

AT WITH GOD. PRAYERS CAN

BOLD *Prayers*

21 DAYS OF PRAYER & FASTING

A CHAT WITH GOD. PRAYERS CAN



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A NOTE FROM PASTOR AARON HANSON

SENIOR PASTOR

Church Family,

As we enter these 21 Days of Prayer and Fasting, my heart is filled with expectancy for what God desires to do among us. Throughout Scripture, moments of prayer and consecration precede movements of God. One of the clearest pictures of this comes from Ezra 8, where God's people stood on the edge of a long, uncertain journey—one that required courage, unity, holiness, and complete dependence on the Lord.

Before taking a single step forward, Ezra gathered the people at the river and called them to seek God. They faced threats, unknowns, and vulnerabilities. Yet, they understood this truth: the only way to walk faithfully into what God is calling us to is by slowing down and seeking Him first.

Ezra records, "So we fasted and petitioned our God about this, and he answered our prayer." (Ezra 8:23)

This is our posture in these 21 days. We are pausing at our own "riverbank" season—standing between what has been and what God is leading us toward next. Like Israel, we do not want to rush ahead in our own strength. We want to be a people marked by bold prayers, deep trust, and expectant hearts.

Fasting is not about earning God's attention; it is about making space to hear His voice. It is the deliberate choice to say, "God, we desire You more than anything else." And when God's people set their hearts to seek Him, Scripture shows us repeatedly that He responds.

My prayer is that these 21 days become a defining spiritual moment for you and for our church. May we experience clarity where there has been confusion, courage where there has been hesitation, healing where there has been hurt, and fresh faith where there has been weariness. May God shape us, strengthen us, and prepare us for the journey ahead.

Let's ask boldly. Let's seek diligently. Let's believe wholeheartedly that the same God who guided Israel safely to Jerusalem will guide us—with grace, with protection, and with unmistakable answers to prayer.

I cannot wait to see all that God will do.

Grace & Peace,
Aaron Hanson
Senior Pastor



LET'S ASK BOLDLY. LET'S SEEK DILIGENTLY. LET'S

THE IMPORTANCE OF FASTING AS A SPIRITUAL DISCIPLINE

BY: DONNY ABBOTT, EXECUTIVE PASTOR

Prayer, Bible reading, confession, and worship are all spiritual disciplines that a follower of Jesus should regularly take part in. Oh, and there is also fasting!

I daily practice the first disciplines on this list. But, fasting! Well, that one I need some work on for sure. I have always found fasting to be so intimidating. My main fear is my fear of failure (I'll fall to the temptation of the Twinkie or donut). My second issue is that I really like food!!!

One thing I know is that in a world filled with constant noise, instant gratification, and endless distractions, fasting remains one of the most countercultural—and transformative—spiritual practices available to us. Though often misunderstood as merely withholding food, fasting at its core is about creating space. It is a deliberate act of removing something good for the sake of seeking something greater. Throughout Scripture, God's people fasted not to manipulate Him, but to posture their hearts to hear Him more clearly.

Fasting sharpens our spiritual hunger. When we deny ourselves physically, our misplaced dependencies begin to surface. We realize how often we reach for food, entertainment, or comfort to soothe deeper longings only God can satisfy. Fasting exposes these substitutes and reorders our desires. It teaches us to say “no” to our impulses so we can say a more meaningful “yes” to God.

It also awakens our attentiveness. Without the usual noise filling our day, we become more aware of God's presence and our own spiritual condition. The ache of an empty stomach becomes a prayer, "Lord, I need You more than anything else, including food!" In that vulnerability, God often speaks with surprising clarity, reminding us of His sufficiency and realigning our hearts with His purposes.

Finally, fasting strengthens our dependence. When we fast, we intentionally place ourselves in a position of weakness. And in that weakness, God meets us with His strength. It is a way of declaring, "My life is sustained by more than bread; it is sustained by Your word, Your presence, and Your grace."

Fasting doesn't earn God's favor; Christ has already secured that for us. Rather, it opens us to receive what God is already offering: deeper intimacy, renewed focus, and a heart attuned to His voice. In a distracted age, few practices shape us more profoundly.

In 2026 I hope to include fasting into my spiritual rhythms and I invite you too as well!



A NOTE FROM TIMBERKIDS

Families, we're so excited for you to jump into the 21 Days of prayer and fasting together! Think of this book as your family's guide to creating simple, meaningful moments with God, one day at a time.

Each reading is designed to spark conversation, encourage prayer, and help your kids discover how God is moving in their everyday lives. Whether you read it at breakfast, before bed, or in the car on the way to school, these small daily rhythms can make a big impact.

We're cheering you on as you take this journey together. Here's to 21 days of growing closer to Jesus.

- TimberKids





TYPES OF FAST

BY: KARI STEWART, PRAYER AND MISSIONS PASTOR

SOUL FAST

This fast is a great option if you do not have much experience fasting food, have health issues that prevent you from fasting food, or if you wish to refocus certain areas of your life that are out of balance. For example, you might choose to stop using social media or watching television for the duration of the fast and then carefully bring that element back into your life in healthy doses at the conclusion of the fast.

PARTIAL FAST

This type of fast involves removing certain elements from your diet. One example of a partial fast is the Daniel Fast, during which you remove meat, sweets, and bread from your diet and consume water and juice for fluids and fruits and vegetables for food.

COMPLETE FAST

In this type of fast, you drink only liquids, typically water with light juices as an option.

WHY FAST?

Fasting is the practice of abstaining from food in order to focus on God. We set aside a meal (or other normal activities) for a portion of the day (e.g. six or twelve hours), a full day (twenty-four hours), or even several days. When we fast, what we're saying is, "There's something more important in my life than physical nourishment. More than I need food, I need God." Fasting is a physical reminder of that spiritual reality.

ACRONYM FOR FAST:

F – FOCUS ON GOD

Based on what Jesus taught us in Matthew 6, we don't fast so that others will think we're spiritual. We do this to honor God. Sometimes we fast with others, but the reason for fasting is to focus on God, not to draw attention to ourselves. It's also feasting on God. More than we long for anything in this world, even the basic daily necessity of food, we need and long for God.

A – ABSTAIN FROM FOOD

Food is actually a God-given addiction. So He's given us a spiritual practice that involves taking something we actually must have—at some point our bodies are going to need food—and we put even this basic daily necessity aside in order to seek Him instead. Feel free to fast from other things, but when you think of fasting, think primarily of food.

S — SUBSTITUTE EATING TIME WITH PRAYING AND MEDITATING ON SCRIPTURE

Fasting is not just physically starving yourself. Fasting is spiritually feasting on God. So, make sure to spend concentrated times in prayer and the Word in ways that fuel a continual focus on God throughout the day. Then, whenever you feel a hunger pang, that can trigger you to say, "I want food, but God, I want You more." That's a good discipline to build into your life. It fuels continual praying all day long, because the hungrier you get, the more you'll pray.

T – TASTE AND SEE THAT GOD IS GOOD

This is a direct quote from Psalm 34:8-10: "Oh, taste and see that the Lord is good! Oh, fear the Lord, you his saints, for those who fear him have no lack! The young lions suffer want and hunger; but those who seek the Lord lack no good thing." So, when you're tempted to give up, hang in there and trust that God will show Himself sufficient to us as we fast—and not just sufficient but satisfying!

