



ABOUT PRAYER AND FASTING

The Bible is full of promises about prayer – prayer rooted in the belief that God hears us, answers us, and invites us to participate in the answers He lovingly gives.

In the Old Testament, we see this promise: *"If my people, who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then I will hear from heaven..."*

—2 Chronicles 7:14a

In the New Testament, we see this invitation to pray: *"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God."* —
Philippians 4:6

In other words, the God of Jesus, the God of the Scriptures, hears and answers prayer! There is no prayer too big, no prayer too small, to pray – especially if our greatest desire is to see the will of God be done here *"...on earth as it is in heaven"* (Matthew 6:9-13).

In the Bible, prayer is sometimes accompanied by fasting. Fasting is willingly doing without food, or a portion of food, for a set period of time, in order to invest our energies and focus in prayer. One does not need to fast to pray with hope and intensity, but it can be a helpful spiritual rhythm to add to our experience of God in prayer. (You can read more about Fasting Basics at Crossroads21Days.com)

However you choose to pray and fast, it is exciting that you've joined in for these 21 Days of Prayer as we say "Come, Holy Spirit" – in our personal lives, in the life of our local church, and in our global family!

HOW TO USE THIS GUIDE

This Participant's Guide has been created to help you join in the 21 Days Of Prayer with guided daily themes and Scriptures to ground and inspire your prayers.

HOW SHOULD I PRAY?

This "season" of prayer and fasting covers 21 days, and it might be helpful to have some structure – like a scaffolding – to hang your prayers on as you go. We suggest that, each day as you come to prayer, you may want to follow a simple, 4-step process inspired by Jeremiah 6:16a based on the words stand, look, ask, and walk:

1. **STAND** – Take 30 seconds of silence or worship to become aware of the presence of Jesus
2. **LOOK** – Pray the prayer, "Come, Holy Spirit" and read the daily Scripture
3. **ASK** – Pray the Prayer Prompts for each day with confidence
4. **WALK** – Read the Responding to God section, act as led, and say "Thank You, Holy Spirit" for guiding your time

3 AREAS OF PRAYER

This Guide will lead you through welcoming the Holy Spirit as you partner with God in prayer in 3 areas:

- Your personal life (7 days),
- Your local church and community (7 days), and
- Our global family of churches across the country and around the world (7 days)

Enjoy God's presence in a new way these 21 Days, and God bless you!

WEEK ONE | PRAY FOR YOUR PERSONAL LIFE

DAY ONE (JULY 28) — INTIMACY WITH GOD

Scripture: And because we are his children, God has sent the Spirit of his Son into our hearts, prompting us to call out, “Abba, Father.” Now you are no longer a slave but God’s own child. And since you are his child, God has made you his heir. — Galatians 4:6-7

Prayer Prompt: Come, Holy Spirit. Pray that God would open your understanding that you are a child of God, and that you are no longer a slave to sin.

Responding To God: Write out 5 ways that knowing you are a child of God changes your relationship with God.

DAY TWO (JULY 29) — MY PERSONAL & FAMILY NEEDS

Scripture: For I will pour out water to quench your thirst and to irrigate your parched fields. And I will pour out my Spirit on your descendants, and my blessing on your children. — Isaiah 44:3

Prayer Prompt: Come, Holy Spirit. Review areas where you and/or your family have need for refreshing and provision. Pray for those areas.

Responding To God: Write what provision/blessings you requested from the Spirit today.

DAY THREE (JULY 30) — MY FELLOWSHIP WITH THE SPIRIT

Scripture: The grace (favor and spiritual blessing) of the Lord Jesus Christ and the love of God and the presence and fellowship (the communion and sharing together, and participation) in the Holy Spirit be with you all. Amen (so be it). — 2 Corinthians 13:14 (AMP)

Prayer Prompt: Come, Holy Spirit. Pray, “Father would you show me how to experience the communion, the sharing together, and the participation I can have with the Holy Spirit?”

Responding To God: Using www.biblegateway.com or Bible software, search for “Holy Spirit” and see all the ways that the Spirit is available to help you as a follower of Jesus.

