

10 DAYS 2022

HELD AT THE LIGHTHOUSE INC., CHURCH
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SEPT 25 - OCT 5

UNITED WORSHIP, PRAYER, & REPENTANCE

10 DAYS

10DAYS.NET



Jesus Knows What to Do

Dear Friends,

During my senior year of college, a good friend sent me a sermon that I listened to over and over again. The sermon was based on the four friends in Mark 2 who rip the roof off of a house in order to get their paralyzed friend to Jesus. When Jesus sees what they are doing, He is moved by their faith. Jesus responds by forgiving the man's sins and also healing his body, much to the displeasure of the Pharisees.

The pastor had a line in the sermon that he repeated over and over again: "If we can get people to Jesus, He will know what to do."

"If we can just get people to Jesus, He will know what to do." I feel like in some ways the last 18 years of life have been defined by that sermon that deeply touched me. I have no idea what we're doing or how to do it, but I have seen over and over again that when people unite in prayer around Jesus Christ, His presence comes, and lives are changed.

If we can just get people to Jesus—just clear a pathway through their crowded lives, crowded minds—and do whatever it takes to get them there, Jesus will know what to do.

So, that's the plan for this fall. Let's come to Jesus ourselves, and as much as we can, let's bring others to Him. As my friend Matthew Lilley likes to say, "God's Presence Changes Everything." I'm excited to spend 10 Days in God's presence together with you!

Yours,
Jonathan Friz

Resources for 10 Days:



As of our last count, over 280 Locations in over 40 nations will be hosting 10 Day prayer events this fall!

We've created a number of resources (with translations in 10 languages) to serve these gatherings. Here are a few of the most useful Resources.

- 2022 Prayer Guide: Sit, Walk, Stand: This year's 10 Day prayer guide is based on the book of Ephesians. Download here for daily prayer themes
- 3 Prayer Themes: Read about the heart of what God is after from us during these 10 Days.
- Fasting: 10 Days is a Fast! Learn about the purpose and practice of fasting as God stretches your capacity to mourn for the Bridegroom (Matt 9:15).
- The Challenge: Register online to consecrate the 10 Days.

Billions Soul Harvest

A couple weeks ago, I was able to attend "Billions Soul Harvest", a gathering of international prayer and missions movement leaders in Colorado Springs. It was an incredible honor to be included in a group of leaders from all six continents who are deeply committed to fulfilling Jesus' words in Matthew 24:14—that the gospel of the Kingdom would be declared to every people group before His Return.

Here is a brief summary of what I took away from dozens of presentations and one-on-one conversations:

1) Unity is growing among Prayer and Missions Movements

I think we've all experienced situations in the church where people are focused on advancing their organization, not the Kingdom of God. There may have been a time in the church when this was normal. However, it is becoming more and more rare to run into people who are thinking this way, especially among global prayer and missions movements. In fact, these global networks are partnering together as never before! One Ethiopian leader of a large missions network (GACX) described how people used to join their network thinking "what does my organization get out of it?" Now, he says, groups that join are asking instead "how can we help?" Without a doubt we are seeing unprecedented collaboration around missions in the global body of Christ.

2) The task of Bible Translation will be finished in 10 years

One area where this global collaboration is expressed is Bible Translation. The major networks focused on translating the Bible are now all working together. At the current pace, every language in the world will have at least a New Testament in their language in 10 years. Once again, this has never happened before.



3) Every “Ethne” may be reached by 2033

A number of mission leaders put out the dates of 2030 or 2033 as possible moments when we may be able to declare that “every ethnic group” has been reached with the gospel. This would be right around the 2,000 year anniversary of Jesus’ death, resurrection, ascension, and the birth of the Church. That would truly be an amazing 2,000 year anniversary gift to the Lord! The [Joshua Project](#) estimates that 3.33 Billion people are still unreached. However, the gospel is exploding in places where it has never gone before, places like Indonesia, China, Iran, India, and the Middle East and so 20 or even 10 years may be enough time for every ethnic group to hear the good news!

4) “Movements” are Key

In places where the church is growing and even exploding it is happening not through traditional church structures but through rapidly multiplying house church “movements”. These networks are multiplying disciples of Jesus faster than the rate of population growth and often operate under the radar in closed nations. You may want to [learn more about this global phenomena](#) that is driving growth in the global church!

5) God is answering Prayer

For years, we have been praying for these very things—for unity in the Body of Christ, for movements among unreached people groups, and for the great commission to be fulfilled in our lifetime. The breakthroughs that I was privileged to hear about have all happened in response to our prayers. It’s impossible to quantify and pin down, but not hard to understand: When we pray, more “God stuff” happens. What’s especially encouraging is that all the global leaders I’ve spent time with understand this!

It’s a tremendous honor to be part of a growing Global Family that is spreading the good news about Jesus to the very ends of the earth!



What is 10 Days?

Visit 10days.net to see dates and details for 10 Days this year

What is 10 Days? What would it look like if you took 10 Days and gave them completely to God, setting aside normal patterns of life, work, school, and entertainment? How would it look if your family, your church, and your entire city did the same?

10 Days is consecrated time, holy time, a Sabbath time. It is time for people to commune with God and discover one another in the light of His face. Simply put, life looks different during 10 Days. 10 Days is time set-apart to seek God with mourning, fasting, and repentance.

“Mourning” is a rich biblical word. It is best not to understand it in an overly literalistic way (as in a funeral) but as a time of *humbling ourselves*, and aligning our hearts with God’s ways, and reckoning with the glories of Jesus Christ and the brokenness of this present age.

“Fasting” can involve many kinds of fasts, but we recommend a significant fast from both food (a Daniel, Juice, or Water fast) and entertainment and media.

“Repentance” has to do not only with confessing and acknowledging sin, but also with “turning” and “changing our minds” so that we not only *turn from* sin but also *turn toward* righteousness and the Kingdom of God.

➤ **The Setting: Fall Feasts**

- 10 Days is framed by the biblical festivals of *Rosh HaShannah* and *Yom Kippur*. This 10 Day period from the “Day of Trumpets” to the “Day of Atonement” is traditionally called the “Days of Awe.” 10 Days begins and ends with evening gatherings, so *includes parts of 11 calendar days*, but lasts a total of 10–24-hour periods.
- These feasts are an important part of our Biblical tradition—as Colossians says, they are “shadows of things to come” and Christ is their fulfillment. They also can provide a powerful connection to the Jewish roots of the faith, to Messianic believers, and as a time to pray for the salvation of the Jewish people (Rom. 11).
- Prophetically, the three “fall feasts” of Trumpets, Atonement, and Tabernacles speak of the second coming of Christ.

➤ **An Annual Rhythm:**

- The vision of 10 Days is to establish an annual rhythm of gathering and seeking the face of God. This is not a “one-off” event.

➤ **Many Locations Simultaneously:**



- Each year hundreds of locations independently organize 10 Day united prayer events. Our vision is to see it happening globally in thousands of cities.
- **Decentralized Organizationally, Connected Relationally:**
 - Each city that does 10 Days has its own locally grown leadership that is responsible for that city. Each city has their own team, determines their own structure, and handles any organizational needs. We have an international team that shares and spreads the vision, serves and resources city-wide efforts, and maintains connection and communication within the movement.
- **Organized by Geography:**
 - 10 Days is not primarily for local congregations to do on their own; rather, it is an annual opportunity for the entire Body of Christ in a region to come together.
 - 10 Days can be organized at a neighborhood, town, city, county, or state level. It is meant to be “software” that runs on the “hardware” of existing movements of unity that are connecting the Body of Christ for prayer, service, evangelism, transformation, and revival.
- **For “City-Wide” Churches:**
 - “City-wide” is our shorthand for saying that it’s meant to unite geographical regions. There is a specific focus on bringing together the church in a given city (all followers of Jesus in a region) but it can also expand beyond that to impact unbelievers, government, and systems as well.
- **The Big Idea: “A City That Stops”**
 - The original vision of 10 Days in 2004 was of a city that had “stopped everything for 10 Days”, with no work, school, or entertainment; a city that was entirely focused on seeking the face of God in prayer, worship, repentance, fasting, and attentiveness to Him.
 - One Biblical example of this is the disciples in the “upper room”, where 120 waited on God’s promise for 10 Days, followed by an outpouring of the Holy Spirit.
 - Another example is the city of Ninevah, where 120,000 suspended normal life for a season of prayer and heart-felt repentance at the preaching of Jonah. 10 Days meant to be both a coming together in the “upper room” and ultimately a call to repentance that will bring many “Ninevahs” to stop and seek the mercy of God.
 - Stopping Cities for 10 Days of repentance seems to be impossible, yet we worship a God who loves to do impossible things. 10 Days begins as a global upper room prayer meeting; it ends as cities stop everything for fasting, mourning, and repentance and are inundated with the manifest glory of God.
- **Driven by John 17: “Let them be one as we are one.”**



- We believe that “Jesus gets what He prays for.” His prayer for those who would believe in Him to be “one” just as He is one with the Father will receive an answer. That is not some unfounded hope in an impossible future, rather, it’s an acknowledgement that where “the impossible” meets the word of God, God’s word wins every time!
- During 10 Days, we move towards Jesus’ prayer by moving toward “one another” in love, and by asking God to pour out grace for greater unity, recognizing that John 17 unity is a heavenly gift. In other words, we are doing our best to come together and remove obstacles to John 17 unity while also looking to God to supply the supernatural grace we need to see it occur.

