

THE BEST IS YET TO COME • THE BEST IS YET TO COME • THE BEST IS YET TO COME • THE BEST IS YET TO COME • THE BEST IS YET TO COME •

21 DAYS

Prayer & Fasting

21 DAYS

Prayer & Fasting

PRAYER & FASTING

IS A POWERFUL SPIRITUAL PRACTICE THAT ALIGNS OUR HEARTS TO HEAR GOD'S VOICE AND SET DIRECTION. MAYBE YOU'RE NEW TO THE CONCEPT OF PRAYER AND FASTING, OR MAYBE YOU HAVE SEVERAL YEARS EXPERIENCE. NO MATTER WHERE YOU ARE IN YOUR JOURNEY, PRAYER AND FASTING BRINGS US CLOSER TO GOD, AND ENABLES US TO EXPERIENCE SPIRITUAL BREAK-THROUGH.

THIS YEAR, HIGHER VISION CHURCH WILL BE CELEBRATING 20 YEARS OF MINISTRY AND OUR THEME FOR 2025 IS "THE BEST IS YET TO COME." OUR FOUNDATIONAL VERSE AS A CHURCH DECLARES "NOW UNTO HIM THAT IS ABLE TO DO EXCEEDING ABUNDANTLY ABOVE ALL THAT WE ASK OR THINK, ACCORDING TO THE POWER THAT WORKETH IN US" (EPHESIANS 3:20, KJV). GOD HAS MIRACULOUSLY BLESSED IN SO MANY WAYS, AND HE CAN EXCEED WHAT HE HAS ALREADY DONE IN YOUR LIFE. WE BELIEVE THAT THE BEST IS YET TO COME, NOT ONLY AT HIGHER VISION CHURCH, BUT FOR YOU AND YOUR FAMILY.

THIS YEAR, 21 DAYS OF PRAYER AND FASTING WILL BEGIN ON MONDAY, JANUARY 6, 2025. WE INVITE YOU TO JOIN US FOR MORNING PRAYER, MONDAY - FRIDAY, FROM 6:30 A.M. - 7:00 A.M., IN PERSON AT OUR VALENCIA AND CANYON COUNTRY LOCATIONS, OR ONLINE. DAILY, WE WILL READ THROUGH THE PRAYER FOCUS, AND JOURNAL UTILIZING THIS BOOKLET. ON THE WEEKENDS, PLEASE JOIN US AT ANY LOCATION, FOR SERVICE, AS WE PRAY TOGETHER. THE BEST IS YET TO COME!

PASTOR JARED MING

1

WHAT DOES THE BIBLE TEACH ABOUT FASTING?

1. Pray to our heavenly Father when fasting to seek His will, guidance, and provision for our lives.
2. Prayer with fasting and meditating on God's word will strengthen our faith and trust in God.
3. God will renew and build us up spiritually during a fast.

2

WHAT IS THE PURPOSE OF FASTING?

Fasting is a biblical way to humble yourself in the sight of God. King David said, "I humbled myself with fasting" (Psalm 35:13 NKJV; see Ezra 8:21). Fasting enables the Holy Spirit to reveal your true spiritual condition, resulting in brokenness, repentance, and a transformed life.

3

WHAT TYPE OF FASTING CAN ONE DO?

Complete Fast: Using liquids only, typically water, with light juices as an option.

Selective Fast: Removing some aspects from your diet. One example is the Daniel Fast, during which you remove meats, sweets, and bread from your diet.

Partial Fast: Abstaining from eating any food in the morning or afternoon. This can correlate to times of the day or sun-up to sun-down.

Soul Fast: A soul fast is an excellent option for those who have never fasted from food before or have health issues that prevent them from fasting food. A Soul Fast focuses on abstaining from certain types of media for a set period of time and replacing that time with spending time with God.

4

HOW DOES ONE PREPARE FOR A FAST?

1. Clarify the purpose of the fast. For example, for hearing God's will or to be renewed and strengthened spiritually.
2. Specify the type of fast.
3. Prepare your heart, mind, and body for fasting. For example, remove the food or the object/item being eliminated from your environment to set up for success.

