



**21 DAYS OF
PRAYER &
FASTING**

This Journal Belongs To:

I'm honored that you have joined me for our 21 days of prayer and fasting as we begin this new year together. The early Church started with prayer! That moment when 120 believers gathered together after they heard the compelling words of Jesus to be witnesses to the ends of the world, the first thing they did was pray. The story of Renovation Church was birthed through prayer walks around Topsail High School, dreaming of what could be. From the very beginning, prayer has been at the core of who we are as a church family. We are a church that believes in the power of prayer, which is why every year we collectively take time as a faith community to pray and fast together, in community with each other!

I believe what God has for us to accomplish in reaching every, man, woman, and child will only be accomplished if we prioritize prayer. I fully believe that for us to accomplish the mission and vision of reaching every man, woman, and child, it is going to require us being fully planted in His Word and Truth!

Don't miss this collective season of prayer and fasting for the things God wants to accomplish in and through our lives as we serve Jesus faithfully in 2025! I believe there's no better time than now to have a fresh start, and I'd love to invite you to participate in 21 days of prayer and fasting at any time. This year, we invite you to worship with us using the QR code at the bottom of each page. You can also scan the code on this page for the complete playlist on Spotify. You can find out more about prayer and fasting by visiting www.renochurch.org/21days.

May God bless our new year!

Pastor Jonathan Cockrell



TYPES OF FASTS

The goal of fasting is to draw nearer to God. Biblical fasting always has to do with eliminating distractions for a spiritual purpose; it hits the reset button of our soul and renews us from the inside out! It also enables us to celebrate the goodness and mercy of God and prepares our hearts for all of the good things God desires to bring into our lives. Remember, your personal fast should present a level of challenge, but it is very important to know your own body, your options, and, most importantly, to seek God in prayer and follow what the Holy Spirit leads you to do.

COMPLETE FAST

This fast calls for drinking only liquids, typically water with light juices as an option.

PARTIAL FAST

This fast is sometimes called the Jewish Fast and involves abstaining from eating any types of food in the morning and afternoon. This can either correlate to specific times of the day, such as 6:00 am to 3:00 pm, or from sunup to sundown.

SELECTIVE FAST

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

MEDIA FAST

This fast is common for those who do not have much experience fasting foods. Someone might select to abstain from using social media or watching television for the duration of the fast—and then choosing how to carefully bring that element back into their life in an orderly fashion.

DAY ONE

Read Psalm 1; Genesis 2:9; 3:22; Revelation 2:7; 22

This opening Psalm draws our mind to the tree of life in the Garden of Eden, but as New Testament believers, we're also drawn forward to the tree of life mentioned in Revelation. It reminds us that we are eagerly waiting in the now and the not yet. The tree of life is accessible to us, but not fully realized. In the meantime, as we strive to devote our lives to Christ and desire to remain planted in His truth, it is good for us to be aware of who and what we are listening to. We have a choice to make: listen to the advice of the wicked or delight ourselves in God's Word.

Those who cherish God's word are refreshed. It's a supernatural occurrence. God's Word reminds us of the promises available to us. It provides hope when all else seems hopeless. It changes our perspective from the worthless to the one who deserves our worship. God's Word keeps us grounded in truth, whereas the world would try to convince us that truth is relative.

What does it mean to "meditate" on God's Word? To meditate is to "think deeply or carefully about." Allow His truth to impact your heart and mind by prayerfully focusing on its meaning and application. Approach it with the wonder and awe it deserves. Show gratitude for the way God's Word has been preserved for us. Allow it to convict and change you as you grow and mature in your faith.

DAY TWO

Read Psalm 3; Psalm 73:25-28

Have you ever noticed there are times when life is unrelenting? Scariest than life being in opposition to you, is when people are in opposition to you. None of us are exempt from feeling as if we are completely surrounded by enemies. While these enemies might not be directly harming you, they could be robbing you of joy, peace, and anything else that is good.