A Flexible Framework:

Within the overall framework set out above, it is possible to include a large variety of activities within 10 Days—it’s a flexible form, a blank canvas that can be filled in many different ways. It is up to the leaders of each city to “master plan” what 10 Days will look like in their area.

10 Days merges and blends well with other gatherings, initiatives, and projects. Major gatherings, worship events, service initiatives, evangelism, and many other elements can be easily adopted and added to 10 Days.

Over the years we have seen several primary forms emerge for 10 Days:

- Single-Site City Gathering (Indoor or Outdoor Public Space or Church Building)
- Retreat Setting
- Multi-Site City Gathering
- Small Group Setting
- A coordinated approach using several of these forms.

A Strategy or “Tool” for Transformation:

10 Days is a God-given strategy to see city-wide transformation. It meets the criteria of 2 Chronicles 7:14, including all four elements of “Humbling ourselves, prayer, seeking God’s face, and turning from wicked ways.” It is designed to create a spiritual “low pressure system” over a city that irresistibly attracts the grace of God!

A Prayer Meeting:

At the heart, 10 Days is simple. It is a 10 Day prayer meeting and the whole city is invited.



10 Days Vision

See 10Days.net for this year's dates

“And Jesus said to them, "Can the wedding guests mourn if the bridegroom is with them? The days will come when the bridegroom is taken away from them, and then they will fast.”
Matthew 9:15

Vision:

Uniting the Body of Christ in a set-apart season to “Stop Cities” forming a “Global Upper-Room” of worship, prayer, repentance, and fasting rooted in the fall Biblical feasts.

Purpose:

- **Declaring the Worth of Jesus Christ, in the Power of the Holy Spirit, to the Glory of God the Father** through an extravagant, united, sustained season of prayer and worship.
- **Spiritual Renewal and Transformation** of individuals and regions through Humility, Worship, seeking God's Face, and Repentance.
- **Intercessory Prayer** for the fulfillment of Scriptural promises.
- **“Mourning” (Longing) for the return of the Bridegroom** (Matthew 9:15).

When we set-apart time to draw near to God, He invariably draws near to us.

10 Days is designed to usher many believers within a given geographical area into a season of encounter with God and with one another.

The result is an acceleration of God's activity as many people and groups have transforming encounters with God.

Each year we invite people to take 10 Days off from normal life to seek God's face. Those who have said “yes” to this call often experience times of dramatic transformation in God's presence.

- **Worship and Prayer** are the heart of the 10 days. Believers are invited to set themselves apart for corporate worship and prayer, taking time off from normal life.
 - We recommend either hosting 3 daily meetings (morning, afternoon, evening) or using a 24/7 prayer model.
 - Evening Gatherings are often the focal point for a given day.
- **Fasting:** Participating groups will extend an invitation to 10 days of fasting. We encourage believers to consider a Daniel Fast (vegan fast) or a liquid fast for the 10 Days in addition to abstaining from entertainment and social media.

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- **Many Cities:** The vision for this time is for many cities/regions to come together at the same time each year. Each year, hundreds of different locations join in their own, locally organized and locally led expression of 10 Days.
- **Fall Feasts:** 10 Days occurs during the 10 “Days of Awe” on the Biblical calendar, beginning with the Day of Trumpets and ending with the Day of Atonement. These dates are significant because the fall feasts prophetically foreshadow the return of Christ.

Start to Finish: The 10 Days begins in the evening of the first day and runs to the evening of the last day, a 240 hour schedule that includes part of 11 calendar days. Potentially, there can be 11 different evening gatherings.

There is much more to the 10 Days vision and many resources that can help you organize 10 Days in your city. You can find further resources on the vision and purpose of 10 Days on the website 10days.net or for further questions 10daysinfo@gmail.com.

10 DAYS

UNITED WORSHIP, PRAYER, & REPENTANCE

10-DAY PRAYER GUIDE: Living Ephesians Today

10 Days 2022

September 25 - October 5

JOIN THE GLOBAL UPPER ROOM

10DAYS.NET



10 Days Prayer Guide: Sit, Walk, Stand (Living Ephesians Today)

September 25 to October 5, 2022

Welcome! Unite with us as we worship, pray, and repent for the next ten days!

What is our focus?

- 10 passages from the book of Ephesians that suggest prayers for living in Gospel Unity.
- 10 Days to cry out to the Father to answer Jesus' prayer in John 17:22-23: *"That they may become perfectly one so that the world may know that you sent me."*
- 10 Days to join the global church in obedience, watching, and waiting on God.

Watchman Nee and An Inspiring 10 Days Story from China

In the spring of 1920, at the age of 17, a Chinese teenager by the name of Watchman Nee attended a Ten Days Revival Meeting. The meeting was held in Fuzhou, China, and led by evangelist Dora Yu. On the evening of April 28, he was alone in his room, struggling to decide whether or not to believe in the Lord. He writes:

At first I was reluctant but as I tried to pray I saw the magnitude of my sins and the reality and efficacy of Jesus as the Savior. As I visualized the Lord's hands stretched out on the cross, they seemed to be welcoming me, and the Lord was saying, "I am waiting here to receive you." Realizing the effectiveness of Christ's blood in cleansing my sins and being overwhelmed by such love, I accepted him there. . . As I made my first prayer, I knew joy and peace such as I had never known before. Light seemed to flood the room and I said to the Lord, "Oh, Lord, you have been gracious to me."

After his conversion, Nee was trained as a Christian worker. He began to write and publish. He established local churches in China, Indonesia, Malaysia, and Singapore. He carried out his ministry by preaching, teaching, and holding conferences. *The Collected Works of Watchman Nee* include 62 volumes.

In 1949, the Chinese Communist Party came into power, with its doctrine of state atheism. Watchman Nee was arrested in March 1952 for the sake of the gospel. He was falsely condemned, judged, and sentenced to fifteen years imprisonment in 1956. During this time, many fellow believers denounced him (the punishment for failing to do so was arrest). He died in confinement on May 30, 1972. When his grandniece went to pick up his body, she was presented only with Nee's ashes and a note written by him in big words with a shaking hand:

Christ is the Son of God who died for the redemption of sinners and resurrected after three days. This is the greatest truth of the universe. I die because of my belief in Christ.

Watchman Nee came to faith during a 10 Days Revival. He endured through persecution to the end of his life, still proclaiming his faith. He is a model for all who seek to follow Jesus. As we begin 10 Days this year, let's ask God to birth new believers like Nee during this set-apart season!

Three Words. This year's prayer guide is patterned after Nee's most famous work, *Sit, Walk, Stand*. In this short commentary, Nee summarizes Paul's entire letter to the Ephesians in three words:

1. **SIT: Our Position in Christ: (Ephesians 1-3)**
*"[God] raised us up with [Christ] and **seated** us with him in the heavenly places" (2:6)*
2. **WALK: Our Life in the World: (Ephesians 4:1-6:9)**
"Walk in a manner worthy of the calling to which you have been called" (4:1)
3. **STAND: Our Attitude to the Enemy: (Ephesians 6:10-24)**
"Stand against the schemes of the devil" (6:11)

The 10 Days Prayer Guide. Each day, the prayer guide includes prayer prompts for adoration, repentance, intercession, and meditation. You will also find interactive exercises to help build community in your circles of prayer, and resources to further stir your heart in seeking His face.

