

January 20 - February 9, 2025

# 21 Days of Renewal



CITY CHURCH



\*PRAYER

\*FASTING

\*WORSHIP

\*SCRIPTURE



# Welcome

January is a great opportunity  
for change.

Instead of going down the  
same road, what if we invested  
the first few weeks to get to  
know God better, reassess our  
lives, and contend for the good  
of our city?

This guide will help unite the  
citYzens of City Church  
together to seek true  
transformation.





# Our Plan

You will have Scriptures to read and meditate upon.

You will have an opportunity to fast each Wednesday.

Sundays will serve to bring us together and further inspire us to seek God.

You will be encouraged and challenged in your prayer life.



**CITY CHURCH**



# Key Dates

Start

Monday, January 20

Fasting Day One:

Wednesday, January 22

Sunday Gathering

Sunday, January 26

Fasting Day Two:

Wednesday, January 29

Sunday, February 2

Fasting Day Three:

Wednesday, February 5

End

Sunday, February 9







Seeking a Move of God for  
the Glory of God and The  
Good of Our City

PRAYING FOR  
MONTREAL



# Scripture Engagement

**GOD'S WORD SHAPES OUR HEARTS**

For the word of  
God is alive  
and active.  
Sharper than  
any double-  
edged sword,  
it penetrates  
even to  
dividing soul  
and spirit,  
joints and  
marrow; it  
judges the  
thoughts and  
attitudes of  
the heart

Hebrews 4:12.



“Nobody ever  
outgrows  
Scripture;  
the book  
widens and  
deepens  
with our  
years.”

CHARLES SPURGEON

# Twenty-One Days of Renewal

## Scripture Reading Plan

Mon Jan 20: Psalm 1, Jude 1

Tue Jan 21: Psalm 121, Col 1

Wed Jan 22: Psalm 103, Col 2

Thu Jan 23: Psalm 91, Col 3

Fri Jan 24: Psalm 46, Col 4

Mon Jan 27: Psalm 23, Eph. 1

Tue Jan 28: Psalm 90, Eph 2

Wed Jan 29: Psalm 143, Eph 3

Thu Jan 30: Psalm 139, Eph 4

Fri Jan 31: Psalm 37, Eph 5, 6

Mon Feb 3: Psalm 51, Galatians 1

Tue Feb 4: Psalm 62, Gal 2

Wed Feb 5: Psalm 89, Gal 3

Thu Feb 6: Psalm 100, Gal 4

Fri Feb 7: Psalm 40, Gal 5 & 6

\*Col=Colossians

\*Eph = Ephesians



# Fasting

## FEASTING ON THE PRESENCE OF GOD OVER FOOD

When I heard  
this, I sat down  
and wept. In  
fact, for days I  
mourned,  
fasted, and  
prayed to the  
God of  
heaven.

Nehemiah 1:4.



# Fasting

Fasting is an important spiritual discipline practiced by Jesus, and expected by Jesus. (See Matthew 6:16-18)

Although there are other ways to fast, the most common way to fast is to go without food for a short period of time.

This is not a diet but an opportunity to recognize our utter dependence on God in all things. It is not about eliminating food, but feasting on the presence of God.



