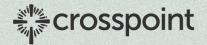
# 10 DAYS OF PRAYER FASTING

			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

# JANUARY 6-15, 2025



#### I AM NO LONGER MY OWN, BUT YOURS.

PUT ME TO WHAT YOU WILL, PLACE ME WITH WHOM YOU WILL.

> PUT ME TO DOING, PUT ME TO SUFFERING.

LET ME BE PUT TO WORK FOR YOU OR SET ASIDE FOR YOU,

> PRAISED FOR YOU OR CRITICIZED FOR YOU.

LET ME BE FULL, LET ME BE EMPTY.

LET ME HAVE ALL THINGS, LET ME HAVE NOTHING.

I FREELY AND FULLY SURRENDER ALL THINGS TO YOUR GLORY AND SERVICE.

AND NOW, O WONDERFUL AND HOLY GOD, CREATOR, REDEEMER, AND SUSTAINER, YOU ARE MINE, AND I AM YOURS. SO BE IT.

AND THE COVENANT WHICH I HAVE MADE ON EARTH, LET IT ALSO BE MADE IN HEAVEN. AMEN.

John Wesley Covenant Prayer

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# JOHN WESLEY'S COVENANT PRAYER

Thank you for choosing to engage with Crosspoint's 10 Days of Prayer and Fasting! I am praying that it is transformative in your life, and the life of our church! This year, we are focusing on a different part of John Wesley's Covenant Prayer each day for our inspiration: We have listed it in the front of this journal for you to easily reference.

Begin your prayer time by breathing deeply three times, slowly. Say this prayer daily. Digest it. Let it become the plea of your heart to set your intention for this new year.

All campuses will be open at noon for prayer. Join us! Or pray where you are, setting aside time and space to connect with God. Set your own fasting plan for these 10 days, even inviting others to join you. Your fasting plan can be fasting food, but it might be fasting something else as well and spending that time with God instead.

I can't wait to see how God continues to awaken us to His Kingdom and purposes in 2025.

Write your fasting plan here:

We will be using the P.R.A.Y. model to support our fasting experience. Learn this and make it part of your daily routine.

#### PAUSE

Pause and center yourself in God. Close your eyes and use your imagination. Bring the Father, Jesus the Son, and the Holy Spirit into your space with you. Center yourself. Focus on Him. Rest here for awhile. Practice this breath prayer:

You are mine (inhale), I am yours (exhale).

#### REJOICE

What do you have to be thankful for all God did in 2024?

## ASK

What would you ask God to do for you or for those you care about this year? What are your top three prayer requests to focus on in 2025?

#### YIELD

Pray the Covenant Prayer again, asking God to make it YOUR prayer this year. What phrases stick out to you as focus points that the Lord might be leading you to yield to today?

# I AM NO LONGER MY OWN, BUT YOURS

This prayer begins with a powerful statement about belonging and allegiance, that flies in the face of contemporary voices. Inspirational reels, self-help books, and charismatic podcasters suggest that true fulfillment comes from elevating your personal self by "living your truth" and doing what makes you happy.

But that is not the way of Jesus.

Jesus did not come to be served or praised. He did not live an easy, happy life. Jesus, God made flesh, came to sacrificially love and serve others. He obeyed God the Father to the point of death. He willingly suffered, bled and died on the cross so that we might live through Him. His life was not His own; and neither is ours. When we repent and embrace God's love for us through the life, death and resurrection of Jesus, everything changes. We are no longer our own; we belong to Him. God does not get only one part of our lives, or just our Sunday mornings. He gets EVERYTHING - our hopes, dreams, passions, desires, work, family, time, and bodies.

It's similar to what Jesus said in Matthew 16:25, "For whoever wants to save their life will lose it, but whoever loses their life for me will find it." (NIV)

Following Jesus means that we no longer self-direct our lives. We give up everything, BUT we find more than we could ever imagine. There is belonging, purpose and true life. We are connected in relationship with God, and are reminded that is all we truly need.

So, as we enter our first day of fasting, remember our sacrificing of food, technology, social media, etc. is one small way we remind ourselves, and our bodies, that we are no longer our own, but God's.

Take a few moments to be silent, enjoying several slow, deep breaths. As slowly as you can, pray: "I am no longer my own, but yours." Allow yourself to linger over every word. Pause to listen at the end. What thoughts, or insights did God reveal as you listened?

## **REJOICE**

We belong to God. We are united with Christ - and that is something to rejoice over! When you reflect on your relationship with God, what are you grateful for?