Position	Day	Ephesians	Theme	Daily Verse from Ephesians (ESV)	We Pray
S I T	1	1:1-23	IDENTITY	1:3: <i>Blessed be the God and Father of our Lord Jesus Christ, who has blessed us in Christ with every spiritual blessing in the heavenly places.</i>	May we rediscover our Gospel IDENTITY , offering praise to Father, Son and Spirit.
	2	2:1-10	GRACE	2:8–9: <i>For by grace you have been saved through faith. And this is not your own doing; it is the gift of God, not a result of works . . .</i>	May we rest in God’s GRACE , knowing that we are raised and seated with Christ.
	3	2:11-3:13	PEACE	2:14-15: <i>He [Christ] himself is our peace, who has made us both one and has broken down in his flesh the dividing wall of hostility . . . that he might create in himself one new man in place of the two, so making peace.</i>	May we relish God’s PEACE revealed in the reconnection of Jew and Gentile.
	4	3:14-21	FILLED	3:19: <i>and to know the love of Christ that surpasses knowledge, that you may be filled with all the fullness of God.</i>	May God’s global family be FILLED with all the fullness of God.
W A L K	5	4:1-16	UNITY	4:1–3: <i>I [Paul] . . . urge you to walk in a manner worthy of the calling to which you have been called . . . eager to maintain the unity of the Spirit in the bond of peace.</i>	May we walk in Gospel UNITY , share our Spiritual Gifts , and grow to maturity.
	6	4:17-24; 5:3-14	LIGHT	5:8: <i>For at one time you were darkness, but now you are light in the Lord. Walk as children of light.</i>	May we walk as children of the LIGHT , putting off the old self and putting on the new.
	7	4:25-5:2	LOVE	5:2: <i>And walk in love, as Christ loved us and gave himself up for us, a fragrant offering and sacrifice to God.</i>	May we walk in sacrificial LOVE , following the example of Christ.
	8	5:15-6:9	WISDOM	5:15: <i>Look carefully then how you walk, not as unwise but as wise.</i>	May we walk in the Spirit’s WISDOM in marriage, parenting, work, and all things.
S T A N D	9	6:10-17	POWER	6:10, 13-14: <i>Finally, be strong in the Lord and in the strength of his might . . . Take up the whole armor of God, that you may be able to withstand in the evil day, and having done all, to stand firm.</i>	May we receive the POWER of the resurrection to stand in opposition to the Evil One on the evil day.
	10	6:18-23	SPIRIT	6:18: <i>Praying at all times in the Spirit, with all prayer and supplication. To that end, keep alert with all perseverance, making supplication for all the saints.</i>	May we pray at all times and for all people in the SPIRIT . May the Global Persecuted Church see God’s deliverance.

Day One: IDENTITY (Sit/Rest: Ephesians 1:1-23)

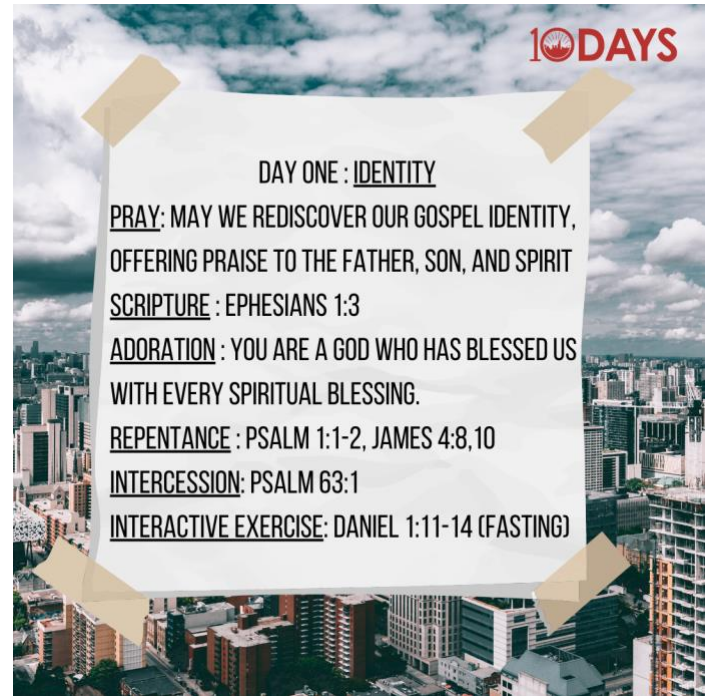
We Pray: May we rediscover our Gospel IDENTITY, offering praise to Father, Son, and Spirit.

Key Scripture: Ephesians 1:3

*Blessed be the God and Father of our Lord Jesus Christ, who has blessed us in Christ with **every spiritual blessing** in the heavenly places.*

Adoration: You are a God who has blessed us with every spiritual blessing (IDENTITY).

- **Blessings from the Father** (1:4-6): We are chosen; we are “in Christ;” we are adopted as beloved children; we are accepted.
- **Blessings from the Son** (1:7-12): We are redeemed; we are forgiven; we know God’s secret plan to unite us all to Christ (“the mystery of his will”); we have obtained an inheritance.
- **Blessings from the Holy Spirit** (1:13-14): We are sealed, protected, and preserved by the Holy Spirit; we have been purchased by God; it is a finished transaction; the Holy Spirit is a down payment on our future inheritance.



Repentance: Psalm 1:1-2; James 4:8,10

Blessed is the man who walks not in the counsel of the wicked, nor stands in the way of sinners, nor sits in the seat of scoffers; but his delight is in the law of the Lord, and on his law he meditates day and night. So cleanse your hands and purify your hearts. Humble yourselves before the Lord, and he will exalt you.

Lord, during these 10 days, we want to **sit** (rest) in your blessings; we want to **walk** (live) in new life; and we want to **stand** (oppose) the enemy. Forgive us for the times we have **walked** in the counsel of the wicked, or **stood** in the way of sinners, or **sat** in the seat of scoffers. Give us grace, today, to bask (rest) in the richness of your spiritual blessings, as your dearly beloved children. Amen.

Intercession: Psalm 63:1

O God, you are my God; earnestly I seek you; my soul thirsts for you; my flesh faints for you, as in a dry and weary land where there is no water.

- Lord, On this first day, I long to enter into the rest that is my inheritance in Christ. I stop to wait for you. Awaken me to my true identity in Christ. Without you, I am nothing.
- Lord, as we begin this season of consecration, I open myself up to you leading me into fasting, even types of fasts that may be difficult or new to me.

Interactive Exercise: Daniel 1:11-14

*Then Daniel said to the steward whom the chief of the eunuchs had assigned over Daniel, Hananiah, Mishael, and Azariah, “Test your servants for **ten days**; let us be given vegetables to eat and water to drink. . . So he listened to them in this matter, and tested them for ten days.*

As 10 Days begins, consider joining in a “Daniel Fast” or other type of fast. Share about your fast with a trusted friend who can hold you accountable.

Resource: Read about fasting and biblical mourning here: <https://www.10days.net/prayer-fasting-guides>

Day Two: GRACE (Sit/Rest: Ephesians 2:1-10)

We Pray: May we rest in God's GRACE, knowing that we are raised and seated with Christ.

Key Scripture: Ephesians 2:8–9

*For by **grace** you have been saved through faith. And this is not your own doing; it is the gift of God, not a result of works . . .*

Adoration: You are a God who has the authority to give your people GRACE (unmerited favor).

We praise God for the dynamic power released in Jesus' resurrection and ascension.

*Ephesians 1:19–20: that you may know . . . what is the immeasurable greatness of his power toward us who believe, according to the working of his great might that he worked in Christ when he raised him from the dead and **seated him at his right hand** in the heavenly places.*

We praise God that Jesus has shared his power, authority, and rest with us.

*Ephesians 2:4–6: But God, being rich in mercy, because of the great love with which he loved us, even when we were dead in our trespasses, made us alive together with Christ—by grace you have been saved—and raised us up with him and **seated us with him** in the heavenly places in Christ Jesus, (ESV)*

We praise God for his amazing grace.

Repentance: Matthew 11:28-30

Jesus said, "Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light."

Lord, forgive our self-reliance, and our constant efforts to earn our salvation apart from your grace. Forgive us for reluctance to admit our failures. Thank you for being a good shepherd. Thank you for pursuing us, even in our sinful state. Thank you for being gentle and lowly in heart. We now stop our striving, and enter into the rest of your grace.

Intercession: Matthew 24:14

The Gospel of the Kingdom will be preached in the whole earth, as a testimony to all the nations, and then the end will come."

