



HIGHER EXPECTATIONS COMMUNITY CHURCH

21 Days of Prayer and Fasting

Devotional

21 Days of Prayer and Fasting

Join our church family in a time of prayer and fasting. This year's 21 days of prayer & fasting will be January 6th - 26th, 2025. Start the new year by focusing on your relationship with God.

The goal of this time is to draw nearer to God, press the spiritual reset button, have our souls revived, and gain direction and insights from God.

DRAWING CLOSER TO GOD THROUGH PRAYER

Prayer is most effective when it isn't something we do now and then but as a daily rhythm, building and cultivating a lifestyle of worship.

We encourage everyone to spend the first 21 minutes of the day with the Lord, practicing silence and solitude, reading scripture, and journaling how the Spirit leads you into a more profound commitment to God.

MEET WITH GOD THROUGH FASTING

Fasting aims to eliminate distractions and use that time to draw nearer to God. Fasting, at its core, is a step towards denial, surrender, the giving up of self-satisfaction to draw closer to God, to hear clearly from the Spirit, and to follow Jesus more closely in our daily lives.

Fasting Types

TYPES OF FASTS

*** We encourage you to consult your primary care physician before starting a fast***

If you can't fast for health reasons, join us in prayer and abstain from media and other pleasures such as sweets and carbonated drinks.

There are several types of fasting. The one you choose is between you and God. He will honor your best sacrifice.

Full Fast

Drink only liquids (you establish the number of days).

The Daniel Fast

Eat no meat, no sweets and no bread. Drink water and juice. Eat fruits and vegetables.

3-Day Fast

This fast can be a Full Fast, Daniel Fast or give up at least one item of food.

Partial Fast

A partial fast is from 6:00 am to 3:00 pm or from sunup to sundown. You can select from three types of fasting – a Full Fast, Daniel Fast or give up at least one item of food.

Scripture References for Fasting:

Matthew 6:16-18, Matthew 9:14-15, Luke 18:9-14

Relation to Prayer and Reading of the Word:

1 Samuel 1:6-8, 17-18, Nehemiah 1:4, Daniel 9:3, 20, Joel 2:12, Luke 2:37, Acts 10:30, Acts 13:2

Corporate Fasting:

1 Samuel 7:5-6, Ezra 8:21-23, Nehemiah 9:1-3, Joel 2:15-16, Jonah 3:5-10, Acts 27:33-37

Remember that it is the attitude of a heart sincerely seeking Him to which God responds with a blessing (Isaiah 58, Jeremiah 14:12, 1 Corinthians 8:8). May God greatly bless you as you fast!

MEDIA ABSTAINING We live in a world of constant distractions that fight for our attention and affection. We carry in our pockets and purses devices that beep, buzz, and vibrate for our attention on social media, along with a barrage of calls and texts. During our fasting, one discipline you may want to consider is limiting your time and access to social media and giving that time to prayer, meditation, study, and relationship-building with family and friends.

Fasting Tips

WHETHER YOU ARE BEGINNING A PRIVATE FAST, OR FASTING CORPORATELY AS WE DO EACH YEAR AT THE HEC, I BELIEVE YOU WILL FIND THESE TIPS HELPFUL.

-Pastor Bryant Lee

How to Begin

Start with a clear goal. Be specific. Why are you fasting? Do you need direction, healing, restoration of marriage or family issues? Are you facing financial difficulties? Ask the Holy Spirit for guidance. Pray daily and read the Bible.

Day 1 Devotional

Psalm 1

¹How happy is the one who does not
walk in the advice of the wicked
or stand in the pathway with sinners
or sit in the company of mockers!

²Instead, his delight is in the Lord's instruction,
and he meditates on it day and night.

³He is like a tree planted beside flowing streams
that bears its fruit in its season,
and its leaf does not wither.
Whatever he does prospers.

⁴The wicked are not like this;
instead, they are like chaff that the wind blows away.

⁵Therefore the wicked will not stand up in the judgment,
nor sinners in the assembly of the righteous.

⁶For the Lord watches over the way of the righteous,
but the way of the wicked leads to ruin.

