

# 21

# DAYS

— of —

## PRAYER + FASTING



## DAILY PRAYER GUIDE

2019

# 21 DAYS of PRAYER + FASTING



Join with the global Foursquare family and follow along in 21 Days of Prayer + Fasting. [Read about Foursquare President's Glenn Burris Jr.'s heart for this year's call to prayer, and then set aside time each day to be "Restored by Jesus."](#)

Visit [foursquareprayer.org](https://foursquareprayer.org) for additional resources.

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Los 21 devocionales también están disponibles en español.  
[Haga clic aquí para descargar los 21 Días de Oración + Ayuno 2019 en español.](#)

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# WEEK ONE: SPIRITUAL HEALING



## RECOMMENDED RESOURCES: SPIRITUAL HEALING

### *EMOTIONAL HEALTHY SPIRITUALITY*

*by Peter Scazzero*

### “SETTING CAPTIVES FREE” SERIES

*by Mike Cleveland*

### CLEANSING STREAM INTERNATIONAL MINISTRIES

[cleansingstream.org](http://cleansingstream.org)

### DR. HENRY CLOUD MINISTRIES

[drcloud.com](http://drcloud.com)

### COMMENDED TO THE WORD DAILY DEVOTIONAL

*(Daniel Brown)*

[ctw.coastlands.org](http://ctw.coastlands.org)

### YOUR MOVE WITH ANDY STANLEY PODCAST

[www.yourmove.is](http://www.yourmove.is)

# DAY 1

## REPENTANCE IS THE KEY

How do we reach a place of spiritual restoration?  
Pastor Adriana Barahona says repentance is the key.

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**BY ADRIANA BARAHONA**

*co-pastor of Angelus Temple Hispanic Foursquare Church in Los Angeles*

“Repent, for the kingdom of heaven is at hand.” ([Matt. 4:17, NKJV](#))

Keys give us access to things and places—access we normally would not have.

I believe Jesus gave us a key for spiritual restoration when He preached His first message, “Repent, for the kingdom of heaven is at hand” ([Matt. 4:17](#)). He was saying the kingdom of God was now accessible, and that repentance is the first step to enter it.

The Passion Translation instead of the word “repent” says “Keep turning away from your sins and come back to God” ([Matt 4:17, TPT](#)). Repentance is much more than simply changing your mind; it is a powerful term for turning your life around and coming back to God.

True repentance affects our views of God and sin. Repentance is to see our true spiritual condition and turn to God, who lovingly extends His forgiveness and restores our relationship with Him.

Let us live lives of true repentance, preach restoration boldly and see many people restored by Jesus.

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### PRAYER + REFLECTION

1. Pray for those who need Jesus, that they will see their true spiritual condition and turn to God.
2. Ask the Lord to grant you the ability to humbly accept your need for repentance, that you may enjoy the blessing of a transformed, restored heart.
3. Pray for boldness when preaching the gospel, just as the early church did, and that a great harvest of souls would come into the kingdom of God.

# DAY 2

## SPIRITUAL VS. SOUL CARE

Should we separate our spiritual selves from our emotional selves when focusing on health? Pastor Craig Lawrence shares his perspective.

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### BY CRAIG LAWRENCE

*senior pastor of New Life Community (Pomona North Foursquare Church)  
in Pomona, Calif.*

“Beloved, I pray that you may prosper in all things and be in health,  
just as your soul prospers.” ([3 John 2, NKJV](#))

What does “spiritual healing” look like? Is spiritual care the same as soul care?

Spiritual care and soul care are very difficult to separate. When I first came to Christ, the focus was on the “spiritual man,” which seemed to me to be separate from the “emotional man.” I was told to be careful about my emotions, that they could get me into trouble.

I have found out that is truer than I could have known. Unfortunately, it was the opposite of what I understood then. My “spiritual man” suffered when my “emotional man” was neglected. I did not realize they are basically the same.

In *Emotionally Healthy Spirituality*, Peter Scazzero shares that “Emotional health and spiritual maturity are inseparable. It is not possible to be spiritually mature while remaining emotionally immature.” When I read this more than 10 years ago, it rocked my world. Now my life, family and church receive spiritual healing through nurturing the soul realm.

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### PRAYER + REFLECTION

1. Is there deeply spiritual, emotional soul care in your life?
2. Ask the Lord and others to give you wisdom in developing a plan for care that covers all areas in your life.
3. Pray that God will help you with an honest assessment of your whole being, so you can develop honest accountability.

# DAY 3

## FULLY RESTORED BY JESUS

Ministers John and Sonja Decker give bold instruction on seeking deliverance from the Lord.

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### BY JOHN AND SONJA DECKER

*assisting ministers of Westside Church (Bend Foursquare Church) in Bend, Ore.*

“When my spirit was overwhelmed within me,  
Then You knew my path.  
In the way in which I walk  
They have secretly set a snare for me.”  
[\(Ps. 142:3, NKJV\)](#)

Is your spirit overwhelmed within you? Do you feel you are about to explode from extreme pressures from within and without? Have you been treated unfairly or even abused? Then you may identify with David as he wrote [Ps. 142](#). He was likely hiding out in a cave. We may feel we are in a cave of sorts, hiding what is really going on in our lives.

