



# 21 Day Prayer and Fasting Guide

Growing Together  
January 9-30, 2022



# Welcome

Welcome to a brand new year.

While 2022 is starting to feel a lot like 2020 again, you and I have the opportunity to shape this new year. We cannot control the virus, but we can set the direction of our hearts.

Our prayer is that we would grow deeper in love with Jesus Christ, and with one another in this new year. We pray for an outpouring of The Holy Spirit to give us fresh vision and fresh fire from heaven.

We believe God has been trying to get our attention since the beginning of this global pandemic. It is time for us to draw near to the Lord, and cry out for God to bring heaven to our homes and to our city!

Let's hunger and thirst together!

With love and great expectation,  
Pastor Chris



# 21 Day Journey

## Key Dates to Remember

**Sunday**, January 9: Live Online via  
[live.citychurch.ca](https://live.citychurch.ca) (10/11:30am/5pm)

**Tuesday**, January 11: Fasting & Zoom\*Prayer  
8:00-8:45pm ET

**Sunday**, January 16: Live Online

**Tuesday**, January 18: Fasting & Zoom Prayer  
8:00-8:45pm

**Sunday**, January 23: Live Online

**Tuesday**, January 25: Fasting & Zoom Prayer  
8:00-8:45pm

**Sunday**, January 30: Live Online

*\*link for zoom calls TBA*



# Wayne Kraus

## REVIVAL HISTORIAN

*“Those unfamiliar with revival history will see that there is a level to Christian experience unknown to our generation, that we are merely paddling around the shore of an infinite ocean of grace.”*



# **Where Do You Need God to Move In Your Life in 2022?**

Let's Go Together!



# Fasting FAQs


## What is biblical fasting?

Biblical fasting is setting yourself apart from normal eating routines for a specific period of time for a spiritual purpose. It is designed to help you grow your intimacy, communication and confidence in God.

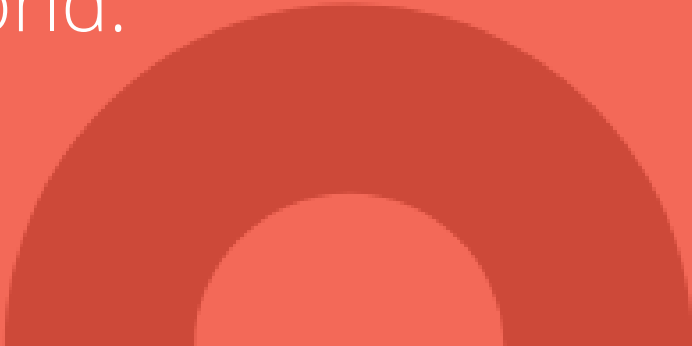
## Did Jesus fast?

Yes! Before he started his ministry, he fasted for 40 days. In Matthew 6, Jesus talks about three responsibilities for his followers: giving, praying and fasting. Note that he used the words, "when" not "if" to articulate his desire for us.

## Why should I consider fasting?



Aside from obeying the desires of Jesus, we happen to live during one of the most affluent times of world history. With our comforts and access to food, clothing and security, it is actually harder for us to remember how we depend on God. Along with the spiritual benefits listed above, fasting from food will give you greater compassion and solidarity with the poor and malnourished in our own city and around the world.







# Fasting FAQs

## Can anyone fast?

It is always wise to consult your doctor if you have any health concerns or questions. We don't recommend children under 12 to fast, and teenagers can opt-in if you'd like. If you have a history of any eating disorder, proceed with caution and prayer. You could participate in another way by abstaining from another activity.

## **Other Fasts?**

A biblical fast always involves abstaining from food. However, abstaining from technology, alcohol, caffeine, social media are other ways that can truly help you hear the still, small voice of God. Our walk with God suffers from all the noise from so many voices around us!

## **Other Fasting Questions?**

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

We will be delighted to respond as soon as possible.



# Fasting FAQs

## What kinds of fasting are there?

**Day Fast**—no food during the daytime. (Eat dinner Monday night, no breakfast, lunch or snacks. Eat again at dinner on Tuesday night)

**Daniel Fast** (from Daniel 1:8-15)—eating only natural fruits, vegetables, beans and nuts. Avoiding meats, processed foods, sugars, etc.

