

EXALT

14 DAYS OF PRAYER AND FASTING



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AN INVITATION TO PRAYER AND FASTING

Dear Friends,

If 7:14 Prayer Initiative is calling an assembly of believers who are of a pure heart and clean hands to draw close to God in a time of prayer and fasting.

As we look at our present-day world, we see nations in turmoil and the very foundations of the earth being shaken. Biblical principles of good and evil are reversed and deep darkness prevails over the earth. As in the days of the Old Testament prophet Joel, we ask ourselves - has anything like this ever happened before? Hard days are at hand and the intensity of the fight against God's chosen ones intensifies.

The American church has lost much of her saltiness. In her quest to be relevant, she is no longer clothed in the holiness and righteousness of Christ (Galatians 3:27).

We invite you to join us July 1-14 in a time of prayer and fasting. Exalt! A Call to Prayer and Fasting consists of 14 days of prayer and 7 days of fasting. You are invited to choose any 7 days of the 14 to fast. You will also note that each day we are inviting you to exalt a name of Christ and pray for your communities using that name each of the 14 days. As your schedule allows add fasting for seven of the days. The article entitled Ready, Set, Go that follows this invitation to pray will provide you with helpful and practical ways to prepare yourself for a fast.

As we exalt the name of Jesus, we see Him high and lifted up, worthy of all our praise. We realize that he is the source of all our joy. He is the very treasure that we seek. We pray that our eyes will be fixed fully on him as we humble ourselves in complete dependence upon Him. "He must become greater and greater, and we must become less and less" (John 3:30).

Let us gather to fast and pray, to minister to God, to disconnect from the world, to enjoy His presence, and to be filled with the Spirit of Christ!

FOCUS PRAYER

Father, you are faithful and your love endures forever. We come to you in humility fully aware of our dependance on you alone! As we pray, let our hearts be focused on your goodness and greatness, so that our prayers align with your kingdom purposes for our families, our churches, our communities, and states. As we corporately take time to abide in the Word and pray the Word, may we offer kingdom prayers that make supplication according to your will.

As we seek your face, purify our hearts as we long to be holy! We ask that your Son might be exhibited within us in greater and greater measure so the world may know that you are the God who saves and heals and restores!

During this fast, I am praying and believing God for:

Amen.

READY. SET. GO.

Jesus made it clear in the Sermon on the Mount that information without application is not very helpful. Only when the words and realities of the Bible are applied to our lives will we begin to see the world of Scripture come to life in us. I am convinced that God longs to do more than any of us could ever ask or imagine both in us and through us. But that sort of life will not come simply because we are more educated on the blessings of prayer and fasting. We must actually take action if we want to experience these blessings.

Description Vs. Prescription

Although the Bible often describes how people in the Bible would fast, it does not specifically prescribe how we as Jesus' followers should fast. Jesus deals with our motives but he does not address the mechanics of fasting.

What I'm getting ready to share is not a prescription for how you should fast; it's simply a description of several things that could help you step into a season of prayer and fasting more faithfully and effectively.

Four Primary Ways to Fast

Generally speaking, there are four common ways Christians choose to fast.

1. Major Fast

A major fast is when you abstain from food or drink for twenty-four consecutive hours or more. A major fast requires a certain level of physical health, and it is recommended that you check with your doctor if you're doing a major fast that lasts more than a few days in a row. Some examples from Scripture of a major fast can be found in Matthew 4:2, Acts 9:9, and Esther 4:15-16, just to name a few.

2. Minor Fast

In a minor fast, you choose to abstain from food for a certain period of time (i.e., 6 a.m. to 3 p.m. or sunup to sundown). This fast is sometimes called a "Jewish fast," and it can last for days at a time, eating only at a set time of the day. In a minor fast, most people will drink liquids during the day and have one small meal after sundown each evening.

READY. SET. GO.

3. Partial Fast

A partial fast is when you give up only certain foods during the course of your fast. This fast is seen most clearly in Daniel 1, where Daniel abstains from certain foods out of devotion to God for a period of time. During a partial fast, some people choose to give up certain foods they enjoy in an effort to turn their hearts more deeply toward God.

4. Soul Fast

Technically speaking, biblical fasting only refers to abstaining from food or drink (or both) for a spiritual purpose. However, some people choose to fast from things other than food. Some people will give up television, social media, or other activities for a soul fast to focus on prayer.

Each of these fasts can be a valuable way of connecting with God more deeply. If you are physically able, though, I would encourage you to prayerfully consider one of the first three fasts. There is something about giving up food that physically and spiritually realigns you in ways nothing else can.

Six Steps for Getting Started

Now that we discussed various types of fasts, let's look at some practical suggestions for starting well.

1. Set Your Objective

Begin by asking God to help you understand why you are fasting.

For which of these reasons are you fasting?

- o Spiritual renewal
- o Guidance from God
- o Discernment in a certain area of life
- o Physical healing
- o Revival of the church
- o Salvation of the lost
- o All of the above

As we humble ourselves in fasting and prayer before God, the Holy Spirit will often move us to pray for an awakening in our churches, healing in our land, and revival in our country and beyond. Allow the Lord to align your objectives with his objectives as you prepare to fast.