Follow the four R's as you draw close to God today. **(1) Read** the daily text; **(2) Reflect** on what God is saying to you; **(3) Record** your thoughts; and **(4) Respond** with prayer, praise, and thanksgiving.

Day 2 Devotional

Psalm 8

¹ LORD, our Lord,
how magnificent is your name throughout the earth!
You have covered the heavens with your majesty.
² From the mouths of infants and nursing babies,
you have established a stronghold
on account of your adversaries
in order to silence the enemy and the avenger.
³ When I observe your heavens,
the work of your fingers,
the moon and the stars,
which you set in place,
⁴ what is a human being that you remember him,
a son of man that you look after him?
⁵ You made him little less than God
and crowned him with glory and honor.
⁶ You made him ruler over the works of your hands;
you put everything under his feet:
⁷ all the sheep and oxen,
as well as the animals in the wild,
⁸ the birds of the sky,
and the fish of the sea
that pass through the currents of the seas.
⁹ LORD, our Lord,
how magnificent is your name throughout the earth!

Follow the four R's as you draw close to God today. **(1) Read** the daily text; **(2) Reflect** on what God is saying to you; **(3) Record** your thoughts; and **(4) Respond** with prayer, praise, and thanksgiving.

Day 3 Devotional

Psalm 11

¹ I have taken refuge in the Lord.

How can you say to me,

“Escape to the mountains like a bird!

² For look, the wicked string bows;

they put their arrows on bowstrings

to shoot from the shadows at the upright in heart.

³ When the foundations are destroyed,

what can the righteous do?”

⁴ The Lord is in his holy temple;

the Lord—his throne is in heaven.

His eyes watch;

his gaze examines everyone.

⁵ The Lord examines the righteous,

but he hates the wicked

and those who love violence.

⁶ Let him rain burning coals and sulfur on the wicked;

let a scorching wind be the portion in their cup.

⁷ For the Lord is righteous; he loves righteous deeds.

The upright will see his face.

Follow the four R's as you draw close to God today. **(1) Read** the daily text; **(2) Reflect** on what God is saying to you; **(3) Record** your thoughts; and **(4) Respond** with prayer, praise, and thanksgiving.

Day 4 Devotional

Psalm 16

¹ Protect me, God, for I take refuge in you.

² I said to the Lord, “You are my Lord;
I have nothing good besides you.”

³ As for the holy people who are in the land,
they are the noble ones.
All my delight is in them.

⁴ The sorrows of those who take another god
for themselves will multiply;
I will not pour out their drink offerings of blood,
and I will not speak their names with my lips.

⁵ Lord, you are my portion
and my cup of blessing;
you hold my future.

⁶ The boundary lines have fallen for me
in pleasant places;
indeed, I have a beautiful inheritance.

⁷ I will bless the Lord who counsels me—
even at night when my thoughts trouble me.

⁸ I always let the Lord guide me.
Because he is at my right hand,
I will not be shaken.

⁹ Therefore my heart is glad
and my whole being rejoices;
my body also rests securely.

¹⁰ For you will not abandon me to Sheol;
you will not allow your faithful one to see decay.

¹¹ You reveal the path of life to me;
in your presence is abundant joy;
at your right hand are eternal pleasures.

Follow the four R's as you draw close to God today. **(1) Read** the daily text; **(2) Reflect** on what God is saying to you; **(3) Record** your thoughts; and **(4) Respond** with prayer, praise, and thanksgiving.

Day 5 Devotional

Psalm 23

¹The Lord is my shepherd;
I have what I need.

²He lets me lie down in green pastures;
he leads me beside quiet waters.

³He renews my life;
he leads me along the right paths
for his name's sake.

⁴Even when I go through the darkest valley,
I fear no danger,
for you are with me;
your rod and your staff—they comfort me.

⁵You prepare a table before me
in the presence of my enemies;
you anoint my head with oil;
my cup overflows.

⁶Only goodness and faithful love will pursue me
all the days of my life,
and I will dwell in the house of the Lord
as long as I live.