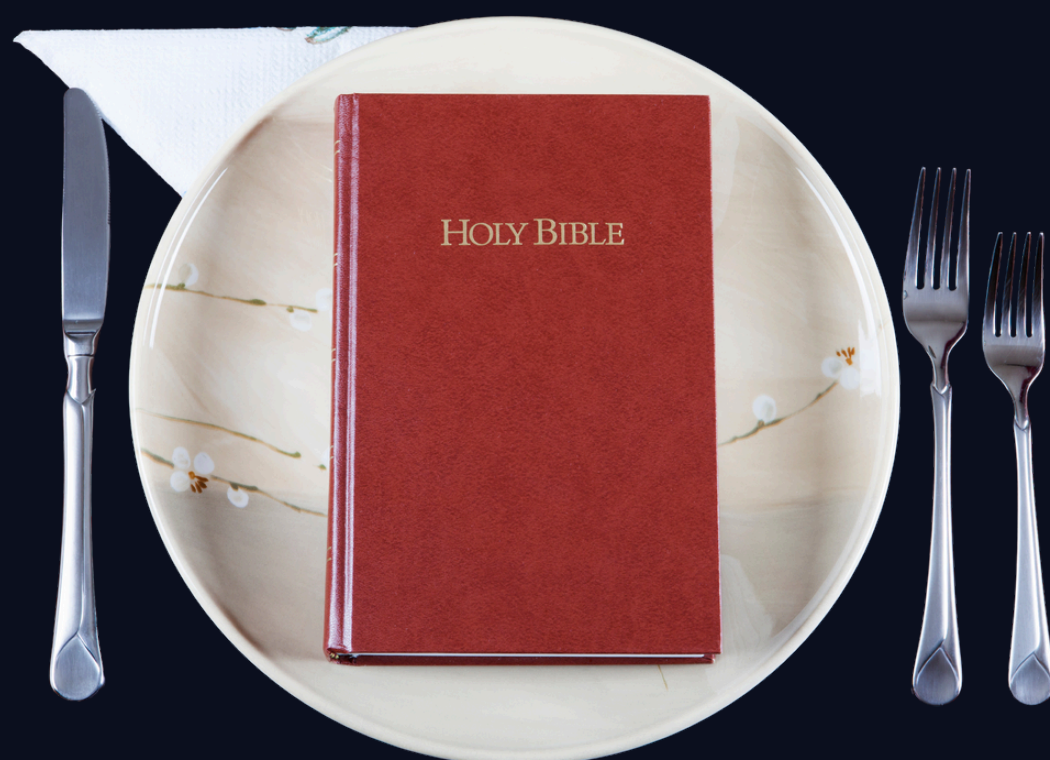


# Fasting

Please consult your doctor if you are unsure about your health situation.

We are inviting you to a 24hr fast from Tuesday dinner to Wednesday dinner...skipping breakfast and lunch on Wednesdays .

As you get tired or weak, use that as an opportunity to pray, read Scripture and serve others.





Fasting  
reduces the  
power of self  
so that the  
Holy Spirit  
can do a  
more intense  
work within  
us.

BILL BRIGHT



# Fasting Dates

[Fasting Day One:](#)

Wednesday, January 22

[Fasting Day Two:](#)

Wednesday, January 29

[Fasting Day Three:](#)

Wednesday, February 5





# Prayer

## HEARING THE VOICE OF GOD ABOVE ALL ELSE

Then if my  
people who  
are called by  
my name will  
humble  
themselves  
and pray and  
seek my face  
and turn from  
their wicked  
ways, I will  
hear from  
heaven and  
will forgive  
their sins and  
restore their  
land.

2 Chronicles  
7:14



“Quit playing,  
start praying.  
Quit feasting,  
start fasting.  
Talk less with  
men, talk more  
with God. Listen  
less to men,  
listen to the  
words of God.  
Skip travel, start  
travail.”



# Prayer Examples

LEARNING NEW WAYS TO TALK WITH GOD

S+BCC Music  
for Business

Keep your Prayer Life Fresh with  
New Prayer Practices.



# Prayer Prompts

The Lord's Prayer from  
Matthew 6:9-13

The Examen

Asking God to reveal how He  
was active in your day  
through your relationships,  
tasks and roles.

The Jesus Prayer

“Jesus, Son of God, have  
mercy on me, a sinner.”





Have you ever tried the  
S.O.A.P. method before?

# S.O.A.P.

A GREAT WAY TO  
HEAR GOD



# S.O.A.P.

S = Scripture

O = Observation

A = Application

P = Prayer

Actively engaging with the Word of God by listening to The Holy Spirit and using skills to discern the voice of God for your day.



# S.O.A.P. Example

S = Psalm 23:1 “The Lord is my shepherd, I lack nothing.”

O = God cares for all my needs. I am vulnerable but God sees my needs.

A = When I get anxious, I will pray instead. I will ask God to provide what I need.

P = Jesus, you are my good shepherd. I often worry so today, I ask that you help remind me that you see me and my needs. Instead of more stress, teach me to trust you. Amen.



# Gathering with The Body

WORSHIP WITH CITY CHURCH

“And let us not neglect our meeting together, as some people do, but encourage one another, especially now that the day of his return is drawing near”.

Hebrews  
10:25.