PRAYER IS MOST EFFECTIVE WHEN WE CULTIVATE IT AS A LIFESTYLE.

Let's look at the example Jesus gave from his life on earth.

HAVE A SPECIFIC TIME.

Jesus got up early in the morning to spend time with his heavenly Father. Make a daily appointment with God - first thing in the morning, at lunch, or in the evening - and faithfully keep it.

HAVE A SPECIFIC PLACE.

Jesus had a specific place where he went to pray. Having a designated place to pray helps us remove distractions and frees us to worship and pray aloud.

HAVE A SPECIFIC PLAN.

The ACTS model is a great way to build consistency in a flexible format that will help you connect with God.

Adoration - The ACTS model comprises four elements, one of which is **A** doration. This element involves worshiping God and glorifying Him for who He is. As we pray, we show our loyalty and admiration for our Father by worshiping Him in adoration. This can be done in various ways, such as singing a song of praise, reciting a psalm of worship, declaring His attributes, or engaging in other forms of worship.

Confession - The **C** in the ACTS model stands for confession. The word "confess" means "to agree with." When we confess our sins, we agree with God that we have done wrong. We acknowledge that we have sinned against Him by our words, thoughts, or actions. God forgives us and restores our fellowship with Him, as mentioned in (1 John 1:9).

Thanksgiving - In the ACTS model, the letter **T** stands for Thanksgiving. According to Philippians 4:6, we should make our requests known to God with thanksgiving. The difference between thanksgiving and adoration is that while worship focuses on who God is, thanksgiving focuses on what God has done. We can express gratitude to God for His love, salvation, protection, provision, and many other things.

Supplication - In the ACTS model, the letter **S** stands for supplication. This means we pray for both ourselves and others, asking for what we need or want. We might pray for mercy, guidance, wisdom, or anything else. Paul even encouraged us to pray for all the saints (Ephesians 6:18). So, supplication is about making requests and petitions through prayer.

DAY 1

Relationship With God

John 15:5

Yes, I am the vine; you are the branches. Those who remain in me, and I in them, will produce much fruit. For apart from me you can do nothing.

Devotional

The Gospel of John reminds us that just as a branch can not produce fruit on its own, we can not accomplish anything meaningful without God. We produce fruit when our lives are connected to Him as our source, not just merely around God. When we seek God as the "true vine" of our lives, we find His guidance and wisdom on how to bear fruit that glorifies Him.

Prayer

Lord, I desire a deeper, more intimate relationship with you. God, address the areas of my heart that need to be pruned in order to produce much fruit. Father, remove any misconceptions that I may have about you, and may I grow deeper in my relationship with you. The best is yet to come in my relationship with you. In Jesus' name, Amen.

DAY 2

Hearing God's Voice

1 John 2: 2-3

He himself is the sacrifice that atones for our sins and not only our sins but the sins of all the world. And we can be sure that we know him if we obey his commandments.

Devotional

To truly "know" God means to live in alignment with His commandments; everything we can know about God is revealed in the Bible. Just as we come to know someone by spending time with them, hearing their voice, and listening to what they say, we come to know God similarly. Spending time in scripture allows us to hear His voice, by which He speaks to us. We also learn to recognize God's voice in prayer. Prayer is our open line of communication with God—a time to speak and to listen. When God speaks, it will always align with what is written in His Word. Meditate on God's word day and night; His voice will become more clear.

Prayer

Lord, help me to know and hear your voice, through your word. Give me a thirst for your word and to live according to your commandments. May you lead me in directions that align with your word. Holy Spirit, lead and guide me into your truth. In Jesus's name. Amen.

DAY 3

God's Will

1 Timothy 2: 3 - 4

This is good and pleases God our Savior, who wants everyone to be saved and to understand the truth.

Devotional

God's will for our lives isn't a mystery. He has made it clear in the word of God that all would experience His salvation and come to know the truth through Jesus Christ. Although the heart of God is centered on love, through the sacrifice of His only son, not everyone will accept His gift of grace. As believers, we are called to share His message of salvation so that all would come to know Him.