Follow the four R's as you draw close to God today. **(1) Read** the daily text; **(2) Reflect** on what God is saying to you; **(3) Record** your thoughts; and **(4) Respond** with prayer, praise, and thanksgiving.

Day 6 Devotional

Psalm 24

¹The earth and everything in it,
the world and its inhabitants,
belong to the Lord;

²for he laid its foundation on the seas
and established it on the rivers.

³Who may ascend the mountain of the Lord?
Who may stand in his holy place?

⁴The one who has clean hands and a pure heart,
who has not appealed to what is false,
and who has not sworn deceitfully.

⁵He will receive blessing from the Lord,
and righteousness from the God of his salvation.

⁶Such is the generation of those who inquire of him,
who seek the face of the God of Jacob.*Selah*

⁷Lift up your heads, you gates!
Rise up, ancient doors!
Then the King of glory will come in.

⁸Who is this King of glory?
The Lord, strong and mighty,
the Lord, mighty in battle.

⁹Lift up your heads, you gates!
Rise up, ancient doors!
Then the King of glory will come in.

¹⁰Who is he, this King of glory?
The Lord of Armies,
he is the King of glory.*Selah*

Follow the four R's as you draw close to God today. **(1) Read** the daily text; **(2) Reflect** on what God is saying to you; **(3) Record** your thoughts; and **(4) Respond** with prayer, praise, and thanksgiving.

Day 7 Devotional

Psalm 30

¹ I will exalt you, Lord,
because you have lifted me up
and have not allowed my enemies
to triumph over me.

² Lord my God,
I cried to you for help, and you healed me.

³ Lord, you brought me up from Sheol;
you spared me from among those
going down to the Pit.

⁴ Sing to the Lord, you his faithful ones,
and praise his holy name.

⁵ For his anger lasts only a moment,
but his favor, a lifetime.
Weeping may stay overnight,
but there is joy in the morning.

⁶ When I was secure, I said,
“I will never be shaken.”

⁷ Lord, when you showed your favor,
you made me stand like a strong mountain;
when you hid your face, I was terrified.

⁸ Lord, I called to you;
I sought favor from my Lord:

⁹ “What gain is there in my death,
if I go down to the Pit?
Will the dust praise you?
Will it proclaim your truth?”

¹⁰ Lord, listen and be gracious to me;
Lord, be my helper.”

¹¹ You turned my lament into dancing;
you removed my sackcloth
and clothed me with gladness,

¹² so that I can sing to you and not be silent.
Lord my God, I will praise you forever.

Follow the four R's as you draw close to God today. **(1) Read** the daily text; **(2) Reflect** on what God is saying to you; **(3) Record** your thoughts; and **(4) Respond** with prayer, praise, and thanksgiving.

Day 8 Devotional

Psalm 33

¹ Rejoice in the Lord, you righteous ones;
praise from the upright is beautiful.
² Praise the Lord with the lyre;
make music to him with a ten-stringed harp.
³ Sing a new song to him;
play skillfully on the strings, with a joyful shout.

⁴ For the word of the Lord is right,
and all his work is trustworthy.
⁵ He loves righteousness and justice;
the earth is full of the Lord's unfailing love.

⁶ The heavens were made by the word of the Lord,
and all the stars, by the breath of his mouth.
⁷ He gathers the water of the sea into a heap;
he puts the depths into storehouses.
⁸ Let the whole earth fear the Lord;
let all the inhabitants of the world stand in awe of him.
⁹ For he spoke, and it came into being;
he commanded, and it came into existence.

¹⁰ The Lord frustrates the counsel of the nations;
he thwarts the plans of the peoples.
¹¹ The counsel of the Lord stands forever,
the plans of his heart from generation to generation.

¹² Happy is the nation whose God is the Lord the people
he has chosen to be his own possession!

¹³ The Lord looks down from heaven;
he observes everyone.
¹⁴ He gazes on all the inhabitants of the
earth from his dwelling place.
¹⁵ He forms the hearts of them all;
he considers all their works.
¹⁶ A king is not saved by a large army;
a warrior will not be rescued by great
strength.
¹⁷ The horse is a false hope for safety;
it provides no escape by its great
power.