As Christ followers, we are not promised an easier life because of our devotion to Jesus. But we ARE promised a God who is a shield to us, a God who sustains us through the challenges and afflictions we face day to day.

It's natural for us to lament when opposition surrounds us. When opposition is weighing us down, we can be reminded, "My flesh and my heart may fail, but God is the strength of my heart and my portion forever" (Psalm 73: 26).

We are free - and should feel the freedom - to lament the opposition we face. We can lean into the goodness of a Savior who is our strength and our portion. Rest assured, opposition and lamenting lasts only for a season. Even within every season or moment of lament, we have access to joy, knowing that weeping lasts only for a moment, but joy comes in the morning!

How do you respond when the opposition of life is piling up? What - or more importantly - who do you turn to? How could you approach the oppositions of life when you remind yourself that your God is with you every step of the way and He is your strength and portion?

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DAY THREE

Read Psalm 5; Psalm 89:14; Romans 8:28

With a quick glance at the world around us, it is clear that evil abounds. At every turn, there seems to be hurt, pain, and suffering as a result of the evil choices of humanity. To those not walking with Jesus, and even to us walking with Jesus, it can lead us to ponder – where is God in all of this?

Though it can be challenging to see at the moment, the absolute truth is that God is always present, even in the midst of injustice. God is not only a God who acts justly, justice is His character. Throughout the scriptures, we can recognize God responding to injustice with nothing short of pure justice. While not always immediate, God is really good at bringing justice to those who deserve it.

For those of us who are Christ followers, the reality of injustice should not catch us by surprise.; God never promised that following Him would suddenly free us from witnessing or being distant from injustice. But following Jesus did enter us into the work to push against and call out the injustices we see around us.

We desire God's justice to be revealed in the world and as His ambassadors, we have the calling to help work towards justice in this fallen world. God works all things that happen in life to the greater good (Romans 8:28). It is our privilege to serve Him as He is working all things for good.

DAY FOUR

Read Psalm 8

Our Lord. Our majestic Lord. This is the One we worship, nothing less than THIS God. The One who created the heavens and the earth is this majestic Lord of all. The adjective “majestic” pales in comparison to who He is, and yet it’s what we have to describe His supreme greatness, authority, and sovereignty.

We can’t help but worship as we gaze upon all of creation. We are humbled and in awe. We only need to spend a few moments gazing at the night sky on a clear night to be reminded how small we actually are. We only need to consider the depth and width of the ocean to put ourselves in the correct order. And yet, our great Creator has deemed us worthy to rule and reign over His creation. Our Lord uses the weak. He elevates the powerless, like those who cry out “Hosanna, Hosanna, blessed is He who comes in the name of the Lord” (Matthew 21:15-16). We worship this Jesus who modeled who we are called to be. He came to us not by might or strength, but in humility. When we serve as He serves, emptying ourselves of senseless pride, we look most like Him. Our strength is displayed through weakness and reliance on Him. We are the children and infants. Our knowledge and understanding are incredibly limited. And yet, we have been elevated to the position of “stewards” and “managers.”

Our Lord. Our majestic Lord. This is the one we worship. Today as you worship, contemplate on the majesty of your Lord and Savior. Praise Him for the good gifts He gives, the highest of which is redemption.

DAY FIVE

Read Psalm 13; John 11

As a whole, we are not good at grief, and yet grief is unavoidable. Whether it was a person, a dream, or a hobby lost, grief is ever-present in our lives. When faced with grief, we tend to fall into two categories: we either let it overwhelm and paralyze us or we move forward without really dealing with it. Neither option is helpful. Even David in his grief cried out, “How long, Lord? Will you forget me forever?” (Psalm 13:1). Grief is extremely skilled in making it seem as though we are alone in life, alone in our grief.