What can we do? Cry out to the Lord! Really, cry out! Plead your case before Him.

Ask the Holy Spirit to pour forth the right words by praying in your spiritual language. Declare, “You, O Lord, are my refuge ... Bring my soul out of prison” (vv. 5,7).

Then, repent of the things you have done that have resulted in this place you find yourself. Forgive those who have wronged you—truly forgive them, knowing that sets you free to receive spiritual healing.

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### PRAYER + REFLECTION

1. Share with the Lord the ways you feel overwhelmed, and ask Him to help you pray.
2. Repent of any sin that has contributed to your condition. Ask God to help you forgive others who contributed to your condition.
3. Ask the Lord to deliver you from any bondage, lying, perversion or pride, in Jesus’s mighty name and the power of His blood. Ask Him to lead you to safe, competent ministers who will lovingly assist you to total freedom.

# DAY 4

## HEALING AND RESTORATION

Pastor Ruben Reyna shares testimony from people healed by Jesus through his Southern California-based discipleship ministry.

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### BY RUBEN REYNA

*senior pastor of Living Word Christian Center (Buena Park Foursquare Church)  
in Buena Park, Calif.*

“Therefore, if anyone is in Christ, he is a new creation; old things have passed away; behold, all things have become new.”  
[\(2 Cor. 5:17, NKJV\)](#)

Spiritual healing can take many forms. Working with men’s and women’s homes, we take people in need and disciple them to become productive members of society. Through that ministry, I met Peter and Jenny.

Peter was involved in gang violence and was in prison. He was addicted to drugs and liquor. No one trusted him. Now, he is a delivery driver serving the prisons where he used to do time. God has performed miracles in his life, and he is married to a woman of God and has two beautiful daughters. Many members of his family have come to know Jesus, and he and his wife work in children’s ministry on Sundays.

Jenny came from a dysfunctional family. Her mother had depression, and her father was a heroin addict who was in and out of prison. At age 11, Jenny was raped and ran away to a life of drugs. She attempted suicide several times. She entered a home for women and learned about Jesus. He delivered Jenny from her drug addiction and suicidal thoughts. He broke generational curses. Now, she puts her whole trust in Jesus.

Peter and Jenny have both experienced spiritual healing and miracles, and in Christ they have become “new creations” (2 Cor. 5:17).

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### PRAYER + REFLECTION

1. Ask the Lord for a compassionate heart and the ability to reach out to those on the edge in your community.
2. Pray for the words to touch the hearts of those in your community who are hurting, and for protection for those in dangerous circumstances.
3. Rejoice and thank God for delivering His “new creations” out of sin and sadness.



# DAY 5

## LABORERS IN THE HARVEST

Jesus saw people scattered and helpless, in need of a Shepherd. Through the Good News, He and His disciples cared for and offered new life to the masses, shares Pastor Dan Sneed.

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### BY DAN SNEED

*founding pastor of The Shepherd's House (Thousand Oaks Foursquare Church)  
in Westlake Village, Calif.*

“Then Jesus went about all the cities and villages, teaching in their synagogues, preaching the gospel of the kingdom, and healing every sickness and every disease among the people. But when He saw the multitudes, He was moved with compassion for them, because they were weary and scattered, like sheep having no shepherd. Then He said to His disciples, ‘The harvest truly is plentiful, but the laborers are few.’” ([Matt. 9:35-37, NKJV](#))

Jesus came to set captives free and bring spiritual healing to broken humanity. Harassed and helpless, like sheep without a shepherd, describes what Jesus saw in the crowds as He went from town to town.

With His Good News—the gospel—Jesus introduced hope in the middle of hopelessness. People no longer had to live in fear or shame. A new kind of life had become possible.

Unwilling for things to remain as they were, Jesus responded with compassionate action. He challenged His disciples to get involved without judging or blaming others, to be laborers in His “harvest” ([v. 38](#)).

Jesus did this by introducing the Good News of God’s irresistible love and grace. The same challenge Christ faced—to set people free—is ours, and the need is greater than ever.

Where sin increases, grace overflows. May this be a time of overflowing grace as we pray and act, and may we be moved to compassion as we see people the way Jesus sees them.

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### PRAYER + REFLECTION

1. Pray that God will show us His heart for this generation and give us the keys to touch others’ hearts.
2. Pray that our churches will become centers of hope for spiritually hungry people.
3. Pray that we as leaders will continue to grow in spiritual and emotional health.

# DAY 6

## PERSEVERANCE FOR THE JOURNEY

Sometimes the period of time after a great spiritual victory can be disheartening and lonely. Pastor Eduardo Bogéa shares encouragement for the journey.