“Church attendance is as vital to a disciple as a transfusion of rich, healthy blood to a sick man.”

DWIGHT L. MOODY



## **SUNDAY JANUARY 27**

Week #3 of Re-New Series

Have you joined a serving team?

## **SUNDAY FEBRUARY 2**

Week #4 of Re-New Series.

Check out our City Groups today.

## **SUNDAY FEBRUARY 9**

Week #5 of Re-New Series.

Who can I encourage today?



Share Life.  
Shine Light.

Reading: Psalm 1, Jude 1

What is God saying to me  
from Psalm 1?

What does it mean to  
“contend” for the faith in  
Jude 1:3?

How can we withstand  
compromise around us?  
(1:20–21)

### Prayer for Revival

Heavenly Father, I stand  
today to contend for you  
amidst compromise and  
evil. I ask for revival for the  
city of Montréal. May your  
kingdom come, may your  
will be done, in Montréal as  
it is in heaven. Unify City  
Church for revival. Unify the  
Christian churches in our  
city for the purpose of  
revival in 2025 in our city.  
We want you here,  
Holy Spirit.



Reading:  
Psalm 121, Colossians 1

What did God show you  
today in Psalm 121?

What does Colossians 1:15–  
20 tell you about Jesus?

Prayer for My Church

Jesus, you alone are  
worthy. You created all  
things, and in you, all things  
hold together. Thank you  
for your amazing grace  
and your unlimited love.

Thank you for reconciling  
us to God through your  
death and resurrection.  
Give greater grace and  
boldness to the people of  
City Church to make Jesus  
known in our city this year.

## DAY 2: JANUARY 21

We pray for salvations and baptisms for those least likely around us.

We want to see dozens of young people be filled with passion for you this year.

Come, Lord Jesus.



## Fasting Day.

We invite you to feast on the presence of God as you abstain from eating breakfast and lunch today.

Reduce or eliminate caffeine. Drink plenty of water and clear liquids.

Reading: Psalm 103, Col 2

What did God reveal to you in Psalm 103?

What does Paul tell you about your identity in Colossians 2?

## Prayer for My Family.

Heavenly Father, we thank you for the gift of family. I honour those who loved me and raised me up...

I pray for my siblings to experience more of your grace. Help me to forgive anyone where I am holding a grudge.

Give me vision, wisdom and endurance to love my family well.

Help me to be generous to those within City Church who have no family here.

I receive you love today so that I might reflect it back to my family with a phone call, note or act of service.



## TRY THE “EXAMEN” PRAYER TODAY

Where was God speaking  
to me today?

How was The Spirit inviting  
me to be more Christlike?

How was The Spirit inviting  
me to be present today?

Who did God place in my  
path today to serve?



Reading: Psalm 91, Col 3

How can you praise God  
from Psalm 91?

What does Paul say we  
need to let go of in Col 3?

Prayer for My Heart

My God, show me my heart  
today.

How is it anxious?

How am I distracted?

Where I am  
compromising?

Holy Spirit, I invite you to  
highlight any sin I may be  
unaware of.

I give you my whole life,  
Jesus.

Help me become more like  
you.

In Jesus name, amen.



# City Church Canada App

Free App on  
Apple or Android Stores  
Search “City Church Canada”

## MESSAGES

Audio or Video Podcasts

## CITY GROUPS

Find a Group Near You

## FREE KIDS VIDEOS

Safe and Engaging Bible  
Stories for Kids

## FREE RESOURCES

See Premium Content

Reading: Psalm 46, Col 4

Is God being your refuge a comfort to you?

How can you devote yourself to prayer as Paul instructs?

Prayer for Next Generation

Father, thank you for our kids, high school students and young adults within our church and our city. We ask that you fill these kids with your Holy Spirit. May you strengthen their bodies, their minds, and bend their ears to your Voice. Raise up a generation of passionate students who will shape our city for the glory of God.



## TRY THE “JESUS PRAYER” TODAY

“Jesus, Son of God, have  
mercy on me, a sinner.”

Spend three to five  
minutes slowly repeating  
this prayer.

Emphasize different  
phrases as you start over.