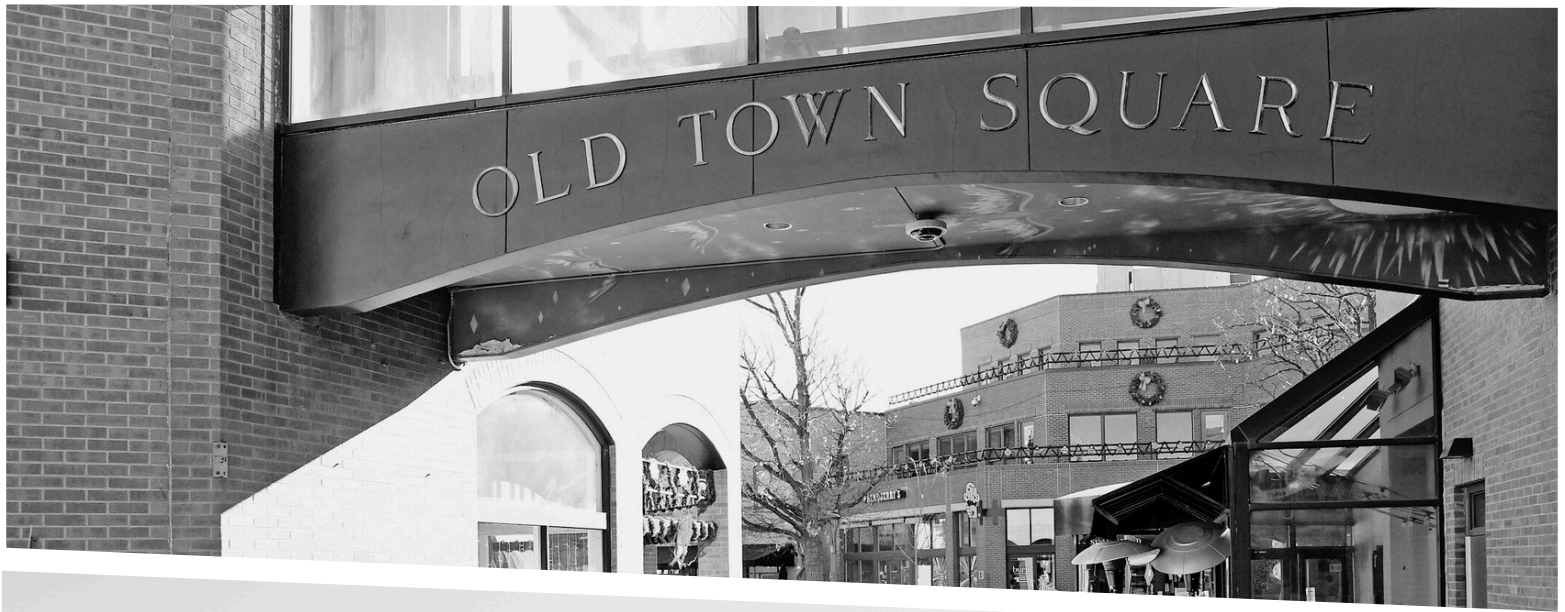
RESOURCES

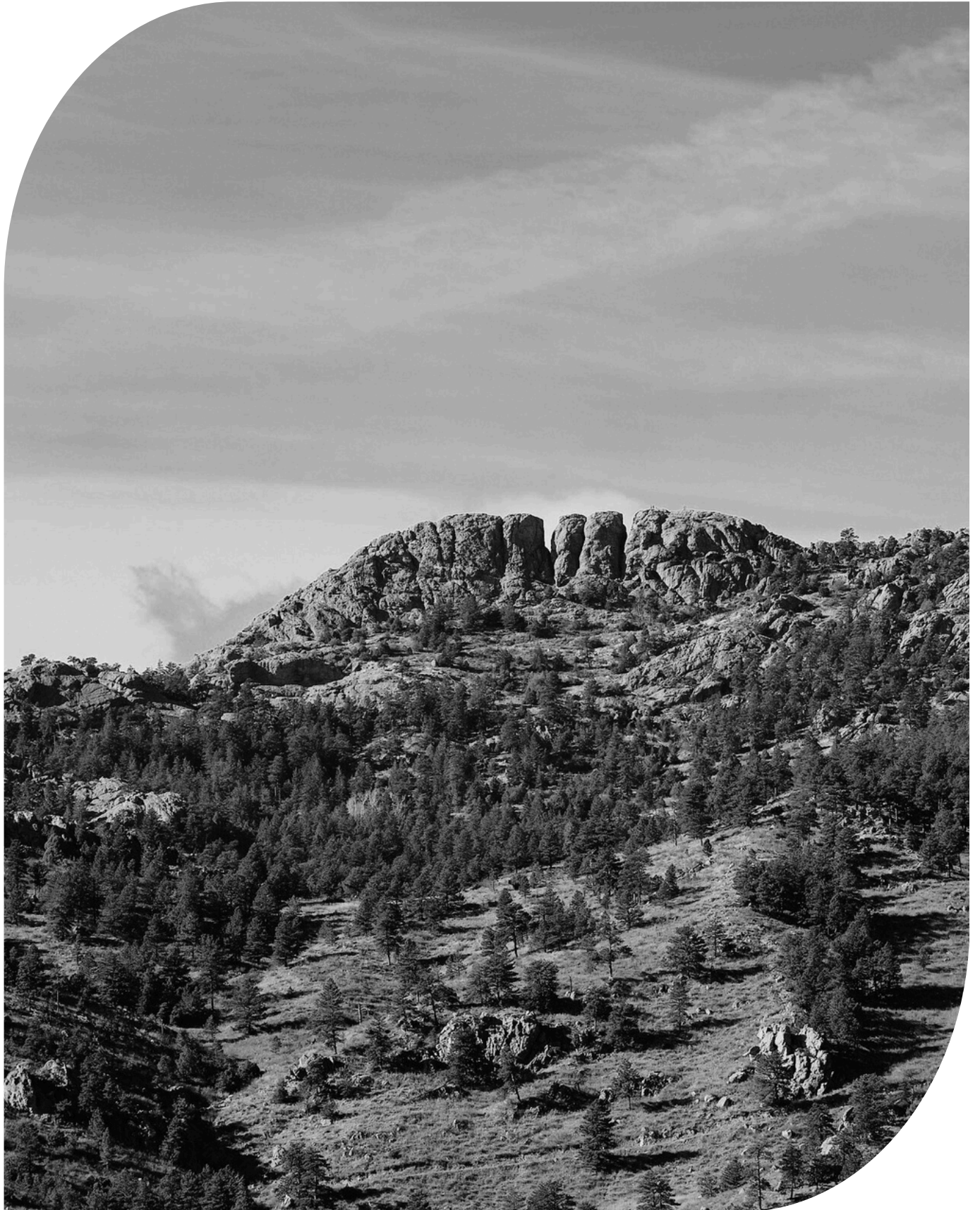
If you would like to learn more about prayer and fasting, you can do so by scanning the QR code below or by visiting timberlinechurch.org/resources/the-well/prayerandfasting/

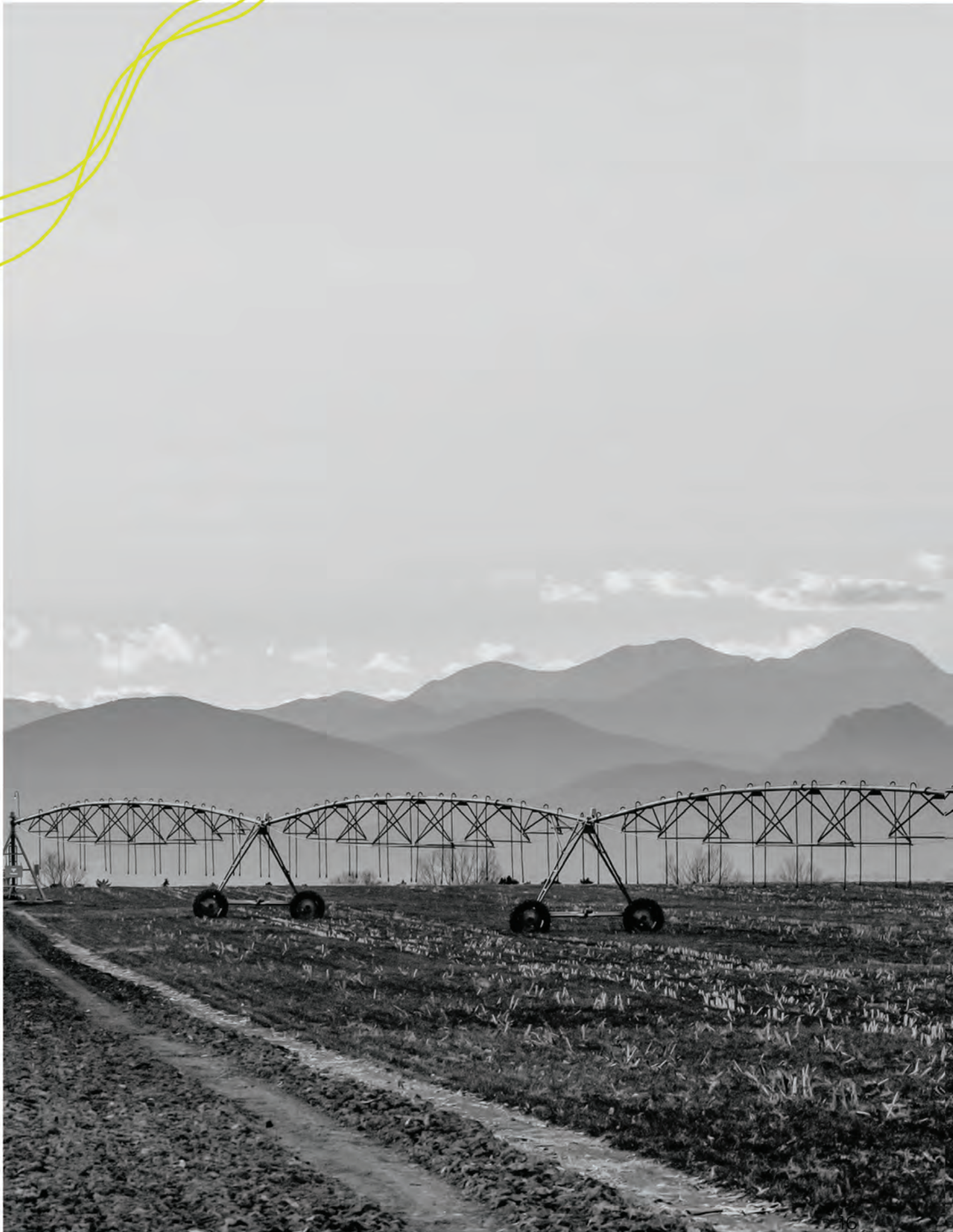


Y LIFE IS SUSTAINED BY MORE THAN BREAD; IT IS SUSTAINED BY YOUR WORD, YOUR PRESEN











PURSuing

HIS

PRESENCE

DAYS 1-7

Prayer is more than just presenting requests to God. It is an opportunity for us to grow our faith as we enter the presence of the God who loves us.

We begin our time together experiencing what it means to have faith in a God who longs to have a relationship with us.

DAY 1 | FAITH THAT BRINGS US CLOSE

Faith-filled prayer is not just about outcomes— it's about communion. Believing prayer draws us into God's presence with trust, not just requests.

Scriptures

"But when you pray, go away by yourself, shut the door behind you, and pray to your Father in private. Then your Father, who sees everything, will reward you. When you pray, don't babble on and on as the Gentiles do. They think their prayers are answered merely by repeating their words again and again. Don't be like them, for your Father knows exactly what you need even before you ask Him!" —Matthew 6:6-8 (NLT)

"Therefore, since we have a great high priest who has ascended into heaven, Jesus the Son of God, let us hold firmly to the faith we profess. For we do not have a high priest who is unable to empathize with our weaknesses, but we have one who has been tempted in every way, just as we are—yet He did not sin. Let us then approach God's throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need."
— Hebrews 4:14-16 (NIV)

Reflect on the Word

In Matthew 6, we find Jesus at the center of His Sermon on the Mount, leading His disciples into a new and radical way of living out their faith. As He approaches the subject of prayer, He instructs them to "shut the door" and "enter into." For the disciples, this meant shutting the door to prayer motivated by performance, measured by eloquence and validated by the admiration of others.

Some of these things may be true for us, as well. Or perhaps, for us, it means closing the door to prayer motivated by fear, shame or obligation.

Next, Jesus instructs His disciples to "enter into" a private room. It's in the private room we are invited into true communion with the One who already sees and knows everything. We find this place is occupied by a throne of grace. We are in the presence of Jesus, our great high priest, who is sympathetic to our weakness, merciful, full of wisdom and willing to give us everything we need.

Companionship with our Savior fuels a boldness of faith that comes from having met mercy and grace, face to face. In the private room, we leave behind the things that hinder us from fully experiencing His love and embrace the path of service set before us. As we enter into the fullness of His joy, He readies us to participate in the miraculous plans for a world in need of redemption.

Prayer + Contemplation

Take a moment to decide what attitudes or hindrances you want to surrender as you step into communion with the Lord.

Pray that the Lord will use your 21 days of prayer and fasting to bring refreshment and freedom as you enter into His presence.

Pray that your deepened companionship with Jesus will create a boldness of faith as you pray for the fulfillment of God's purposes in others.