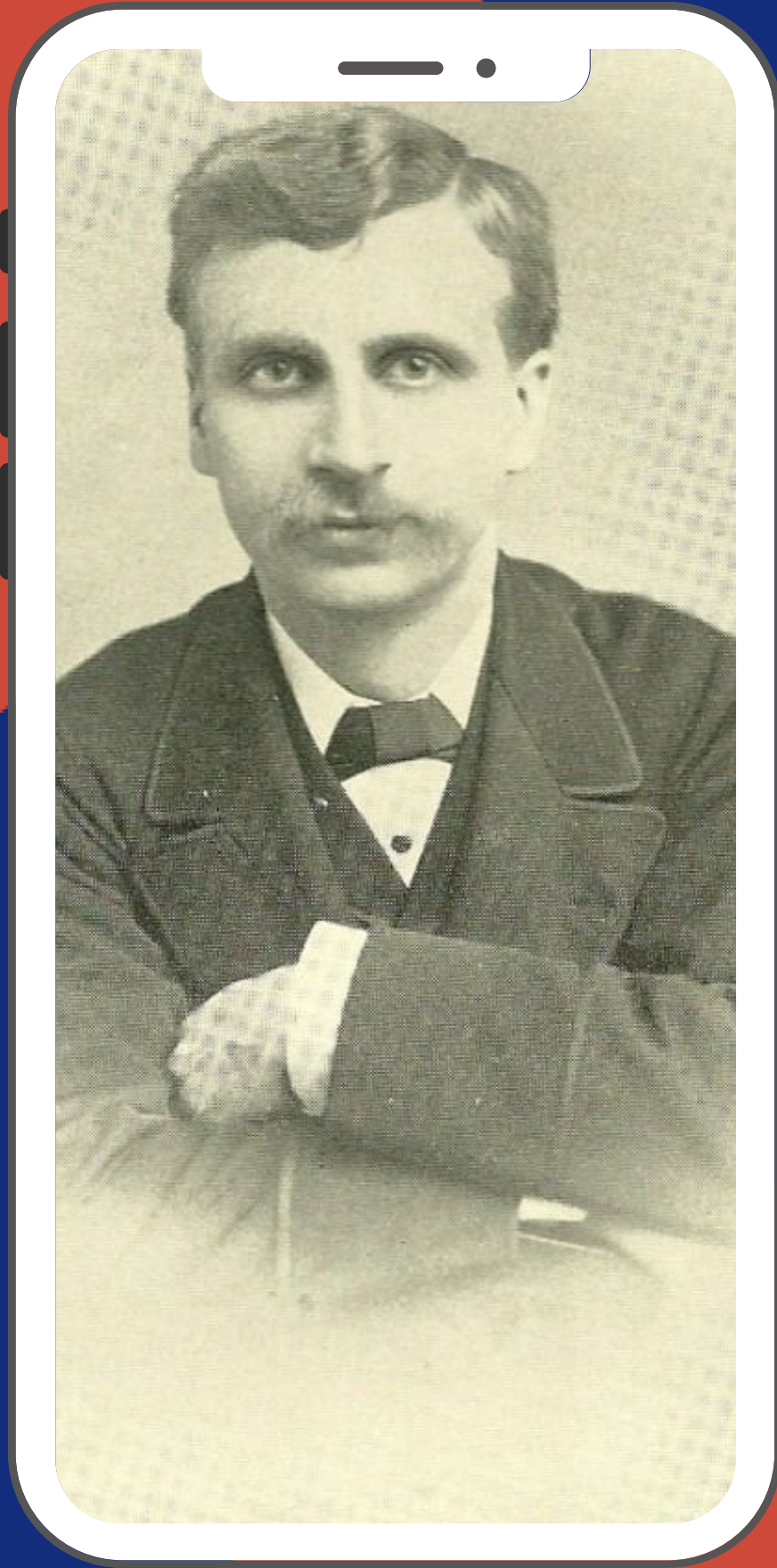
**Other**—restricting certain drinks and foods. Choose foods that you will notice, perhaps comfort foods as a way to depend more deeply on God himself.

**Length**—one meal, one day, two days up to 40 days. Start small and move up as you gain confidence and enjoy the fruits of greater dependence on God.