You have probably felt the sting of loss and the loneliness of grief. Be consoled that in your moment of grief, our Savior faced similar moments. When Jesus received the news of the passing of his friend Lazarus, he did something uncharacteristic of someone known as the Son of God. Even though he could have, in an instant, raised Lazarus from the dead, he chose to enter into the grief. And in two of the most beautiful words in Scripture we read, “Jesus wept” (John 11:35).

Reflecting on a weeping Jesus is key to helping us work through grief. When we go through loss we are reminded of Jesus who weeps over the loss of the people and things we care about. You are not alone in your loss. Jesus is there.

DAY SIX

Read Psalm 16

The best thing we can do when we feel as if we are forsaken and alone is to remember in whom we take refuge. When our troubles feel insurmountable the Lord is a safe tower. This is the God that holds all things together. He has intimate knowledge of all that has happened, all that is happening, and all that will happen. All that is good is from Him (James 1:17), and He knows better than we do what is good for us. Our refuge is found in a Good Father who gives us all that is good.

His followers, those we surround ourselves with in the local body of Christ, collectively remind us of His attributes. We experience His love through theirs. No doubt there are times we have felt abandoned or unseen, left alone and rejected, but we remember His promise to us: He will never leave us or abandon us (1 Samuel 12:22, Matthew 28:20, and others). In this security, we delight in regular rhythms of rest. With confidence, we lay our heads down at night and welcome sleep, knowing our God is always with us. While our hearts are tempted to worry or fear, we can still the anxiety by remembering His promises. This is the same security we have in facing whatever challenge the coming day presents us, so we arise in worship.

Today, ask Him to remind you to set eternity in your heart. Ask Him to show you the direction you may need, while also reminding you of the joy of your salvation.

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DAY SEVEN

Read Psalm 18

From what do you need to be rescued? Who do you turn to in a time of need and desperation?

How does it encourage you to remember that POWERFUL God, the same one that thunders and shakes the earth, is FOR us? He reaches down for us, He is personal, He hears, and He rescues because He loves.

God is immovable, a rock that won't be shaken. What else is there to trust in? Who else offers this type of stability and security? Even within the greatest threat to our well-being, there is One who is higher and greater, able to rescue and redeem.

Although the distance between the Lord and us is massive, He hears and He sees. Great in might and power, He responds. He works in ways we can't imagine. His plans and purposes will not be thwarted. He will rescue. When all seems lost, He will prevail.

What do you need to be rescued from? Where does your desperation lead you? Today as you worship, be reminded of the sheer power of God. Praise Him for the stability only He can provide. Praise Him for knowing you fully, hearing you, and responding.

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Lined area for writing notes.



DAY EIGHT

Read Psalm 20

Read or sung before going into battle, this Psalm properly postured the heart of the Israelites before the Lord. Their anticipated victory was not taken for granted. Victory looks different to our Lord of Armies than to our human eyes. From our vantage point, the arrest, torture, and death on a cross would appear to be a defeat. Yet, it was this very plan in Jesus, the Anointed, that provided uncontested victory. God fulfilled the desire for salvation that we didn't even know we wanted or needed.

What are the requests that are pleasing to God? Aren't they the requests that show our desire to pursue justice and act mercifully, to care for widows and orphans - the least of these?

Are the desires of your heart pure? Are they aligned with the heart of God? Would He not delight in fulfilling the requests aligned with His heart? It comes down to trust. Trust in His sovereignty and your submission to His call and plan. He desires your willingness to declare wholeheartedly, "Here I am, send me!"

DAY NINE

Read Psalm 23; Psalm 46:10-11

Culture celebrates those who hustle, who are doing more and acquiring more. There is little appreciation given to those who are thriving and well-rested. What does it look like to live a life of sabbath in such a culture?

Psalm 23 presents a promise and a challenge: to be at rest because your Shepherd is with you. Sheep are not equipped to defend themselves and there are many predators awaiting their chance to have a meal. Yet, despite those realities, sheep will be at rest as long as their shepherd is nearby.

A sheep has learned to fully depend on and trust in their shepherd. Sheep do not worry about being hungry, thirsty, or attacked because they trust their shepherd to provide and protect at all times.