TIMBERKIDS | LET'S PLAY!

As a family read Matthew 6, pray together in a different way. Make it fun by sitting on the floor to pray, lying down and praying out loud, taking turns popcorn style or going on a prayer walk together. As you pray, ask God to speak, teach and reveal new things for the 21 days of prayer ahead.

Thank God for His perfect love and peace. Pray that spending time in His presence will help you trust Him more and allow you to see God at work in new ways.

Notes

DAY 2 | FAITH THAT FINDS GOD IN THE ASKING

Pursuing God's presence starts with believing He hears. Prayer isn't a transaction; it's a relationship where God meets us in our believing.

Scriptures

"I sought the Lord, and He answered me; He delivered me from all my fears. Those who look to Him are radiant; their faces are never covered with shame. This poor man called, and the Lord heard him; He saved him out of all his troubles. The angel of the Lord encamps around those who fear Him, and He delivers them. Taste and see that the Lord is good; blessed is the one who takes refuge in Him. Fear the Lord, you His holy people, for those who fear Him lack nothing. The lions may grow weak and hungry, but those who seek the Lord lack no good thing." —Psalm 34:4-10 (NIV)

Additional Scripture: Matthew 7:7-11

Reflect on the Word

As we grow in our trust of the Father's unfathomable goodness, our prayers become rooted in faith instead of fear.

In Psalm 34, David paints a picture of faith anchored to a steadfast belief in God's goodness, even in dire circumstances. Today, let's start by seeking God in the same way.

Remind yourself of His past mercy, supreme power and constant care. Know Him and be known by Him. Our prayer is born in faith because we see the greatness of the One we pray to.

Psalm 34 shapes a powerful vantagepoint to offer our prayers. This view magnifies the Lord's goodness and delivers us from the fear that our prayers won't be answered (v. 4). We see in ourselves a reflection of His glory, freed from shame (v. 5). We are humbled by the revelation that while we can offer nothing, He provides everything (v. 6).

Though we may see oppression on every front, we witness the resources of His miraculous protection (v. 7). He feeds us His goodness again and again as we trust in Him (v. 8). When we truly know God, we know His greatness. He is enough (v. 9). We can lay down the impulse to scratch out our own fulfillment because He provides all our needs (v. 10).

Our choice to daily immerse ourselves in the belief that we are the children of a loving Father ignites our faith and empowers our prayers. It enables us to go the distance, even on long treks requiring patience, wisdom and stamina.

He has not failed us. He will not fail us. He is with us.

Prayer + Contemplation

Re-read Psalm 34:4-10. Reflect on how this Psalm reframes the current challenges you are facing.

Ask the Father to remove any fear or anxiety at the root of your challenges and help you to see His goodness and provision in the midst of them

Pray for the people in your life who are surrounded by overwhelming obstacles, and ask boldly for the Lord to surround and deliver them.

TIMBERKIDS | LET'S PLAY!

As a family, discuss the following questions: What are you feeling afraid or anxious about? Pray for one another.

Think about a family member or friend who may be experiencing a difficult time. As a family make a card for that person, each of you write a short prayer to go with the card. Then, if possible, go visit that person.

Notes

DAY 3 | FAITH THAT SEEKS TO GROW

As we pursue God, He meets us in proportion to our faith. The more we lean in, the more of His presence and power we experience.

Scriptures

“As Jesus went on from there, two blind men followed Him, calling out, “Have mercy on us, Son of David!” When He had gone indoors, the blind men came to Him, and He asked them, “Do you believe that I am able to do this?” “Yes, Lord,” they replied. Then He touched their eyes and said, “According to your faith let it be done to you”; and their sight was restored. Jesus warned them sternly, “See that no one knows about this.” But they went out and spread the news about Him all over that region.” —Matthew 9:27-31 (NIV)

Additional Scriptures: Mark 11:22-24 & Psalm 63:1-8

Reflect on the Word

Matthew’s account of Jesus’ interaction with the blind men follows a series of encounters Jesus has with people in desperate circumstances. Matthew 9 opens with Jesus responding to the desperate measures of the friends of a paralytic man, followed by a man who asks Jesus to come with the sober words, “My daughter has just died, but come and lay your hands on her and she will live.” Jesus “rose and followed him,” only to be detained by a woman desperate enough to reach for the hem of his garment that she might be healed.

It is after these miraculous healings that we encounter the two blind men following Jesus—not just on the road, but into a house—crying out for mercy. Blindness in the Ancient Near East was one of the worst of conditions.

The blind would beg on the side of the road and sing for people passing by to take notice and have pity on them. It was a condition that came to be associated not just with misfortune, but with sin. In fact, healing of blindness is the only miracle Jesus performed that is not prefigured in the Old Testament. They were asking for the impossible.

When Jesus asks them if they believe, their response is emphatic: “Yes, Lord.” Notice that though blind, these men were insightful—perceiving and believing that Jesus had the power to heal them.

Jesus responds by touching them and restoring their sight, proclaiming, “According to your faith let it be done to you.” Was there something about the desperation of their condition that informed their expectation?

Desperation—uncomfortable as it is—can be a seedbed for faith in our lives. The recognition of our own frailty and inadequacy provides us with the opportunity to look toward Jesus with rightly placed expectation, placing all our trust in Him.

Prayer + Contemplation

How has God used your desperation to draw you closer to Him in the past? Is there any current area of desperation in your life that He might be using to draw you to Him in this season?

Pray that God would make your heart desperate for Him alone. Offer any other current unmet longings to Him and ask Him to use those longings to draw you closer to His heart.

Pray for those in your life or in the world who are desperate for something. Pray that God would reveal Himself to them in the midst of their desperation.

TIMBERKIDS | LET’S PLAY!

Share examples of how you’ve seen God at work in the past.

Fasting means going without something as a reminder to pray. It’s a way that we can involve our whole body in our prayers. As a family, choose something that you can all fast on together for the next 24 hours. For example, if you decide to fast from all beverages except water, then anytime you’d like to drink something else, say a prayer instead. Other ideas for fasting might be no screens or no sugar. Our trust grows as we become more aware of God’s faithfulness.

Pray over your fast. Ask God to pull each family member closer to Him over the next 24 hours.

DAY 4 | FAITH THAT TRUST GOD'S HEALING PRESENCE

Healing flows from God's presence. When we pray in faith, we invite not just answers but the nearness of the healer Himself.

Scriptures

"How blessed is God! And what a blessing He is! He's the Father of our Master, Jesus Christ, and takes us to the high places of blessing in Him. Long before He laid down earth's foundations, He had us in mind, had settled on us as the focus of His love, to be made whole and holy by His love. Long, long ago He decided to adopt us into His family through Jesus Christ. (What pleasure He took in planning this!) He wanted us to enter into the celebration of His lavish gift-giving by the hand of His beloved Son." —Ephesians 1:3-6 (MSG)

Additional Scriptures: Psalm 23, Psalm 103:1-5, & Psalm 147:1-6

Reflect on the Word

All of us are in need of healing. We were made by a good God for a perfect world. Because of the presence of sin in this world, we instead, find ourselves in a broken and warped world that is constantly trying to break and warp us. We all bear the scars of sin, brokenness, decay and death in our bodies, minds and souls.

But God loves us too much to leave us in this broken state. Ephesians 1:3-6 tells us that because of God's love, He is working to make us "whole and holy by His love." He was willing to give His own son for our healing and restoration. Because of this great love, we have faith that when we are in the presence of God, He is working for our healing and restoration.

Everything we ache for finds fulfillment in Jesus. He is our healer—the one who sees our pain and cares for us. There is no place we can find healing and hope apart from Him.

God's healing is comprehensive: body, mind and spirit. We're given a glimpse of this reality on Earth and anticipate the full experience when we see Him face to face.

There is no malady of body or soul that He will not tend to, though some healing will not happen this side of heaven. In faith, we believe that simply being in His presence restores us. Whatever healing that we need, we can rest assured that now partially, and one day fully, God will “satisfy our desires with good things” when we are in His presence.

Prayer + Contemplation

Re-read today’s Scripture passages. Reflect on where in your life you currently need physical or spiritual healing. Bring these places to God and rest in His presence, believing in faith that He will heal them, either on this side of heaven or when we stand in His presence.

Humbly and faithfully ask the Holy Spirit to heal the broken places in your body, mind and spirit. Use any words or phrases that stood out to you from today’s Scripture passages to pray God’s promises back to Him.

Who in your life needs physical, mental or spiritual healing? Take a moment to pray for the needs that the Holy Spirit brings to you. Pray the promises of God on behalf of those individuals.

TIMBERKIDS | LET’S PLAY!

Share something you’re asking Jesus to heal in your body, mind or spirit. Take time to pray for one another, individually and out loud, asking God to grow your faith as you believe in Him for healing.

As a family, come up with hand gestures or dance moves to help you memorize the verse from today’s Scripture: “Long before He laid down earth’s foundations, He had us in mind, had settled on us as the focus of His love, to be made whole and holy by His love.”

Make a fun poster using magazine cut outs or markers to write it out, placing it somewhere where the whole family will regularly see it (bathroom mirror, fridge door, on the table). Over the next several days, practice reading it out loud with your motions when you see it.

When you are done ask for God to imprint scripture on your hearts.

DAY 5 | FAITH THAT FINDS REFUGE IN GOD

As people of faith, we create lives that welcome God's presence - making space for Him to dwell in us and to be encountered through us.

Scriptures

"Those who live in the shelter of the Most High will find rest in the shadow of the Almighty. This I declare about the Lord: He alone is my refuge, my place of safety; He is my God, and I trust Him. For He will rescue you from every trap and protect you from deadly disease. He will cover you with His feathers. He will shelter you with His wings. His faithful promises are your armor and protection." —Psalm 91:1-4 (NLT)

"I pray that from His glorious, unlimited resources He will empower you with inner strength through His Spirit. Then Christ will make His home in your hearts as you trust in Him. Your roots will grow down into God's love and keep you strong. And may you have the power to understand, as all God's people should, how wide, how long, how high, and how deep His love is. May you experience the love of Christ, though it is too great to understand fully. Then you will be made complete with all the fullness of life and power that comes from God." —Ephesians 3:16-19 (NLT)

Reflect on the Word

The imagery found in Psalm 91 captures the nearness and intimacy of God's protection. We're given a picture of an eagle protecting her young underneath her wings. Those who commune with God and put their trust in Him know the comfort and security of living under the protection of the One who is all-mighty.

