

21 Days of Fasting & Prayer // 2024

DISCIPLESHIP: MY WHOLE LIFE FOR MY WHOLE LIFE

Day 1 // Discipleship: My Whole Life for My Whole Life

“Praise the LORD, my soul; all my inmost being, praise his holy name.” Psalm 103:1

Authentic worship and praise flow from a heart that loves the Lord and is grateful to Him for who He is. “All my inmost being” means that one’s heart, mind, soul, and strength—every part of that person—is focused, committed, and ready to obey the Father. A holistic approach to discipleship can be summed up in this: “My whole life for my whole life belongs to you O LORD.”

APPLICATION: Practical application for the principle of discipleship might begin by asking the Lord to “search our heart” to see where one is out of alignment with Him and then to create a list of goals that will assist in living one’s whole life unto Him. Remember to extend yourself patience as He is patient.

PRAYER: Father, as I enter into this new year, I long to enter in with a heart that is wholly given to You. I pray that *“all my inmost being”* will be Yours and that I will be fully devoted to You. Lord, I pray “my whole life for my whole life” for 2024 and each day forward. In Jesus’ name. Amen!

Day 2 // Discipleship: Devoted Relationally to the Father

“They devoted themselves to the apostles’ teaching and to the fellowship, to the breaking of bread and to prayer.” Acts 2:42

The actions of the disciples reflect an inner heart condition. The disciples loved the Lord their God with their “inmost being,” upholding the greatest commandment, and fully devoting themselves to Him. There was a continuous and persistent effort to build their relationship with the Lord! Discipleship is relational and it always begins with the Father inwardly before it flows outwardly!

APPLICATION: Relationships are built by spending time together. Decide today how you can enhance your relationship with the Father. As you journaled yesterday in creating goals to assist in living your whole life for God, include additional time and activities with the Father.

PRAYER: Father, I desire to build my relationship with you in an effort to truly know you more intimately. Lord, help me to make the changes, big or small, that will enhance my relationship with you. Lord, I pray “my whole life for my whole life” for 2024 and each day forward. In Jesus’ name. Amen!

Day 3 // Discipleship: Devoted Relationally With the Saints

“They devoted themselves to the apostles' teaching and to the fellowship, to the breaking of bread and to prayer. . . . Every day they continued to meet together.” Acts 2:42,46

Fellowship among the believers was an intimate time of community and not casual. As the saints grew in their relationship with the Lord, loving Him with their “inmost being,” they also grew in their relationship with one another. Fellowship—partnering with God in relation—might be the foundational step or vertical step to discipleship, but fellowshiping and growing in Christ with other believers would certainly be the second and horizontal step!

APPLICATION: Be mindful, journal, and obey this Scripture, “Let us not give up the habit of meeting together” (Hebrews 10:25). In addition, your discipleship journey would benefit by seeking out a mentor(s) and also seeking out a missional community group where you can grow together in Christ.

PRAYER: Father, Despite what might come my way, help me to stay in fellowship with You and the body of Christ where I can grow. Help me to make the necessary changes in my daily life so that I can walk in the fullness of You. Lord, I pray “my whole life for my whole life” for 2024 and each day forward. In Jesus’ name. Amen!

Day 4 // Discipleship: Devoted to the Word & Teaching

“They devoted themselves to the apostles’ teaching.” Acts 2:42

***“Now when Jesus saw the crowds, he went up on a mountainside and sat down. His disciples came to him, and he began to teach them.”
Matthew 5:1-2***

Biblical discipleship includes being devoted to God’s Word and His teachings. Continually learning and being taught about the doctrine of Christ was all part of the disciples’ narrative. They were learning how “Christ also suffered once for sins, the righteous for the unrighteous, to bring you to God” (1 Peter 3:18). Learning and growing in one’s understanding of theological doctrine is crucial for Jesus’ disciples.

APPLICATION: When it comes to doctrine, it’s important to know what you believe and why you believe it. Take time in your discipleship journey to journal about the fundamentals of the Christian faith and the doctrine of Christ. One’s primary resource should be the Word of God, but additional supplemental resources like a commentary might assist in your understanding.

PRAYER: Father, I want to be a student of Your Word. I ask that You would give me Your Spirit of wisdom and revelation that I would know better. Give me discernment as I study Your Word. Lord, I pray “my whole life for my whole life” for 2024 and each day forward. In Jesus’ name. Amen!