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**BY EDUARDO BOGÉA**

*senior pastor of Iglesia El Calvario (Ontario Hispanic Foursquare Church)  
in Rancho Cucamonga, Calif.*

“And he prayed that he might die, and said, ‘It is enough! Now, Lord, take my life, for I am no better than my fathers!’ ... And the angel of the Lord came back the second time, and touched him, and said, ‘Arise and eat, because the journey is too great for you.’”

[\(1 Kings 19:4,7 NKJV\)](#)

There are times when great success is followed by a time of profound disappointment and loneliness. For Elijah, this time came immediately after having boldly and publicly stood up against the prophets of Baal. First Kings 19 says he longed for death under the broom tree (v. 4). Perhaps Elijah had unrealistic expectations after his victorious confrontation on Mount Carmel. Instead, he went into hiding with a heart full of fear and frustration.

When God allows the “train” of our prayers and ministry to finally “come in,” often the train stops. Sometimes the momentum does, too. Getting the train back out of the station can take an overwhelming amount of energy. Christian leaders may struggle with exhaustion as they try to redirect and rebuild momentum for their next major challenge.

Elijah went through a dark period in his assignment, but in every moment of despair, God was present to care for his needs and keep him on course ([vv. 5-7](#)). Along our journey as ministers, we will experience times of loss, fear and frustration. But God will be with us to care for us and give us the strength we need to carry on.

Let us always be aware of His presence and keep moving forward in His grace.

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### PRAYER + REFLECTION

1. Pray for the Holy Spirit to strengthen and revitalize every minister of the Foursquare family.
2. Pray for the Holy Spirit to make us sensitive to the Father’s voice.
3. Pray for the protection of all pastors and their families.

# DAY 7

## DELIVERED AND HEALED

Because of his work in recovery ministry, Juan Muzquiz, shares powerful testimony of a friend delivered from addiction and homelessness.

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**BY JUAN MUZQUIZ**

*national leader of The Foursquare Church in Mexico*

“The Lord said to Satan, ‘The Lord rebuke you, Satan! The Lord, who has chosen Jerusalem, rebuke you! Is not this man a burning stick snatched from the fire?’” ([Zech. 3:2, NIV](#))

For more than 28 years, I have served Jesus as a pastor. I’ve had the opportunity to reach those who have found themselves trapped in the world of substance abuse and gangs.

Through ministry, I have witnessed the healing and restoration of more than 10,000 men and their families. Seeing their complete restoration has been life-giving to my family and me.

Among the stories that significantly impacted me is that of my friend and accountant, Julio Morfin.

Julio went from being a financially stable professional to a homeless, lonely drug addict on the streets, searching for food and collecting cans to continue his addiction. After five years of hell, God used someone to remind Julio to seek help.

Seventeen years ago, God led Julio to the rehabilitation center where I was serving, and he began a journey toward spiritual healing. Today, Julio is an ordained pastor with a restored family. He is the leader of the rehabilitation center where he encountered the Savior and was made whole. And he also serves as the legal representative for The Foursquare Church in Mexico.

Thank God for His mighty healing!

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### PRAYER + REFLECTION

1. Pray for the restoration of those struggling with addiction. Lift up the many who want to leave that world but do not know how.
2. Pray for family members of those struggling, who many times are unsure how to help.
3. Ask the Lord to make us vessels of Jesus’s restoration.

## WEEK TWO: SOUL CARE + HEALING



### RECOMMENDED RESOURCES: SOUL CARE + HEALING

***SOUL KEEPING: CARING FOR THE MOST IMPORTANT PART OF YOU***

*by John Ortberg*

**TRANSFORMING CENTER WITH RUTH HALEY BARTON**

[transformingcenter.org](http://transformingcenter.org)

***A GUIDEBOOK TO PRAYER: 24 WAYS TO WALK WITH GOD***

*by MaryKate Morse*

**PURE DESIRE MINISTRIES**

[puredesire.org](http://puredesire.org)

***EMOTIONALLY HEALTHY SPIRITUALITY DAY BY DAY***

*by Pete Scazzero*

**HEART TO HEART COUNSELING CENTER'S CLEAN CLASS WITH DOUG WEISS**

[drdougweiss.com/class/](http://drdougweiss.com/class/)

***FORMING THE LEADER'S SOUL: AN INVITATION TO SPIRITUAL DIRECTION***

*by Morris Dirks*

**CROSSROADS COUNSELING OF THE ROCKIES**

[crossroadscounseling.net](http://crossroadscounseling.net)

**CENTERS FOR SPIRITUAL RENEWAL EAST + WEST**

*(Services available at no cost for U.S.-based Foursquare credentialed ministers.)*

[foursquarecsr.org](http://foursquarecsr.org)

**AT THE CROSSROADS BY PETE KUIPER**

[atthecrossroads.store](http://atthecrossroads.store)

# DAY 8

## HOW IS YOUR SOUL?

With sexual dysfunction affecting so many in the church today, Ted Roberts urges honesty and compassion about the state of our souls.

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**BY TED ROBERTS**

*founder of Pure Desire Ministries International*

“Dear friends, I urge you, as foreigners and exiles, to abstain from sinful desires, which wage war against your soul.” ([1 Pet. 2:11, NIV](#))

“How is your soul doing?” A seminary professor, Dr. Tom, was the first person who ever looked into my eyes deeply and asked me that question.