The background image shows the interior of a large, ornate church. The ceiling is a high, vaulted dome with a pattern of stars. The walls are decorated with intricate carvings and statues. The floor is made of polished wood with a blue and gold checkered pattern. The pews are dark wood and arranged in rows. A blue semi-transparent overlay covers the upper half of the image, containing white text.

Reflection for Week One

Spend 10–15 minutes reviewing week one.

What is God teaching you? Where is God encouraging you?

What is burdening you to take into your time of prayer?

# Worship with City Church

**SHARING LIFE TOGETHER**



Reading: Psalm 23, Eph. 1

Grab a pen and your journal and try S.O.A.P. for Psalm 23 or Ephesians 1.

Scripture. Choose one verse from your reading.

Observation. What does it say? What do I notice?

Application. What is God asking me to do as a result?

Prayer. Pray back to God what He showed you in your reading, and how He is asking you to live that out today.

# S.O.A.P. Example

S = Psalm 23:1 “The Lord is my shepherd, I lack nothing.”

O = God cares for all my needs. I am vulnerable but God sees my needs.

A = When I get anxious, I will pray instead. I will ask God to provide what I need.

P = Jesus, you are my good shepherd. I often worry so today, I ask that you help remind me that you see me and my needs. Instead of more stress, teach me to trust you. Amen.



Prayer for Revival in  
Montréal

O God, come with your  
power for my city.  
I am here to contend for  
revival for Montréal.  
Only you can turn the  
hearts of our city.  
Only you can bring justice.  
Only you can mend the  
brokenness.  
Come, Lord Jesus.  
Come, Holy Spirit.  
We need you here.

Reading: Psalm 90, Eph 2

Grab your pen and journal  
and S.O.A.P. a verse from  
your reading today.

Prayer for City Church Staff  
& Leaders

Jesus, thank you for the City  
Church staff and leaders.

We give honour to those  
who serve us for the fame  
of Jesus.

We ask that you would  
bless them with unity and  
wisdom to lead us forward.

Bless their families and their  
health. We pray that you  
would surround our leaders  
with more workers for the  
harvest to come. Amen.



## The Lord's Prayer

“Our Father in heaven,  
hallowed be your name,  
your kingdom come, your  
will be done, on earth as it is  
in heaven.

Give us today 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 the evil one.”

(Matthew 6:9–13)

# Stay Connected



Website  
[CityChurch.ca](http://CityChurch.ca)



City Church Canada  
Mobile App



YouTube  
[CityChurch.ca](http://CityChurch.ca)

## GROWING TOGETHER



## The Lord's Prayer

“Our Father in heaven,  
hallowed be your name,  
your kingdom come, your  
will be done, on earth as it is  
in heaven.

Give us today 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 the evil one.”

(Matthew 6:9–13)

## Fasting Day

We invite you to feast on the presence of God as you abstain from eating breakfast and lunch today.

Reduce or eliminate caffeine. Drink plenty of water and clear liquids.

## Reading

Psalm 143, Eph 3

Grab your journal and S.O.A.P. a verse from your reading today.



Prayer for Salvations for  
the Lost

Father, thank you for  
rescuing the world through  
your only Son, Jesus.

Today, I pray for the people  
around me that don't know  
you yet.

Reveal your love to them.  
Use my life and my story to  
plant seeds that you will  
harvest for eternal life.

I pray in Jesus name, amen.





We have a space for you!

Serve on our Welcome Team  
two Sundays a month.

Text “SERVE” to 514-700-4885

# Join Our Dream Team

TEAMWORK MAKES THE  
DREAM WORK



Reading: Psalm 139, Eph 4

Grab your journal and pen.  
Choose 1 verse from  
today's reading and use  
the S.O.A.P. method to  
engage with The Holy  
Spirit.

Prayer for More Love

Jesus, your love is  
unlimited. You ask us to not  
just love those who love us,  
but to love our enemies  
too.

Jesus, flood my heart with  
your love today.

Help me love my  
neighbours, my coworkers  
and the lost with the love  
you give me. In your name,  
amen.



Reading: Psalm 37, Eph 5&6

S.O.A.P one verse from your reading today with your pen and journal.

Prayer for Leaders

Jesus, you tell us to pray for our leaders as a reminder that you place all authority in their positions to safeguard us.