READY. SET. GO.

2. Choose Your Fast

Second, you need to make a few decisions:

What kind of fast will you do?

- ☐ Major Fast
- ☐ Minor Fast
- ☐ Partial Fast
- ☐ Soul Fast

How long will you be fasting?

- ☐ A partial day each week
- ☐ A full day each week
- ☐ Several consecutive days
- ☐ Several consecutive weeks
- ☐ Other: _____

With whom will you fast?

- ☐ Family/roommates
- ☐ House church/small group
- ☐ Friends
- ☐ Other

3. Prepare Yourself

Third, you need to give your mind, body, heart, and community the adequate time needed to prepare for your fast.

Your Mind

Fasting is just as much a mental exercise as it is physical. Begin asking the Lord to mentally prepare you for the journey you're about to take.

Your Body

No matter what kind of fast you're preparing for, it will require some adjustments for your body. I encourage you to drink plenty of water in the days leading up to your fast. It's also important to avoid the urge to overeat in the days leading up to your fast, which actually makes things more difficult once you begin your fast.

READY. SET. GO.

Your Heart

Remember, fasting is about your commitment to the Lord. I find it helpful to spend time in confession and repentance before entering a fast. I will often spend several days leading up to the fast asking God to forgive me of my sins, making sure I am in good standing with my brothers and sisters, and asking God to purify my motives as I enter into this time with him.

Your Community

Prepare your community of family and friends. I have found this to be deeply important, especially if you have people in your family or household who will not be fasting with you. Remember, fasting is about taking a break from food, not from people. I've fasted many times without our children participating. It's important for me to prepare them for what we're doing so that it doesn't disrupt their lives. I want them to view fasting as a blessing from God—not a terrible thing their parents endure from time to time. This takes intentional preparation on our part.

4. Make a Plan

Fourth, you need to make a plan to use the times usually given to eating as times of prayer, worship, and Bible study. When our family fasts, we use this time to pray, worship, and read the Bible together. When I'm fasting but my family is not, I use our family meal times to share what God is doing in my heart as the rest of the family eats. Either way, making a plan for how you will repurpose your meal times is very important.

5. Start it and Stick with it

Fifth, quite simply you will need to start your fast and stick with it if you're going to make any progress in this discipline. Chances are, especially if this is your first fast, you might not make it as long as you had intended. That's okay. When you're hungry, pray. If you break down and give in to hunger, pray. Either way, get back up and keep moving forward toward God.

Fasting is an exercise in grace—so make sure you give yourself some.

READY. SET. GO.

6. Share with Others

Finally, share both the burden and the blessing of fasting with a small community. Keep in mind how the Bible is clear that fasting is not something we do for the attention of other people. So be careful not to let everyone around you know that you're fasting because that can allow pride to creep in. But you can fall off the other side of the boat here, too. That's why I believe it's important to fast in community. I have often found that my most successful fasts have been the ones I did with a small group of trusted believers. We were able to daily share in the blessings that come from pursuing God more deeply together.

(Excerpted/Adapted from *Revival Starts Here* by Dave Clayton, Copyright 2018, HIM Publications)

DAY 1

Friday, July 1

EXALT CHRIST THE LORD THE LAMB OF GOD

"The next day John saw Jesus coming toward him and said, "Look, the Lamb of God, who takes away the sin of the world!" - John 1:29

"His light shines in the darkness and the darkness did not (cannot/will not) overcome it" - John 1:5 (Paraphrase)

REFLECTION

Thank you for joining us on this fourteen-day journey of prayer and fasting. We pray for God to heal our land and bring revival to America. Be encouraged that this healed land and this revival we seek begins with you, with me, our marriages, our families, our churches.

God wants to use us and, lest we forget, revival is an inside out proposition. It begins with me, with you — right here, right now.

Be inspired afresh as we fix our eyes on Jesus in prayer and in fasting during this journey. Be inspired as we also fix our eyes on Jesus in praise, worship, and rejoicing as we exalt him. He is the I AM, the Lamb of God, who takes away the sin of the world.

PRAYER

Dear Lord, we exalt your name, the Great I AM - the Lamb of God, who takes away the sin of the world. We ask that you cleanse our heart and create within us a new spirit that spreads your light to overcome the darkness. We pray specifically for the states of Alaska, Arizona, Alabama, and Arkansas. May you call thousands upon thousands in these states to authentically engage in the greater work of prayer. We give you praise for including us in this greater work. We pray for a revived America that honors you and blesses people. May it begin - right here - right now! Amen.

Pray for States: Alaska, Arizona, Alabama, Arkansas

Pray Focus: Church



EXALT CHRIST THE LORD OUR DELIVERER

"And in this way all Israel will be saved, as it is written, The Deliverer will come from Zion; he will turn godlessness away from Jacob." - Romans 11:26

REFLECTION

Some years ago while living in Louisiana, I recall that Hurricane Andrew roared through the Gulf Coast area wreaking havoc and destruction in its path. As in every post-hurricane environment, the natural disaster required thousands of rescues and deliverance. A lot of courage was displayed between neighbors and friends.

