prayer, write down your big takeaways and any resolutions you have made to live differently.

Family Discussion

Ask your kids what excites them most about New Jerusalem? Talk through what it means for God to dwell with his people.