We might not like being compared to sheep, but we should be fully grateful that we have a Good Shepherd who is with us. Our Good Shepherd invites us to lay by still waters because He is our source of rest. We can fully trust our Shepherd for our hunger, for our thirst, and for any attacks that our enemies might have planned for us.

When we are tempted to fret, run, work harder, or do anything other than take a deep breath and return to the posture of rest in our Shepherd, may we remember the promise in Psalm 46:10, "Stop striving and know that I am God; I will be exalted among the nations, I will be exalted on the earth."

Do you struggle to think that your life of rest could be an avenue to exalt God among the nations? Are you caught in the cycle of constantly trying to affirm your identity in what you can do? What if we as Christ's followers understood that in reality, our rest shows the world the glory of our God?

DAY TEN

Read Psalm 27; James 4

When life is heavy, there is no greater gift than the presence of others around you. Nothing compares to the gift of your presence with someone as they transverse trials. Think back to the last time you faced a struggle. Most likely, the turning point of that season was not someone simply giving us scripture, but rather, someone who came, sat, and cried with us.

Proximity changes the hold grief has over us. When people come close as we struggle, it is a reminder that we are not alone. There is someone we can depend on. Even more so, our time with God reminds us how near He is to the broken-hearted.

David's words in Psalms 27 reveal an unwavering trust he had in the Lord. Trust can only be cultivated in closeness. You cannot trust someone when you do not spend time with them. David prayed, "One thing I have asked from the Lord, that I shall seek: that I may dwell in the house of the Lord all the days of my life" (Psalm 27:4). David knew that if he could be with his Heavenly Father more, he would be able to navigate the heaviness of life.

When we hold tight to the same prayer as David, the promise we receive is that when we draw close to God, He draws near as well (James 4:8). The closeness we have with God sets our hearts and minds on Him and the heaviness surrounding us seems to lighten.

What are you doing to cultivate closeness to God? How can you engage with Scripture, worship, prayer, and community in a way that draws you close to God?

DAY ELEVEN

Read Psalm 31; Matthew 11: 28-30

Misery has a strange way of multiplying until you feel overwhelmed by it. Misery can be caused by others, as well as self-inflicted. Regardless of its source, misery is draining and reveals that on our own strength, we are no match for this life. When David felt the weight of misery, he did not allow it to continue to pile up and crush him. He set his sights on the One who could do something about it. After spending time reflecting on how he, and his enemies, brought misery upon his life, David made a simple and life-changing declaration: "But as for me, I trust in You, Lord, I say, 'You are my God.'" (Psalm 31:14).

David's declaration of trust was also a declaration of surrender. How often do we find that our greatest relief comes when we allow God to do what only God can do in our misery? We strive, we work harder, and avoid longer,; and no relief is ever found. But when we reach the point that we only have the strength to open our hands and surrender, suddenly, something begins to shift.

Fast forward a few hundred years after David wrote this Psalm to when Jesus took the same invitation of trust to the next level. Jesus invited people to cast their cares on him. Those willing to surrender their cares could exchange them for rest (Matthew 11:28-30). What else in this world is able to take your misery, anxiety, stress, and care and give you rest?

What are you allowing to weigh you down in this season? What difference could your physical, mental, and spiritual health have if you surrendered your cares in exchange for rest? Who can you ask to come alongside you in a journey of surrender and remind you of the truth of where your rest may be found?

DAY TWELVE

Read Psalm 51:10-13; Psalm 32

Several circumstances can keep us from enjoying rest: demands of work, expectations of family, tough life events, and so on. But as Christ's followers, one of the most significant areas that keep us from rest is sin.

Wrestling with sin leaves little room for rest. David, in a different Psalm, captured the influence sin has in our lives: "When I kept silent about my sin, my body wasted away through my groaning all day long. For day and night, Your hand was heavy upon me; My vitality failed as with the dry heat of summer" (Psalm 32: 3-4).