## When should I fast?

You are free to choose to fast when you need special wisdom from God, when you are going through a challenging trial, or when you need fresh spiritual power. It can be even greater to fast with your church for the added support





# Samuel Chadwick

## METHODIST MINISTER

*"Intensity is a law of prayer...  
There are blessings of The  
Kingdom that are only yielded to  
the violence of the vehement  
soul."*

# Our Plan

21 Day Rhythm

**Weekly Worship Gathering:** Sundays

**Daily Scripture Reading, Exercises and Prayer** (January 9-30)

*Use our guide for Scripture reading through The Gospel of Mark twice, and prayer prompts.*

**Fasting with Liquids Only Tuesdays**

*Eat dinner Monday night, skip breakfast, lunch and snacks. Eat again at Tuesday dinner.*

**Zoom Prayer and Encouragement**

*Tuesdays at 8:00-8:45pm*

**SCRIPTURE &  
PRAYER GUIDE**

**Then Jesus was led by the Spirit into the wilderness to be tempted by the devil. After he fasted forty days and forty nights he was famished.**

**MATTHEW 4:1-2**

# Your Why

## Defining Your Purpose

Before getting started, it is wise to define your intentions of joining in on this 21 day journey.

When things get tough, go back to this page to remember your "why".

**Why are you embarking on this 21 day journey?**

**What is your greatest goal or prayer request over these next 21 days?**

**What are the names of 2-3 other people you will reach out to for support, prayer and encouragement?**

*We are encouraging you to group up with 3-4 people per group over the next 21 days via FaceTime, texting, etc.*



# How To Get Most Out of Your Time with God

1. **Place.** Try to choose a place where you can concentrate and focus on God.
2. **Time.** Ideally, choose the same time where you carve out space in your calendar for God. Instead of being haphazard, create space everyday for Him.
3. Start with **Prayer.** Ask Him to focus your mind and open your heart. "Come, Holy Spirit" is a great invitation.
4. Have a **journal** and pen ready. Take notes as you read The Bible and sense God speaking. Jot down questions, reflections or promises you see.



# How To Get Most Out of Your Time with God

5. Be an **active reader**. Ask "Who, What, Where, When, Why" questions.  
Put yourself in the scene.  
What do you feel, hear, see, etc?

6. **Look for Application**. What is God wanting you to do about today's reading? A promise to hold? Asking for forgiveness? Asking for help to be stronger in an area? Receiving his love and affirmation? Getting on your knees to worship?

## Using This Guide

You can either print this 21 day guide off and place it by your Bible and use the white Notes pages, or you can use this guide on your phone, tablet or computer and journal alongside it.

# Scripture and Prayer Guide

Day One: Sunday, January 9

**Scripture:** Read Mark 1

What do you notice about John the Baptist?

What happens at the baptism of Jesus?

Why do you think The Spirit lead Jesus into the wilderness to be tempted?

How did Jesus say we could receive the good news?

What did Jesus mean when he said, "fish for people"?

What miracles does Jesus perform?

What do you notice about Jesus' spiritual disciplines?



# ektenos

**"STRETCH TO THE LIMITS"**

*Let us pray with passion and  
with urgency.*

*Let us pray bold, faith-filled prayers  
begging God to move in our midst.*

*Acts 12:5 "the church prayed very  
earnestly for him."*

# Scripture and Prayer Guide

## Prayer for Day One

### **Praise**

Praise Jesus that he is our good news. Thank Him for coming into our world to save us, and bring heaven to earth.

### **Repent**

Jesus said we need to repent and believe to enter the kingdom. Ask The Holy Spirit of a sin or pattern you need to confess to him. Every revival begins with repentance and prayer!

### **Obey**

Is God asking you to obey anything? Are you resistant to something God is asking of you? Listen and ask for courage to obey!

### **Serve**

Is God bringing anyone to mind you can pray for or serve? Follow through.

# Notes

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# Scripture and Prayer Guide

Day Two: Monday, January 10

**Scripture:** Read Mark 2-3:19

How does the paralyzed man meet Jesus?

Did everyone celebrate Jesus during this miracle in Mark 2:1-2:12?

Who did Jesus come serve according to Mark 2:17?

Why do we fast according to Mark 2:19-20?

Why was Jesus frustrated in Mark 3:5?

What do we learn about Jesus' power in Mark 3:7-12?





# ektenos

**"STRETCH TO THE LIMITS"**

*He prayed more fervently, and he was in such agony of spirit that his sweat fell to the ground like great drops of blood. (Luke 22:44)*

# Scripture and Prayer Guide

## Prayer for Day Two

### **Praise**

Thank Jesus for his power to heal and for his power to grant us forgiveness.