Today, we pray for Mayor Plante, Premiere Legault and Prime Minister Trudeau.

Bless their families.  
Give them wisdom to care for the vulnerable and help prosper our city, province and nation.





# Worship with City Church

## SHARING LIFE TOGETHER

Reflection for Week Two

Spend some time reflecting on what you experienced with City Church today.

How was God speaking to you?  
Who served you? Look back on the last seven days of reading.  
How has God been speaking to you? Where are you seeing growth?





FACEBOOK

mycitychurch



INSTAGRAM

citychurchca



SPOTIFY

follow our playlist



YOUTUBE

citychurchca

# Our Social Pages

Reading: Psalm 51,  
Galatians 1

Grab your pen and journal  
and S.O.A.P. a verse or  
phrase from today's  
reading.

Prayer for Revival

Father, my hunger is  
growing to see revival in  
my city.

Increase my faith to see a  
move of God this year. You  
tell us that all we need is a  
mustard seed of faith.

Father, we need your  
mercy. Come, Lord Jesus in  
your power. Come so that  
our city would never be the  
same.

In the name of Jesus we  
pray together, amen.



Reading: Psalm 62, Gal 2

S.O.A.P. a verse from this reading today in order to hear the voice of God and to practice what He shows you.

Prayer for Healing

Jesus, you have all authority on heaven and earth.

Today, I intercede in prayer on behalf of those in City Church who are sick with cancer, broken limbs and other ailments.

Touch them with your healing power.

Draw near to them to encourage them.

Bless them in every way,  
Lord Jesus.

## Fasting Day.

We invite you to feast on the presence of God as you abstain from eating breakfast and lunch today.

Reduce or eliminate caffeine. Drink plenty of water and clear liquids.

Reading: Psalm 89, Gal 3

Grab your favourite pen and journal and S.O.A.P. a verse from today's reading.

What is God showing you today?



## Prayer for Next Gen

Jesus, we see how you cared for children during your life and ministry.

You said your kingdom belongs to children.

Use my life and my influence to care for, and to pass on my faith to the kids and high school students in our church and city.

Protect them, and fill them with your Holy Spirit so that they would go further and faster than us.

In Jesus name, amen.

Reading: Psalm 100, Gal 4

Prayer for the Vulnerable  
Father, your heart is drawn  
to the hurting and the  
vulnerable around us.

Comfort those who are  
alone. Protect those who  
are vulnerable.

Draw near to those who  
feel unseen and unloved.

Direct people, both  
believers and unbelievers,  
to provide care and  
compassion in your Name.



Reading: Psalm 40, Gal 5 & 6

S.O.A.P. a verse from your reading today. What is God showing you today?

Prayer to Prosper Montréal  
God, we thank you for the many industries in our city that provide good jobs.

We ask that you would strengthen these businesses, schools and industries in a changing economy.

Give leaders and politicians wisdom to navigate our changing world, and provide the economic power to care for the millions who call our city home.



# Worship with City Church

SHARING LIFE TOGETHER

Reflection for Week Three

## Final Reflections

Look back on the past twenty-one days.

What is your biggest takeaway?

What has been your favourite part of this time?

What will you continue to do in order to cultivate your relationship with God?







# Resources

FOR FURTHER GROWTH



## **BIBLE STUDY RESOURCES**

YouVersion Bible App

The Bible Project

## **PRAYER RESOURCES**

Lectio 365 App

“Catching Fire Becoming Flame”  
by Albert Haase

“Why Revival Tarries” by  
Leonard Ravenhill

“Psalms: The Prayer Book of the  
Bible” by

Dietrich Bonhoeffer

“How to Pray” by Pete Grieg

## **PODCAST**

Awaken Network



Share Life.  
Shine Light.



# What's Your Next Step?

LET'S KEEP PRESSING IN FOR  
GOD TO RENEW US, CITY  
CHURCH, AND THE CITY OF  
MONTREAL





# How is God working in your life?

SHARE YOUR STORY

[info@citychurch.ca](mailto:info@citychurch.ca)

TEXT

“Story” to 514-700-4885

**CELEBRATING LIFE CHANGE  
WITHIN CITY CHURCH**



January 20 - February 9, 2025

# 21 Days of Renewal



CITY CHURCH



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