¹⁸ But look, the Lord keeps his eye on
those who fear him those who depend
on his faithful love
¹⁹ to rescue them from death
and to keep them alive in famine.

²⁰ We wait for the Lord;
he is our help and shield.
²¹ For our hearts rejoice in him
because we trust in his holy name.
²² May your faithful love rest on
us, Lord, for we put our hope in you.

Follow the four R's as you draw close to God today. **(1) Read** the daily text; **(2) Reflect** on what God is saying to you; **(3) Record** your thoughts; and **(4) Respond** with prayer, praise, and thanksgiving.

Day 9 Devotional

Psalm 46

¹ God is our refuge and strength,
a helper who is always found
in times of trouble.

² Therefore we will not be afraid,
though the earth trembles
and the mountains topple

into the depths of the seas,

³ though its water roars and foams
and the mountains quake with its turmoil. *Selah*

⁴ There is a river—

its streams delight the city of God,
the holy dwelling place of the Most High.

⁵ God is within her; she will not be toppled.
God will help her when the morning dawns.

⁶ Nations rage, kingdoms topple;
the earth melts when he lifts his voice.

⁷ The Lord of Armies is with us;
the God of Jacob is our stronghold. *Selah*

⁸ Come, see the works of the Lord,
who brings devastation on the earth.

⁹ He makes wars cease throughout the earth.
He shatters bows and cuts spears to pieces;
he sets wagons ablaze.

¹⁰ “Stop fighting, and know that I am God,
exalted among the nations, exalted on the earth.”

¹¹ The Lord of Armies is with us;
the God of Jacob is our stronghold. *Selah*

Follow the four R's as you draw close to God today. **(1) Read** the daily text; **(2) Reflect** on what God is saying to you; **(3) Record** your thoughts; and **(4) Respond** with prayer, praise, and thanksgiving.

Day 10 Devotional

Psalm 51

¹ Be gracious to me, God,
according to your faithful love;
according to your abundant compassion,
blot out my rebellion.

² Completely wash away my guilt
and cleanse me from my sin.

³ For I am conscious of my rebellion,
and my sin is always before me.

⁴ Against you—you alone—I have sinned
and done this evil in your sight.

So you are right when you pass sentence;
you are blameless when you judge.

⁵ Indeed, I was guilty when I was born;
I was sinful when my mother conceived me.

⁶ Surely you desire integrity in the inner self,
and you teach me wisdom deep within.

⁷ Purify me with hyssop, and I will be clean;
wash me, and I will be whiter than snow.

⁸ Let me hear joy and gladness;
let the bones you have crushed rejoice.

⁹ Turn your face away from my sins
and blot out all my guilt.

¹⁰ God, create a clean heart for me
and renew a steadfast spirit within me.

¹¹ Do not banish me from your presence
or take your Holy Spirit from me.

¹² Restore the joy of your salvation to me,
and sustain me by giving me a willing spirit.

¹³ Then I will teach the rebellious your ways,
and sinners will return to you.

¹⁴ Save me from the guilt of bloodshed, God—
God of my salvation—
and my tongue will sing of your righteousness.

¹⁵ Lord, open my lips,
and my mouth will declare your praise.

¹⁶ You do not want a sacrifice, or I would give it;
you are not pleased with a burnt offering.

¹⁷ The sacrifice pleasing to God is a broken spirit.
You will not despise a broken and humbled
heart, God.

¹⁸ In your good pleasure, cause Zion to prosper;
build the walls of Jerusalem.

¹⁹ Then you will delight in righteous sacrifices,
whole burnt offerings;

Follow the four R's as you draw close to God today. **(1) Read** the daily text; **(2) Reflect** on what God is saying to you; **(3) Record** your thoughts; and **(4) Respond** with prayer, praise, and thanksgiving.

.

Day 11 Devotional

Psalm 57

¹ Be gracious to me, God, be gracious to me,
for I take refuge in you.

I will seek refuge in the shadow of your wings
until danger passes.

² I call to God Most High,
to God who fulfills his purpose for me.