Prayer

Heavenly Father, thank you for revealing your will for my life. I am grateful that you desire for all to be saved and to learn the truth of your word. Empower me to be bold in sharing your will, and help me to recognize opportunities to lead others to your truths. In Jesus' name. Amen.

DAY 4

Praise & Thanksgiving

Psalm 100: 4-5

Enter his gates with thanksgiving; go into his courts with praise. Give thanks to him and praise his name. For the LORD is good. His unfailing love continues forever, and his faithfulness continues to each generation.

Devotional

When Jesus said, "It is finished" on the cross, a new reality was introduced for believers (John 19:30). On that day, God granted all believers full access to His glorious presence. Our bodies are a temple where the Holy Spirit dwells, granting us direct access to the presence of God. He remains faithful to His promise that He will never leave us or forsake us.

Prayer

Heavenly Father, thank you for your faithful and steady love. I praise you, Jesus, for allowing me access to your presence. Lord, remind me that I can find rest, comfort, and purpose in your presence. The best for my life is yet to come. In Jesus' name. Amen.

DAY 5

Growing in Faith

Colossians 2: 7

Let your roots grow down into him, and let your lives be built on him. Then your faith will grow strong in the truth you were taught, and you will overflow with thankfulness.

Devotional

Spiritual growth begins when we live our lives rooted in Jesus and by pursuing Him through prayer and fasting. Today ask yourself if you have rooted your life in Jesus, fully. What things are hindering you from building your life in Him?

Prayer

Lord, as I pursue spiritual depth in you, I ask you to remove the distractions that hinder me from growing closer to you. Help me to follow you, and develop deeper roots in you. In Jesus' name. Amen.

DAY 6

Purity of Heart

Psalm 139: 23-24

Search me, O God, and know my heart; test me and know my anxious thoughts. Point out anything in me that offends you, and lead me along the path of everlasting life.

Devotional

Jesus' earthly ministry pointed directly to His purity of heart. He held no selfish ambition or false motives, and everything he did was simply to glorify his Father. Although we have been saved from our sinful nature, we should strive to look more like Jesus everyday. Ask God to search your heart for the areas that need to be transformed to glorify Him.

Prayer

Lord thank you for being my perfect example. Search my heart, Lord and reveal to me anything that is not from you. Transform me to strive to live a life of purity and integrity. May my shortcomings lead me back to you, Jesus, and may I look more like you. In Jesus' name. Amen.

DAY 7

Moral Purity

Ephesians 4: 21-24

Since you have heard about Jesus and have learned the truth that comes from him, throw off your old sinful nature and your former way of life, which is corrupted by lust and deception. Instead, let the Spirit renew your thoughts and attitudes. Put on your new nature, created to be like God--truly righteous and holy.

Devotional

When we receive Jesus in our hearts, we are made into a new creation; we are made righteous in His sight. Our journey with Christ does not end with salvation; we are both made pure and are being purified through the work and the conviction of the Holy Spirit. In 1 Peter 1 declares, "You must be holy because I am holy" (1 Peter 1:16, NLT). Our goal as Christians, is to be more like Jesus, in all aspects of our lives. Examine your life for areas where you can "throw off your old sinful nature" to look more like Christ.

Prayer

Jesus, thank you for cleansing me of all unrighteousness and making me a new creation in your image. Lord, I ask for your forgiveness. Reveal to me any areas of my heart or life that do not align with your Word. Renew my mind and teach me how to live a life above reproach, that glorifies you. Help me to be holy, as you are holy. In Jesus' name. Amen.

DAY 8

Redemption

Colossians 1: 12 - 14

always thanking the Father. He has enabled you to share in the inheritance that belongs to his people, who live in the light. For he has rescued us from the kingdom of darkness and transferred us into the Kingdom of his dear Son, who purchased our freedom and forgave our sins.