While stories of rescue and deliverance abound in such disasters, there is no greater deliverer, no more powerful rescuer, than Jesus Christ. Jesus came to earth on a rescue mission.

It is true that Jesus came to deliver us from our sins and bring us to salvation. That is the greatest deliverance ever in our lives. But we also know his deliverance touches every area of our lives.

Jesus can and will deliver us from loneliness, from sickness and obstacles. As a deliverer, he overpowers demons. Jesus is able to calm every storm you encounter and even deliver you from them. Many different kinds of "chains" fill this life – emotional, mental, and spiritual. But no bond is so strong that Jesus cannot break it for you. He is more than able to overcome anything in your life. You may face ridicule, rejection, or even cruelty because of your faith. Turn to Jesus, the deliverer. He will give you the strength you need not only to endure, but also to glorify Him in the midst of it.

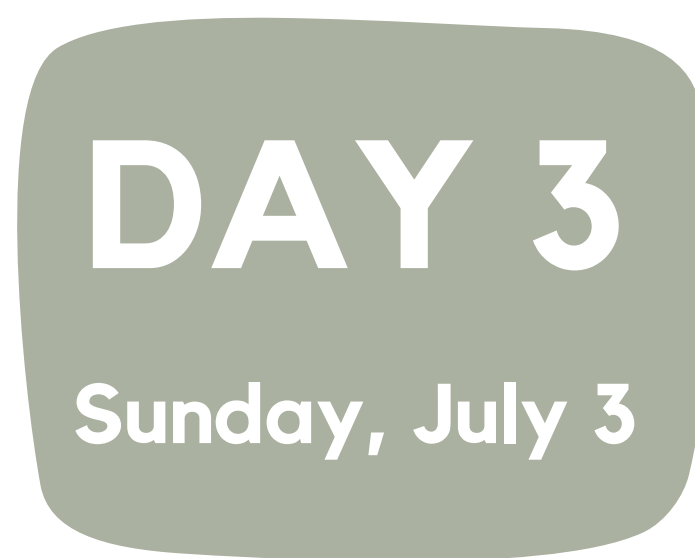
Deliverers often must enter into danger to rescue those in trouble. Jesus, your ultimate deliverer, left the glory of heaven and entered this broken world to save those who were perishing. He gave his life to save yours. Whether Jesus delivers from, out of, or through, He always delivers. Glory, hallelujah, our deliverer is mighty to save!

PRAYER

Heavenly Father, may I remember that Jesus is my deliver and I trust in you to replace my fears with your truths and help me strengthen my faith in you as my deliverer in all things. I know you will not leave me nor forsake me and Your Word is true. Today I pray that you will help artists to create thought-provoking works of art and entertainment that point towards your redemptive plan for humanity. Amen.

Pray for States: California, Colorado, Connecticut, Delaware

Pray Focus: Arts and Entertainment



EXALT CHRIST THE LORD OUR SAVIOR

"Today in the city of David a Savior was born for you, who is the Messiah, the Lord." - Luke 2:11

REFLECTION

We all have a deep desire to be a light in a world so full of darkness, but we can never be the source of the light, the flame — only the lamp from which it is dispelled. A lamp shines because of the power within it. The day Jesus was born, he became time eternal. His birth was the pivotal point for our conversion.

Today we are in the right place and time to preach and live his message of hope. Jesus reminds us to serve from wherever we are, pray at all times and always preach the gospel of hope. If we try to lead others from our own strength and power alone, we will fall short. In fact, we will fail. In these moments of failure or when we see the failure of those around us, we must remember to humble ourselves and kneel before the Lord to ask for his forgiveness and guidance. Once our heart is clean and our will is in line with the Savior, we can stand up in His power and complete the work he has called us to do.

PRAYER

Lord, please send your guidance and protection over the states of Florida, Georgia, Hawaii and Idaho. Remind their leaders to seek your wisdom and peace to bring healing to hearts full of anger and violence. We ask that many will put their hope in Christ Jesus, as their Savior and Lord. Amen.

"We are all faced with a series of great opportunities brilliantly disguised as impossible situations."
— Charles Swindoll

"Who we follow determines how we lead. The person we serve dictates the way we serve others." - Eva Andrade

Pray for States: Florida, Georgia, Hawaii, Idaho

Pray Focus: Crime and Violence

DAY 4

Monday, July 4

EXALT CHRIST THE LORD THE SOVEREIGN

"God will bring this about in his own time. He is the blessed and only Sovereign, the King of kings, and the Lord of lords, who alone is immortal and who lives in unapproachable light, whom no one has seen or can see, to him be honor and eternal power. Amen." - 1 Timothy 6:15-16

REFLECTION

From the beginning of the Bible until the end, there is a theme shouting that God alone is sovereign. There is nothing in the universe that God does not control. Sovereign is defined as power without limit and refers to a supreme lord or ruler who possesses highest authority.

In a language that humans can comprehend, the word tells us that God counts the stars, calls them by name and with great precision determines their course.

God controls the affairs of men and nations determining the course of human history. In Daniel 4:34-35, an earthly king declares this about the Most High God, "His rule is everlasting, and his kingdom is eternal. All the people of the earth are nothing compared to him. He does as he pleases." The Lord can shatter the plans of nations and men, but his intentions will never be shattered.