Day 5 // Discipleship: Devoted to the Word & Action

“They devoted themselves to the apostles’ teaching and to the fellowship, to the breaking of bread.” Acts 2:42

“Then Jesus turned to the Jews who had claimed to believe him. ‘If you stick with this, living out what I tell you, you are my disciples for sure.’” John 8:31, MSG

While discipleship must incorporate the teachings of Christ, it should also be followed up in action because true faith is transformative. As the Word says, “Faith without works is dead” (James 2:26, KJV). The passage in Acts reveals that the disciples partook in the “breaking of bread,” but this is more than a simple meal together. In fact, this demonstrates the partaking of the Lord’s Supper which Christ commanded His people to participate in until His return.

APPLICATION: Celebrate the Lord’s Supper and the communion you have with the risen Savior. This can be carried out in the Church among the saints or it can be a time of personal communion, or “one-on-one” time, between you and the Lord in a private setting/location.

PRAYER: Father, Help me to be mindful to partake in the ordinance of Holy Communion as an act of obedience. I pray that I will remember the sacrifice You made for me and celebrate You until Your return. Lord, I pray “my whole life for my whole life” for 2024 and each day forward. In Jesus’ name. Amen!

Day 6 // Discipleship: Devoted to the Word & Prayer

“They all joined together constantly in prayer.” Acts 1:14

“They devoted themselves to the apostles’ teaching and to fellowship, to the breaking of bread and to prayer.” Acts 2:42

Holistic discipleship will always involve communicating with the Father. Personal prayer and spending time in His presence is always advantageous. However, within the context of the above passages, prayer is seen as a normal activity carried out corporately among the body of believers. Whether independently or collectively, prayer is a necessity in the disciples’ life and should be entered into on a daily basis.

APPLICATION: Set aside or add additional prayer time with the Father this year. Make note of that time in your journal and share your goal with people who can hold you accountable. Allow your prayer times to include supplication, praise, adoration, intercession, silence, etc. Journal what God spoke to you.

PRAYER: Father, I desire to grow in communion with You through the discipline of prayer. I ask that You would give me a great hunger and thirst for You in this capacity. As the disciples requested, I too ask, “Lord, teach me how to pray.” Lord, I pray “my whole life for my whole life” for 2024 and each day forward. In Jesus’ name. Amen!

Day 7 // Discipleship: Devoted To Worship & Praise

“Every day they continued to meet together in the temple courts. They broke bread in their homes and ate together with glad and sincere hearts, praising God and enjoying the favor of all the people.” Acts 2:46-47

Worship can be displayed in many ways with the basic expression being obedience to God. In the above passage, we see the believers filled with joy and expressing their gratitude and love for God through praising Him. Part of a holistic approach to discipleship is incorporating corporate and individual times of worship and praise.

APPLICATION: Search the Bible and journal some names and characteristics of God today. Next, take today and lift your voice expressing who He is in prayer, song, worship or even dance. Exalt Him and set apart this day as a day of joyful worship!

PRAYER: Lord, I exalt You today and declare this to be a day where I will be overly intentional in lifting up Your name in adoration. Let everything that is within me praise You, Lord! Lord, I pray “my whole life for my whole life” for 2024 and each day forward. In Jesus’ name. Amen!

Day 8 // Discipleship: My Whole Life for My Whole Life

“Praise the LORD, my soul; all my inmost being, praise his holy name.” Psalm 103:1

“Love the LORD your God with all your heart and with all your soul and with all your strength.” Deuteronomy 6:5

In Deuteronomy 6, there is a charge given to God’s people. The charge? Complete devotion, not emotional attraction. God was telling His people that He desires the “whole” person to love Him. Again, the heart refers to the mind and the soul refers to the “inmost being.” In other words: One’s whole life for one’s whole life would be given to the Lord.

APPLICATION: Take extra time in your day today to study the Shema (Deuteronomy 6:4-9). Ask the Holy Spirit to bring you clarity and revelation to the depth of His Word. Take it a step further and journal the Shema, meditate on it, and memorize it.

PRAYER: Father, You have commanded that I would love You with my innermost. You desire that I love You “wholly.” This is my desire today. Lord, I pray “my whole life for my whole life” for 2024 and each day forward. In Jesus’ name. Amen!