³ He reaches down from heaven and saves me,
challenging the one who tramples me. *Selah*
God sends his faithful love and truth.

⁴ I am surrounded by lions;
I lie down among devouring lions—
people whose teeth are spears and arrows,
whose tongues are sharp swords.

⁵ God, be exalted above the heavens;
let your glory be over the whole earth.

⁶ They prepared a net for my steps;
I was despondent.

They dug a pit ahead of me,
but they fell into it! *Selah*

⁷ My heart is confident, God, my heart is confident.
I will sing; I will sing praises.

⁸ Wake up, my soul!
Wake up, harp and lyre!
I will wake up the dawn.

⁹ I will praise you, Lord, among the peoples;
I will sing praises to you among the nations.

¹⁰ For your faithful love is as high as
the heavens; your faithfulness
reaches the clouds.

¹¹ God, be exalted above the
heavens; let your glory be over the
whole earth.

Follow the four R's as you draw close to God today. **(1) Read** the daily text; **(2) Reflect** on what God is saying to you; **(3) Record** your thoughts; and **(4) Respond** with prayer, praise, and thanksgiving.

Day 12 Devotional

Psalm 61

¹ God, hear my cry;

pay attention to my prayer.

² I call to you from the ends of the earth

when my heart is without strength.

Lead me to a rock that is high above me,

³ for you have been a refuge for me,

a strong tower in the face of the enemy.

⁴ I will dwell in your tent forever

and take refuge under the shelter of your wings. *Selah*

⁵ God, you have heard my vows;

you have given a heritage

to those who fear your name.

⁶ Add days to the king's life;

may his years span many generations.

⁷ May he sit enthroned before God forever.

Appoint faithful love and truth to guard him.

⁸ Then I will continually sing of your name,

fulfilling my vows day by day.

Follow the four R's as you draw close to God today. **(1) Read** the daily text; **(2) Reflect** on what God is saying to you; **(3) Record** your thoughts; and **(4) Respond** with prayer, praise, and thanksgiving.

Day 13 Devotional

Psalm 63

¹ God, you are my God; I eagerly seek you.
I thirst for you;
my body faints for you
in a land that is dry, desolate, and without water.

² So I gaze on you in the sanctuary
to see your strength and your glory.

³ My lips will glorify you
because your faithful love is better than life.

⁴ So I will bless you as long as I live;
at your name, I will lift up my hands.

⁵ You satisfy me as with rich food;
my mouth will praise you with joyful lips.

⁶ When I think of you as I lie on my bed,
I meditate on you during the night watches

⁷ because you are my helper;
I will rejoice in the shadow of your wings.

⁸ I follow close to you;
your right hand holds on to me.

⁹ But those who intend to destroy my life
will go into the depths of the earth.

¹⁰ They will be given over to the power of the sword;
they will become a meal for jackals.

¹¹ But the king will rejoice in God;
all who swear by him will boast,
for the mouths of liars will be shut.

Follow the four R's as you draw close to God today. **(1) Read** the daily text; **(2) Reflect** on what God is saying to you; **(3) Record** your thoughts; and **(4) Respond** with prayer, praise, and thanksgiving.

Day 14 Devotional

Psalm 73

¹ God is known in Judah;
his name is great in Israel.

² His tent is in Salem,
his dwelling place in Zion.

³ There he shatters the bow's flaming arrows,
the shield, the sword, and the weapons of war. *Selah*

⁴ You are resplendent and majestic
coming down from the mountains of prey.

⁵ The brave-hearted have been plundered;
they have slipped into their final sleep.
None of the warriors was able to lift a hand.

⁶ At your rebuke, God of Jacob,
both chariot and horse lay still.

⁷ And you—you are to be feared.

When you are angry,
who can stand before you?

⁸ From heaven you pronounced judgment.

The earth feared and grew quiet

⁹ when God rose up to judge
and to save all the lowly of the earth. *Selah*

¹⁰ Even human wrath will praise you;
you will clothe yourself
with the wrath that remains.

.

Follow the four R's as you draw close to God today. **(1) Read** the daily text; **(2) Reflect** on what God is saying to you; **(3) Record** your thoughts; and **(4) Respond** with prayer, praise, and thanksgiving.