By faith we're drawn into His shelter. The storm may still be pelting down around us, but we're promised the shelter of His wings.

We can find refuge in God no matter our circumstances because we are confident that God loves us, will be with us in every storm, and will (in His own good time) work all things for our good.

This refuge isn't something we have to go out and find, either. In Ephesians, Paul revels in the wonder that in Jesus, we not only dwell in God's presence, but His very presence makes a home within us, transforming us by the power of His Spirit and empowering us to display His presence to others. God's love creates a refuge within our very souls that can never be taken away from us.

Our faith becomes a dwelling place for the very presence of God- a living testimony others can see, feel, and be drawn towards. In us, His nearness takes form, His love becomes visible, and His peace becomes tangible to those who hunger for Him.

Prayer + Contemplation

Read through Psalm 91:1-4. Reflect on what it means for God to be your refuge. Remember how He has been a refuge in the past. Ponder how He is acting as your refuge in this season.

Using Ephesians 3:16-19 as a guide, ask Christ to make His home in your heart, for the inner strength the Holy Spirit provides, and for you to fully experience the love that God has for you.

Who in your life needs to experience God's love and refuge? Bring those people before the Lord and pray these promises of God over them.

TIMBERKIDS | LET'S PLAY!

Gather items to build a house-like structure that fits on a table (Legos, popsicle sticks, blocks). If you are feeling more artistic, use scissors and tape to cut and secure cardboard boxes, or even build a blanket fort. When the building is complete, write out Psalm 91 on a piece of paper (or directly on your structure). Leave it up until the end of 21 Days of Prayer + Fasting. Each time you see the structure, be reminded that "He alone is my refuge, my place of safety; He is my God, and I trust Him" (Psalm 91:2, NLT)

As a family pray a blessing or protection and rest over your home and over each room.

DAY 6 | FAITH THAT WELCOMES THE VICTORIOUS KING

Pursuing God's presence is how we overcome. His nearness becomes our victory, and faith pulls heaven's power in your everyday battles.

Scriptures

"For everyone born of God overcomes the world. This is the victory that has overcome the world, even our faith. Who is it that overcomes the world? Only the one who believes that Jesus is the Son of God... This is the confidence we have in approaching God: that if we ask anything according to His will, He hears us. And if we know that He hears us—whatever we ask—we know that we have what we asked of Him." —1 John 5:4-5; 14-15 (NIV)

"For though we live in the world, we do not wage war as the world does. The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ."

—2 Corinthians 10:3-5 (NIV)

Reflect on the Word

John and Paul, the authors of these verses, were no strangers to suffering. Paul's afflictions are portrayed in 2 Corinthians 11, and John refers to himself as a companion in the tribulation endured by the people of God in Revelation 1. What sustained them? How did they persevere in such adversity? How could Paul, with unwavering conviction, write, "We are more than conquerors" (Romans 8:37)?

They possessed one extraordinary treasure—faith in Jesus Christ.

John and Paul, despite their sufferings, knew that they were victors, whether it appeared that way or not. They both had faith and confidence in God. They knew, without a doubt, that Jesus will one day be victorious. They knew that we serve a God who uses even the schemes of the enemy for His good and His glory. He wins.

John writes that we too will overcome the world, not by our own power, but because of our faith in Jesus. As we welcome Jesus as Lord of our lives, we become soldiers with Him, going to battle against the powers of darkness in this world.

But unlike worldly soldiers, we know that the victory has already been won. The more time we spend in the presence of our victorious King, Jesus, the more His victory will spread in our hearts, lives and the world around us.

Prayer + Contemplation

What does it mean to you that Christ is a victorious king? How might remembering this truth impact how you see your day-to-day life and struggles?

Ask the Holy Spirit to reveal any strongholds of the enemy in your life. Then pray God's victory over these areas, knowing that He hears you and that He will be victorious.

Pray for those in spiritual battles who are held in strongholds by the enemy. Pray that they may encounter the victorious presence of God, and stand firm in His power and peace.

TIMBERKIDS | LET'S PLAY!

A Game of Faith

Suggested Materials: Paper, pens, Eph. 6:10-18, and a bowl

1. Write or draw 2-3 things that feel like a challenge on slips of paper.
2. Place slips of paper in the bowl.
3. Take turns pulling cards from bowl and read the paper out.
4. Work together to name a piece of armor that helps you win and pretend to hold that item.
5. Work through the challenges, Pray God's power over the shared fears and battles, being reminded that He is with you, and in Him we have victory.

DAY 7 | FAITH WON'T GIVE UP

What happens when we don't receive an immediate confirmation from God? Pursuing God's presence means staying faithful in prayer. Even when answers are delayed, we remain at His feet.

Scriptures

"And He told them a parable to the effect that they ought always to pray and not lose heart. He said, "In a certain city there was a judge who neither feared God nor respected man. And there was a widow in that city who kept coming to him and saying, 'Give me justice against my adversary.' For a while he refused, but afterward he said to himself, 'Though I neither fear God nor respect man, yet because this widow keeps bothering me, I will give her justice, so that she will not beat me down by her continual coming.'" And the Lord said, "Hear what the unrighteous judge says. And will not God give justice to His elect, who cry to Him day and night? Will He delay long over them? I tell you, He will give justice to them speedily. Nevertheless, when the Son of Man comes, will He find faith on earth?" —Luke 18:1-8 (ESV)

Additional Scriptures: Romans 5:1-5, Isaiah 40:28-31, & 2 Peter 3:8-9

Reflect on the Word

Faith is the gateway to our salvation. It is by faith that we are justified and declared righteous before God.

Yet the work of faith does not end at the moment of salvation—it is also the sustaining force of a victorious Christian life. The same faith that opens the door to eternal life grants us peace with God, access to His grace and the strength to stand firm. It anchors our hope in the glory of God—a hope that is not fragile or uncertain, but sure and steadfast. As Paul writes in Romans 5, this hope does not put us to shame, because it is rooted in a love poured into our hearts by the Holy Spirit.

Like the persistent widow who came again and again to the unjust judge in Luke 18, faith compels us to persevere without shame, fully convinced that we will receive what God has promised. It is a faith that endures, that believes and that keeps coming.

We cannot afford to lose this kind of faith—nor allow it to grow weak. Jesus' words to Peter in Luke 22:31-32 are sobering: "Satan has asked to sift you as wheat, but I have prayed for you, that your faith may not fail." Even in the fiercest trials, what matters most is not our strength, but our faith. Even today, Christ intercedes for us—so that our faith, though tested, may prove genuine and victorious until the very end.

Prayer + Contemplation

Remember and reflect on prayers that God has answered in your own life. How has your persistent prayer been answered in the past? How has God shown himself faithful?

Is there a prayer you've prayed that feels ignored by God? Bring that prayer once again before God. Ask Him to give you perseverance like the persistent widow in Luke 18.

Is there someone in your life who you know is struggling with an unanswered prayer? Bring that person before God and pray that God would help them not to give up in their asking. Pray that God would show them that they are heard, and that He would act on their behalf.

TIMBERKIDS | LET'S PLAY!

As a family, share examples of when God has answered your prayers. Discuss the following questions: Is there something you've been praying for that you feel like God has ignored? Pray together, ask to be reminded of God's faithfulness.

Practice persistence of prayer as a family. Set three prayer timers that fit into your daily rhythm (examples: breakfast, home from school or practice, bedtime). Each time the timer goes off, pray: "God, thank you for being with me. I trust you."

GOD, THANK YOU FOR BEING WITH ME. I TRUST YOU.





PASSING THE FLAME DAYS 8-14

The more our faith and relationship with God grows through prayer, the more we see the world the way He does. Faith leads us to share God's love and grace with those around us.

Over the next week of intentional prayer, we will discover how God might be using us to pass the flame, enabling every generation to complete their God-given call and mission.

DAY 8 | FAITH THAT STRENGTHENS OTHERS

Jesus intercedes for us, and we're called to do the same. Real faith is shared—it strengthens others. Prayer is both personal and communal.

Scriptures

“And so, dear brothers and sisters, we can boldly enter heaven’s Most Holy Place because of the blood of Jesus. By His death, Jesus opened a new and life-giving way through the curtain into the Most Holy Place. And since we have a great High Priest who rules over God’s house, let us go right into the presence of God with sincere hearts fully trusting Him. For our guilty consciences have been sprinkled with Christ’s blood to make us clean, and our bodies have been washed with pure water. Let us hold tightly without wavering to the hope we affirm, for God can be trusted to keep His promise. Let us think of ways to motivate one another to acts of love and good works. And let us not neglect our meeting together, as some people do, but encourage one another, especially now that the day of His return is drawing near.” —Hebrews 10:19-25 (NLT)

Additional Scriptures: John 17:20-23, Luke 22:24-32, & Matthew 18:19-20

Reflect on the Word

Jesus made the way for us to be adopted as sons and daughters of God. His sacrifice continues to allow us to rest boldly and unashamedly in the presence of the Father. When we are secure in God’s love through spending time in His presence, we are able to lift our eyes from our own cares, worries and problems and pass the flame of the love of God to those around us.

Then, we are not just equipped, but are also commissioned to turn outward, away from our own self-preoccupation, to look for opportunities to encourage one another on toward love and good works.

Having been released from a life of competition and comparison, we are free in Christ to live a life marked by service to the people around us. Humility—birthed from the security of identity— makes way for the unity Jesus prayed for.

Our confidence in our Great High Priest interceding for us enables us to stand with those around us with faith and love. It produces the ability to pray prayers for the victory of others when there appears to be little advantage to us.

It is this others-focused way of living that allows us to impart the fruit of our faith and assurance, the same way Jesus has imparted His glory to us. We are called to give up our lives for our brothers and sisters in Christ in the same way that Jesus did. We are to seek the betterment of others over ourselves. Only then can we truly be one (John 17:22).

Prayer + Contemplation

Read Luke 22:24-32. Ask the Holy Spirit to highlight any area of your life where you are competing for greatness in the kingdom rather than abiding in your identity as a servant in the kingdom of God.

Pray with repentance over any lack of unity in your life that is the result of a lack of humility. Ask the Holy Spirit to embolden you to seek restoration in any relationship that has been broken by pride.

Prayerfully ask the Holy Spirit to highlight someone in your life today whom you can spur on to good works. Take some time to intercede for them in the same way Christ has committed to intercede for you.