Day 9 // Discipleship: Devoted to Transformation Through Surrender

“They devoted themselves to the apostles’ teaching and to the fellowship, to the breaking of bread and to prayer.” Acts 2:42

“Then Jesus said to his disciples, “Whoever wants to be my disciple must deny themselves and take up their cross and follow me.” Matthew 16:24

The believers in the Acts Church were “fully devoted,” or surrendered to God with their whole being. In fact, Jesus taught the principle of surrender to His disciples in Matthew 16. Part of discipleship is living a continual surrendered life to God and being at God’s disposal with all we have and with all we are.

APPLICATION: Make today another day of allowing God to search your heart. In prayer, ask God to reveal to you if you are holding anything back from Him, and if there is anything not surrendered to Him.

PRAYER: Father, I desire to be a living sacrifice to You and live a life of surrender. Please help me to live and walk in such a way that my life will exemplify complete surrender to You. May I be at your disposal, Father. Lord, I pray “my whole life for my whole life” for 2024 and each day forward. In Jesus’ name. Amen!

Day 10 // Discipleship: Devoted to Transformation Through Submission

“For I have come down from heaven not to do my will but to do the will of him who sent me.” John 6:38

“Submit yourselves, then, to God.” James 4:7

Submission to God is a willingness to place oneself under the authority of God. In the Book of John, one can see that Jesus, though part of the Godhead, submitted to the will of the Father and His plans for Christ on earth. Likewise, the call to submit is a core principle of discipleship. A true mark of healthy discipleship will include submission to the Father.

APPLICATION: Begin today with a heartfelt prayer of confessing to God your willful submission to His will and ways. Acknowledge that His timing is perfect and ask Him how He would like you to walk in submission.

PRAYER: Father, I surrender my life to You and submit to Your leading. I willfully yield and put myself under Your authority. Lord, I pray “my whole life for my whole life” for 2024 and each day forward. In Jesus’ name. Amen!

Day 11 // Discipleship: Devoted to Transformation Through Abiding

“They devoted themselves to the apostles’ teaching and to the fellowship, to the breaking of bread and to prayer.” Acts 2:42

“Remain in me, as I also remain in you. No branch can bear fruit by itself; it must remain in the vine. Neither can you bear fruit unless you remain in me.” John 15:4

Transformation or becoming like Christ happens when we abide in Him. This is what the Early Church saints continually did; they remained connected to the Source of life. One of the greatest disciplines for discipleship and living dynamically is to always stay plugged into the One whom we are trying to imitate. One cannot be a true disciple of Jesus without union with Jesus.

APPLICATION: One of many ways to practically apply abiding is to spend time in God’s Word and meditate on Scripture. Commit extra time to both actions.

PRAYER: Father, I set aside extra time today to be in Your Word. I do not do this to practice religion, but rather I do this to be in Your presence and build my relationship with You. Lord, I pray “my whole life for my whole life” for 2024 and each day forward. In Jesus’ name. Amen!

Day 12 // Discipleship: Devoted to Living Like Him Through Sacrifice

“All the believers were together and had everything in common. They sold property and possessions to give to anyone who had need.”

Acts 2:44-45

“Therefore, I urge you, brothers and sisters, in view of God’s mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship.” Romans 12:1

Godly discipleship will always exemplify sacrificial living by giving or serving so that others can have. “Wealth is not bad, but wealth without a purpose, withheld from those in need, is worthless” (author unknown). The Early Church, disciplined by the teachings of Christ and the apostles, knew the call to live sacrificially and followed suit. Likewise, Jesus epitomizes a life of sacrifice as He gave so we could have.

APPLICATION: Seek God today and ask Him to reveal how you can live a life of sacrifice to Him. This might involve sacrificing time, your gifts, funds, or other things that might be needed for the help of others. Journal what God is speaking to you so that you can be fully obedient to His prompting.

PRAYER: Father, You have called me to offer my life as a living sacrifice, holy and pleasing to You. Please help me to walk in obedience to your Word. Lord, I pray “my whole life for my whole life” for 2024 and each day forward. In Jesus’ name. Amen!

Day 13 // Discipleship: Devoted to Living Like Him Through Service

“For even the Son of Man did not come to be served, but to serve, and to give his life as a ransom for many.” Mark 10:45

The ultimate act of service was demonstrated in the life of Jesus. “Being in very nature God...made himself nothing by taking the very nature of a servant” (Philippians 2:6-7). His life was an ongoing act of service which culminated on the cross. Holistic discipleship will always make room for service.