DAY FOUR (JULY 31) — FRUITS OF THE SPIRIT

Scripture: But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. — Galatians 5:22

Prayer Prompt: Come, Holy Spirit. Pray for the fruit of the Spirit to be present in you and your loved ones today.

Responding To God: From the reading, list the fruits of the Spirit. Next to each fruit, write your name, or the name of a loved one, who needs to experience that fruit in their lives today.

DAY FIVE (AUGUST 1) — FILLED WITH THE SPIRIT

Scripture: Once when he was eating with them, he commanded them, “Do not leave Jerusalem until the Father sends you the gift he promised, as I told you before. John baptized with water, but in just a few days you will be baptized with the Holy Spirit.” “But you will receive power when the Holy Spirit comes upon you. And you will be my witnesses, telling people about me everywhere—in Jerusalem, throughout Judea, in Samaria, and to the ends of the earth.” — Acts 1:4-5, 8

Prayer Prompt: Come, Holy Spirit. Ask God to baptize you with the Holy Spirit, or to refill you with the Holy Spirit, and with power to be God’s witness wherever you go.

Responding To God: Talk with your pastor or someone else who is filled with the Holy Spirit and ask how you can nurture your relationship with the Spirit.

DAY SIX (AUGUST 2) — AN INCREASE IN LOVE

Scripture: And this hope will not lead to disappointment. For we know how dearly God loves us, because he has given us the Holy Spirit to fill our hearts with his love. — Romans 5:5

Prayer Prompt: Come, Holy Spirit. Pray that the Holy Spirit fill your heart with love in the areas in which you lack love.

Responding To God: Ask the Spirit for messages of love for 3 people on your list to love more. Send them.

DAY SEVEN (AUGUST 3) — PERSEVERANCE THROUGH DIFFICULTY

Scripture: We think you ought to know, dear brothers and sisters, about the trouble we went through in the province of Asia. We were crushed and overwhelmed beyond our ability to endure, and we thought we would never live through it. In fact, we expected to die. But as a result, we stopped relying on ourselves and learned to rely only on God, who raises the dead. And he did rescue us from mortal danger, and he will rescue us again. We have placed our confidence in him, and he will continue to rescue us. And you are helping us by praying for us. Then many people will give thanks because God has graciously answered so many prayers for our safety. — 2 Corinthians 1:8-11

Prayer Prompt: Come, Holy Spirit. Pray that God would deliver you or someone you know from difficulty, despair, danger, or depression.

Responding To God: If you prayed for someone else, write them a short note and let them know you prayed for them.

WEEK TWO | PRAY FOR OUR CHURCH AND COMMUNITY

DAY EIGHT (AUGUST 4) — NEIGHBORHOOD IMPACT

Scripture: Jesus replied, “You must love the Lord your God with all your heart, all your soul, and all your mind. This is the first and greatest commandment. A second is equally important: Love your neighbor as yourself.” — Matthew 22:37-38

Prayer Prompt: Come, Holy Spirit. Pray for neighbors, co-workers, and others who need an encounter with God today..

Responding To God: How is the Lord inviting you to “show up” in your local community?

DAY NINE (AUGUST 5) — AN INCREASE IN HEALING & MIRACLES

Scripture: As a result of the apostles’ work, sick people were brought out into the streets on beds and mats so that Peter’s shadow might fall across some of them as he went by. Crowds came from the villages around Jerusalem, bringing their sick and those possessed by evil spirits, and they were all healed. — Acts 5:15-17

Prayer Prompt: Come, Holy Spirit. Pray that the Holy Spirit would use our work to bring those who need healing, deliverance, and freedom to us so that they can experience His mighty power!

Responding To God: If you know someone who is sick, offer to pray for them right now.

DAY TEN (AUGUST 6) — DISCIPLESHIP OF ALL AGES

Scripture: We have not stopped praying for you since we first heard about you. We ask God to give you complete knowledge of his will and to give you spiritual wisdom and understanding.

— Colossians 1:9

Prayer Prompt: Come, Holy Spirit. Pray for different generations in our church – young and old – to know the Holy Spirit as their Teacher and to have spiritual wisdom and understanding at their level.

Responding To God: How can you partner with the Holy Spirit to disciple an age group that is different from your own?