Dr. Tom asked with this incredibly gentle strength—that is precisely why the question has stuck with me for more than 40 years. That is also why I ask that same question of the more than 20 pastors and leaders I counsel each month. The vast majority of them are struggling with sexual bondage, and their marriages are in crisis. It is critical that we understand that sexual addiction is not only a moral problem, but also a “soul problem.”

Peter expressed the battle in gripping terminology: “I urge you ... to abstain from sinful desires, which wage war against your soul” (1 Pet. 2:11).

Your soul integrates, connects and binds together your heart, mind and body. When our soul is torn apart, or as James puts it, “double-minded,” then our relationship with God is blocked.

“That person should not expect to receive anything from the Lord. Such a person is double-minded and unstable in all they do” ([James 1:7-8](#)).

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### PRAYER + REFLECTION

1. Today, many pastors are silently struggling with sexual addiction. Pray for our leaders and pastors to guard their hearts and minds, and for boldness to confront and repent of any sin in their lives.
2. Pray for your church to become a place where it is OK to not be OK, a place where the doors are wide open to experience the scandalous love of Christ.
3. Pray for God to put the kind of people in your life who would ask you, “How is your soul doing?”

# DAY 9

## DOING VS. BEING

Author Pete Scazzero explores the biblical story of Mary and Martha.

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### BY PETE SCAZZERO

*author of the "Emotionally Healthy" series, including Emotionally Healthy Spirituality*

"Now it happened as they went that He entered a certain village; and a certain woman named Martha welcomed Him into her house. And she had a sister called Mary, who also sat at Jesus's feet and heard His word. But Martha was distracted with much serving, and she approached Him and said, 'Lord, do You not care that my sister has left me to serve alone? Therefore, tell her to help me.'

And Jesus answered and said to her, 'Martha, Martha, you are worried and troubled about many things. But one thing is needed, and Mary has chosen that good part, which will not be taken away from her.'" ([Luke 10:38-42, NKJV](#))

Mary and Martha represent two approaches to the Christian life.

Martha was actively serving Jesus, but she also was missing Jesus. She was busy in the "doing" of life. Her life was pressured and filled with distractions. Her duties had become disconnected from her love for Jesus. Martha's problems, however, went beyond her busyness. I suspect that if Martha were to sit at the feet of Jesus, she would still have been distracted by everything on her mind. She was touchy, irritable and anxious.

Mary, on the other hand, was sitting at Jesus's feet, listening to Him. She was "being" with Jesus, enjoying intimacy with Him, loving Him and taking pleasure in His presence. He was her center of gravity. I suspect if Mary were to help with the many household chores, she would not have been worried or upset. Why? Because she had slowed down to focus on Jesus and to center her life on Him.

Our goal is to pray unceasingly, to remember Jesus and to be with Jesus when we are serving, like Martha, or sitting at His feet, like Mary.

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### PRAYER + REFLECTION

1. Lord, grant me the grace to let go of the things that are worrying or upsetting me today.
2. Help me to be still like Mary, to listen and wait patiently for You ([Ps. 37:7](#)).
3. Teach me to be prayerfully attentive and to rest in You as I enter into the many activities of this day.

# DAY 10

## HELP!

Christian leaders shouldn't be afraid to ask for help. Paul Kuzma encourages us to add this four-letter word to our vocabulary.

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### BY PAUL KUZMA

*director of the Center for Spiritual Renewal—East in Christiansburg, Va*

“Fear not, for I am with you;  
Be not dismayed, for I am your God.  
I will strengthen you,  
Yes, I will help you,  
I will uphold you with My righteous right hand.”  
[\(Isa. 41:10, NKJV\)](#)

When I came into my current ministry role as director of Foursquare's Center for Spiritual Renewal—East, the Lord laid a vision on my heart: I have a dream of a ministry culture where “Help!” no longer feels like a “four letter word” for Foursquare pastors.

In [Isaiah 41](#) the word “help” is used four times. Three of those times refer to God helping us (vv. 10,13,14). One of those times refers to people helping people (v. 6).

My predecessor, Chuck Shoemake, has been a mentor and spiritual father to me for many decades. Chuck worked tirelessly to help our pastors find the help they needed. With the deeply appreciated support of our Foursquare leadership, Robby Booth (director of Foursquare's Center for Spiritual Renewal—West in California) and I do the same.

It's the Lord's heart that for those of us crying out to Him, “Help!” would become a regular part of our vocabulary. Adding this word to our prayer lives regularly is essential to emotionally healthy discipleship.

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## PRAYER + REFLECTION

1. Take a moment right now to quiet your soul in stillness and silence to consider one area of your life where you need help.
2. As you think of that one area, simply speak the word “help” to Jesus.
3. Free yourself of the temptation to add to that word, and let the Holy Spirit make you aware of His growing presence inside you.