The gospel of Jesus reminds us that for every sin we commit, there is more grace. There is no grace-to-sin scale; grace will always outweigh sin. David knew firsthand the influence of sin. The prophet Nathan brought David's sin to light, and it was in that light David was met with grace. What was David's response to grace? He wrote one of the most beautiful verses in Scripture:

"Create in me a clean heart, God,
And renew a steadfast spirit within me.
Do not cast me away from Your presence,
And do not take Your Holy Spirit from me.
Restore to me the joy of Your salvation,
And sustain me with a willing spirit."

Met with grace, David was able to return to a place of rest for his heart and his body. He cried to the Lord to restore to him the joy of God's salvation. In other words, David asked, "Return me to the moment before I sinned; return me to the place where I am forgiven." When we live forgiven, we are able to live in rest.

Today as you worship, ask God to bring to light any area in which you are in need of grace. Ask Him to gently remind you of the availability of grace and thank Him for His loving-kindness.

DAY THIRTEEN

Read Psalm 62; Isaiah 40: 28-31

Waiting is difficult and silence can be intimidating. We live in a culture that celebrates instant gratification rather than one of waiting. It is a world of constant noise, making silence seem as though it is an impossible reality.

Yet if there are two places for our souls to find rest, it is in waiting and in silence. Stretching our “waiting” muscles is a necessity in this world where everything seems urgent. The fact of the matter is when everything is urgent, nothing is urgent. Whether it be waiting in line at the grocery store, or waiting for the career/spouse/dream you have always wanted, waiting is tough. However, waiting opens the door for renewal. Your body does not get to heal and rest unless you cease. Small moments of waiting every day help produce small moments of renewal.

Silence presents the opportunity to listen. The majority of us fear what waits for us in the silence. We constantly play music, look at social media, or long for some sort of stimulant for our ears, because we know in the silence, our thoughts are lurking and waiting to come to the surface. One thing must be clear: you are not listening if there is always competing noise. Small moments of silence every day help produce small moments of listening, training us to hear the voice of the Father.

Are you someone who struggles to wait? Where can you find small moments each day to surrender your urge to “go” and stretch out your “waiting” muscles? Are you someone who struggles with silence? Where can you allow yourself to go to the silent place - with no agenda - and hear what the Father might have for you?

DAY FOURTEEN

Read Psalm 92; Mark 2:27

Psalm 92 was historically read on the Sabbath - a day of rest. In our current climate, rest may often be mistaken for hiding away. However, the Sabbath is a day to rest *IN* something, or rather in *SOMEONE*. When Jesus declared that the Sabbath was made to meet the needs of people and not the other way around, He drew us toward rest in His sufficiency and supremacy. With rest, we remember. Remembering His goodness, His unfailing love leads us to exhilaration, a thrill unlike any other experience offered elsewhere. Who is like Him? It leads us to complete joy. Remembrance brings us back to our firm foundation.

It's within this firm foundation we thrive. The psalmist paints the picture with imagery of palm trees and cedars, flexible enough to bend without breaking in the fiercest wind, yet strong and mighty enough to grow straight and tall, producing fruit for years and years to come. In our old age, we are able to see all the many ways God has worked and willed our good. We are able to weather the storms of life, and when they have passed we stand tall and raise our hands in worship.

It begs the question, what's your perspective? Where does your focus lie? Do you have a habit of dwelling on all that has gone wrong or could go wrong? Or have you established a practice of gratitude?

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DAY FIFTEEN

Read Psalm 63:1-8; Psalm 95:1-7; Revelation 4:4-11

Worship is personal and corporate, and there is a time for each.

Daily we seek God, spend time with Him in prayer, and dwell on His goodness and His kindness. Individually we seek Him and desire His presence. Our days are long and hard, leaving us desperate for the living water that only time in personal worship can quench. In our personal worship, we spend time dwelling on His many amazing attributes. We remember His blessings. With our lips, the glory, honor, and laud only He is worthy of is raised. We come away from our one-on-one time with Him satisfied and able to rest. As we cling to the protection only He can provide, we are safe.