- Having experienced the goodness of your saving grace, our hearts are gripped for the 7,400 people groups and 2 billion people who have never heard this good news!
- Lord of the Harvest, send forth laborers into every tribe and nation and to the billions of people who have never heard the name of Jesus or the gospel message.
- Father, let this promise be fulfilled "in our generation."
- God of Grace, give us wisdom and power to share your gospel with the unreached people in our neighborhood.

Personal Meditation:

Meditate on the words and phrases in the scriptures on this page. Which words speak most to you? Now, offer the internalized Scripture back to God in a written or spoken prayer.

Resource: Unreached Prayer Guide for 2022 Fall: <https://tinyurl.com/10DaysPUnreachedPG>



Day Three: PEACE (Sit/Rest: Ephesians 2:11-3:13)

We Pray: May we relish God's PEACE revealed in the reconnection of Jew and Gentile.

Key Scripture: Ephesians 2:14-15

*He [Christ] himself is our **peace**, who has made us both one and has broken down in his flesh the dividing wall of hostility . . . that he might create in himself one new man in place of the two, so making **peace**.*

Adoration: You are a God who reconciles (brings PEACE between people!

- You have **reconciled** believers with the Father through Christ. "But now in Christ Jesus you who once were far off have been brought near by the blood of Christ" (Eph. 2:13).
- You have **reconciled** Jew and Gentile through Christ Jesus (Eph. 2:14).
- You have revealed this "**mystery**" of **reconciliation** through the church (3:10).

Repentance: Hebrews 2:17; 7:25; 4:16

Christ was made like us in every respect, so that he might become a merciful and faithful high priest in the service of God, to make atonement for the sins of the people. He is able to save to the uttermost those who draw near to God through him, since he always lives to make intercession for them. Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need.

- We repent of prejudice and persecution toward the people of Israel throughout the ages.
- We repent of any prejudice that remains in our hearts toward Jews, Gentiles, or people of any race.
- We repent of complacency which prevents us from sharing the Gospel of peace with others.

Intercession: Romans 9:2-5

I [Paul] have great sorrow and unceasing anguish in my heart. For I could wish that I myself were accursed and cut off from Christ for the sake of my brothers, my kinsmen according to the flesh. They are Israelites, and to them belong the adoption, the glory, the covenants, the giving of the law, the worship, and the promises. To them belong the patriarchs, and from their race, according to the flesh, is the Christ, who is God over all, blessed forever. Amen.

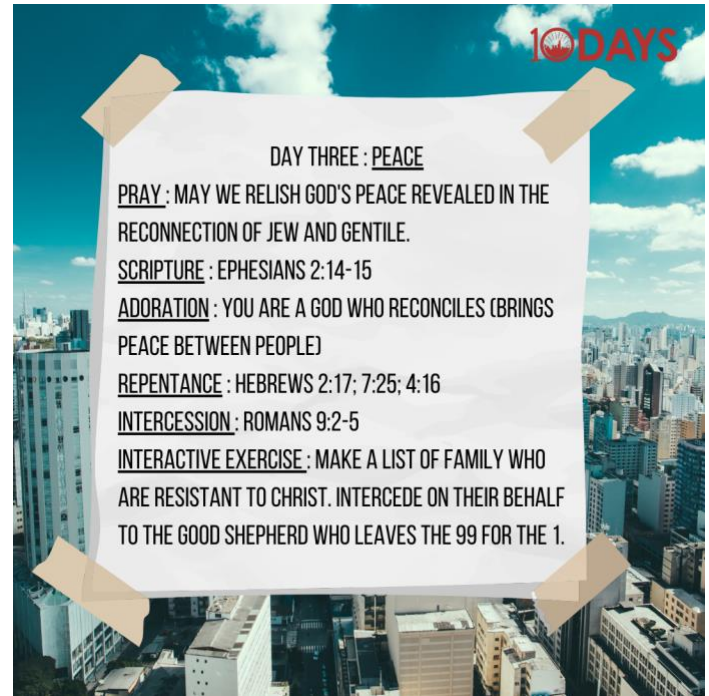
- Father, we pray for spiritual blindness to be lifted from Israel, and that Gentile believers would stir unbelieving Israel to jealousy (Romans 11:11,26).
- Father, we thank you for Messianic Jewish believers around the world who have come to know their Messiah, *Yeshua*. We give preference to them in honor (Romans 12:10) and pray for them to be built up in our shared faith.
- Father, we ask for unbelieving Israel, that you would "pour on the house of David and the inhabitants of Jerusalem a spirit of grace and supplication that they may look on the one whom they have pierced and mourn for Him as one mourns for an only son . . ." (Zech 12:10)

Interactive Exercise:

Make a list of personal family members who are resistant to Christ. Envision the good shepherd leaving the 99 in the fold and battling the wild beasts to rescue them. Thank Jesus for His heart for your family and pray they are found and brought home. As an alternative, plan a visit to a Messianic Jewish Congregation.

Resource:

Berry, Grant. *Romans 911*. HigherLife, 2018. This book contains a comprehensive study in the reconnection of the "one new man" of Ephesians 2:14-15.



Day Four: FILLED (Sit/Rest: Ephesians 3:14-21)

We Pray: May God's global family be FILLED with all the fullness of God.

Key Scripture: Ephesians 3:19

... and to know the love of Christ that surpasses knowledge, that you may be **FILLED** with all the **fullness** of God.

Adoration: You are a God who FILLS our deepest needs.

- You have **named** every family in heaven and earth (Eph. 3:15)
- You **strengthen** us with power in our inner beings (Eph. 3:16)
- You **dwell** in our hearts through faith (Eph. 3:17)
- You give us **strength** to comprehend the breadth and length and height and depth of your love that surpasses knowledge (Eph. 3:18-19)

Repentance: John 4:13–15

Jesus said to her, "Everyone who drinks of this water will be thirsty again, but whoever drinks of the water that I will give him will never be thirsty again. The water that I will give him will become in him a spring of water welling up to eternal life." The woman said to him, "Sir, give me this water, so that I will not be thirsty or have to come here to draw water."

Dear Heavenly Father, we confess today that we often look to people, places and things to fill our lives with happiness rather than you. Like the woman at the well, we seek comfort in earthly relationships and possessions, rather than the spiritual strength that only you can give. Forgive us, give us a desire for living water, and fill us with all the fullness of God.

Intercession: Luke 1:51–53 (from the Magnificat of Mary)

[The Lord] has shown strength with his arm; he has scattered the proud in the thoughts of their hearts; he has brought down the mighty from their thrones and exalted those of humble estate; he has filled the hungry with good things, and the rich he has sent away empty.

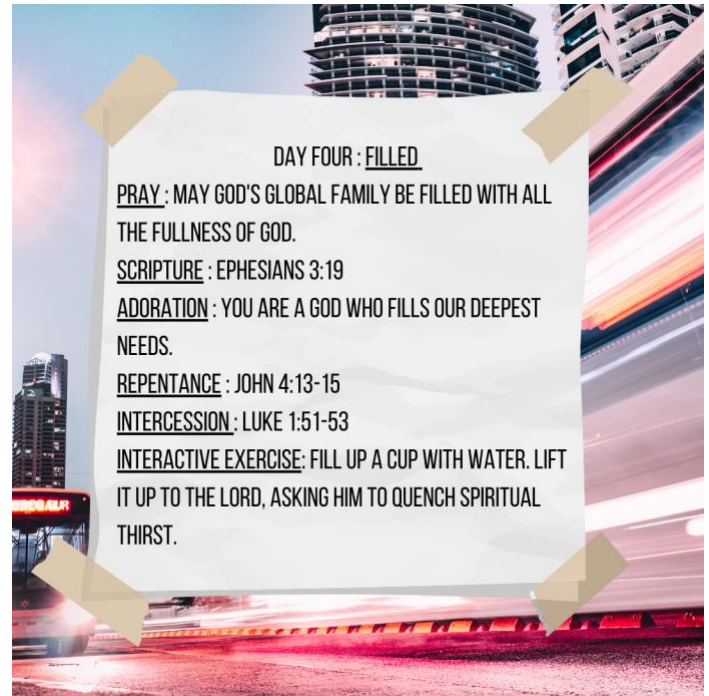
Lord, today we lift up those who especially need to be filled with your fullness: the homeless, the sick, substance abusers, the poor, gang members, orphans, laborers, the unborn, prisoners and their families, the physically disabled, broken families, the unemployed, the mentally ill, elderly people, refugees, and others. Help us to show the strength of your arm by meeting their physical and spiritual needs as we are able.