Devotional

We were redeemed when we accepted Christ into our hearts and declared Him as Lord and Savior of our lives. All sin was forgiven at the moment of salvation. Jesus' death and resurrection are the very foundation of our faith. We have been commissioned to spread the gospel, make disciples, and to be a light to those who do not know Jesus. The best is yet to come; this is the year of redemption.

Prayer

Thank you, Jesus, for dying on the cross so we would have eternal life with you. Father, thank you for your Son, Jesus; through His sacrifice, we have been redeemed. Help me to boldly share the good news and love of Jesus. In Jesus's name, Amen.

DAY 9

Source of Wisdom

Proverbs 2: 6

For the LORD grants wisdom! From his mouth come knowledge and understanding.

Devotional

We are faced with decisions all of the time, and some can take longer to make than others. Wisdom is knowing the difference between right and wrong, according to God's standard. As followers of Christ, our advantage is that God is the source of all wisdom. True wisdom is not based on how we feel, but instead it is led by the Holy Spirit. When we don't know what to do or feel stuck in our decision making, we can go directly to God for direction. He loves us, wants to hear from us and wants to help us; the Holy Spirit is the Spirit of wisdom (Isaiah 11:2, NLT).

Prayer

Lord God almighty, thank you that you are the source of all wisdom. Thank you that I can come to you to ask for wisdom. Holy Spirit, you are the spirit of wisdom and I need you to lead me. Give me your wisdom and show me what decisions to make that will honor you. When I feel stuck, give me the knowledge and understanding that only comes from you. Thank you and I trust that you will lead me. In Jesus' name. Amen.

DAY 10

Family of Faith

Joshua 24: 15

But if you refuse to serve the LORD, then choose today whom you will serve. Would you prefer the gods your ancestors served beyond the Euphrates? Or will it be the gods of the Amorites in whose land you now live? But as for me and my family, we will serve the LORD.

Devotional

Now is the time to stand and fight for our families. We can not stay silent, with a “whatever will be, will be” attitude. Just as Joshua challenged the tribes of Israel to renew their commitment to the Lord, we are being challenged in this hour. If we refuse to serve the Lord, we have to choose who we will serve. Will we serve the gods of culture, or the gods of this world? No, we must stand strong like Joshua and declare, “As for me and my family, we will serve the Lord” (Joshua 24:15, NLT).

Prayer

Heavenly Father, I renew my commitment to serve you and you alone. I will not be persuaded by the things of this world. I declare as Joshua declared, as for me and my family, we will serve you. We will not retreat and we will serve you without compromise. The best is yet to come for my family and me. In the powerful name of Jesus, I pray. Amen.

DAY 11

Walking in Obedience

Deuteronomy 28: 1

If you fully obey the LORD your God and carefully keep all his commands that I am giving you today, the LORD your God will set you high above all the nations of the world.

Devotional

Obedience is vital in our relationship with God. In Deuteronomy, God promises that if we fully obey Him, we position ourselves to receive His blessings (Deuteronomy 28:1, NLT). Living a life of obedience is not just about following a list of rules. However obedience is about aligning our hearts and lives with God's purpose and vision for our lives. Jesus modeled obedience for us in Philippians when "he humbled himself in obedience to God and died a criminal's death on a cross" (Philippians 2:8). Jesus' obedience secured our salvation, which is a reflection of the incredible impact of living according to God's will.

Prayer

Father, thank you for your Word which guides my steps and strengthens my faith. Teach me to trust you and grow in my relationship with you. Lord, help me continue to walk in obedience to your Word and your plan for my life. In Jesus' name, Amen.

DAY 12

Spirit of Truth

John 16: 13

When the Spirit of truth comes, he will guide you into all truth. He will not speak on his own but will tell you what he has heard. He will tell you about the future.

Devotional

In John 16:13, Jesus promises the coming of the Holy Spirit, our Comforter and Guide. The Holy Spirit is the Spirit of truth, who guides us into a deeper understanding of God and His wisdom. We can trust God to lead us into His truth to enable us to walk in obedience of His word.