## ASK

Write a short prayer asking for more of God's action in your life.

#### **YIELD**

Rest in the freedom that you are not your own. As you pause and listen, how is God speaking to you?

## PUT ME TO WHAT YOU WILL, PLACE ME WITH WHOM YOU WILL

I remember at 20 years old, praying "God, I'll go wherever you want me to go and do whatever you want me to do! I want to be part of changing the world!"

When I was sent back to my hometown to move back into my parents' house, intern for free at a local church, and work parttime at Hobby Lobby, it was anything but world-changing. It wasn't exactly what I pictured as "doing big things for God".

But over the years, I have come to realize that the Lord was placing me there for a supernatural purpose. *His* supernatural purpose. It was there that I developed my calling to ministry, where I would hone my leadership skills, where I would foster my heart for building teams, leaders, and leading people to Jesus. Not to mention it was there that I met my wife Lauren and began our family.

Sometimes, what we think is insignificant, becomes the greatest place for God to do something significant in and through our lives. I was able to see many of my classmates from High School that I grew up with not only give their lives to Jesus, but begin following passionately after Him. It was one of the most special seasons of my life. If I hadn't moved back to my hometown of Panama City, FL, I wouldn't have been prepared for where God wanted to take me.

Never forget that God's perfect will, is just that, PERFECT. His plans are greater than ours, and His will is what is best for our lives.

Today as you spend time praying and fasting, I want you to consider the areas of your life where God's supernatural hand has shown up in your life by placing you with just the right people at just the right time to make a Kingdom impact. Let's believe God can, and will, use us to do that again in 2025.`

Take a moment to thank Him for guiding you and for His grace, and reflect on areas in your life where you're holding onto control. Are you willing to let God place you wherever He chooses?

#### **REJOICE**

Spend a few moments thanking God for His perfect plan and for the ways He uses you to make an impact in the lives of others.

#### ASK

Pray for God's guidance in the areas of your life where you feel uncertain. Ask Him to reveal where He wants you to serve and who He wants you to connect with. Write down to whom and to where God is leading you.

#### **YIELD**

Surrender your plans, ambitions, and relationships to God. Trust that His placement and purposes are exactly what you need for growth and fulfillment. Write down the next step(s) you need to take to serve and connect with those on your list above.

## PUT ME TO DOING, PUT ME TO SUFFERING

In the Wesley Covenant Prayer, we encounter a powerful, yet challenging request for God to, "Put me to doing, put me to suffering". This phrase calls us to embrace both action and adversity as essential components of a life of faith and invites us to reflect on our willingness to serve and endure for the sake of Christ.

To be *put to doing* is to engage actively in God's mission in our everyday lives even when it might be uncomfortable to do so. In a self-centered culture, this line of the prayer invites us to shift our focus from our will to God's. It forces us to ask, what can we do today to serve those around us, and how can we step out and join in God's mission in the world? The actions of our life should reflect God's heart to those around us. As we dedicate ourselves to doing, we find joy in living out the unique role God has for us in His mission.

The next phrase *put me to suffering* is very challenging because suffering, whether physical, emotional, or spiritual, is never easy... kind of like fasting. Yet, it is often through struggle and sacrifice that we experience profound transformation. Jesus Himself modeled this, enduring suffering for the sake of love on the cross. In our trials, we can draw closer to Jesus, understanding the depths of His compassion toward us. Our suffering can become a testimony of faith, offering hope to others who struggle as well.

As we fast and pray the Wesley Covenant Prayer together, let us embrace both the call to action and the acceptance of suffering in our life of faith. May we find strength in knowing that both are pathways to deeper relationship with God and greater impact in the world.

Pause your day and take time to fully surrender your heart, mind, and body to God. Practice a breath prayer to focus your whole self on God by praying:

Put me to doing (inhale), put me to suffering (exhale).

#### **REJOICE**

Rejoice in the ways God has used your skills or suffering for His Kingdom.

# ASK

Where is God calling you to take action and join in His mission in your everyday life? Ask God how He wants to uniquely use you and write down any next steps you receive.

#### **YIELD**

When we take action and faithfully follow God's will, He has promised us that trial and suffering will come our way. Just like in fasting from food, in this moment we take time to surrender ourselves to God's will and offer our lives as a living sacrifice. Prayerfully submit to the reality of sacrifice and ask the Holy Spirit to equip you with faith even in trials, strength to endure challenges that may come your way, and perseverance to keep living out His mission everyday. Write your prayer. Prayer Pages start on page 26.