Lord, we also lift up those who are proud, mighty, and filled with material blessings. May they also recognize their need for you and turn to you for living water.

Interactive Exercise:

Go to a drinking fountain and mindfully watch the water come forth. Drink deeply. Thank God for the living water you have through Christ. Next, fill up a cup or a water bottle. Lift it up to the Lord, asking him to quench spiritual thirst in one of the specific groups listed above under "Intercession." Pray for this group, using Paul's prayer in Ephesians 3:14-21.

Resource: Check out these resources from Freedom in Christ Ministries to remember who you are in Christ: <https://www.ficm.org/ministry-materials/free-downloads/>



Day Five: UNITY (Walk/Live: Ephesians 4:1-16)

We Pray: May we walk in Gospel UNITY, share our Spiritual Gifts, and grow to maturity.

Key Scripture: Ephesians 4:1–3

*I [Paul] . . . urge you to walk in a manner worthy of the calling to which you have been called, with all humility and gentleness, with patience, bearing with one another in love, eager to maintain the **unity** of the Spirit in the bond of peace.*

Adoration: You are a God who lives in triune UNITY. You invite us into your unity.

- We praise you for all that you have done to unify your people: one body, one Spirit, one hope, one Lord, one faith, one baptism, one God and Father of all.
- We praise you for the spiritual gifts you have given to unify your people: apostles, prophets, evangelists, shepherds and teachers.

Repentance: 1 John 4:20-21

If anyone says, "I love God," and hates his brother, he is a liar; for he who does not love his brother whom he has seen cannot love God whom he has not seen. And this commandment we have from him: whoever loves God must also love his brother.

Lord, we have allowed criticism, pride, and gossip to exist and have not been broken by what breaks your heart: our lack of unity.

Lord, in this season where racial tension makes world headlines, make us a people who radically love you and each other. Cause the world to envy this kind of love. Rid us of greed, self-centeredness, and fear of community. Fill us with your love.

Intercession: Romans 15:5-7

[5] May the God of endurance and encouragement grant you to live in such harmony with one another, in accord with Christ Jesus, [6] that together you may with one voice glorify the God and Father of our Lord Jesus Christ. [7] Therefore welcome one another as Christ has welcomed you . . .

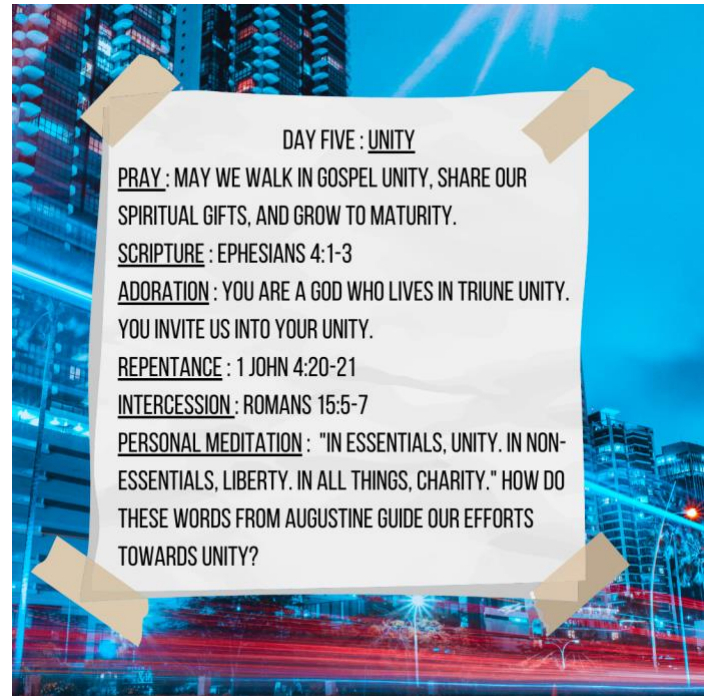
- We pray for the discovery and development of the "unity gifts" within the church, especially for pastors who will build up the body of Christ (Eph. 4:11)
- We pray for the church to "grow up" in Christ, and mature into unity (Eph. 4:15).
- We pray for Christ centered gospel unity in churches, and across denominations.
- We pray for Christ to break down racial, economic, social, geographic, political and language barriers so that Jesus' followers may all be one.
- We pray for help in keeping Christ at the center of our unity efforts.

Personal Meditation:

- *"In essentials, unity. In non-essentials, liberty. In all things, charity."* How can these words of wisdom, attributed to Augustine, guide your efforts toward unity today?

Resource: Start listening to some of the 10 Days of Prayer podcasts available at:

<https://www.10days.net/podcast>



Day Six: LIGHT (Walk/Live: Ephesians 4:17-24; 5:3-14)

We Pray: May we walk as children of the LIGHT, putting off the old self and putting on the new.

Key Scripture: Ephesians 5:8

*For at one time you were darkness, but now you are **light** in the Lord. Walk as children of **light**.*

Adoration: You are a God who dwells in unapproachable LIGHT (1 Timothy 6:15-16).

*[Our Lord Jesus Christ] . . . is the blessed and only Sovereign, the King of kings and Lord of lords, who alone has immortality, who dwells in **unapproachable light**, whom no one has ever seen or can see. To him be honor and eternal dominion. Amen.*

Repentance: Mark 8:34; 1 John 1:6,9

*Jesus said, "If anyone would come after me, let him deny himself and take up his cross and follow me." If we say that we have fellowship with him while we **walk in darkness**, we lie and do not practice the truth. If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.*

We love darkness, rather than the light! Reveal our sins, bring them into the light, and help us to confess them!

Ephesians 4:22–24: . . . Put off your old self, which belongs to your former manner of life and is corrupt through deceitful desires, and . . . be renewed in the spirit of your minds. . . Put on the new self, created after the likeness of God in true righteousness and holiness.

[Take time for silent confession].

Intercession: Psalm 43:3

Send out your light and your truth; let them lead me; let them bring me to your holy hill and to your dwelling!

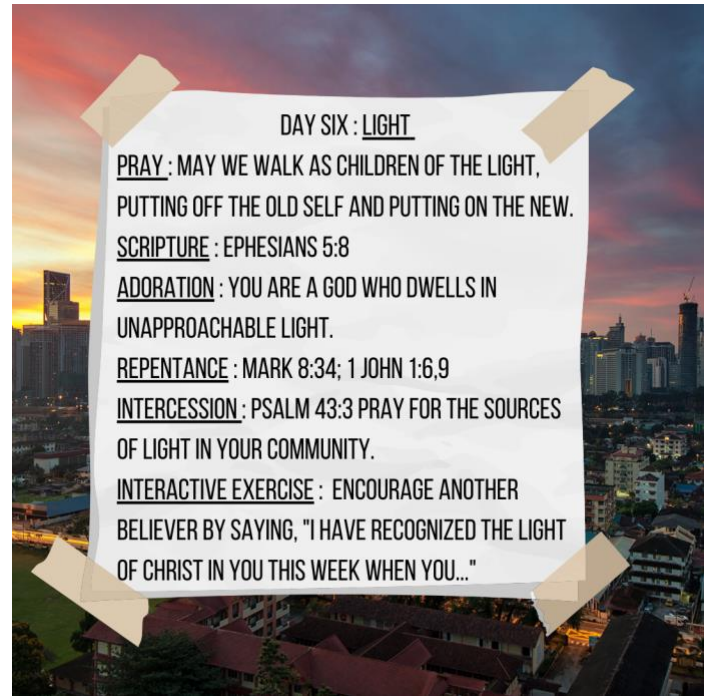
Pray for the sources of light in your community.

- for churches, for Christian radio stations
- for schools, Christian schools, and home schools
- for Christian ministries, for podcasts, for Christian art and media producers.
- for web pages dedicated to sharing God's word.
- for Christians who work in any type of job.
- for [fill in the blank], which is a source of light in our town.

Interactive Exercise:

Find another believer, or a group of believers, that you can encourage. Say, "I recognized the light of Christ in you this week (or tonight) when you . . ." Remember Paul's words in 1 Thess. 5:11: "Encourage one another and build each other up."

Resource: Sign up to be a light for Christ in your neighborhood at <https://BlessEveryHome.com>.



Day Seven: LOVE (Walk/Live: Ephesians 4:25-5:2)

We Pray: May we walk in sacrificial LOVE, following the example of Christ.

Key Scripture: Ephesians 5:2

And walk in love, as Christ loved us and gave himself up for us, a fragrant offering and sacrifice to God.