Prayer

Father, thank you for sending the Holy Spirit to be my guide and lead me into your truth. Help me to listen closely to your voice and to follow your lead, in all aspects of my life. Help me to trust in your guidance when I feel uncertain. Fill me with your peace as I walk in your truth. In Jesus' name, Amen.

DAY 13

Restoring What Was Lost

Job 42: 10

When Job prayed for his friends, the LORD restored his fortunes. In fact, the LORD gave him twice as much as before!

Devotional

We all experience challenging trials. However we can not lose hope, we find peace when we seek God. In the book of Job, God restores all that Job lost and more. The things that have been lost in your life, whether financial or relational, can and will be restored with God because the best is yet to come. Through prayer, faith, and obedience, we can all seek a future of God's restoration and blessings.

Prayer

Heavenly Father, I pray for restoration in my life. Reveal to me where I doubt your restorative power, in my life and I ask for your forgiveness. I believe that you can and will restore the things that I have lost. I praise you, Lord, and give you the glory for bringing restoration to my life. In Jesus' name. Amen.

DAY 14

Waiting on God

Psalm 62: 1-2

For Jeduthun, the choir director: A psalm of David. I wait quietly before God, for my victory comes from him. He alone is my rock and my salvation, my fortress where I will never be shaken.

Devotional

In Psalm 62:1-8, twice, David speaks of his soul “waiting” or being “silent unto God.” Sometimes, we have to remove all distractions to find silence and wait on the Lord. Be prepared to patiently seek God’s guidance and accept His proposed timing. Waiting on God kindles expectation and raises our faith, because we trust that the best is yet to come. Let’s be encouraged that God will bless us in our obedience to wait on Him.

Prayer

Lord, help me to wait patiently on you; you are my Rock and my Salvation. Help me to stay surrendered to you and your will, while I wait on you. Lord, I pray that I have ears to hear and eyes to see the glorious blessings that you have for me. I build my faith on the trust that I have in you, Father. In Jesus’ name, Amen.

DAY 15

Heart of Forgiveness

Mark 11: 25

But when you are praying, first forgive anyone you are holding a grudge against, so that your Father in heaven will forgive your sins, too.

Devotional

In this passage in Mark, Jesus is reminding us that forgiveness should precede our prayers. Before we “come boldly to the throne of our gracious God”, as the author of Hebrews states, let us forgive anyone who we might be holding a grudge against (Hebrews 4:16, NLT). Today, take some time to reflect on any unforgiveness that might be lingering in your heart. Allow God to soften your heart and then take the next steps to forgive those who have hurt you.

Prayer

God, give me a new heart—a heart of forgiveness. As Ezekiel 36 says, you “will take out [my] stony, stubborn heart and give [me] a tender, responsive heart” (Ezekiel 36:26, NLT). I want to live free of unforgiveness. Please forgive me of my sins, as I forgive those who sin against me. In Jesus’ name. Amen.

DAY 16

True Repentance

Matthew 4: 17

From then on Jesus began to preach, "Repent of your sins and turn to God, for the Kingdom of Heaven is near.

Devotional

The Kingdom of Heaven is near. It is not some distant, far-off promise, but an accessible reality, even now. What does this verse mean for us today? Jesus says in this passage that we must repent of our sins (Matthew 4:17, NLT). Repentance means making a full 180 degree turn, away from the direction you were going. Consider where you have allowed sin in your life and where you need to turn away from it, and truly repent. When we turn in the right direction, we are positioning ourselves for all that God has for us.

Prayer

God, today, I choose to repent of my sins. I commit to ending any patterns of sin; may my life reflect a 180 degree turning away from my sinful ways. I choose to walk your narrow path, which leads to eternal life, with you. Help me to live a life that honors you, so that I can step into all that you have for me in the future. In Jesus' name, Amen.

DAY 17

Holy Spirit (The Helper)

John 14: 25-27

I am telling you these things now while I am still with you. But when the Father sends the Advocate as my representative--that is, the Holy Spirit--he will teach you everything and will remind you of everything I have told you. "I am leaving you with a gift--peace of mind and heart. And the peace I give is a gift the world cannot give. So don't be troubled or afraid.