Weekly we come together to worship. Our corporate worship reminds us we are not alone. As a community of believers, we are a flock, stronger together than standing alone. In fact, separated from the flock, each believer is in peril. There is a greater chance for the prowling enemy to attack (1 Peter 5:8-9). The person worshipping beside us reminds us they are near to carry our struggle and burden, just as we are for them. With our hands and voices raised, our shouts ring out as a warning to the enemy that there is no place for him to stand among us. Corporate worship ushers us into the Throne Room, our ultimate destination.

Today as you spend time in worship, praise God because He is listening. Thank Him for His presence and ask Him to deepen your longing for Him.

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DAY SIXTEEN

Read Psalm 103

We tend to think of ourselves as blameless in most situations. In fact, we will spend hours upon hours of our lives defending our positions or actions. We surround ourselves with people who blindly agree with us, while avoiding people who remind us of our flawed thinking. We constantly seek approval and acceptance from others, so we mask our flaws and elevate our strengths.

Through Christ, we have received acceptance even in our erred ways. This is not in order to be left in sin, but so we can honestly face the sin that so easily entraps us. How amazing is that? How can it be? It's too incredible to wrap our brains around. Our sins removed, not on stipulation or condition, but because of God's deep and utter love. He isn't saying to us, "You always do this..." He doesn't say, "I knew you were going to fail again." This is a love we don't deserve.

What is our response to this type of love? Praise. All of creation praises the Lord. As Jesus' followers cried out in praise when He entered Bethany the week before His crucifixion, His enemies rebuked them, insisting they be silenced. Jesus' response was to remind them that the very rocks would cry out if his followers kept silent. (Luke 19:40)

"Let all that I am praise the Lord" is repeated, opening and closing the psalm, reminding us of its importance. "All that I am" includes our weaknesses. It includes our strengths, those areas in which we may mistakenly believe we don't need a savior. All that we are includes our struggles and our afflictions, praising Him through them with the hope of our salvation. Praising Him with all we are doesn't limit our praise to a particular day or time.

Today, ask God to search your heart and reveal those areas in which you withhold praise. Spend time praising Him throughout the day, remembering His great love, grace, and mercy.

DAY SEVENTEEN

Read Psalm 104

Pause and consider what astounds you about God. What causes you to tremble in awe and admiration? Who is like our God? Whose wisdom surpasses all others? Who else provides wisdom that extends from eternity past to eternity future? Who is in all and above all? Who knows the secrets of the heart of every person?

If the God we serve is in all and above all, what would be the risk of relinquishing our desire to control and manipulate? If we believed that God was truly all-powerful and sovereign, why wouldn't we lay down our lives in complete devotion to and dependence on the One who holds it all anyway? The opening and closing verse of today's Psalms declares "Let all that I am praise the Lord." How would you define "all?" Is it when life feels easy and pain-free? What about the struggles and hardships we face... is God worthy of our praise through those as well? Is God worthy of praise in the mundane? Do the words we declare to be true about God match the level of praise we offer Him?

What area of your life are you holding back from full devotion to praise? When you face times of hardship, is your faith carrying you through, or do you attempt to power through and manage on your own? Take some time today to contemplate one particular area you attempt to hold back from God. Pray and ask God to soften your heart toward this area, to relinquish control.

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DAY EIGHTEEN

Read Psalm 118

His faithful love endures forever. We might be tempted to restrict this promise to a view of time. Unfortunately, when we do this, we limit the power of God's faithful love. His faithful love endures our hardship, distress, and pain. His faithful love endures the anxiety brought on by our enemies. His faithful love endures through the times we mistakenly believe we don't need Him. His faithful love endures our stubbornness. His faithful love endures forever.