¹¹ Make and keep your vows
to the Lord your God; let all who
are around him bring tribute to the
awe-inspiring one.

¹² He humbles the spirit of leaders;
he is feared by the kings of the
earth.

Day 15 Devotional

Psalm 82

¹ God stands in the divine assembly;
he pronounces judgment among the gods:

² “How long will you judge unjustly
and show partiality to the wicked? *Selah*

³ Provide justice for the needy and the fatherless;
uphold the rights of the oppressed and the destitute.

⁴ Rescue the poor and needy;
save them from the power of the wicked.”

⁵ They do not know or understand;
they wander in darkness.

All the foundations of the earth are shaken.

⁶ I said, “You are gods;
you are all sons of the Most High.

⁷ However, you will die like humans
and fall like any other ruler.”

⁸ Rise up, God, judge the earth,
for all the nations belong to you.

Follow the four R's as you draw close to God today. **(1) Read** the daily text; **(2) Reflect** on what God is saying to you; **(3) Record** your thoughts; and **(4) Respond** with prayer, praise, and thanksgiving.

Day 16 Devotional

Psalm 91

¹The one who lives under the protection of the Most High dwells in the shadow of the Almighty.

²I will say concerning the Lord, who is my refuge and my fortress, my God in whom I trust:

³He himself will rescue you from the bird trap, from the destructive plague.

⁴He will cover you with his feathers; you will take refuge under his wings. His faithfulness will be a protective shield.

⁵You will not fear the terror of the night, the arrow that flies by day,

⁶the plague that stalks in darkness, or the pestilence that ravages at noon.

⁷Though a thousand fall at your side and ten thousand at your right hand, the pestilence will not reach you.

⁸You will only see it with your eyes and witness the punishment of the wicked.

⁹Because you have made the Lord—my refuge, the Most High—your dwelling place,

¹⁰no harm will come to you; no plague will come near your tent.

¹¹For he will give his angels orders concerning you, to protect you in all your ways.

¹²They will support you with their hands so that you will not strike your foot against a stone.

¹³You will tread on the lion and the cobra; you will trample the young lion and the serpent.

¹⁴Because he has his heart set on me, I will deliver him; I will protect him because he knows my name.

¹⁵When he calls out to me, I will answer him; I will be with him in trouble. I will rescue him and give him honor.

¹⁶I will satisfy him with a long life and show him my salvation.

Follow the four R's as you draw close to God today. **(1) Read** the daily text; **(2) Reflect** on what God is saying to you; **(3) Record** your thoughts; and **(4) Respond** with prayer, praise, and thanksgiving.

.

Day 17 Devotional

Psalm 98

¹ Sing a new song to the Lord,
for he has performed wonders;
his right hand and holy arm
have won him victory.

² The Lord has made his victory known;
he has revealed his righteousness
in the sight of the nations.

³ He has remembered his love
and faithfulness to the house of Israel;
all the ends of the earth
have seen our God's victory.

⁴ Let the whole earth shout to the Lord;
be jubilant, shout for joy, and sing.

⁵ Sing to the Lord with the lyre,
with the lyre and melodious song.

⁶ With trumpets and the blast of the ram's horn
shout triumphantly
in the presence of the Lord, our King.

⁷ Let the sea and all that fills it,
the world and those who live in it, resound.

⁸ Let the rivers clap their hands;
let the mountains shout together for joy

⁹ before the Lord,
for he is coming to judge the earth.
He will judge the world righteously
and the peoples fairly.

Follow the four R's as you draw close to God today. **(1) Read** the daily text; **(2) Reflect** on what God is saying to you; **(3) Record** your thoughts; and **(4) Respond** with prayer, praise, and thanksgiving.

Day 18 Devotional

Psalm 100

¹ Let the whole earth shout triumphantly to the Lord!

² Serve the Lord with gladness;
come before him with joyful songs.

³ Acknowledge that the Lord is God.
He made us, and we are his—
his people, the sheep of his pasture.