Devotional

When Jesus completed his earthly assignment, He assures His disciples that He will not leave them alone without an advocate. Jesus identifies the Helper, Advocate and Counselor as the Holy Spirit (John 14:26, NLT). Just as the disciples needed the Holy Spirit as their advocate, we too need the Holy Spirit. In order for our lives to resemble that of Christ, and to fulfill our life's purpose, we need the Helper. Examine your life to see where you can allow the Holy Spirit to be your Helper.

Prayer

Father God, I thank you for the gift of your Holy Spirit. Today, I ask that your Spirit strengthen me. I want my life to produce your fruit: "love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control" (Galatians 5:22-23, NLT). I put my trust in you and allow you to lead me, as my Helper. In Jesus' name, Amen.

DAY 18

Restored Through Worship

Isaiah 61:3

To all who mourn in Israel, he will give a crown of beauty for ashes, a joyous blessing instead of mourning, festive praise instead of despair. In their righteousness, they will be like great oaks that the LORD has planted for his own glory.

Devotional

Worship is a great remedy for the obstacles of life. In Isaiah, we are instructed to put on “the garment of praise for a spirit of heaviness” (Isaiah 61:3, KJV). When life is heavy, we can choose to put on praise and thanksgiving. When we worship God, we focus on the joy He provides, and less on our problems. What areas of your life can you clothe with your praise?

Prayer

God, I worship you, and acknowledge that you are greater than my situation. Help me to have a heart of worship that is not circumstantial. Help me to receive your restorative power that comes through my act of worship. Father I choose to trust that the best is yet to come, in my life. In Jesus' name, Amen.

DAY 19

Peace

John 14:27

I am leaving you with a gift--peace of mind and heart. And the peace I give is a gift the world cannot give. So don't be troubled or afraid.

Devotional

When we choose to follow Jesus we have access to His promises and His peace. The Lord wants to exchange the stress and worries of life, for His peace. Today, be encouraged knowing that the Lord is offering you the beautiful gift of peace. In anxious moments, remember the words of Jesus and "do not be troubled or afraid" (John 14:27. NLT).

Prayer

Lord, I thank you for being the Prince of Peace. I choose to receive your gift of peace and I cast all of my worries on you. Today, may your peace guard my heart and mind. In Jesus' name. Amen.

DAY 20

Compassion

John 3: 16

For God loved the world so much that he gave his one and only Son, so that everyone who believes in him will not perish but have eternal life.

Devotional

God's love is beyond anything we can fully comprehend. God sacrificed His only Son, Jesus, not just for the world, but for you personally. Jesus died in our place to atone for our sins, to allow us to have a right relationship with God. His coming to earth, enduring suffering, and dying on the cross were acts of His compassion for you. In Jesus, you have a love so deep that He willingly laid down His life, not because He had to, but because of His love for you. The sacrificial love of Jesus transforms lives—one that we should never doubt, but embrace fully.

Prayer

Heavenly Father, thank you for loving me with a love so great that you would send your Son to die for me. Help me to truly understand the depth of your love and to never doubt your compassion for me. Jesus, thank you for willingly laying down your life so that I could live. Teach me to rest in your love. Fill my heart with gratitude and help me to reflect your love to others. In Jesus' name, Amen.

DAY 21

Spiritual Strength

Isaiah 40:31

But those who trust in the LORD will find new strength. They will soar high on wings like eagles. They will run and not grow weary. They will walk and not faint.

Devotional

Spiritual strength is often forged in the fires of trials. In Isaiah, we see a promise of renewal for those who place their hope in God (Isaiah 40:31, NLT). The imagery of eagles soaring high signifies not just the overcoming of obstacles but a divine elevation above circumstances. This renewal comes when we actively choose to trust in God rather than rely on our own abilities.

Prayer

Lord, I thank you for the promise of renewal. Help me to place my hope in you, when I feel weary. Grant me the strength to persevere and soar above my challenges. I believe that you have the best in store for me. In Jesus' name. Amen.