# DAY 11

## NOT ALONE

Thrown into a new job in the midst of indescribable grief, Pastor Jodi Van Rhee shares how the Lord was always with her.

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**BY JODI VAN RHEE**

*senior pastor of The Adventure (Draper Foursquare Church) in Draper, Utah*

“The Lord is close to the brokenhearted; He rescues those whose spirits are crushed.” ([Ps. 34:18, NLT](#))

In 2016, following many unmistakable promptings from the Lord, I became the senior pastor of the church my husband, Eric, and I had planted 16 years earlier.

Six weeks later, Eric passed away unexpectedly from an aortic aneurysm. For the first time in my life, I was experiencing a profound sorrow for which I had no way of preparing myself. It was difficult to imagine I would ever know joy, hope or contentment again.

Grief is extremely intimate, and everyone experiences it in a unique way. Widowhood is lonely, scary, inconvenient, dark, hopeless and terrifying.

And yet, the Lord consistently brought to my mind [Josh. 1:9](#): “This is my command—be strong and courageous! Do not be afraid or discouraged. For the Lord your God is with you wherever you go.”

I was not strong. I was not courageous. I was afraid and discouraged. But regardless of everything I’d experienced, I had an overwhelming sense that the Lord was near to my broken heart. His presence held me, and I absolutely knew I was not alone.

*Jodi recorded her testimony that she shared with her local congregation following her husband’s passing. Watch it at [youtu.be/loK-W8hh1Hg](https://youtu.be/loK-W8hh1Hg).*

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### PRAYER + REFLECTION

1. When you are going through dark times, pray for the Lord to show you that He is your strength.
2. Ask the Lord to show you that you have courage when you are afraid.
3. Ask the Lord to stay near you, in your darkest hours.



# DAY 12

## LOVE POURED OUT

Pastor Gareth Richards shares testimony about how the Holy Spirit filled him with renewed love that strengthened his marriage.

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### BY GARETH RICHARDS

*lead pastor of the Seal Beach, Calif., campus of The Rock (Anaheim Foursquare Church)*

“Now hope does not disappoint, because the love of God has been poured out in our hearts by the Holy Spirit who was given to us.”

[\(Rom. 5:5, NKJV\)](#)

“I have no hope, and I’m beyond disappointed, so how can I love her?”

This was the confession of my tired and broken heart; yet, the Lord was planning a collision course with His Word for me.

None of us has the love needed to make a marriage flourish until we ask the Holy Spirit for it to be poured out again into our hearts. I came to the realization that I’d stopped the Holy Spirit from doing one of His jobs: He takes the love of Jesus today and pours it into receptive hearts that used up their love yesterday.

We don’t have all the love needed for a marriage, but God has it—and lots of it! With the Lord’s help and my asking, new love filled my empty heart. Soon, our marriage was better than ever and full of new hope.

It sounds simple, and it is—but only if an empty heart decides to ask. Go and ask for what your marriage needs today. Ask for His love to be poured into your heart and give it away to your spouse.

Your marriage will soar to new heights!

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### PRAYER + REFLECTION

1. Humbly accept that you personally don’t have the love your marriage needs.
2. Go before the Lord and ask the Holy Spirit to pour the love of Jesus into your heart afresh.
3. Go, enjoy and spoil your spouse with that new love today.

# DAY 13

## THE HURRIED SOUL

To be in a constant state of hurry means to be focused on ourselves rather than present with God, shares ordained minister Kevin Dolbee.

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**BY KEVIN DOLBEE**

*Church Transitions and Church Health Specialist for the Pacific Southwest District*

“Peace I leave with you, My peace I give to you; not as the world gives do I give to you. Let not your heart be troubled, neither let it be afraid.” ([John 14:27, NKJV](#))

As pastors and leaders, it seems unthinkable that we would choose disconnection from God. Yet, in our desire to accomplish, we find our souls in a state of hurry.

Unfortunately, we rarely see the chasm until we’ve lost sight of where we started. We are too busy doing for God, we are on task, or as we justify by saying we are “about the Father’s business.”

In his book *You Have a Soul*, John Ortberg calls being hurried “an inner condition, a condition of the soul. It means to be so preoccupied with myself and my life that I am unable to be fully present with God, with myself, and with other people.”

A recent health crisis caused me to embrace the liminal space where the Spirit of God dwells. The frantic pace of life and ministry came to a screeching halt, not because of my desire to slow, but because He “made me lie down” ([Ps. 23:2](#)). In this green pasture of necessity I found what I longed for: peace. I could have pushed myself and used Scripture to justify it, but I would have missed what only silence and solitude could offer.

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### PRAYER + REFLECTION

1. Take a moment and ask God the following question: Lord, does my doing for You flow from my being with You, or is the pace of my life unsustainable?
2. Ask God to show you the areas of your life where you are hurrying rather than being present.
3. Stop what you are doing to sit in the quiet space God is providing and ask Him to fill it with His peace.

# DAY 14

## HEARTFELT PRAYERS

Therapist Catherine Hart Weber offers reflective prayers to give us a restful spirit and get us into the presence of God.