Believers in Christ are part of God's plan. Long ago before we were created, God chose to love us! According to his eternal, loving plan, he carries out and sustains our salvation. "And this is his plan: At the right time he will bring everything together under the authority of Christ-everything in heaven and on earth" (Ephesians 1:10).

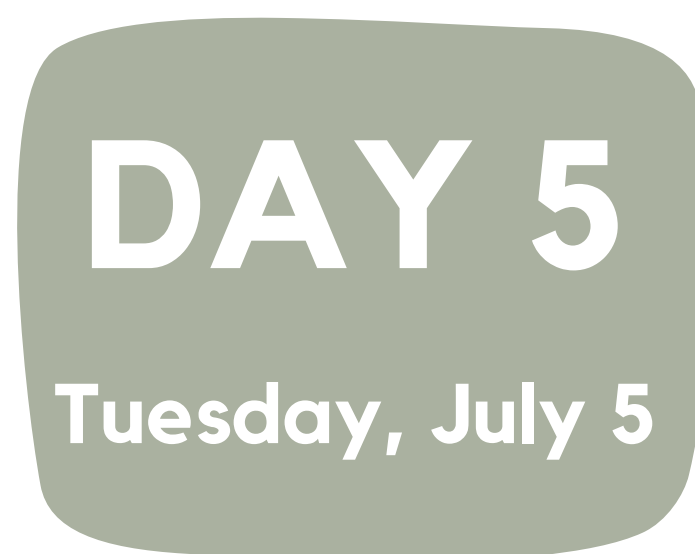
God has a good plan. He controls and works out purposes in the lives of those who believe in Jesus Christ and he will see it through!

PRAYER

Most High God, we give you praise! As the nations rage and the world seems to be falling apart, we will choose to trust, worship, and obey you! You offered salvation to the world and your plans cannot be thwarted! Move in your people to pray and proclaim the gospel to all creation! Amen.

Pray for States: USA & Washington D.C.

Pray Focus: Government



EXALT CHRIST THE LORD THE FAITHFUL WITNESS

"John: To the seven churches in Asia. Grace and peace to you from the one who is, who was, and who is to come, and from the seven spirits before his throne, and from Jesus Christ, the faithful witness, the firstborn from the dead and the ruler of the kings of the earth. To him who loves us and has set us free from our sins by his blood" - Revelation 1:4-5

REFLECTION

"Great Is Thy Faithfulness" is a hymn that has been sung by Christians throughout the ages. No one is more faithful than Jesus Christ our Lord. Man can be faithful for a period of time, but not over a lifetime. Time and time again people fail. People cannot perfectly keep their promises and any hope placed in people or people's institutions will always end in disappointment and despair. If we are to find hope, we must put our faith in someone outside of our very selves. We must turn to our Creator.

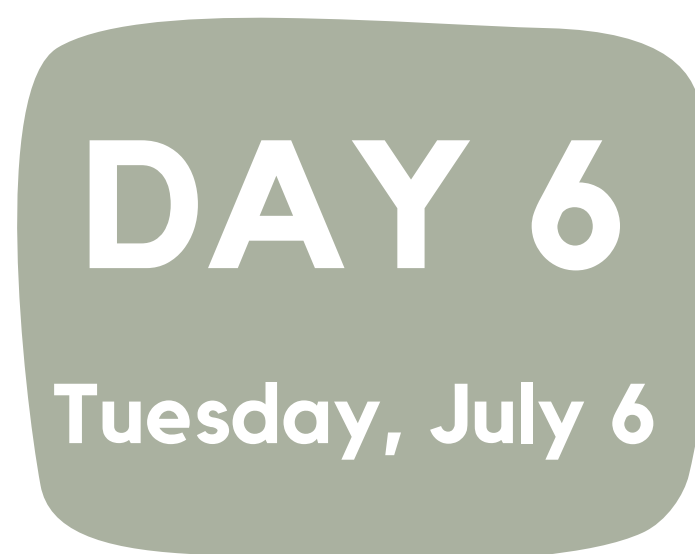
Christ alone has demonstrated his faithfulness over eternity. It is through him that Creation was made and has been faithfully held together. He showered us in his faithful love as he bore the cross for us. Not even our sin could separate us from his faithfulness. God does not ask us to blindly live by faith. Rather he has tangibly demonstrated his faithfulness throughout human history and that each of us has experienced in our own lives. It is in his faithful witness that our hope must rest. It is our only solid ground. Take rest in him and his faithfulness today. It is the only thing that will last into tomorrow.

PRAYER

Father, thank you for your great faithfulness throughout the generations. Thank you for your faithful sacrifice on the cross that brings my salvation. Help us to see more and more your faithful hand throughout my life and the life of others. Help me to rest on you alone today and expose my false hopes. Give me more of you today, Lord! Amen.