#### LET ME BE PUT TO WORK FOR YOU OR SET ASIDE FOR YOU

I've long had a love/hate relationship with work. I love work! I do it too much, though. I need more sabbath in my weeks. Seasons of fasting help solve this problem. Jesus said in Matthew 6:18: "When you fast..." His expectation is that his followers fast! And pray!

When I fast, I have to set work aside and focus on God. In longer fasts of three to five days, I have to really slow down. Resting before the Lord becomes delight and yet purposeful. And the closer I get to that inner sanctuary in communion with Him, the less I want to leave. Fasting is being set aside for God.

But I've also had seasons in my life where I so desperately wanted to be employed for God, but was seemingly set aside. In Wesley's Covenant Prayer, he reminds us there are seasons for both. Working for God is meaningful, invigorating, purposeful! Could being set aside possibly garner the same results?

Now that I can look back at those set-aside seasons, I realize they had great purpose in my life. During those times, I grew closer to Jesus, I grew a greater understanding of my calling. I recognized weaknesses and even sins that I had to shore up before God could more fully use me. The set-aside chapters of our lives are for a reason, for a purpose! God is working! And if we willingly say "yes" in whichever season we find ourselves in, God can work with that!

As we fast and pray today, consider yourself set aside for His glory so we can continue to Awaken the Church to Awaken the world.

Can you remember a set-aside season in your life? How did God use it to grow or deepen you? Do you need to plan a season to step back, reflect, reconnect? How can this 10-day fast be that for you?

#### **REJOICE**

Thank God for calling you into working/serving Him. Thank Him for those set-side times, too. What value came from those?

## ASK

Is there a place or ministry God is calling you to work/serve in that you have been resisting? Ask God to show you if you need a season of rest. If so, how, when and where?

#### **YIELD**

Write a prayer thanking God for your seasons of employment for Him and the seasons of waiting on Him. Let your prayer include yielding right now to his wishes, whatever they are and however they unfold in your life. Additional Prayer Pages start on page 26.

#### LET ME BE PRAISED FOR YOU OR CRITICIZED FOR YOU

Everyone wants to be praised, and probably no one wants to be criticized. Yet, there are times and seasons that we go through both. Each one carries its own positives and negatives.

Praise, in its most positive form, is encouragement that we are doing the right things, that we are on the right track. Its very fulfilling when people notice that what we have done is helpful or meaningful. Everybody loves seasons of praise when it feels like we are making a difference.

Receiving praise is an opportunity to recognize the work of God in our lives. James 4:10 (NIV) tells us to "Humble yourselves before the Lord and He will lift you up." It is not for us to seek praise, but to humble ourselves. When we do receive praise, we should take it as encouragement and give God the glory for what He has done in us.

The part that we often dread are the times of criticism. Criticism hurts and stings when people are mean to us. When criticized, it seems as if nothing is going right. Unfortunately, most of us miss the great value of criticism. These are opportunities for our spiritual growth. Regardless of the source, well-meaning or vindictive, we can use what is said to evaluate for improvement.

Most of all, we must put on the armor of God (Ephesians 6:10-18) To not get discouraged and defeated, we fight this spiritual battle with spiritual means. We claim all the Scriptures about who we are in Christ. I am not what others say I am. I am not who I think I am. I am who God says I am!

Today, as we fast and pray, let us do so knowing that whether I am praised for you or criticized for you, Lord, I am Yours!

What are your thoughts about praise vs. criticism? What does James 4:10 and Ephesians 6:10-18 say to you about praise? About criticism? Which season are you in right now?

#### **REJOICE**

What can you give thanks for in the two areas of praise and criticism in your life? What are you learning that is helping you?

#### ASK

Could you be struggling with pride from too much praise? Could you be discouraged and depressed because of too much criticism? Is there something in these two areas that you might need to commit to prayer and fasting?

#### **YIELD**

What do you need to surrender to the Lord? Can you surrender your reputation to the Lord? Can you humble yourself and wait for God to lift you up? What is God asking you to yield to Him today?