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**BY CATHERINE HART WEBER**

*licensed therapist and director of the Flourish Center for Wellbeing*

“God’s Spirit is right alongside helping us along. If we don’t know how or what to pray, it doesn’t matter. He does our praying in and for us, making prayer out of our wordless sighs, our aching groans.” ([Romans 8:27, MSG](#))

During amazing and difficult times, we pray our deepest heartfelt prayers—those things we think about a lot, don’t talk about much, but feel and embody intensely. These simple, constant prayers of the mind, heart and spirit go beyond sustaining, Christ-forming prayers and liturgy.

Sometimes we just need endurance, healing, belief, hope or gratitude. When there are no words, or only a few, the Holy Spirit helps us.

*Jesus Christ, Son of God, have mercy on me. Thank You. Please help. Heal. Save. Guide. Come, Lord Jesus. Your Will be done. Your kingdom come.*

Then we quietly rest in the presence of God, aiming at union with Him and being restored by Jesus. We listen for the still, small voice of love, assuring us:

*Be still. Don’t be afraid. Live in Me. I am with you always. You are loved. I am your Shepherd. I’ve got this. I will make a way. I will complete the good work I have begun.*

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### PRAYER + REFLECTION

1. What are the deep prayers stirring in your mind, heart and spirit?
2. As you rest and listen, how is God speaking assurance to your soul?
3. Take this soul restoration you receive with you into your day.

## WEEK THREE: PHYSICAL HEALING



### RECOMMENDED RESOURCES: SOUL CARE + HEALING

***MIRACLE INVASION: AMAZING TRUE STORIES OF THE HOLY SPIRIT'S GIFTS AT WORK TODAY***

*by Dean Merrill*

***POSITIONED FOR MIRACLES: MAKING YOUR LIFE AN AMAZING STORY***

*by Dr. Jerry Stott*

***THE SPIRIT OF THE LORD IS UPON US***

*by Dr. Leslie Keegel*

***DOING WHAT JESUS DID: MINISTERING IN THE POWER OF THE HOLY SPIRIT***

**(CHAPTERS 3 AND 5)**

*by John and Sonja Decker*

**DOING WHAT JESUS DID ONLINE COURSE, MINISTRY TRAINING NETWORK**

[www.ministrytraining.org/p/course](http://www.ministrytraining.org/p/course)

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# DAY 15

## PRESENT TO HEAL

Caleb Brown uses Scripture to tell about the parameters for physical healing.

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### BY CALEB BROWN

*president of Ministry Training Network*

“... And they will return to the Lord, and He will listen to their pleas for mercy and heal them.” ([Isa. 19:22, ESV](#))

Recently we were with a group of people who were seeking healing. After praying for one another, God immediately healed many.

A few remained whose healing had not yet physically manifested. Curious and disappointed, Juma, a young Muslim man suffering from malaria, asked why he hadn't been healed.

After sensing a genuine desire to understand, I shared three principles from Scripture that, when lived out, align us with God's will and power:

- 1. Repent.** [Prov. 3:7-8](#) instructs us that allowing the Holy Spirit to change our mind about our situation and heart condition is necessary and healthy.
- 2. Honor His presence.** [Matt. 13](#) teaches that miracles can't occur where there is dishonor and unbelief. Bless the Lord, remember His goodness and thank Him for His forgiveness, healing, redemption, kindness and mercy (Ps. 103:2-4).
- 3. Boldly ask in faith.** [Luke 5:17](#). Do not hesitate to ask, because “the power of the Lord was present to heal ...”

I quickly prayed [Mark 1:41](#) over Juma, that he would be cleansed of the malaria. God immediately demonstrated His supernatural compassion and healing. Several days later, Juma surrendered his life to Jesus.

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### PRAYER + REFLECTION

1. Repent of any sin that is keeping you from the heart of God.
2. Thank God for His forgiveness, healing and deliverance. Honor His goodness in your prayers.
3. Ask boldly for the healing desired, praying for God's will in all situations. Remember [Luke 18:1](#)—even if you've asked before, ask afresh today, and don't lose heart!

# DAY 16

## THE POWER TO HEAL

Area Missionary Jerry Stott has seen many miraculous healings through the years and shares wisdom from his experiences.

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**BY JERRY STOTT**

*area missionary to the South Pacific with Foursquare Missions International*

“And suddenly, a woman who had a flow of blood for 12 years came from behind and touched the hem of His garment. For she said to herself, ‘If only I may touch His garment, I shall be made well.’ But Jesus turned around, and when He saw her He said, ‘Be of good cheer, daughter; your faith has made you well.’ And the woman was made well from that hour.” ([Matt. 9:20-22, NKJV](#))

I had just finished reading those scriptures when a crippled woman began shouting, “Would He touch me, too?” We prayed, and she was instantly healed. That was the beginning that sparked more than 150 healings in the years ahead.

News spread; soon people were bringing friends and neighbors from everywhere. Two teens born without eardrums were healed. One began speaking immediately in tongues and couldn’t stop.