Pray for States: Illinois, Indiana, Iowa and Kansas

Pray Focus: Education



EXALT CHRIST THE LORD THE LIVING WORD

"In the beginning was the Word, and the Word was with God, and the Word was God." - John 1:1

REFLECTION

What an amazing Savior we have! He took on flesh as a peasant in a country of nobodies. He humbly served others his entire life. He wept at the graveside of his friend. We can get comfortable with the humanity of Jesus. But throughout the Scriptures, even in the Gospels, we get many glimpses of his magnificent and majestic deity.

Here in John, He is the Logos! Jesus is God's spoken Word. In Genesis we read that this world and universe were created by the spoken Word of God. Colossians confirms "For by Him all things were created, both in the heavens and on earth...all things have been created through Him and for Him" (Col. 1:16). Jesus is also God's revelation to this world. "He [Jesus] is the radiance of His glory and the exact representation of His nature, and upholds all things by the word of His power" (Heb. 1:3). This is mysterious to our human minds, but at the least we can glimpse the fact that Jesus is more magnificent and glorious than we can even imagine.

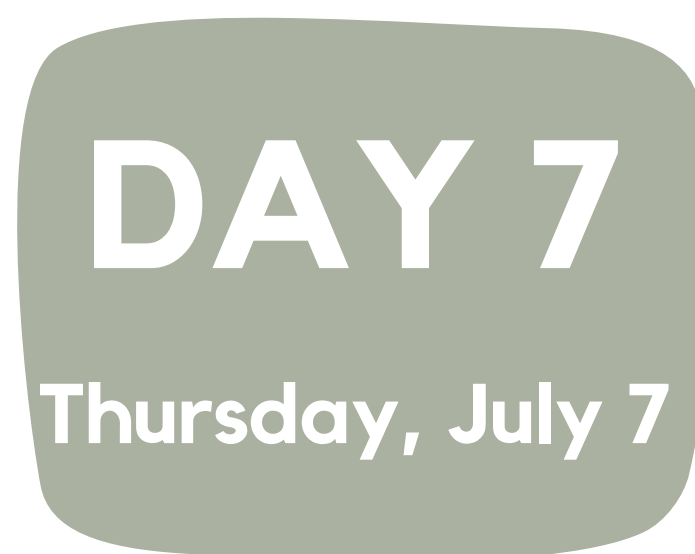
Today let's take time to worship him and exalt him as the very spoken Word of God. "He wore a robe stained with blood, and His name is the Word of God" (Rev. 19:13).

PRAYER

Father, today we ask that you would fill us anew with wonder and awe at the majesty and beauty of your Son. We pray that your Church would be so amazed by and enthralled with Jesus that the world cannot help but see him and want to know more about him. Amen.

Pray for States: Kentucky, Louisiana, Maine, Maryland

Pray Focus: Business



EXALT CHRIST THE LORD THE KING OF KINGS AND LORD OF LORDS

"And he has a name written on his robe and on his thigh: King of Kings and Lord of Lords." - Revelation 19:16

REFLECTION

Fear overwhelms the heart when trouble rises and there is no one to establish peace. The pain of watching the brutal murder of elementary school kids, the disgusting taste of oppression of a fellow human, the deep sadness of the abandonment of precious kids, and hopeless destruction of war creeps into the core of our beings in desperation. Who can bring justice to this broken world? Who can establish order? Who can provide peace?

While we look for earthly solutions, only the One from outside this earth is able to establish justice, order and peace. He had a name of his own that not even his parents could name him. He is the one that death could not defeat. He is the one that no king could touch unless permitted for the salvation of his people. He is the one that is sovereign over all things. He is the one that will come in a robe dipped in blood, followed by the heavenly armies and with a sword in his mouth to strike the nations. He will reign with an iron rod, which is the ultimate force once and for all.

The one that was born in a manger to save his own will return to establish justice, order and peace. He is the Lord of lords and King of kings we do not see now, but we believe in him. He is the rock that held up his own before emperors even in death. He is the same rock that holds us up until he returns. The invisible that made himself visible will return to not only make himself visible once again, but to make his whole kingdom visible. Maranatha!

PRAYER

Lord, remind us of your goodness and sovereignty. Help us to endure by holding on to you and your promises. Forgive us for walking as those who do not have a Father, placing our identity in our performance and earthly treasure. Forgive us for walking as those who do not have a King, placing our hope for peace and justice in earthly power. Lift up our eyes to the One who has created all things, holds all things together, and is restoring all things to himself. Amen.

Pray for States: Massachusetts, Michigan, Minnesota, Mississippi

Pray Focus: Justice System

DAY 8

Friday, July 8

EXALT CHRIST THE LORD THE LIGHT OF THE WORLD

Jesus spoke to them again: "I am the light of the world. Anyone who follows me will never walk in the darkness but will have the light of life." - John 8:12

REFLECTION

Recently I heard a statement that without the sun we would not be able to sustain our physical life on earth. Well, that is certainly obvious, I thought. But we do tend to take the sun for granted. Just as we need the light of the sun for physical life, so we need Jesus, the Light of the World, to give and sustain spiritual life. Without Jesus, we would only find darkness and death.

But Jesus came to our world to give what he only can give. His light reveals God to us, restores us to relationship with God, and invites us into all things good and into the world of the living. The writer of the Gospel of John earlier proclaims light is victorious over darkness, but he also tells us that our natural inclination is to love the darkness because of our evil desires. Because Jesus, the Light of the World, will never be defeated by the darkness, we have hope.