### **Repent**

As you listen to God, be open to an area for confession. Confess any sin and be confident in his forgiveness !

### **Obey**

Is God asking you to obey anything today? Start something? Stop something?

### **City Church Prayer**

Pray for God to pour out The Holy Spirit on the people of City Church. That he would give us fresh vision, fresh power and unity as a family.

# Notes

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# Scripture and Prayer Guide

Day Three: Tuesday, January 11

**Scripture:** Read Mark 3:20-4:41

Why do you think Jesus faced so much opposition?

According to Jesus, who are the people he considers 'family'?

Reflect on Mark 4:1-20. What is God saying about the soil of your own heart?

Why is Mark 4:26-29 encouraging when you consider your spiritual life?

What is God saying to you as you read Mark 4:35-41?

# Scripture and Prayer Guide

## Prayer for Day Three

### **Praise**

Praise Jesus for enduring so much opposition for you. Thank him for his promises to bring fruit from a yielded heart.

### **Repent**

As you consider the teaching on the soils, how is your heart? Distracted with worry? Pleasure? Comfort? Money?

### **Obey**

Ask God to illuminate your heart for an area to surrender to him today.

### **Serve**

Is God bringing anyone to mind you can pray for today? Call them and ask how you can pray for them today.

# Notes

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# Scripture and Prayer Guide

Day Four: Wednesday, January 12

**Scripture:** Read Mark 5-6

How does the story of the demon-possessed man help us to remember in our spiritual battles today?

Who displayed faith in Mark 5?

Why would Jesus only five people into the room of the little girl?

What were the disciples able to accomplish under the authority of Jesus?

List all the areas where Jesus displayed his power in these two chapters.

# Scripture and Prayer Guide

## Prayer for Day Four

### **Praise**

Thank Jesus for his power today. There is nothing that he cannot do!

### **Enjoy**

Ask God to encourage you today. What is he saying to love and bless you?

### **Serve**

Ask God for a way to shine for him today. Who is he calling you to serve?

### **City Church Prayer**

Pray for unity in our diverse community.

Pray that God would knit our hearts together with the intention of extending his kingdom in our city and to the cities he calls us to serve.

# Notes

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# Scripture and Prayer Guide

Day Five: Thursday, January 13

**Scripture:** Read Mark 7-8

What is the major contrast between Mark 7:1-23 and 7:24-30? What is significant about this contrast?

What moved Jesus to feed the 4,000?

Why did Peter get rebuked with such strong language in Mark 8?

According to Jesus, how do we please God and have a meaningful life?

# Scripture and Prayer Guide

## Prayer for Day Five

### **Praise**

Praise Jesus for his compassion. He didn't just talk about love, he embodied it.

### **Consider**

Where is God asking you to be more compassionate to others?

### **Obey**

Ask God to illuminate your heart for an area to surrender to him today.

### **Prayer for Leaders**

Pray for our Mayor Plante, Premier Legault and Prime Minister Trudeau. Pray they would receive godly wisdom and have the courage and compassion to lead us.

# Notes

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# Scripture and Prayer Guide

Day Six: Friday, January 14

**Scripture:** Read Mark 9-10:31

How do you think you would feel watching the scene of Jesus' transfiguration? How might that change how you treated him?

Why is Jesus upset in Mark 9:14-29?

Why couldn't the disciples cast out the evil spirit?

What were the disciples talking about after Jesus predicted his death?

What kinds of people will inherit the kingdom of God according to Mark 10:13-30?

Fasting confirms our utter dependence upon God by finding in Him a source of sustenance beyond food.

Dallas Willard

# Scripture and Prayer Guide

## Prayer for Day Six

### **Praise**

Thank Jesus for his sacrificial death to pave the way for your salvation.

### **Repent**

Ask God to search your heart today. Is he wanting to bring light into any area?

### **Encourage**

Ask God for someone he is calling you to encourage today. Follow through with a call or video call.

### **City Church Prayer**

Pray, "Come, Holy Spirit." Sit in silence for 30 seconds. Respond with what you sense God is speaking to you about how to pray for City Church.

# Notes

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# Scripture and Prayer Guide

Day Seven: Saturday, January 15

**Scripture:** Read Mark 10:32-11:33

What is the pathway to being great in the eyes of Jesus, according to Mark 10:35-45?