Adoration: You are a God who demonstrates sacrificial LOVE.

O love, how deep, how broad, how high, beyond all thought and fantasy, that God, the Son of God, should take our mortal form for mortals' sake! For us, by wicked men betrayed, for us, in crown of thorns arrayed, he bore the shameful cross and death; for us he gave his dying breath. For us he rose from death again, for us he went on high to reign; for us he sent his Spirit here to guide, to strengthen, and to cheer.

—attributed to Thomas a Kempis

Repentance: Ephesians 4:31- 5:2

Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice. Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you. Therefore be imitators of God, as beloved children. And walk in love, as Christ loved us and gave himself up for us, a fragrant offering and sacrifice to God.

Lord, this is day seven of our ten day prayer vigil. Forgive us for bitterness, rage and anger, brawling, slander, and malice. Help us instead to be kind and compassionate to one another, forgiving each other, just as in Christ God forgave us.

Loving Lord, we confess that we do not love as you have loved us. You love even your enemies, but we are prone to hate those who oppose us. Please pour your perfect love into our hearts by your Holy Spirit so that the love of Christ will fill and guide us.

Intercession: Acts 7:60

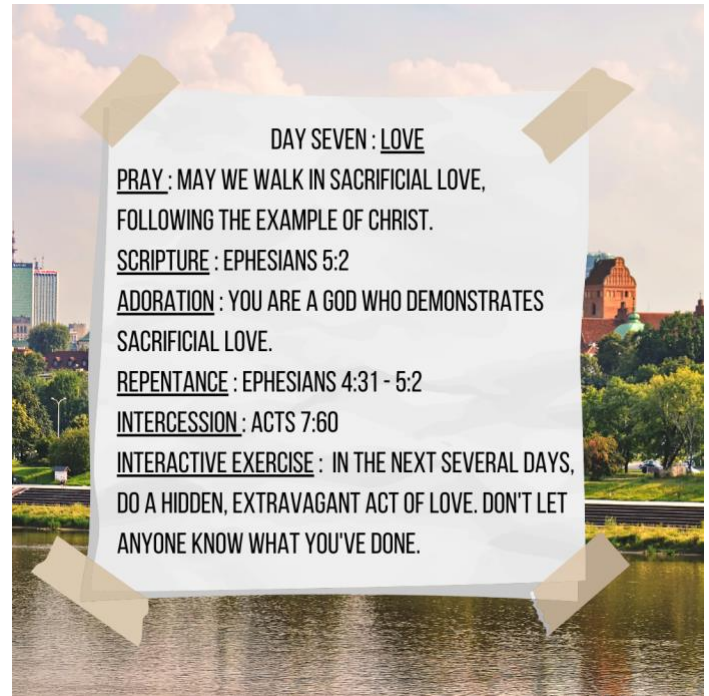
[Stephen fell] to his knees [and] cried out with a loud voice, "Lord, do not hold this sin against them." And when he had said this, he fell asleep.

Father, I take a moment now to think of those I have not forgiven. Jesus said, "forgive us our sins, as we forgive those who sin against us." Lord, you have given grace to me. Now, let me extend that grace to others. I lift up to you [someone's name], who has been malicious and has wronged me in multiple ways. You alone know how much I have been hurt by their actions. Give me the grace to forgive them as you have forgiven me.

Father, sometimes the hardest people to love are those in daily/close relationships with me, especially members of my family. As I speak their names to you, please increase our love.

Interactive Exercise:

In the next several days, do a hidden, extravagant act of love. Don't let anyone know what you have done.



Day Eight: WISDOM (Walk/Live: Ephesians 5:15-6:9)

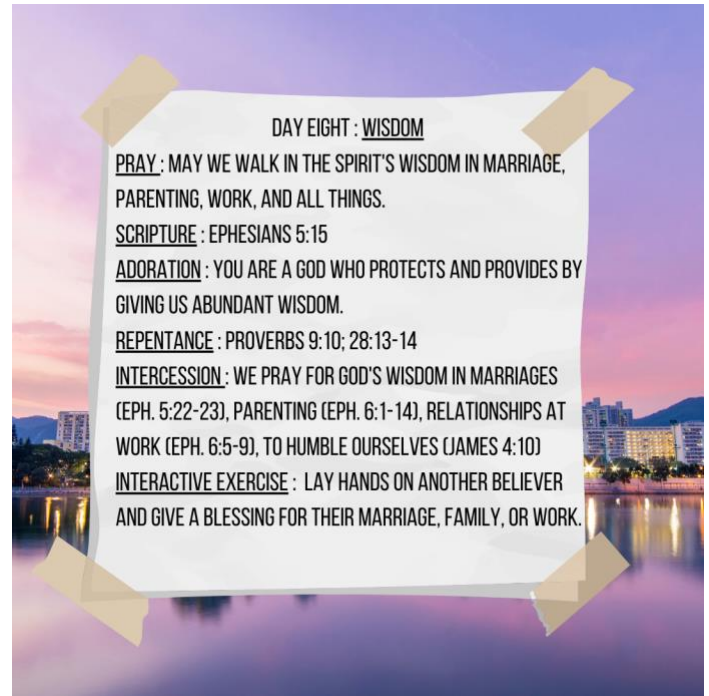
We Pray: May we walk in the Spirit's WISDOM in marriage, parenting, work, and all things.

Key Scripture: Ephesians 5:15

Look carefully then how you walk, not as unwise but as wise.

Adoration: You are a God who protects and provides by giving us abundant WISDOM.

- Proverbs 3:5-8: *Trust in the LORD with all your heart, and do not lean on your own understanding. In all your ways acknowledge him, and he will make straight your paths. Be not wise in your own eyes; fear the LORD, and turn away from evil. It will be healing to your flesh . . .*
- Colossians 3:16 *Let the word of Christ dwell in you richly, teaching and admonishing one another in all wisdom, singing psalms and hymns and spiritual songs, with thankfulness in your hearts to God.*
- Psalm 90:12 *So teach us to number our days that we may get a heart of wisdom.*



Repentance: Proverbs 9:10; 28:13-14

The fear of the Lord is the beginning of wisdom, Blessed is the one who fears the Lord always, but whoever hardens his heart will fall into calamity. Whoever conceals his transgressions will not prosper, but he who confesses and forsakes them will obtain mercy.

Eternal Father, from everlasting to everlasting, you are God. But we forget our own limits. We presume we can control our lives. We turn to our own wisdom to guide and provide. We forget that we are subjects of your kingdom and servants of your mission. Lord, we are sorry, and we cry out to you for mercy. Help us to look to Jesus, our risen Lord, with humble trust and hope. Give us your wisdom to help in time of need.

Intercession: We pray for . . .

- God's wisdom in our marriages (Eph. 5:22-33).
- God's wisdom for parents and children to live together in love (Eph. 6:1-4).
- God's wisdom in relationships at work (Eph. 6:5-9).
- God's wisdom to humble ourselves before him (James 4:10).

Interactive Exercise:

A blessing is often given by the laying on of hands. If you are in a small group, have each participant sit in a chair and receive a blessing of wisdom for their marriage, family, or work.

Day Nine: POWER (Stand/Oppose: Ephesians 6:10-17)

We Pray: May we receive the POWER of the resurrection to stand in opposition to the Evil One on the evil day.

Key Scripture: Ephesians 6:10,13-14

*Finally, be strong in the Lord and in the **strength** of his might . . . Take up the whole armor of God, that you may be able to withstand in the evil day, and having done all, to stand firm.*

Adoration: You are a God who is more POWERFUL than any of the rulers of darkness.

*Beloved, do not believe every spirit, but test the spirits to see whether they are from God, for many false prophets have gone out into the world. By this you know the Spirit of God: every spirit that confesses that Jesus Christ has come in the flesh is from God . . . Little children, you are from God and have overcome them, for **he who is in you is greater than he who is in the world** (1 Jn. 4:1-4).*

Repentance: Psalm 139:23-24

Almighty God, to you all hearts are open, all desires known, and from you no secrets are hidden: Search us and know our hearts! Try us and know our thoughts! See if there be any grievous way in us, and lead us in the way everlasting, that we may perfectly love you and honor your great name.