And because he wants us to have life, Jesus keeps on shining and inviting us into the light. Praise our Lord Jesus Christ that he overcomes even our evil inclinations and through faith in him, we can walk in and relish the Light of life!

PRAYER

Father in Heaven, thank you for sending your Son, Jesus, to be the Light of the World. I ask for the light and life of our Lord Jesus Christ to be abundant over the states of Missouri, Montana, Nebraska, Nevada and that your light will shine bright in leading the youth of our nation today. Amen.

Pray for States: Missouri, Montana, Nebraska, Nevada

Pray Focus: Youth



EXALT CHRIST THE LORD OUR GOOD SHEPHERD

**"I am the good shepherd. The good shepherd lays down his life for the sheep."
- John 10:11**

REFLECTION

I like to tell people that I like dogs because my wife loves dogs. She deeply enjoys their company and so she cares for them to be sure they have all that they need. I notice them and might give them something if told to do so. A good shepherd loves his animals and cares for their every need.

So it is with Jesus, the Good Shepherd. He loves us and desires and provides for us all that is good. So much so that he willingly laid down his life for us. In fact, that is the ultimate definition of a good sacrifice. I might sacrifice a little for the comfort of someone else, but a good shepherd is willing to give his very life to protect and provide for the sheep. Jesus gave his life for us.

Scripture reminds us that he gave it willingly because he is good. He laid down his life, suffered on a cruel cross; and then experienced the ultimate punishment for sin by dying in our place. We are challenged by Scripture to place our faith in this good sacrifice so that we can find life in relationship with the Living God. That is truly good, and our Lord Jesus Christ is the Good Shepherd.

PRAYER

Father in Heaven, thank you for Jesus the Good Shepherd who gave his life for us so that we can find life in You. I pray that good will be abundant in the states of New Hampshire, New Jersey, New Mexico, New York and that your good news will be faithfully proclaimed. I pray also that your good news will be abundantly shown to those who work in the media culture today. Amen.

Pray for States: New Hampshire, New Jersey, New Mexico, New York

Pray Focus: Media

DAY 10

Sunday, July 10

EXALT CHRIST THE LORD THE WAY, TRUTH AND LIFE

"Jesus told him, "I am the way, the truth, and the life. No one comes to the Father except through me." - John 14:6

REFLECTION

When Jesus told us he is the way, the truth and the life, he is telling us that knowing him is not only the ultimate meaning and fulfillment of life on earth, but the only way to really know our Father who is in heaven.

As the Way, Jesus makes it clear that we do not know how to know the defined way we are supposed to travel in life. Instead, we are to simply know and trust in Jesus daily. We are called to walk in faith that HE is the way. We can know that Christ our Savior will lead us exactly where we need to go as we walk with him and in him.

As the Truth, we know that Jesus testifies to the truth and teaches the truth because he himself is that truth. In him we find nothing false, nothing misleading, and nothing fake or uncertain. When we seek to figure out in life what is the truth and what is a lie, we can always measure it against the words of Jesus, who himself is the truth.

As the Life, Jesus reminds us that what we are to really be concerned with is not this life, but with eternal life – the life to come after our life on this earth. When we follow the voice of Jesus as our life, we can also know what that eternal life is in the here and now. We can choose to live in such a way that we are not chasing things that pass away, but chasing the things that last and have eternal significance.

As the Way, the Truth, and the Life, Jesus is giving us a better way to live our lives through him. When we follow him, we are led to a better, richer, more meaningful life than we could ever find on our own.

PRAYER

Christ, you are the Savior, the Way to the Father, the Truth we depend on, the Life that we need. The poor and suffering know your caring – and your mercy is broader than we as your people have often proclaimed. Today, Lord, may I, along with the peoples of North Carolina, North Dakota, Ohio, and Oklahoma, treasure the life that we share in your name. Turn our hearts to follow your way, know your truth, and experience your life within us. Amen.

Pray for States: North Carolina, North Dakota, Ohio, and Oklahoma

Pray Focus: Poor and Suffering

DAY 11

Sunday, July 11

EXALT CHRIST THE LORD OUR WONDERFUL COUNSELOR

"For a child will be born for us, a son will be given to us, and the government will be on his shoulders. He will be named Wonderful Counselor, Mighty God, Eternal Father, Prince of Peace." - Isaiah 9:6

REFLECTION

When Isaiah uses the words Wonderful Counselor to refer to the Messiah, the Christ, he indicated the kind of character the coming King has. We use the word "Wonderful" every day to mean something that is likeable, or pleasant, or lovely. Here the word wonderful literally means "incomprehensible." We know that Jesus is wonderful in a way that is boggling to our mind. Jesus, in all his ways, is even wonderful beyond our own understanding. Jesus' kind of wonderful is awe-inspiring and superior to any other kind, for he is perfect in every way.