What was commendable about the actions of Bartimaeus?

Imagine the scene of Mark 11:1-11. What do you see? Smell? Hear? Feel?

What does Jesus teach us about faith in Mark 11:22-26?



# pray first

*"This kind can come out  
only by prayer."*

*Mark 9:29*



# Scripture and Prayer Guide

## Prayer for Day Seven

### **Praise**

Praise Jesus for his presence with you. Thank him for being with you and being your friend.

### **Consider**

Where is God asking you to serve as he served us?

### **Prayer for Sunday**

Pray today our worship gathering online on Sunday. Pray that people would have open hearts and minds. Pray for the Holy Spirit to unite us in victory, in truth and in hope. Pray that many would hear the message through a global audience.

# Notes

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# Scripture and Prayer Guide

Day Eight: Sunday, January 16

**Scripture:** Read Mark 12-13

What does Jesus teach us about honouring authority, and yet still honour God in Mark 12:13-17?

What do you find interesting or significant in Mark 12? Why?

What phrase does Jesus repeat in Mark 13:1-37? What does this tell you?

What is God teaching you today? The clearest message you are receiving?

# Scripture and Prayer Guide

Day Eight: Sunday, January 16

**Scripture:** Read Mark 12-13

What does Jesus teach us about honouring authority, and yet still honour God in Mark 12:13-17?

What do you find interesting or significant in Mark 12? Why?

What phrase does Jesus repeat in Mark 13:1-37? What does this tell you?

What is God teaching you today? The clearest message you are receiving?

# Notes

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To receive text and email updates on the fast, send a text to: 514-700-4885

**Text**  
**'Fast22'**



# Social Media Updates



## FACEBOOK

Subscribe to our Private City Church Facebook Group



## INSTAGRAM

@citychurchca for Daily Updates and Stories



## YOUTUBE

@CityChurchca



# Instructions

We are so excited to start week two of our 21 day emphasis on spiritual growth!

This week, we will finish the Gospel of Mark on Day 11 which is Wednesday.

We will then go back through Mark's gospel one more time. The reason for this is to show you how rich and deep the Word of God is.

You will see connections and insights you didn't see the first time through.

Continue to read prayerfully and imaginatively. And after you read, meditate on what God is saying to you throughout your day.

We will once again fast from breakfast and lunch on Tuesday, and regather on Zoom at 8:00pm on Tuesday night.

Stay hungry as you seek God first!

With love and prayer,  
Pastor Chris



# Scripture and Prayer Guide

Day Nine: Monday, January 17

**Scripture:** Read Mark 14

What could have motivated the woman to expend a year's wages on the head of Jesus?

Describe what emotions you would feel during the last supper. (v12-26)

What did Peter promise Jesus? Did he live up to his promise?

Describe the trial of Jesus in v53-65. What does this reveal about mankind?

# Scripture and Prayer Guide

## Prayer for Day Nine

### **Praise**

Praise Jesus for his obedient, yet excruciating sacrifice that he made for us.

### **Consider**

How do you see Judas in you?  
How do you act like Judas?

### **Prayer for City**

Pray today for our leaders who are making difficult decisions. Pray for our Mayor, Premier and Prime Minister. Pray for those serving the homeless, and those serving the elderly in senior's residences.

# Notes

Notes

**JESUS IN  
MATTHEW 6:33**

**But seek first his  
kingdom and his  
righteousness,  
and all these  
things will be  
given to you as  
well.**



# Scripture and Prayer Guide

Day Ten: Tuesday, January 18

**Scripture:** Read Mark 15

Why do you think Jesus said very little as he was interrogated by Pilate?

According to this passage, why did Pilate hand Jesus over to be crucified?

Describe the scene in v25-32.  
What do you hear, see, feel?

What is your biggest takeaway from today's reading?

# Scripture and Prayer Guide

## Prayer for Day Ten

### **Praise**

Jesus died because of our rebellion, and because of God's love. Praise God for love that can never be taken from you.

### **Repent**

Ask God to search your heart. Is there any pattern of disobedience? Have you made your relationships right--as far as it depend on your actions?

### **Ask**

Ask God for a deeper reception of his love. As you sit in silence, ask God, "Show me how much you love me today."