# LET ME BE FULL, LET ME BE EMPTY

The first chapter of the book of Ruth begins on a sorrowful note. Naomi first grieves the death of her husband Elimelek, and then ten years later, mourns the death of her two sons, Mahlon and Kilion. Losing your three closest family members would be incredibly difficult for anyone, but especially at that time, this would have put Naomi in a vulnerable and precarious position as a woman without a husband or sons to protect and provide for her. When Naomi heard that God was providing for His people back in her hometown of Bethlehem, she decided to courageously take the journey and move back home. When she arrived, this is what Naomi said to those who greeted her in Ruth 1:20-21 (NIV): "Don't call me Naomi," she told them. "Call me Mara, because the Almighty has made my life very bitter. I went away full, but the Lord has brought me back empty. Why call me Naomi? The Lord has afflicted me; the Almighty has brought misfortune upon me."

Though we may or may not have experienced loss and emptiness to the level that Naomi experienced, we all can relate to her in some way. We have all felt the feeling of emptiness she describes whether it's grieving the loss of a loved one, grieving a miscarriage, struggling with infertility, struggling with depression, struggling financially, or something else altogether. None of us want to experience emptiness, but often the circumstances of our lives leave us feeling more empty than full.

Paul says in Philippians 4:11b (NIV): "I have learned to be content whatever the circumstances." Ask God to teach you to be content in all circumstances, whether you are full or empty.

When you think about the circumstances of your life, do you feel full, or do you feel empty? When you think about your spiritual life, do you feel full, or do you feel empty? Why or why not?

#### **REJOICE**

Take some time to rejoice and praise God for the ways that your life is full of blessing.

#### ASK

Ask God to reveal to you what area(s) of your life there is discontentment.

#### **YIELD**

"Let me be full, let me be empty." This is a difficult prayer to pray and really mean it. Take some time to meditate and consider what praying this prayer truly means. Then, as you are ready, yield to God your discontentment and pray this prayer with sincerity and boldness: "Let me be full, let me be empty."

Take a few minutes to pause and sit in silence to wait on the Lord to speak to you. Write down anything that you hear from God. Additional Prayer Pages start on page 26.

#### LET ME HAVE ALL THINGS, LET ME HAVE NOTHING

Have you ever considered how Jesus can become more in your life? In John 3:30 (NIV), John the Baptist, speaking about Jesus, said, "He must become greater; I must become less." John's response, I believe, is essential for us as believers as we begin the new year.

When we fast, we acknowledge our need for Jesus above other things and make Him more.

In what areas of your life are you refusing to give control to Christ? Is it in your relationships? Is there unforgiveness or bitterness in your heart? Maybe it's in your finances? I don't know which area in your life remains unsurrendered, but what would it cost you to become less in that area so that Jesus can become more?

I also believe that if you become angry when these areas are brought up, it's usually a red, blinking signal indicating that part of your life is unsurrendered. As faithful followers of Jesus, we follow a curious Savior. What I mean by that is one who surrendered all rights and was obedient to the point of death on a cross. We follow a Jesus who said He came not to be served but to serve others. The surrender I'm speaking of is a sweet surrender. In those areas where Jesus becomes more, we find that when we let go, we experience more life and more joy.

In essence, Jesus became less so that we could become more. He surrendered His rights to give us life. What is it that you need to surrender? Don't fight what God has for you—surrender and experience the sweet surrender of a loving Jesus!

Read John 3:30 again. Stop and reflect on what would more of Jesus look like in your life?

## **REJOICE**

Jesus became less so you could become more! In what ways are you experiencing God's love more through the experience of prayer and fasting?

#### ASK

Ask God as you pray and fast to reveal areas where you can experience greater and sweeter surrender to Him. Write those things down.

#### **YIELD**

Write a prayer of surrender for those things in which you are resisting Jesus. Additional Prayer Pages start on page 26.

#### I FREELY AND FULLY SURRENDER ALL THINGS TO YOUR GLORY AND SERVICE

The beauty of prayer and fasting is that these spiritual practices teach us to let go of our need to control our lives. They invite us to receive the wonderful truth that our life is not our own. In our human nature, we usually think independence is the kind of freedom that brings life. Fasting and other forms of self-discipline quickly teach us that relying on our individual abilities alone won't get us very far.

Romans 6:13b-14 (CSB) tells us: "But as those who are alive from the dead, offer yourselves to God, and all the parts of yourselves to God as weapons for righteousness. For sin will not rule over you, because you are not under the law but under grace."

Freedom is the ability to entrust ourselves to the God of the Universe and know He will not fail. Feeling our fragility in fasting drives us to our knees in desperation for God to do MORE and BETTER with our lives than we ever could on our own. In the hands of a mighty God, we can be weapons of righteousness. Fully known. Deeply loved. Extravagantly cared for. Ruled by grace. Real freedom is a life ruled by grace. Are you experiencing the abundant life that comes through surrendering yourself to God?