⁴ Enter his gates with thanksgiving
and his courts with praise.

Give thanks to him and bless his name.

⁵ For the Lord is good, and his faithful love endures forever;
his faithfulness, through all generations.

Follow the four R's as you draw close to God today. **(1) Read** the daily text; **(2) Reflect** on what God is saying to you; **(3) Record** your thoughts; and **(4) Respond** with prayer, praise, and thanksgiving.

Day 19 Devotional

Psalm 111

¹ Hallelujah!

I will praise the Lord with all my heart
in the assembly of the upright and in the congregation.

² The Lord's works are great,
studied by all who delight in them.

³ All that he does is splendid and majestic;
his righteousness endures forever.

⁴ He has caused his wondrous works to be remembered.
The Lord is gracious and compassionate.

⁵ He has provided food for those who fear him;
he remembers his covenant forever.

⁶ He has shown his people the power of his works
by giving them the inheritance of the nations.

⁷ The works of his hands are truth and justice;
all his instructions are trustworthy.

⁸ They are established forever and ever,
enacted in truth and in uprightness.

⁹ He has sent redemption to his people.
He has ordained his covenant forever.
His name is holy and awe-inspiring.

¹⁰ The fear of the Lord is the beginning of wisdom;
all who follow his instructions have good insight.
His praise endures forever.

Follow the four R's as you draw close to God today. **(1) Read** the daily text; **(2) Reflect** on what God is saying to you; **(3) Record** your thoughts; and **(4) Respond** with prayer, praise, and thanksgiving.

Day 19 Devotional

Psalm 128

¹How happy is everyone who fears the Lord,
who walks in his ways!

²You will surely eat
what your hands have worked for.

You will be happy,
and it will go well for you.

³Your wife will be like a fruitful vine
within your house,
your children, like young olive trees
around your table.

⁴In this very way
the man who fears the Lord
will be blessed.

⁵May the Lord bless you from Zion,
so that you will see the prosperity of Jerusalem
all the days of your life

⁶and will see your children's children!
Peace be with Israel.

Follow the four R's as you draw close to God today. **(1) Read** the daily text; **(2) Reflect** on what God is saying to you; **(3) Record** your thoughts; and **(4) Respond** with prayer, praise, and thanksgiving.

Day 20 Devotional

Psalm 146

¹ Hallelujah!

My soul, praise the Lord.

² I will praise the Lord all my life;
I will sing to my God as long as I live.

³ Do not trust in nobles,
in a son of man, who cannot save.

⁴ When his breath leaves him,
he returns to the ground;
on that day his plans die.

⁵ Happy is the one whose help is the God of Jacob,
whose hope is in the Lord his God,

⁶ the Maker of heaven and earth,
the sea and everything in them.

He remains faithful forever,
⁷ executing justice for the exploited
and giving food to the hungry.

The Lord frees prisoners.

⁸ The Lord opens the eyes of the blind.
The Lord raises up those who are oppressed.

The Lord loves the righteous.

⁹ The Lord protects resident aliens
and helps the fatherless and the widow,
but he frustrates the ways of the wicked.

¹⁰ The Lord reigns forever;
Zion, your God reigns for all generations.
Hallelujah!

Follow the four R's as you draw close to God today. **(1) Read** the daily text; **(2) Reflect** on what God is saying to you; **(3) Record** your thoughts; and **(4) Respond** with prayer, praise, and thanksgiving.

Day 21 Devotional

Psalm 150

¹ Hallelujah!

Praise God in his sanctuary.

Praise him in his mighty expanse.

² Praise him for his powerful acts;
praise him for his abundant greatness.

³ Praise him with the blast of a ram's horn;
praise him with harp and lyre.

⁴ Praise him with tambourine and dance;
praise him with strings and flute.

⁵ Praise him with resounding cymbals;
praise him with clashing cymbals.

⁶ Let everything that breathes praise the Lord.

Hallelujah!

Follow the four R's as you draw close to God today. **(1) Read** the daily text; **(2) Reflect** on what God is saying to you; **(3) Record** your thoughts; and **(4) Respond** with prayer, praise, and thanksgiving.