### **Prayer for City Church**

Pray today for our church family. That we would grow in love and service of one another. That God would allow us to see new people come to know Jesus very soon, and that we would love our city well.

# Notes

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# Scripture and Prayer Guide

Day Eleven: Wednesday, January 19

**Scripture:** Read Mark 16:1-8

*(this is the end of the book according to scholars)*

Who were the first eyewitnesses of  
Jesus' resurrection?

What is significant about these witnesses?

Who told the women that Jesus was not  
in the tomb?

What was the command of the angel to  
the women?

How were the women after this incident?  
Does this help or hinder your faith?

# Scripture and Prayer Guide

## Prayer for Day Eleven

### **Praise**

Praise God for the victory of the resurrection! Our best is truly yet to come.

### **Consider**

How do you feel after reading this whole account of Jesus?

What is God asking of you today?

### **Prayer for You**

Pray today about your faith and your witness to others. Ask God to deepen your faith. Ask The Holy Spirit to pour out his love and his power upon you so that you might have deeper peace, and greater love.

# Notes

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# Scripture and Prayer Guide

Day Twelve: Thursday, January 20

**Scripture:** Read Mark 1

What do you notice about the importance of repentance as a way to welcome Jesus in our lives?

Did Jesus do anything significant before the Father affirmed his son? What does this tell us about God's character?

Who were the first disciples?

Why specifically did the news about Jesus "spread quickly" in this chapter



# Scripture and Prayer Guide

## Prayer for Day Twelve

### **Praise**

Thank God for the privilege of being in his presence right now. Say, "Come, Holy Spirit"

### **Repent**

Ask God to illuminate your mind, heart and relationships. Is there anything you need to confess, and ask for forgiveness?

### **Serve**

Ask God to show you someone you can encourage today. Follow through.

### **Prayer for Broken**

Pray today for those feeling hopeless in our church and in our city. Pray God would comfort and protect those considering suicide. Pray for those suffering abuse would see justice and healing.

# Notes

Notes



## Billy Graham

*We relegate God to our  
spare time - but  
end up never having  
any spare time!*

*Jesus said,  
"Seek first his kingdom"*

# Scripture and Prayer Guide

Day Thirteen: Friday, January 21

**Scripture:** Read Mark 2-3:19

What impressed Jesus in chapter 2? Look at verse 5 for the clue.

Who has authority to forgive sins according to chapter 2?

Who were the kinds of people surrounding Jesus? What does this tell us about the people we could serve?

Why was Jesus frustrated and 'deeply saddened' in 3:5?

What did the demons say about Jesus in chapter 3? Why is this significant?

# Scripture and Prayer Guide

## Prayer for Day Thirteen

### **Praise**

In a world of confusion and chaos, thank God that he is fully in control.

### **Consider**

Where is God asking you to love and serve outcasts as he modelled for us?

### **Prayer for Rest**

Pray today for rest. Thank God for the week of work and school behind us. Ask God to give you restoration and fun as you take time away from laptops and productivity. Invite him into your rest this weekend.

# Notes

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# Scripture and Prayer Guide

Day Fourteen: Saturday, January 22

**Scripture:** Read Mark 3:20-4:41

What did the religious leaders accuse Jesus of in chapter 3?

Reflect on Mark 4:1-20 again. What is God saying about the soil of your heart?

What kind of heart produces a harvest of 30, 60 or 100 times the seed?

Why should we bring the hidden into the light?

Why were the disciples terrified after Jesus calmed the storm. What does this tell us about Jesus and also disciples?



# Scripture and Prayer Guide

## Prayer for Day Fourteen

### **Praise**

Thank God for the faith he has given you. Ask God to grow your mustard seed of faith.

### **Enjoy**

The New Testament tells us that each person who has received the gift of salvation through Jesus is adopted permanently into his family. Revel in that gift today.

### **Prayer for Sunday**

Pray today for our worship gathering on Sunday. Pray that people would have open hearts and minds. Pray for the Holy Spirit to unite us as one and soften our hearts.



# Notes

Notes



**A.W. Tozer**

***“The man who has  
God for his treasure  
has all things in  
One.”***

# Scripture and Prayer Guide

Day Fifteen: Sunday, January 23

**Scripture:** Read Mark 5-6

What does the story in 5:1-20 speak to you about today?

What allowed the woman to be healed in chapter 5? Why was this a risk for her?

What was the reason why few miracles were done in Jesus' home?