APPLICATION: Gather with your mentor or small group and discuss ways that you can carry out the actions of a servant. This might include signing up for service projects, signing up to help in Journey Kids, the cafe, etc. Ask the Lord where He would like you to serve.

PRAYER: Father, Speak to my heart and reveal to me where I can be Your hands and feet. May I take on the posture of a servant today and each day. Lord, I pray “my whole life for my whole life” for 2024 and each day forward. In Jesus’ name. Amen!

Day 14 // Discipleship: Devoted to Living Like Him Through Unity

“All the believers were together and had everything in common.” Acts 2:44

“Be completely humble and gentle; be patient, bearing with one another in love. Make every effort to keep the unity of the Spirit through the bond of peace.” Ephesians 4:2-3

Harmony within the body of Christ has always been part of God’s purpose for His Church. Church unity is also essential in moving His Kingdom forward. In the Early Church, spiritual unity and love for one another manifested in the believers and was overtly displayed as they gave, shared, and honored one another. There was a spiritual peace and the presence of God rested upon the believers partly due to this unity.

APPLICATION: Today take time and ask the Lord to forgive you if/when you have partnered with division or divisiveness within the Church and toward other brothers and sisters in Christ. If restitution is what’s needed, then go to that person and apologize. Ask God to cleanse you of any spirit of division and to fill you with a spirit of unity and love.

PRAYER: Father, I ask that You would forgive me when I have been a contributor to division. If I have created any breaches within the house of the Lord, I ask You to reveal it to me and to give me the grace to correct that which I’ve wronged. Thank you for forgiveness. Lord, I pray “my whole life for my whole life” for 2024 and each day forward. In Jesus’ name. Amen!

Day 15 // Discipleship: Devoted to Living Like Him Through Love

“Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres. Love never fails.” 1 Corinthians 13:4-8

The necessity of love in the context of operating in spiritual gifts should be given extra notice. One can employ spiritual gifts, be a great teacher of the Word, serve several days a week, or evangelize the world. However, if love is not present in these behaviors, one must question if all these Christian duties are truly constructive. Likewise, discipleship is bankrupt without love.

APPLICATION: Journal and meditate on the Scripture of love that is described in 1 Corinthians 13. Ask the Lord to help you cultivate the fruit of love within your heart.

PRAYER: God, You are love and all that You embody is love. In my life of discipleship, I ask that You would help me to love as You love. Lord, I pray “my whole life for my whole life” for 2024 and each day forward. In Jesus’ name. Amen!

Day 16 // Discipleship: Devoted To Worship & Praise

“Every day they continued to meet together in the temple courts. They broke bread in their homes and ate together with glad and sincere hearts, 47 praising God and enjoying the favor of all the people.” Acts 2:46-47

“Shout for joy to the LORD, all the earth. Worship the LORD with gladness; come before him with joyful songs.” Psalm 100:1-2

Internally there was a spirit of rejoicing among God’s people. As the Lord continued to move and work in their midst, the people could not help but be filled with exuberant joy and “glad hearts.” The people identified God in their midst, His hand at work, and the blessings that flowed from Him which inadvertently produced gratitude.

APPLICATION: Consider the blessings of God and journal what He has done. Make a chapter of “Gratitude” in your journal and then lift your voice to God in prayer and praise giving thanks to Him for all His blessings upon you.

PRAYER: Father, My heart is filled with gratitude for who You are and all that You have blessed me with. I thank You today for Your goodness and kindness. Help me to be mindful of Your unceasing blessings and to lift them up to You with a grateful and glad heart. Lord, I pray “my whole life for my whole life” for 2024 and each day forward. In Jesus’ name. Amen!

Day 17 // Discipleship: Devoted to Evangelism

“Those who accepted his message were baptized, and about three thousand were added to their number that day.” Acts 2:41

“And the LORD added to their number daily those who were being saved.” Acts 2:47

From the onset of the Early Church one can see God adding to the Church exponentially. The growth and addition were without a doubt the result of the Holy Spirit's power. However, God's people were active parts of this process as they were sharing the gospel of Christ everywhere they went. Evangelism should always be an element of discipleship.