The second part of Isaiah's expression is the word "Counselor". In my own ministry I have counseled hundreds of people, but I know that no matter how well I seek to counsel, at its best, it is imperfect. I am not always well qualified. But Jesus is the perfect and wise counselor. He is able to advise his people completely because he is qualified in ways no human counselor is. In Christ is hidden all the treasures of wisdom and knowledge. That includes the knowledge of all human nature. Jesus always knows what we are going through. He always knows the right course of action for us to take.

Christ the Lord, as our Wonderful Counselor, means that every day we can trust him to listen to our problems and guide us in the right direction. We can be absolutely certain he has our best interests at heart because he loves us more than anyone else could ever love us. And his love is so wide and deep (and wonderful) that we cannot fully understand it. Whatever perplexes you today, you can choose to rest in him as your Wonderful Counselor.

PRAYER

Father, we thank you for the gift of Your Son, Jesus, our Wonderful Counselor. Thank you for being our protection and thank you for granting us counsel and wisdom when we seek your will. May every civil servant be a person of integrity, reliability and commitment; may those who serve do so by never seeking personal gain, status, or prestige. May the people and leaders of Oregon, Pennsylvania, Rhode Island, and South Carolina have a reverent fear of you and look to you in repentance and saving faith. Amen.

Pray for States: Oregon, Pennsylvania, Rhode Island, South Carolina

Pray Focus: Civil Servants

DAY 12

Monday, July 12

EXALT CHRIST THE LORD OUR EMMANUEL

"Now all this took place to fulfill what was spoken by the Lord through the prophet: See, the virgin will become pregnant and give birth to a son, and they will name him Immanuel, which is translated 'God is with us.'" - Matthew 1:22-23

REFLECTION

With the name Emmanuel, we exalt our Lord's humble and holy birth. It brought our holy God to us as sinful people. Humbly, God came in Christ to dwell with us, his promise fulfilled. As we go forward in our daily lives, what a promise to know he is with us and promises to be with us in our sorrow. He is with us in our joy, in our sickness and in our health. This name Emmanuel is and will be our anchor when the winds of life blow.

Even before the full revelation of Emmanuel in Matthew 1:23, God promised throughout the Scriptures "I will be with you." Emmanuel will give us confidence: "When [not "if"] you go through deep waters, I WILL BE WITH YOU ["I will be Emmanuel to you"]. When you go through rivers of difficulty, you will not drown. When you walk through the fire of oppression, you will not be burned up; the flames will not consume you" (Isaiah 43:2 NLT). We praise you Lord that your name Emmanuel gives us boldness for whatever our future holds and we can trust you.

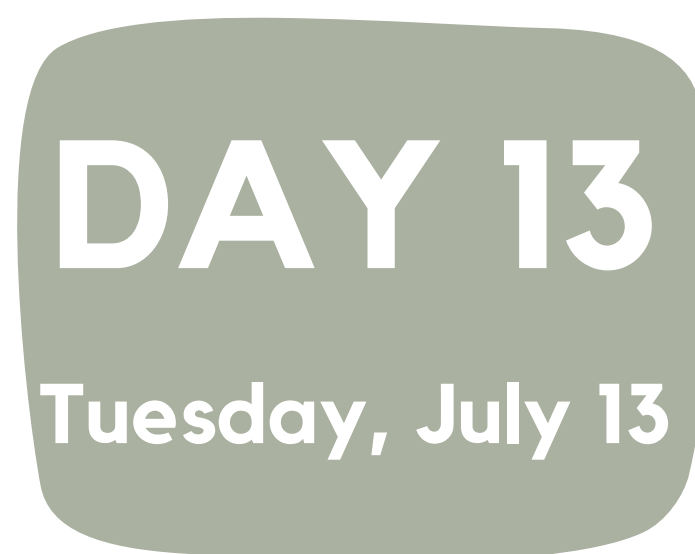
Emmanuel is a whisper and a joyous proclamation we are never alone. We exalt Christ the Lord; He is with us now and forever. Our hope is in God alone – in his presence there is fulness of joy!

PRAYER

We exalt you Christ the Lord who is with us in our neighborhoods and in our communities. We lift up the dear people of South Dakota, Tennessee, Texas and Utah and we ask that they sense your presence and will humbly exalt Christ the Lord our Emmanuel. Amen.

Pray for States: South Dakota, Tennessee, Texas, Utah

Pray Focus: Neighborhoods and Communities



EXALT CHRIST THE LORD THE LION OF THE TRIBE OF JUDAH

"Then one of the elders said to me, "Do not weep. Look, the Lion from the tribe of Judah, the Root of David, has conquered so that he is able to open the scroll and its seven seals." - Revelation 5:5

REFLECTION

Revelation 4 and 5 are a spectacular glimpse into heaven. There is brilliant light, thundering worship, and the majesty of the Godhead! John, the angelic host, the living creatures, and we are overwhelmed by the holiness of the Lord God Almighty.

God is on the throne. He has in His hands the scroll, all of time. The full account of what God has in store for the world is of utmost importance, and it is sealed. John weeps because he fears that no one is worthy to open the seals to bring an end to these times of great distress.

John is told to stop weeping because the perfect King from David's line has come and is able to reign in righteousness, justice, and wisdom (Jeremiah 23:5).