What does 6:52 mean?  
What is a hard heart?

What does this passage teach us about Jesus' authority?

# Scripture and Prayer Guide

## Prayer for Day Fifteen

### **Praise**

Praise Jesus for his total authority.  
Praise him that he is above all.

### **Consider**

Where do you need to run to Jesus so he can heal you as he did in these accounts?

### **Prayer for Sunday**

Heavenly Father, thank you for the gift of rest and for the comfort inside my home.

Thank you for caring for me and for providing for me. I trust you and invite you to lead me into the week ahead. Amen.

# Notes

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# Scripture and Prayer Guide

Day Sixteen: Monday, January 24

**Scripture:** Read Mark 7-8

What problem does Jesus have with the religious leaders in chapter 7?

Why didn't the deaf man listen to Jesus after his healing?

Why do you think Jesus was opposed to giving the religious leaders a sign?

Why did Jesus care about what the disciples opinion about him?

In what way was Peter acting like Satan in this exchange?

# Scripture and Prayer Guide

## Prayer for Day Sixteen

### **Praise**

Thank Jesus for how he has healed you from your hard heart and blindness.

### **Repent**

In what area are you tempted to act like Peter--wanting what Jesus can give you, but not wanting Jesus himself?

### **Serve**

Who is God asking you to serve today? Follow through in a tangible way.

### **Prayer for Growth**

Pray for continued growth in your walk with God. Pray that God would teach you to discern his voice above all others, and treasure spending time with him each day.

# Notes

Notes



**JESUS IN  
MARK 10:45**

**For even the Son of Man did not come to be served, but to serve, and to give his life as a ransom for many.**

# Scripture and Prayer Guide

Day Seventeen: Tuesday, January 25

**Scripture:** Read Mark 9-10:31

The transfiguration is the second time that the disciples hear the voice of God the Father. When was the first time?

Why is 9:23 so significant in the eyes of Jesus? How can you increase your faith?

Mark 9:42-50 is serious.  
Summarize what Jesus is saying.

Why did Jesus say we must have faith like a child to enter the kingdom of God?

What does Jesus promise those who follow him, even though they will face trouble in this world?

# Scripture and Prayer Guide

## Prayer for Day Seventeen

### **Praise**

Jesus is greater than Moses and Elijah, and any other. Praise him for being the King of Kings and Lord of Lords.

### **Consider**

What is Jesus saying to you about your faith right now? Are there any changes you need to make?

### **Prayer for Enemies**

Jesus, you tell us that true disciples must love our enemies. But we cannot love like that on our own. Fill us with your grace so that we could extend forgiveness and pray for those who oppose us, and who have harmed us.

# Notes

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## **Jesus (Matthew 7:7-8)**

*Ask and it will be given to you; seek and you will find; knock and the door will be opened to you. For everyone who asks receives; the one who seeks finds; and to the one who knocks, the door will be opened.*

# Scripture and Prayer Guide

Day Eighteen:  
Wednesday, January 26

**Scripture:** Read Mark 10:32-11:33

Reflect on 10:35-45. What is God saying to you about this passage?

Imagine the scene in 11:15-17. What does Jesus' face look like? His voice sound like? What does this reveal about Jesus?

What are some key principles about getting our prayers answered in chapter eleven?

# Scripture and Prayer Guide

## Prayer for Day Eighteen

### **Praise**

Jesus paid for your salvation with his own life (10:45). Praise Him for his loving sacrifice.

### **Repent**

Where is your faith lacking today? Repent for your lack of trust in Jesus, and ask him to help you trust him more fully.

### **Ask**

What do you need from God today? Ask him with a faith-filled heart.

### **Prayer for Growth**

Pray for greater discipline in your time with him. Ask him to give you greater hunger to be in his presence, and that he would lower your desire for other distractions.

# Notes

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Isaiah 40:8

*The grass withers and  
the flowers fall,  
but the word of our  
God endures forever.*

# Scripture and Prayer Guide

Day Nineteen: Thursday, January 27

**Scripture:** Read Mark 12-13

How should we live as citizens of our city in light of 12:17? How do we manage the tension of living as Jesus people, and yet as Montréalais?

What two commandments were the most important according to Jesus?

What important principle do we learn as Jesus singles out the widow who gave everything she had?

There is much we don't know in terms of the end times. But what does Jesus say should be our true focus in 13:32-36?