APPLICATION: Take today and ask God to give you boldness to share the gospel wherever you go. Sharing Him can be done in many ways so do not allow the assignment to instill fear within you. Also, ask Him to open your eyes to see those in need of hearing the Good News.

PRAYER: Father, I thank You that at one point in my life, someone shared the Good News of who You are with me. I ask that You would help me to reciprocate this action and tell others about You. Lord, I pray “my whole life for my whole life” for 2024 and each day forward. In Jesus' name. Amen!

Day 18 // Discipleship: Devoted to Evangelism & Holy Spirit Dependence

“But you will receive power when the Holy Spirit comes on you; and you will be my witnesses in Jerusalem, and in all Judea and Samaria, and to the ends of the earth.” Acts 1:8

“And I will ask the Father, and he will give you another advocate to help you and be with you forever.” John 14:16

Jesus shared a conversation with His disciples about the promised Holy Spirit that was to come to them. The Holy Spirit, also known as the “Helper” (*parakletos* in Greek), was to assist the disciples in multiple ways. One of the ways the Holy Spirit was going to assist the saints was by giving them supernatural power to be His witness and to evangelize!!

APPLICATION: Ask the Lord to endow You with the Holy Spirit, above and beyond regeneration, so that You can walk and minister with the power of the Holy Spirit.

PRAYER: Father, I ask that Your Holy Spirit would fall upon me and fill me. I pray that I will walk in Your power with the purpose of sharing You with the world. Lord, I pray “my whole life for my whole life” for 2024 and each day forward. In Jesus’ name. Amen!

Day 19 // Discipleship: Devoted to Multiplication Locally

“Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything I have commanded you.” Matthew 28:19-20

Whether it was during intimate times with His twelve apostles, or with large crowds on the Mount, Jesus was always in the business of discipling His people. In turn, He called His disciples to imitate His ways and to “go and make disciples of all nations.” The call to “go” should not be seen as a temporal nor exclusive assignment given to the twelve. Rather, it was a continual mandate given to each and every disciple of Christ. Therefore, you too are called to make disciples.

APPLICATION: Hopefully by now you have a mentor or missional group that you are growing in Christ with. However, ask the Lord to reveal to you today if there is someone you can lead, mentor, and disciple. Recruit people and train them to be disciples of Christ.

PRAYER: Father, You have called me to carry out the mandate of the Great Commission. Help me to be obedient to Your command and direct my steps in this area. Lord, I pray “my whole life for my whole life” for 2024 and each day forward. In Jesus’ name. Amen!

Day 20 // Discipleship: Devoted to Multiplication Globally

“Therefore go and make disciples of all nations.” Matthew 28:19

“How, then, can they call on the one they have not believed in? And how can they believe in the one of whom they have not heard? And how can they hear without someone preaching to them? And how can anyone preach unless they are sent? As it is written: ‘How beautiful are the feet of those who bring good news!’” Romans 10:14-15

The call to make disciples is not reserved only for local or immediate realms of influence. On the contrary, “all nations” refers to Gentiles, or non-Jewish, nations. We serve a global God who wishes that all would come to know Him. In short, discipleship multiplication can and should be expanded across the globe!

APPLICATION: Pray and ask God to show you how you can participate in a short- or long-term Kingdom Builders trip. Search jrnychurch.com/kb for upcoming trips and sign up!

PRAYER: Father, Send me! Show me where I can go globally to participate in discipling others to be disciples of Christ. Lord, I pray “my whole life for my whole life” for 2024 and each day forward. In Jesus’ name. Amen!

Day 21 // Discipleship: My Whole Life for My Whole Life

“Praise the LORD, my soul; all my inmost being, praise his holy name.” Psalm 103:1

“Offer your bodies as a living sacrifice.” Romans 12:1

A living sacrifice is a life that is consecrated, or set apart, for God. The Apostle Paul was referring to more than one’s physical body. He was referring to one’s whole being: mind, body, and soul. The principle of living with every part of your life given to the Lord is synonymous with King David and Psalm 103. As stated on Day 1, a holistic approach to discipleship can be summed up in this: “My whole life for my whole life belongs to you O LORD.”

APPLICATION: Determine today to live every moment of every day surrendered and set apart for the Lord. Find accountability in people of faith and ask God to empower you with His grace to live as He has called you to live.

PRAYER: Lord, I declare today that I will live for You. I declare “my whole life for my whole life” is dedicated to You. In Jesus’ name. Amen!