The other screamed because she heard music for the first time, and it was so loud to her.

Next, a blind man was brought to me. We prayed together for him to first give his life to Jesus.

As soon as we said the “Amen,” his eyesight was restored.

Through the years I have learned some very important keys:

- Believe: All of the healings I have witnessed were with people believing for healing, like the woman who pressed into Jesus.
  - Pray: Always be willing to reach out and pray for people whenever you have the opportunity.

Believe and pray; then watch how our Healer surprises you.

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### PRAYER + REFLECTION

1. Ask the Lord for opportunities to be used by Him as a vessel of healing to hurting people.
2. Pray and believe for a fresh anointing of the Holy Spirit to pray for healing for those in need.
3. Pray for a greater boldness and a greater level of faith to step out when the opportunities come.

# DAY 17

## GUIDED BY FAITH

Leslie Keegel shares that healing power is covered in our atonement for sin by Jesus Christ, if we will minister boldly to the sick and dying.

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**BY LESLIE KEEGEL**

*chair of the Foursquare Global Council*

“And the prayer of faith will save the sick, and the Lord will raise him up. And if he has committed sins, he will be forgiven.”

[\(James 5:15, NKJV\)](#)

Once I was returning home from a ministry trip to Amsterdam. As soon as I set foot at the Dubai, UAE, airport, I had a prompting from the Holy Spirit that there was a man dying nearby.

I asked the Lord to guide me to the man and kept walking by faith. After about 20 minutes, I saw a man seated alone on a chair with his head drooping very low. I walked up and told him that I had been told that he needed help. He said that yes, he was dying, and that he could not breathe.

I told the man not to panic, and I led him in the Sinner’s Prayer. I placed my hands on him and spoke healing to him. He was rejuvenated immediately, and started thanking me and smiling.

Oh, praise God for healing us in His atonement. We must stand on the completed work of Jesus on the cross and boldly minister to the sick. We will be pleasantly surprised by what God will do in answer to our prayers ([John 8:28-29](#)).

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### PRAYER + REFLECTION

1. Pray that the Lord would strengthen your faith to pray for the sick.
2. Pray that you would see many healed in your church today.
3. Thank God for His total healing and atonement, and ask Him for grace and mercy for those suffering.

# DAY 18

## 'ALL-MIGHTY' POWER

Pastor Dawn Vail shares about God's "all-mighty" power when we are faced with our own lack of faith.

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### BY DAWN VAIL

*senior pastor of Hope Boulder (Boulder Flatirons Foursquare Church) in Boulder, Colo.*

"Immediately the father of the child cried out and said with tears,  
'Lord, I believe; help my unbelief!'" [\(Mark 9:24, NKJV\)](#)

Paul is a Vietnam War veteran who had given his life to Christ and suddenly found himself fighting aggressive, end-stage lung cancer. He was given a 16 percent chance of living, even if he chose aggressive immunotherapy combined with chemo.

We prayed a scary prayer that Sunday—we simply asked that God would heal Paul completely. We had some faith, but we asked God to help our lack of faith ([Mark 9:24](#)).

The very next day, his tests showed Paul's sizable tumor had shrunk, just like that. Over several weeks, the tumor disappeared, so completely, in fact, that the next test showed that new tissue had miraculously grown in its place, leaving no scar tissue at all. What a testimony to Paul's unbelieving doctor!

We need the "all-mighty" power of God in action, not our own weak, impotent faith. The God of miracles is healing today. He's just asking us to step out with whatever faith we have, and He'll use it.

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### PRAYER + REFLECTION

1. Ask "all-mighty" God for more opportunities to pray scary, faith-building prayers.
2. Ask God to meet your faith where it is and to help it grow.
3. Father God, please never let me take credit for what You alone can do.



# DAY 19

## WHOLE AND HEALED

Sterling Brackett shares how he was healed physically and encourages us to pray, even for those who don't appear sick.

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### BY STERLING BRACKETT

*a retired credentialed minister who served as corporate secretary for The Foursquare Church*

“Are you hurting? Pray. Do you feel great? Sing. Are you sick? Call the church leaders together to pray and anoint you with oil in the name of the Master. Believing-prayer will heal you, and Jesus will put you on your feet. And if you've sinned, you'll be forgiven—  
healed inside and out.” ([James 5:13-15, MSG](#))

I was about 10 years old when an X-ray revealed tuberculosis on my lung. My father had died five years earlier from tuberculosis, so my siblings and I had to have chest X-rays every six months.

On Sunday I went to church and asked the leaders to pray for me, but I did not explain my specific need. I had memorized James 5:14-15, so I knew I would be healed if I did what Scripture said.

When my mother and I arrived at the treatment facility the next day, the doctor ordered another X-ray prior to admitting me to the hospital. He soon came back to tell us that he could not find tuberculosis on my lung.

I was not surprised—I knew the Lord had healed me! I had no problem with tuberculosis from that day forward. I had been restored by Jesus.

James 5 says that believing-prayer will heal us, and Jesus will put us on our feet. If we confess our sins and pray for one another, we can live together whole and healed.