DAY ELEVEN (AUGUST 7) — THE VULNERABLE & THE MARGINALIZED

Scripture: Then the righteous will answer him, “Lord, when did we see you hungry and feed you, or thirsty and give you something to drink? When did we see you a stranger and invite you in, or needing clothes and clothe you? When did we see you sick or in prison and go to visit you?” The King will reply, “I tell you the truth, whatever you did for one of the least of these brothers of mine, you did for me.” — Matthew 25:37-40

Prayer Prompt: Come, Holy Spirit. Pray that God would show you how you can personally engage with the poor and the marginalized in our city.

Responding To God: Volunteer to serve in our monthly homeless feeding, join up with another local organization such as Hope House, Micah Ministries, Empower House, etc., or start a Connect Group that responds to the needs of the vulnerable & marginalized in our community!

DAY TWELVE (AUGUST 8) — FINANCES & PROVISION

Scripture: Remember, a stingy planter gets a stingy crop; a lavish planter gets a lavish crop. I want each of you to take plenty of time to think it over, and make up your own mind what you will give. That will protect you against sob stories and arm-twisting. God loves it when the giver delights in the giving. God can pour on the blessings in astonishing ways so that you're ready for anything and everything, more than just ready to do what needs to be done. — 2 Corinthians 9:6-8 (MSG)

Prayer Prompt: Come, Holy Spirit. Father in Jesus' name give me a willing and cheerful heart so that I can be generous with my church.

Responding To God: For several months, Pastor Christina has been sharing about BEYOND — our campaign to finish paying for the construction and buildout costs of our facilities so that we can move forward with the vision God has given us to reach more people in our community and around the world. Help move the vision of the church forward by giving to BEYOND today. You can give by cash or check at church on Sunday, or simply by giving online at MyCrossroadsChurch.com/Give (or the My Crossroads App).

DAY THIRTEEN (AUGUST 9) — ENCOURAGEMENT OF PASTORS, STAFF & LEADERS

Scripture: Dear brothers and sisters, honor those who are your leaders in the Lord's work. They work hard among you and give you spiritual guidance. — 1 Thessalonians 5:12

Prayer Prompt: Come, Holy Spirit. Ask the Holy Spirit to show you needs/hopes of pastors, staff, and leaders of your church.

Responding To God: Which leaders in our church would the Lord invite you to encourage today? Call, text, email, or write a note of encouragement right now.

DAY FOURTEEN (AUGUST 10) — VISION OF OUR CHURCH

Scripture: And all of this is a gift from God, who brought us back to himself through Christ. And God has given us this task of reconciling people to him. For God was in Christ, reconciling the world to himself, no longer counting people's sins against them. And he gave us this wonderful message of reconciliation. So we are Christ's ambassadors; God is making his appeal through us. We speak for Christ when we plead, "Come back to God!" For God made Christ, who never sinned, to be the offering for our sin, so that we could be made right with God through Christ.

— 2 Corinthians 5:18-21

Prayer Prompt: Come, Holy Spirit. Ask the Holy Spirit to give His wisdom and direction as we navigate towards the vision God has given our Pastor and our church.

Responding To God: Our vision is that you (we) would experience all that Jesus is so that you can become all you (we) were meant to be. Pray for this to come to fulfillment.

WEEK THREE | PRAY FOR OUR NATIONAL & GLOBAL FAMILY

DAY FIFTEEN (AUGUST 11) — PLANTING HEALTHY, LIFE-GIVING CHURCHES

Scripture: The church then had peace throughout Judea, Galilee, and Samaria, and it became stronger as the believers lived in the fear of the Lord. And with the encouragement of the Holy Spirit, it also grew in numbers. — Acts 9:31

Prayer Prompt: Come, Holy Spirit. Pray for the “encouragement of the Holy Spirit” in our Vineyard Movement to plant healthy, life-giving churches that are effective in reaching the lost and bringing them home!