# Scripture and Prayer Guide

## Prayer for Day Nineteen

### **Praise**

God is in full control in a chaotic world, and will bring peace and justice in Jesus' second coming.

### **Consider**

How are you doing in your love of neighbour? How can you get more intentional?

### **Prayer for Thursday**

Father, thank you for this extended time in the Gospel of Mark, in prayer and in fasting with City Church. I pray that you would bless us with greater love for you, and that you would bless each person within City Church.

# Notes

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# Scripture and Prayer Guide

Day Twenty: Friday, January 28

**Scripture:** Read Mark 14

What was the Passover celebration?  
Do a little research.

Do you think the expensive perfume event was a trigger for Judas to betray Jesus? Why or why not?

What kind of emotions went through the disciples as Jesus said one of the twelve was going to betray him?

Why did the High Priest tear his clothes in Jesus' trial?

Describe how Peter might have felt as he heard the rooster crow a second time.

# Scripture and Prayer Guide

## Prayer for Day Twenty.

### **Praise**

Jesus became a prisoner so you could be free. He died so you could be fully alive.

### **Consider**

How can you apply the lesson of Jesus in the Garden of Gethsemane when trials and pressure come?

### **Serve**

Who is God asking you to encourage today? Follow through in a tangible way.

### **Prayer for Growth**

Pray for growth in the area of sacrificing yourself for others--just as Jesus did. Ask God for strength and for vision to be a person who willingly puts the needs of others ahead of your own.

# Notes

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# Scripture and Prayer Guide

Day Twenty-One:  
Saturday, January 29

**Scripture:** Read Mark 15

According to Pilate, why did the Jews want to crucify Jesus?

Why did Pilate hand Jesus over?  
(hint: check 15:15)

Why do you think Jesus said God had 'forsaken' him?

What made the centurion say, "Surely this man was the Son of God" ?

What are your emotions reading the account of Jesus' death on the cross?



# Scripture and Prayer Guide

## Prayer for Day Twenty-One

### **Praise**

Jesus was the Lamb of God who took away all your sin.

### **Repent**

Be still in God's presence and ask him to show you any area where you need to confess sin to him.

### **Prayer for Sunday**

Heavenly Father, thank you for the family of God you have been given me through City Church. May you bless us with greater love for one another, and may you bless our online gathering tomorrow.

# Notes

Notes

# Scripture and Prayer Guide

Day Twenty-Two:  
Sunday, January 30

**Scripture:** Read Mark 16:1-8  
(this is the end of the book according to scholars)

What is your biggest takeaway from this passage?

Why do you think an angel was sent to talk to the women in this incident?

Describe the emotions of the women in this passage.

What is one word that best expresses

# Scripture and Prayer Guide

## Prayer for Day Twenty-Two

### **Praise**

Jesus is the resurrected King!  
He is alive and has invited you to make his home with you.

### **Ask**

Ask God, "What is one next step you want me to apply from this 21 day journey?"

### **Listen**

Ask, "Jesus, how do you want to encourage me today?"

### **Prayer for Growth**

Father, thank you for helping me complete these 22 days! I have learned much, but don't want to go back. Give me more hunger for you, your word, for prayer, and for my church family.

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# Closing Reflections

**1)** What was your favourite part of this fast?

(Readings, Fasting, Prayer, Tuesday Zoom)

**2)** What is your biggest, single takeaway from the Gospel of Mark?

**3)** What was your biggest personal win from this journey?

(Peace, Confidence, Camaraderie, Answered Prayer, Insights)

**4)** What is next for your spiritual growth? How will you keep this good momentum going?

**5)** Is there any habit that you need to stop, or greatly reduce, so that you can continue growing in Christ?

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# Stay in the Loop

Text **LOOP** to 514-700-4885

Receive email and texts  
from us to help you  
stay informed about  
what is happening  
within City Church.



# You Did It!

Congratulations on Completing our 2022 21  
Day Challenge.

May God increase your  
hunger for His power  
and His presence!

# City Church

## **SHARE LIFE**

Our best life is found in rich, interdependent relationships. The church is a family that supports and uplifts one another.

## **SHINE LIGHT**

God has made his followers to be children of salt and light. Every follower of Jesus is called to bring hope, love and compassion in the name of Jesus.



**CITY CHURCH**

# Social Media Platforms



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