Almighty God, we know that we live in the middle of spiritual conflict, with spiritual powers that we cannot see. But we are prone to live as if reality is only what we can see, and we forget the evil one who seeks to devour us. We try to fight spiritual wars with worldly weapons. Forgive us, Lord. We fight in the strength of our flesh rather than the ways of your Spirit. Lord, have mercy on us. Our Father, fill us instead with the Spirit of Christ, to stand firm in faith in spiritual battle. Arm us with your righteousness and the power of your word. Give us the peace that helps us persevere in hope. Give us faith to trust your sovereign rule over every spiritual power.

Intercession: We pray against the rulers and authorities and powers of this dark world and against the spiritual forces of evil in the heavenly realms, using the *Shield of St. Patrick*.

Against all Satan's spells and wiles, against false words of heresy.

Against the knowledge that defiles, against the heart's idolatry.

Against the wizard's evil craft, against the death wound and the burning.

The choking wave, the poisoned shaft, protect me Christ 'till your returning.

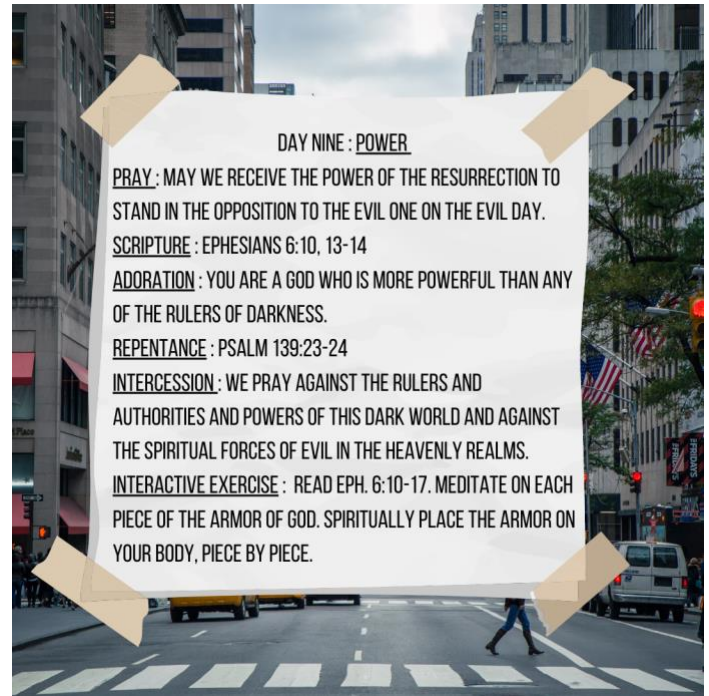
We pray for [name a person], who is under spiritual attack from forces of evil. We pray especially against any evil forces involving Satan worship, goddess worship, witchcraft, tarot cards, paranormal activity and curses. Surround [this friend] with prayer warriors who will gird them up with God's armor on every side. Give them confidence that God's power is greater than the power of the evil one.

Interactive Exercise:

Read Ephesians 6:10-17. Think about each piece of the Armor of God. Spiritually place the armor on your body, piece by piece.

Resource: Read or memorize St. Patrick's Breastplate.

https://prayerfoundation.org/st_patricks_breastplate_prayer.htm



Day Ten: SPIRIT (Stand/Oppose: Ephesians 6:18-23)

We Pray: May we pray “at all times” and for “all people” in the SPIRIT. May the Global Persecuted Church see God’s deliverance.

Key Scripture: Ephesians 6:18

*Praying at all times in the **Spirit**, with all prayer and supplication. To that end, keep alert with all perseverance, making supplication for all the saints.*

Adoration: You are a God who promises a global outpouring of the Holy Spirit.

- Joel 2:28-30: *I will pour out my Spirit on all flesh . . . before the great and awesome day of the Lord.*

You are a God who hears and answers prayer.

- John 15:7: *If you abide in me, and my words abide in you, ask whatever you wish, and it will be done for you.*
- James 4:3: *You ask and do not receive, because you ask wrongly, to spend it on your passions.*
- Isaiah 65:24: *Before they call I will answer; while they are yet speaking I will hear.*

Repentance:

- Hebrews 11:6: *But without faith it is impossible to please him: for he that comes to God must believe that he is, and that he is a rewarder of them that diligently seek him.*
- Matthew 14:31: *And immediately Jesus stretched forth his hand, and caught him, and said to him, O you of little faith, why did you doubt?*

Heavenly Father, we confess today our impatience and lack of trust in the way you answer our prayers. We confess that we do not pray at all times for all people in the Spirit. We confess that sometimes we ask wrongly, to spend it on our passions. We confess a lack of faith. Forgive us Lord. Like the father of the boy in Mt. 17:24, we cry out, “I do believe; help my unbelief!” Help us to trust in your timing. Help us to grow from childlike faith, to fidelity faith. Help us to be faithful when we don’t see you at work. In Jesus’ name we pray. Amen.

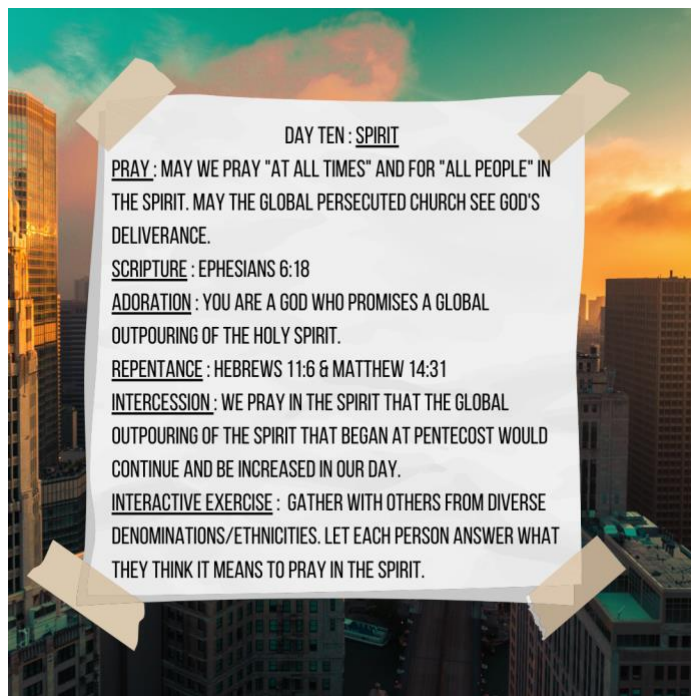
Intercession: Pray today in the Spirit . . .

- that the global outpouring of the Spirit that began at Pentecost would continue and be increased in our day.
- for relief for persecuted Christians around the world.
- for all in authority . . .
 - in the government leaders in your city, state and country.
 - in the pastors and spiritual leaders; for teachers, school, and colleges in your city.
 - in the news media and social media feeds.
 - in the entertainment and athletic industries.
 - in the military, and for first responders in your community.
 - in judges and law enforcement, for health care workers.

Interactive Exercise:

Gather with another person (or small group) from diverse denominations/ethnicities. Let each person answer the question: What does the Apostle Paul mean when he commands us to pray in the Spirit? How do you pray in the Spirit?

Resource: You will find many resources to pray for the persecuted church at the website for *The Voice of the Martyrs*. <https://www.persecution.com/>



Fasting During 10 Days of Prayer

By: Jonathan Friz

10 Days of Prayer is a fast. Whether or not there is a city-wide prayer meeting near you, *everyone* can enter fasting during 10 Days at some level. How or if you fast is between you and God—but you’re invited to fast! And fasting, when it is done in the right spirit, is something that God sees and rewards (Matthew 7:18).

What does it mean to fast?

Fasting is:

- Giving up lawful physical needs and pleasures in order to pursue spiritual needs and pleasures.
- An embodied way of humbling ourselves before God and an expression of mourning.
- A physical form of prayer, an act of faith in God.
- One of three “righteous deeds” commended by Jesus in Matthew 6. (Prayer, Fasting, Charity)
- An expression of our desire for the return of Christ. (Matt 9:15)

Fasting is done voluntarily, not under compulsion. The type of fast that you enter in is between you and God. Here are some common ways of fasting:

3 Biblical Fasts: There are three types of Biblical fasts that are mentioned in Scripture.

- 1) A “**Daniel Fast**” mentioned Daniel 1 and 10. It involves eating only plants and no luxury foods.
- 2) A “**Water Fast**” (no food, only water), practiced by Jesus in the wilderness.
- 3) An “**Esther Fast**”, (no food, no water), practiced by Esther and also by Moses on Sinai.

Since these are explicitly mentioned by Scripture, they deserve special consideration by us although the Esther Fast is not recommended for more than a day and only if you are in good health. Pregnant and nursing women, the seriously sick, and young children should not fast, although Daniel (vegan) fasts are safe for most people in most situations.