Responding To God: Crossroads is super excited to sponsor a Vineyard Church plant, pastored by Jacob & Erin Gaines in Short Pump, Virginia this January! You can give directly to their ministry at: wearecitylights.com/#giving

DAY SIXTEEN (AUGUST 12) — MISSIONS & GLOBAL IMPACT

Scripture: Matthew 28:19 – Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age. — Matthew 28:19

Prayer Prompt: Come, Holy Spirit. Help our church to be faithful to the Great Commission, making disciples, baptizing them and teaching them to obey you. Use our church to fund, support, and help grow organizations such as [Jesus Way](#) in India, *She Rescue Home* in Cambodia and [Mission of Hope](#) in Haiti. I also lift up all of the [Vineyard Missions](#) initiatives all over the world!

Responding To God: Ask the Holy Spirit how He would have you actively participate in the Great Commission. Would he have you become a Goer? (Missionary), a Sender? (Financial Support), a Mobilizer? (Equipping, Training and sending) or a Welcomer? (Someone who welcomes foreigners into our country and disciples them so they can go back and impact the nation of their origin).

DAY SEVENTEEN (AUGUST 13) — MERCY & JUSTICE IMPACT

Scripture: He has shown you what is good. And what does the Lord require of you? To act justly and to love mercy and to walk humbly with your God. — Micah 6:8

Prayer Prompt: Come, Holy Spirit. Pray that God will provide for our justice initiatives in churches across the Vineyard – ending slavery and trafficking, ending poverty, and caring for creation.

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Responding To God: Sit with the Lord. Ask the Spirit to highlight in your heart areas of injustice that matter to you; then respond to those impressions.

See you at Encounter Night , tonight at 7pm!

DAY EIGHTEEN (AUGUST 14) — RACIAL RECONCILIATION

Scripture: After this I looked, and there before me was a great multitude that no one could count, from every nation, tribe, people and language, standing before the throne and before the Lamb. — Revelation 7:9

Prayer Prompt: Come, Holy Spirit. Pray for supernatural humility and reconciliation between people of different ethnic backgrounds, among men, women, and children throughout the Vineyard Movement in all the towns and cities we touch.

Responding To God: Read through today's scripture again and ask the Spirit to highlight areas of fear, prejudice, or unreconciled attitudes in your own heart. Give those to God as they are revealed to you.

See you at Encounter Night , tonight at 7pm!

DAY NINETEEN (AUGUST 15) — UNITY WITHIN THE BODY OF CHRIST

Scripture: He knew their thoughts, so he said, “Any kingdom divided by civil war is doomed. A family splintered by feuding will fall apart. — Revelation 7:9

Prayer Prompt: Come, Holy Spirit. Pray for unity between churches and church leaders, that we would be one body with many parts, one Kingdom united under one lord, Jesus Christ!

Responding To God: Identify, list out, and pray for any Christian churches that come to mind that are drastically different from ours and ask God to bless them with fruitfulness.

DAY TWENTY (AUGUST 16) — VINEYARD USA & GLOBAL VINEYARD CHURCHES

Scripture: They worshiped together at the Temple each day, met in homes for the Lord’s Supper, and shared their meals with great joy and generosity — all the while praising God and enjoying the goodwill of all the people. And each day the Lord added to their fellowship those who were being saved. — Acts 2:46-47

Prayer Prompt: Pray for the thousands of Vineyard Churches in the US and all over the world! Pray that God would bless their communities, that they would experience the same joy, generosity and goodwill of the early church. Pray for fruitfulness in evangelism and discipleship!

Responding To God: Visit VineyardUSA.org to learn more about the greater movement that Crossroads Church is a part of!

DAY TWENTY-ONE (AUGUST 17) — COME HOLY SPIRIT

Scripture: If you then, though you are evil, know how to give good gifts to your children, how much more will your Father in heaven give the Holy Spirit to those who ask him!" — Luke 11:3

Prayer Prompt: Come, Holy Spirit. As we come full circle, we pray again, Come, Holy Spirit! Ask God to pour out the Spirit on you, your family, our church, the Vineyard movement, and the whole Church. Pray earnestly and fervently for this on this final day of our 21 Day prayer adventure.

Responding To God: Notice how the Lord has made a new space in you to pray, "Come, Holy Spirit" in all aspects of your daily life. Celebrate the Spirit's work in your heart, and anticipate His presence with you always.