TIMBERKIDS | LET'S PLAY!

Discuss as a family: What are things that you can do right now to be a good “teammate” to believers near and far? Make a list of all the roles of people that help you when you go to church. Pray over this list thanking God for these people. Then pray together as a family that God would show you what role you have on His “team” right now, in your church and in the world. Listen to see if He gives you any ideas, then go and do them.

DAY 9 | FAITH THAT EXPRESSES ITSELF THROUGH LOVE

Love is the visible fruit of invisible faith. Passing on our faith means letting it shape our relationships and actions in tangible, loving ways.

Scriptures

“You who are trying to be justified by the law have been alienated from Christ; you have fallen away from grace. For through the Spirit we eagerly await by faith the righteousness for which we hope. For in Christ Jesus neither circumcision nor uncircumcision has any value. The only thing that counts is faith expressing itself through love... You, my brothers and sisters, were called to be free. But do not use your freedom to indulge the flesh; rather, serve one another humbly in love. For the entire law is fulfilled in keeping this one command: “Love your neighbor as yourself.” If you bite and devour each other, watch out or you will be destroyed by each other.” —Galatians 5:4-6; 13-15 (NIV)

Additional Scripture: 1 Corinthians 13:1-10

Reflect on the Word

What if the measure of success when it comes to our spirituality isn't what we think? What if Jesus is less concerned with our full sanctuaries, weekly religious practices, eloquent sermons and the songs we sing in worship? What if He is more concerned with our ability to love the people He has called us to serve?

In Galatians 5, Paul tears down an argument about the legalities of religious practice and replaces it with a charge to humbly serve—motivated by love. In 1 Corinthians 13, Paul holds up love as the standard of substance. If one possesses great speech, the ability to preach the Word with power, great faith or even the ability to sacrifice all for the sake of the gospel, but is not motivated by love, he has nothing to show for all his efforts.

Why is love so important to the life of the believer? Perhaps we catch a glimpse of the answer in 1 Corinthians 13:8-10. While gifts such as prophecy, tongues and knowledge are for our edification and benefit in our time here on Earth, they will cease in the completion of all things in eternity.

But love? Love lasts beyond our temporary assignment into the fullness of the kingdom of heaven. After all, it was love that purchased our place in that kingdom and that compels us to invite others into the family of God.

“But because of his great love for us, God, who is rich in mercy, made us alive with Christ even when we were dead in transgressions—it is by grace you have been saved” (Ephesians 2:4-5, NIV).

Prayer + Contemplation

Reflect on the early moments of your life in Christ when you were glimpsing for the very first time the love that Christ had poured out on you. Ask the Holy Spirit to stir up that same love in your heart for the people around you.

Thank God for His love for you, poured out without measure, and take a moment to repent for the times you have withheld that great love from those around you who feel hard to love.

Ask the Holy Spirit to search your heart and to produce the fruit that is in alignment with 1 Corinthians 13:4-7 as you submit to His instruction and counsel in your life.

TIMBERKIDS | LET'S PLAY!

As a Family: reflect on a time you experienced God's love. What was that like? Turn the words of 1 Corinthians 13 into a prayer of blessing . Make bookmarks! Write this verse on paper or cardstock and color it. Then stick it in your Bible or favorite read.

Thank God for loving you more than you can even imagine. If there are people you're struggling to love, ask for God's help. Trust that His love for you can overflow to the people around you.

DAY 10 | FAITH THAT MOVES TO ACTION

Living faith is active. It doesn't just believe—it responds. Passing on faith requires visible obedience that others can see and follow.

Scriptures

“What good is it, my brothers and sisters, if someone claims to have faith but has no deeds? Can such faith save them? Suppose a brother or a sister is without clothes and daily food. If one of you says to them, “Go in peace; keep warm and well fed,” but does nothing about their physical needs, what good is it? In the same way, faith by itself, if it is not accompanied by action, is dead.” —James 2:14-17 (NIV)

“This is how we know what love is: Jesus Christ laid down His life for us. And we ought to lay down our lives for our brothers and sisters. If anyone has material possessions and sees a brother or sister in need but has no pity on them, how can the love of God be in that person? Dear children, let us not love with words or speech but with actions and in truth.” —1 John 3:16-18 (NIV)

Reflect on the Word

Upon reading James 2:14-17, the question that comes to mind is this: “What about our religion allows us to feel satisfied by our words without our works?” The question has to be asked using the word “religion,” because we surely could not insert the word “discipleship” here. While there may be religion that relies heavily on feel-good phrasing and ignores the day-to-day living in the way of Jesus, there is certainly no discipleship without action.

Jesus said in John 10:10: “But I have come that they may have life and have it abundantly.” Aren't we grateful that His promise of abundant life didn't end with His words in John 10, but was backed up by the act of his death and resurrection? In John 13, Jesus finishes washing His disciples' feet and then says: “I have set you an example that you should do as I have done for you. Very truly I tell you, no servant is greater than his master, nor is a messenger greater than the one who sent him.

Now that you know these things, you will be blessed if you do them.” So, if true discipleship is the imitation of the way of Jesus, and the way of Jesus is that the Word himself puts on flesh and bone (John 1:14) and comes to serve and give His life as a ransom for many (Matthew 20:28), let us too put substance to the things we speak. Let us put bone and flesh to the call of 1 John 3, to love with our actions and in truth—that our words would reflect the reality of our transformation in Christ.

Prayer + Contemplation

Take a moment to thank Jesus for His willingness to lay Himself down for you and ask the Holy Spirit to highlight how you might lay your life down for others today.

It is often easier to pronounce a blessing than to be a blessing for those around us. Prayerfully reflect on a situation in which you have been given the ability to meet a need and write down how you will put action to your faith in this area.

Ask the Lord to give you greater compassion and empathy for those around you who are in need. May you be compelled to love them in a way that will reflect for them the love of God.

TIMBERKIDS | LET’S PLAY!

Discuss as a Family: How is the Holy Spirit be leading your family to serve? Is there a neighbor who needs a meal or yard help. Is there a family in your church or school that needs help?

Reach out to the Missions Department and ask about a way your family can help.

Ask God throughout the day, “What needs to be done?” Trust Him to show you the needs of people around you as you pray for the strength to respond in obedience.

DAY 11 | FAITH THAT FULFILLS ITS GOD-GIVEN PURPOSE

Faith is a gift, but it also calls us to a mission. One of the best ways to pass on faith is to walk in the good works God designed for us.

Scriptures

“For by the grace given me I say to every one of you: Do not think of yourself more highly than you ought, but rather think of yourself with sober judgment, in accordance with the faith God has distributed to each of you. For just as each of us has one body with many members, and these members do not all have the same function, so in Christ we, though many, form one body, and each member belongs to all the others. We have different gifts, according to the grace given to each of us. If your gift is prophesying, then prophesy in accordance with your faith; if it is serving, then serve; if it is teaching, then teach; if it is to encourage, then give encouragement; if it is giving, then give generously; if it is to lead, do it diligently; if it is to show mercy, do it cheerfully.”
—Romans 12:3-8 (NIV)

Additional Scriptures: 2 Timothy 1:6-10, Psalm 139:13-16, & Ephesians 2:4-10

Reflect on the Word

A spark has two possible ends—to suddenly make itself known in a burst of light and then diminish completely, or to meet with something flammable and be ignited into something much greater than itself.

As children of God and recipients of the Holy Spirit, we all have two similar paths to choose from. When the Holy Spirit places a spark on the inside of us in the form of a gifting paired with a kingdom purpose, we will either light up at the initial excitement of all the possibilities and then fizzle out as we fail to make contact with anything outside of ourselves, or we will be people who recognize that the purpose of our giftings and our passions is to light up the world around us, and we will touch our flame to anything that might catch fire.

In 2 Timothy 1:6-10, Paul urges Timothy to “fan into flame the gift of God,” not being timid or ashamed of the message of Christ, but demonstrating a life of power, love and soundness of mind to the people around him.

In Romans 12, Paul makes it sound so simple when he boils it down to this: “Do you have the gift of prophecy? Prophecy! Are you able to serve? Serve! Is your gifting the ability to teach or encourage or give? Teach! Encourage! Give!”

Whatever we have, let’s pour it out without reservation on the world around us. As we do, we will find that our giftings never fizzle out, and our spark is never diminished, but rather that we are burning stronger and brighter than we ever could have on our own.

Prayer + Contemplation

Reflect on the giftings that God has given you and how they align with the purpose that He has placed on your life.

Ask the Holy Spirit to highlight any of your giftings that you have been holding onto for yourself out of timidity or an inclination toward self-preservation.

Commit your giftings and your passions to the Lord. Offer yourself to Him again as a living sacrifice, ready to pour yourself out for the sake of the world around you.

TIMBERKIDS | LET’S PLAY!

Explore the spiritual gifts found in Romans 12:6-8, 1 Corinthians 12, and Ephesians 4:11-13. Trace the handprints of every family member. Inside the handprints, write or draw gifts you’ve seen in that person. Or, simply go around the table and share gifts you’ve seen on display in one another.

Notes

DAY 12 | FAITH THAT LEAVES A LEGACY

Faith, hope and love leave a lasting legacy. Passing on faith means modeling a life where love and hope make faith real and lasting.

Scriptures

“You then, my son, be strong in the grace that is in Christ Jesus. And the things you have heard me say in the presence of many witnesses entrust to reliable people who will also be qualified to teach others. Join with me in suffering, like a good soldier of Christ Jesus. No one serving as a soldier gets entangled in civilian affairs, but rather tries to please his commanding officer. Similarly, anyone who competes as an athlete does not receive the victor’s crown except by competing according to the rules. The hardworking farmer should be the first to receive a share of the crops. Reflect on what I am saying, for the Lord will give you insight into all this.” —2 Timothy 2:1-7 (NIV)

Additional Scriptures: 1 Corinthians 13:8-13 & 2 Timothy 3:10-17

Reflect on the Word

In 2 Timothy 2:1-7, Paul commissions Timothy for the ministry ahead of him. He calls Timothy his son, implying that his legacy of a life sold out to the gospel would be passed to his son in the faith. Paul gives Timothy two imperatives followed by three paradigms for the life of a minister on mission—that is, anyone who is called by God to share the Good News.