It's His faithful love that enables and equips us. It provides a solution to fear. His faithfulness reminds us that nothing can separate us from this love (Romans 8:38-39). We can face any circumstance because we know His love is true and sure. Further, we can conquer any threat through the authority of His faithful love.

What are you facing today that would be best covered by the assurance of His love?

DAY NINETEEN

Read Psalm 131; Matthew 18:1-4

One of the greatest roles Christ's followers can step into every single day is the role of being God's child. There are so many roles competing for our energy and effort, but when we learn how to become a child again, everything changes.

In Psalm 131, David finds comfort, rest, and peace leaning into the arms of his God. In this Psalm, David is not approaching God as the King of Israel or a Man of God, rather he returns to a childlike state in the arms of God so that he can find that special rest once again.

Children have the privilege of a lack of responsibility, a limited number of burdens to weigh them down. A child's daily goal is simple: to be with their parents. Their greatest place of safety and rest is with the one whom they FULLY trust. The same is true for us with our Heavenly Father. In His arms, we don't have to be strong, hard-working, or tough; we simply get to be in his arms. We can take that deep breath our lungs have desired and breathe deep the goodness, safety, and rest found in His presence.

How badly do you need that deep breath in the arms of your God? How long has it been since you approached Him as a child who just needs a hug and some time alone with Him? What is keeping you from having a daily moment where you can simply be a child of God again and rest in His arms?

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DAY TWENTY

Read Psalm 139

Psalm 139 lays out a proper order for our theology. It starts with God, who He is, and all He does, before it closes with a request for examination from a Holy Lord. Our nature is quite the opposite. Our sinful nature places us in the spotlight and places God in a box, tucked away for a time we feel we may need Him. This psalm comforts us by reminding us of the truth that God is not to be compartmentalized. He's way too loving for that.

What a safe space to be, under the provision of a loving Father who sees all, hears all, and knows all - and still accepts and loves you! This is almost too difficult to trust. Who else is like the Lord? Who else offers complete acceptance regardless of our past failures? When we are in Christ, we are seen by God through Jesus, our sins forgiven and our slates wiped clean. There is no longer a need to work to perform or to present ourselves as someone we aren't. The striving can cease because we are fully known and fully loved.

This was not anything we have done or could do. This relationship was initiated by our Father and we declare, "Such knowledge is too wonderful for me, too great to understand!" We can't fathom such great love; it's beyond our comprehension.

A love like this stirs us to a defense of God, even though He doesn't need to be defended! The things the world values become detestable to us. Culture no longer dictates what we esteem. The temporary fading treasures of this world hold no power over us and instead are replaced by a view and longing for the eternal.

So what is our response? It's a deeper desire to be measured by God. We need to be reminded by the Holy Spirit of those areas in our lives that we would do well to lay down and repent of. Today, rest in the grace of being fully known and fully loved. Ask God to gently show you where you have failed to put Him as the center of your life.

DAY TWENTY-ONE

Read Psalm 150

The most appropriate way to solidify our 21-day journey is with a focus on praise.

As we have journeyed through psalms of lament, rest, gratitude, and rejoicing, we have learned what it means to be planted. With this, we return to the heart of what it means to be a follower of Jesus: offering all of our praise as a response to who God is. Praise should be the first response, our last response, and everything in between. Psalms 150 highlights several opportunities to praise the Lord and stirs us to praise in all circumstances.

Our God is worthy of all praise regardless of where we are, what we are facing, or how we are feeling.

If we are going to be a people, and a church, who are planted in Him, praise has to be a fundamental reality of our daily lives. When we are in tune with how God is moving and working in our lives, there is no shortage of opportunities to give Him praise.

Praise Him for:

His Goodness

His Mercy

His Grace

His Provision

His Presence

Your Community

Your Church

Your Family

Your Friends

The breath in your lungs

And every other good thing in life

As a planted church, we will be marked as people who praise. So, may we have eyes as we go through this year to see the moments of life that deserve God's praise and praise our Good and Gracious God!