Try this breath prayer: Lord, you reign over all things (*inhale*). I offer myself to You (*exhale*).

#### **REJOICE**

Can you look back on any areas of your life and see where God's way brought more freedom and life than yours? Thank God for His good authority over your life and over all of Creation.

#### ASK

Where might you "Deploy on Mission" if you fully surrendered your life to God's glory and service? Ask God what He might like to do in and through your life to build His Kingdom.

#### **YIELD**

Has this period of fasting/praying revealed any area where you want to "do it all yourself" and are coming up short? Thank God for being the only King worth following. Remind yourself that nothing you face is beyond His grasp. Tell God again that you freely and fully surrender your life to Him.

#### AND NOW, O WONDERFUL AND HOLY GOD, CREATOR, REDEEMER, AND SUSTAINER, YOU ARE MINE, AND I AM YOURS. SO BE IT

If you are familiar with the book of Psalms you would be aware that many begin with praise and also end with praise. Many describe those psalms as having "bookends." So today we close with a bookend of praise to our Father.

In the same way, we began our 10 Days of Prayer and Fasting with a covenant, and we end with the covenant of "You are mine, and I am yours." What a beautiful bookend! Your life began with God, and it will end with God. Life is Created by God, Redeemed by God, and Sustained by God. This covenant is ratified in our responsive amen, which means "so be it."

AW Tozer states that "what comes into your mind when you think about God is the most important thing about us." (The Knowledge of the Holy) Tozer goes on to say that what you think about God either gives you a high view of God or a low view. Do you view God as Creator of all things, Redeemer of all things, and Sustainer of all things? Take a moment to read Colossians 1:15-20 to establish your view of God.

He is wonderful and holy whether we describe Him that way or not. Can you describe Him that way and if so, what would you say?

Take a moment to take three deep breaths. Think and/or state that God is the Creator, Redeemer, and Sustainer. Repeat this process as many times as you need to get focused.

#### **REJOICE**

List as many reasons that you can think of that God is wonderful and holy.

#### ASK

Spend some time asking the Lord to reveal to you ways in which to align your heart with His. List them below.

#### **YIELD**

Spend some time asking God to reveal to you how you can maintain the discipline of prayer and fasting throughout 2025. List your ideas below and then commit to sharing them with a friend for accountability.

#### AND THE COVENANT WHICH I HAVE MADE ON EARTH, LET IT ALSO BE MADE IN HEAVEN. AMEN

Covenants are binding and lasting. They formalize an agreement that may seem like the conclusion of a task, but in truth, it only marks the beginning of a new journey. The Bible contains many examples of covenants, but one that relates to our time of prayer and fasting together is found in Nehemiah 9.

The book of Nehemiah takes place after the Babylonian exile when the Jews were allowed to return to Jerusalem. Nehemiah led efforts to rebuild the city walls and restore the community. Chapter 9 describes the ratification of a covenant. The people gather for a day of fasting and confession, recounting God's faithfulness throughout their history. They acknowledge their ancestors' disobedience and the consequences that followed, recognizing God's mercy despite their repeated unfaithfulness. At this point, they transition from confession to action, making a covenant to recommit themselves.

Read all of Nehemiah 9 to see the power of covenantal renewal as a community.

During this 10 Days of Prayer and Fasting, we have engaged in a similar process. We committed to fasting for the sake of repentance, looked back on past events to remind ourselves of God's faithfulness, and acknowledged our own disobedience. Now, it's time for us to turn from confession to action and ask the Holy Spirit to transform us for the continued journey.

I pray this has been an enriching time for you. I can't wait to see how God continues to move in your life in 2025.

Take a moment to sit in silence, centering yourself in God's presence. As you quiet your mind, reflect on this question: Am I prepared to enter into a covenant with God?

#### **REJOICE**

Where have you seen God's faithfulness in your life? Write down some examples and thank God for His faithfulness.

#### ASK

Pray for the strength to transform your "confession into action." Consider: How can I respond to God's faithfulness by becoming a more devoted follower of Jesus? Ask, "Help me Holy Spirit."

#### **YIELD**

As we conclude our prayer, remember that "Amen" means "so be it." It's the seal of our commitment. Pray: "Lord, may these 10 days of prayer and fasting be sealed with our heartfelt 'Amen.' Let your will be done in our lives as we've dedicated this time to You."

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