The first imperative is that Timothy must impart to others the truths he has learned—teaching those who might themselves teach, that the kingdom of God may multiply. The second imperative is that Timothy must embrace the suffering that comes with a life on mission, joining in the challenges that are part of the territory of being an active disciple of Jesus Christ, counting the cost of effective ministry.

The three paradigms that follow give Timothy (and us) a framework for a life that strives for one reward, to hear “well done.” The paradigms are as follows:

- The life of the minister is the life of a soldier—whole heartedly investing in the mission of Jesus, so we remain undistracted by the things of this world.
- The life of the minister is the life of an athlete—dedicated to our craft as is made apparent in our discipline, lifestyle and training.
- The life of the minister is the life of a farmer—both hands on the plow, never forgetting that there is a harvest to be had if we don’t stop tending the field.

Prayer + Contemplation

In 2 Timothy 2:7, Paul encourages Timothy to reflect on his words so that he may understand what Paul is commissioning him to do. Reflect on what it means in your own life to be a teacher of the Word, a soldier for the kingdom and a worker of the harvest.

Ask the Holy Spirit to highlight specific people in your life to whom you can impart what has been imparted to you about the kingdom of heaven.

Ask the Holy Spirit to renew your missional focus, that you may be like a soldier—undistracted by the things of the world and fully submitted to the mission of Jesus.

TIMBERKIDS | LET’S PLAY!

Charades Activity:

As a family, take turns acting out a soldier, athlete, or farmer while everyone else guesses. After each turn, talk briefly about what that picture can teach us about following Jesus.

Then take a moment to reflect:

Are there things in your life that might be distracting you from following Jesus? Talk with God and ask Him to show you anything that’s getting in the way. When He brings something to mind, repent and receive His promised forgiveness.

DAY 13 | FAITH THAT ACTS AS A SHIELD AND BANNER

Faith defends us—but it also inspires courage in others. When we carry our shield, we strengthen the faith of those beside us in the battle.

Scriptures

“Finally, be strong in the Lord and in the strength of His might. Put on the whole armor of God, that you may be able to stand against the schemes of the devil. For we do not wrestle against flesh and blood, but against the rulers, against the authorities, against the cosmic powers over this present darkness, against the spiritual forces of evil in the heavenly places. Therefore take up the whole armor of God, that you may be able to withstand in the evil day, and having done all, to stand firm. Stand therefore, having fastened on the belt of truth, and having put on the breastplate of righteousness, and, as shoes for your feet, having put on the readiness given by the gospel of peace. In all circumstances take up the shield of faith, with which you can extinguish all the flaming darts of the evil one; and take the helmet of salvation, and the sword of the Spirit, which is the word of God.” —Ephesians 6:10-17(ESV)

Additional Scripture: Psalm 28:6-9

Reflect on the Word

Passing the flame requires more than words—it demands a faith that is visible, firm and active. Faith is not only a personal refuge; it is also a legacy that strengthens and encourages those who come after us.

Paul exhorts us to “take up the shield of faith” as an essential part of God’s armor. This shield not only protects us but extinguishes the flaming arrows of the enemy: fear, doubt, deception, and despair.

Faith is not lived in isolation. Like soldiers advancing with aligned shields, our faith strengthens others when we stand firm together. A raised shield becomes a banner that inspires those who watch.

David proclaimed, “The Lord is my strength and my shield ... the strength of His people” (Psalm 28:7-8, NIV). David’s trust in God was not merely personal—it was a collective declaration that sustained an entire people.

When we walk in faith amid adversity, we raise a lit torch that lights the path for others. Our faithfulness becomes a living sign that God is trustworthy, and our perseverance encourages others to stand firm.

May our faith not only defend us, but burn brightly—like a flame others can see, follow and ignite in their own lives. May we faithfully pass that flame on to future generations.

Prayer + Contemplation

Spend a moment pondering how faith has acted as a shield in your life. Think through how the faith of others has acted as a banner, drawing you to deeper faith.

Read through Ephesians 6:10-17 again. Ask God to help you put on each of the pieces of the armor of God, so that you will be equipped to fight against the schemes of the enemy.

Pray for other Christians whom you know and for your church, that their faith would act as a shield for them and a banner for the world.

TIMBERKIDS | LET’S PLAY!

Materials: Paper plate or cardboard, foil, glue/stapler, markers or paint, stickers.

Directions:

1. Cover the base: Wrap your plate or cardboard in foil and secure it.
2. Divide the shield: Draw section lines, one for each family member.
3. Add truth: Write or draw a word or verse that stood out to you during this prayer journey. Let each family member share their own.
4. Decorate: Add stickers and color to make it yours.

Let’s Play:

Talk about times you’ve seen God at work and share what feels hard right now. Pray together as a family, trusting God’s presence

DAY 14 | FAITH THAT INSPIRES

Faith isn't just what we believe—it's how we live.
When we live by faith, we give others a model and invitation to follow.

Scriptures

“Keep on loving one another as brothers and sisters. Do not forget to show hospitality to strangers, for by so doing some people have shown hospitality to angels without knowing it. Continue to remember those in prison as if you were together with them in prison, and those who are mistreated as if you yourselves were suffering. Marriage should be honored by all, and the marriage bed kept pure, for God will judge the adulterer and all the sexually immoral. Keep your lives free from the love of money and be content with what you have, because God has said, “Never will I leave you; never will I forsake you.” So we say with confidence, “The Lord is my helper; I will not be afraid. What can mere mortals do to me?” Remember your leaders, who spoke the word of God to you. Consider the outcome of their way of life and imitate their faith. Jesus Christ is the same yesterday and today and forever.”
—Hebrews 13:1-8 (NIV)

Additional Scriptures: 1 Timothy 4:8-12, Romans 1:16-17, & 2 Timothy 1:3-8

Reflect on the Word

People will remember more of what you do than what you say. When we think about passing the flame of faith to others, what we say doesn't matter nearly as much as who we are. Who we are is determined by the thousands of little actions we take each day that make up our character.

Hebrews 13:1-8 confirms that an inspiring faith is made visible through concrete actions: hospitality, compassion, integrity, marital faithfulness, generosity and unwavering trust in God. Hebrews says that a leader's life and their outcome should be so attractive and appealing that others will want to imitate it. We all lead in some way, and by being consistent and loving in our faith, it is attractive and draws people in. This kind of practical faith becomes a guide for those around us—especially for the next generation.

Paul says to Timothy, “Set an example for the believers in speech, in conduct, in love, in faith and in purity” (Tim 4:12b). A life like this doesn’t need to force influence—it attracts, shapes and transforms.

We live in a world searching for trustworthy role models. Faith lived authentically is a light others can follow. This faith is not based on fleeting emotions but on the unchanging character of Christ: “Jesus Christ is the same yesterday and today and forever” (Heb. 13:8).

Passing the flame is more than delegating responsibility—it is igniting hearts with the faith that sustains us. May our lives reflect a living, inspiring and contagious faith.

Prayer + Contemplation

Reflect on how your lifestyle communicates your faith to those who observe you, especially to the next generation and unbelievers.

Pray for wisdom and consistency to live a life of faith that is an example and a testimony. Pray that God would reveal to you any areas of your life that might need to change.

Pray for the young people and new disciples in your community, that they may be strengthened by witnessing authentic faith lived out before them. Pray that your church community will be a good witness of faith to the next generation and to those who don’t yet believe.

TIMBERKIDS | LET’S PLAY!

Think of someone in your life who reminds you of Jesus. A person who loves Him and shows it. Invite each family member to choose someone too.

Now take a moment to write a thank-you note to that person. Tell them why they matter to you and how their life helps you see Jesus. Then have fun decorating your notes however you’d like!

Afterward, thank God for the people who show Jesus’ love in your life. Then ask the Holy Spirit to help you become that kind of Jesus-loving role model for someone else.

COURAGEOUS. DO NOT BE AFRAID; DO NOT BE DISCOURAGED, FOR THE LORD YOUR GOD WILL





POSSESSING THE LAND

DAYS 15-21

We have faith that God is the One who will be victorious.

This week, let's contend together in prayer that He would boldly move into the enemy's territory as we seek to expand His kingdom.

DAY 15 | FAITH THAT IS SURE OF THE FUTURE

Faith-filled prayer reaches into the future and pulls God's promises into the present. Bold belief today can shape tomorrow—for us and for others.

Scriptures

"After the death of Moses the servant of the Lord, the Lord said to Joshua son of Nun, Moses' aide: "Moses My servant is dead. Now then, you and all these people, get ready to cross the Jordan River into the land I am about to give to them—to the Israelites. I will give you every place where you set your foot, as I promised Moses. Your territory will extend from the desert to Lebanon, and from the great river, the Euphrates—all the Hittite country—to the Mediterranean Sea in the west. No one will be able to stand against you all the days of your life. As I was with Moses, so I will be with you; I will never leave you nor forsake you. Be strong and courageous, because you will lead these people to inherit the land I swore to their ancestors to give them.

Be strong and very courageous. Be careful to obey all the law my servant Moses gave you; do not turn from it to the right or to the left, that you may be successful wherever you go. Keep this Book of the Law always on your lips; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful. Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go."

—Joshua 1:1-9 (NIV)

Additional Scriptures: Romans 8:22-25 & Revelation 21:1-7

Reflect on the Word

Israel experienced significant transition after the death of Moses. Most evident was the change of leadership. What was once entrusted to Moses was now given to Joshua.

It was a change of generations, a change of circumstances and a change in the journey God had initiated many years earlier. When you consider the amount of change that took place in a single moment, it's hard to see it as a simple continuation of the story.

Yet, amid all that change—and all the changes still ahead for Joshua—the most important thing remained the same: the faithfulness of God. The simple truth God speaks to Joshua—“As I was with Moses, so I will be with you”—is the revelation many of us desperately need as we navigate an endlessly changing world. We are a people of faith for the future because our hope is in an unchanging God. Our confidence to walk into uncertain futures has nothing to do with the circumstances that are in front of us, but the faithfulness of the One who is the same yesterday, today and forever.

The God with Moses was the God with Joshua. And the God with Joshua is the same God that is with us now and into the future.

Prayer + Contemplation

Consider all your life transitions. Next, reflect on God's faithfulness in each of those seasons.

What fears do you hold about the future? Share those with God and invite the Holy Spirit to exchange those fears for His promises.

Who in your life is facing transition or anxiety about the future? Pray the promises of God over their lives and decisions.

TIMBERKIDS | LET'S PLAY!