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### PRAYER + REFLECTION

1. Pray regularly that you yourself will be healed, as James 5 says, “inside and out.”
2. Pray for those around you whether they appear physically ill or not, because Jesus heals emotionally and psychologically, as well as physically.
3. Pray that the Lord would make you spiritually sensitive to everyone you meet. When someone mentions they are ill, be quick to offer to pray for them. When someone crosses your path and they do not ask for prayer, when they do not appear to be sick, pray that the Lord will bring healing and wholeness to them inside and out.

# DAY 20

## RESTORATION

Pastor Rick Fry tells about a woman from his congregation physically healed from migraines, and urges us to just believe and pray.

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### BY RICK FRY

*senior pastor of The Rock (Danville Foursquare Church) in Danville, Calif.*

“Heal the sick, cleanse the lepers, raise the dead, cast out demons. Freely you have received, freely give.” ([Matt. 10:8, NKJV](#))

Many times, I've prayed for the sick with no visible results—so much so that I actually said, “Lord, don't send me to hospitals anymore to pray for the sick. They'll probably die.”

However, in the past several months, I've spent time meditating on the Scriptures ([Matt. 10:8](#); [John 14:12](#)). My church has been contending for God's promises, as well as spending many hours in prayer, worship and collective fasting. We've seen multiple people healed of cancer, deadly heart issues cured and broken relationships mended.

One woman in our church was healed of migraine headaches she had suffered with constantly for more than 35 years. Her husband, a non-believer, told her that if her God healed her, he would come to church.

Hungry for her husband to know the Lord, she came forward for prayer. She felt nothing, but she declared and believed, “I'm healed!” After a week, her skeptical husband tested her healing by feeding her every food that triggered her migraines. She's now been migraine-free for six months and eats whatever she wants. Her husband received Jesus, and life is changing for him.

Let's contend for what Jesus promised: that our lives would be a place of faith, a place where miracles and restoration begin.

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### PRAYER + REFLECTION

1. **Believe.** Ask God for faith to believe what He has said.
2. **Make room.** Provide time in your weekly services for people to respond to His call.
3. **Be willing.** Have a willingness to step out in faith, contending for His kingdom to come.

# DAY 21

## PROMISED HEALING

Area Missionary Dan Lucero reminds us with scripture of God's great promise to heal, even when that promise is delayed.

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**BY DAN LUCERO**

*area missionary to West Africa and Francophone nations with Foursquare Missions International.*

“For I will restore health to you and heal you of your wounds,  
says the Lord.” ([Jer. 30:17, NKJV](#))

Healing is a promised part of every believer's walk with God. In fact, every healing is in a sense a restoration back to health, be it spiritual, emotional or physical, as declared by God in Jer. 30:17.

Promises are so special because they keep us attentive, expectant and focused as we await and look forward to their accomplishment. Every young child knows the tangible excitement, the bubbling inside of holding a promise in their heart, and every parent knows the power of how promises can shape hope and purpose in their relationship with their children.

But, at times, when a promise is delayed, we can begin to lose hope. In [Num. 23:19](#) God the Father declares: “God is not a man, that He should lie, nor a son of man, that He should repent. Has He said, and will He not do? Or has He spoken, and will He not make it good?”

Today, stand strong in the promise of your healing and the healing of those for whom you pray. Do not forget that nothing—absolutely nothing—is impossible with God ([Luke 1:37](#)).

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### PRAYER + REFLECTION

1. God is our Father who loves us so much that He has kept absolutely nothing from us. Come back to Him today and be reconciled, embracing His loving goodness, mercy and restoring power and grace that heals your spirit, soul and body!
2. When you pray for your healing or that of others, confess any unforgiveness that we all so easily hide. Your faith will be quenched by the free-flowing grace of God's love, which brings healing.
3. Pray today and every day remembering these nine words: Take God's side; Never give up; Expect a miracle.

# THANK YOU FOR JOINING US

## LET'S CONTINUE TO PRAY AS WE GROW BEYOND OUR 21 DAYS OF PRAYER + FASTING

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On behalf of The Foursquare Global Council and The Foursquare Church, thank you for joining with us for 21 Days of Prayer + Fasting.

As I said at the beginning of the 21 days, spiritual disciplines like prayer help break the strongholds and entanglements of this broken world, and we as the church are called to partner with God in this spiritual battle. Thank you for contending for holistic restoration and healing of spirits, souls and bodies.

The very things that seem impossible to us are made possible through the One who framed our entire world out of nothing. Consider our theme, "Restored by Jesus" during this next year, and imagine what would happen if we continued to press in daily, interceding for the nations for the healing of the world. I believe we would see a groundswell of miracles, a revival of souls and a restoration of hope.

Take a moment to sign up for our [Foursquare Leader Prayer](#) email, and you'll find encouragement in your inbox each Monday. Let these 21 days be only the beginning; I'm thankful to partner with you in prayer!

Sincerely,



Glenn Burris Jr.  
President, The Foursquare Church (U.S.)