This King is pictured as a mighty conqueror, the Lion of the tribe of Judah and as the sacrifice for sin, a slain Lamb. This King is Jesus the Messiah. He came the first time proclaiming the Kingdom of God is near, turn from your sins, and believe this Good News! He came as the Lamb of God who would take away the sin of the world! This Lamb bears the marks of slaughter showing the truth that he has come to power through death!

This same Lamb is called the Lord of lords and the King of kings (Revelation 17:14), and in his sovereign power he leads the final battle to defeat Satan. The Lion has triumphed because of what Christ the Lamb has already accomplished! He defeated all the forces of evil by dying on the cross! Exalt his Name!

Are you weeping like John in this hour? Take courage. Jesus has overcome our enemy and all who believe in him will have eternal life!

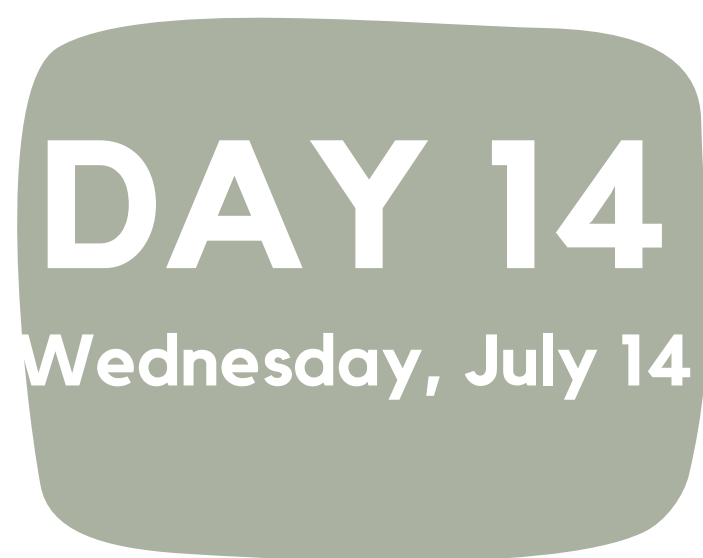
PRAYER

Worthy is the Lamb, who was slain, to receive power and wealth and wisdom and strength and honor and glory and praise! May all the saints from Vermont, Virginia, Washington, West Virginia sing a new song to him who sits on the throne and to the Lamb. He is worthy! Amen.

Pray for States: Vermont, Virginia, Washington, West Virginia

Pray Focus: Military

Kathy Van Soelen / Prayer Coordinator, 1f 7:14



EXALT CHRIST THE LORD THE SUN OF RIGHTEOUSNESS

"But for you who fear my name, the sun of righteousness will rise with healing in its wings, and you will go out and playfully jump like calves from the stall."

- Malachi 4:2

REFLECTION

As our call to fast and pray comes to a close today, my prayer is that the Son might be exhibited in you in greater measure.

In Malachi the age-old battle between the accuser and God's holy people continues to unfold. The nation called by God and set apart to be holy had become complacent toward the worship of God and the observance of his commands. They had become a faithless people saying the Lord had abandoned them. We too see the enemy waging war against the holy people of God. Many in the Church have become weary, full of doubt, and apathetic. Lulled by the devil's lies, we have broken faith in God.

It is time to return to the Lord with an undivided heart. He does not change his deep love for us. He promises, "If my people who are called by my name will humble themselves, pray, seek My face, and turn from their indifferent ways," then he will answer us with mercy!

Malachi confronts the people with their sins encouraging repentance to restore their relationship with God and each other. For true believers who live on this side of the cross, give thanks! Through the blood of Jesus, "If we confess our sins, he is faithful and righteous to forgive us our sins and to cleanse us from all unrighteousness" (1 John 1:9).

Only through repentance will true restoration come. "But for you who fear my name, the Sun of Righteousness will rise with healing in its wings" (Malachi 4:2).

PRAYER

Father, forgive our lukewarm offering. We ask that the light of Christ will break into the darkness of our world with mercy to awaken people bound in darkness and to revive those who are compromised. Jesus, thank you for coming with healing to those who love and obey and worship you! Amen.

Pray for States: Wisconsin, Wyoming

Pray Focus: Family and Marriage

Join us as we exalt Christ our Lord in prayer and fasting.

"Every mighty move of the Spirit of God has had its source in the prayer chamber."

"I feel it is far better to begin with God, to see His face first, to get my soul near Him before it is near another. In general it is best to have at least one hour alone with God before engaging in anything else."

"Prayer is the one prime, eternal condition by which the Father is pledged to put the Son in possession of the world. Christ prays through His people."

"I think Christians fail so often to get answers to their prayers because they do not wait long enough on God."

"It is only when the whole heart is gripped with the passion of prayer that the life-giving fire descends, for none but the earnest man gets access to the ear of God."

"The goal of prayer is the ear of God, a goal that can only be reached by patient and continued and continuous waiting upon Him, pouring out our heart to Him and permitting Him to speak to us. Only by so doing can we expect to know Him, and as we come to know Him better we shall spend more time in His presence and find that presence a constant and ever-increasing delight."

"Prayer breaks all bars, dissolves all chains, opens all prisons, and widens all straits by which God's saints have been held."

- E.M. Bounds



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