Set a timer for five minutes. Spend those five minutes in silence, asking God to speak. What are you anxious about? Share that with God and invite the Holy Spirit to exchange the fears for His promises.

Who in your life is facing a big decision or dealing with anxiety? Pray the promises of God over their lives and decisions.

DAY 16 | FAITH THAT EMPOWERS OTHERS

Faith isn't just personal—it opens doors for others. When we pray with faith, we become agents of breakthrough in the lives of those we love and serve.

Scriptures

“We who are strong ought to bear with the failings of the weak and not to please ourselves. Each of us should please our neighbors for their good, to build them up. For even Christ did not please himself but, as it is written: “The insults of those who insult you have fallen on me.” For everything that was written in the past was written to teach us, so that through the endurance taught in the Scriptures and the encouragement they provide we might have hope.

May the God who gives endurance and encouragement give you the same attitude of mind toward each other that Christ Jesus had, so that with one mind and one voice you may glorify the God and Father of our Lord Jesus Christ. Accept one another, then, just as Christ accepted you, in order to bring praise to God.” —Romans 15:1-7 (NIV)

Additional Scripture: Mark 2:1-5

Reflect on the Word

The beauty of the countercultural faith we ascribe to is revealed in how radically focused it is on the good of others in the midst of a culture obsessed with the good of self. Everywhere you look in the life of Jesus and His first church, you see something we easily forget: Faith is built to have communal power. We were never meant to possess the land, to take ground for God's kingdom, on our own. We were meant to do it together.

What does this look like? Romans 15:1-7 says it means always contending for others, bearing with their weaknesses and working to strengthen them, however we can. For the friends of the paralytic man in Mark 2:1-5, faith in the healing power of Jesus meant creating a door for someone even when there seemed to be no room.

As we follow Jesus in a culture of self, we contend by faith for the transformation of others.

As we do, our faith will open doors of breakthrough and transformation for those who need it the most. This is not just transformation for transformation's sake. It is the way we take ground in the battle against the enemy. It is only by being willing to empower others for God's work that, together, we can possess the land that God has given us to take.

Prayer + Contemplation

Reflect on how God has used the faith of others to empower you. Thank God for the ways He has used these individuals.

Revisit the words of Romans 15:1-2 and invite the Holy Spirit to do a heart assessment. How might He be inviting you to bear with the weak and love your neighbor?

Who are you empowering with your faith? Who has God placed in your life that you can bring to Jesus, like the friends of the paralytic man? Pray that God would give you wisdom, discernment and boldness as you seek to empower others in this season.

TIMBERKIDS | LET'S PLAY!

Do you know someone who needs physical healing? Someone in need of encouragement? Or someone not yet following Jesus? Invite each family member to name someone they want to 'carry' to Jesus in prayer.

Take time to pray over every person and situation you wanted to "carry" to Jesus in your Family Moment.

Notes

DAY 17 | FAITH THAT HAS AN IMPACT ON THE KINGDOM

Choosing to believe big is a way to bring God's power forward into our lives. This faith will ultimately have an eternal impact.

Scriptures

"They came back to Moses and Aaron and the whole Israelite community at Kadesh in the Desert of Paran. There they reported to them and to the whole assembly and showed them the fruit of the land. They gave Moses this account: "We went into the land to which you sent us, and it does flow with milk and honey! Here is its fruit. But the people who live there are powerful, and the cities are fortified and very large. We even saw descendants of Anak there. The Amalekites live in the Negev; the Hittites, Jebusites and Amorites live in the hill country; and the Canaanites live near the sea and along the Jordan." Then Caleb silenced the people before Moses and said, "We should go up and take possession of the land, for we can certainly do it."

—Numbers 13:26-30 (NIV)

Additional Scriptures: John 14:10-14 & Matthew 17:14-20

Reflect on the Word

The Israelites stand at the threshold of the Promised Land. God has delivered them in so many ways on their journey from Egypt. They send spies to scout out the land God has promised to them. It is everything God told them it would be.

But they think giants will keep them from possessing it. Caleb (and elsewhere we find out Joshua) is alone in being confident that God will do what He has promised.

How often are we like the Israelites? We easily forget the things that God has done in the past: in our own lives, throughout history and in the Bible.

But we serve a God who does miraculous things. We serve a God who is in total control of everything. There is no reason we should doubt God or think that any request is too big for Him. Jesus assures us in John 14 that if we offer our prayers in Jesus' name (if they align with God's will), it will be done. We, like Caleb, should confidently declare that God will do what He has promised.

It might not be done in the way or the time that we expect, but God's kingdom will come. His will will be done. We can ask big kingdom things in faith, and God will hear. God will act. No giant or scheme of the enemy will keep us from possessing the land God has given us.

Prayer + Contemplation

Reflect on John 14:10-14. How do these words of Jesus strengthen your faith or encourage you to pray boldly?

If there are barriers in your heart to fully trusting that God hears your prayers and will act on your behalf, present these to God. Ask Him to grow your faith and trust in him.

Think about your family, church, government and world. Is there a seemingly impossible prayer that comes to mind? Commit to presenting it to God regularly.

TIMBERKIDS | LET'S PLAY!

Adults: take time to share about a time you trusted God in a situation that felt scary, too big or overwhelming. Reflect on how you saw God at work in that moment. After sharing, dialogue as a family around that story and other God-trusting moments.

Together, think about the different parts of your life: your family, church, school, friends, and your community.

Is there something that feels almost impossible to pray for?

Let each person share one request.

Then pray together as a family, trusting that God is big, He is present, and nothing is too hard for Him

DAY 18 | FAITH THAT HEALS AND LIFTS

Faith in prayer brings healing and restoration—not just physically, but spiritually and emotionally. It's a gift we offer on behalf of others.

Scriptures

"Is anyone among you in trouble? Let them pray. Is anyone happy? Let them sing songs of praise. Is anyone among you sick? Let them call the elders of the church to pray over them and anoint them with oil in the name of the Lord. And the prayer offered in faith will make the sick person well; the Lord will raise them up. If they have sinned, they will be forgiven. Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective." —James 5:13-16 (NIV)

Additional Scripture: Colossians 1:9-14

Reflect on the Word

Our God is healer. Our God is the master reconciler. Our God is the lifter of the lowly and a Father to the fatherless.

As people of faith, we stand in the promises of the character of God, no matter what comes our way. James' words are the antidote for how we commonly lose our way. Faith is not hopeful idealism—it is a reality practiced in community with others.

When we are in trouble, we need to pray together. When we are happy, we need to celebrate together. When we are sick, we need to contend in prayer together. When we stumble in sin, we must confess and receive mercy together.

Our faith was always meant to move us toward God and community, and as we do, we will find the truth of who He is.

Praying for others is one way we can possess land once held by the enemy. Whether or not the people we pray for ever walk through the doors of our church, whether or not we ever know if they come to accept Jesus—when we pray for their healing and lift them up before the Father, we bring them out of the territory of the enemy and into God’s territory. By offering hope and healing to those who find themselves in dark places, we bring the light of Christ to them and banish the power of the enemy.

Prayer + Contemplation

Reflect on how God has healed you and lifted you up in the past. How might you share these stories with others to help them increase their faith?

Pray that God would use you as an instrument of His healing as He sees fit. Ask Him to give you wisdom and discernment about how you can support God’s healing work in the world.

Create a list of those in your life who need a breakthrough of healing—whether physical, relational or emotional. Intercede for them, and look for opportunities to talk with them about our God who heals and lifts.

TIMBERKIDS | LET’S PLAY!

Invite your family to share in a worship sing-along dance party. Select a favorite song or try out a new one as you sing, dance and worship together.

Looking for some song recommendations? Consider “What an Awesome God” by Phil Wickham, “Waymaker” by Leeland, or “Glorious Day” by Passion.

Review the questions from James 5 and pray in response. Are you or someone you know in trouble? Happy or sick? Do you need to ask for forgiveness? Share personal requests or requests on behalf of others, and pray together.

DAY 19 | FAITH THAT OVERCOMES THE ENEMY

Faith is a force that pushes back darkness and brings hope.
Our victories of faith become testimonies that encourage
and lift others in their struggles.

Scriptures

“Praise be to the God and Father of our Lord Jesus Christ! In His great mercy He has given us new birth into a living hope through the resurrection of Jesus Christ from the dead, and into an inheritance that can never perish, spoil or fade. This inheritance is kept in heaven for you, who through faith are shielded by God’s power until the coming of the salvation that is ready to be revealed in the last time. In all this you greatly rejoice, though now for a little while you may have had to suffer grief in all kinds of trials. These have come so that the proven genuineness of your faith—of greater worth than gold, which perishes even though refined by fire—may result in praise, glory and honor when Jesus Christ is revealed. Though you have not seen Him, you love Him; and even though you do not see Him now, you believe in Him and are filled with an inexpressible and glorious joy, for you are receiving the end result of your faith, the salvation of your souls.” —1 Peter 1:3-9 (NIV)

Additional Scripture: Revelation 12:10-12

Reflect on the Word

Living as if we don’t have a spiritual enemy is a common—but serious—mistake for believers. We buy into an under-spiritualized view of the world that robs us from a true understanding of the freedom God has promised.

When we don’t know who our enemy is, we make enemies of the wrong things. Core to the gospel is an understanding that there is one who seeks to steal, kill and destroy. We need not fear the enemy—Jesus has full authority over him—but we must not live without contending against his schemes to destroy us.

We must also guard against the opposite mistake—giving the enemy more power than he has. As real as he is, his only power is deception. As we rightly anchor ourselves to Jesus, we find our true source of power and victory because the enemy has already been defeated.

Jesus commissioned His church with the promise that the gates of hell would not overcome it. How easy it is for our hearts to be drawn to the things of the world and the heaviness of darkness. But we are people of faith.

Even when the darkness seems all-consuming, may we be people who set our eyes on Jesus, the One who has conquered sin and death. This is a victorious faith that the enemy cannot stand against.

Prayer + Contemplation

Reflect on your own understanding of spiritual warfare.

Have you overestimated, or underestimated, the influence of the enemy?

Have you overestimated, or underestimated, the power of Jesus? Pray that God would give you a right understanding of the spiritual realm.

Pray that God would use you as a spiritual force for good in your family, work, church and world.

Pray for strength, courage and wisdom as you engage with the enemy.

Intercede for those all over the world who need freedom and breakthrough, and who need the power that only Jesus can provide. If there are specific people, countries or people groups that come to mind, pray that God would deliver them from the lies of the enemy.