Other Types of Fasts include:

- 1) A **“juice” or liquid fast**, cutting out solid foods for only fruit and vegetable juices. This type of fast sometimes will include broths and some people use smoothies or blended drinks.
- 2) A **“media fast”** is increasingly common as our phones, TV’s, video games, and social media have expanded into more and more of life. Even people in the world are recognizing the need to withdraw from the many screens in our life. An old school version of a media fast was abstaining from newspapers, novels, or other secular reading on the Sabbath.
- 3) Giving up anything for a specified amount of time can be considered a form of fasting (specific food or drink items, sex within marriage by mutual consent, luxury items, entertainment, sports etc.)

Learning how to Fast

Growing up in the church, fasting was not a prominent part of my life. When I was in college, many of my believing friends were part of a vibrant Eastern Orthodox church in the area. Orthodox spirituality has a heavy emphasis on fasting rooted in the church calendar. A serious Orthodox lay person would do a “Daniel Fast” (plant foods only, no alcohol) for about 1/3 of the calendar year. This included two days each week, almost every week, and four extended fasting periods each year. The Orthodox commitment to fasting is something that shaped my spiritual practice and is an ancient well that we can all learn from.

For more on Orthodox fasting visit here: <http://www.abbamoses.com/fasting.html>

My personal practice was also formed by writings like the “Didache” from the early church Fathers. It was revolutionary for me to learn that in the early church, believers fasted twice a week! As someone who had never fasted an entire day in my life, this was a real challenge to me. Since I was *hungry* for an authentic and ancient expression of Christianity, I began experimenting with this discipline.

Caution: Pitfalls of Fasting

While my hunger for God led me into fasting, in my immaturity I made several major mistakes.

There is a temptation to pride in fasting that Jesus highlights in Matthew chapter 6. We are encouraged to make sure that our fasting is done for an audience of one, not to show how spiritual we are or self-disciplined we are. While fasting is a “work of righteousness”, we should recall that apart from the cross of Christ, our righteous deeds (prayer, fasting, charity) are filthy rags!

Things Not to Do: Here are a few mistakes that I’ve made in my personal journey with fasting.

Zeal Overdrive—judging others: In my earlier days, I was very unimpressed with people who, while fasting, would drink coffee—how can that be spiritual? I was zealous and convinced that the more intense the fast was, then more would be accomplished spiritually. At times, this drove

me to unwise extremes. Then, as I got a little bit older and it became harder and harder to quit coffee (headaches, etc.), I found myself...fasting and drinking coffee.

It is funny how that happens. And you know what, God still enjoys it! Zeal is good, but what matters is the *heart and obedience*, not being as intense as possible. If God is giving us grace for an easier fast, let's embrace it and let's refuse the temptation to judge others either by putting them on a pedestal or by seeing their fast less significant.

Style over Substance: Because I had cut my teeth on fasting "Orthodox style" I tended to look down on other styles of fasting that were not rooted in that tradition or not sufficiently rigorous (in my view). However, what I have come to see is that no matter what kind of fast we do, it is a matter of the heart and our obedience to God that moves heaven, not our zeal and intensity.

Milky Way Fast?

Here's a story that really changed my mind on this. A friend of ours once went on a "Milky Way" fast, asking God to introduce her to her future husband. Basically, she ate nothing for several days but if she got hungry, she'd eat a Milky Way candy bar—that's a Milky Way fast! As she was sharing this, I thought to myself, "this is not fasting." Except, God apparently did not share my well-formed opinion. Her intention in the fast was to ask God to introduce her to her husband. While doing the fast, she met the man that she'd later marry. They now have an amazing family together and a long and happy marriage!

So, you see, God looks at the heart, not the style of fasting! And no, I'm not recommending the Milky Way fast as the new key to spiritual breakthrough. *When we set our hearts to seek God and decide to give up things as part of our hunger and thirst for God, it moves His heart.* I hope you'll join me in repenting of lightly esteeming what God highly honors!

Fasting does not make God do what we want.

Like most good and powerful things, fasting can also do great harm. Perhaps the biggest error that people commit when fasting is treating it as a mechanism to get God to do what they want. Fasting carries with it a special danger of legalism and religious control, which can be quite subtle.

Several years ago, God spoke to me to stop fasting for a while. When I asked why, He shared with me that my past fasting had been pleasing to him, but that to continue at that time was "dangerous". The fact that I felt disappointed that he was asking me to stop fasting (rather than happy and relieved to be able to eat normally) was a sign that I may have begun slipping into this temptation of seeing the free grace of God as dependent on my "good works".

It's true, there is a reward for fasting. God releases grace through fasting. God can release grace to us in many ways. But what really pleases God are deeds when done in faith. When we fast or pray thinking that our own righteousness is accomplishing anything, we are in danger of legalism and a religious spirit. Trusting in our own actions is the opposite of faith. *Let us guard against that and offer up our fasting as a voluntary and free act of worship to Him—He is worthy of it!*

The Purpose of the 10 Days Fast

Having outlined several common pitfalls related to fasting and shared some of my many mistakes with fasting (and trust me, there's plenty more in that well to draw from), I want to conclude with a few simple pointers on why to fast, specifically during 10 Days.

Humble Yourself with Fasting: Rooting out Hidden Sin

You could camp out in James chapters 3-4 for the entire 10 Days and be just fine. There is so much wisdom here on how to be pleasing to God, and how to rid yourself of hidden sin.

You can't see your hidden faults: All of us have areas of "friendship with the world", areas of sin that are hidden from our eyes but painfully obvious to God. How do you deal with something you cannot see? By humbling yourself, lamenting, mourning, and fasting, preferably with other believers. Doing this invites God's correction into our lives, correction we don't even know we need. Remember, "God opposes the proud, but gives grace to the humble." When we humble ourselves in the sight of God, He will surely lift us up.

Fasting is also a key to unity, as it is our fleshly desires that cause conflict among believers (James 4:1). We will only find true Christian unity humbled at the foot of the cross and fasting together is a way to humble ourselves.

Intercessory Fasting:

In the prayer movement, we talk a lot about "intercessory prayer". Intercessory fasting is the same thing, just instead of speaking to God with our lips and our mind, we are doing it with our entire body.

Daniel understood and practiced intercessory fasting more than any other person recorded in Scripture. Three of the twelve chapters of Daniel (1/4 of the book) center around his fasts. In Daniel 9, we see Daniel laying hold of a prophetic promise from Jeremiah by fasting, mourning, and prayer. The result is not only that God hears His prayer and the order to rebuild Jerusalem goes forth, but also that Daniel receives more and greater insight about the Messiah! Fasting moves God's heart to intervene in situations, and on behalf of His people.

Fasting even moves God's heart when practiced by evil people! In 1 Kings 21: 25, we read that "there was no one like Ahab who sold himself to do wickedness in the sight of the LORD..." Ahab is a preeminently evil person, perhaps the worst king in all of Israel's history. He is described as "very abominable". And yet, when he fasted, God said "See how Ahab has humbled himself before me? Because he has humbled himself before me, I will not bring this calamity in his days..." If God responds to the fasting of evil men, how much more to fasting of those clothed in the righteousness of His glorious Son!

For the "fasting is only in the Old Testament crowd", keep in mind that the greatest missionary movement recorded in Scripture began with a three day fast (Acts 13). Fasting and ministry to the Lord are part of the Biblical pattern for how to forth send missionaries. It positions us to hear from God and be sent out by God to be part of the answer to our own prayers.



Longing for the Messiah to Come:

The preeminent reason to fast during 10 Days is as an expression of longing for the return of Jesus. Jesus prophesied in Matthew 9:15 that a time will come when He is taken away from His earthly followers, and that in that day they will fast and mourn. These are the days we are in now, where we are betrothed to a bridegroom, but not yet married.

Symbolically, the fall feasts on which 10 Days is based point to the second coming, just as the spring feasts pointed towards the first coming of the Messiah. How appropriate for us in this “in between time” before the Lord returns, to spend these days “longing for and hastening the day” of His appearing.

Most Christians are not getting this yet. I get more push back on this issue than any other when I share about 10 Days. That is okay—let’s begin to tap into this deep well of Biblical revelation of our blessed hope; let’s begin to live from this place of longing for Christ’s return, and as we do so we’ll see the culture of the whole body begin to shift, until we are a united, spotless bride, clothed in righteous acts and full of desire for the coming of our Bridegroom.