TIMBERKIDS | LET'S PLAY!

Materials: Dirty penny, small bowl of vinegar, spoonful of salt, paper towels.

Directions:

1. Look closely at the dirty penny.
2. With an adult, mix vinegar and salt in the bowl.
3. Drop the penny in and swirl for 20–30 seconds.
4. Rinse and dry...It should shine!

Talk about how the mixture cleaned the penny. Just like fire purifies gold, tough moments can shape us too. Even when life feels “swirled around,” God is with us and helps us grow.

DAY 20 | FAITH THAT SUFFERS WELL

Those who choose to press forward to possess the land through faith may experience suffering and difficulty. The enemy does not want us to win, but God calls us to stay strong in the midst of adversity.

Scriptures

“If the world hates you, keep in mind that it hated Me first. If you belonged to the world, it would love you as its own. As it is, you do not belong to the world, but I have chosen you out of the world. That is why the world hates you. Remember what I told you: ‘A servant is not greater than his master. ‘If they persecuted Me, they will persecute you also. If they obeyed My teaching, they will obey yours also. They will treat you this way because of My name, for they do not know the One who sent Me. If I had not come and spoken to them, they would not be guilty of sin; but now they have no excuse for their sin. Whoever hates Me hates My Father as well.” —John 15:18-23 (NIV)

Additional Scripture: Psalm 126

Reflect on the Word

Possessing the land by faith is not about escaping suffering but embracing God’s call to walk in faithfulness in the suffering. Jesus was clear: “If the world hates you, remember that it hated Me first” (John 15:18).

We do not belong to this world. We are strangers and pilgrims on this earth, immigrants of the kingdom, sowers of hope in hard soil.

Suffering faith does not suffer alone. Paul said: “Who is weak, and I do not feel weak? Who is led into sin, and I do not inwardly burn?” (2 Cor. 11:29). This is a testimony of embodied compassion, aligned with the call of Christ: “Mourn with those who mourn” (Rom. 12:15). This is the law of Christ, fulfilled when “we carry each other’s burdens” (Gal. 6:2).

Psalm 126 speaks of a community united in faith and declares that those who sow with tears will reap with shouts of joy. When we are oppressed, ignored, broken: Our sowing is not in vain. The One who sees in secret will reward in the open (Matt. 6:6).

Our faith is not measured by the world's applause, but by our steady obedience to God—even in the dark. Today we sow; tomorrow we will sing the harvest.

Prayer + Contemplation

Are you currently experiencing suffering in your own life? How have you grown in your ability to suffer well? Ask God where you might need further growth.

Who do you know that is currently experiencing suffering because of their work of faith? Bring them before the Lord and pray that they would not waver or succumb to the enemy.

Pray for Christians around the world who are currently suffering because of their faith. Pray that God would give them the strength to remain faithful no matter the circumstances, and that their sufferings would draw others to Christ.

TIMBERKIDS | LET'S PLAY!

Materials: Paper plate, cup or toilet paper roll, beans/rice/cereal, tape or glue, coloring supplies, optional decorations (stickers, ribbon).

Directions:

1. Decorate your plate, cup, or tube.
2. Add a handful of beans, rice, or cereal.
3. Seal it with tape, glue, or a stapler.
4. Add ribbons if you want extra flair!

When everyone is finished, have a joyful praise party! Shake your noise makers while reading part of Psalm 126 or worshipping to a favorite song.

DAY 21 | FAITH THAT ENDURES

Our faith-filled life today creates a legacy and blessing for others tomorrow. We can trust God that the faith-filled prayers and actions we plant will come to fruition, whether or not we get to see the harvest in our lifetimes.

Scriptures

“Now faith is confidence in what we hope for and assurance about what we do not see. This is what the ancients were commended for ... All these people were still living by faith when they died. They did not receive the things promised; they only saw them and welcomed them from a distance, admitting that they were foreigners and strangers on earth. People who say such things show that they are looking for a country of their own. If they had been thinking of the country they had left, they would have had opportunity to return. Instead, they were longing for a better country—a heavenly one. Therefore God is not ashamed to be called their God, for He has prepared a city for them.” —Hebrews 11:1-2; 13-16 (NIV)

Additional Scriptures: Hebrews 12:1-3 & Lamentations 3:22-29

Reflect on the Word

True faith is not defined by what it accomplishes today, but by its trust in what is yet to come. Hebrews 11 reminds us that many lived and died by faith without receiving the promises, because “they were longing for a better country—a heavenly one. Therefore, God is not ashamed to be called their God, for he has prepared a city for them” (Heb. 11:16, NIV). Today, the church is called to reflect that heavenly city—God’s community formed not by blood or culture, but by faith in Christ.

The cross shows us how to live: “For the joy set before Him, He endured the cross, scorning its shame” (Heb. 12:2, NIV). To follow Jesus is to die to earthly values and run with perseverance, fixing our eyes on what is eternal.

Faith moves us to reflect the character of God's kingdom on earth. We are not alone. "We are surrounded by such a great cloud of witnesses" (Heb. 12:1, NIV). We endure because we believe, and we believe because—though from a distance—we see the city God has prepared.

Even as we conclude our 21 days of praying together, our faith continues to lay the path for those who will follow tomorrow. May we, like that great cloud of witnesses, be ever willing to press on in faith, no matter what may come.

Prayer + Contemplation

What promises are you still waiting to be fulfilled? Are you willing to trust God for His perfect timing, whether or not you get to see their fulfillment?

Pray that God would give you perseverance to run the race He has prepared for you. Ask Him to help you to always keep your eyes fixed on Jesus.

Commit to praying the words of Hebrews 12:1-3 over the church and over your own life as our 21 Days of Prayer + Fasting comes to an end. Pray that we may be people who reflect the heavenly city to a hurting world. Come what may.

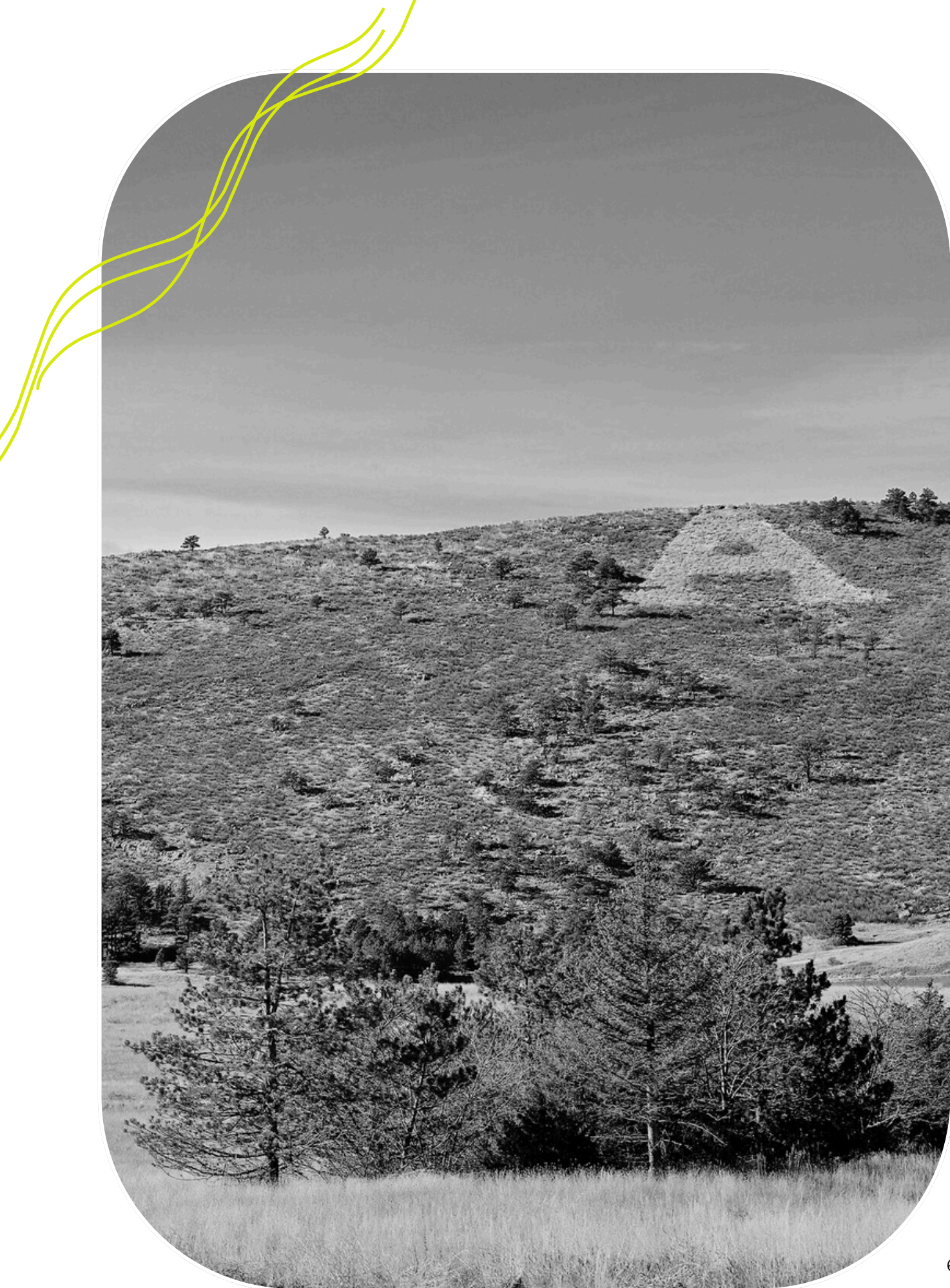
TIMBERKIDS | LET'S PLAY!

Family Prayer :

Thank God for His faithfulness and for speaking to you over the past 21 days. Pray as a family over the responses shared as you trust the Holy Spirit to continue to lead and guide each member of your family in the year ahead.

Notes





REFLECTION

What did God teach you about faith through these 21 days of intentional prayer, fasting and connection with Him?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

WHAT'S NEXT?

You've spent 21 days in the Scripture and in prayer. Think about how the Holy Spirit might be leading you to respond in faith.

Review your reflection notes from the previous page.
Now, pray and set your intention for 2026.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

21 DAYS OF PRAYER + FASTING

2026 TEAM

A special thank you goes out to everyone who worked on and prayed over this book.

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